



The Grand Hotel

EASTBOURNE

★★★★★

SPA TREATMENT MENU

Opening Times:

9.00am – 5.30pm Sunday – Thursday

9.00am – 8.00pm Friday and Saturday

Telephone – 01323 412345

Email – healthclub@grandeastbourne.com

Website – www.grandeastbourne.com

The Spa at the Grand Hotel offers exclusive treatments from Kerstin Florian and VitaMan, including a wide range of Facial, Body and Male grooming treatments which are only available through leading Spas and luxury Hotels.

KERSTIN FLORIAN

specialises in using natural resources including thermal mineral water, mud, algae, herbal extracts and essential oils which have been inspired by world wide locations to obtain the highest quality treatments available.

VITAMAN

is dedicated exclusively to the needs of men. VitaMan uses a combination of ancient and traditional body and mind calming therapies that provide the ultimate relaxation and rejuvenation experience possible. All the products contain unique, potent and scientifically proven Plant, Herb and Fruit extracts and are free from harmful chemicals, artificial fragrances and colours.



We suggest you arrive at least 30 minutes before your treatments to allow you to relax and enter the realm of indulgent experiences.

The Spa opening times:

9.00am – 5.30pm Sunday – Thursday

9.00am – 8.00pm Friday and Saturday

For reservations, please call 01323 412345
or e-mail healthclub@grandeastbourne.com

Terms and conditions

All treatment suitability is subject to a consultation card being completed. If you have health conditions, please contact your GP prior to arrival for a letter of consent or contact our Beauty Therapists for advice. For spa days a credit card guarantee will be required. For treatments booked a cancellation within 24 hours will incur a 50% charge. Cancellation within 12 hours will incur a 100% charge. Prices are subject to change without notice; all prices are inclusive of VAT at the current rate.

Gift vouchers are available from reception or online.

www.grandeastbourne.com/giftvouchers

Signature Treatments

The Grand Classic Facial by Kerstin Florian

A purifying treatment for any skin type which includes a gentle exfoliating peel to remove dull surface skin cells, a luxurious massage, deep-cleansing masque and botanical extracts to rejuvenate and nourish the skin. A relaxing hand massage completes the experience.

55 minutes ~ £65.00

The Grand Pure Organic Moor Mud Experience

Based on the European tradition of using mud, healing waters and light massage therapy, this treatment detoxifies and relaxes. Three treatments in one, this ritual commences with the Alpine foot treatment, a Moor Mud body wrap, followed by an application of soothing mineral crème mixed with detoxifying essential oils.

85 minutes ~ £90.00

The Grand Luxury Aroma Manicure

This deluxe manicure incorporates a hand exfoliation treatment followed by a thermal mineral and essential oils soak. Cuticles are then enriched with our special Myrrh Nail Oil. Enjoy a relaxing hand and arm massage with organic Ylang Ylang, Melissa and Lavender essences. A polish completes the treatment.

55 minutes ~ £52.00

The Grand Luxury Alpine Foot Treatment

A caring foot therapy for excessively dry and rough cracked skin. Begins with a foot soak in thermal mineral salts enhanced with Eucalyptus oil. Rough skin is exfoliated with creamy salt mixture then soothed in a massage featuring a natural foot balm rich in Menthol, Eucalyptus and Lavender. A polish completes the treatment.

55 minutes ~ £52.00

The Ultimate Ocean of Dreams Ritual

Relax. Dream of lavender fields kissed by the French sun; envelop your senses as you drift on waves of blue. Breathe deep. Inhale the calming and balancing benefits of wild lavender in this completely uplifting and rejuvenating spa experience which includes a two-step invigorating full body scrub, a warm wrap, and a full body massage including stones.

85 minutes ~ £90.00



Facials

Pure Organic Aromatherapy Facial by Kerstin Florian

Reconnect with nature, spirit and self with this deluxe facial based on the ancient and influential art of Aromatherapy. Centred around a global bouquet of skin renewing aromatic oils, this facial imparts complete vitality and relaxation, incorporating a specially developed aromatherapy face and scalp massage.

50 minutes ~ £55.00

Sensitive Skin Facial by Kerstin Florian

This ultimate sensitive skin facial protects, corrects and rebuilds skin affected by environmental elements, rosacea, aggressive medical peels and laser treatments. Includes a soothing masque to calm inflammation and uniquely nourish and heal each sensitive skin condition. A personalised home programme is recommended to continue the aesthetic correction.

55 minutes ~ £60.00

Antioxidant Vitamin C Facial by Kerstin Florian

This oxygenating, anti-ageing facial utilises ingredients brimming with antioxidants, including an application of a natural Spirulina algae rich in protein, vitamins, minerals and botanical extracts to combat premature ageing, disrupt hyper pigmentation and provide skin with a healthy glow. This facial includes a luxurious face and scalp massage as well as a hydrating hand massage. Skin is noticeably smoother and younger looking.

80 minutes ~ £85.00

Refresher Facial by Kerstin Florian

A deep cleansing introductory facial based on organic Moor Mud, which refines and remineralises dull, lifeless skin. Includes a skin analysis and a relaxing face and shoulder massage, as well as a relaxing hand massage.

40 minutes ~ £45.00

Eye Rescue Treatment by Kerstin Florian

This intensive eye treatment is designed to diminish fine lines and wrinkles up to 27%, improves dark circles, relieve puffy eyes, improve clarity and totally rejuvenate this delicate area for brighter, more luminescent eyes.

40 minutes ~ £50.00

A 15 minute upgrade eye treatment can also be incorporated within all other Kerstin Florian Facials for £25.00

Kerstin Florian Advanced Age Repair Facial

This results-oriented treatment is customised to address different skin conditions including hyper pigmentation, sensitive, oily and premature ageing. Includes an exfoliating multi-acid or enzyme peel on the face, neck, décolleté and hands to renew the skin, a deep-cleansing massage to promote circulation and a masque to balance and nourish the skin. A relaxing hand massage completes the experience.

80 minutes ~ £85.00

K-Lift Ultimate Advanced Lifting Facial

This NEW energy treatment will transform your skin – both lifting and reducing fine lines and wrinkles. Includes a multi-acid peel for the face and neck to renew the skin, followed by LED red light and Impulse Microcurrent to help awaken cell functions to younger levels, accelerates the repair mechanism, re-educates muscle tone and triggers DNA regeneration and cell repair. This treatment concludes with an infusion of nutrients to the skin to increase collagen production. An extended treatment to give intense and visible results. For mature, dry and ageing skin concerns.

80 minutes ~ £99.00

Course of 6 treatments ~ £495.00

Course of 10 treatments ~ £792.00

K-Lift Advanced Lifting Facial

Recommended for clients who are experiencing the first signs of ageing or looking for instant radiance for any special occasion. Using advanced technology to reduce fine lines and wrinkles, whilst improving muscle tone, to delay the ageing process. An infusion of nutrients to the skin to increase collagen production concludes the treatment.

55 minutes ~ £75.00

Course of 6 treatments ~ £375.00

Course of 10 treatments ~ £600.00

K-Lift Express Upgrade Treatments

(Can be incorporated as an upgrade within other Kerstin Florian Facials)

Express Eyes 25 minutes ~ £27.00

Express Lift 25 minutes ~ £27.00

Express Lips 25 minutes ~ £27.00

Each treatment has been designed to help strengthen the muscles. Ideal for targeting the first signs of ageing around each area, helping with fine lines and wrinkles. Facial muscles are lifted to help achieve a more youthful looking appearance. A preventative treatment designed to maintain energy in the cells, strengthen muscle tone and delay the ageing process.

Express Congestion

This treatment has been designed to help draw out excess sebum from an oily skin and increase lymphatic drainage and enhance circulation, aiding in a reduction of puffiness and activating stagnant areas.

25 minutes ~ £32.00

Body Scrubs, Rituals and Wraps

Using natural resources such as thermal mineral water, purifying algae, mud, essential oils and herbs, Kur Rituals satisfy the body's craving for minerals and nutrients, leaving the body refreshed, relaxed and balanced. The following treatment packages re-mineralise, nourish and balance the body.

The Grand Pure Organic Moor Mud Experience

Based on the European tradition of using mud, healing waters and light massage therapy, this treatment detoxifies and relaxes. Three treatments in one, this ritual commences with the Alpine foot Ritual, followed by a Moor Mud body wrap. Soothing mineral crème mixed with detoxifying essential oils is then applied to leave your skin energised and glowing.

85 minutes ~ £90.00

Organic Aromatherapy Ritual

This unique treatment begins with the Kerstin Florian Alpine foot Ritual, followed by an invigorating mineral salt and essential oil exfoliation, to relax the body and mind. A luxurious organic aromatherapy massage using essential oils chosen by you.

80 minutes ~ £85.00

Ocean Detox Wrap

Using an all-natural, live Spirulina Algae, this seaweed treatment imparts essential vitamins, minerals and protein to nourish and revitalise the body. Soothing mineral crème mixed with detoxifying essential oils is then applied to leave your skin energised and glowing. Very effective when used as part of a slimming or detox programme.

45 minutes ~ £75.00

Turkish Salt Scrub with Eucalyptus

An exhilarating thermal salt exfoliation applied in a two-step treatment utilising salt rich in mineral and trace elements, and the antiseptic and invigorating benefits of eucalyptus. Stimulates circulation and leaves the skin smooth and soft.

30 minutes ~ £40.00

Thermal Mineral Body Scrub

A two step, deep cleansing body exfoliation utilising Thermal Body Scrub based on granulated pumice stone, thermal minerals and aromatherapy oils, followed by an application of thermal mineral crème and organic body oil.

30 minutes ~ £40.00

All of the above treatments can be upgraded to include 30 minutes of additional massage £25.00



Massage

Kerstin Florian Organic Aromatherapy Massage

We would like to invite you to enjoy an unsurpassed level of relaxation in this enhanced classic massage which begins with a warm eucalyptus foot bath, followed by our signature Organic Aromatherapy Calm Mind Ritual, imparting comfort and serenity. The light 98% organic aromatherapy body oils are based on organic Sunflower as well as wild-crafted and organic flowers, plants, roots and leaves. You may choose between four organic aromatherapy blends to customise this ultimate massage experience.

85 minutes ~ £90.00

Express Back Massage

Foot, scalp, neck and shoulder massage using organic oils and refreshing foot balm to ease your aches away.

25 Minutes ~ £29.00

Body Massage

Classic full body massage using nourishing organic natural body oil. Select your pressure accordingly to soothe and relax the body.

60 Minutes ~ £55.00

Full Body Massage including face

Classic full body massage using nourishing organic natural body oil. Select your pressure accordingly to soothe and relax the whole body.

75 Minutes ~ £70.00

Aromatherapy (Pre-blended)

Upgrade any of the above massages to Aromatherapy. Select from a range of beautifully blended organic oils and begin your journey to well-earned relaxation.

Price £7.00

Alternative Therapies (subject to availability)

Fire and Ice Stone Massage

A specialised chakra balancing and tension releasing treatment using passive moves to stretch tight muscles, working with warm volcanic rocks and iced marble stones. The stones work as an extension of the hands creating a new dimension to massage.

90 minutes ~ £90.00

Hot Stone Massage

Using warmed volcanic rocks and subtly cooled marble stones to massage away life's tensions and draw you into deep relaxation.

Back 45 minutes ~ £48.00

Body 60 minutes ~ £62.00

Full body 75 minutes ~ £77.00

Aromatherapy

Your therapist will give you a thorough consultation to be able to blend a mix of oils that suit your mood and or needs. Treatment time allows for 15 minute consultation.

Back neck and scalp 40 minutes ~ £42.00

Full body 80 minutes ~ £79.00

Reflexology

Using specific pressure points on the feet, to relieve stress and focus on your individual needs.

Treatment and consultation 40 minutes ~ £42.00

Indian Head Massage

A chakra balancing treatment using stimulating but relaxing ancient massage techniques to heal mind, body and soul.

25 minutes ~ £32.00

Thermal Harmony

This treatment, exclusive to Elite Hotels, starts with a foot cleansing ritual whilst laid on warm basalt stones. The face is treated with a Chamomile and Chitosan mask, while the body is saturated and massaged with warm lime and lavender essential oils.

60 minutes ~ £72.00

Mother-to-be Treatments

Harmony Pregnancy Massage

Geranium promotes feminine energy and has a harmonising effect on women. Genuinely nurturing, this uplifting blend of geranium, pink grapefruit, mandarin orange and lavender promotes skin's health, especially for mothers-to-be.

75 Minutes ~ £75.00

Pregnancy Treatment

A nurturing face and body treatment designed to improve skin tone on bust and abdomen, relieve tired legs and brighten the skin.

65 minutes ~ £67.00



Male Grooming

The VitaMan De-Stress Facial Treatment

Combines effective masculine products to cleanse and rejuvenate your skin with VitaMan's unique male specific massage technique to de-stress the shoulder, neck and jaw areas. This world renowned treatment suits men of all ages. You get double the benefits of both looking and feeling like the 'New Man in Town'!

55 minutes ~ £55.00

The VitaMan Express Facial

The perfect facial booster for the man on the go. Skin is refreshed with a deep cleanse, stimulation, exfoliation and nourishing masque leaving the skin feeling calmed and revitalised. This facial is ideal if you have never experienced a facial before.

25 minutes ~ £35.00

The VitaMan Ultimate Facial

A treatment that incorporates rich active ingredients to decongest the skin, accelerate skin repair and improve fine lines. The face is gently cleansed and exfoliated while a luxurious anti-ageing hydrating masque releases active Red Wine extracts deep into the layers of the skin to reduce the signs of ageing, combined with the unique and relaxing head neck and shoulder massage. This is a true facial 'Extravaganza'.

65 minutes ~ £70.00

VitaMan De-Stress Back Treatment

Starting with a deep de-stress shoulder and back massage, the area is then exfoliated with our Sea Salt Body Scrub. A warm Jurassic clay masque is applied to purify and detoxify the skin then moisturised for total skin rehydration. It will leave you feeling in the best shape possible

50 minutes ~ £65.00

VitaMan Relaxation Massage

Not just a word, but a state of mind. A relaxing massage that is a 'time out' can bring huge benefits to your wellbeing. You'll feel more productive, more creative and better equipped to tackle life's challenges. Your experience is a full body massage including a deeply relaxing scalp massage, using essential oil blends that will achieve a heightened state of relaxation.

55 minutes ~ £65.00

VitaMan Sports Massage

Aimed at the sports enthusiast to alleviate muscular tension resulting from exercise. This tension draining massage works to ease and eliminate the pain and stiffness accompanying joint and muscle strain.

Relax and soothe tired muscles with this massage which features our unique sports massage oil. Our Desert Muscle Rub is also used in this treatment on isolated areas to give effective results and instantly revive tired muscles.

55 Minutes ~ £65.00

VitaMan Manicure and Pedicure

Enjoy a warm foot soak while your hands receive an invigorating manicure including complete nail and cuticle maintenance, with a hand and forearm massage leaving hands with a smart, groomed and professional appearance. Our signature pedicure then incorporates the ultimate foot care, a revitalising scrub followed by our stress releasing massage to renew tired legs and feet.

60 Minutes ~ £52.00

Finishing Touches

Naturally Tanned – A Sunless Tanning Treatment

Kerstin Florian has searched worldwide for natural elements to create a subtle natural looking tan without the sun. This luxurious treatment begins with a gentle full body exfoliation and continues with an application of a botanical firming sunless tanning lotion, and includes the bottle to take away to top up your tan at your leisure!

50 minutes ~ £60.00

Luxury Aroma Manicure

This deluxe manicure incorporates a hand exfoliation treatment followed by a thermal mineral and essential oils soak. Cuticles are then enriched with our special Myrrh Nail Oil. Enjoy a relaxing hand and arm massage with organic Ylang Ylang, Melissa and Lavender essences. A polish completes the treatment.

55 minutes ~ £52.00

Luxury Alpine Foot Treatment

A caring foot therapy for excessively dry and rough, cracked skin. Begins with a foot soak in thermal mineral salts enhanced with Eucalyptus oil. Rough skin is exfoliated with creamy salt mixture then soothed in a massage featuring a natural foot balm rich in Menthol, Eucalyptus and Lavender. A polish completes the treatment.

55 minutes ~ £52.00

Classic Maintenance Manicure or Pedicure

Also available are our classic maintenance manicure and pedicures, which have been created using our Kerstin Florian products.

30 minutes £19.00 Manicure and 30 minutes £21.00 Pedicure

Make up

Using Jane Iredale mineral based and chemical free make up.

A make up that is good for the skin.

Cleanse and make up £40.00

Make up lesson £55.00

Bridal trial and day £95.00

Waxing

A full range of waxing is available with some suggestions listed. More are available on request.

Lip or Chin £10.50

Half leg £17.00

Bikini £10.50

Full leg and bikini £35.00

Eye Treatments

Eye Rescue Treatment by Kerstin Florian

This intensive eye treatment is designed to diminish fine lines and wrinkles up to 27%, improves dark circles, relieves puffy eyes, improves clarity and totally rejuvenates this delicate area for brighter, more luminescent eyes.

40 minutes ~ £50.00

A 15 minute upgrade eye treatment can also be incorporated within all other Kerstin Florian Facials for £25.00

Eyebrow shape £10.50

Eyelash tint £17.00

Eye brow tint £10.50

Eyelash and Brow tint £20.00

**Please note a 24 hour patch test is required before tinting*

In-Room Experiences

Kerstin Florian offers a wide selection of in-room treatments that rejuvenate and refresh your spirits. A classic in-room experience allows you to create the Spa experience within the privacy of your own room. Packages can be upgraded with other hotel services such as Champagne and Strawberries.

Muscle Soother Bath Experience

Bathe in Celtic French salts that contain active minerals and trace elements which absorb into skin and help detoxify and balance the body and is especially beneficial for sore muscles and aching joints. Adding Eucalyptus Bath Oil will ease stiff muscles and aching joints as it soothes the respiratory system. An aromatherapy candle and chamomile body lotion is also provided to use and take home with you.

£39.00

Sleep Treat Bath Experience

This all-natural product incorporates the finest essential oils with minerals and trace elements to nourish and balance the body. The specific oils, which are included in the Aromatherapy Mineral Bath, produce a soothing and relaxing effect. Includes a Turkish Body Scrub with Eucalyptus, an aromatherapy candle and chamomile body lotion to use and take home.

£39.00

Grand Spa Experience Day

Indulge yourself with a luxury spa day at Grand Hotel. Whichever of our packages you choose, the following are included:

- Welcome drink, use of luxurious robes, towels and slippers. Take some exercise in the Gymnasium or indoor swimming pool.
- Prepare for your treatment by relaxing and warming your body in the Sauna and Steam Room.
- A light lunch and refreshments to nourish.

The Ocean of Dreams experience

The dream spa day awaits you. A day which will leave you completely relaxed and in tip top condition. A must before any big day or evening event, or just when you need to relax and pamper yourself! Over 4 hours of treatments include The Grand Hotel Classic Facial by Kerstin Florian, a Luxury Aroma Manicure and Alpine Foot Treatment and is completed with Ocean of Dreams Ritual. You will finish your day feeling you haven't a care in the world... and look fabulous too!

Sun ~ Thurs £190.00 Fri & Sat ~ £233.00

The Ultimate Grand experience

Take a little time for yourself or maybe a day with a friend. Your Dream escape incorporates over 3 hours of treatments including an Exfoliation and Massage using Organic Aromatherapy, a Pure Organic Prescriptive Facial by Kerstin Florian together with a Luxury Manicure or Pedicure. A top-to-toe experience!

Sun ~ Thurs £179.00 Fri & Sat ~ £219.00

Organic Relaxation experience

Take time out to relax and recharge on our ultimate relaxation day. Two of our most relaxing treatments will lull you into a dream-like state. 100 minutes of complete de-stress with our Pure Organic Aromatherapy Facial by Kerstin Florian and Kerstin Florian Organic Aromatherapy Massage.

Sun ~ Thurs ~ £99.00 Fri & Sat ~ £135.00

Mother-to-be Day 130 minutes of treatments

Pamper yourself before your big day arrives with a pregnancy treatment and an Alpine Foot treatment. You will finish your day feeling you haven't a care in the world...and look fabulous too!

Sun ~ Thurs ~ £125.00 Fri & Sat ~ £150.00

Mother and Daughter 110 minutes of treatments

Share some special girl-time! Indulge in a Pure Organic Aromatherapy Facial by Kerstin Florian with a mini manicure and pedicure.

Sun ~ Thurs ~ £115.00 Fri & Sat ~ £135.00 (prices are per person)

VitaMan De-Stress Day 105 minutes of treatments

Relax and be pampered with two of VitaMan's most popular treatments - the VitaMan De-Stress Facial Treatment and the VitaMan De-Stressing Back Treatment. All designed to make you look and feel like a new man!

Sun ~ Thurs ~ £120.00 Fri & Sat ~ £155.00

Spa Creation Day

Our Spa Creation Day entitles you to the same privileges as our Spa Experience Days. Create your own Spa Experience choosing treatments from the tariff.

Sun ~ Thurs ~ £42.00 Fri & Sat ~ £49.00



The Grand Hotel Hair Salon Tariff

Styling-Women

Dry Cut	£14.50
Wet Cut	£17.50
Cut & Blow Dry	£31.00
Restyle & Blow Dry	£38.00
Shampoo & Set	£16.50
Wash & Blow Dry	£19.50
Luxury Wash & Blow Dry (with Conditioning treatment)	£26.00
Long Hair Styling	£28.00
Wash & Blow Dry & GHD curls	£24.50

Technical

Permanent Waving (short)	£46.00
Permanent Waving (long)	£56.00
*Root Tint	£31.00
*Full Head Tint	£41.00
*Semi - Permanent (short)	£26.00
*Semi - Permanent (long)	£31.00
Panel Highlight	£21.00
Full Head Foils	£71.50
Full Head Foils x 2 colours	£82.00
Half Head Foils	£36.00
Cap Highlights	£46.00
Conditioning Treatment	£8.50

Men

Dry Cut	£13.50
Wet Cut	£17.50
Wash & Blow Dry	£15.50
Cut & Blow Dry	£20.50

Child

Childs Cut	£10.50
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Bridal

Bridal Hair (to include one trial prior to the wedding day)	£80.00
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For appointments and more information, please contact the Health Club and Spa on 01323 435025 or email us on healthclub@grandeastbourne.com

For all treatment bookings a credit card guarantee will be required. Cancellation within 24 hours of appointment will incur a charge in full. Prices are subject to change without notice; all prices are inclusive of VAT at the current rate.

Why not join the Grand Spa Privilege Scheme

Collect a stamp after each of your treatments and after 5 stamps you can choose between a Turkish Salt Scrub with Eucalyptus or the VitaMan Express Facial on us.

After 10 stamps you can again choose, but this time from either the Grand Classic Facial by Kerstin Florian or the VitaMan De-Stress back treatment.

Speak to your Reception team today and start collecting your stamps...

After 5 stamps

- a) Turkish Salt Scrub with Eucalyptus
or
- b) The VitaMan Express Facial

After 10 stamps

- a) The Grand Classic Facial by Kerstin Florian
or
- b) The VitaMan De-Stress back treatment

GIFT VOUCHERS

All our Treatments and Spa Days are available to purchase from Reception or online as gift vouchers which are valid for 12 months from date of purchase.

Spa Etiquette

1. Please arrive 10 - 15 minutes before your treatment time. This allows for completion of a medical form and for your treatment to begin on time. Late arrival will limit the time of the treatment and in some cases the appointment may need to be rescheduled. Treatments will end on time so that other guests are not inconvenienced.
2. In order to retain a peaceful atmosphere and for consideration to others, we request that mobile phones be turned off or put on silent and conversations are kept quiet when within the treatment area.
3. We can provide robe and slippers if required. During the treatment you will be draped with towels to ensure your privacy.
4. Men will be asked to retain undergarments or swimwear for discretion.
5. Know that you are in a professional environment and do not expect anything other than therapeutic salon services.
6. Communicate your preferences during treatments so that therapists can adjust to your requirements.
7. Do not leave children under 16 unattended. This can be disruptive to other spa visitors and unsafe for your children.
8. You may relax for a while once a treatment has been completed but please be aware that the treatment room needs to be prepared for the next client.



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The Grand Health Club and Spa

King Edwards Parade, Eastbourne, East Sussex, BN21 4EQ

Telephone +44 (0) 1323 412345

Facsimile +44 (0) 1323 736153

E-mail: healthclub@grandeastbourne.com

Website www.grandeastbourne.com

Important Information

All treatment suitability is subject to a consultation card being completed. If you have any health conditions, please contact your GP prior to arrival for a letter of consent or contact our Beauty Therapists for advice. For spa days a credit card guarantee will be required. For treatments booked, cancellation within 24 hrs will incur 50% charge. Cancellation within 12 hrs will incur a 100% charge. Prices are subject to change without notice; all prices are inclusive of VAT.