



*health, fitness & wellbeing for everyone*



## **Award Winning Spa Treatment Menu**

ULTIMATE BLISS AT THE  
HEART OF THE OCEAN CLUB

# HEALTH AND BEAUTY TREATMENTS

**THALGO**  
LA BEAUTE MARINE



**ESPA**

The Ocean Club brings together two unique spa houses Thalgo and ESPA. Every treatment is an all encompassing experience from start to finish, dissolving the stresses and strains of modern living and elevating you to a place where you can relax and rebalance.

## FACIALS

Our facials offer outstanding results in purifying, hydrating and anti-ageing, bringing together beautiful results and deep relaxation.

**Ocean Spray..... 25 mins .....£35.00**

The perfect express facial if you're on the go, for an instant infusion of marine active ingredients, tailored to your skin type. After this pick-me-up you will feel refreshed and relaxed and your skin will be glowing.

**Heart of The Ocean Ritual..... 60 mins .....£55.00**

Our Thalgo signature facial ritual begins with a relaxing welcome massage after which the skin is gently cleansed and exfoliated. A serum packed with active marine ingredients is applied with Thalgo's Heart of the Ocean massage, recreating the rhythmic motions of the sea to relax the facial muscles and relieve tension. This is followed by a skin-specific mask to correct any skin concerns. The treatment finishes with an application of moisturiser, leaving the complexion restored to its natural beauty. This facial is personalised to your skin type.

**Brightening Lumiere Marine ..... 60 mins .....£60.00**

This high performance, rejuvenating facial effectively reduces pigmentation marks and dark spots caused by environmental stressors such as pollution, smoking and UV rays, giving the skin a dull and less youthful appearance. With triple exfoliation and the clarifying powers of Brown Algae extract, this effective treatment provides a clearer, brighter and more youthful complexion.

**ESPA Inner Beauty..... 60 mins .....£63.00**

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's needs, Tri-Active formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful and inner calm is blissfully restored.

**Hyaluronic Smooth & Fill ..... 60 mins .....£67.00**

Correct the signs of ageing with this smoothing and filling facial designed for more pronounced wrinkles. Targeted strips infused with Hyaluronic Acid Microspheres are applied to wrinkles and areas of concern to plump out lines and reduce their appearance.

**Silicium Super Lift..... 75 mins .....£75.00**

Dare to defy time with this super lift facial designed to combat loss of firmness and pronounced wrinkles. Your skin is intensely exfoliated and smoothed to optimise the penetration of the anti-ageing ingredients. An expert anti-ageing massage lifts the features, before a super-lifting mask is applied to fill deeper wrinkles and lift and contour the face and neck. Your complexion will glow, lines are less noticeable

and your skin will feel firmer.

**Thalgoskin Expert Microdermabrasion .. 75 mins ....£75.00**

The Thalgoskin Expert machine uses the latest technology to intensely smooth the micro-contours of your skin for an even-toned, clear and radiant complexion, with instantly visible results. Specialised light therapy has a brightening effect on the skin, while Meso-lift Satellites give extra anti-ageing action. Wrinkles, fine lines and imperfections are visibly smoothed away and the skin's natural regeneration processes are stimulated. Apply Thalgo SPF50 sunscreen following this treatment as skin will be more sensitive to sunlight. (Recommended as a course of 6 for maximum results, buy 5 get 1 free)

**Exceptional Ultimate Time**

**Solution Ritual ..... 90 mins .....£85.00**

This manual "facelift" using Thalgo's revolutionary massage technique EnergiLift, targets and tightens individual facial muscles and visibly lifts the entire face, providing the ultimate anti-ageing facial. The massage is combined with an expert serum and massage cream, and a special anti-ageing mask is then applied. The treatment is completed with an application of Ultimate Time Solution Cream and Ultimate Time Solution Serum for eyes and lips. Skin is left visibly smoother, brighter, lifted and nourished.

**Ocean Facial for Men..... 60 mins .....£52.00**

This facial for stressed male skin combines energizing marine active ingredients with relaxing massage movements to diffuse them directly to the heart of the skin. Relaxed and recharged, skin regains its energy and balance, and signs of tiredness are erased.

## ESPA EXPRESS TREATMENTS

**Shoulder, Neck and Scalp Massage...25 mins ..... £35.00**

This mind soothing massage focuses on the key areas of tension using an ESPA body oil chosen for your specific needs.

**Salt and Oil Scrub ..... 25 mins ..... £35.00**

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. (Includes shower.)



## MASSAGE TREATMENTS

Rediscover inner calm and physical wellbeing. Care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide an effective experience for both body and mind.

The following massages are available as 25, 40 or 55 minute treatments:

### ESPA Inner Calm Massage

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Carefully chosen aromatherapy oils will relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm restored.

### ESPA Swedish Massage

Revive your body and enliven your spirits with this invigorating massage. Works swiftly and deeply where you need it most. Traditional Swedish massage with pure nourishing oils to boost circulation, alleviate tight aching muscles and awaken the body from top to toe

### ESPA Hot Stone Massage

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones will unravel persistent muscular tightness and discomfort while pure essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

25 minutes £35.00 – Back, Neck & Shoulder

40 minutes £45.00 – Back of Body

55 minutes £60.00 – Full Body

### ESPA Deep Muscle Massage.....55 mins ..... £72.50

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feel stronger and more energised.

## BODY TREATMENTS

### ESPA Body Wrap .....55 mins ..... £67.00

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm. Includes skin brush and body exfoliation.

### Pre and Post Natal Treatment .....55 mins ..... £67.00

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles to invoke a state of blissful relaxation. Includes a gentle back exfoliation if required.

To continue your treatment benefits at home, immerse yourself in a world of ESPA and Thalgo homecare products. Ask your therapist for details.

## SPA RITUALS

### Indoceane Spa Ritual..... 90 mins .....£78.00

Indoceane is an intoxicating spa ritual, taking you on a journey of ultimate relaxation encompassing age-old traditions and rituals of beautification. The treatment starts with an Egyptian Precious Milk bath foot ritual to relax and calm your senses. This is followed by a skin softening Mediterranean influenced body exfoliation that prepares your skin for the Ayurvedic-inspired massage using warm oils and an ancient Indian technique. The final step is a silky smooth body wrap which harnesses the serenity and relaxing power of the Orient. After 90 minutes of hands-on therapy, you and your skin will feel intensely reinvigorated.

### Polynesia Spa Ritual..... 90 mins ....£78.00

Experience Polynesia, the exotic spa ritual inspired by four hidden islands in the heart of the Pacific Ocean. This luxurious treatment begins with an azure foot bath to hydrate the skin. Next is the Exotic Island Body Scrub blended with Bora Bora sand, sea salt and coconut shell for a full body exfoliation to leave the skin smooth and soft. The Mahana massage incorporates a rhythmic Lomi-Lomi massage and warm sand pouches to loosen and nourish the skin. Finally Polynesian Sacred Oil is swept over the skin leaving a delicate sunkissed glow.

### Joyaux Atlantique ..... 105 mins ....£85.00

A revitalising journey inspired by "marine lithotherapy" this spa ritual uses the power of semi precious stones to restore the body's vital energy stores. A scrub with grains of pink sand and delicate white quartz crystals leaves the skin beautifully soft and smooth whilst an energising massage with rock crystals and traditional African techniques intensely stimulate and invigorate the body.

### Back, Face and Scalp Massage

### with hot stones ..... 85 mins ... £85.00

Unravel tension, instantly boost your complexion and relax body and mind with ESPA's most renowned treatment. Massage targets areas of stress and tension before a revolutionary, results-focused facial is tailored to the needs of your skin. To finish, a stress-reducing scalp massage revives and recharges to leave you restored, de-stressed and radiant. Includes back exfoliation, back massage with hot stones, personalised facial and scalp massage.

### Contraindications

Massage is contraindicated under certain medical conditions. On completion of a medical questionnaire it may be necessary to offer an alternative treatment.



# HANDS & FEET

From a quick lunchtime fix to a relaxing, indulgent spa treatment, we offer a full range of nail therapies to ensure you achieve healthy, beautiful natural nails.



**Hands To Go**..... 25 mins..... £16.00  
Nails are analysed and conditioned, filed to shape and perfectly polished.

**Ocean Manicure** ..... 40 mins..... £28.00  
Nails are analysed and treated for their specific type. Includes exfoliation, massage and cuticle care. Nails are shaped and treated with a basecoat before finishing with the perfect polish.

**Ocean Deluxe Manicure**..... 55 mins..... £37.00  
All the benefits of our Ocean Manicure with the added luxury of thermal heated mittens for deeper penetration of oils and creams. Excellent for increasing circulation or relieving stiff, painful joints.

**Feet To Go**..... 25 mins..... £16.00  
Nails are analysed and conditioned, filed to shape and perfectly polished.

**Ocean Pedicure**..... 55 mins..... £30.00  
A facial for the feet! Includes relaxing foot soak, exfoliation and lower leg and foot massage. Cuticles are groomed and toenails perfectly shaped and polished to leave you walking on air!

**Polynesia Deluxe Pedicure** ..... 70 mins..... £39.00  
All the benefits of our Ocean Pedicure with an exotic island scrub blended with Bora Bora sand and sea salt to soften and smooth the skin. The added luxury of thermal heated booties allows deeper penetration of oils and creams as well as relieving tired stiff joints.

(All treatments include polish application. French Polish is available for an additional £3.00)

**Little Miss Manicure (under 10's)**.... 15 mins..... £11.00  
Fingernails are conditioned, filed and perfectly polished.

**Little Miss Pedicure (under 10's)**.... 15 mins..... £11.00  
Toenails are conditioned, filed and perfectly polished.

## Bio Sculpture Gel:

The original everlasting manicure, Bio Sculpture Gel is a one component nail treatment that strengthens and promotes the growth of natural nails.

**Bio Gel Overlay Manicure** ..... 70 mins..... £36.00  
Includes light cuticle work and nails shaped, followed by an application of your choice of gel colour which is set under a UV lamp to give a shiny, hard wearing protection to your natural nails.

**Bio Gel Overlay Pedicure** ..... 70 mins..... £36.00  
Includes foot soak and exfoliation followed by cuticle work, nails shaped and application of your choice of gel colour set under a UV lamp.

**Bio Gel Overlay Manicure or Pedicure including Removal**..... 85 mins..... £41.00  
Existing Bio Gels are removed from hands or feet and replaced with a new set as above.

**Bio Gel Extensions**..... 60-85 mins..... £40.00  
Plastic tips are applied to your nails to give length, followed by an application of your choice of gel colour set under a UV lamp

**CND Shellac Fingers or Toes** ..... 30 mins ..... £18.00  
A true innovation in chip-free, extended-wear colour! Nails are strengthened and enhanced with 14+ days of durable, high shine colour.

**Existing Gel Removal and nail tidy**... 30 mins..... £10.00

**Gel Nail Repair** ..... per nail ..... £5.50

## Podiatry

**Treatment of corns, calluses, ingrown toenails, Diabetes assessments and foot health advice.**

**General Podiatry Treatment**..... 30 mins ..... £27.00

**Nail Cutting**..... 15 mins ..... £17.00

## Reflexology

**A holistic healing treatment using pressure techniques applied to areas of the feet corresponding to specific organs of the body.**

**Reflexology will restore balance, improve circulation, boost the immune system and promote general wellbeing**

**Reflexology Taster** ..... 15 mins ..... £13.00

A relaxing treat for the feet and introduction to the full reflexology treatment.

**Reflexology** ..... 60 mins ..... £33.00

Podiatry and reflexology treatments are performed by a registered, qualified Podiatrist. Appointments are available Fridays only and payments should be made directly to the Podiatrist following your appointment. Please note Ocean Club gift cards can not be redeemed against Podiatry or Reflexology treatments.



## WAX TREATMENTS

Lip or Chin .....	15 mins .....	£8.00
Eyebrow Shape.....	15 mins .....	£9.00
Lip and Chin .....	15 mins .....	£13.00
Under Arm.....	15 mins .....	£12.00
Forearm.....	15 mins .....	£14.00
Half Leg .....	30 mins .....	£17.50
Full Leg .....	45 mins .....	£25.00
Full Leg & Standard Bikini Line .....	45 mins .....	£32.00
Standard Bikini Line .....	15 mins .....	£12.00
Brazilian Bikini Line.....	45 mins .....	£30.00
Hollywood Bikini Line .....	45 mins .....	£30.00
Holiday Wax Package .....	60 mins .....	£35.00

Half leg, standard bikini line & underarm **or** eyebrow shape

## MEN'S WAX TREATMENTS

Chest or Back.....	30 mins .....	£15.50
Nose and Ears .....	15 mins .....	£10.00

Heat treatments, sunbathing and swimming are not recommended immediately after waxing.



## Introducing... NOUVEAU EYELASH TREATMENTS

# NOUVEAU<sup>®</sup> LASHES

**Nouveau Lash Extensions..... 90 mins ..... £45.00**  
Professionally applied lash extensions giving you the appearance of fuller, thicker looking lashes with added volume. Individual lash extensions are applied, one at a time, onto your own eyelashes without overloading your natural lashes or causing damage. This creates the appearance of fuller lashes for a striking, defined effect. Can last up to 6 weeks with infills depending on your lash cycle.

**Lash Infill 2-3 weeks max ..... 45 mins ..... £30.00**

**Lash Removal..... 15 mins ..... £10.00**

**Strip Lash Application..... 15 mins ..... £10.00**

Replicate the celebrity look with Nouveau Strip Lashes. Fast and easy with various styles to choose from. (1 day wear – reusable).

**Eyebrow Tint..... £9.00**

**Eyelash Tint..... £12.50**

**Total Eye Package..... £25.00**

Eyelash & eyebrow tint, eyebrow shape

All tinting requires a patch test at least 24 hours prior to appointment.



**LVL Lash Treatment..... 60 mins ..... £35.00**

By straightening your natural lashes at the root and then tinting them, the LVL Lash Lift gives you the appearance of longer, thicker lashes. No need for mascara, just perfect lashes from the moment you wake up.

Patch test required at least 48 hours prior to appointment.

# *jane iredale*® THE SKIN CARE MAKEUP™

## HYPOALLERGENIC & DERMATOLOGIST TESTED.

From multitasking natural mineral makeup to healthy skin care formulas, we create clean beauty products that are as good for the skin as they are beautiful to wear.

Using the highest-quality minerals available and organic ingredients when possible, our full line of hypoallergenic, cruelty-free skin care makeup is truly as nourishing for your spirit as it is for your skin.



### MAKE-UP

#### Special Occasion / Make-Up

Lesson..... 45 mins ..... £36.00  
(Redeemable against the purchase of two Jane Iredale products)

#### Bridal Make-Up (in salon)..... £70.00

Includes a pre-wedding trial, wedding day make-up and advice on colours and application.

(Alternatively we can travel to a venue of your choice – additional travel costs to local area will apply, prices on request)

A full range of Jane Iredale Make-Up products are available to purchase.



### TANNING

#### SKINNY TAN

Skinny Tan is the first self-tanner that combines a natural tanning active with naturally derived skin smoothing actives to tan, contour and reduce the visible appearance of cellulite!

Full Body Spray Tan Application .... 30 mins..... £15.00

To maximize and maintain your tan at home a full range of tanning products are available to purchase.

# OCEAN CLUB HALF DAY AND DAY SPA PACKAGES

**All Half Day and Day Spa packages include;** Tea or coffee on arrival, fluffy robe, towel and slippers  
Use of swimming pool, sauna, steam room, spa pool, gymnasium and spa relaxation room with heated tiled lounge beds

## HALF SPA DAY PACKAGES

**OCEAN CLUB RETREAT .....Mon-Fri ....£70.00**  
**Sat/Sun.....£75.00**

A great pick me up with one hour of treatments:

- Personalised Express Facial
- Back, Neck and Shoulder Massage
- Arrive from 10am and use of facilities until 3pm

**EVERYTHING STOPS FOR TEA...Mon-Fri ....£80.00**  
**Sat/Sun.....£85.00**

Indulge yourself with one hour of treatments and an afternoon in the spa, rounded off with a delicious selection of sweet and savoury treats for afternoon tea.

- Personalised Express Facial
- Shoulder, Neck and Scalp Massage
- Arrive from 12 noon and use of facilities until 5pm

**TWILIGHT ESCAPE .....Mon-Fri ....£87.00**  
**Sat/Sun.....£92.00**

Wind down after a busy day with one hour of treatments and a one course meal from our spa day menu.

- Heavenly Hot Stone Facial
- Hot Stone Back Massage
- Arrive from 4pm and use of facilities until 8.30pm



**Book any treatment or spa package at The Ocean Club and enjoy complimentary use of our Spa Relaxation Room with heated tiled beds and luxurious loungers**



## DAY SPA PACKAGES

All our day spa packages include a delicious light lunch from our spa day menu.

**BEACHCOMBER .....Mon-Fri ..£105.00**  
**Sat/Sun...£115.00**

Enjoy two hours of luxurious pampering

- Shoulder, Neck and Scalp Massage
- Heart of the Ocean Facial
- Hands or Feet To Go
- Arrive from 10am and unlimited use of facilities

**HEAD IN THE CLOUDS .....Mon-Fri ..£115.00**  
**Sat/Sun...£125.00**

Lie back, relax and enjoy two and a half hours of head to toe pampering

- Back, Face and Scalp Massage with Hot Stones
- Ocean Pedicure
- Arrival from 10am and unlimited use of facilities

**PURE INDULGENCE.....Mon-Fri ..£145.00**  
**Sat/Sun...£155.00**

This indulgent three hours of treatments package will leave you relaxed and renewed

- Indocean Spa Ritual
- Ocean Spray Facial
- Hands To Go
- Feet To Go
- Arrival from 10am and unlimited use of facilities

**SEASCAPE SPA EXPERIENCE.....Mon-Fri ....£27.00**  
**Sat/Sun.....£32.00**

Choice of times: 10-3pm, 12-5pm or 4-8.30pm. Includes:

- Tea of coffee on arrival
- Use of swimming pool, sauna, steam room, spa pool, gymnasium and spa relaxation room with heated tiled beds
- Fluffy robe, towel and slippers
- Additional treatments can be added - normal charges apply

**GIRLS DAY OUT .....Mon-Fri ....£80.00**  
**Sat/Sun.....£85.00**

(Minimum 5 people) Includes tea or coffee on arrival, a delicious buffet style lunch, a glass of bubbly, towel robe & slippers and full use of spa facilities

Choice of two treatments:

- Personalised Express Facial ..... 30 mins
- Ocean Spray Back, Neck and Shoulder Massage..... 30 mins
- Salt and Oil Scrub..... 30 mins
- Ocean Manicure ..... 45 mins

## INFORMATION AND ADVICE

### OPENING TIMES

Monday .....	9am - 5.30pm
Tuesday .....	9am - 5.30pm
Wednesday .....	9am - 8.30pm
Thursday .....	9am - 8.30pm
Friday.....	9am - 6.00pm
Saturday.....	9am - 6.30pm
Sunday .....	10am - 5.00pm

### CANCELLATION POLICY

- For treatments to the value of £50 or more a deposit of £25 is required to secure your booking. 7 days notice of cancellation is required and only outside of this period will the deposit be refunded.
- We reserve the right to charge for missed appointments. Should you fail to arrive for your appointment the full cost of your treatment will be charged.
- Any appointment cancelled within 24 hours will be charged in full.

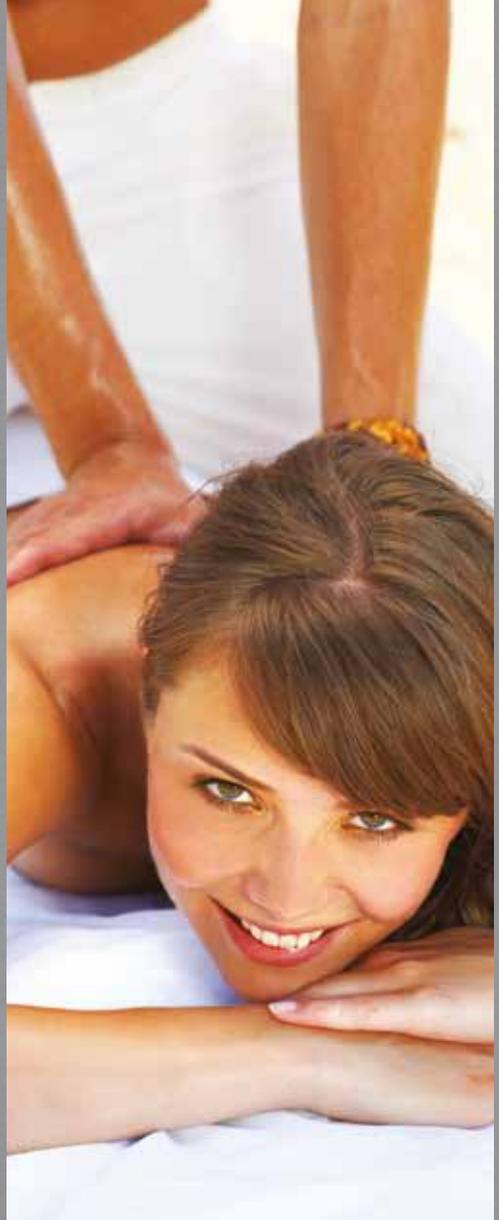
### GROUP BOOKINGS

- For groups booking spa packages, full payment is required on booking.
- A minimum of 7 days notice of cancellation is required and any payments will be refunded in full.
- Any group bookings cancelled in under 7 days will incur a 50% charge and cancellations within 24 hours will be charged in full.
- Please arrive at least 30 minutes before start of treatments to allow time to book in at reception and complete health questionnaires.

### SPA ADVICE AND ETIQUETTE

- Please arrive promptly for your appointment. If you are late we will try our best to honour your treatment time, however it may be necessary to shorten or cancel your treatment for the consideration of other clients.
- New clients will be asked to complete a health questionnaire on arrival. Please advise us at the time of booking of any medical conditions that may affect your treatment.
- Male clients are required to wear shorts during treatments.
- With the exception of Manicures and Pedicures, treatments cannot be performed on any person under the age of 16 without parental consent.
- Advanced booking is recommended.
- Gift Cards are available to buy from reception and valid for 12 months from date of purchase. Gift cards are redeemable against Health & Beauty products and treatments excluding Podiatry and Reflexology

We reserve the right to change our treatment prices without prior notice.



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