

# THE MARINA SPA



Q

THE | QUAY  
HOTEL AND SPA



# A JOURNEY... OF UNFORGETTABLE EXPERIENCES

## THE MARINA SPA FORMULA

ESPA and The Marina Spa complete the formula for the most wonderful experiences in sumptuous treatment rooms where every desire and wish can be assured. Rediscover your senses and luxuriate in the ambiance that is the Marina Spa. To ensure your Spa experience is true to you, each treatment will commence with an in-depth consultation to create and adapt a bespoke service to your individual needs. Home-care advice will be given at the end of all treatments to maximise the results of your experience. The Marina Spa exclusively offers you a choice of either a double treatment room perfect for honeymooners, friends and celebrations, or drift away in our spacious single rooms. After your treatment, snuggle up and snooze in our opulent chill out room. Enjoy a refreshing drink in our spa juice bar while you take a moment to browse our Spa brochure and find your perfect treatment. Our Spa environment is one of tranquillity and relaxation. Please respect all Spa guests' right to privacy and serenity. Please keep the noise to a minimum when in the Spa, respecting others on their Spa experience.

## SPA HOURS

Monday to Sunday 10am - 6pm  
Late night Thursday and Friday 10am - 8pm

## WHAT TO WEAR

Robes, slippers and towels are provided for your convenience. £1 is required for use of the Spa and Leisure Club lockers. Lower underwear or swimwear must be worn for all treatments.

## ARRIVAL

We recommend that you arrive at the Spa Reception a minimum of 15 minutes prior to your scheduled appointment. If you are planning on using the facilities, we recommend that you arrive a minimum of one hour before your treatment. Please understand that late arrivals will only receive the remainder of their treatment time.

## DEPOSITS WHEN BOOKING

A 50% deposit will be required at the time of booking and the remaining balance is to be paid on the day of arrival at the Spa.

## CANCELLATION POLICY

Cancellations (within 48 hours) or no shows will incur a 100% charge. Credit/debit card details are required at the time of booking.

## MEDICAL CONDITIONS

All treatments can be adapted to suit medical conditions. All medical conditions must be stated at time of booking. A doctors note will be required for certain medical conditions.

## GIFT VOUCHERS

An ideal gift for Spa enthusiasts, gift vouchers are available at the Marina Spa & Hotel. Gift vouchers are non-refundable and non-transferable. Gift Vouchers are valid for 6 months.

## MOBILE PHONES

The use of mobile phones is strictly prohibited. This is your time to switch off from the outside world.

## VALUABLES/ LOST PROPERTY

The Marina Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

Lost Property will be stored at the Hotel reception.

## SPA PACKAGES

### QUAY CLASSIC

Polish and perfect with this pampering package

- Quay manicure
- Quay pedicure
- Use of our leisure facilities
- Use of our chill out room
- A light Spa lunch
- Use of robes and slippers during your Spa experience

**£49 per person - Treatment time: 1 hour 30 minutes**

### LUXURY AFTERNOON GETAWAY

Choose two 25minute treatments to create your own bespoke spa day from the following:-

- Back massage / Express facial / lift & firm eye treatment / shoulder, neck and scalp massage / salt & oil scrub / invigorating foot treatment
- Afternoon Tea
- Use of our chill out room
- Use of the leisure facilities
- Use of robes and slippers during your Spa experience

**£70.00 per person – Treatment time: 50 minutes**

### TRIPLE INDULGENCE

- Salt and oil scrub - 25 minutes
- Hot stones back , neck and shoulder massage - 25 minutes
- Personalised express facial - 25 minutes
- Light spa lunch
- use of leisure facilities
- Use of our chill out room
- Use of robes and slippers during your Spa experience

**£99.00 per person – Treatment time: 1 hour 20 minutes**

### SIGNATURE SPA DAY

- Aromatherapy Massage
- Skin Radiance Facial
- Light spa lunch
- Use of leisure facilities
- Use of our chill out room
- Use of robes and slippers during your Spa experience

**£109.00 per person – Treatment time: 1 hour 50 minutes**

### COMPLETE INDULGENCE

- Aromatherapy Massage
- Skin Radiance Facial
- Deluxe Jessica Manicure
- Deluxe Jessica Pedicure
- Light spa lunch
- Use of Leisure Facilities
- Use of our chill out room
- Use of robes and slippers during your Spa experience

**£169 per person – Treatment time: 3 hours 50 minutes**

# THE MARINA SPA SIGNATURE TREATMENTS

## TOP TO TOE

An indulgent three in one aromatherapy back, scalp and foot massage. This treatment is bespoke for your emotional and physical needs.

**£60 per person - Treatment time: 50 minutes**

## INTENSE DE- STRESS SOOTHER

A deeply de stressing full body massage experience using Aromatherapy oils designed to elivate pain and tension from tight, stressed and aching muscles. Combined with a full body exfoliation, deep muscle massage followed by a Ayurvedic scalp massage to give your body the attention it truly needs.

**£100 per person - Treatment time: 1 hour 30 minutes**

## MR & MRS

This exclusive treatment for two is carried out in one of our sumptuous double treatment rooms. Choose from either a Full Body massage or a skin radiance facial . Perfect for Honeymooners, anniversaries or a couples special treat.

**£120 for two : Treatment time: 50 minutes**

# ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

## PERSONALISED EXPRESS FACIAL

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

**£40 per person – Treatment time: 25 minutes**

## LIFT & FIRM EYE TREATMENT

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

**£40 per person – Treatment time: 25 minutes**

## OPTIMAL SKIN PROFACIAL

Rebalance, hydrate and revitalise with this targeted facial that unites the pioneering formulas of our Optimal Skin collection with expertly tailored facial techniques. Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse, while new Optimal Skin ProMoisturiser targets the delivery of nutrient-rich, hydrating actives to where your skin requires them the most. Instantly reviving and brightening the complexion, this facial ultimately helps to protect against environmental damage and delay the early stages of skin ageing.

**£62 per person – Treatment time: 50 minutes**

## SKIN RADIANCE FACIAL

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

**£60 per person - Treatment time: 50 minutes**

## RE- HYDRATOR FACIAL

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.

Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

**£60 per person - Treatment time: 50 minutes**

## DE-SENSITISER FACIAL

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

**£60 per person - Treatment time: 50 minutes**

## SKIN PURIFYING FACIAL

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

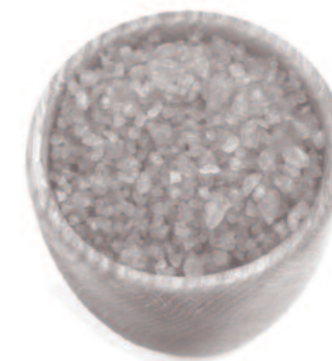
**£60 per person - Treatment time: 50 minutes**

## INTENSIVE & AGE DEFYING AGE-DEFYER FACIAL

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.

This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

**£65 per person - Treatment time: 50 minutes**



# HOLISTIC TREATMENTS

## INDIAN HEAD MASSAGE

Based on ancient Ayurvedic techniques, this treatment releases tension and rebalances the mind.

**£35 per person - Treatment time: 25 minutes**

## REFLEXOLOGY

This ancient therapy on the feet supports the body's natural ability to heal itself, promoting harmony and helping to balance energy levels.

**£55 per person - Treatment time: 50 minutes**

## HOPI EARS

This traditional Ancient Indian therapy helps to draw impurities from the ears. Combined with a pressure point massage to the occipital, this gentle treatment will leave you feeling relaxed and well balanced.

**£25 per person - Treatment time: 30 minutes**

## SINUS RELIEF

Incorporating our Hopi ear treatment followed by our lift and firm eye treatment, this treatment is designed to draw impurities from the ears alongside relieving sinus pressure and tension from eye strain and computer headaches.

**£50 per person – Treatment time: 50 minutes**

# ESPA BODY & MASSAGE TREATMENTS

## ESPA EXPRESS

### SHOULDER, NECK AND SCALP MASSAGE

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs.

**£40 per person – Treatment time: 25 minutes**

### BACK, NECK AND SHOULDER MASSAGE

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

**£40 per person – Treatment time: 25 minutes**

## SWEDISH MASSAGE

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

**Includes:** Swedish massage to back, legs, arms, abdomen, neck/shoulder massage.

**£65 per person – Treatment time: 50 minutes**

## DEEP MUSCLE MASSAGE

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

**Includes:** Specialised massage to specific areas of concern.

**£70 per person – Treatment time: 50 minutes**

## AROMATHERAPY MASSAGE

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner.

**Includes:** Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.

**£65 per person – Treatment time: 50 minutes**

## THE ULTIMATE AROMATHERAPY MASSAGE

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage healthy circulation. Stresses and strains are melted away.

**£85 per person - Treatment time: 1 hour 20 minutes**

## BACK,FACE AND SCALP TREATMENT

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

**Includes:** Back exfoliation and back massage – personalised facial – scalp massage.

**£85 per person – Treatment time: 1 hour 20 minutes**

## LIFT & FIRM HIP & THIGH TREATMENT

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture.

Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results. Ideal for people concerned by the appearance of cellulite. A course of 6 treatments is recommended.

**Includes:** Skin brush – detoxifying Salt and Oil Scrub – detoxifying massage to specific area – specialised colonic massage techniques.

**£65 per person – Treatment time: 50 minutes**

## HOT STONES BACK MASSAGE

Hot basalt stones and luxuriously warmed oils are used to penetrate tired muscles and ease away stresses and strains during this deeply relaxing massage.

**£50 per person - Treatment time: 25 minutes**

## HOT STONES MASSAGE

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

**Includes:** Hot Stone Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.

**£75 per person – Treatment time: 50 minutes**

## HOT STONES FULL BODY MASSAGE INCLUDING SCALP

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

**£95 per person - Treatment time: 1 hour 20 minutes**

# ESPA

## ESPA BODY SCRUBS & WRAPS

Each treatment is designed and tailored to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

### SALT & OIL SCRUB

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

**£35 per person – Treatment time: 25 minutes**

### INVIGORATING FOOT TREATMENT

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

**£30 per person – Treatment time: 25 minutes**

### ESPA DETOX WRAP

A body wrap specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation. Following skin brushing and exfoliation, a complete body wrap of Marine Algae combined with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin. The treatment ends with a mind calming scalp massage for ultimate relaxation.

**Includes:** Skin brush – body exfoliation – Detox Algae wrap – scalp massage.

**£60 per person – Treatment time: 50 minutes**

### ESPA BODY WRAP

This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap. Following skin brushing and exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage. Choose from the following: De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner.

**Includes:** Skin brush – body exfoliation – wrap – scalp massage.

**£65 per person – Treatment time: 50 minutes**

# ESPA

## MATERNITY

### PRE & POST NATAL TREATMENT

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

A course of 6 treatments is recommended following the first trimester of pregnancy.

**Includes:** Back exfoliation (if required) – body/scalp massage – this treatment is tailored to your specific needs.

**£40 per person – Treatment time: 25 minutes**

**£60 per person – Treatment time: 50 minutes**

### YUMMY MUMMY

Perfect for Mother to be's, this treatment is tailored to each stage of pregnancy working on all main areas of concern. Enjoy our pre and post natal treatment incorporating a full body massage followed by a skin radiance facial.

**£115 per person - Treatment time: 1 hour 50 minutes**

# ESPA

## FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

### MENS SHOULDER, NECK AND FACE MASSAGE

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

**£65 per person – Treatment time: 50 minutes**

### BACK, FACE & SCALP TREATMENT

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

**£85 per person – Treatment time: 1 hour 20 minutes**  
**Hot stones upgrade £10**

### AROMATHERAPY MASSAGE

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner

**Includes:** Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.

**£65 per person – Treatment time: 50 minutes**

### DEEP MUSCLE MASSAGE

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

**Includes:** Specialised massage to specific areas of concern  
**£70.00 per person - Treatment time: 50 minutes**

### HOT STONES BACK MASSAGE

Hot basalt stones and luxuriously warmed oils are used to penetrate tired muscles and ease away stresses and strains during this deeply relaxing massage.

**£50 per person - Treatment time: 25 minutes**

### HOT STONES MASSAGE

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

**Includes:** Hot Stone Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.

**£75 per person – Treatment time: 50 minutes**

### HOT STONES FULL BODY MASSAGE INCLUDING SCALP

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

**£95 per person - Treatment time: 1 hour 20 minutes**

## FINISHING TOUCHES

### THE MARINA SHAPE AND POLISH

£15 per person - Treatment time: 20 minutes

### JESSICA PRESCRIPTIVE MANICURE

A treatment manicure tailored to individual needs.

£27 per person - Treatment time: 45 minutes

### JESSICA DELUXE MANICURE

The complete Jessica manicure combining “Le Remedi” hand treatment with heated mitts for deeper penetration of oils and creams. A luxurious and effective treatment. Your hands will never have felt so good.

£37 per person - Treatment time: 1 hour

### JESSICA ZEN SPA PRESCRIPTIVE PEDICURE

This revitalizing foot treatment is tailored to individual needs. Also includes the removal of any hard skin.

£30 per person - Treatment time: 45 minutes

### JESSICA ZEN SPA DELUXE PEDICURE

A luxurious foot and lower leg treatment using heated booties to soften nourish and revive feet, leaving you walking on air.

£40 per person - Treatment time: 1 hour

All full Manicures and Pedicures to include a midi nail colour to take home. Please wear open toe shoes for all foot treatments.

## GELERATION NAILS

The beauty of Jessica in a gel. With the health of the natural nail in mind, GELeration’s gel formula delivers a long lasting, flawless finish that dries in seconds and protects the natural nail. GELeration is available in Jessica’s popular colours.

### GELERATION APPLICATION

File and polished with Jessica GELeration gel polish.

£25 per person - Treatment time: 1 hour

### GELERATION UPGRADE APPLICATION

To be added on to a Jessica manicure or Zen Spa Pedicure to give you quick drying and long lasting results.

£10 per person - Treatment time: 30 minutes

### GELERATION REMOVAL

Removal and soak off of GELeration gel polish.

£10 per person - Treatment time: 30 minutes

## MII BROWS

### NEATEN AND DEFINE FABULOUSLY

Make a statement with groomed brows that transform you from timid to temptress. Soft and effortlessly smooth, sweep-on to neaten and define brows for a fabulously framed look. Treatment to include eyebrow wax and shape, tint and pencil to finish. Includes a FREE brow pencil.

£25 per person - Treatment time: 30 minutes

## QUAY MAINTENANCE TREATMENTS

Eye Lash Tint	£9.50
Eyebrow Tint	£7
Eyebrow Shape/ wax	£7
Full Leg Wax	£20
Half Leg Wax	£15
Under Arm Wax	£9
Forearm Wax	£12
Full arm Wax	£15
Upper Lip Wax	£7
Chin Wax	£7
Back Wax	£20
Chest Wax	£20
Bikini Line	£10
High Bikini Line	£15
Brazilian	£20
Hollywood	£27

### WAXING PACKAGES

Eyebrow wax, tint and eyelash tint	£20
Lip wax, chin and eyebrow wax	£15
Full Face waxing	£25
Full leg wax, bikini wax and underarm wax	£35

## MARINA SPA MAKE UP

### EXPRESS MAKE UP

Quick and easy make-up application, ideal for an evening out.

£25 per person - Treatment time: 30 minutes

### SPECIAL OCCASION MAKE UP INCLUDING TRIAL

Perfect for weddings and celebrations.

£50 per person - Treatment time: 1 hour

IF YOU HAVE NOT HAD AN EYELASH/EYEBROW TINT AT THE SPA PREVIOUSLY OR WITHIN THE LAST 6 MONTHS , A PATCH TEST IS ESSENTIAL 24 HOURS PRIOR TO TREATMENT.



# PAMPERING PARTIES

Perfect for Birthdays, bridal parties or just a friendly catch up..

Packages available to groups of 6 or more

## AFTERNOON TREAT

£55 per person - Choose a 25minute treatment from the following treatments.

### PERSONALISED EXPRESS FACIAL

Your therapist will select the most suitable facial for your skin.

### BACK, NECK AND SHOULDER MASSAGE

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

### SALT & OIL SCRUB

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

- Afternoon Tea
- Full use of the leisure facilities
- Use of the chill out room
- Use of robes & slippers during your spa experience

## LADIES WHO LUNCH

£65 per person - Choose a 50minute Treatment from the following treatments.

### ESPA BODY WRAP

This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap.

### AROMATHERAPY MASSAGE

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils.

### SKIN RADIANCE FACIAL

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

- A light spa lunch
- Full use of the leisure facilities
- Use of the chill out room
- Use of robes & slippers during your spa experience



THE | QUAY  
HOTEL AND SPA

TEMPTED ? GET IN CONTACT WITH OUR SPA TEAM  
TO BOOK YOUR DAY OF TOTAL INDULGENCE

Call us on: 01492 564123 Or email us:  
[spa.reception@quayhotel.co.uk](mailto:spa.reception@quayhotel.co.uk)

 The Quay Marina Spa

 Quay Hotel & Spa