



Health, Fitness and Wellbeing for everyone

Spa Treatment Menu

Ultimate bliss at the heart of the Ocean Club

The Ocean Club Spa offers a haven of relaxation and a wealth of treatments and therapies for everyone.

Bringing together 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.

We also offer a range of Made for Life Touch Therapy treatments which are beneficial to anyone suffering from stress or anxiety, but specially designed for those going through or recovering from cancer and other illnesses.

To book a treatment
call **Ocean Club Reception** on **01665 721600**

THALGO
LA BEAUTE MARINE


MADE FOR LIFE
by Spazica Organics

ESPA



Contents

Facials 05

Massage and Body Treatments 06

Spa Rituals 08

Made for Life Touch Therapy 09

Hands and Feet 10

Brows and Lashes 12

Finishing Touches 13

Booking Information 14





Be
good to your
skin.
You'll wear it
every day
for the rest of your
Life.

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

Facials

Ocean Spray - 25 mins (M) £42.50

The perfect express facial tailored to your skin type. Featuring Thalgo's signature Discovery of the Sea welcome massage, unique brush cleanse and exfoliation, skin specific mask and moisturiser, you will feel refreshed and relaxed with beautifully glowing skin.

Peeling Marin Treatment - 25 mins (M) £45.00

A facial peel that is effective and kind to the skin. Acids from fermented micronized marine algae combined with glycolic and gluconic acids gives a new skin effect in just 25 minutes, leaving the complexion smooth and radiant with an even skin tone - a superficial peel with 3 peel grade options chosen according to skin type (Recommended as a course of 2-3 treatments for maximum results).

Heart of the Ocean Ritual - 60 mins (M) £65.00

Personalised to your skin type this facial ritual begins with the Discovery of the Sea welcome massage, skin specific cleanse and exfoliation. The Heart of the Ocean massage recreates the rhythmic motions of the sea to relax the facial muscles and relieve tension in the arms, shoulders and neck. A skin specific mask and moisturiser correct any skin concerns leaving the complexion restored to its natural beauty.

Depending on your skin type you will experience one of the following rituals:

- Source Marine Hydra-Strengthening Ritual - Normal/dehydrated skin.
- Cold Cream Marine Comforting Ritual - Sensitive/dry skin.
- Purète Marine Ritual - Oily/combination skin.

Brightening Lumiere Marine - 60mins (M) £75.00

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.

Hyalu-Procollagène Wrinkle Correcting Treatment - 60 mins £79.50

Bursting with hyaluronic acid and marine pro-collagen, this anti-ageing treatment will smooth, fill and plump the skin. After immersion in a marine bubble of relaxing cleansing and energising acupressure, a concentrated wrinkle correcting serum is applied using gentle Dermastim+ stretching movements. A marine mask is then applied and wrinkles are worked on in succession using the unique roller booster tools to amplify the smoothing, filling and plumping effect, even established wrinkles see visible results.

Thalgoskin Expert Microdermabrasion - 75 mins £85.00

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.

Meso-Lift Facial add-on - 15 mins £15.00

This can be added to any anti-ageing facial to give extra lifting and toning results. Lift, tone and tighten with amazing Meso-Lift Satellite technology from our Thalgoskin Expert machine. Working on the major muscle groups of the face, neck and décolleté whilst incorporating micro-current with an anti-ageing gel, a smoothing and lifting result will be visible from the first session.

Dermaplaning Facial - 45mins £45.00

Dermaplaning is a simple and safe procedure for exfoliating the face and removing fine vellus hairs (peach fuzz). Dermaplaning uses a sterile surgical scalpel specially designed for the face to gently remove the top layer of dead skin to reveal a brighter and smoother complexion. Acne scars and fine lines are reduced and results are immediate. (Minimum age 18).

Massage and Body 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.

Shoulder, Neck and Scalp Massage - 25 mins £42.50

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 £42.50

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



Contraindications

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

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 - Back, Neck and Shoulder £42.50

40 minutes - Back of Body £52.50

55 minutes - Full Body £70.00

Merveille Arctique Deep Tissue Massage - 55 mins £80.00

Relaxing heat from this deep tissue and Swedish inspired massage combines with invigorating cold using massage balls, taking turns to calm the body, soothe muscles and release tension. The treatment is performed using a fine fragrant oil with notes of hyacinth, jasmine and orange blossom, inspired by the immaculate white landscapes of the Arctic.

Ocean Club Retreat - 55 mins £75.00

Relax and unwind with a facial tailored to your skin type, followed by a back, neck and shoulder massage, sheer bliss!

Massage
is not a luxury 
it's a way to a
healthier,
happier
Life.



Spa Rituals

Merveille Arctique - 90 mins

£90.00

Anti-Tension Ritual

Discover the wonders of polar nature where immaculate icy white landscapes and hot water springs inspire this exhilarating spa ritual. Experience age-old Nordic rituals where soothing warmth and reviving freshness alternate to relax the body and release tension. A salt flake scrub exfoliates the skin to leave it beautifully soft before the deep tissue and Swedish inspired massage combines relaxing heat with invigorating cold using Thalgo's innovative massage balls, taking turns to calm the body and release tension.

Ocean Club Retreat - 55 mins

£75.00

Relax and unwind with a facial tailored to your skin type, followed by a back, neck and shoulder massage, sheer bliss!

Iles Pacifique Spa Ritual - 90 mins

£90.00

Relaxing Ritual

Experience this indulgent spa ritual inspired by the islands of the Pacific Ocean. The treatment begins with a vanilla scented body scrub blended with pure Bora Bora white sand, sea salt, coconut shell and algo-monoï to gently exfoliate the skin, before the Mahana massage loosens muscles and nourishes the skin with a rhythmic full body massage using warm sand pouches. Continue the benefits of this treatment at home with a complimentary Lagoon Bath Pebble.

ESPA 'HERO TREATMENT'

Back, Face and Scalp Massage with hot stones - 90 mins

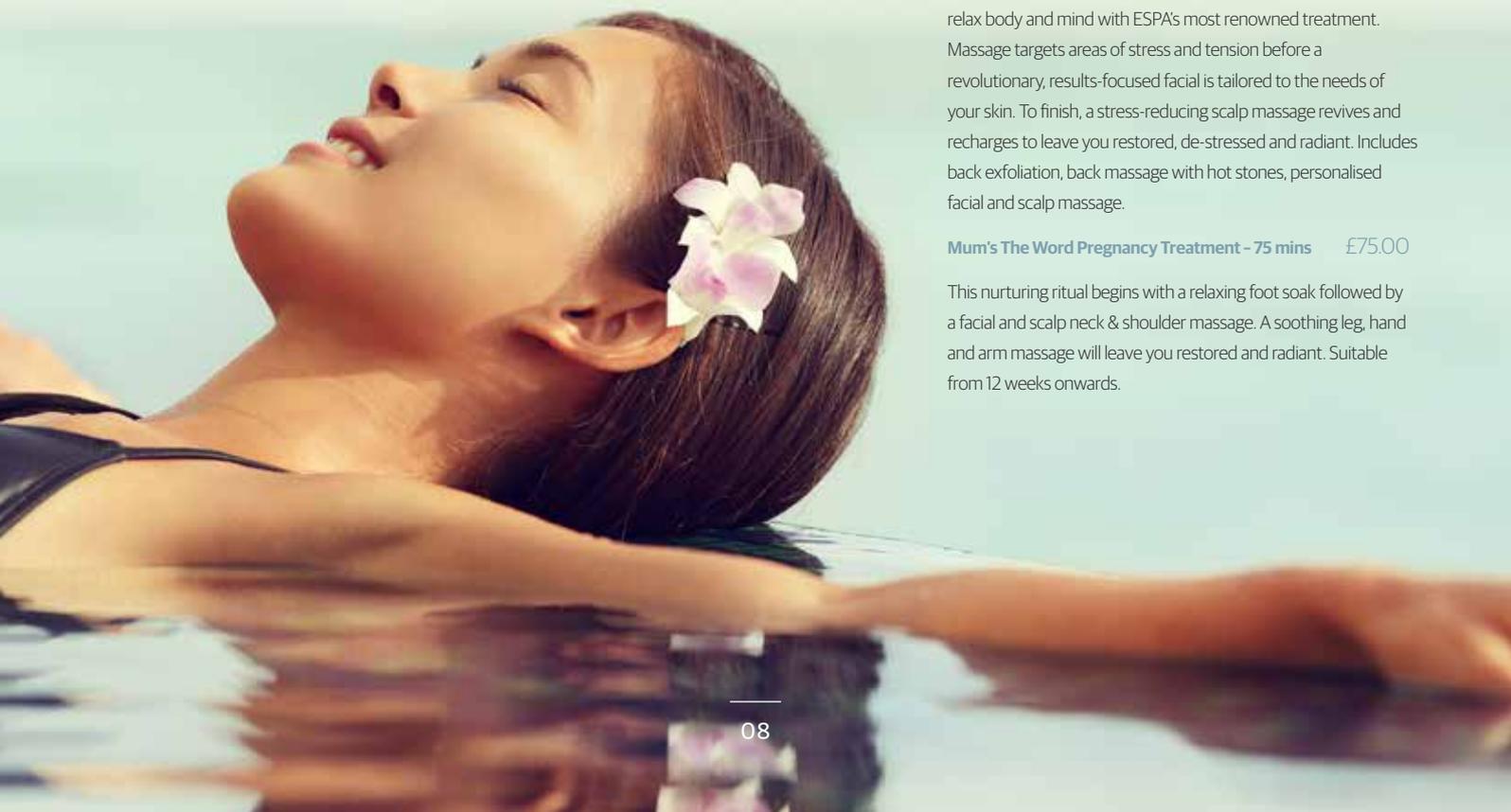
£90.00

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.

Mum's The Word Pregnancy Treatment - 75 mins

£75.00

This nurturing ritual begins with a relaxing foot soak followed by a facial and scalp neck & shoulder massage. A soothing leg, hand and arm massage will leave you restored and radiant. Suitable from 12 weeks onwards.



Made for Life Touch Therapy

Made for Life Organics philosophy fully embraces healthy living and looking after the world we live in. This is reflected in both Made for Life treatments and the organic products used in the treatments. Our Made for Life treatments are beneficial for anyone dealing with stress or anxiety, but specially designed for those going through or recovering from cancer and other illnesses, and have been developed alongside oncology experts. The Made for Life products used are 100% organic and free from animal testing. The treatments are akin to a period of meditation allowing rejuvenation on all levels - mind, body and emotions including a natural boost to immunity.

Catch the Breath® Upper Back and Head Treatment - 25 minutes

£42.50

Gentle and rhythmic Tui Na Chinese massage techniques on the head, neck and shoulders allow you to drift away into a meditative state of relaxation. Tension is eased and a sense of wellbeing is rediscovered.

Soothe and Nurture™ Organic Facial - 25 minutes

£42.50

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst a deeply relaxing face and scalp massage calms the mind and soothes the soul.

Hand on Heart™

Back, Face and Scalp Treatment - 55 minutes

£75.00

This nurturing and calming treatment for the head, face, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese massage techniques rebalance and calm the upper body while the facial will replenish, nourish and revive the skin and ease tension. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and relaxation.

If you would like more information as to how we can adapt these treatments to suit your needs please speak to one of our trained therapists.



You deserve
a healing
and
relaxing, 
not to mention stress
relieving
Massage

Hands and Feet

Hands or Feet To Go - 25 mins £20.00

Nails are shaped, treated with a prescriptive basecoat and perfectly polished.

Elim Manicure - 60 mins £37.50

Hands are the first area where ageing appears. Our Elim manicure treatment is like a facial for the hands, covering all aspects of healing and repairing tired, dehydrated skin. Includes a hot mitt cleanse, gentle exfoliation, hand massage, cuticle tidy, nail shape and polish with your choice of colour.

Elim Pedicure - 60 mins £42.50

Feet are no longer an afterthought thanks to Elim. Elim is a medical grade pedicure treatment which uses state-of-the-art ingredients to remove hard skin and treat cracked heels. Feet are exfoliated and treated to some TLC followed by a foot and leg massage for total relaxation. The treatment ends with a spritz of rejuvenating gold spray for a gorgeous glow. Your feet will feel like you are walking on air! Includes nail polish.

Elim Heel Peel - 20mins £20.00

This skin peeling treatment quickly and effectively removes hard skin and calluses from the feet. It can be booked alone as an express treatment if you're short on time, or as an add-on to any other treatment - the perfect addition to a facial!

Express Gel Fingers or Toes - 45mins £25.00

Includes nail shape and application of gel polish set under a UV lamp.

Builder Gel Mini Manicure - 60 mins £32.50

Hands and nails are treated to some TLC before an application of Builder in a Bottle (BIAB) These beautiful high shine builder gels have a non-chip formulation which promotes nail strength and health.

Alternatively BIAB can be added as a strengthening base to another gel nail treatment for an additional £5.00

Gel Manicure - 75mins £40.00

All the benefits of our Elim Manicure with an application of your choice of gel colour set under a UV lamp to give shiny, hard wearing protection to your natural nails.

Gel Pedicure - 75mins £45.00

All the benefits of our Elim Pedicure with an application of your choice of gel colour set under a UV lamp to give shiny, hard wearing protection to your natural nails.

Gel Removal and Nail Tidy - 45 mins £15.00

French Polish £3.00

Include in any nail treatment for additional £3.00

Chiropody and Reflexology

Chiropody Treatment - 30 mins £35.00

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

Nail Cut - 15 mins £25.00

Reflexology - 60 mins £45.00

A holistic treatment using pressure techniques applied to the hands or feet to bring about a state of relaxation and help the body's healing processes.

(Gift cards can not be redeemed against Chiropody and Reflexology treatments).





Life is not
perfect
but your
nails
can be.



Brow and Lash Treatments

Eyebrow Tint	£10.00
Eyelash Tint	£15.50
Total Eye Package	£30.00
Eyebrow Shape, Eyebrow Tint, Eyelash Tint	
Mina Henna Brows - 45 mins	£29.50

Mina eyebrow henna is designed to give you beautiful naturally thick, tinted eyebrows that can last 6-8 weeks. 8 colours in the range means we can match precisely to your hair tone for a truly natural effect. An eyebrow shape is included in your treatment to ensure you get perfectly tinted and fuller, defined brows.



LVL Lash Lift - 60 mins

£42.00

The LVL lash lift is a revolutionary lash treatment that creates length, volume and lift with your own natural lashes. No mascara, no extensions, no maintenance, it's a great alternative to lash extensions and the perfect way to enhance what you already have. This treatment will create the look of longer, fuller lashes that make your eyes appear more open and youthful. Lash tint included. (Not suitable during pregnancy.)

All brow and lash treatments require a patch test 48 hours prior to appointment.

Finishing Touches

Wax Treatments

Lip or Chin - 15 mins	£9.00
Eyebrow Shape - 15 mins	£10.00
Lip and Chin - 15 mins	£14.00
Underarm - 15 mins	£13.00
Forearm - 15 mins	£15.00
Chest or Back - 30 mins	£16.50
Half Leg - 30 mins	£21.00
Full Leg - 45 mins	£27.00
Full Leg & Standard Bikini Line 45 mins	£37.00
Standard Bikini Line - 15 mins	£13.50
Brazilian Bikini Line - 45 mins	£33.50
Hollywood Bikini Line - 45 mins	£33.50
Holiday Wax Package - 60 mins	£41.50

(Half Leg, Standard Bikini and Underarm or Eyebrow Shape)

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



Booking 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

- We require a 50% non-refundable deposit for all treatment bookings.
- We require a minimum of 24 hours notice of cancellation and deposits will be transferred to an alternative booking.
- If appointments are cancelled in under 24 hours the deposit will be charged and not transferred.
- If you fail to arrive for your appointment without prior notice the full cost of the treatment(s) booked will be payable.

Use of Leisure Facilities

Spend £60.00 or more on spa treatments and enjoy use of our gym, pool and spa area on the same day for £10.00.

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.

- 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.
- Any child under 16 having treatments must be accompanied by a parent or guardian during the treatment. Appointments are limited to nail treatments only, or if 13 and over, nail treatments and Ocean Spray Facial. Parental consent form must be signed prior to having treatment.
- Gift Cards are available to buy from reception and valid for 12 months from date of purchase. Gift cards are redeemable against Health and Beauty products and treatments excluding Chiropody and Reflexology.

Product refunds / returns

- Any spa products purchased from The Ocean Club must be returned unopened and unused in the same original condition within 14 days of purchase for a full refund.

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





We all know that a healthy body and a healthy mind can do wonders for our quality and enjoyment of life.

Whether you're interested in improving your fitness through physical exercise, relieving the stresses and strains of everyday life with some pampering and relaxation, or simply enjoying a coffee with friends, The Ocean Club is the perfect venue.

Located on the award winning Seafield Caravan Park in Seahouses, Northumberland, The Ocean Club offers health, fitness and wellbeing for everyone.



Ocean Club

Seafield Park, Seahouses, Northumberland NE68 7SP

T 01665 721600

E info@ocean-club.co.uk

www.ocean-club.co.uk



Seafield Ocean Club



@TheOceanClubI



theoceanclubseahouses