HALF-DAY SPA PACKAGES

All half-day packages include:

- Complimentary robe and slippers during your treatments
- Use of indoor Salt Pool with hydrotherapy bench
- Salt Cabin, Experience Shower and Herbal Steam room
- Relaxation lounge

Energy Restoring Spa Day

Using Essential oils to ease away the day’s stresses and strains the full body massage will bring your mind and body back into balance. Gentle facial cleansing leaves the skin feeling refreshed and radiant. Your feet will then be treated to our foot ritual, with cooling mask, nourishing massage and soothing paraffin treatment. Leaving you feeling completely resorted.

- Club Spa Foot Ritual
- Aromatic Fusion Massage
- Refreshing Facial

Allow 2 hours 30 minutes £239

Peaceful Spa Day

Craving a little peace and tranquillity your day begins with our Herbal infused Rasul experience where your body will be cleansed and exfoliated with our salts while the Marine Mud soothes aching muscles and nourishes dry skin. The Back, neck and shoulder massage will help to ease tension and will be followed by our Skin Refreshing Facial to cleanse and nourish the skin. To complete this day your hands will be treated to a relaxing massage and file of the nails, colour will be applied, if desired, leaving you fully relaxed and revitalised.

- Rasul Experience
- Back, Neck, Shoulder Massage
- Refreshing Facial
- Mini Manicure

Allow 2 hours 30 minutes £239
Indulgent Spa Day
A gentle yet effective body brushing with full body exfoliation using geranium, rose and lavender leaves the body nourished and soft. La stone, a massage using warmed basalt stones and cold stones along with chakra balancing techniques produce an incredible balanced yet energy giving reaction. Our gentle facial refreshes and soothes the skin, leaving you with a sense of peace and tranquillity.

- Body Brushing and Soothing Exfoliation
- Hot Stone Massage
- Skin Refreshing Facial

2 hours 25 minutes £239

Sumptuous Spa Day (Partners and Friends)
The both of you in our double treatment room will share this day. Your skin will be cleansed and exfoliated using a blend of sea salt and nourishing oils. After showering off you will both enjoy the relaxation of carefully chosen Aromatherapy oils in this full body massage, which will include face and scalp. Thorough facial cleansing and skin peeling will be followed by an application of purifying mask. Leaving your skin feeling fresh and revitalised.

- Body Brushing and Exfoliation
- Aromatherapy Body Massage
- Skin Refreshing Facial with Scalp Message

Allow 2 hours £195 per person

Sublime Spa Day (Partners and Friends Spa Day)
A treat for two, which begins with the herbal, infused Rasul experience. Together in the privacy of your own chamber you will smooth on the purifying mud to the body and face, relax in the warm steam while the mud soothes the joints and muscles and cleanses the skin before showering off and enjoying the delights of our aromatic fusion body massage which includes face and scalp, side by side - two therapies that work perfectly together.

- Rasul Experience
- 80-minute massage

Allow 2 hours 20 minutes £169 per person.
FULL DAY SPA PACKAGES

Begin your Spa day with a swim in the salt pool or simply sit and enjoy the hydrotherapy bench before you begin one of our thermal treatments which include the salt cabin, herbal steam room, with the experience shower to revive and invigorate. You may choose to enter the Rasul room where you will smooth mineral mud over the body and face enjoying the warmth and cleansing - utopia. The Spa lounge beckons with its soft lighting, herbal refreshments and luxurious loungers inviting you to rest and reflect before your therapist escorts you to a private treatment suite.

Full Day Spa Packages

All full day packages include:

- Complimentary robe and slippers for the day
- Use of Salt Pool with hydrotherapy bench
- Herbal Steam Room
- Salt Cabin and Experience Shower
- Spa Lunch and Refreshments
- Relaxation lounge

Cleansing Spa Day

A day of gentle cleansing and purifying will begin with full body brushing and exfoliating with sea salt and seaweed combined. The skin is then ready to absorb the rich stimulating algae and essential oils, which will be applied to the body in a warm envelopment. A mineral hair treatment with tension relieving massage is then administered (wonderful for tension headaches and stiff necks). Full body massage using lemon and juniper with lymphatic drainage techniques to reinforce the elimination of toxins is next on the list. Gentle facial steaming and thorough cleansing makes this an experience, which will leave the skin glowing with lift and radiance. To complete the detoxifying effects of this day a combination pedicure and Tibetan foot massage; deep cleansing exfoliation, and removal of dry skin from the feet will be followed with a stimulating active mask completed by the grounding effect of foot massage which will leave you feeling purified and glowing!

- Sea Salt and Seaweed Exfoliation
- Radiance Facial
- Club Spa Foot Treatment
- Pure Detox Envelopment
- Aromatic Fusion Body Massage

3 hours 50 minutes £349
Recovery Spa Day

This series of therapies promises you released tension, peace of mind and a good night’s sleep. Herbs and oils will be selected on the day to suit your individual constitutional needs. Warm clay and herbs are smoothed over the body to purify and exfoliate; warm herbal oil is then poured over the entire body before enveloping you in a warm heat, while marma point facial and cleansing massage is carried out. To still the mind and soothe the central nervous system a continuous flow of sesame oil is passed over the forehead (third eye) continuing with marma point scalp massage and herbal hair treatment. To complete this day of ultimate stress relief a full body massage with warm oil - your body will thank you!

- Warm Herbal Envelopment
- Oil Therapy
- Balancing Full Body Massage
- Perfect Balance Facial

2 hours 50 minutes £275

Joyful Spa Day

Your day will begin with a mineral salt glow to refresh and remove dry skin, preparing the skin for the rich replenishing envelopment, a truly warming and tension reducing envelopment. Our signature basalt balance hot stone massage will leave you in a state of true physical and mental calm! The pure skin facial promises to get your skin back on track, awakening tired sluggish skin, leaving it radiant, fresh and clean.

- Club Mineral Salt Glow
- The Replenishing Envelopment
- Hot Stone Massage
- Pure Skin Facial

3 hours 20 minutes £319

MUD RASUL EXPERIENCE

Rasul Experience

This is a must experience! Perfect to share with a friend or partner. The private and beautiful chamber has a domed roof covered in stars. Your therapist will prepare the finest Rasul mud for you to take into your seated chamber leaving you to lavish mud over the face and body. Known for its healing properties the Rasul mud will improve skin texture, detoxify and soothe leaving the skin incredibly soft and renewed. Soft music will lull you as the gentle jets of steam open the pores allowing the mud to work at a deeply therapeutic level.

We highly recommend this treatment prior to massage.

45 minutes is required for the rasul experience.

Cost £75 for two people sharing, £55 for one. Maybe include chocolate Rasul?
TIME FOR MEN

Gentleman’s SOS Time

Consider this combination the short cut to a cleansed, polished and relaxed man. The treatment begins with an invigorating body scrub using sea salts, eucalyptus and spearmint, followed with a stress relieving back, neck and shoulder massage. Ideally suited for those with little time to spend on their skin or hectic traveling schedule the SOS face saver, deep cleanses with gentle steam and polish, finishing with a mineral mask to leave the skin sparkling fresh. Those neglected hands will be tidied, buffed and massaged to complete your SOS time.

- Invigorating Body Scrub
- Back, Neck and Shoulder Massage
- SOS Face Treatment
- SOS Hand Treatment

1 hour 50 minutes £179

Gentleman’s Spa Tonic

A soothing blend of body exfoliation with warm mineral envelopment will hydrate the skin and relax the muscles while soothing the joints, followed by a full body aromatherapy massage, using essential oils selected for your individual requirements. This will complete your time of renewal.

- Replenishing Mineral Envelopment
- Aromatic Fusion Massage

1 hour 50 minutes £179

Gentleman’s Facial

A deeply purifying and soothing face treatment, designed to address the needs of the male complexion. This facial involves cleansing steam to combat congestion and soothing balms to help reduce skin sensitivity. The gentleman’s facial includes both facial, head; neck and shoulder massage to reduce stiffness and tension.

55 minutes £89

De-stress Muscle Massage

This all over body massage is designed to work on stiff, tight and fatigued muscles and joints after sports or a day of physical stress and strain. Deep tissue techniques are used to warm the muscles while manipulations and stretching help to ease the body and release tension.

Allow 55 minutes £89
MOTHER TO BE

Mother-to-be treat

A wonderful combination of relaxing and beautifying the treat begins with our soothing pregnancy back neck and shoulder massage to ease stress and tension before we begin the harmonising facial which includes gentle cleanse and exfoliation, soothing massage to the face and scalp and the application of balancing mask ideal for sensitive or hormonal skin. While the mask is on a wonderful leg and light foot massage is performed using cooling and de-puffing lotion to revitalize and improve circulation to this often tired and heavy area.

*Recommended from 14 to 32 weeks.*

Allow 55 minutes £89

Pregnancy Facial

Using rose, sandalwood and camomile this facial helps to soothe and comfort. This very delicate facial will leave you glowing as every woman should be at this important time of hormonal change. A facial cleanse is followed by a gentle exfoliation to brighten the skin. Specific oils are then used to massage the face and scalp. A soothing facial mask is applied and a deeply relaxing lower leg and foot massage administered to super relax mum and reduce fluid retention and puffiness.

*(Suitable for any time during pregnancy)*

Allow 55 minutes £89

Pregnancy Indulgence

This Experience is specially designed for the mother-to-be. Treat yourself to the total bliss and relaxation your body deserves. You will begin with a soothing back neck and shoulder massage, which is carried out in the seated position for your comfort. Our harmonizing facial is performed which includes cleansing, exfoliation and soothing face and scalp massage, while you relax with your balancing face mask your therapist will perform a luxurious hand and arm massage along with gentle massage to the abdomen. The physical stresses and strains on your legs and feet will be eased away with our deeply relaxing club spa pedicure where your feet will be soaked and exfoliated, cuticles and nails tidied before a super leg and foot massage using cooling de puffing lotion prior to a warm envelopment of nourishing paraffin wax. The treatment will finish with your choice of nail enamel being applied.

*Recommended from 14 to 32 weeks.*

Allow 1 hour 55 minutes £178
Pregnancy Massage

Enjoy this well deserved massage as your body is soothed and pampered with our Nourishing Rose Oil. This massage is designed to answer the developing need of the mother and baby to give you the nurturing treatment you both deserve. Helping to ease aches and pains along with ‘that heavy feeling’ the massage begins with the back neck and shoulder massage in a seated position before moving to the comfort of the couch where the legs, feet, arms, abdomen, head and neck will be massaged.

Recommended from 14 to 32 weeks.

Allow 55 minutes £89

COUPLES/FRIENDS RITUALS

Share side-by-side treatments or packages - ideal for couples, friends & mother- daughters.

Rasul Experience

This is a must experience! Perfect to share with a friend or partner. The private and beautiful chamber has adomed roof covered in stars. Your therapist will prepare the finest Rasul mud for you to take into your seated chamber leaving you to lavish mud over the face and body. Known for its healing properties the Rasul mud will improve skin texture, detoxify and soothe leaving the skin incredibly soft and renewed. Soft music will lull you as the gentle jets of steam open the pores allowing the mud to work at a deeply therapeutic level.

We highly recommend this treatment prior to massage.

45 minutes is required for the Rasul experience.

Cost £75 for two people sharing.

Sumptuous Spa Day (Partners & Friends)

The both of you in our double treatment room will share this day. Your skin will be cleansed and exfoliated using a blend of sea salt and nourishing oils. After showering off you will both enjoy the relaxation of carefully chosen Aromatherapy oils in this full body massage, which will include face and scalp. Thorough facial cleansing and skin peeling will be followed by an application of purifying mask. Leaving your skin feeling fresh and revitalised.

• Body Brushing and Exfoliation
• Aromatherapy Body Massage
• Skin Refreshing Facial with Scalp Massage

Allow 2 hours £178 per person
Sublime Spa Day

(Partners and Friends Spa Day)

A treat for two, which begins with the herbal, infused Rasul experience. Together in the privacy of your own chamber you will smooth on the purifying mud to the body and face, relax in the warm steam while the mud soothes the joints and muscles and cleanses the skin before showering off and enjoying the delights of our aromatic fusion body massage which includes face and scalp, side by side - two therapies that work perfectly together.

- Rasul Experience
- 80-minute massage

Allow 2 hours 20 minutes £165 per person.

The Club Signature Minerale Envelopment

This extensive body envelopment is unique to the Club spa. Beginning with exfoliation using semi-precious stone extract the body is massaged smooth to eliminate toxins and stimulate the skin. The exclusive envelopment of clay, semi-precious stone extract and precious oils is lavished over the body to harmonise, correct imperfections and regenerate. While the body recharges we perform the anti-ageing eye treatment, with lymphatic eye massage and collagen mask to restore vitality. A light shower and softening oil massage completes this incredible signature treatment. Semi-precious stone extract of Rhodochrosite, Malachite and Smithsonite.

Allow 1 hour 20 minutes £129 per person.

Club Style Mineral Salt Glow

A light skin brushing to gently exfoliate the body is followed by the application of an incredible blend of sea salts infused with seaweed and spirulina to deep cleanse the body removing dry skin. To complete this experience the body is soothed with a rich marine lotion.

Allow 25 minutes £49 per person

Aromatic Fusion

(Relax, De-stress, Revive, Support, Renew)

Ease away the day’s stresses and strains and bring body and mind back into balance. This massage fuses the best of practices from East and West. Carefully applied pressures stimulate the nervous system while Swedish and neuromuscular massage techniques support a healthy circulation and soothe the body. Uses individually selected oils. This massage also includes face and scalp.

Allow 55 minutes £89 per person
De-stress Muscle Massage

This all over body massage is designed to work on stiff, tight and fatigued muscles and joints after sports or a day of physical stress and strain. Deep tissue techniques are used to warm the muscles while manipulations and stretching help to ease the body and release tension.

Allow 55 minutes £89 per person

Pure Skin Facial A deeply purifying and relaxing treatment.

This individually customised facial begins with a deep steam cleanse and peel to reveal a fresher more revitalised skin. Using, natural aromas, the deeply relaxing massage will help to remove impurities, calm and improve tone of skin. A sumptuously rich mask is applied leaving the skin renewed with a more even complexion. This facial also includes a relaxing scalp massage and is suitable for normal, dry, sensitive or oily skins.

Allow 55 minutes £89 per person

CLUB AND SPA BODY TREATMENTS

The Club Signature Minerale Envelopment

This extensive body envelopment is unique to the Club spa. Beginning with exfoliation using semi-precious stone extract the body is massaged smooth to eliminate toxins and stimulate the skin. The exclusive envelopment of clay, semi-precious stone extract and precious oils is lavished over the body to harmonise, correct imperfections and regenerate. While the body recharges we perform the anti-ageing eye treatment, with lymphatic eye massage and collagen mask to restore vitality. A light shower and softening oil massage completes this incredible signature treatment. Semi-precious stone extract of Rhodochrosite, Malachite and Smithsonite.

Allow 1 hour 20 minutes £129

The Replenishing Envelopment

Put back lost minerals and moisture into the skin with the Replenishing envelopment. Body brushing and mineral salt exfoliation prepare for the nourishing application of warm clay rich in precious oils. As you luxuriate in the warm wrap a soothing scalp and facial pressure point massage is administered before you rinse and complete the treatment with our rehydrating mineral body cream.

Allow 55 Minutes £89

Pure Detox Envelopment

This original marine algae wrap is rich in minerals and vitamins. The treatment activates circulation helping with the drainage of excess fluid allowing the body to detoxify itself. Preparing the skin with dry body brushing and salt exfoliation, a gel activator is applied before the warm alga envelops you. A detoxifying facial and scalp massage is performed using purifying oils whilst you are cocooned. An application of toning emulsion is then applied to complete this detox treatment.

Allow 55 minutes £89
Club Style Mineral Salt Glow

A light skin brushing to gently exfoliate the body is followed by the application of an incredible blend of sea salts infused with seaweed and spirulina to deep cleanse the body removing dry skin. To complete this experience the body is soothed with a rich marine lotion.

Allow 25 minutes £49

MASSAGE RITUALS

Basalt Hot Stone Massage

Hot rocks and massage! Feel the energy from the hot stones while enjoying a deeply relaxing massage. Warmed oils add to the benefit of this incredible treatment.

1 hour 20 minutes £129

Aromatic Fusion

(Relax, De-stress, Revive, Support, Renew)

Ease away the day’s stresses and strains and bring body and mind back into balance. This massage fuses the best of practices from East and West. Carefully applied pressures stimulate the nervous system while Swedish and neuromuscular massage techniques support a healthy circulation and soothe the body. Uses individually selected oils. This massage also includes face and scalp.

Allow 55 minutes £89

De-stress Muscle Massage

This all over body massage is designed to work on stiff, tight and fatigued muscles and joints after sports or a day of physical stress and strain. Deep tissue techniques are used to warm the muscles while manipulations and stretching help to ease the body and release tension.

Allow 55 minutes £89

CLUB AND SPA FACE TREATMENTS

The Club Signature Facial

Every part of this rejuvenating facial promotes youthful looking skin. Lymphatic massage and gentle peeling around the delicate eye area is followed by a soothing collagen treatment to help minimise fine lines. Including a unique facial massage to help lift and tone the skin. Extracts of horsetail and deepsane are used to promote a plumper, more youthful radiant skin. This treatment will truly benefit anyone with tired, stressed or ageing skin.

Allow 1 hour 20 minutes £129
Master Facial

Our exclusive rejuvenating ‘East-West’ facial dynamically initiates the repair and regeneration of skin. Customised for your skin type or condition, unique, natural products integrating advanced anti-ageing science with the proven wisdom of Ayurveda from the East create an amazing vibrant radiant complexion and healthy skin balance. After deep cleansing, exfoliation and an individualised mask treatment, the layering of youthening aromatherapeutic natural ingredients deeply penetrate skin to a level where transformation of renewal begins.

Our Master Facial blends East and West with the integration of a special Indian bowl foot massage, balancing marma energy therapy, to finish a blissful Shirodhara with a scalp and hair treatment using an aromatic herbal infused oil. This magnificent custom facial is excellent for all skin types.

Allow 1 hour 25 minutes £139

Perfect Balance Facial

Our exclusive rejuvenating facial dynamically initiates the repair and regeneration of cells and is individually created to balance skin conditions. Hand formulated products uniquely integrating advanced science with ageless wisdom of traditional techniques to create profound results.

The skin is cleansed and followed with a gentle, yet effective exfoliating treatment, the layering of aromatherapeutic ingredients deeply penetrates to a level where the transformation of renewal begins. This facial encompasses marma point facial and scalp massage followed with an incredible rejuvenating mask and complex. This facial is suitable for all skin types including sensitive.

Allow 50 minutes £89

Pure Skin Facial

A deeply purifying and relaxing treatment. This individually customised facial begins with a deep steam cleanse and peel to reveal a fresher more revitalised skin. Using, natural aromas, the deeply relaxing massage will help to remove impurities, calm and improve tone of skin. A sumptuously rich mask is applied leaving the skin renewed with a more even complexion. This facial also includes a relaxing scalp massage and is suitable for normal, dry, sensitive or oily skins.

Allow 55 minutes £89

Club Spa Eye Bright

Our eyes are a much-neglected area, which requires special attention. One of the first areas we notice the affects of ageing are the eyes and this treatment has been developed to improve and restore vitality and lift. Through gentle soothing ingredients such as corn flour and green tea to soothe and reduce puffiness, followed with lymphatic massage and collagen mask to diminish dark circles and improve elasticity and firmness. This facial treatment comes highly recommended and may be added onto other therapies booked.

Allow 25 minutes £49
SKINCEUTICALS FACIALS

AOX TREATMENT + HYDRAFACIAL
SkinCeuticals signature antioxidant treatment with HydraFacial customizes and maximizes pure, potent, performing ingredients with the HydraFacial signature cleanse, extract, and hydrate 3-step delivery system to address different skin types and concerns.

Allow 55mins £95

SIGNATURE FACIAL
This facial treatment is designed with potent, active ingredients to target dull, tired looking skin, and restore luminosity. Including customisable options to ensure this is a bespoke treatment for each client.

Allow 55 minutes £95

HYDRATION FACIAL
This treatment is designed to strengthen skin's natural barrier to prevent water loss. Targeting visible signs of dehydration, helping to plump fine lines and even out texture, leaving skin feeling and looking smooth, supple and bright.

Allow 55 minutes £95

PURIFYING FACIAL
Designed for oily/combination skin types, prone to blemishes, blocked pores, congestion and acne. This facial will detoxify skin, reducing blemishes, inflammation and improve the overall skin texture.

Allow 55 minutes £89

SOOTHING FACIAL
This treatment is designed to provide calming to an inflamed or sensitive skin. Targeting redness, sensitivity to help repair a compromised barrier leaving the skin feeling soothed, supple and hydrated.

Allow 55 minutes £89

STRESSED SKIN FACIAL
This treatment includes stress reducing massage techniques and is designed to treat the physical symptoms of a stressed skin including dehydration and irritation. Combined with dual-function exfoliation that helps to resurface and rehydrate skin simultaneously, this treatment will leave skin looking rejuvenated, smooth, and radiant.

Allow 55 minutes £89
DISCOLOURATION FACIAL

Treatment time: 55 min This treatment is designed to target signs of discolouration, pigmentation and uneven skin tone, aiming to provide a brighter and more even complexion.

Allow 55 minutes £89

ALTERNATIVE THERAPIES

Reflexology

Reflex points located on the feet directly correspond to specific areas and organs of the body. Manual stimulation of those reflex points help unblock, balance and assist with the body’s natural healing ability.

50 minutes £89

Indian Head Massage

A non-invasive form of healing and relaxation. Harmonising the body’s natural balance, promoting physical and physiological well being. Reduces muscular and nervous tension, improving circulation and leaves a feeling of peace and calm. This treatment, which is administered on top of clothing, involves the upper back, shoulders, and head.

55 minutes £89

THE CLUB’S NAIL RITUALS

Club Spa Foot Ritual

No ordinary foot ritual. We have combined the beautifying aspects of a pedicure and fused them with Tibetan foot massage. The feet are bathed and cleansed; a cooling and exfoliating mask is smoothed over the feet and calves while we take care of the nails and cuticles. Once bathed, the feet are enveloped in a rich and nourishing paraffin wax and warm booties-bliss. The final part of this unique treat is the Tibetan foot massage with Majista foot oil, rich in carrot, neem and wheat germ, which is also antibacterial.

Allow 55 minutes £89

Club Spa Manicure

To prepare the hands this treatment begins with gentle exfoliation. Cuticle work and nail shaping to groom follow with a luxurious hand and arm massage before an envelopment of paraffin wax and heated mitts are administered. The Club Spa Manicure is completed with nail enamel if so desired.

Allow 50 minutes £59

Deluxe GELeration Gel Manicure

Cuticle work and nail shaping to groom in preparation for the Jessica GELeration gel polish and application finished with a luxurious hand and arm massage.

Allow 55 minutes £59
GELeration Refresh Manicure

A coat of GElation gel polish is applied over your existing gel polish to infill growth and refresh your colour to make it last even longer. The refresh manicure is then completed with a luxurious hand and arm massage.

Allow 30 minutes £39

GELeration Removal and Re-Application

Removal of existing and re-application

Allow 60 minutes £69

GELeration Removal

Removal of existing GElation

Allow 25 minutes £39

FINISHING TOUCHES

Eyelash & Brow Tinting (24 patch test required)

- Eyebrow Tint £20
- Eyelash Tint £29
- Eyelash and Eyebrow Tint £35
- Eye Lash Tinting and Brow Shape (allow 30 minutes) £40

Waxing Services

- Half Leg Wax (allow 25 minutes) £40
- Full Leg Wax (allow 45 minutes) £55
- Bikini Wax (allow 15 minutes) £25
- Underarm Wax (allow 15 minutes) £25
- Chest or Back Wax (allow 25 minutes) £40
- Eyebrow or Chin Wax (allow 15 minutes) £25
- Lip Wax (allow 15 minutes) £25 TBC

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