

THE MARINA SPA

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THE | QUAY
HOTEL AND SPA



A JOURNEY... OF UNFORGETTABLE EXPERIENCES

THE MARINA SPA FORMULA

The Marina Spa and ESPA 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.

All our packages include half day use of facilities unless stated otherwise. This includes use of the Chill Out room, Juice Bar, Heated Swimming Pool, Hydrotherapy Pool, Sauna and Steam Room. The morning packages run from 10am to 2pm and the afternoon from 2pm to 6pm. All of our treatments include a 2 hour use of facilities. Spa packages and treatments can be upgraded to full day use at a cost of £20 per person.

SPA HOURS

Sunday - Friday 10am - 6pm

Saturday 9am - 6pm

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.

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.

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.

WHAT TO WEAR

Robes, slippers and towels are provided for your convenience.

£1 coin is required for use of the Spa and Leisure Club lockers.

Lower underwear or dry swimwear must be worn for all treatments.

THE MARINA SPA SIGNATURE TREATMENTS

	Off Peak	On Peak
TOP TO TOE		
An indulgent three in one aromatherapy back, scalp and foot massage. This treatment is bespoke for your emotional and physical needs.		
Treatment time: 50 minutes	£65 per person	£75 per person
INTENSE DE - STRESS SOOTHER		
A deeply de-stressing full body massage experience using Aromatherapy oils designed to alleviate 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.		
Treatment time: 1 hour 30 minutes	£105 per person	£110 per person
TIME FOR TWO		
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 inner calm facial. Perfect for Honeymooners, anniversaries or a couples special treat.		
Treatment time: 50 minutes	£130 for two	£140 for two

SPA PACKAGES

AFTERNOON TREAT

Choose a 25 minute treatment from the following:

- Personalised express facial / Back, neck and shoulder massage / Salt & oil scrub

Package also includes:

- Afternoon Tea
- Use of our chill out room
- Use of the leisure facilities
- Use of robes and slippers during your Spa experience

Treatment Time: 25 minutes

Off Peak

£59 per person

On Peak

£69 per person

LADIES WHO LUNCH

Choose a 50 minute treatment from the following:

- ESPA body wrap / ESPA Inner Calm Massage/ ESPA Inner Beauty Facial

Package also includes:

- A light spa lunch
- Use of our chill out room
- Use of the leisure facilities
- Use of robes and slippers during your Spa experience

Treatment Time: 50 minutes

£79 per person

£89 per person

LUXURY AFTERNOON GETAWAY

Choose two 25 minute 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

Package also includes:

- Afternoon Tea
- Use of our chill out room
- Use of the leisure facilities
- Use of robes and slippers during your Spa experience

Treatment time: 50 minutes

£79 per person

£89 per person

TRIPLE INDULGENCE

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

Treatment time: 1 hour 20 minutes

Off Peak

£99 per person

On Peak

£109 per person

SIGNATURE SPA DAY

- ESPA Inner Calm Massage
- Inner calm facial
- Light spa lunch
- Full day use of leisure facilities
- Full day use of our chill out room
- Use of robes and slippers during your Spa experience

Treatment time: 1 hour 50 minutes

£139 per person

£149 per person

COMPLETE INDULGENCE

- ESPA Inner Calm Massage
- Inner calm facial
- ESPA Body Wrap
- Light spa lunch
- Full day use of leisure facilities
- Full day use of our chill out room
- Use of robes and slippers during your Spa experience

Treatment time: 2 hours 30 minutes

£199 per person

£209 per person

ESPA BODY MASSAGE

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energised with renewed focus and lasting positivity

ESPA SWEDISH MASSAGE

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Includes: Massage to the back, legs, arms, neck and shoulders

Treatment time: 50 minutes

Off Peak

On Peak

£70 per person

£75 per person

ESPA BACK, NECK AND SHOULDER MASSAGE

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body, and calms your mind.

Includes: Massage to the back, neck and shoulders

Treatment time: 25 minutes

£45 per person

£50 per person

ESPA HOT STONE BACK, NECK AND SHOULDER 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.

Includes: Massage to the back, neck and shoulders incorporating the use of Hot Stones

Treatment time: 25 minutes

£55 per person

£60 per person

ESPA INNER CALM MASSAGE

Quieten your mind, release tension, and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends help 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 beautifully restored.

Includes: Massage to the back, legs, arms, neck and shoulders

Treatment time: 50 minutes

Off Peak

On Peak

£70 per person

£75 per person

ESPA DEEP MUSCLE MASSAGE

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 feeling stronger and more energised.

Includes: Targeted massage, with or without hot stones, focussing on areas of concern – scalp massage

Treatment time: 50 minutes

£75 per person

£80 per person

ESPA HOT STONE MASSAGE

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

Includes: Massage to the back, legs, arms, neck and shoulders

incorporating the use of Hot Stones

Treatment time: 50 minutes

£80 per person

£85 per person

ESPA SCALP, NECK AND SHOULDER MASSAGE

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body, and calms your mind.

Includes: Massage to the scalp, neck and shoulders

Treatment time: 25 minutes

£45 per person

£50 per person

ESPA SPA BODY TREATMENTS

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced, and skin's natural beauty is restored.

ESPA BACK, FACE AND SCALP TREATMENT

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best - restored, de-stressed and beautifully radiant.

Includes: *Back exfoliation - back massage - Inner beauty facial - scalp massage*

Treatment time: 1 hour 20 minutes

Off Peak

£95 per person

On Peak

£100 per person

ESPA SALT AND OIL SCRUB

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy. For a light application Exfoliating Body Polish is applied.

Includes: *Skin brush - salt & oil full body exfoliation*

Treatment time: 25 minutes

£40 per person

£45 per person

ESPA BODY WRAP

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 - body exfoliation - algae or mud wrap - scalp massage*

Treatment time: 50 minutes

£65 per person

£70 per person

ESPA INVIGORATING FOOT TREATMENT

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

Includes: *A refreshing exfoliation - deeply therapeutic foot and lower leg massage*

Treatment time: 25 minutes

Off Peak

£35 per person

On Peak

£40 per person

ESPA MATERNITY

ESPA PRE-NATAL RELAX & RESTORE

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 and invokes a state of blissful relaxation.

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

Treatment time: 25 minutes

Off Peak

£45 per person

On Peak

£50 per person

Treatment time: 50 minutes

£70 per person

£75 per person

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.

Treatment time: 1 hour 50 minutes

£125 per person

£130 per person

ESPA FACIALS

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle, and wellbeing needs, our ESPA Experts create a truly personalised, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting - skin looks clear, radiant, and inner calm is blissfully restored.

ESPA INNER BEAUTY FACIAL

Deeply cleanse, hydrate, and renew with this instant results facial. Tailored to your skin's precise 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.

Includes: *Triple cleanse - exfoliation - facial massage - personalised mask - scalp massage*

Treatment time: 50 minutes

Off Peak

£65 per person

On Peak

£70 per person

ESPA EXPRESS FACIAL

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Includes: *Double cleanse - exfoliation - personalised mask - scalp massage*

Treatment time: 50 minutes

£45 per person

£50 per person

ESPA EYE LIFT

Smooth, firm, and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin, and diminishing puffiness and dark shadows.

Includes: *Cleanse - exfoliation to face and eye contour - eye contour massage - firming eye mask*

Treatment time: 25 minutes

£45 per person

£50 per person

HOLISTIC TREATMENTS

Off Peak

On Peak

INDIAN HEAD MASSAGE

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

Treatment time: 25 minutes

£45 per person

£50 per person

REFLEXOLOGY

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

Treatment time: 50 minutes

£65 per person

£70 per person

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.

Treatment time: 30 minutes

£40 per person

£45 per person

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.

Treatment time: 50 minutes

£60 per person

£65 per person



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

Call us on: 01492 564 100 Or email us:
spa.reception@quayhotel.co.uk

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