

THE MARINA SPA



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THE | QUAY
HOTEL AND SPA

ESPA SPA TREATMENTS

THE QUAY RELAX AND UNWIND PACKAGE (60 minute treatment) £92pp

Choose from the following:

- Back, neck and shoulder massage with an ESPA express facial.
- Hopi ear candle with a ESPA express facial (Includes neck and shoulder massage) Perfect for sinus relief.
- ESPA full body exfoliation with a back, neck and shoulder massage.
- Invigorating foot scrub with a relaxing foot massage. (Includes hot mitts and heated booties)

Package includes:

3.5hrs use of hydrotherapy pool, steam room and sauna, complimentary robes and slippers, relaxation lounge, Complimentary sweet treats, soft refreshments, herbal teas, tea/coffee, Afternoon tea (1pm-3pm)

THE QUAY RETREAT PACKAGE (60-minute Treatment) £115pp

- ESPA treat - Back exfoliation, back, neck and shoulder hot stones massage with an express inner beauty facial. (Includes hot mitts)
- ESPA inner beauty Facial.
- The Quay detox - Includes full body skin buff with mud wrap and scalp massage.

Package includes:

4hrs use hydrotherapy pool, sauna and steam room, complimentary robes and slippers, relaxation lounge, Complimentary sweet treats, soft refreshments, herbal teas, tea/coffee, afternoon lunch (12:30pm -3pm)



THE QUAY SPA EXPERIENCE FOR TWO

(60 minute treatment) **£160**

Choose between one of the following:

- 60 minute inner calm body massage
- 60 minute glow facial

Package includes: Glass of prosecco on arrival , Hydrotherapy pool, sauna and steam room, Use of relaxation lounge, Complimentary robes and slippers, Complimentary sweet treats, soft refreshments, herbal teas, tea/coffee, Afternoon tea, (1pm-3pm)

THE QUAY MAMMA TO BE (120 minute treatment) **£170**

- Mii Gel Toes · 1 hour "You're Glowing" facial · Pre-natal back massage

Package includes: Use of Relaxation lounge, Hydrotherapy pool, Complimentary robes and slippers, Sweet treats, Smoothies and soft refreshments , Afternoon tea, (1pm -3pm)

TREAT YOURSELF (HALF DAY SPA FOR ONE)

(45 minute treatment) **£70**

- Mini glow facial - includes Cleanse, exfoliate, mini facial massage, hot mitts, tone and moisturise using our ESPA pro glow range.
- Mini back Massage - Includes back, neck and shoulders

Package includes: Complimentary robes and slippers on arrival , Relaxation lounge, Complimentary sweet treats, soft refreshments, herbal teas, tea/coffee, Light lunch (12:30pm-3pm)

AUTUMN AT THE QUAY (75 minute treatment) **£85**

The Quay Body Melt - Using our signature ESPA warm aromatherapy oils, cocooning the body in a wrap, enjoy our luxury express facial while you melt your stress away. Ending with our deep nourishing body cream to keep the skin hydrated.

Offer includes: Afternoon lunch , 2hrs use of facilities, Complimentary robes and slippers