



# Spa Treatment Menu



CANAL COURT  
★★★★  
HOTEL & SPA

## Welcome to our Spa

Step back from your stress and allow yourself to be submerged in a world of pure indulgence and total relaxation.

Guests at the Spa can choose from a variety of treatments which include spa therapies, beauty treatments and medical aesthetics using the finest products that will beautify and balance both the body and mind.

Our team of experienced and highly qualified therapists are on hand to guide you through a Spa journey designed especially for you and are more than happy to advise on treatments bespoke to your requirements.

The Spa has been designed to allow you to escape to another world - we hope you like it.

*The Spa Team*

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## Facial Treatments

### **Classic Spa Prescriptive ..... 1hr**

The perfect facial therapy. Our skilled team of therapists will provide a most prescriptive treatment designed especially for your skin's needs, regardless of your skin type, age or concerns.

**Price £55**

### **Purexpert ..... 1hr**

A fabulous face treatment specifically designed to treat hormonal changes in the skin resulting in breakouts and an unbalanced level of oil production whilst simultaneously hydrating the skin. This highly effective Purexpert Facial renews and comforts skin whilst reducing imperfections; purifying and calming the skin.

**Price £55**

### **So Delicate ..... 1hr**

A truly gentle caress for sensitive and reactive skin. This facial treatment provides immediate relief and comfort. An exclusive complex whose result is soothing and smoothing helping the skin reinforce its own defences.

**Price £55**

### **Royal Elixir ..... 1hr**

This exceptional nourishing facial therapy is rich in Royal Jelly to nourish, hydrate and protect; leaving the skin extraordinarily smooth and radiant. This therapy combats the signs of stress and fatigue, strengthens the skin and helps it to defend itself against environmental aggressions.

**Price £55**

### **Hydracure ..... 1hr**

An intensive rehydration facial treatment for dry and dehydrated skin; using the very latest technology to provide total hydration. This therapy will provide immediate and lasting hydration, a complete feeling of comfort and your skin will be left smooth, soft and glowing.

**Price £60**

## Advanced Facial Treatments

### Timexpert Rides ..... 1hr 15mins

A truly innovate and powerful anti-ageing facial that helps the skin recover its youthfulness. Containing 'Micro-Dermoxine Complex' an exclusive combination of peptides with a specific anti-wrinkle effect that regenerates, fills-in and inhibits facial expression lines and wrinkles. Its results can be seen from the first session and we recommend 4 weekly treatments to provide a lasting effect.

**Price £75**

### Excel Therapy O2 Cityproof ..... 1hr 15mins

Two revolutionary masks work to repair and defend the skin against pollution damage and external stress. Our oxygenating bubble mask releases pure Oxygen into the deep dermal layers of the skin. A second mask uses our Dual Matrix technology to activate the skins immune system increasing its defence capability.

An excellent oxygenating anti-pollution facial for suffocated skin.

**Price £75**

### Timexpert A.G.E. Vitamin Boost ..... 1hr 15mins

This wonderful facial is just the solution for skin which looks dull and tired. The very first professional anti-glycation treatment on the market. This advanced treatment is based on pure Vitamin C combined with Ume Extract which works to inhibit the action of glycation caused by excess sugar and free radicals. One treatment provides an immediate, intense luminosity, 4 weekly treatments provide a lasting revitalising effect.

**Price £70**

### Timexpert SRNS ..... 1hr 15mins

Every day, thousands of our cells are damaged by lifestyle and environmental aggressions. Over time, the gene structure within these cells becomes unable to repair itself and stops producing essential proteins that naturally slow down the ageing process. Global Anti-age reactivates these dormant genes and boosts cellular regeneration using "Epigenol" and "Zinc-Glycine Complex". A powerful all-round anti-ageing treatment that provides firming, wrinkle reduction, revitalisation, improved pigmentation and hydration.

**Price £75**

### C-Plus Energy Facial for Men ..... 1hr

Based on a cocktail of plant extracts and vitamins, this therapy had been specifically designed to meet the needs of men's skin, often irritated by the daily ritual of shaving. It works against the appearance of wrinkle, dryness and signs of premature skin ageing. Highly relaxing, extremely effective and it's only for him.

**Price £65**

#### Therapy Add Ons:

Why not enhance your facial therapy with one of the following 15 Minute Add Ons:

Timexpert Anti-Wrinkle Eye Treatment

Glycocure Renewing Peel

Hand and Arm Massage

Foot and Lower Leg Massage

Mini Back Massage

**£15 Each**

## Advanced Facial Treatments





## Aromatic Massage

Indulge in a beautiful aromatherapy massage using a customised blend of aromatherapy oils to meet your needs. Choose from the following blends:

**Aqua** - Natural Body Moisturising & Renewal (Geranium, Coriander and Patchouli)

**Relax** - Tranquil Body and Mind (Lavender, Sandalwood, Patchouli and Ylang Ylang)

**Vitality** - Tone and Promote Natural Skin Vitality (Lemon, Lime, Mandarin and Nutmeg)

**Active** - Absolute Lightness/micro circulation (Spearmint, Clary Sage and Cinnamon Leaf)

**Svelte** - Perfect Silhouette (Cedar Wood, Juniper and Lavender)

## Full Body Massage

**Treatment Time** ..... 1hr 20mins  
Swedish **Price £70**

**Treatment Time** ..... 1hr  
Swedish **Price £60**

*Add on a full body exfoliation for an additional £20*

**Maternity Massage** ..... 1hr 20mins  
**Price £75**

**Back, Neck and Head Massage** ..... 45mins  
Swedish or Maternity **Price £45**  
Hot Stone **Price £50**

**Back, Neck and Shoulder Massage** ..... 30mins  
Swedish **Price £40**  
Hot Stone **Price £45**



**Indian Head Massage** ..... 45mins

A concentrated massage of head, neck and shoulders offering the areas that hold the greatest amount of tension, deep relaxation. This therapy allows pure relaxation, creating a general feeling of wellbeing and is performed using the traditional techniques.

**Price £45**

**Hopi Ear Candling** ..... 45mins

A Shamanic cleansing technique that produces a revitalising heat which soothes relaxes and helps to relieve stress. This treatment is completed with a relaxing pressure point massage.

**Price £45**





### **Mint and Ice with a Dash of Spice** ..... 1hr 15mins

A soothing therapy which commences with a relaxing protocol of spice and feathers before you enjoy a back scrub and a back massage using hot and cold stones. Your treatment continues with a body mask of Aloe Vera & Mint Oil soothing the skin whilst creating a fabulous fresh feeling which leaves the skin feeling irresistibly smooth.

Full Body Brushing  
Back Scrub  
Back Massage  
Mint and Aloe Body Wrap  
Head Massage

**Price £65**





## Hair Removal

We offer a premium waxing system that uses only the finest resins, natural ingredients and aromatherapy oils. Lycon delivers a superior performance, removing stubborn hair as short as 1mm while at the same time providing a nurturing and skin conditioning treatment for extra client comfort, even on the most sensitive skins.

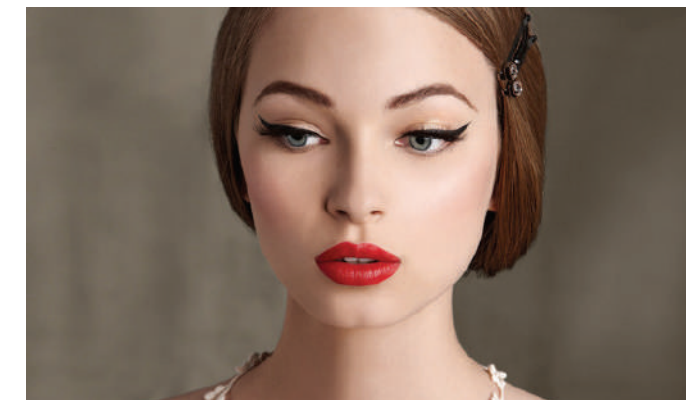
Full Leg.....	£22
Half Leg .....	£15
Bikini Standard .....	£10
Extended Bikini.....	£15
Brazilian.....	£25
Hollywood .....	£30
Forearm .....	£11
Underarm .....	£9
Full Leg and Bikini .....	£28
Half Leg and Bikini.....	£20
Eye brow .....	£7
Upper Lip .....	£5
Lip and Chin .....	£9
Chest .....	£15
Back .....	£15



**Lycon**  
precision waxing™

## Finishing Touches

Luxury Manicure .....	£35
Luxury Pedicure .....	£40
Gel Polish .....	£18
French Gel Polish .....	£20
File & Polish.....	£10
Spray Tan.....	£20
Makeup .....	From £20
Eyelash Clusters/Strips .....	From £8
Eyebrow Tint.....	£5
Eyelash Tint .....	£7
Eye Trio .....	£15
Gel Removal.....	From £8



  
**GERMAINE DE CAPUCCINI**

**O·P·I**

 **VITA  
LIBERATA**

## Opening Hours

Monday .....	10 - 7
Tuesday .....	10 - 7
Wednesday .....	10 - 7
Thursday .....	10 - 7
Friday .....	10 - 7
Saturday .....	10 - 7
Sunday .....	10 - 6

## Booking

We recommend you book an appointment for treatments in advance giving as much notice as possible to avoid disappointment.

Enjoy complementary access to Spa Facilities for 1 hour prior and for 30mins after your treatment. when you book a treatment over £40.

We recommend that you use the facilities prior to your treatment. Guests are kindly asked to make their way to changing facilities 30 mins prior to spa closing time.

## Arrival

We ask that you arrive 1 hour prior to your scheduled start time. This will enable you to

complete a pre-treatment questionnaire, change, familiarise yourself with our surroundings and to relax and unwind in preparation for your treatment. Please be advised that late arrivals may result in a reduction of treatment time.

## Spa Etiquette

**The spa is an adult only environment and open only to persons aged 16 and over, we kindly ask that you do not bring babies/children along with you to the spa.**

Our spa offers the ultimate escape to a world of pure indulgence and total relaxation. Please respect all spa guests' right to privacy and serenity. The spa is a mobile phone, pager, camera and smoke free zone. Under no circumstances are spa guests permitted to bring alcohol into the spa.

## Health Conditions

Kindly advise us of any health conditions, allergies, recent minor or major surgery and medication as this could affect your chosen treatment when making your spa booking.

## Pregnancy

We have specially designed treatments for expectant women (over 14 weeks) Please allow our spa team to guide you in selecting which treatments are most suitable for you during this special time.

## Provisions

Towels, bathrobe and slippers and a locker are provided for use during your spa visit. Please bring your own swimwear. Swimwear is mandatory in the thermal suite, swimming pool, hot tub and Jacuzzi. Disposable briefs and boxer shorts will be provided for all wet and/or body treatments if required.

## Home care

To continue your spa experience at home most products, used in our treatments, are available to purchase or order at the spa reception.

## Gift Voucher

Spa vouchers are available for treatments, day or part day spa packages and products and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or purchase.

Lost or stolen vouchers cannot be replaced.

## Valuables/Lost Property

Please note that the spa accepts no responsibility for loss of valuables, money and jewellery at any time on the spa premises.

## Treatments/Products/Prices

All prices quoted are subject to availability and may change at any time without prior notice. Gratuities are not included and are welcomed at your discretion.

## Covid 19 Update

Please arrive alone for your appointment unless as part of a group booking.

Hand sanitiser will be available throughout the spa for staff and clients and we ask that you maintain social distancing whilst visiting our spa.

Appropriate PPE will be worn by all employees based on their roles and responsibilities throughout the spa.

Please DO NOT attend your appointment if you are experiencing any of the symptoms of COVID-19, have traveled outside of the country, or been in contact with anyone affected by COVID-19 in the 14 days previous to your appointment.





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★★★★★  
HOTEL & SPA

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