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**EVOLVE**  
ORGANIC BEAUTY

TREATMENT MENU

# EVOLVE™

ORGANIC BEAUTY

## PURE • PROVEN • PURPOSEFUL

Evolve Organic Beauty is a purpose-driven, independent British beauty brand creating innovative, eco-conscious, natural beauty products that nurture healthy, radiant skin and total body wellbeing. We create natural and effective skin care free from unnecessary synthetic chemicals.

Made in small batches in our eco-studio, each product is vegan, cruelty free and kind to skin and planet. Our spa treatments integrate cutting-edge natural science with ancient healing wisdom to nurture radiant skin, balanced energy, and deep relaxation for a truly holistic experience.



## SPA DAY INFORMATION

Spend a day in our calming, coastal cocoon and relax and renew this season.

Enjoy full use of our luxurious spa facilities, access to our heated, outdoor pool and garden, plus a delicious 2-course lunch.

Slip into our comfortable robe, bring a good read along the day and pause for as long as you wish – this is your time, and here at THE NICI Spa we're so here for it!

- 2 course Lunch (lunch available 12pm – 3pm)
- Full use of THE NICI Spa
- One towel and robe are provided complimentary

Arrival time from 9am, spa day finishes 5pm.

Please note that this is only available for adults aged 18+.

## RELAX AND RENEW

### 60 MINUTES

Unwind, recharge, and prioritise self-care with our Relax & Renew Spa Day, a luxurious spa experience designed to promote deep relaxation and total renewal. This customisable spa package includes your choice of one 60-minute treatment:

A personalised massage to ease tension and relax tired muscles

**or**

A nourishing facial to refresh, hydrate, and revive your skin



## NURTURE SPA DAY

**RESTORE | RECONNECT | REPLENISH**

**100 MINUTES**

A deeply nourishing spa day designed to comfort, replenish and reconnect you with a sense of self-love and balance.

**YOUR EXPERIENCE INCLUDES:**

**Foot Ritual · 10 mins**

Ground and centre as your feet soak in warm salted water while enjoying a calming herbal tea or cacao. The ritual invites you to slow down and set an intention for nourishment and care.

**Multi Peptide Rejuvenating Facial · 60 mins**

A comforting facial using rich balms, hydrating serums and gentle massage to restore moisture, strengthen the skin barrier and support hormonal balance.

**Nurture Massage · 30mins**

This nurturing back massage harnesses the power of Rose Otto, Rose Geranium and Cacao extract. Reawaken your mind and body with this magical ritual to restore a deep sense of self-love and connection.

**Finish:**

Skin feels deeply nourished and supple, while the mind reconnects with calm confidence and self-compassion.





## DETOX SPA DAY

**PURIFY | REBALANCE | RENEW**

**100 MINUTES**

A revitalising spa journey designed to clear congestion, boost energy and restore clarity to both skin and body.

### YOUR EXPERIENCE INCLUDES:

#### Foot Ritual · 10 mins

Begin with a cleansing foot soak and citrus wash massage to stimulate circulation and encourage detoxification, setting a clear intention for renewal.

#### Detox Body Wrap · 90 mins

Revitalise body and mind naturally with this purifying and nourishing body and scalp treatment. The body is beautifully buffed with our exfoliating tropical blossom sugar scrub, before experiencing our signature detoxifying treatment of deeply purifying clay wrap, relaxing scalp treatment and invigorating full body lymphatic gua sha aromatic massage. Awaken your senses to a renewed energy as mind and body are soothed and refreshed from top-to-toe.

#### Finish:

Skin appears clearer and more balanced, while the body feels lighter, energised and refreshed.

## CALM SPA DAY

**RESTORE | UNWIND | SLEEP DEEPLY**

**70 MINUTES**

A deeply soothing spa journey designed to quiet the nervous system, ease tension and invite profound relaxation.

### YOUR EXPERIENCE INCLUDES:

#### Foot Ritual · 10 mins

Begin your journey with a grounding foot soak in warm mineral-rich salt water. As you sip herbal lavender tea, your therapist gently guides you through intention setting and consultation, allowing body and mind to fully unwind.

#### Restore Shoulder, Neck & Scalp Massage · 30 mins

Relax, breathe and release. This restorative bespoke massage melts away tension in the shoulders, neck and scalp. Organic Lavender and Bergamot essential oils are blended to evoke inner peace and tranquillity. Sleep-enhancing massage techniques soothe the nervous system, restore balance and deeply relax the body.

#### Soothing Hyaluronic Facial · 30 mins

A nurturing facial designed to comfort and restore tired, stressed skin. Gentle cleansing, exfoliation and a soothing facial massage encourage lymphatic flow and relaxation, while calming botanical products hydrate, nourish and promote a radiant, well-rested complexion. Finished with grounding breathwork to leave you feeling centred and serene.

#### Finish:

A renewed sense of calm, improved sleep quality, glowing skin and a deeply relaxed body and mind.





## ENERGISE SPA DAY

AWAKEN | UPLIFT | GLOW

70 MINUTES

A mood-boosting spa day designed to reawaken the senses, restore radiance and infuse body and mind with renewed vitality.

YOUR EXPERIENCE INCLUDES:

### **Foot Ritual · 10 mins**

A revitalising foot soak with uplifting citrus wash massage to awaken circulation and set a positive intention for the day ahead.

### **Brightening Miracle Vitamin C Facial · 30mins**

A radiance-enhancing facial designed to boost micro-circulation, smooth skin texture and restore glow using energising botanicals and uplifting aromatherapy.

### **Energise Massage · 30mins**

This uplifting massage ritual includes facial massage, Solar Plexus energetic holding and reflexology inspired foot massage to boost serotonin and restore mind-body connection. Joyful Light aromatherapy with Sweet Orange and Ylang Ylang enhances mood and vitality.

### **Finish:**

A luminous complexion, elevated mood and renewed zest for life.

## CUSTOM BLEND FACIAL

**60 MINUTES**

Experience visibly improved skin naturally, with our bespoke organic facial.

This Custom Blend Facial treatment is an invitation to awaken the senses, and revitalise, smooth and firm skin with deeply nourishing oils, botanical balms, silky serums and melting creams.

After deep cleansing to remove impurities, a gentle exfoliation to polish skin to radiant perfection is followed by a restorative treatment mask. Releasing tension and boosting micro-circulation, our signature face and neck massage, including acupressure and lifting techniques is enhanced by custom-blended aromatherapy essences, to uplift, relax, purify or rebalance the mind and body.

## BRIGHTENING MIRACLE VITAMIN C FACIAL

**FOR DULL / TIRED SKIN**

**60 MINUTES**

Experience visibly radiant, smoother skin alongside an uplifting mood boost with our Brightening Miracle Vitamin C facial.

Each expert step of this effective facial is designed to revitalise skin naturally leaving it feeling soft, youthful and glowing, while simultaneously energising and bringing joy to mind and spirit.

Skin is treated to effective cleansing and gentle exfoliation to reveal luminous, clear skin, thanks to our innovative waterless Enzyme + Vitamin C Cleanser Powder and instant Miracle Vitamin C Mask. Releasing tension and boosting micro-circulation, our signature face and neck massage, including acupressure and lifting techniques is enhanced with our effective radiance-boosting face care including award-winning Rosehip Miracle Oil and Bio-Retinol + C Booster.

## AGE DEFYING LIFTING FACIAL

**90 MINUTES**

Feel transformed and see the years and tension melt away as you experience the visibly firming, lifting and skin plumping benefits of our luxurious Age Defying Lifting Facial.

Expertly designed to instantly lift and smooth skin, this deeply restorative facial includes lymphatic drainage and lifting and facial contouring massage techniques with a pure Rose Quartz Gua Sha and a stress-relieving aromatherapy back massage.

Crystal-clear skin is revealed through a gentle exfoliation with Rose Quartz Facial Polish and given the gold star treatment with Bio-Retinol Gold Mask. Experience the instant lifting and firming benefits of our collagen-boosting Age Defying Lifting Serum, while a finishing slick of sheer watermelon pink Bio-Retinol Glossy Lip Oil leaves lips plumped to perfection.

## MULTI PEPTIDE REJUVENATING FACIAL

**FOR ALL SKIN TYPES / MATURE SKIN**

**60 MINUTES**

Experience visibly rejuvenated, firm, hydrated skin alongside a renewed sense of confidence, love, and equilibrium.

Designed by our experts to naturally reveal youthful, replenished skin, this nourishing facial reawakens your mind and skin's vitality through acupressure massage, and lymphatic drainage combined with powerful plant-based multi-peptides, superfoods, organic balms and oils.

Following a nurturing double cleanse, skin is gently exfoliated with Rose Quartz Facial Polish for a crystal clear complexion and given the gold star treatment with our luxurious Bio-Retinol Gold Mask. Experience the combined benefits of collagen-boosting massage and our supercharged organic duo of Peptide 360 Serum and 360 Eye & Lip Contour to see and feel the years melt away.

## SOOTHING HYALURONIC FACIAL

FOR DRY / SENSITIVE SKIN

60 MINUTES

Soothe and hydrate even the most sensitive and dry skin as you surrender to deep relaxation with our calming and restorative Soothing Hyaluronic Facial.

Discover dewy, soft and cocooned skin under the expert hands of your therapist and further banish skin blues, thanks to the natural goodness of Blue Tansy Beauty Balm and the cocooning care of Blue Velvet Ceramide Serum.

After gentle and effective cleansing, skin is quenched with natural moisture from award-winning organic Daily Defence Moisture Mist followed by Hyaluronic Serum 200, then strengthened and protected with skin barrier-boosting Pro+ Ectoin Soothing Cream. Experience comfortable stress-free skin!

## INSTANT DETOX CLARIFYING FACIAL

FOR OILY, COMBINATION AND BLEMISH-PRONE SKIN

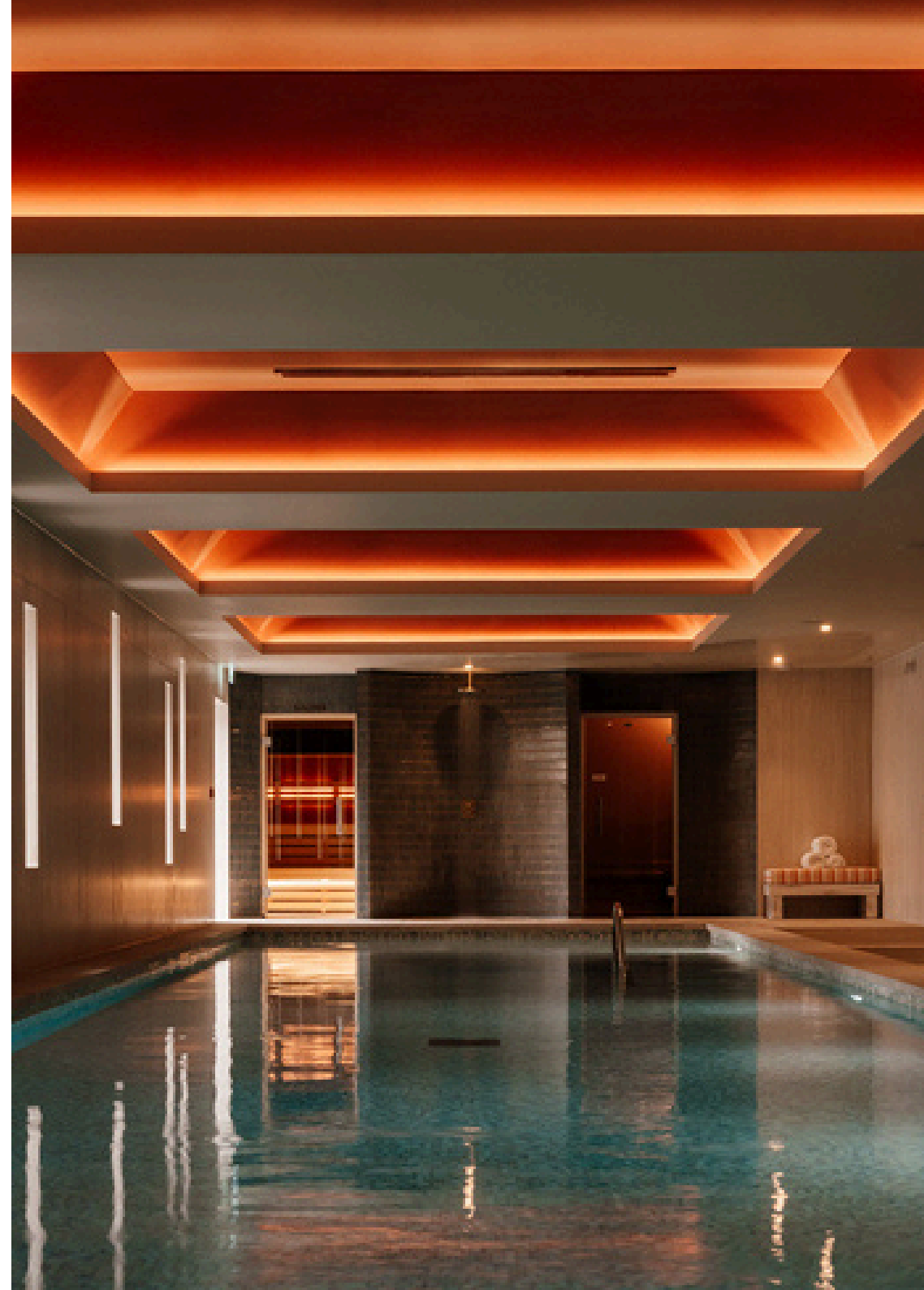
60 MINUTES

A fresh start for skin and mind awaits with our refreshing Instant Detox Clarifying Facial.

Combining acupressure and lymphatic drainage thanks to our signature facial massage techniques, skin rediscovers its true balance.

Clarifying green clay works wonders on blemishes and blocked pores, following a detoxifying thorough cleanse and exfoliation. Skin's oil and moisture is perfectly rebalanced with our Salicylic Rescue Serum and light yet effective True Balance Gel Cream.

Experience improved focus and clarity with instantly clear smooth and radiant skin.



## CUSTOM BLEND BODY MASSAGE

**60 MINUTES | 90 MINUTES**

Surrender to deep calm with Evolve's Custom Blend Massage. This caring and transformative holistic massage treatment is tailored individually to release tension and anxiety, evolving your mind, body and energy into a tranquil state of equilibrium and wellbeing.

Beginning with a Foot Ritual to set your intention, your treatment includes a personalised body massage, enhanced by our custom-blended organic oils and aromatherapy essences to uplift, relax, purify and tone.

In nurturing mind and body, and recognising the uniqueness of the individual, your senses are awakened, inviting you to experience the joyful rediscovery of happiness.

## NURTURE MASSAGE

**60 MINUTES | 90 MINUTES**

This nurturing 90 minute full body massage ritual is designed to release tension and boost self confidence, while compassionately balancing and soothing away hormonal disruption.

Harnessing the gentle feminine power of precious Rose Otto blended with balancing Rose Geranium and spiritually uplifting Cacao extract, our Wild Divine aromatherapy essence is combined with expert body and facial massage including reflexology linked to the pelvis and womb, to ease tension around the temples, jawline, and limbs.

As the petals of a rose unfolds as it blooms, reawaken your mind and body with this magical ritual to restore a deep sense of self-love and connection.

## ENERGISE MASSAGE

**60 MINUTES | 90 MINUTES**

Experience renewed clarity and zest for life with this 90-minute mood-boosting full-body massage ritual.

This uplifting holistic massage treatment includes mind-focussing facial massage, Solar Plexus energetic holding, and reflexology, to reconnect your mind and body, centre your energy and boost serotonin. Expert massage combines with our Joyful Light aromatherapy blend including zesty Sweet Orange and nurturing Ylang Ylang essential oils to enhance a sense of deep relaxation and happiness as tension and anxiety melt away.

## CALM MASSAGE

**60 MINUTES | 90 MINUTES**

Rediscover deep calm and restful sleep as you surrender to complete relaxation with this 90 minute full body massage.

Organic Lavender and Bergamot essential oils are blended to provide a sense of inner peace and tranquillity, combined with sleep-enhancing expert massage techniques to melt away tension, soothe the nervous system and restore wellbeing. As your intuition is once again connected, experience a renewed sense of purpose and possibility.

## DETOX MASSAGE

**60 MINUTES | 90 MINUTES**

Experience renewed energy and clarity of mind with this detoxifying 90 minute full body massage.

Harnessing the power of organic Rosemary and purifying Lemon essential oils combined with expert lymphatic drainage techniques, stretching and a soothing stomach massage, this ritual is designed to help with the elimination of toxins, to boost energy and encourage a sense of motivation, to leave you feeling refreshed, with a revitalised zest for life.

## ORGANIC SUGAR BODY SCRUB

**30 MINUTES**

Realising a dream of soft, smooth and scented skin, this divine ritual begins with the essence of tranquillity as you breathe in our organic aromatic mist. Immersed in the heavenly scent of Gardenia, the body is beautifully buffed with exfoliating Tropical Blossom Sugar Scrub, before being soothed and nourished from top-to-toe with the melting delight of organic shea Tropical Blossom Butter.

## DETOX BODY WRAP

**90 MINUTES**

Revitalise body and mind naturally with this purifying and nourishing body and scalp treatment. Your evolution to greater wellbeing begins with our Foot Ritual as you breathe in the essence of tranquillity with our aromatic mist.

The body is beautifully buffed with our exfoliating tropical blossom sugar scrub, before experiencing our signature detoxifying treatment of deeply purifying clay wrap, relaxing scalp treatment and invigorating full body lymphatic gua sha aromatic massage. Awaken your senses to a renewed energy as mind and body are soothed and refreshed from top-to-toe.

## ROSE RENEWAL BODY WRAP

**60 MINUTES**

The experience starts with gentle skin brushing to exfoliate. Next, the body is wrapped in a warm, mineral-rich rose clay infused with conditioning cacao and restorative rose otto for softness and calm. While the wrap works, enjoy a pressure point facial massage, hydrating skin mask, and luxurious scalp massage for complete head-to-toe relaxation.

The ritual ends with the application of Wild Divine Body Oil to seal in nourishment, leaving skin luminous and smooth. A deeply relaxing back massage completes the experience, easing tension and restoring calm.

## REBALANCE RITUAL

**120 MINUTES**

Rediscover a lightness of being and equilibrium with this full body Rebalance Ritual. Harnessing the powerful and divine essences of nature through our unique use of aromatic oils, this deeply restorative treatment works from top-to-toe using unique advanced energy work, reflexology, holistic massage and facial contouring techniques.

Calming anxiety, releasing tension and supporting hormonal changes, this therapeutic treatment includes our Foot Ritual, holistic body and facial massage with bespoke aromatic blends, Chakra Balancing, and facial contouring. As your mind and body are nourished, your evolution to experiencing greater wellbeing, balance, connectedness and deep relaxation is complete.

## PREGNANCY RITUAL

**60 MINUTES**

Nurturing your evolving body in your second and third trimesters, our Pregnancy Ritual invites you to experience a release from physical and emotional fatigue to discover deep relaxation and equilibrium.

Seated comfortably, the treatment will focus on pressure points on your upper back and includes a restorative full scalp and personalised facial massage using nourishing oils, dewy mists and melting creams paired with bespoke massage techniques. Targeting hormonal transitions, this supportive ritual is designed to soothe away anxiety and help you feel calm and connected to your mothering intuition.

## SHOULDER, NECK & SCALP MASSAGE

**30 MINUTES**

Relax, breathe and release! This restorative bespoke massage treatment melts away tension in shoulders, neck and scalp.

Your ritual begins with a consultation as you experience the essence of tranquillity with our aromatic mist. Our advanced ritual harnesses acupressure techniques and is combined with bespoke botanical oils and essences to energise and bring a sense of deep calm and equilibrium.



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