

Benjamin Ryan Hair and Beauty have redefined the City spa experience for Ladies and Gentlemen, creating a unique opportunity to escape, unwind and relax in absolute luxury. Our caring and highly skilled therapists bring to you not only their professional expertise, but also a soothing human touch.

Experience our blissful City sanctuary for yourself and rediscover your feeling of inner calm and complete well-being of mind, body and spirit.

DECLÉOR has created three techniques adapted to your every desire. Each one of our treatments features the distinctive Decléor style; a welcoming diagnostic back massage and facial tailored to the specific nature of your skin.

DECLÉOR FACE TREATMENTS

AROMA TIME PRECIOUS FACIAL 30mins - £35

A perfect way to taste the world renowned Decléor facials, enjoy all the benefits of one of the most powerful ingredients, Essential Oils. This introductory facial is perfect when time is of the essence and the skin needs a boost of radiance.

DECLÉOR CLASSIC AROMAPLASTY FACIAL 60mins - £45

This multi-active, 100% natural treatment is tailored to every skin type. Your therapist selects products to rebalance your skins concerns. At the heart of this treatment is a mask that has a truly unique and surprising texture, with Linseed, Wheat Germ and Sunflower. It provides dual action. It stimulates and enhances the action of the products applied during the treatment, while moisturising and deep cleansing—making this an indispensable treatment step.

DECLÉOR AROMA EXPERT FACIAL TREATMENTS 75mins - £50

These targeted treatments provide an expert response to the needs of every skin type. Even the most demanding skin is satisfied. Every Aroma Expert treatment offers a concentrate of highly targeted pure Essential Oils and Plant Extracts.

AROMA EXPERT ESSENTIAL

This precision treatment provides an instant and long-term response for thirsty skin. The HYDRA FORCE combines Fruit Powder and Flower Syrup, which work in synergy to boost and restore moisture balance to reveal a luminous and radiantly beautiful complexion.

AROMA EXPERT PURIFY

An intensive balancing treatment, with purifying essential oils of ylang ylang and tea tree that immediately leaves your skin clearer, more luminous and refined.

AROMA EXPERT NOURISH

This nourishing treatment with essential oils of roman camomile, angelica and geranium immediately replenishes lost moisture and reinforces the skin's barrier function, enabling it to combat harsh external aggressions.

AROMA EXPERT SOOTHE

Using natural essential oils of rose, neroli and petit-grain this wonderful calming treatment brings immediate comfort to stressed skin the epidermis is soothed and re-balanced leaving the complexion smooth and cool.

AROMA EXPERT RADIANCE (White Bright) - £55

This intensive treatment incorporates Vitamin C and harnesses White-Bright complex to reduce the appearance of pigmentation and brighten the entire complexion for a truly radiant complexion.

DECLÉOR AROMA EXPERT
ANTI AGEING FACIAL TREATMENTS

AROMA EXPERT LIFT
Expression Wrinkle Smoothing Facial
75mins - £55

A fusion of nature and science, smooths the appearance of expression lines and wrinkles. This incredible facial uses the latest innovation and natural ingredients to produce an immediate action on expression lines, to prevent premature appearance of wrinkles.

The skin will be gorged with the famous acclaimed anti ageing ingredient Retinol, renowned in the industry to stimulate the production of collagen no. I and III to improve the quality of the skin. Combining the professional solutions of the powder and water of youth to reveal smooth, hydrated and luminous skin.

AROMA EXPERT LIFT
Experience Lifting Intensifier Facial
75 mins - £58

Re-stimulate your skin with this deeply reviving facial. As the physical process of ageing progresses and your skin faces the challenges of the environment as well as everyday stresses, it becomes more vulnerable to slackening and a loss of firmness, whilst dehydration and the formation of wrinkles add to the ageing appearance. Saiko, Corn and Serine extracts impregnated in the revolutionary 'Lissage' melting tablet act to re-stimulate and plump, completely revitalizing the appearance of the skin. Fine lines and wrinkles that become more obvious with age are softened and the skin is flooded with moisture to ensure the complexion appears naturally radiant and youthful.

AROMA EXPERT LIFT
Excellence Age Defying Facial
75mins - £58

Utilising the cutting edge of Decléor's skin care development, this incredible treatment restores facial volume with innovative "lipo-filling" technology. Wrinkles appear to be plumped from within and the contours of the face appear reshaped. Using Decléor's breakthrough technology and their 35yrs of expertise and passion they have gone to the heart of nature to extract it's very best leaving the skin visibly glowing and feeling firmer.

ALPHA+
10mins- £20.00
(Add to any facial)

Alpha + gel leaves the skin more radiant, eliminates skin imperfections, reduces wrinkles and fine lines and diminishes pigmentation. Its action ingredient remains gentle and does not irritate any skin type, even sensitive skin.

VITAL EYES
45mins - £35

A unique, intensive eye treatment that melts away the feeling of tension. The feeling of puffiness and appearance of dark shadows are reduced and all traces of fatigue are diminished.

DECLÉOR BODY TREATMENTS

DECLÉOR AROMA BODY MASSAGE
60mins - £50/90mins - £65

The Art of Absolute Well-being. Choose from Relax, Detox, Flow or Tonic. Every bit of tension is eased from your body with this heavenly massage. Your skin is treated to the incredibly soothing sensation of a warm Aromatic balm selected to suit your needs whilst the expert touch of your therapists hands melt away stresses, ease tense and tired muscles and leaves your body with renewed energy.

AROMA BACK MASSAGE
30mins - £35

Helps to relieve stress, tension and promotes relaxation using aromatic balms on the back, neck and shoulders.

HOT STONES
AROMA FULL BODY MASSAGE: 60mins - £60
AROMA BACK MASSAGE: 30mins - £45

Smooth aromatherapy coated warm stones are incorporated into traditional massage techniques. This direct heat relaxes the muscles, eases stress and enables a deeper more effective massage treatment.

DECLÉOR AROMA BODY ENVELOPEMENTS
A True Cocoon of Effectiveness
60mins - £55

At the heart of these treatments is a rich, creamy mask full of Essential Oils and Plant Extracts, chosen according to your needs and applied all over the body. For a beneficial, comforting sensation, enjoy the pleasure of a heated blanket, whilst the products work their magic, your face or scalp will be relaxed with beautiful aromatic balms.

AROMA DETOX BODY ENVELOPMENT

Essential Oils and Marine Algae rich in Minerals breakdown fatty deposits, drain toxins and eliminate excess water retention.

AROMA RELAX BODY ENVELOPMENT

After a gentle exfoliation, warm Aromatic Relax Balm is smoothed over the entire body followed by a sumptuous creamy mask leaving a soft and silky skin.

AROMA FLOW BODY ENVELOPMENT

A refreshing and energising treatment to eliminate toxins and remove excess fluid.

AROMA TONIC BODY ENVELOPMENT

Instantly increases skins radiance with a unique blend of toning, firming and anti-ageing ingredients.

DECLÉOR AROMA BODY SILK GLISTENER
45mins - £35

Radiant, bright and petal soft – your skin will glisten with health and vitality after this natural exfoliation treatment. Perfectly prepared for any occasion, this is the ultimate skin enhancer.

MADAGASCAN RED ISLAND RITUAL
60mins - £48

Recover radiance, vitality and soft silky skin with this professional exfoliating treatment using Spicy Fruit Seeds which stimulate and soften the skin. Then relax and enjoy the benefits of a full body massage using the unique Acacia Wooden accessory which helps to release all tension.

MADAGASCAR ESCAPE
60mins - £60

This truly indulgent massage is time for you to relax and unwind, allowing the therapist hands to ease any stress and tension within the body, soothing the mind and spirit, leaving you feeling energised and rejuvenated. This beautiful treatment includes massage techniques which are inspired from around the world giving you an unforgettable experience.

DECLÉOR TRANQUILITY SCALP MASSAGE
30mins - £25*

Drift into a deep relaxation with this sublimely calming massage. All traces of tension are gently eased from scalp, décolleté, neck and shoulders and the soothing Essential Oils enhance the calming experience.

*Enjoy a Wash & Blow Dry with this Massage for an additional £10

DECLÉOR PERFECT FIRMING TREATMENT

45mins - £40

Perfect for the bust, stomach or any localised area in need of firming, zesty butter with extracts of lemon and mango will tone, strengthen and condition slack skin and also skin suffering from stretch marks. This incredible firming treatment includes the exclusive cocktail of Essential Oils that are proven to stimulate collagen and elastin to give a firming and plumping effect on the delicate areas affected by ageing.

DECLÉOR PERFECT LEGS TREATMENT

45mins - £40

The perfect antidote for tired, aching legs, this instantly refreshing and invigorating treatment will put the bounce back in your step.

DECLÉOR LUXURY CLEANSING BACK TREATMENT

45mins - £40

The back is often a neglected area, this complete treatment acts like a facial. A unique diagnostic massage combined with deep cleansing, purifying and balancing Essential Oils will decongest, hydrate and restore clarity leaving the skin clearer, brighter and healthier.

DECLÉOR PERFECT SLIM EFFECT

60mins - £60

This results driven treatment has been created to sculpt and contour problem areas such as hips, thigh and buttocks. Powdered Fruit Seeds of Orange and Apricot with Essential Oils, Spices and Vegetal Oils are used to polish and perfect the skin leaving it in supreme condition. The treatment is then followed by an intensive massage which your therapist will bespoke to suit your needs whether its eliminating toxins or helping to tone and firm this massage will leave you feeling rejuvenated. The outstanding technology found in the Slim Effect* products will be used to leave the body feeling smooth, firmed and contoured.

SUNRISE FACE AND BODY SKIN PREPARING TREATMENT

75mins - £45

Exquisite preparation for the sun - this treatment combines exfoliating fruit seeds, offering an extremely energising formula, made from fruit powders and spices, essential oils and plant oils for silky, soft and revitalized skin. Pure and natural aromatherapy balms are massaged into your face and body to ease tension, relax and soothe as well as to boost the cells natural defence system and to stimulate melanin production in readiness for exposure to the sun.

SUNSET FACE AND BODY REPAIRING AFTER-SUN TREATMENT

90mins - £60

Created to replenish and soothe sun-exposed skin from top-to-toe, this unique treatment will prolong your tan, prevent peeling and saturate your skin with a much needed moisture boost. Let your skin delight in the luxurious melt-in texture of the Aromessence™ After-Sun Balm - massaged expertly into your face and body to soothe and calm even the most vulnerable of sun-stressed skins. Completed with a gentle application of the Anti-sunburn Refreshing Gel-Cream and Prolegene Gel. This repairing treatment leaves your skin refreshed and revitalised as well as soothed all over.

DECLÉOR SUMPTUOUS MOTHER TO BE TREATMENT

90mins - £60

When you are about to become a mother you have many concerns, let Decléor take complete care of your skin throughout your pregnancy and for the first few months as a new mum. This nurturing treatment will help to preserve the tone of your skin, reducing the risk of stretch marks, lighten your legs and brighten your complexion to ensure you look as radiant as you feel.

HOLISTIC

HOPI EAR CANDLES 45mins - £45

A deeply relaxing treatment using candles infused with aromatherapy that work on elevating sinus problems, migraines, hay fever, excessive ear wax and more.

COLONIC HYDROTHERAPY

Initial Treatment with Consultation: 90mins - £75
Follow Up Session: 60mins - £65

KINESIOLOGY

Initial Treatment with Consultation: 90mins - £60
Follow Up Session: 60mins - £50

HYPNO HEALING 60mins - £50

DOWSING 60mins - £50

Holistic supplements are available for an additional charge.

HANDS & FEET

JESSICA PRESCRIPTIVE MANICURE 45mins - £32.50

This nail & cuticle tidy includes a hand and arm massage, followed by an application of colour and a mini polish to take away.

JESSICA DELUXE MANICURE WITH THERMAL MITTENS 60mins - £37.50

Incorporating the prescriptive manicure, thermal mittens aid a deeper skin drenching of oils and creams, softening cuticles and improving circulation

JESSICA FILE & POLISH 30mins - £18

For hands/feet on the move

JESSICA ZEN SPA PEDICURE 60mins - £37.50

A luxury foot treatment using Jessica Zen Spa collection leaving you with smoother, softer and vitalized feet. Finished with an application of polish and a mini polish to take away.

JESSICA DELUXE ZEN SPA PEDICURE 75mins - £42.50

Incorporating the zen spa pedicure, thermal booties will drench your feet with moisture and intensify absorption, followed by luxury massage and lymph drainage.

GELERATION

DELUXE GELERATION GEL OVERLAY MANICURE 60 mins - £47

Includes the benefits of the Luxurious LeRemedi Hand Treatment. Your hands will be smoother, silkier & firmer. Cuticles will be cared for, nails will be shaped and finished with Jessica's GELeration gel polish.

GELERATION GEL OVERLAY MANICURE With Coloured Gel - £40 / Clear Gel - £35 - 45mins

Includes Hand exfoliation, massage, cuticle care, nail shape and finished with Jessica's GELeration gel polish.

GELERATION GEL NAIL SHAPE AND POLISH 35mins - £30

Nails are filed, shaped and finished with Jessica's GELeration gel polish.

GELERATION REFRESH MANICURE

With Coloured Gel - £25.00 / Clear Gel - £22 - 30mins

As above and including a coat of your existing GELeration gel polish to make your GELeration manicure last even longer.

ZENSPA PEDICURE WITH GELERATION 60mins - £47.50

Choose from either calming Green Tea, Energizing Ginger or Revitalizing Citrus for this luxurious foot and leg treatment.

Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Jessica's GELeration gel polish.

EXISTING GEL REMOVAL WITH EXPRESS MANICURE 30mins - £22

Soak off treatment for existing gel nails.

EXISTING GEL REMOVAL (Prior to a GELeration Manicure or Pedicure) 15mins - £5

Soak off treatment for existing gel nails.

SPRAY TANNING

ST TROPEZ FULL BODY - £20 - 25MINS HALF BODY - £12 - 20MINS

WAXING

PHD waxing system is professional hygienic and disposable. It gives the highest levels of safety, hygiene and comfort with no risk of contamination.

FULL LEG - £25 HALF LEG - £19 UNDERARMS - £15 FULL ARMS - £25 EYEBROW SHAPE - £10 BIKINI - FROM £12 CHIN - £10 LIP - £10 LIP & CHIN - £12

EYE TREATMENTS

***EYELASH TINT - £15 *EYEBROW TINT - £10 *EYELASH & EYEBROWS - £20**

*skin test required 24 hours prior to appointment

EYELASH EXTENSIONS

FULL SET - £65 MAINTENANCE (EVERY 2-3WEEKS) - £30

FOR GENTLEMEN

FACIAL TREATMENTS

EXPRESS ENERGY TREATMENT

30mins - £35

An express facial treatment, for a burst of energy to the skin.

DETOXIFY, REFRESH AND ENERGISE

INTENSIVE ENERGISING FACE TREATMENT

75mins - £48

The ultimate detoxifying treatment for a clear, pure, fresh skin and a rebalanced, de-stressed complexion, with long-lasting results.

DETOXIFY, PURIFY AND REPLENISH

BODY TREATMENTS

INTENSIVE ENERGISING BODY TREATMENT

60mins - £55

A revitalising treatment for a pure sensation of energy and deep relaxation.

EXFOLIATE, DE-STRESS AND ENERGISE

ULTIMATE RELAXER AROMA BODY MASSAGE

60mins - £50/75mins - £65

A deeply relaxing massage treatment to de-stress, release built-in tension and coax skin into better condition. Pure aromatic balms diffuse their relaxing, stimulating, detoxifying or toning benefits deep into your skin whilst expert massage techniques soothe away muscular tension and stiffness.

DECLÉOR CLEANSING BACK RELIEF

45mins - £45

The back is an area often neglected, this complete treatment acts like a facial. A unique diagnostic massage combined with deep cleansing as well as purifying and balancing Essential Oils decongest, hydrate and restore clarity to this delicate area, making the skin clearer, brighter and healthier.

PAMPERING PACKAGES

ABSOLUTE INDULGENCE

£140 (approx 4hours)

- Decléor Aroma Expert Facial
- Decléor Aroma Full Body Massage
- Jessica Deluxe Manicure with Thermal Mittens
- Luxurious Wash & Blow Dry

BEAUTIFUL BRIDE

£140 (approx 4hours)

- Semi-Permanent Eyelash Extensions (full set)
- Jessica Prescriptive Manicure
- Jessica Zen Spa Pedicure
- St Tropez Spray Tan (Full Body)

YUMMY MUMMY

£130 (approx 3hours 15mins)

- Sumptuous Mother-to-be Treatment
- Jessica Prescriptive Manicure
- Jessica Zen Spa Pedicure

TIME FOR ME

£85 (approx 2hours 15mins)

- Decléor Classic Aromaplasty Facial
- Decléor Aroma Back Massage
- Luxurious Wash & Blow Dry

HOLIDAY GLOW

£60 (approx 2hours)

- St Tropez Exfoliation (Full Body)
- St Tropez Spray Tan (Full Body)
 - Jessica Express Manicure
 - Jessica Express Pedicure

GIRLS NIGHT OUT

£65 (Approx 2hours 15mins)

- Jessica Express Manicure
- Jessica Express Pedicure
 - Party Lashes (strip)
- Luxurious Wash & Blow Dry or Up-do

WELLBEING DETOX

£95 (Approx 2hours 30mins)

- Colonic Hydrotherapy
- Aroma Detox Body Envelopment

REVITALIZING MEN'S TREAT

£100 (approx 2hours)

- Decléor Cleansing Back Relief
- Express Energy Treatment Facial
- Jessica Executive Hand Care

GROOMING

EXECUTIVE HAND CARE

45mins - £32.50

A conditioning and softening hand treatment, nails and cuticles tidied, complete with a hand and arm massage.

EXECUTIVE FOOT CARE

45mins - £37.50

A foot treatment that reduces the build up of hard skin. Toenails are trimmed, filed and cuticles conditioned, complete with a foot and leg massage.

WAXING

PHD waxing system is professional hygienic and disposable. It gives the highest levels of safety, hygiene and comfort with no risk of contamination.

Chest - £20

Back - £20

Back & Shoulders - £25

Chest, Back & Shoulders - £40