



THE SPA & BATH HOUSE

With Spa Garden

Menu of Spa Services and Treatments

So much more than a Hotel



THE SPA & BATH HOUSE
With Spa Garden



Welcome to the Tranquility of The Spa & Bath House

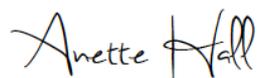
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The Spa & Bath House is delighted to partner with Elemental Herbology as our primary brand.

Based around the Five Element theory from traditional Chinese medicine, our therapists will consider not only your skin type but also lifestyle, environment and the season to achieve optimal results.

Made in England with the purpose to help the face and body achieve an optimum state of health and vitality, Elemental Herbology perfectly fits our ethos. Alongside the highest quality ingredients which are responsibly sourced and free from artificial ingredients and preservatives, Elemental Herbology provides a natural skincare and body range that brings advanced nutrition to the skin. We also offer treatments using Spiezia 'Made for Life' products and the Proto-col Advanced Collagen Facial. Combined with the knowledge and expertise of our therapists we can deliver exceptional treatments.

I look forward to welcoming you to The Spa & Bath House soon.



Spa Manager

Face Collection

Elemental Herbology Five Element Facial • 60 minutes

Bespoke for each client, we tailor a facial treatment to harmonise the Five Elements and address key underlying concerns of the skin. This transformative facial combines healing botanicals, vitamins and marine extracts to feed the skin and restore equilibrium, while creating a more vibrant and healthy complexion. Incorporating deep cleansing, exfoliation, a luxurious facial massage and nourishment, this treatment replenishes the skin giving you immediate and long lasting results.

Fri - Sun £100
Mon - Thurs £95

Rejuvenating Age Support Facial • 90 minutes

This transformational facial addresses the key underlying causes of physiological ageing. By improving fine lines and wrinkles, cellular drainage, micro-circulation, skin nutrition and hydration, the skin's tone, elasticity, radiance and moisture levels are radically improved. The treatment begins with a deep cleanse and AHA exfoliation followed by an extensive face, throat and décolleté massage and acupressure to repair and revitalise the skin. This facial delivers both immediate and long lasting results.

Fri - Sun £120
Mon - Thurs £115

Clear Cleanse Facial • 60 minutes

Pollution, lifestyle and stress all contribute to congested and unbalanced skin. Our intensive skin detoxification facial harnesses the natural exfoliating power of apple serum and papaya AHAs to deeply cleanse pores and remove dead skin cells. This is followed by a green tea and lavender cleanse, purifying herbal steam towels and mineral-rich clay mask infused with purifying Manuka honey, rosemary and tea-tree. This treatment will encourage micro-drainage of toxins which in turn helps to remove cellular debris, reduce sebum production and pore size, brighten the skin and reduce inflammation to help restore a clear, clean and balanced complexion.

Fri - Sun £105
Mon - Thurs £100

Face Collection

Moisture Replenish Hydrating Facial • 60 minutes

Reduced skin hydration is one of the major causes of premature ageing. We utilize patented hydration technology, hyaluronic acid, olive squalane, collagen and bio-oils rich in Omega 3,6 and 9 to dramatically improve the absorption of nutrients into the skin. The result is skin that is plumped, firmed, nourished and intensively moisturised. Ideal for dry, mature and exhausted skin.

Fri - Sun £105

Mon - Thurs £100

Radiance and Vitality Skin Brightening Facial • 60 minutes

Using 20% solution of vitamin C infused with Kombuchka, a fermented black tea known as the “Elixir of Life”, helps to dramatically enhance the tone and texture of the skin. A smoother, brighter more radiant complexion is achieved with reduced pigmentation.

Fri - Sun £105

Mon - Thurs £100

Age Support Eye Lift • 30 minutes

As an addition to any of the above facials, smoothing and plumping plant peptides, proteins and blue-green algae combined with lymphatic drainage and acupressure help to reduce fine lines, puffiness and dark circles.

Fri - Sun £35

Mon - Thurs £30

A Touch of Colour • 15 minutes

A mineral based make-up application which can be applied after a facial to give a natural glow.

Fri - Sun £20

Mon - Thurs £15

In appreciation of outstanding service, a discretionary service charge of 10% will be added to your spa bill.

Spiezia and Proto-col

The main ethos of these brands is to live a happy, healthy and nurtured life. Our treatments are suitable for those diagnosed with and recovering from cancer, other long term illness or stress. Ingredients in the products ensure that even those with the most sensitive or sensitised skin can safely nourish and give relief.

Spiezia Touch Therapy Treatment • 75 minutes

A gentle, soothing massage to relax the mind and body combining beautifully fluid massage movements with a light, even pressure.

Fri - Sun £105

Mon - Thurs £100

Proto-col Collagen Inside and Out Facial • 60 minutes

The Proto-col facial is a bespoke treatment designed to restore the depleted collagen and rejuvenate the skin. Results are instant with courses recommended for prolonged effects.

Fri - Sun £105

Mon - Thurs £100

In appreciation of outstanding service, a discretionary service charge of 10% will be added to your spa bill.

A Gentle Soothing Massage to Relax the Mind and Body



Body Treatments

Royal Crescent Signature Treatment • 90 minutes

Our “Hero” treatment, this Elemental Herbology experience delivers triple results by targeting three key areas - the back, the face and the scalp.

The treatment includes a back exfoliation, a back massage incorporating hot stones, a Five Element facial and a scalp massage.

Fri - Sun £110

Mon - Thurs £100

Five Element Aroma Massage • 60 minutes

Five Element Aroma Massage • 90 minutes

This aromatherapy massage blends customised essential oil infusions with warm herbal steam towels, heated stones and skilful therapeutic techniques to deliver the ultimate massage experience. We prescribe wood for rejuvenation, fire for zest, earth for balance, metal for detoxifying or water to soothe. This treatment draws from both eastern and western massage and thermotherapy techniques to help balance body and mind.

60 Minutes

Fri - Sun £95

Mon - Thurs £85

Couples £170

90 Minutes

Fri - Sun £135

Mon - Thurs £125

Couples £250

Deep Muscle Melt • 60 minutes

Deep Muscle Melt • 90 minutes

Combining bespoke oils and ingredients with deep tissue massage therapy, this concentrated treatment will unravel tension in sore and tight muscle, relieve deep stress and tension and enhance the body's circulation. Incorporating hot stones and a warm invigorating balm, this treatment is recommended for anyone suffering from chronic stress, pain or tension.

60 Minutes

Fri - Sun £100

Mon - Thurs £90

Couples £180

90 Minutes

Fri - Sun £140

Mon - Thurs £130

Couples £260

Body Treatments

Thai Qi Flow Massage • 60 minutes

This therapeutic, warming and invigorating massage integrates Thai, herbal compresses along with hands-on massage, stretches and acupressure techniques to help balance the body and mind. Thai Qi Flow Massage will help to energise the body's flow of energy, aids in the release of tight muscles and promotes well being.

Not available as a couples treatments.

Detox Booster Body Wrap • 90 minutes

To reduce fluid retention, invigorate circulation and shift toxins, we apply a warm, purifying kaolin clay infused body wrap with rosemary, grapefruit and juniper berry before cocooning you in a thermal blanket to encourage perspiration. After showering your body will be moisturised with a guarana and green tea circulation boosting serum leaving you feeling warm, purified and revived.

Ultimate Vitality • 190 minutes

This ritual seeks to revitalise the complexion, body and mind. An infusion of vitamins, minerals, collagen and anti-oxidants combine with an AHA exfoliation, extensive lymphatic massage and acupressure to help feed the skin an abundance of nutrients. This ritual includes a full body exfoliation to revive and promote vitality, body wrap, a prescriptive Five Element aroma massage and rejuvenating facial. Helps relieve fatigue and rejuvenate dull, dry and undernourished skin.

In appreciation of outstanding service, a discretionary service charge of 10% will be added to your spa bill.

Fri - Sun £110
Mon - Thurs £100

Fri - Sun £145
Mon - Thurs £135

Fri - Sun £250
Mon - Thurs £240

Body Treatments

Back, Neck and Shoulder Massage • 30 minutes

Fri - Sun £65
Mon - Thurs £60

Back, Neck and Scalp Massage • 30 minutes

Fri - Sun £60
Mon - Thurs £55

Hot Stones Massage • 60 minutes

The heat of the basalt stones relieves deep tension and muscular stiffness in this therapeutic massage.

Fri - Sun £100
Mon - Thurs £90

Reflexology • 60 minutes

By applying pressure to specific areas of the feet, organs and systems of the body are brought into balance. Also relieves ache and pains and promotes relaxation.

Fri - Sun £100
Mon - Thurs £90

Pre-Natal Well-being Massage • 60 minutes

Suitable for the 2nd and 3rd trimester, a nurturing and relaxing treatment for the mother-to-be.

Fri - Sun £100
Mon - Thurs £90

Five Element Acupressure Scalp Massage • 45 minutes

This extremely relaxing scalp treatment begins with a hot oil acupressure massage with a Five Element oil blend with Frankincense. This calms and centres the mind, nourishes the scalp, leaving the hair soft and silky. A nourishing hair mask will eliminate dry, frizzy and split ended hair conditions.

Fri - Sun £80
Mon - Thurs £75

Five Element Foot Soak and Massage • 30 minutes

Revive tired feet with this luxurious foot soak and acupressure foot massage followed by a restorative foot tonic and luxurious heel treatment.

Fri - Sun £65
Mon - Thurs £60

Finishing Touches

Jessica Manicures & Pedicures

Jessica was the first to recognise that like skin and hair, nails needed to be treated according to their type and went on to develop the prescriptive products to do just that.

Starting with a base coat for every nail type, the range includes over 250 vitamin enriched custom colours, extra glossy fast drying top coats, soak off gels, hand and cuticle care plus many other essentials to help maintain the health of the natural nail.

Luxury Manicure • 60 minutes

Cuticle work, file, exfoliation, massage and polish.

£50

Luxury Pedicure • 75 minutes

Cuticle work, file, foot scrub and hard skin removal, massage and polish.

£60

File and Polish Manicure or Pedicure • 30 minutes

£30

Geleration Manicure • 75 minutes

£60

Geleration Pedicure • 75 minutes

£75

Gel Removal • 30 minutes

£15

In appreciation of outstanding service, a discretionary service charge of 10% will be added to your spa bill.

Gentlemen's Collection

All our facials and massages featured in our treatment menu are suitable for our male guests and can be adapted where necessary.

Manicure • 30 minutes

Cuticle work, file, scrub and massage.

£40

Pedicure • 45 minutes

Cuticle work, file, scrub and hard skin removal, massage.

£50

Waxing, eyebrow shaping, eyelash and brow tinting are available; please call The Spa & Bath House reception for details.

Spa Day Retreats

Our Spa Retreats offer the perfect opportunity to escape from the hustle and bustle of daily life to the tranquillity of The Spa & Bath House. All our retreats include full use of the Spa facilities for 1 hour and complimentary use of robes, towels and footwear. Our Day Retreats are available Monday to Friday, weekends are subject to availability.

Visit our website for exclusive new retreats and special offers each month.

The Half Day Retreat

One hour spa use, one hour treatment of your choice followed by a two course lunch or afternoon tea.

Sat - Sun £150
Mon - Fri £140

The Serene Day Retreat

One hour spa use, a two hour treatment of your choice followed by a two course lunch or afternoon tea.

Sat - Sun £190
Mon - Fri £180

The Romantic Hideaway

One hour spa use, couple's massage followed by a three course dinner with a glass of Taittinger champagne.

Sat - Sun £360
Mon - Fri £340

In appreciation of outstanding service, a discretionary service charge of 10% will be added to your spa bill.

Spa Enhancements

Enhance your Spa experience

Champagne

Whether a glass or a bottle, rosé or vintage, enhance your Spa Experience with champagne. Relax in front of a roaring fire in the winter, linger in The Montagu Bar or in the summer months go al fresco in the acre of secluded gardens.

Dining

Whatever the time of day, there is always a delicious treat to enjoy on the menu. A relaxing breakfast before your Spa Retreat, sharing platters in The Montagu Room after a workout or an indulgent afternoon tea in The Spa Garden after a soothing treatment, we will help to create the experience that is right for you.

Afternoon Tea

Afternoon tea is the ideal way to complete your Spa Experience. Savoury delights and sweet indulgences, makes this quintessential tradition a must when visiting.

The Spa & Bath House Information

Making an Appointment

To make an appointment, please call The Spa & Bath House reception on 01225 823367 or email spa@royalcrest.co.uk

Arrival Time

Please arrive 15 minutes before your appointment time to complete your consultation form and to relax prior to your treatment.

Dress Code

On arrival, we will provide you with a robe, towel and flip-flops for your comfort during your visit. Swimwear should be worn at all times when using The Bath House facilities.

Spa Etiquette

The Spa & Bath House is a place of peace and tranquillity. Please be aware that we want our guests to enjoy the relaxed atmosphere and a moment of quiet away from the noise of the outside world. We would request the use of mobile telephones to be avoided.

Children's Policy

We welcome 14 to 18 year old guests for treatments when accompanied by an adult. We are unable to offer the use of our pool facilities at the Bath House to children under 12 years old. Young adults from 12 are welcome if accompanied by an adult.

Cancellation Policy

Please inform The Spa & Bath House if you wish to cancel your treatment at least 24 hours before the scheduled time, otherwise the full cost of the treatment will be charged.

An Holistic Haven in the Heart of The Royal Crescent

Location

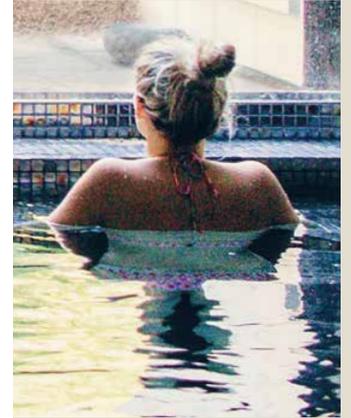
The Spa & Bath House is perfectly situated within the hotel's beautiful acre of secluded gardens.

The Bath House Facilities

The Bath House offers a 12 metre Relaxation Pool, Vitality Pool, Himalayan Salt Infused Sauna and Herbal Steam Room.

The Spa Garden

Unwind in the tranquil surrounds of The Spa Garden with a glass of champagne or a healthy dish from the dedicated Spa Garden Menu. Savour the picturesque setting in your fluffy bathrobe and flip-flops in the sunny summer months.



Relaxation pool, simply not to be missed



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