

YOUR  
BEAUTIFUL DAY  
BEGINS HERE

the Spa

AT STANLEY HOUSE

ilā

The image features a light cream background with several pink petals scattered around the central text. One large petal is in the upper left, a smaller one in the upper right, and another large one in the lower right, partially overlapping a light green square. Two more small petals are in the lower left and bottom center.

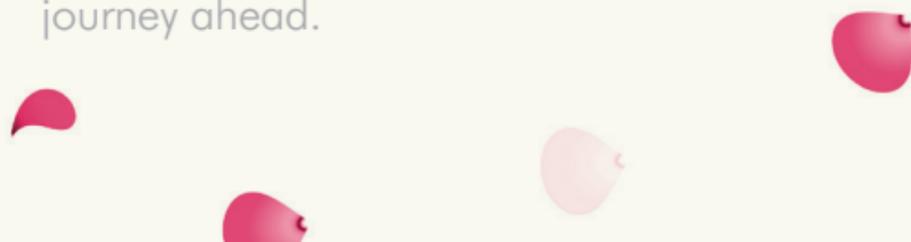
REFRESH  
REJUVENATE  
REPLENISH  
RELAX

# THREE MONTHS TO GO...

Establish a skincare routine that suits you from top to toe. Use **Cleansing Milk** for natural beauty, **Hydrolat Toner** for hydrating the skin and **Face Cream** for glowing radiance.

Discover the **Little Treat Bag**, designed to introduce you to the many benefits of ila. Then begin your beauty regime in style with an **ila Blissful Organic Spa Day**.

A monthly facial will help to rid the skin of toxins. Consider the **ila Ananda Facial**, including a massage sequence for the face and neck to eliminate stress and tension, restore radiance to the features, and leave you feeling calm and excited about the journey ahead.

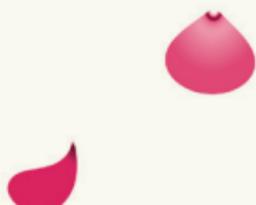


# ONE MONTH TO GO...

As your planning continues, escape the stress with **Bath Salts for Inner Peace**. Sandalwood is meditative and soothing to the nervous system, whilst Jasmine offers deep relaxation and uplifting energy.

Indulge in a **Rainforest Rejuvenation facial**. The lymphatic drainage massage connects and moves the circulation, whilst hot poultices are applied over the lymph points to warm and stimulate the flow of lymph, before a rainforest mask provides key ingredients to promote rejuvenation.

Remember to drink lots of water for maximum glow and radiance.



# TWO WEEKS TO GO...

The **ila Head Massage and Hair Mask**, is a must – this relaxing and revitalising acupressure head massage, combined with a Himalayan Salt Scrub, offers the perfect release from fatigue and tension.

As an extra special treat, add a **vitamin rich hair mask** to feed, strengthen and thicken the hair.



# ONE WEEK TO GO...

Just seven days left, but take the time to relax! Light a **Tuberose and Rose Candle** for inner peace and let the calming fragrance of this divine candle create an atmosphere of stillness and meditation.

Visit the Spa to enjoy a **Blissful Experience Body Scrub** followed by the **ila Aromatic Bathing Ritual**, a delicious, relaxing hydrotherapy bathing experience with powerful warm water massage. Aromatic Himalayan bath salts emit uplifting ions, using Jasmine and Sandalwood for serenity.



# THE NIGHT BEFORE...

The preparations are complete, so enjoy the perfect treat on your final evening before marriage, with a glass of chilled Champagne.

A spritz of **Energy Spray** provides an aura of confidence around the head and body, as you look ahead with excitement to your most special day.



# THE BIG DAY...

Soak in a luxurious bath, scented with **Glowing Radiance Bath Oil**. Rose, tuberose and vetivert combine to nurture a sense of deepest calm and wellbeing.

Use **Vital Energy Body Oil** after your bath, and your senses will respond to the exquisite scents to leave you instantly recharged.

Thoroughly cleanse, tone and moisturise your face and apply **Glowing Radiance Face Oil** before your makeup.

Then simply smile and enjoy your precious day, looking and feeling more beautiful than ever.



At Stanley House we are dedicated to creating your perfect wedding, from the very moment you book your big day with us. To assist with your preparations, this guide to your beauty regime was designed by the ila professionals in the Spa at Stanley House.

For more details and advice on our ila treatments and products visit [www.stanleyhouse.co.uk/spa](http://www.stanleyhouse.co.uk/spa) or contact Spa reception.



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