



Recover yourself... at ESPRIT

Our professional massage therapists will provide you with an unforgettable rejuvenating experience through the miracle of various massages that will give you a sense of beauty, harmony and self-confidence.

Indulgent Full Body Massage	55mins	£55
A truly relaxing treatment for the whole body. Using natural oils, this massage uses light pressure point movements.		
Aromatherapy Back & Shoulder Massage	25mins	£30
Total relaxation, this is an intensive massage for the whole of the back & shoulders with a natural oil massage using light pressure point movements.		
Esprit Rejuvenating Massage	55mins	£55
This full body massage uses relaxing and stimulating movements to relieve tension improve circulation and remove toxins from the body.		
Meridian Back Neck & Shoulder Massage	25mins	£30
A totally relaxing and de-stressing treatment for your back, neck & shoulders.		
Double Indulgence	55mins	£90
A treatment where both guests can relax and de-stress at the same time with a shared room massage.		
Indian Head Massage	25mins	£30
Forget all about life with a relaxing head and shoulder treatment.		
Esprit Rejuvenating Leg Massage	10mins	£15

**To book call 0118 944 0444 or dial "Health Club" from your room phone
Holiday Inn Reading M4 Jct10,
www.meridianleisure.com/reading**



Esprit Fitness & Spa Holiday Inn Reading M4 Jct10

Face

Facial	55mins	£55
A relaxing treatment to improve the appearance and texture of your skin. Includes, cleanse, tone, exfoliate, face, neck and shoulder massage, mask and moisturise.		

Mini Facial	25mins	£30
--------------------	---------------	------------

Hand & Feet

Manicure	45mins	£35
Pedicure	55mins	£40
Shape and Polish	25mins	£15

Waxing

1/2 leg	30mins	£18
Full leg	45mins	£24
Bikini	15mins	£15
Eyebrows	15mins	£12
Underarm	15mins	£10
Lip or chin	15mins	£8
Lip and chin	15mins	£14

Eyes

Eyebrow tint	15mins	£10
Eyelash tint	25mins	£15
Eyelash and brow tint		£23

**To book call 0118 944 0444 or dial "Health Club" from your room phone
Holiday Inn Reading M4 Jct10,
www.meridianleisure.com/reading**

