



Canal Court Hotel

*Spa Treatment Menu*



# 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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## Day Spa Experiences

### CC Signature Day Spa experience

2 Hour 45 Minutes

Our CC Spa Signature Experience combines some of our most popular treatments resulting in absolute relaxation from head to toe.

Experience includes all day use of spa facilities and lunch in our Spa Café.

Marine Full Body Exfoliation

Mint and Aloe Body Wrap

Scalp Massage

Break for lunch in our Spa Café

Back, Neck and Shoulder Massage

Royal Elixir Facial

Hand and Arm Massage.

**Price £230**

### Mum to Be

1 Hour 45 Minutes

Sit back, relax and take the weight of your feet and prepare to feel pampered.

Maternity Back, Neck and Shoulder Massage

1 Hour Germaine de Capuccini Prescriptive Facial

Relaxing Head Massage

Lower leg and foot massage

Tea/Coffee and Scones in Spa Café

**Price £145**

### Luxury Retreat

2 Hour

The perfect spa escape when you need to recharge your batteries

A choice of either a hot stone or signature full body massage

1 hour Germaine de Capuccini facial

Tea/coffee and scones in our spa café

**Price £160 (with hot stones)**

**£150 (without hot stones)**

### Relax & Revive

1 Hour 30 Minutes

A real favourite for those who wish to really relax and unwind

Signature back, neck, shoulder & head massage

Germaine de Capuccini petite facial

Lower leg and foot massage

Tea/coffee and scones in our spa café

**Price £140**

### Ladies day package

1 Hour

The perfect therapy for you and your besties. Complete with afternoon tea in our spa cafe.

Choose one of the following 60 min treatments

- Bespoke Germaine De Capuccini facial

- Tension relieving massage

- Full body exfoliation with a relaxing head massage

- Aloe and mint body wrap

**Price £100**

### The wellness mix

1 Hour

Transport yourself to another world with our wellness mix. The perfect treat with lunch in our spa café and a choice of two 30 min treatments.

Choose two of the following treatments

- Tension relieving back, neck and shoulder massage

- Petite facial

- Tired legs & foot massage

- Silk scalp therapy

- Back exfoliation (includes moisturising mini back massage)

**Price £95**

(Day package prices include a £10 voucher off any home care products over £50. To be used on day of receiving package)

# Germaine de Capuccini Facial Therapies

## Bespoke spa facial

1 Hour

Perfectly tailored to you and your skin's needs for visible results. The customised products will cleanse and renew, whilst the facial massage will leave your complexion glowing.

£80

## So Delicate

1 Hour

This hypo-allergenic range contains a blend of natural plant extracts and our exclusive Defensive Complex to soothe sensitive skin. By reinforcing the protective barrier, So Delicate increases the skin's tolerance so that over time it becomes less reactive.

£80

## Royal Elixir

1 Hour

Packed with antioxidants and essential nutrients, Royal Jelly is ideal for tired and stressed skin. Poria Cocos and Royal Jelly extract help the skin regain its natural immunity against daily aggressions for a radiant and healthy complexion.

£80

*All of our 1 hour facials include a highly relaxing facial massage and choice of a head, hand and arm or foot and lower leg massage when your facial mask is working its magic.*





## Advanced Facial Therapies.

### **Intense Hydrate & plump facial**

1 Hour 15 Minutes

Our hydrate and plump facial offers a non-invasive alternative to traditional aesthetic treatments. This facial is designed to deeply hydrate and plump the skin by utilising multiple molecular weights of Hyaluronic acid, ensuring hydration reaches even the deepest layers of the skin.

This facial is enhanced with a unique massage tool that cools the facial contours, actively plumps fine lines, reduces redness, and minimizes pore size, resulting in a more youthful appearance.

This facial includes a welcoming back massage

**£95**

### **Vitamin C illuminating facial**

1 Hour 15 Minutes

Our Radiance C treatment is an innovative facial to increase firmness and generate new collagen whilst reducing dark spots and pigmentation. Vitamin C is one of the best ingredients for maintaining skin health, as it combats oxidative stress and helps slow down the aging process. This facial incorporates a patented formulation that increases the benefits the pure vitamin C by 6 times. To compliment the hands-on therapy a massage ball is utilised to lift facial muscles, release tension and increase blood flow for an increased glow.

This facial includes a welcoming back massage

**£95**

### **Wrinkle-Less facial**

1 Hour 15 Minutes

Exclusive technological innovation focused on combating all types of wrinkles, seeking to improve the elasticity and general appearance of the skin. The non-invasive rejuvenating solution that achieves visibly transformed skin in a very short time. With collagen and elastin boosters, a "botox like" action and immediate and prolonged plumping effect. An alternative to micro-injections

This facial includes a welcoming back massage

**£95**





## Micro Needling with Exosomes & Biomimetic peptides

1 Hour

By creating series of thousands of vertical microscopic channels into the dermis the micro-injector Lithium+ stimulates the natural production of new collagen elastic, reduces hyperpigmentation and enhances penetration of active ingredients. It is suitable for all skin types and can be used for face and body. Accompany with clinicare skin products that penetrate through top skin layers and reach the dermis level, helping to replenish natural nutrients, restore cell activity and promote skin health. The result is healthy, glowing, beautiful skin.

### Treats

- Pigmentation, melasma and age spots
- Aging and sagging skin • Lines & wrinkles
- Enlarged pores • Scars and stretch marks
- Pre and post cosmetic surgery
- Hair Restoration

£130



## Cancer Care

CC Spa Cancer Compassionate Care treatments offer therapeutic and holistic approaches tailored to alleviate symptoms, reduce stress and improve overall well-being of individuals undergoing cancer treatment, or those living with cancer.

We understand that your diagnosis may show different alternations in the skin for example itching, dryness, tightness and photosensitivity. These signs can be alleviated with the correct skincare.

From the moment the illness is diagnosed up to the moment the medical treatment begins it is recommendable to do prior facial diagnose, hygiene, hydration, and oxygenation treatments that prepare the skin to relieve the side effects associated with the medical treatment.

Discover the luxurious world of oncology massage therapies and facial treatments carefully crafted for your overall well-being.

Look good, Feel good

Always consult with your practitioner prior to receiving any treatments



# Massage

## CC Signature massage

Our signature massage is a whole body therapeutic massage treatment that works the soft tissues and muscles to help restore health – creating a calming and balancing effect on the nervous system.

Indulge in a beautiful massage using a customised blend of aromatherapy oils to meet your needs.

### Full Body Massage

1 Hour 20 Minutes £95

### Body Massage

1 Hour £80

### Upper Body Massage

1 Hour £80

### Back, Neck, and Head Massage

45 Minutes £70

### Back, Neck and Shoulder Massage

30 Minutes £60

# Hot Stone Massage

Heat has long been used to ease muscle tension and pain. It helps increase blood flow and improves circulation. Hot Stone Massage therapy involves using heated Basalt stones with medium pressure for the ultimate relaxation experience.

## Full Body Massage

1 Hour 20 Minutes £105

## Back, Neck and Head Massage

45 Minutes £80

## Back, Neck and Shoulder Massage

30 Minutes £70

Add on a Full Body Exfoliation to any of our full body massages for an additional £30.

## Maternity Massage

Pre-natal massage is suitable for expectant mother's from 14 weeks onwards, and will be performed by one of our specially trained therapists. Massage during pregnancy can ease pain and reduce anxiety whilst promoting relaxation and relieving tired muscles.

\*Not suitable for expectant mothers experiencing any of the following conditions: Pre-eclampsia or gestational diabetes

## Body Massage (Including Head)

1 Hour and 20 minutes

£95

## Back Neck and Head Massage

45 Minutes

£70

*Other treatments safe for you to receive during pregnancy:  
Facials, Manicure, Pedicure & Reflexology.*







## Holistic Treatments

### 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.

£70

### 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.

£70





## Body Therapies

### African Safari

1hr 20mins

A delicate, restoring and toning full body ritual using ethically sourced Baobab seed oil. This African inspired body therapy promises a nourishing and stress-reducing experience. Commencing with a full body exfoliation with organic seeds of baobab, followed by a nourishing body moisturising massage with oil of the baobab rich in amino acids and a delicate aroma. The blend of natural oils, increasing skin elasticity. Your treatment concludes with our dreamy leg energizing gel, which provides anti-inflammatory benefits and leaves you feeling like you're walking on air.

£95

### Aloe & Mint Body Bliss

1hr 20mins

Let your tension melt away with this soothing therapy beginning with body brushing to increase circulation and improve skin appearance, this is followed by a back scrub and back, neck and shoulder massage using hot stones, your treatment finishes with a mint and aloe Vera body wrap and deeply relaxing head massage.

£95

## Body Exfoliations

Exfoliating the body will remove dead skin cells to provide a brighter, more even skin tone, whilst helping other body products to work more effectively. Choose from one of the following Germaine de Capuccini body exfoliators:

Marine

Matcha

Lavender

£70

## Hands and feet

### Essential Elim pedicure

50mins

Elim is a medical grade pedicure treatment which uses state-of-the-art ingredients to remove hard skin and calluses from the feet. Products including Callus Tonic, PH Neutraliser and Purifying Clay Mask turn your traditional pedicure into the equivalent of a specialist facial but for your feet.

£55 (upgrade to gel polish for an extra £15)

### Gentle touch manicure

50mins

Your nails will be filed, and shaped. You will then have your cuticles pushed back and tidied and then enjoy a hand massage. The final step will be the painting of the nails with a colour of your choice.

£55 (upgrade to gel polish for an extra £15)





# Spa Information

## Opening Hours

Monday .....	10 – 6.30
Tuesday .....	10 – 6.30
Wednesday .....	10 – 6.30
Thursday .....	10 – 6.30
Friday .....	10 – 6.30
Saturday .....	10 – 6.30
Sunday .....	10 – 5.30

## Booking

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

Enjoy Complimentary access to Spa Facilities when you book a treatment over £50.

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.





CANAL COURT  
★★★★  
HOTEL & SPA

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