

# SPA DAY PACKAGES



Enjoy one of our relaxing spa days and you'll leave feeling destressed, relaxed and refreshed.

## TOTAL INDULGENCE AFTERNOON TEA AND FIZZ SPA DAY

£175pp (Monday-Thursday) / £199pp (Friday-Sunday)

Your day of pure pampering will include:

- Full spa access
- Prosecco Afternoon tea served in the hotel
- Hot drinks during your day
- Two x 50-minute treatments of your choice
- £10 off\* spa retail, redeemable on the day

## ESCAPE & RELAX SPA DAY

£110pp (Monday-Thursday) / £135 (Friday-Sunday)

Your day of relaxation will include:

- Full spa access
- Light spa lunch served in the hotel\*
- Hot drinks during your day
- One x 50-minute treatment of your choice
- £10 off\* spa retail, redeemable on the day

## TIME OUT EXPRESS SPA DAY

£74pp (Monday-Thursday) / £84 (Friday-Sunday)

Your mini day of pampering will include:

- 3-hour spa and relaxation room access
- Hot drinks during your day
- One x 25-minute treatment of your choice
- £10 off\* spa retail, redeemable on the day

## BABY ON THE WAY SPA DAY

£110pp (Monday-Thursday) / £135 (Friday-Sunday)

Take some time out for you and your baby, your pampering will include:

- Full spa access
- Light spa lunch served in the hotel\*
- Hot drinks during your day
- Pre Natal treatment -50 minutes (12+weeks)
- £10 off\* spa retail, redeemable on the day

## PACKAGE TREATMENT CHOICES

### 50 MINUTE RITUALS BY CAUDALIE

#### Time Out

A choice of 50 minute facials: Vinoperfect radiance facial, Vinosource hydrating facial or Vinopure purifying facial. Specially designed to make you feel and look radiant in less than 1 hour. This facial includes full skin cleansing, deep exfoliation, while you relax with a customised mask and cranial scalp massage is completed. This creates a moment of well-being by unblocking the energies of the nervous system. The experience is completed with serums and moisturisers to meet your individual requirements. Your skin's freshness, comfort and evenness are restored.

#### City Living

After a busy day, calm your mind and body with a relaxing back neck and shoulder massage followed by our skin specific express D-vine facial. This treatment will relieve tension and revitalise, leaving you feeling totally rejuvenated.

#### Relax in the harbour

The perfect treatment for time out in the city. Indulge in a revitalising foot massage designed to release muscle tension, stress and pain. Followed by a divine back neck and shoulder massage that will relax both the muscles and mind. This gentle and mindful therapy will leave you feeling calm and balanced.

#### Tranquillity in motion

This Relaxing Cranial Scalp Massage is the perfect remedy for tension and stress, it can also help lower blood pressure and improve circulation to the head and neck. Followed by a revitalising and tranquil foot massage designed to release muscle tension, stress and pain.

### 25 MINUTE EXPRESS TREATMENTS BY CHELSEA HARBOUR

#### Moment of Tranquillity

This relaxing Cranial Scalp Massage is the perfect remedy for tension and stress, it can also help lower blood pressure and improve circulation to the head and neck

#### Perfect Legs

This massage treatment is just what the doctor ordered following a day's shopping and sightseeing, allow the therapist to bring back your spring in your step, a perfect treatment for those who suffer with tension on their legs.

#### Foot Massage

This revitalising foot massage is designed to release muscle tension, stress and pain. A perfect treatment for those who are on their feet for a long period of time as it boosts your energy for the rest of the day.

#### Express D-Vine Facial

Specially designed for men and women who are short of time, yet still want results. This express treatment is tailor made to meet the needs of every skin type. This facial includes eye and skin cleansing, deep exfoliation and the application of a customised mask alongside a brief scalp massage to complete this moment of well-being.

#### Bright Eyes

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. It starts with a delicate massage followed by the application of a mask which is concentrated in hyaluronic acid. The perfect lifting and firming pump for your under eyes.

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