



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 Florian philosophy, not only comes from caring for your skin. Her 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” Kerstin Florian**



## Spa Features

Guests\* at the Club Spa, who have treatments valued at over £30 are welcome to use the Spa Relaxation Suite free of charge. Otherwise, a £15 charge for a one-hour session will be levied 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.

*\*ClubClass Fitness members may use the Spa Relaxation Suite at no extra cost*

### 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, refreshments, complimentary use of robes, towels and access to our Heat treatment Spa Facilities.

(A light meal is available)

### Aromatherapy Luxury Day

Heat treatment Spa 30 mins / Kerstin Florian Lavender Dream 90 mins / Kerstin Florian Aromatherapy Facial 90 mins.

**4.5 hours**                      **£155.00**

### Morning Break

Heat treatment Spa 30 mins / Kerstin Florian Turkish Body Scrub 30 mins / Kerstin Florian European Deep Cleansing Facial 60 mins

**3.0 hours**                      **£99.00**

### Afternoon Delight

Heat treatment Spa 30 mins / Kerstin Florian Aromatherapy Massage 60 mins / Club Spa Pedicure 30 mins

**3.0 hours**                      **£99.00**

*\*Please remember to bring a bathing suit for use of our Spa.  
Package times include 1 hour for a light meal.*

KERSTIN  FLORIAN

THE FUTURE OF SPA TRADITION



## Facial Treatments

### Caviar Facial

A decadent, luxurious treatment that firms, refines and deeply hydrates the skin with protein-rich Caviar and powerful anti-oxidants. Exclusive Caviar products infuse skin with age defying nutrients to smooth fine lines and improve texture. An Acu Lift massage visibly firms and tones and our innovative Marine Mask provides intense hydration to instantly restore radiance.

90 mins

£95

### Aromatherapy Facial

Reconnect with nature, spirit and self with this deluxe facial based on the ancient art of aromatherapy. Centred around a global bouquet of skin renewing aromatic oils, this facial imparts complete vitality and relaxation. It includes an invigorating foot soak, specially developed aromatherapy facial, scalp and foot massage and Couperose Ampoule.

90 mins

£55

### European Deep Cleansing Facial

A purifying treatment for any skin type. This treatment is tailored to your skin type which includes an exfoliation, luxurious face, neck and head massage, deep cleansing mask and botanical extracts to rejuvenate and nourish the skin. A heated hand treatment completes the facial with extraction optional.

60 mins

£45

### Antioxidant Vitamin C Facial

This oxygenating, anti-aging treatment utilises ingredients brimming with anti-oxidants, including an application of a natural Spirulina Algae, rich in protein, vitamins, minerals and botanical extracts, to combat premature aging, disrupt hyper pigmentation and provide your skin with a healthy glow. This facial includes a hydrating hand treatment and scalp massage. Skin is noticeably smoother and younger looking. This facial also includes a Vitamin C Ampoule, which is then used daily at home for the following 7 days to guarantee optimum results from your facial.

60 mins

£45

### **Refresher Facial**

A deep cleansing introductory facial based on Hungarian Moor Mud, which refines and remineralizes dull, lifeless skin. It also includes a short massage of the face and shoulders, as well as a heated hand treatment.

30 mins

£30

## **The Club Spa Touch and Massage Therapies**

### **Restful Therapeutic Swedish Massage**

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

60 mins

£45

### **Essential Massage**

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

30 mins

£30

### **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

£20

### **Relaxing Aromatherapy Full Body Massage**

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

60 mins

£45

### **Sports Massage**

Restore your normal muscle flexibility, strength and endurance both before and after an event or workout. De-stress tense postural muscles and help improve spinal alignment. Prevent sports injuries and complement rehabilitation following injury.

60 mins

£45

## Kerstin Florian Body Treatments

### Aromatherapy Body Wrap

This luxurious wrap begins with a full body exfoliation, followed by an application of nourishing aromatherapy cream to hydrate and nourish the skin, including a luxury head massage to promote relaxation and rejuvenation.

60 mins

£55

### Spirulina Wrap

Very effective when used as part of a detox slimming programme. Using an all natural live Spirulina Algae, this seaweed treatment imparts essential vitamins, minerals and proteins to nourish and revitalise the body also includes a full Body Exfoliation and Refresher Facial.

60 mins

£45

### Moor Mud Wrap

Moor mud is legendary for its powerful therapeutic properties. This treatment remineralises, soothes and rejuvenates tired muscles and dull skin. Particularly useful for muscular aches and pains.

This treatment also includes a Refresher Facial and Luxury Scalp Massage.

60 mins

£45

### Lavender Dreams

Experience the ultimate healing and soothing powers of lavender. Earthly minerals are combined with lavenders healing properties in an invigorating full body exfoliation, which detoxifies impurities. This is followed by a luxury full body massage finishing with a warm oil scalp treatment.

90 mins

£60

### Chamomile Body Polish

This gentle exfoliation uses granulated pumice stone in a crème base followed by a loofah scrub with Chamomile Bath Gel which includes an application of Chamomile Dry Oil Spray.

30 mins

£40

### Eye Treatments

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

### Waxing

Eyebrow	15 mins	£7
Full Leg Wax	30 mins	£20
Full Leg and Bikini	35 mins	£30
1/2 leg wax	15 mins	£12
Bikini Californian	20 mins	£20
Bikini	15 mins	£10
Lip or chin	10 mins	£7
Lip and chin	15 mins	£10
Back	30 mins	£20

### Sunless Tan

Full body	£25
Half Body	£15

### Nail Bar

File & Polish/Paint	20mins	£10.00
File & French Polish	25mins	£10.50
Club Manicure	45mins	£18.00
Club Pedicure	45mins	£25.00
Gel Extensions	90mins	£40.00
Gel Overlay	60mins	£30.00
Maintenance (2 weeks)	45mins	£20.00



## 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.
  - Members can avail of a 10% discount on the majority of treatments, please ask at reception for further details



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