



# THE CLUB SPA

rest | relax | rejuvenate

## Welcome to The Club Spa

The Club Spa is a centrepiece for rest, relaxation and rejuvenation. Every effort is made to ensure the needs of the modern Spa guest are delivered.

Our facilities, products and treatments are carefully selected to take you on an exploration, which will be a complete sensory delight.

The Champagne, Chocolate and Caviar Rooms offer massage therapies, facial therapies, and everything to treat the body from head to toe.

Beauty, under the The Club Spa philosophy, not only comes from caring for your skin. Our skincare programmes comprise of four main components: healthy nutrition, regular exercise, psychological well being and proper care of the face and body.

**“Inner Health Outer Beauty”**



## Spa Features

Guests at the Club Spa are welcome to use the Spa Relaxation Suite for a charge of £30 for a one-hour session and is subject to availability.

### Whirlpool Spa

Jets of air and water ease tension and melt away the soreness of joints and muscles.

### Nefertiti & Tesala Steam Cabins with Light Therapy

Allow the steam to open up the pores and relax the muscles, continuously changing Light Therapy heightens mood and can help fight depression and combat stress.

### Shower

The oversized showerhead provides an invigorating effect.

### Loungers

Enjoy the heat and calm while reclining on reserved loungers.



## The Club Spa Packages

When one treatment is just not enough!

### Day packages

All day packages include, complimentary use of towels and access to our Heat treatment Spa Facilities.

### Aromatherapy Luxury Day

Heat treatment Spa 30 mins / Sea Mud Therapy 45 mins / Exclusive Facial 75 mins./ Essential massage 30 mins  
3.0 hours                      £150.00

### Morning Break

Heat treatment Spa 20 mins / Body foliation Therapy 40 mins / Executive Facial 60 mins  
2.0 hours                      £110.00

### Afternoon Delight

Heat treatment Spa 30 mins /Hopi Candle and Indian Head Massage 60 mins / Club Spa Pedicure 30 mins  
2.0 hours                      £90.00



## Facial Treatments

### Dermalogica Prescriptive Facials

Dermalogica is a skin-care system with a cult-like following among celebrities, spa-goers and spa professionals alike. Simply packaged and fuss-free, this high quality range gives effective results time after time.

The Dermalogica spa experience is similarly results-driven, beginning with Facial Mapping, in which the skin of the face is divided into 14 zones, including the forehead, eyes, nose, cheeks and chin. Each area is then examined to determine your skin type and any problems before treatment begins.

Dermalogica believe that reliable consultations are the key to successful skin care, rather than promise-the-earth "miracle" products. Their no-nonsense, no-hype approach makes them a firm spa favourite.

For years, Dermalogica's formulas have pioneered new standards for product performance. Using only the finest ingredients available, all **Dermalogica products** are non-comedogenic and contain no occlusive mineral oil or lanolin, no irritating artificial colours or fragrance, and no drying alcohol.

## Dermalogica Prescriptive Facials

### Club Express Facial

30 mins £29.00

### Club Essential Facial

45 mins £40.00

### Club Executive Facial

60 mins £55.00

### Club Exclusive Facial

75 mins £70.00

**dermalogica**<sup>®</sup>  
a skin care system researched and developed by The International Dermal Institute

## Body Treatments

### Mineral Salt Scrub\*

This mineral salt scrub therapy polishes skin to a soft glow while providing critical hydration and nourishment the skin needs. Mineral sea salts and seaweed exfoliate while skin smoothing enzymes help dissolve dead skin cells naturally for a smooth finish

25 mins

£35

### Body Foliation Therapy\*

A gentle oatmeal and rice bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens the skin and helps reduce the appearance of sun spots and hyperpigmentation. You'll leave this therapy with silky, healthier skin.

40 mins

£35

- \* Treatment cannot be performed on open cuts, wounds, recently shaved or sun burnt or irritated skin
- \*\* Treatment cannot be performed if client is pregnant

### Power Recovery Therapy\*

A unique blend of wheat protein and honey act as maximum hydrators while wasabi, ginger and white tea stimulate blood circulation to promote healthier skin. Customised essential oil blends in a massage medium, offer aromatherapeutic benefits while rich kukui nut, olive and grape seed oils smooth and provide antioxidant protection

40 mins

£35

### Nourishing Sea Mud Therapy\*\*

Natural earth clays draw out impurities while ginger and white tea stimulate circulation and smooth skin. Customised essential oils provide aromatherapeutic and skin benefits, while caffeine provides all over toning. Rest in a warming wrap that induces blood circulation all while encouraging absorption of nourishing botanicals

35 mins

£39

## The Club Spa Touch and Massage Therapies

### Restful Therapeutic Swedish Massage

A head to toe massage to relieve tense, tight muscles. Helps to re-balance the nervous system, reduce stress and promote well being.

60 mins £35

### Essential Massage

Concentrating on problem areas to release any aches and pains and relieve tense, tight muscles.

30 mins £25

### Neck, Shoulder and Head Massage

Using ancient massage techniques this treatment eases tension from the muscles of the neck and shoulder followed by a relaxing head and face massage.

30 mins £25

### Relaxing stress relief Massage

Using Aromatherapy oils to suit your needs and promote relaxation, balance and harmony within the body.

60 mins £45

### Hopi Candle & Massage

Hopi Candle treatment, with physical effect of fire, delivering soothing, pressure and pain relieving sensation in the ear and head area, improves sense of smell, brings a wonderful relaxation and sense of security. The applications of candles are followed by chest and head massage.

50 mins £40



### Eye Treatments

Eyelash Tint	15 mins	£10
Eyebrow Tint	15 mins	£7
Eyelash, Brow Tint and Shape	30 mins	£18

### Waxing

Eyebrow	15 mins	£6
Full Leg Wax	30 mins	£26
Full Leg and Bikini	35 mins	£26
1/2 leg wax	15 mins	£12
Bikini Californian	20 mins	£18
Bikini	15 mins	£10
Lip or chin	10 mins	£6
Lip and chin	15 mins	£10
Back	30 mins	£20

### Sunless Tan - White to Brown

Full body	£15
Half Body	£8

### Nail Bar

File & Polish/Paint	20mins	£10.00
File & French Polish	25mins	£12.00
Club Express Manicure	25 mins	£15.00
Club Essential Manicure	40 mins	£24.00
Club Exclusive Manicure	55 mins	£30.00
Club Express Pedicure	30 mins	£18.00
Club Essential Pedicure	55 mins	£26.00
Club Exclusive Pedicure	70 mins	£32.00

### Jessica Geleration

File & Polish/Paint	40 mins	£25.00
File & French Polish	40 mins	£25.00
Jessica Express Manicure	35 mins	£25.00
Jessica Essential Manicure	60 mins	£34.00
Jessica Exclusive Manicure	80 mins	£37.00
Jessica Express Pedicure	35 mins	£22.00
Jessica Essential Pedicure	55 mins	£36.00
Jessica Exclusive Pedicure	80 mins	£39.00

## Men's Treatments

### The Club Man's Facial

This deep cleansing facial is designed to relax and refine the skin. It includes a deep cleansing exfoliation and mask to address sensitivity and razor burn, and is finished with a relaxing head and scalp massage.

60 mins                      £45

*Upgrade with a back wax add £15*

### Hand and Nail Treatment

Exfoliation and hydration of the hands is followed by grooming of the nails, leaving them in excellent condition and immaculate in appearance.

30 mins                      £25

*While these treatments are specifically designed for men the majority of our treatments are designed for both male and female.*



## Spa Etiquette

We request that you take note of the following guidelines - they are designed to ensure that all of our guests enjoy their time at The Club Spa.

- The Club Spa operates a no mobile phone policy throughout the treatment suites so please , turn off or leave the mobile behind.
- Guests under the age of 16 are not permitted in The Club Spa
- It is necessary to bring a bathing suit for use of our Spa, Robes and Towels are provided for your use around The Club Spa area.
- We advise that you arrive 20 minutes prior to your treatment; to give you time to change into a robe and relax before your treatment. Late arrival will mean that your treatment time will be shortened.
- We ask that valuables are not taken into the spa, management and staff accept no responsibility for loss of money or valuables.
- Credit card details are required to secure bookings. A 24 hour cancellation period is required to reschedule your treatment, if the

cancellation is made within this time the full amount will be charged to your credit card.

- Any guest who has a medical condition, high blood pressure, diabetes or allergies must consult their doctor before treatments and must make The Club Spa aware of any condition prior to booking; this is to insure that treatments can be arranged for your utmost benefit.
- Prior to your treatment please insure that your therapist is made aware of any medical conditions including pregnancy.
- Gift vouchers are available against any spa treatments, products or packages. Vouchers are non refundable and must be presented at the time of treatment.
- We accept cash and all major credit cards; All treatment prices are subject to change without prior notice.
- Group bookings are also available.



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