



Enjoy a quiet day of relaxation and pure tranquillity, away from the stresses and strains of everyday life. Our Spa Days allow you to journey through our world of Spa offering true relaxation of mind, body and soul in world class surroundings and includes:

- ❖ Robes, towels & slippers
- ❖ Use of our new-generation Thermal Suite, with snow cave, experience showers and ice bucket, hydrotherapy Jacuzzi pool, starlit livello steam room and saunas
- ❖ Use of Country Club facilities, including 25m swimming pool with poolside steam room, Jacuzzi and Finnish sauna, 75 station Technogym and a variety of fitness classes
- ❖ Choice of Relaxation Lounges, including outdoor terrace, with complimentary fruit and water
- ❖ Access to our Spa Lounge; where you can enjoy a variety of drinks and nibbles; treat yourself with some fizz and fancies!

Our exclusive Spa Day Options and unique pampering experience...It's all about you!

SPA DAY CLASSIC

Unlimited access to our extensive facilities with no time restrictions; includes lunch in Nico's Brasserie. Treatments can be arranged separately and are subject to availability.

MONDAY TO SUNDAY £49

RASUL MUD CHAMBER

A traditional Arabian cleansing ritual using coloured medicinal chakra muds to cover your skin while you relax in our starlit steam room, followed by a tropical shower.

1 person £35

2 People £30per person

3 People £25per person

4 People £20per person

DRY FLOTATION BED

Feel weightless for 25 minutes with this unique and deeply relaxing experience. It's like having 4 hours of natural sleep...

£25 for 25 minutes

SPA WORLD TASTERS

Enjoy access to our extensive facilities for 4 hours. Treatments can be arranged separately and are subject to availability.

MONDAY TO FRIDAY ONLY £30

SANOSPA BATHS

Our deluxe Sanospa baths, with their 122 powerful jets, treat you to a unique full body massage.

Target those areas prone to stress with a choice of programs. It's like bathing in champagne! Choose from:

**RELAX – TONE – HYDRATE - DETOX
£35 per person**

SUN MEADOW

Our solarium provides relaxation time and an opportunity to boost your vitamin D levels, giving your skin a sun-kissed glow.

**MONDAY TO SUNDAY £7.50 per
25min token**

DECLEOR ZESTY CITRUS FLOTATION

Indulge yourself in an energising and uplifting body wrap which firms, sculpts, tones and totally refreshes. The treatment begins with a full body exfoliation, followed by an allover application of a zesty butter body mask, infused with lemongrass and zingy citrus extracts.

55 minutes of pampering, £60 per person

*Spa guests enjoying treatments benefit from a discounted Spa World rate of £25, excluding lunch.
Lunch is included in our Day Spa Packages.*



MASSAGE

BABOR SIGNATURE MASSAGE

Celtic Healing Massage – Soothe tired aching muscles with this deep tissue experience.

Hot Stones Massage - Utilising the power of Hot stones to relax the mind and body.

Khanya of Africa - A holistic massage to hydrate the skin and restore balance to the mind.

55 minutes of pampering £60

25 minutes of pampering £35

DECLEOR AROMA BODY MASSAGE

A heavenly massage with the soothing sensation of warm aromatic balms combined with the expert touch of the therapist's hands.

Detox - Geranium, Rosemary & Grapefruit

Tone - Frankincense, Lemongrass & Immortelle

Energise - Lemon, Cypress & Angelica

Relax - Tonka Bean, Neroli, Sandalwood and Frankincense

80 minutes of pampering £80

55 minutes of pampering £60

25 minutes of pampering £35

DECLEOR MOTHER-TO-BE

This nurturing face & body treatment will help to preserve the tone of your skin, reduce the risks of stretch marks, lighten your legs and brighten your complexion to ensure you look as radiant as you feel.

80 minutes of pampering £80

DECLEOR TRANQUILITY SCALP MASSAGE

Ease tension instantly with this deeply soothing head massage, using a concentration of oils. Also strengthens the hair restoring vitality and shine.

25 minutes of pampering £35

DECLEOR AROMA FEET TREAT

Unique pressure point massage using a warm massage balm, feet and lower legs are immediately relaxed.

25 minutes of pampering £35

BODY

EXFOLIATION...

BABOR EXFOLIATING RITUAL

A full body exfoliation using tailor made oils and salt exfoliation. Your body is smoothed, dead skin cells removed and skin is left brighter, fresher and silky smooth.

25 minutes of pampering £35

DECLEOR AROMA BODY SILK GLISTERER

Radiant, bright and petal soft – your skin will glisten with health and vitality after this natural exfoliation treatment. Perfectly prepared for any occasion, this is the ultimate skin enhancer.

25 minutes of pampering £35

BODY WRAPS...

BABOR OCEAN BODY FIRMING WRAP

Full body indulgence with neck and shoulder massage, lie wrapped in our algae mud pack and enjoy a relaxing face and scalp massage. A treatment to lift, firm, tone and restore your skin's natural elasticity.

55 minutes of pampering £60

BABOR VOLCANIC HEAT PACK

Stimulate your circulation and detox your body, helping eliminate metabolic waste. Using volcanic rock powder, rich in minerals this treatment warms the muscles to aid relaxation.

80 minutes of pampering £80

DECLEOR AROMA BODY WRAP

Full body exfoliation and heated envelopment to enhance the effect of professional masks, choose from:

Relax – Energise – Detox – Firm

55 minutes of pampering £60

DECLEOR PERFECT ANTI CELLULITE TREATMENT

Thighs, hips and bottom are visibly refined even after one treatment. Using an exclusive cocktail of essential oils, proven to breakdown fat in 28 days, you will be delighted with the results.

55 minutes of pampering £60



FACIALS

BABOR Prescriptive Facial

Tailor made to suit your skin type. Leaves skin visibly smoother, fresher and more toned.

55 minutes of pampering £60

BABOR Age Defying Facial

Your therapist will tailor make your treatment depending on your concerns, choose from our plumping collagen facial or our HSR lifting facial.

70 minutes of pampering £75

DECLEOR Aroma Classic Facial

At the heart of this treatment is the famous 100% natural 'Aromaplastie' mask which leaves your skin hydrated, balanced and glowing with health.

55 minutes of pampering £60

DECLEOR Aroma Expert Facials

Aroma Expert treatments provide results for your particular skin type: Choose from **Essential, Nourish, Soothe, Radiance** and **Purify** or let your experienced therapist tailor make this facial to suit your skin.

70 minutes of pampering £70

DECLEOR Age Defying Facial

A dream come true, facials that give instant noticeable results...naturally.

Choose from **Expression, Evidence** and **Excellence** or let your experience therapist tailor make this facial to suit your skin.

70 minutes of pampering £75

DECLEOR Alpha + refining

Add this on to any of our Decleor facials to leave skin looking smooth, refined and radiant with health.

10 minutes of pampering £15

DECLEOR Re-Vital Eyes

Add this on to any of our Decleor facials to leave eyes clearer, fine lines & wrinkles smoothed, shadows and puffiness eased.

15 minutes of pampering £20

FOR MEN

Whilst all of our treatments are suitable for men we have selected a few we think you will enjoy...

BABOR Energy Release Facial

Intensive facial designed to deep cleanse and soothe, shoulder massage, facial and scalp massage with cooling collagen mask to give a healthy glow.

55 minutes of pampering £60

DECLEOR Intensive Energy Facial

The ultimate detox treatment includes a professional mask designed to clear, balance and de-stress the complexion, with long lasting results.

70 minutes of pampering £70

DECLEOR Intensive Energy Body Massage

A revitalising treatment for a pure sensation of energy & deep relaxation. The body is first exfoliated to polish off any dead skin cells & stimulate the circulation. A warming balm is then massaged into the skin to invigorate the body & ease any tension.

55 minutes of pampering £60

DECLEOR Cleansing Back Treatment

A deep cleansing Facial for the back with purifying essential oils to decongest, balance and restore clarity to the back making the skin clearer, brighter and healthier.

40 minutes of pampering £45

MANS MANICURE

Nails and cuticles are tidied to leave hands looking as good as new.

25 minutes of pampering £30

FOOT GROOMING

An energising foot treatment to ease tired aching feet. Nails and cuticles are tidied followed by a foot and lower leg massage.

40 minutes of pampering £40



Choose from our exclusive Salon Collection ... Beauty made easy!

HANDS & FEET

We can work some serious magic on unloved hands and feet! These are the hardest working parts of your body – so look after them!

Top tip: removing old polish before you arrive will ensure your therapist can use the full treatment time to work her magic. Don't forget to bring open toe shoes to wear after toe polish.

Shape & Polish (25mins)

An express shape of the nails finished with polish or buffing (when booking please confirm fingers or toes).

Monday to Sunday £18

Ultimate Manicure (40mins)

This exceptional manicure begins with a thorough exfoliation to remove rough, dry skin, boost hydration levels and minimises pigmentation and age spots.

After thorough cuticle work and nail shaping, finish with natural nail buffing or your choice of polish from our selection of seasonal colours.

Monday to Sunday £35

Perfect Pedicure (40mins)

Includes the removal of hard, dry skin and after thorough cuticle work and nail shaping, a soothing massage to your feet and lower legs relaxes body and soul. Our active ingredients treat the skin to leave it soft and supple and we finish with natural nail buffing or your choice of polish from our selection of seasonal colours.

Monday to Sunday £35

Jessica Gel Nails Geleration

Applies like polish, performs like gel. Extra strength and longevity for manicure and pedicures, chip resistant no smudging, dry in seconds and protects your natural nail.

Geleration Manicure 55mins £45

Geleration Pedicure 55mins £45

MAKE-UP

For those stuck in a rut or nervous about what you are supposed to do with that colour or brush, we show you how to make the most of your features (and least of your imperfections) and we'll offer advice on keeping your make-up looking good.

These are fun and enjoyable sessions to give you renewed confidence and inspiration.

Make-up Lesson (55mins)

£50*

Make-Up Application (25mins)

£35*

***Receive £25 towards make-up products purchased at the time of your appointment.**

Waxing

Lip or chin	£8
Lip & chin	£15
Eyebrows	£10
Half leg	£17
Full leg	£28
Underarm	£12
Bikini	£15
Bikini & full leg	£38

Men's Waxing

Eyebrow Tidy	£10
Back	£25
Chest	£25

Tinting

Eyelashes (20mins)	£12
Eyebrows (10mins)	£10
Lashes and brows (20mins)	£18
Eye Trio (30mins)	£25

If you've not had a tint with us before, please pop in for a quick tint test at least 24 hours before your treatment to make sure you don't suffer any adverse reaction



MID-WEEK SPA PACKAGES

Our mid-week packages are available Monday to Friday and come with luxury and convenience in mind; these half day retreats allow you to experience our extensive facilities for around 3-4 hours in total. Our packages include:

- ❖ Robes, towels & slippers
- ❖ Use of our new-generation Thermal Suite, with snow cave, experience showers and ice bucket, hydrotherapy Jacuzzi pool, starlit livello steam room and saunas
- ❖ Use of Country Club facilities, including 25m swimming pool with poolside steam room, Jacuzzi and Finnish sauna, 75 station Technogym and a variety of fitness classes
- ❖ Choice of Relaxation Lounges, including outdoor terrace, with complimentary fruit and water
- ❖ Access to our Spa Lounge; where you can enjoy a variety of drinks and nibbles; treat yourself with some fizz and fancies!

Morning Coffee Escape

Arrive to use our spa facilities and have 50 minutes of pampering time. Choose either a full 50 minute treatment or 2 x 25 minute taster treatments from the selection below:

Prescriptive Facial
Bespoke Massage
Body Exfoliation
Manicure
Pedicure

Morning Coffee will be served in the spa lounge with a selection of pastries for you to enjoy.

Check out by 2pm
£79 per person

Bespoke Day Spa

A great package for the indecisive or for large groups with many people to please: 50 minute massage or facial, followed by your choice of ultimate manicure or perfect pedicure.

The choice is yours.
£99 per person

Afternoon Tea Package

Arrive to use our spa facilities and have 50 minutes of pampering time. Choose a full 50 minute treatment or 2 x 25 minute taster treatments from the selection below:

Prescriptive Facial
Bespoke Massage
Body Exfoliation
Manicure
Pedicure

Enjoy Afternoon Tea in our Spa Lounge.

Arrival from 1pm
£89 per person

Spa by Twilight

Full use of our spa facilities including a 50 minute full body massage. A glass of wine or soft drink alternative is served in our spa lounge.

Arrival from 3pm
£69 per person

Prices above are per person, and treatments are subject to availability, please pre-book treatments to avoid disappointment. Find out more about group bookings and special occasions by calling our team today – 01691 684300.



DAY SPA PACKAGES

Luxury as standard, packages include unlimited access to our Spa facilities and lunch in Nico's Brasserie.

LION QUAYS SIGNATURE RETREAT - 150 minutes of pampering

Exfoliation – Massage - Facial

Full body exfoliation and massage using our signature around the world oils tailor made to suit your needs.

Then relax and enjoy a prescriptive facial. **TAILORED TO YOU**

Monday to Sunday £160

INDULGENT SPA EXPERIENCE - 145 minutes of pampering

Hot Stone Back Massage - Advanced Facial - Perfect Pedicure

Start the day with a relaxing hot stones back massage to release tension, our therapists will tailor make all treatments to suit you, making you look as good as you feel.

THE ULTIMATE SPA DAY FOR THOSE WHO WANT IT ALL

Monday to Sunday £150

ULTIMATE SPA EXPERIENCE - 105 minutes of pampering

Exfoliation – Advanced Facial – Eye Treatment

A full body exfoliation using specialist oils and salt exfoliation leaves your skin brighter, fresher and silky smooth. Our amazing anti-ageing facial will plump out the skin cells, boost collagen levels whilst lifting and firming the skin. **A FULL HEAD-TO-TOE PAMPER**

Monday to Sunday £130

REJUVENATING RETREAT - 90 minutes of pampering

Back Massage – Advanced Facial

Start your treatment with a taste of our energy release deep tissue back massage to relax your body before continuing into one of our luxury Facials. Choose any of our 3 advanced facial treatments, tailor made to suit you. **THE PERFECT WAY TO RELAX AND REJUVENATE**

Monday to Sunday £105

MOTHER-TO-BE* - 150 minutes of pampering

Massage – Advanced Facial - Perfect Pedicure

Start your journey with our nurturing back massage designed to ease away aches and pains associated with pregnancy. Our advanced facials are designed to improve the condition of the skin, firm and tone eyes and lips while restoring radiance. Our lower leg massage helps alleviate water retention.

PERFECT PAMPERING FOR YUMMY MUMMY'S

Monday to Sunday £145

**Excludes use of the thermal suite- not suitable during pregnancy*

COUPLES RETREAT - 90 minutes of pampering

Full body massage – Sanospa Bathing Experience

A full body massage including head, neck and scalp in our deluxe dual treatment room, followed by a Sanospa Bathing Experience, leaving you feeling refreshed and revitalized.

INDULGE TOGETHER

Monday to Sunday £105pp

TASTER RETREAT – 25 minutes of pampering

Choose one 25 minute taster treatment from the following; Back, Neck & Shoulder massage OR Sensational Eyes OR Express Manicure or pedicure.

Monday - Sunday £65pp

Should you wish to be together for your treatments, our dual treatment room is available for a supplement for £20.

Prices detailed above are all based per person and subject to availability. Please pre-book treatments to avoid disappointment.

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