



THE SPA

AT THE ROYAL CRESCENT HOTEL

# TREATMENT MENU

# CONTENTS

FACIAL TREATMENTS	5
BODY TREATMENTS	9
ADAPTED TREATMENTS	14
FINISHING TOUCHES	16
SPA DAYS	18
ENHANCEMENTS	20
INFORMATION	21





## THE SPA & BATH HOUSE IS DELIGHTED TO PARTNER WITH TEMPLESPA

TEMPLESPA is a British skincare brand with exceptional products and spa experiences that enhance skin, body & soul. Born out of their love of the Mediterranean, everything they do is inspired by this special region; the people, the food, the lifestyle and the landscape are infused with such a special energy. Their values drive their purpose to focus on love, integrity and respect for their people, product, partners and planet. Their products combine Mediterranean inspired botanicals with the latest derma-science to deliver visible results.

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

**Helen Griffiths**

Spa Manager





## TEMPLESPA - CHAMPAGNE & TRUFFLES DELUXE FACIAL

### THE CRÈME DE LA CRÈME OF RADIANCE FACIAL

A luxury facial that combines Award-winning Truffle skincare with specialist lifting massage techniques that together iron out deep lines and wrinkles, strengthen muscles and reduce puffiness. Includes a glass of Taittinger Champagne to celebrate the luxury.

Monday – Thursday	60 mins	£130.00
	90 mins	£155.00
Friday – Sunday	60 mins	£150.00
	90 mins	£175.00

## TEMPLESPA - PURIFICATION

### DEEP CLEANSING AND RELAXING FACIAL

Perfect solution for skin in need of a good spring clean. A professional deep cleanse that leaves the complexion feeling squeaky clean, unclogged, decongested and fresh.

Monday – Thursday	60 mins	£115.00
Friday – Sunday	60 mins	£130.00

## TEMPLESPA - ALL ABOUT THE GLOW

### VITAMIN C RADIANCE FACIAL

This advanced, skin transforming facial provides instant and visible results for firmer feeling, brighter, and healthy-looking skin. Intelligent active ingredients, boosted by Vitamin C and Glycolic acid complexes, combined by unique skin lifting massage result in your best skin ever.

Monday – Thursday	60 mins £115.00
Friday – Sunday	60 mins £130.00

## TEMPLESPA - THE TOTALLY QUENCHED & DRENCHED

### HYDRATING FACIAL

This facial treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines.

Monday – Thursday	60 mins £115.00
Friday – Sunday	60 mins £130.00

## TEMPLESPA - MY KINDA SKIN

### PERFECTLY BESPOKE PRESCRIPTION FACIAL

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing.

Monday – Thursday	60 mins £115.00
Friday – Sunday	60 mins £130.00

## TEMPLESPA -THE POWER BREAKFAST

### EXPRESS FACIAL TREATMENT

Short on time? Need fast results? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround includes a wake me up scalp massage.

Monday – Thursday	30 mins £70.00
Friday – Sunday	30 mins £80.00

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## TEMPLESPA - WINDOWS OF THE SOUL

### ANTI-AGEING EYE TREATMENT

A perfect results-driven eye treatment, designed to deliver speedy results for tired, dull, and puffy eyes. A pressure point eye massage lifts, firms and smooths eyes preparing them for the application of a lightweight anti-ageing eye cream to hydrate, reduce puffiness and treat dark circles.

Monday – Thursday	30 mins £50.00
Friday – Sunday	30 mins £55.00





# BODY TREATMENTS

SPA & BATH HOUSE

## TEMPLESPA - CASHMERE & TRUFFLES BODY TREATMENT

This indulgent treatment combines an invigorating, radiance-boosting body exfoliation followed by a skin-transforming treat with our luxurious Truffle body massage oil and a layer of our unique, award-winning Body Truffle crème. Skin is left feeling cashmere soft and revived, beautifully fragrant and ready for the red carpet.

Monday – Thursday	60 mins £115.00
Friday – Sunday	60 mins £130.00

## TEMPLESPA - DRIFT AWAY MASSAGE

### RELAXING BODY MASSAGE

This deeply relaxing massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender, and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream Repose. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.

### BACK, NECK & SHOULDERS MASSAGE

Monday – Thursday	30 mins £70.00
Friday – Sunday	30 mins £80.00

### FULL BODY MASSAGE

Monday – Thursday	60 mins £115.00
Friday – Sunday	60 mins £130.00

### FULL BODY, FACE & SCALP MASSAGE

Monday – Thursday	90 mins £125.00
Friday – Sunday	90 mins £150.00

## TEMPLESPA - WORK IT OUT MASSAGE

### DETOXING BODY MASSAGE

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious Work It Out Detox massage oil which includes essential oils of Juniper, Lavender, and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body boosting massage to work on knots, tensions, and tightness to help the detox process.

### BACK, NECK & SHOULDERS MASSAGE

Monday – Thursday	30 mins	£70.00
	60 mins	£115.00
Friday – Sunday	30 mins	£80.00
	60 mins	£130.00

## TEMPLESPA - IN GOOD SPIRITS MASSAGE

### ENERGISING MASSAGE

An invigorating massage designed to leave you full of vitality. We use an uplifting blend of Mediterranean essential oils including Ginger, Lemon and Bergamot that are carefully chosen to stimulate and refresh the skin, body & soul. The clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life.

### BACK, NECK & SHOULDERS MASSAGE

Monday – Thursday	30 mins	£70.00
	60 mins	£115.00
Friday – Sunday	30 mins	£80.00
	60 mins	£130.00

## TEMPLESPA - NEW BEGINNINGS PREGNANCY MASSAGE

### PRE- NATAL WELL- BEING MASSAGE (12 WEEKS AND OVER)

Pregnancy is a most wonderful time that requires treatments specially designed for you. Enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to ease those sore, tired, and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over.

Monday – Thursday	60 mins £115.00
Friday – Sunday	60 mins £130.00

## SPA & BATH HOUSE - HOT STONES MASSAGE

### HOT STONE MASSAGE WITH WARM OIL

The heat of the basalt stones relieves deep tension and muscular stiffness combined with a warm oil hands on massage to detoxify the muscles. Perfect therapeutic massage.

Monday – Thursday	60 mins £115.00
Friday – Sunday	60 mins £130.00

## SPA & BATH HOUSE - REFLEXOLOGY

(SUBJECT TO AVAILABILITY- PRICE ON APPLICATION)

Reflexology massage involves 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.

## TEMPLESPA - REVITALISING LEG TREATMENT

### FOOT AND LEG ENERGISER

This treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot massage incorporating the signature AAAHHH! Balm.

Monday – Thursday	30 mins £70.00
Friday – Sunday	30 mins £80.00





# ADAPTED TREATMENT MENU

SPA & BATH HOUSE

## THE TEMPLESPA & AMETHYST TRUST

This specially adapted menu of wonderful TEMPLESPA treatments that are suitable for guests who are medically frail, recovering from illness or are immunocompromised such as those suffering from cancer. These adaptable and customisable treatments allow therapists to create bespoke treatments To suit the guests needs.



## TEMPLESPA - MY KINDA SKIN

### BESPOKE PRESCRIPTION FACIAL FOR INDIVIDUAL SKIN TYPES

A totally bespoke facial designed to suit your personal skin type and your concerns.

Exfoliation may not be appropriate for clients whose skin is sensitised from medical treatments they are undergoing.

Monday – Thursday	60 mins £115.00
Friday – Sunday	60 mins £130.00

## TEMPLESPA - POWER BREAKFAST

### EXPRESS FACIAL FOR ALL SKIN TYPES

Looking for quick results, need to look your best but don't have much time? This is the facial for you. A tester treat for all skin types.

Exfoliation may not be appropriate for clients whose skin is sensitised from medical treatments they are undergoing.

Monday – Thursday	30 mins £70.00
Friday – Sunday	30 mins £80.00

## TEMPLESPA - DRIFT AWAY MASSAGE

### RELAXING FULL BODY MASSAGE

This deeply relaxing massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender, and Patchouli, is guaranteed to have you drifting away.

Monday – Thursday	60 mins £115.00
Friday – Sunday	60 mins £130.00

# FINISHING TOUCHES

SPA & BATH HOUSE

## JESSICA MANICURE & PEDICURES

Just like skin and hair, nails need prescriptive care, Jessica provides a range of base coats for every nail type, cuticle care, with extra glossy topcoats, therapeutic heated mittens and booties, the Jessica signature Manicure and Pedicure routine sets the standard in natural nail care.

Includes full-size nail colour to take home.

Luxury Manicure	60 mins £70.00
Luxury Pedicure	70 mins £80.00
File & Polish Manicure or Pedicure	£45.00

## GELERATION MANICURES AND PEDICURES

As one of the first gel polish systems on the UK market, GELeration’s smudge-proof, high shine, long-lasting finish became an overnight success. Taking no more treatment time than a regular manicure, therapists love the simple application and self-levelling formula that smooths on like polish yet cures in seconds under a lamp.

Geleration Manicure	75 mins £70.00
Geleration Pedicure	75 mins £80.00
Gel removal	15 mins £20.00

Waxing, Eyebrow shaping, eyelash and brow tinting available, please contact the spa reception for further details.





Spa Days at The Royal crescent Spa offer the perfect opportunity to escape from the hustle and bustle of daily life to the **tranquility** of The Spa & Bath House.

All our days include full use of the spa facilities for 1 hour and complimentary use of robe, towel and footwear. Our Spa Days are available midweek Monday to Thursday, and weekends Friday to Sunday.

## THE HALF DAY SPA

Enjoy one hour use of the spa facilities, 60-minute treatment of your choice followed by a two-course lunch or afternoon tea.

Monday – Thursday	£150.00
Friday – Sunday	£160.00

## THE ROYAL EXPERIENCE SPA DAY

You will enjoy our 90-minute Royal Crescent Hero treatment, time to relax and use the facilities in the beautiful spa, followed by a quintessentially British high tea with scones and selection of sandwiches. To complete your special day, we will present you with two gifts each from our luxury British product houses, a box of Hoogly Herbal infusions and a gift of TEMPLESPA products.

Monday – Thursday	£180.00
Friday – Sunday	£200.00

## SERENE SPA DAY

The ultimate in relaxation with a two-hour treatment of your choice, time to relax & use the facilities in the beautiful spa, followed by a two-course lunch or afternoon tea. You will leave feeling totally pampered as you deserve.

Monday – Thursday	£230.00
Friday – Sunday	£250.00

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## THE TAITTINGER CHAMPAGNE MINI ESCAPE

Taittinger Champagne and chocolate truffles on arrival, one hour treatment of your choice followed by time to relax and use the facilities in the beautiful spa. Just the perfect little escape.

Monday – Thursday	£145.00
Friday – Sunday	£160.00

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## THE TAITTINGER CHAMPAGNE SPA RETREAT

Treat yourself with this exclusive Spa Retreat, you will enjoy a glass of Taittinger Champagne and chocolate truffles on arrival, two hours of spa treatments chosen from our Spa menu, followed by time to relax and use the facilities in the beautiful spa.

Monday – Thursday	£200.00
Friday – Sunday	£225.00

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# ENHANCE YOUR SPA EXPERIENCE



## CHAMPAGNE

Whether a glass or a bottle, rose or vintage, enhance your Spa Experience with Champagne. Relax in front of a roaring fire in the winter, linger in Montagu's Mews 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 Day, sharing platters in Montagu's Mews 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.





### MAKING AN APPOINTMENT

To make an appointment, please call The  
Spa & Bath House reception on:

01225 823367

or email

[spa@royalcrescent.co.uk](mailto:spa@royalcrescent.co.uk)

### MALE AND FEMALE THERAPISTS

Please be aware that we employ both male  
and female therapists.

### 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.

### PAYMENT

Payment in full is required upon booking.

### CANCELLATION POLICY

We request a 48-hour notice period  
when cancelling or rescheduling your  
treatment(s) to avoid any cancellation  
charges. In the unfortunate event that you  
have to cancel or postpone your confirmed  
booking within a 48-hour notice period, the  
hotel reserves the right to charge the full  
amount.

### CHILDREN'S POLICY

We welcome guests over 16 years old for  
treatments with signed consent from  
parent or guardian.

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.



### LOCATION

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

### FACILITIES

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

### THE SPA GARDEN

Unwind in the tranquil surrounds of The Spa Garden with a glass of Champagne or a dish from our Bar & Terrace Menu. Savour the picturesque setting in your fluffy bathrobe and flip-flops in the sunny summer months.

### THE ROYAL CRESCENT HOTEL SPA MEMBERSHIP

Enjoy access to the five-star Spa facilities all year round when you become a member of The Spa & Bath House. We have a range of different memberships to choose from, all of which come with various perks and discounts. There is also the option to spoil a friend with one of our Guest Passes.

Talk to our Spa team about becoming a member.

01225 823367

or email

[spa@royalcrescent.co.uk](mailto:spa@royalcrescent.co.uk)



THE SPA

AT THE ROYAL CRESCENT HOTEL



THE ROYAL CRESCENT

HOTEL & SPA