



Bannatyne spa

S P A M E N U

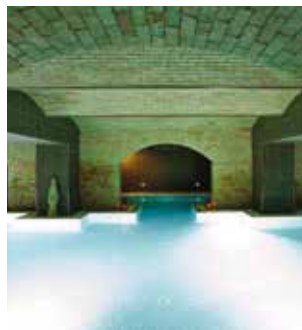


A WORLD OF WELLNESS AWAITS...

Found in Bannatyne Health Clubs, the Spa concept is focused on relaxation, unwinding and relieving the stresses of modern day life.

Bannatyne Spa offers practicality for customers and includes complementary treatments and skin care services, enabling both members and non-members to benefit from an extensive Spa menu.

Our professional suppliers such as Elemis, Lycon and Bare Minerals provide you with the very best of products, which enable our trained Spa teams to service your own individual needs through consultation and discussion.



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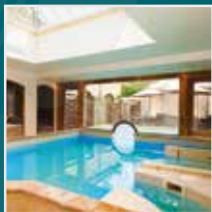
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CHARLTON HOUSE SPA DAYS & WEDDING PACKAGES



CHARLTON HOUSE, SOMERSET...A PERFECT GETAWAY

This rural, quaint Hotel has achieved an enviable reputation as one of the leading country house Hotels in the south west of England. With its extensive grounds, superior accommodation and exquisite Spa facilities, this Hotel offers both Spa Days and Spa Breaks and provides an unforgettable venue. For those who are looking forward to their special Wedding Day, there are bespoke treatment packages to assist with the preparation.

The Hotel provides exceptional fine dining in the grand restaurant. The expertly crafted menus use only the best locally sourced produce to deliver a unique food experience at any time of the day.

The Hotel provides an exclusive Health Club and Spa with a Spa pool, heat experience rooms and comprehensive state of the art gym facilities, to which all guests have complimentary access, on Spa Days or Spa Breaks.

SPA DAYS FOR ONE

Our Spa Days for one offer the perfect gift for someone special, or can be just for that extra special treat. We have the following packages available, which can be purchased and booked online at bannatyne.co.uk/spa

All of the following packages include use of the Health Club and Spa facilities as part of the Spa Day package. Times are stated within the packages. For more information and special offers, please check www.bannatyne.co.uk/spa or call 0344 477 4777.

Wake Up & Spa (9am-1pm)

Sat-Sun
£69

45
Mins

You experience:

- Swedish Back, Neck & Shoulder Massage
- Elemis Welcome Touch Facial.

Arrival from 8.30am.

Afternoon Delight (1pm-5pm)

Sat-Sun
£69

25
Mins

Choose one of the following:

- Swedish Back, Neck & Shoulder Massage
- Bamboo Back, Neck & Shoulder Massage
- Elemis Pick Me Up Facial
- Lava Shell Back, Neck & Shoulder Massage or an
- Elemis Facial

Arrival from 12.30pm.

Superior Spa

Mon-Fri
£69

25
Mins

Choose one of the following:

- Elemis Facial or
- Swedish Back, Neck & Shoulder Massage

Premium Pamper

Mon-Fri
£89

55
Mins

Choose one of the following:

- Chocolate Full Body Massage
 - Bamboo Full Body Massage
 - Swedish Full Body Massage
 - Deep Tissue Full Body Massage
 - Lava Shell Full Body Massage
 - Expert Facial
 - Elemis Skin Specific Facial (men's or women's)
- or
- Manicure

Spa Day Pass (Weekround)

£40

Come and enjoy the spa facilities at Charlton House. You will have access to the gym, infinity pool, sauna, steam room and laconium.

SPA DAYS FOR TWO

Our Spa Days for Two offer you and a guest a chance to unwind in perfect surroundings. We have the following packages available, which can be purchased and booked online at www.bannatyne.co.uk/spa

All of the following packages include use of the Health Club and Spa facilities as part of the Spa Day package. Times are stated within the packages. For more information and special offers, please check www.bannatyne.co.uk/spa or call 0344 477 4777.

Deluxe Choice for Two

Mon-Fri
£135

55
Mins pp

You both choose one of the following:

- Elemis Facial
- Manicure
- Swedish Back, Neck & Shoulder Massage and Men's/Women's Facial
- Swedish Back, Neck & Shoulder Massage and a Body Polish
- Facial and a Body Polish
- Swedish Full Body Massage



Evening Escape for Two (5pm onwards)

Mon-Fri
£69

25
Mins pp

Enjoy 2 treatments from the following options:

- Scalp Massage
- Mini-Back Massage
- Leg Massage

Arrival from 4.30pm



**Robes cannot be worn in the restaurant after 6.30pm.*

BOOK ONLINE AT WWW.BANNATYNE.CO.UK/REDEEM

WEDDING PACKAGES

Unique to Charlton House Hotel, our selection of bespoke Wedding Packages helps you to prepare for that special day, guaranteed to make you look and feel at your very best.

The following packages are available and can be tailored to your every need.

Wedding Essentials

£65

1 Hr 25 Mins

Includes the following:

- Eyebrow, Eyelash & Brow Tint*
- Bikini & Leg Wax

Pamper & Relax

£100

2 Hrs 40 Mins

Includes the following:

- Full Body Massage
- Manicure
- Pedicure

Ultimate Wedding Package

£150

4 Hrs pp

This combines both the Essentials and Pamper & Relax, providing you with up to 4 hours of treatment:

- Eyebrow, Eyelash & Brow Tint*
- Bikini & Leg Wax
- Full Body Massage
- Manicure
- Pedicure

**Patch test required 48 hours prior.*

PREMIUM SPA DAYS - BURY & KINGSFORD PARK



These packages are available (unless otherwise stated) at Bury St Edmunds & Kingsford Park, Colchester. All packages are available week round, weekends are subject to availability.

PREMIUM SPA DAYS FOR ONE

Our Spa Days for one offer the perfect gift for someone special, or can be just for that extra special treat. We have the following packages available, which can be purchased and booked online at www.bannatyne.co.uk/spa

All of the following packages include use of the Health Club and Spa facilities as part of the Spa Day package, including a daily programme of fitness and relaxation classes*. Times are stated within the packages. For more information and special offers, please check www.bannatyne.co.uk/spa

Premium Pamper

Mon-Thu
£69

Fri-Sun
£84

55
Mins

Choose one of the following:

- Chocolate Full Body Massage
- Bamboo Full Body Massage
- Swedish Full Body Massage
- Deep Tissue Full Body Massage
- Lava Shell Full Body Massage
- Expert Facial
- Elemis Skin Specific Facial (men's/women's) or
- Manicure

This package includes a one course lunch.

Superior Spa

Mon-Thu
£49

25
Mins

Choose one of the following:

- Facial or
- Swedish Back, Neck & Shoulder Massage

This package includes a one course lunch.

Elemis Specialist Packages

Mon-Thu
£129

Fri-Sun
£144

2 Hrs 25 Mins
Approx

Our specialist package includes:

- Specialist Smoothie on arrival
- One course lunch from the Spa Menu
- Complimentary Spa Bag, which includes Robe Hire and flip flops to keep
- Choose one from the following Premium Anti-Ageing Elemis Facials:
 - Pro Definition
 - Pro Collagen Age Defy
 - Dynamic Re-surfacing
 - Superfood Pro-Radiance
 - Biotec

Your facial be followed by a 55min Elemis Freestyle Deep Tissue Body Massage.

Treatment time includes a 30min Skin Reveal consultation to assist with treatment protocol.

SPA DAYS FOR TWO

Our Spa Days for Two offer you and a guest a chance to unwind in perfect surroundings. We have the following packages available, which can be purchased and booked online at www.bannatyne.co.uk/spa

All of the following packages include use of the Health Club and Spa facilities as part of the Spa Day package, including a daily programme of fitness and relaxation classes*. Times are stated within the packages. For more information and special offers, please check www.bannatyne.co.uk/spa or call 0344 477 4777.

Deluxe Choice For Two

Mon-Thu £109
Fri-Sun £139
55 Mins pp

You both choose one of the following:

- Facial
- Manicure
- Swedish Back, Neck & Shoulder Massage and Men's/Women's Facial
- Swedish Back, Neck & Shoulder Massage and a Body Polish
- Facial and a Body Polish
- A Swedish Full Body Massage

This package includes a one course lunch per person.

Perfect Pamper 241

Mon-Thu £120
Fri-Sun £150
55 Mins pp

You both experience a:

- Facial
- Mini Swedish Back, Neck & Shoulder Massage
- Scalp Massage

This package includes a one course lunch per person.

Tranquility & Tea for Two

Mon-Thu £99
Fri-Sun £129
45 Mins pp

You both choose either a:

- Facial or
- Back, Neck & Shoulder Massage

This will then be followed by a choice of:

- Scalp Massage
- Leg Massage or
- Hand & Arm Massage

Both of you enjoy Afternoon Tea for Two.

Arrival from 1pm.

**Robes cannot be worn in the restaurant after 6.30pm.*

All timings include consultation and dressing time.

PREMIUM SPA DAYS - BURY & KINGSFORD PARK



KINGSFORD PARK, COLCHESTER



BURY ST. EDMUNDS

The exclusive Elemis Specialist Packages have been designed with you in mind. Dedicated to offering the most luxurious packages in Bury St Edmunds and Kingsford Park, our exclusive specialist Elemis Specialist Packages will cocoon you in the most sumptuous of surroundings and provide you with a bespoke Elemis Spa Ritual of your choice. All Elemis Specialist Packages include a specialist smoothie on arrival, one course lunch and complimentary spa bag hire and use of health club and fitness facilities.

Nourishing Ritual For One

Mon-Thu
£129

Fri-Sun
£144

2 hrs 25 mins
approx

Your ritual begins with a 30 minute expert skin reveal and consultation with your therapist to detail what types of Elemis products will be beneficial for your skin routine.

Elemis Garden of England Rose Restore Massage (55min)

Take a walk in an English rose garden with this lavishly hydrating massage and micro-wrap. The unique trio of Rose, Camellina and Poppy seed oils maintain and restore elasticity, whilst encouraging skin renewal.

The skin is anointed with nourishing oils whilst a nurturing Rose balm and bespoke massage comfort the skin and ground the spirit. Skin is left exquisitely moisturised, intensely supple and delicately scented.

BENEFITS: Moisturises, Hydrates, Renews

AVAILABLE AT:

Bury St Edmunds
Kingsford Park, Colchester

Elemis Pro-Collagen Age Defy Facial (55min)

Experience the age-defying benefits of marine-charged Padina Pavonica whilst targeted facial massage encourages optimum cellular function.

BENEFITS: Smoothes, Nourishes, Refines



ELEMIS

Calming Ritual For One

Mon-Thu
£129

Fri-Sun
£144

2 Hrs 25 Mins
approx

Your ritual begins with a 30 minute expert skin reveal and consultation with your therapist to detail what types of Elemis products will be beneficial for your skin routine.

Elemis Sensitive Soother Facial (55min)

The soothing properties of Moroccan Rose, Chamomile and Apricot are combined to gently cleanse and exfoliate, whilst the deeply nourishing Neroli mask leaves skin nurtured and comforted. Texture and tone are restored. Skin is left comfortable and calm.

BENEFITS: Soothes, Calms, Rehydrates

Molten Stone Full Body Massage (55min)

The self-heating Molten Lava Stones glide smoothly over the skin, radiating a gentle heat into the surrounding tissues and muscles, causing greater relaxation than massage alone and allowing the therapist to concentrate on specific areas of tension. Working the whole body, this is a truly nurturing experience.

"Good For: Poor circulation, extreme relaxation, pain relief, alleviating stress levels and tension."

All timings include consultation and dressing time.

PREMIUM SPA DAYS - BURY & KINGSFORD PARK

Regenerating Ritual For One

Mon-Thu
£129

Fri-Sun
£144

2 Hrs 25 Mins
approx

Your ritual begins with a 30 minute expert skin reveal and consultation with your therapist to detail what types of Elemis products will be beneficial for your skin routine. The regenerating package will kickstart your system and 'turn your skin' back on.

Biotec Facial (55min)

Choose from 6 Biotec facials bespoke to your needs. Your skin reveal analysis will detail which Biotec treatment is right for you.

A blend of massage and sculpting galvanic technology. Circulation-stimulating serums are activated by microcurrent pulses to treat whichever skin concern you have.

This treatment is very targeted and uses groundbreaking technology to drive great results. Galvanic currents infuse the skin with bio-active formulas that hydrate and tone.

BENEFITS

- Dramatically improves muscle tone to help lift facial contours
- Visibly plumps and firms jowls, cheeks, chin and the jawline
- Smoothes out the deepest wrinkles
- Deeply hydrates the skin for maximum skin health

- Protects against urban and environmental skin damage, preventing ageing
- Skin looks more healthy

Hot Mineral Body Boost (55min)

This unique treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. A revolutionary, mineraly-charged experience of skin conditioning, metabolic balancing and energising wellness.

BENEFITS

- Soothes sore, aching muscles
- Invigorating and deeply relaxing
- Eases tension and painful knots
- Elasticises the skin

Balancing Ritual For One

Mon-Thu
£129

Fri-Sun
£144

2 Hrs 25 Mins
approx

Your ritual begins with a 30 minute expert skin reveal and consultation with your therapist to detail what types of Elemis products will be beneficial for your skin routine

Elemis Anti Blemish Mattify and Calm Facial (55min)

A deeply cleansing revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore microcirculation.

A deeply detoxifying treatment for clearer, brighter skin.

BENEFITS

- Deeply cleansing
- Balances oily, unsettled, congested and hormonal skin
- Mattifies and helps combat oil and shine
- Calms the skin
- Restores circulation and re-oxygenates the skin
- Improves skin tone and texture
- Restores vital moisture levels

Targeted Toning Treatment (55min)

A powerful blend of massage and a detoxifying clay for targeted toning and improved circulation. Choose a localised treatment: Arms, Hips & Thighs. Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

Revitalising Ritual For One



Your ritual begins with a 30 minute expert skin reveal and consultation with your therapist to detail what types of Elemis products will be beneficial for your skin routine. The revitalising package will enable you to feel the benefits of the Elemis Superfood Facial and experience total relaxation with Hopi Ear Candles and Reflexology.

Elemis Superfood Pro-Radiance Facial (55min)

Energise and detoxify stressed, dull skin with a nutritional superfood boost. Leaves skin, plumper, radiant and lit up with good health. This facial packs the skin with powerful, energising nutrients.

BENEFITS: Revitalises, Brightens, Nourishes

• Hopi Ear Candles

Believed to originate from a Native American Indian tribe called the Hopis (meaning 'peaceful people'). Hopi ear candles are used to support imbalances within the ear, nose, throat and chest areas including build up of wax, ringing in the ears, hearing difficulties and sinus problems as well as colds, 'flu, sore throats, headaches and migraines. Ear-candling entails placing a hollow candle into the ear and lighting the far end of the candle, which then burns slowly over. This generates mild suction. Extremely relaxing treatment.

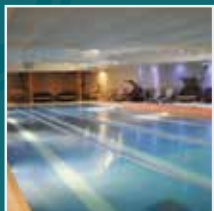
• Reflexology

Reflexology is the practice of applying pressure to, and massaging certain areas of the feet, hands and ears. The aim is to encourage healing and relieve stress and tension. It is also used to improve general health and well-being. Reflexology treatment is based on the principle that certain areas of the feet - called reflexes - are linked to other areas on the body through the nervous system.



All timings include consultation and dressing time.

PREMIUM SPA DAYS - WILDMOOR



Our Spa Days offer the perfect gift for someone special, or can be just for that extra special treat. We have the following packages available, which can be purchased and booked online at www.bannatyne.co.uk/spa

All of the following packages include use of the Health Club and Spa facilities as part of the Spa Day package, including a daily programme of fitness and relaxation classes*. Times are stated within the packages. For more information and special offers, please check www.bannatyne.co.uk/spa or call 0344 477 4777.



Elemis Fresh Face

With this package, you will receive an Elemis Skin Solutions Facial (25min) and a Scalp Massage.

This packages includes a one course lunch.

Mon-Thu £59	Fri-Sun £69	For 1 40 Mins
Mon-Thu £119	Fri-Sun £139	For 2 40 Mins pp

Elemis Scrub & Smoothe Spa

Have your stresses scrubbed away with this package that includes an Elemis Body Scrub (25min) and an Elemis Skin Solution Facial (25min).

This packages includes a one course lunch.

Mon-Thu £89	Fri-Sun £99	For 1 55 Mins
Mon-Thu £175	Fri-Sun £195	For 2 55 Mins pp

Elemis Best Face Forward

With this package, you will receive an Elemis Skin Solutions Facial (55min) and a Scalp Massage.

This packages includes a one course lunch.

Mon-Thu £85	Fri-Sun £95	For 1 70 Mins
Mon-Thu £169	Fri-Sun £189	For 2 70 Mins pp

Elemis Essentials

With this package you choose either:

- A Full Body Freestyle Elemis Massage
- An Elemis Body Wrap

This will then be followed by a 25min Elemis Skin Solutions Facial.

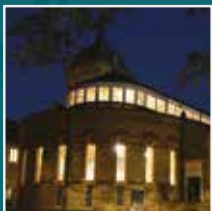
This package includes a one course lunch.

Mon-Thu £109	Fri-Sun £119	For 1 85 Mins
Mon-Thu £209	Fri-Sun £229	For 2 85 Mins pp

All timings include consultation and dressing time.



PREMIUM SPA DAYS - FAIRFIELD



All food options can be purchased from The Orchard Restaurant.

Our Spa Days offer the perfect gift for someone special, or can be just for that extra special treat. We have the following packages available, which can be purchased and booked online at www.bannatyne.co.uk/spa

All of the following packages include use of the Health Club and Spa facilities as part of the Spa Day package, including a daily programme of fitness and relaxation classes*. Times are stated within the packages. For more information and special offers, please check www.bannatyne.co.uk/spa or call 0344 477 4777.

Deluxe Choice

Choose from one of the following:

- Facial
- Manicure
- Swedish Back, Neck & Shoulder Massage and Men's/Women's Facial
- Swedish Back, Neck & Shoulder Massage and a Body Polish
- Facial and a Body Polish or
- A Swedish Full Body Massage

Mon-Thu £65	Fri-Sun £69	For 1 55 Mins
Mon-Thu £109	Fri-Sun £119	For 2 55 Mins pp

Essentially Elemis Spa Day

Choose from one of the following Premium Elemis Anti-Ageing Facials:

- Pro-Definition
- Pro-Collagen Age Defy
- Dynamic Re-surfacing
- Superfood Pro-Radiance

Your facial will be followed by a 55min Elemis Freestyle Deep Tissue Body Massage.

Mon-Thu £105	Fri-Sun £109	For 1 1 Hr 55 Mins
Mon-Thu £159	Fri-Sun £169	For 2 1 Hr 55 Mins

Treat for You Spa Day For Two

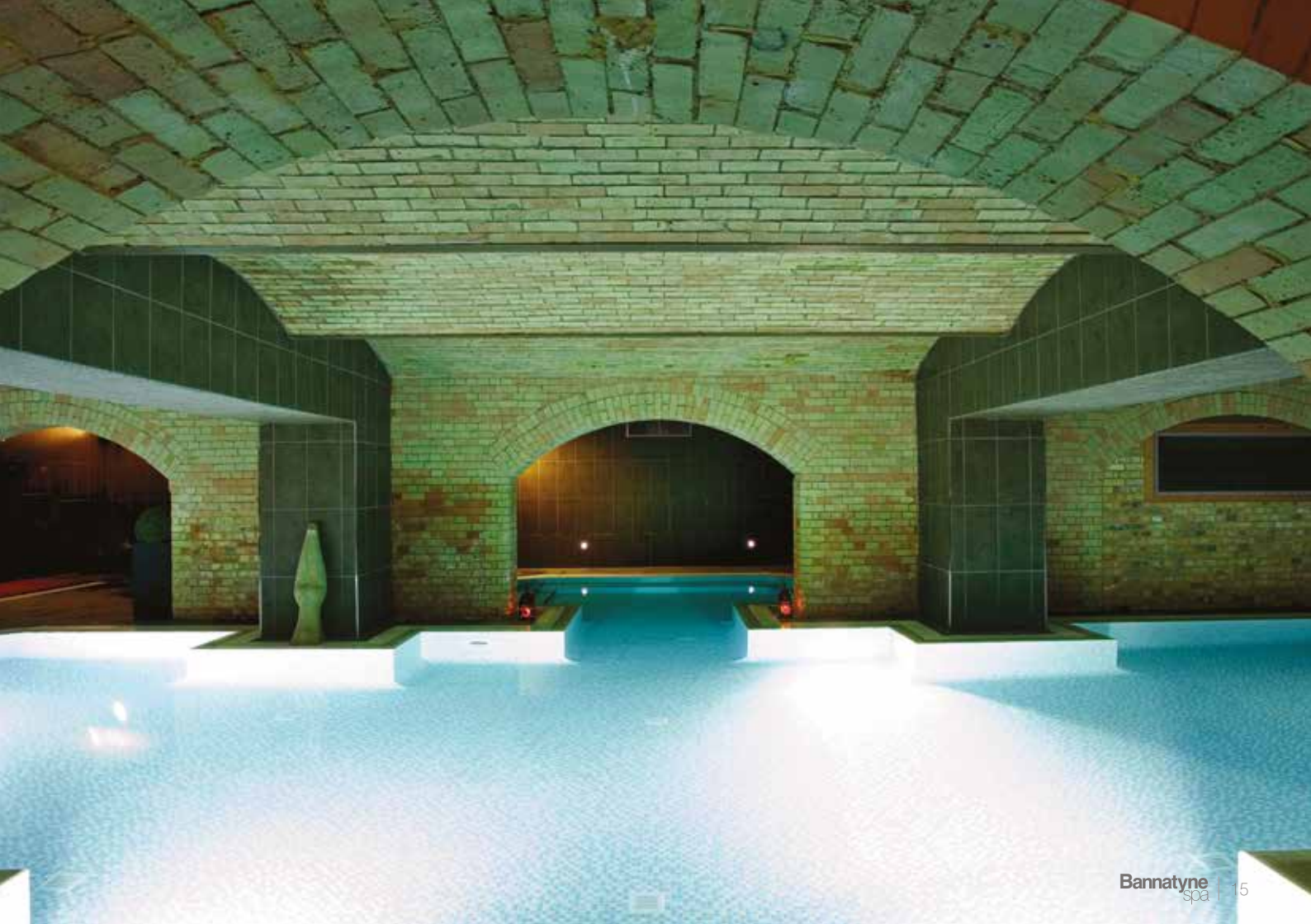
You both choose:

- a Swedish Back, Neck & Shoulder Massage or
- Facial

Mon-Thu £69	For 2 25 Mins pp
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All timings include consultation and dressing time.





BANNATYNE HEALTH CLUB SPA DAYS



Offering affordable, value for money Spa Day packages, within our Health Clubs our Spa Days have been created with you in mind and provide flexibility for upgrades and improved choice for everyone.

Special Offers are available throughout the year. Please consult the website for these Spa Day Packages.

**Subject to availability.*

Our day packages are available at the Bannatyne Spas in the Health Clubs.

All of the following packages include use of the Health Club and Spa facilities as part of the Spa Day package, including a daily programme of fitness and relaxation classes*. Times are stated within the packages. For more information and special offers, please check www.bannatyne.co.uk/spa or call 0344 477 4777.

SPA DAYS FOR ONE

Deluxe Choice Spa Day

Mon-Fri
£55

Sat-Sun
£59

55
Mins

Choose from one of the following:

- Facial
- Manicure
- Swedish Back, Neck & Shoulder Massage and Men's/Women's Facial
- Swedish Back, Neck & Shoulder Massage and a Body Polish
- Facial and a Body Polish
- A Swedish Full Body Massage

Pamper & Prosecco

Mon-Fri
£49

Sat-Sun
£55

40
Mins

Choose either:

- a Swedish Back, Neck & Shoulder Massage or Facial followed by a choice of one of the following:
- Scalp Massage, Swedish Leg Massage or
- File & Polish on Hands or Feet

This package includes a 20cl bottle of Prosecco. (Over 18's only) Available at selected locations.

Essentially Elemis

Mon-Fri
£95

Sat-Sun
£99

1 hr 55
Mins

Choose one from the following Premium Elemis Anti-Ageing Facials:

- Pro-Definition
- Pro-Collagen Age Defy
- Dynamic Resurfacing
- Superfood Pro-Radiance
- Biotec (certain sites only)

Your facial will be followed by a 55min Elemis Freestyle Deep Tissue Full Body Massage.

Treat For You

Mon-Fri
£45

25
Mins

Choose either:

- a Swedish Back, Neck & Shoulder Massage or
- Facial

SPA DAYS FOR TWO

Treat For Two

Mon-Fri £59
Sat-Sun £69
25 Mins pp

You both choose either:

- a Swedish Back, Neck & Shoulder Massage or
- Facial

241 Pamper Treat

Mon-Fri £75
Sat-Sun £89
40 Mins pp

You both choose either:

- a Swedish Back, Neck & Shoulder Massage or
- Facial

Either choice is followed by a Scalp Massage

Deluxe Choice Spa Day for Two

Mon-Fri £99
Sat-Sun £109
55 Mins pp

You both choose one from the following:

- Facial
- Manicure
- Swedish Back, Neck & Shoulder Massage and Men's/Women's Facial
- Swedish Back, Neck & Shoulder Massage and a Body Polish,
- Facial and a Body Polish
- A Swedish Full Body Massage

Pamper & Prosecco for Two

Mon-Fri £79
Sat-Sun £89
40 Mins pp

You both choose either:

- a Swedish Back, Neck & Shoulder Massage or Facial and a choice of one of the following:
- Scalp Massage
- Swedish Leg Massage or
- File & Polish on Hands or Feet

This package includes a 20cl bottle of Prosecco each. (Over 18's only) Available at selected locations.

Treatment & Afternoon Tea for Two*

Mon-Fri £99
Sat-Sun £109
40 Mins pp

You both choose either:

- a Swedish Back, Neck & Shoulder Massage or Facial and a choice of one of the following:
- Hand & Arm Massage
- Scalp Massage or
- Leg Massage

This package includes Afternoon Tea for Two to share.

Arrival from 11am.

** Available only in the following sites: Aberdeen, Ashford, Banbury, Barnsley, Blackpool, Bristol, Broadstairs, Burton, Cardiff, Carlisle, Chafford Hundred, Chingford, Crewe, Darlington, Dunfermline, Durham, Edinburgh - Newcraighall, Falkirk, Hastings, Inverness, Mansfield, Milton Keynes, Norwich, Orpington Peterborough, Solihull, Shrewsbury, Wakefield, Weybridge & York.*

Essentially Elemis Spa Day for Two

Mon-Fri £149
Sat-Sun £159
1 Hr 55 Mins per person

You both choose from one of the following Premium Elemis Anti-Ageing Facials:

- Pro-Definition
- Pro-Collagen Age Defy
- Dynamic Resurfacing
- Superfood Pro-Radiance
- Biotec (certain sites)

Your facial will be followed by a 55min Elemis Freestyle Deep Tissue Full Body Massage.



All timings include consultation and dressing time.

SPA BREAKS



DARLINGTON



CHARLTON HOUSE



HASTINGS



DURHAM

Bannatyne
offers you the
choice of four
magnificent
hotels.

You can choose from overnight stays, Spa breaks or food and beverage.

Bannatyne Hotel, Darlington - Duncan Bannatyne's signature Hotel, Bannatyne Hotel Darlington is a stunning Grade II listed Georgian townhouse, where the grandeur and warmth of a historic past, meets contemporary convenience and style. Accommodation includes standard double/twin rooms, junior suites with separate living and sleeping, a splendid four poster room, the stylish deluxe room and the superbly-appointed executive rooms.

Bannatyne Hotel, Durham - situated just a short distance from the city centre of a historic town, the Bannatyne Hotel Durham is the perfect choice for both business and leisure, offering top quality accommodation at great value prices.

Charlton House, Somerset - has achieved an enviable reputation as one of the leading country house Hotels in the South West of England.

The Hotel offers superior accommodation, from the spacious grand suite and opulent four poster rooms, each with an outside courtyard or balcony.

Whether you're looking for a luxurious spa break, or a relaxing stopover, Charlton House makes for an unforgettable venue.

Bannatyne Spa Hotel, Hastings - set in 38 acres of formal gardens and woodland, Bannatyne Spa Hotel Hastings will make your stay in this beautiful South Coast resort town even more memorable. Blending magnificent accommodation in a historic venue, fantastic service and fine dining.



Dining - our Hotels* pride themselves on their enviable reputation for superior food, great variety and excellent service. Our expertly crafted menus, use only the finest locally sourced produce to deliver an exceptional dining experience, making the perfect venue at any time of day.

Health Club and Spa Facilities - each hotel offers on-site (or within walking distance)** an exclusive Health Club and Spa with swimming pool, spa pool, sauna, steam room and comprehensive gym facilities which guests have complimentary access to during their stay.

Relax and indulge in beautiful surroundings and luxurious facilities. Book your Spa Break at any one of our four Hotels.

At Bannatyne Hotels, we have taken time to perfect the Spa Break menu, allowing us to provide you with opportunity for any occasion and budget, any celebration or just a well-deserved treat.

Let us take care of you and your special guests and indulge in our Spa Treatments and overnight stays, allowing you to some 'time out' from increasingly busy lifestyles.

**Not available in Durham Hotel.*

***Darlington Health Club within a 15 minute walk*

SPA BREAKS



Our Top Pick...Spa & Sleep

Our favourite Spa Break enjoyed by our guests includes the following, brilliant value:

- One night's accommodation
- Full English or Continental breakfast,
- Luxury robe, fluffy towel and slippers to use for the duration of your stay
- 25 minute Spa treatment each
- 2 course evening meal
- Unlimited access to our spa and gym facilities
- Glass of Prosecco each

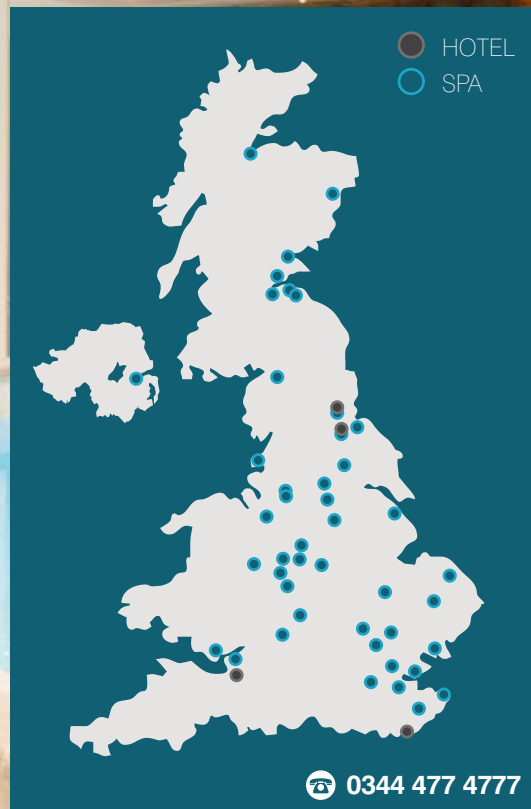
We have a range of different Spa Breaks available to suit your needs.

For details on all of our Spa Breaks, please go to www.bannatyne.co.uk/spa or call 0344 477 4777.

LOCATIONS

Aberdeen
Ashford
Banbury
Barnsley
Belfast
Birmingham - Brindleyplace
Blackpool
Bristol
Broadstairs
Burton on Trent
Bury St. Edmunds
Cardiff
Carlisle
Chingford
Chafford Hundred
Charlton House
Crewe
Darlington
Dunfermline
Durham
Edinburgh - City Centre
Edinburgh - Newcraighall
Fairfield
Falkirk

Hastings
Humberston (near Grimsby)
Inverness
Ingleby Barwick (opens mid 2018)
Kingsford Park - Colchester
Leicester
Luton
Manchester - Chepstow St
Manchester - Quay St
Mansfield
Milton Keynes
Norwich
Orpington
Perth
Peterborough
Solihull
Shrewsbury
Sutton Coldfield
Tamworth
Wakefield
Weybridge
Wildmoor (Stratford upon Avon)
York



GIFT CARDS & VOUCHERS

Gift Cards & Vouchers

Bannatyne Spa Gift Cards and Vouchers offer the perfect gift solution, whatever the occasion. You can choose a specific treatment, package or a monetary value for that special person.

To order your Gift Card or Voucher, you can either order online by visiting www.bannatyne.co.uk/gifting or you can purchase these from any Bannatyne location.

Self Print Vouchers

You can now print your own vouchers at home by going to www.bannatyne.co.uk/gifting



Terms and Conditions of Gift Voucher Sales can be found on our website www.bannatyne.co.uk/spa/faq

MINERAL MAKE-UP

Discover our natural Make-Up range from bareMinerals. This exclusive range offers treatments that give our clients instant natural luminosity with invisible coverage.

Our bareMinerals product range is so pure you can sleep in it, allowing excellent coverage even after waxing (its SPF qualities protect against sun damage). So, whether it's a day-look or a sophisticated wedding touch that you're after, bareMinerals is a classic range, which will make you look radiant.

Make-Up Day / Evening

Make-Up application for a special occasion day or night.

25
Mins

Make-Up

Make-Up application with a 45 minute lesson, which offers advice and guidance on colours and correct application.

Inc. lesson
55
Mins

Bridal Make-Up

Available for the mother of the bride and bridesmaids, too. Make-Up application for your special day, including a full trial to ensure flawless coverage from day to evening.

Inc. trial
55
Mins

Express Make-Up

A touch of colour, perfect for post waxing treatments, if you are heading back to the office, or a perfect end to your day of pampering.

This service is complimentary when you buy products over £15.

**Available at selected Spas*

15
Mins



HAND AND FOOT CARE

NEW OPI NAILS

Dedicated to the professional beauty industry, OPI is committed to consistently offering products of exceptional quality; setting standards and trends; and delivering the beautiful results that the world has come to expect from the leader in professional nail care.

Since its emergence in 1981 as a small dental products supplier, with the name Odontorium Products Inc., the company we now know as OPI, has grown into a global standard-bearer in the world of fashion. A trend-setter in the world of colour and a way for millions of women to feel beautiful and glamorous every day. Throughout the decades, OPI has grown alongside its customers, gaining significance and becoming part of the culture itself by influencing tastes and making waves.

OPI's reputation is built on its commitment to quality, safety, innovation and excellence – a commitment it honours with every product, every day.

O.P.I

#1 SALON BRAND WORLDWIDE

**Available at selected Spas*

OPI Express Manicure/Pedicure (Colour and Go!)

15
Mins

- Your nails will be filed and shaped before application of your chosen shade and finish.
- This service does not include cuticle care.

Signature Spa Manicure by OPI

25
Mins

- Your nails will be filed and your cuticles pampered before being buffed and prepped for your favourite OPI shade for weeks of long lasting colour and glossy wear. Treatments is finished with application of Nail and Cuticle Oil and massage using OPI's super rich Hand and Nail High Intensity Cream.

Pamper Manicure by OPI

40
Mins

- Manicure by OPI offers an age defying luxury treatment to renew and revitalise skin. Cuticles and nails are pampered, whilst hands are gently exfoliated. Hands and arms are massaged with indulgent butters enriched with aroma - therapeutic essences.

Signature Pedicure by OPI

40
Mins

- Formulated with nature's most soothing and effective botanical ingredients, this treatment will renew and restore feet to silky smoothness. The perfect way to restore

moisture, refresh and energise those tired feet and legs. This service includes cuticle care, shaping, soothing soak, scrub and massage with your chosen finishing touch from the OPI colour range to get feet flip-flop ready.

Pamper Pedicure by OPI

55
Mins

- Immerse your feet into the pampering world of OPI.

The Pamper Pedicure incorporates the sumptuousness of botanical extracts and hydrating properties. You feet will be soothed, scrubbed, softened and hydrated to offer the ultimate treatment. This service includes cuticle care, shaping - completed with the finish of your desire.

NEW OPI Gel

OPI Gel colour is perfect for those who want longer lasting colour to their nails and OPI offer award-winning nail care products that no-one should be without.

The OPI Gel system involves several carefully applied layers to the nail under and LED light

Firstly, the OPI GelColor base coat is applied to the nails and then cured under the LED light. This

can take up to 30 seconds. Secondly the colour layer of your choice goes on top of the cured base coat. Again, the nails are then put under the LED light in order to ensure the Gel colour is cured, leaving a perfect finish.

OPI Gel on Hands

40
Mins

OPI Gel on Hands with French

55
Mins

OPI Gel on Toes

25
Mins

OPI Gel on Toes with French

40
Mins

OPI Gel on Hands & Toes (Package)

75
Mins

Soak Off & Re-Application on Toes

40
Mins

Soak Off & Re-Application on Hands

55
Mins

**Certain Spas only*

Soak Off & Re-Application on Toes with French

55
Mins

Soak Off & Re-Application on Hands with French

75
Mins

Soak Off

15
Mins

Gel Nail Art*

15
Mins

OPI Gel on Hands & Toes package

70
Mins

Soak Off & Re-Application on Hands with French

70
Mins



MAINTENANCE TREATMENTS



Lycan
precision waxing™

Our specially tailored maintenance treatments can provide the look and finish you've always wanted, helping you to look your best, at all times.

Waxing

Waxing is suitable for the removal of all hair growth, including facial hair. Results can vary on each individual, but usually results can last up to four weeks.

Premium Waxing - involving the use of hot wax in intimate or delicate areas.

Strip Waxing - involving the use of gel wax, normally for larger areas of the body, but can be used for smaller areas, too.

Look out for our waxing packages, which provide superb value for money and enable you to have multiple areas treated in one session.

All of our waxing treatment and packages pricing can be found in the price list at the back of the treatment menu.

Mybrows

A new treatment to tame those unruly brows and ensure these are tinted and shaped to perfection.

Mylash

An express treatment, which involves creating those long lashes in express

time. Lashes are attached to existing lashes, creating the look you want for the right occasion. Results may last up to seven days, depending on lifestyle.

Mylash Removal

A treatment to remove any lasting eyelashes and restore your natural look. This treatment restores your lashes back to their normal length, safely.

Eyelash and Eyebrow Tinting*

Semi-permanent colour for eyelashes and eyebrows for both men and women. Eyelash tinting offers fuller looking lashes, without the use of mascara.

Eyebrow tinting helps cover grey and adds definition to brows. Pair with an eyebrow shape to give your face an instant lift.

Nouveau Lashes

LVL stands for Length, Volume, and Lift

The stunning alternative to eyelash extensions! LVL has been designed to enhance your natural eyelashes by straightening them rather than curling to create the illusion of longer, thicker lashes.

LVL Treatments

The treatment takes approximately 45 minutes depending on the length and

15
Mins

40
Mins

25
Mins

45-60
Mins

** Patch test required 48 hours prior to treatment*

quality of your natural lashes:

- No adhesive or lash extensions used
- No mascara needed
- Lasts up to 6 weeks!
- Very low maintenance lash treatment

With LVL, your results are immediately visible, plus your fabulous new look will last up to 6 weeks. LVL can be a more cost effective, lower maintenance alternative to lash extensions.

(See the pricelist for details)

Eyelash Extensions

Eyelash extensions are synthetic, semi-permanent individual eyelashes which are adhered to each natural eyelash using the finest medical grade, EU compliant adhesive. Eyelash extensions are light, comfortable, natural and available in various curls, lengths and thickness. Individual eyelash extensions typically last for 8-12 weeks, depending on your natural lash growth cycle. To keep your lashes at their very best, we recommend infill maintenance every 2-3 weeks.

Nouveau Express Lashes Natural

45
Mins

Nouveau Express Lashes Glamorous

45
Mins

(See the pricelist for details)

Nouveau Cluster Lashes

30
Mins

Nouveau Removal Lash Extension

15
Mins

Caring for your Lash Extensions

Hints and Tips for keeping your individual lash extensions for longer.

- Do not sleep facing the pillow. The pillow will separate the lashes causing them to bend upward & downward. We recommend that you sleep with a pair of glasses to protect your lashes and prevent you from turning onto your face.
- When taking a shower, be sure not to let water get in your face & make sure the water isn't steamy hot. Instead, wash your face by wiping under and over the eye area carefully. Use oil-free make-up remover with an ear bud to remove make-up.
- Do not use mascara on your new lashes as this will cause the lashes to clump.
- Avoid stretching your eye area. When applying eye-liner or eyeshadow as this will separate your lashes.
- For the first 48 hours after any Nouveau Lashes Extend treatment it's important not to allow water to come in to contact with your lashes:
- For 2 days afterwards do not steam your face, use a steam bath, swim or wash your face

with hot water

- Do not use waterproof mascara
- Use oil free make-up remover if mascara is worn (only use a water-based mascara)
- Do not attempt to perm or use lash curlers on Nouveau Lashes extensions
- Don't rub your eyes when washing your face - always pat the lashes dry after cleansing
- Ensure lashes are not manipulated into different positions (e.g. when sleeping, cleansing the face, applying moisturiser or cosmetics)
- Ask your Nouveau Lashes technician for expert advice in how best to look after your choice of lashes.





TREATMENTS FOR HIM

Men's treatments are designed with 'men in mind'. So contrary to popular belief that treatments are a 'girl thing', our comprehensive menu provides plenty of great choices.

MASSAGES FOR MEN

Elemis Freestyle Deep Tissue Full Body Massage with Face & Scalp

1 Hr 25 Mins

An all over MOT for men. Enjoy the facial cleansing and skin rejuvenation feeling, combine with a heavenly scalp massage and finish with a full body deep tissue massage. The works!

Elemis Freestyle Deep Tissue Full Body Massage

55 Mins

Your therapist will select an aromatic oil, according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Elemis Freestyle Deep Tissue Back, Neck and Shoulder Massage

25 Mins

Your therapist will select an aromatic oil, according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Lava Recovery Massage

55 Mins

The warm smooth shells are glided over the body with varying pressures, techniques and precision. Hydrating oils moisturise the skin, as the shells help to revitalise and rebalance the body and mind.

Lava Shell Back, Neck and Shoulder Massage

25 Mins

Radiating heat from the shells to the back and neck, enables deeper muscle tension to be treated, leaving you feeling instantly stress free and rejuvenated.

Lava Wellness Massage

25-55 Mins

Specialist treatment using warm shells all over the body. This treatment is designed for those who have undergone treatment for cancer or may be in remission. Consultation required before treatment takes place.

Bamboo Deep Tissue Full Body Massage

55 Mins

Stimulate your circulation with the unique properties of Bamboo massage. Guaranteed to relax tight muscles and aid in stress relief.

Bamboo Deep Tissue Back, Neck and Shoulder Massage

25
Mins

This treatment is concentrated around the neck and shoulder area, with particular emphasis on removing toxins from postural imbalances and decreasing tension.

MEN'S FACIALS

Elemis High Performance Skin Energiser

55
Mins

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax the mind.

Elemis Biotec Super-Charger for Men*

25-55
Mins

The facial to de-stress, de-age and de-fatigue the male complexion, while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

Energising Facial

25
Mins

A pick me up skin facial to remove all impurities and ageing skin cells. Skin will feel refreshed, clean and moisturised.

MEN'S MAINTENANCE

Back and Chest Waxing

55
Mins

Fast effective removal of unwanted back and chest hair, which can last up to four weeks. For other waxing or male intimate waxing please consult with your local spa.

Eyebrow Tidy

15
Mins

Gentle hair removal using wax or tweezers to help tidy up unruly brows.

Eyelash Tint**

25
Mins

Semi-permanent dye to give eyes a fresh awake look. Create envious lashes and brows.

Eyebrow Tint**

15
Mins

Semi-permanent dye to give eyes a fresh awake look. Create defines lashes and brows.

Manicure

25
Mins

Well-groomed nails are essential for today's executive male. Nails are trimmed and cuticles tidied for that all important board meeting.

Pedicure

25
Mins

A 'manly' pedicure to create well prepared feet. Toe nails will be trimmed and tidied. Toes will be moisturised and massaged.

*Available at selected locations

**Patch test required 48 hours prior to treatment

ELEMIS FACIALS

Elemis is the leading luxury British spa and skin care brand favoured by as many as 6.5 million spa-goers per year. The successful combination of natural active ingredients, with cutting-edge technology, has enabled Elemis to bring to market some of the most influential anti-ageing products and professional spa therapies, the beauty industry has ever seen.

ELEMIS ANTI-AGEING SKIN FACIALS

White Brightening Pigment Perfector

55
Mins

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

Elemis Pro-Definition Lift And Contour

55
Mins

Powered by breakthrough technology, this facial helps restore the architecture

of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

Extraordinary Results in Independent Consumer Tests:

- 96% of women stated that their facial contours appeared firmed, lifted and shaped.*
- 90% of women stated that the sagging on their cheeks and neck was visibly improved.*
- 82% of women stated that they would delay facial surgery and/or Botox following a course of Elemis facials.*

Elemis Superfood Pro-Radiance

55
Mins

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

Elemis Pro Collagen Age Defy

55
Mins

Tackles fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.



*Independent Clinical Trials

Elemis Dynamic Resurfacing Precision Peel

55
Mins

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.*Independent Clinical Trials

Skin Booster Facial

25
Mins

This anti-ageing facial provides an efficient process to combat fine lines and wrinkles. Perfect for clients pushed for time, but seeking superior results

ELEMIS SKIN SOLUTION FACIALS

Elemis Sensitive Skin Soother

55
Mins

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

Elemis Anti-Blemish Mattify And Calm

55
Mins

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

ELEMIS SKIN SPECIFIC FACIALS

Elemis Couture Touch Package

See price list
for options

Combine any 25min or 50min Elemis facial with a personalised Freestyle Elemis Deep Tissue Massage.

**Independent Clinical Trials*



ELEMIS BIOTEC FACIALS

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo charges skin leaving it visibly nourished and energised.

ANTI-AGEING

Elemis Biotec Line Eraser

25/55/85
Mins

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines.

Elemis Biotec Firm-A-Lift

25/55/85
Mins

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

Elemis Biotec Anti-Pigment Brightener

25/55/85
Mins

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

* Independent clinical trial

Elemis Biotec Skin Resurfacer

25/55/85
Mins

This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

SKIN SOLUTIONS

Elemis Biotec Radiance Renew

25/55/85
Mins

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

Elemis Biotec Blemish Control

25/55/85
Mins

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

Elemis Biotec Sensitive Skin Soother

25/55/85
Mins

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

'ADD-ON'/EXPRESS TREATMENTS

Elemis Biotec Eye Treatment

25
Mins

BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

Elemis Biotec Neck Treatment

25
Mins

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.



BANNATYNE FACIALS

Indulgent Harmony Facial

55
Mins

The 'Indulgent Harmony' facial lives up to its name! Designed to complement our very own skincare range, this facial is deeply pampering, as well as anti-ageing. Created to increase radiance, relaxation and aid skin firmness, this facial is deep cleansing and includes a blissful shoulder, scalp and facial massage using applied lifting techniques. We also treat your feet to hot towel booties, whilst our mask gently penetrates the skin.

Express Harmony Facial

25
Mins

The 'Express Harmony' facial is a perfect quick fix! Designed to complement our very own skincare range, this facial gives great results fast, as well as leaving you refreshed in express time. Includes a deeply relaxing neck and shoulder massage, whilst the products treat your skin.

BANNATYNE SPA COLLECTION

Our NEW spa collection awaits you. Take the experience home with you.

The Spa Collection range has been refreshed and improved to benefit the skin care demands of our busy lifestyles.

Q10 and Timecode remain active ingredients and have been combined with new fragrances to provide an improved range for men and women.

Nourishing Range - Dry Skin

Subtle 'dead-sea' salts fragrance to suit both men and women, this range is designed to moisturise, re-hydrate and improve the touch and feel of skin, that is prone to dryness. Contains skin conditioners, timecode^(TM) coenzyme Q10 to help restore, rejuvenate and hydrate skin.

The four products in the range comprise of:

- Moisturiser
- Cleanser
- Toner
- Face Mask

Balancing Range - Oily/ Combination Skin

Refreshing 'lovely-day' fragrance to suit both men and women, this range is designed to rebalance the skin. Contains aloe and witch hazel to calm and refresh problematic areas.

The four products in the range comprise of:

- Moisturiser
- Cleanser
- Toner
- Face Mask

Essentials - All Skin Types

Perfecting Face Exfoliator, containing coenzyme Q10, enriching oils and bilberry help to remove dead skin cells and rejuvenate your facial complexion.

Perfecting Eye Cream containing jojoba, cranberry and other skin conditioners, help to

rejuvenate, rehydrate and restore the delicate skin around the eye area.

Massage Oils (Uplifting/ Relaxing / Balancing) - All Skin Types

More than just a massage oil. Choose the oil to suit your mood and get the most from your Bannatyne Massage Oil. After a bath or shower, apply 2/3 drops of your favourite oil warmed in the palms of your hands and apply to skin to moisturise.

For an indulgent treat, use two drops of oil, combined with an egg cup amount of milk to create a bath oil. Whilst bathing, focus on some deep inhalation and exhalation breaths for the ultimate in relaxation



BODY TREATMENTS

Elemis Targeted Toning Tightener Localised Treatment

55
Mins

Refine and smooth your silhouette. Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream targets stubborn cellulite and sagging skin, for visible, rapid results.

A detoxifying Fennel and Birch peel off body mask is applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smoothe skin, stimulate circulation and reduce fluid retention.

Elemis Thousand Flower Detox Wrap

1 Hr 10 Mins

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

Elemis Body Nectar Nourishing Sweet Orchid/Frangipani Wrap

40
Mins

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin.

You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

Elemis Intensely Cleansing Salt Scrub Lime and Ginger/Frangipani Monoi

25
Mins

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Elemis Garden of England Rose Restore

55
Mins

Take a walk in an English rose garden with this lavishly hydrating massage and micro wrap.



MASSAGE THERAPIES

Elemis Freestyle Deep Tissue Full Body Massage

55
Mins

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Elemis Freestyle Deep Tissue Back, Neck and Shoulder Massage

25
Mins

Minimum time, maximum tension relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

Swedish Full Body Massage

55
Mins

Manipulation of the superficial and deeper layers of muscle and connective tissue are initiated to aid in the healing process to promote relaxation and well being.

Swedish Back, Neck and Shoulder Massage

25
Mins

Concentrated on the back, neck and shoulder area, specific oils are used to release tension and help soothe tight, sore muscles, which result from wear and tear or incorrect posture. This massage applies pressure to muscles, in order to increase the oxygen flow in the blood and release toxins from stressed areas.

Lava Shell Full Body Massage

55
Mins

The warm, smooth shells are glided over the body with varying pressures, techniques and precision. Hydrating oils moisturise the skin, as the shells help to revitalise and rebalance the body and mind.

Lava Shell Back, Neck and Shoulder Massage

25
Mins

Radiating heat from the shells to the back and neck, enables deeper muscle tension to be treated leaving you feeling instantly stress free and rejuvenated.



MASSAGE THERAPIES

Lava Shell Mini-Tummy Treatment

15
Mins

A natural version of the colonic cleanse; the encouraging massage strokes combine with soothing heat to enable the colon to work more effectively, leaving you less bloated and with a flatter tummy for days.

Lava Shell Abdomen Treatment

25
Mins

The abdomen is massaged, with the warm shells using a gentle technique to relieve bloating and water retention around the waist.

Chocolate Indulgent Full Body Massage

55
Mins

A full body scrub is followed by a chocolate massage, which is guaranteed to have your mouth watering with the aroma of hot chocolate. Choose your options of mint, orange or original to ensure you capture the mood.



Chocolate Indulgent Back, Neck and Shoulder Massage

25
Mins

Feel the warm chocolate drizzle down the small of your back in readiness for a sumptuous back, neck and shoulder massage. Your tension will be removed, whilst skin is left replenished and remineralised after your treatment. An indulgent massage guaranteed to stimulate the senses.

Bamboo Full Body Deep Tissue Massage

55
Mins

Stimulate your circulation with the unique properties of Bamboo massage. Guaranteed to relax tight muscles and aid in stress relief. Certain problem areas can be targeted in this treatment to ensure that muscles are lengthened and tension is removed.

Bamboo Back, Neck and Shoulder Deep Tissue Massage

25
Mins

This treatment is concentrated around the neck and shoulders area, with particular emphasis on removing toxins from postural imbalances and stresses imposed on us from everyday life. This massage will help to remove tension from the neck, shoulders and lower back area.

OTHER TREATMENTS

Elemis Hot Mineral Body Boost

55
Mins

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

Lava Shells Recovery: Deep Heat Relaxation

55
Mins

This treatment promotes deep relaxation, as physical and emotional tension is released and is a great cure for aching muscles and over exertion. Combining strong massage moves with the heat of the Lava Shells, this treatment is designed to encourage relaxation of muscles to allow the body to re-energise. This will leave you feeling refreshed, relaxed and supple.

Good for: All over aches and pains, clients in need of recharging, deep relaxation, jet-lag and lack of energy.

Lava Wellness Back, Neck & Shoulder Massage/Full Body Massage

25/55
Mins

A safe and nurturing massage for clients with or post cancer. Based on the traditional Lava Shell Massage, using warm porcelain Tiger Clam shells, the bespoke Lava Wellness treatment has been specially adapted to include counter balancing cooling shells to maintain the client's core temperature, prohibiting risks of overheating, whilst still delivering a deeply relaxing and comforting treatment. *Consultation required prior to treatment.*

Good For: Providing relief from isolation, improving alertness and mental clarity, stress relief and relaxation, re-establishing a positive body image and gives a sense participation in the healing process.



TEEN TREATMENTS



Elemis Acne Attack Facial (13-17yrs)

40
Mins

A thorough deep cleansing facial to meet the needs of younger skin.

Elemis Fruity Facial (13-17yrs)

40
Mins

This oxygenating skin calm anti-blotch facial, helps restore calm and comfort. Preserves and protects your skin, an intensively soothing synergy to hydrate and moisturise.

Elemis Express Facial (13-17yrs)

25
Mins

Flawless results in express time. This facial cleanses, hydrates and moisturises the teen skin, leaving it vibrant and fresh.

Elemis Relaxing Scalp Massage (13-17yrs)

15
Mins

The ultimate in relaxation and best suited with a facial treatment.

Sole Mate (13-17yrs)

40
Mins

A pedicure followed by a frangipani treatment, which unleashes richness leaving feet soft and silky.

Mystic Deluxe Manicure (11-17yrs)

25
Mins

Exotic Frangipani Monoi Oil feeds the hands and nails. Extra attention is paid to the cuticles and the nails are completed with OPI polish.

Funky Nails Mini-Manicure (11-17yrs)

15
Mins

For funky nails in express time! Our OPI polishes spruce up nails for that special prom evening or for comparing with your friends!

Pristine Pamper Pedicure (11-17yrs)

40
Mins

Give your feet the works with the Pristine selection. Feet will be pampered and massaged. This pedicure is completed with the ultimate OPI nail polish of your choice.

Funky Feet Pedicure (11-17yrs)

15
Mins

Funky feet in 15 minutes – your nails will be filed and given a OPI polish.

Wax Attack – Underarm (13-17yrs)

15
Mins

Smooth those underarms with our waxing treatments.

Wax Attack – Half Leg (13-17yrs)

15
Mins

Get rid of excess hair for lovely legs and ultra smooth finish.

Mineral Make Over (13-17yrs)

15
Mins

Using the pure bareMinerals range, this will provide a natural look, perfect for daily wear.

Prom/Party Make Over (13-17yrs)

25
Mins

Add some creativity to the make over and this will result in subtle, flawless finishes to your complexion, which will be fitting for any special occasion.



TEEN TREATMENTS

Eyebrow Blitz (13-17yrs)

15
Mins

Tame those unruly eyebrows with a perfect tweezing session, guaranteed to frame the face, perfectly.

Body Blitz Scrub (13-17yrs)

25
Mins

All over body scrub ridding the skin of dead skin cells, leaving it smooth and cleansed. This is finished with complete moisturisation to leave the surface hydrated and vibrant.

Spray Tan (15-17yrs)

15
Mins

A Spray Tan can be completed in 15 minutes. These can last up to 10 days providing the correct maintenance programme is followed. Perfect for that special night out, or just to make you feel more confident.



Many of our Spas have independently run franchised hair salons. More information can be found on the website. The following Spas have franchised Salons:

- Inverness
- Belfast
- York
- Peterborough
- Leicester
- Solihull
- Tamworth
- Dunfermline
- Carlisle

Our in-house Hair Salons use Wella products and are GHD stockists. Newcraighall (Edinburgh) operates an in-house hair salon. To make a booking call 0344 477 4777 or call the Spa, directly. More information can be found on the website.



HAIR

HEN PARTY PACKAGES

Choose from a wide range of treatments for you and your guests to enjoy.

Whether you choose a relaxing massage, a cleansing body polish or one of our beauty treatments, a Bannatyne Spa Celebration/Group package, will leave you looking and feeling great.

As well as your treatments, your experience includes full use of the superb Bannatyne Health Club Facilities.



Heavenly Hen

40

Mins pp

Relax with an Elemis Facial, followed by a Back, Neck & Shoulder Massage.

Blissful Bridesmaid

55

Mins pp

Enjoy an Elemis Facial, Back, Neck & Shoulder Massage, followed by a Mini-Manicure or Pedicure.

Beautiful Bride

1 H 25 Mins pp

The superior package is the perfect choice for blissful pampering. Enjoy an Elemis Skin Specific Facial, with a Scalp & Arm Massage, followed by a Back, Neck & Shoulder Massage.

Bespoke Hen Party Packages & Pre-Wedding Treatment Packages

If you require a different mix of pampering, then please contact our helpful team on 0344 477 4777 to discuss your requirements, or complete the online form by logging onto www.bannatyne.co.uk/spa/groupbookings.

Where practicable, we can provide a different mix of treatments suited to your group.

Maximum numbers for groups is normally 6-8.



GROUP BOOKINGS

TREATMENT AVAILABILITY

Some of the Bannatyne Spas have different levels of the Spa menu available. Please call 0344 477 4777 to discuss any requirements you may have or any questions relating to the treatments. Children under the age of 18 must be accompanied by a parent or guardian, at all times*.

MAKING A BOOKING

WWW.BANNATYNE.CO.UK/REDEEM

Online Bookings

Avoid waiting on the end of a phone and visit www.bannatyne.co.uk/spa to enable you to book your treatments on the move, or from the comfort of your own home. Check out the latest Spa offers and monthly promotions online.

Spa Day Bookings

To book your Spa Day or redeem a Spa Day voucher from Bannatyne or select 3rd party companies please visit www.bannatyne.co.uk/redeem

Group Bookings

Please call 0344 477 4777 or send an email to spacustomerservices@bannatyne.co.uk When booking for Hen Parties or Group Spa Days, a deposit must be paid at the point of the reservation being made and the full balance

must be paid no later than 4 weeks before the date of your Group Spa Day. Should the booking be cancelled within this period, then refunds cannot be issued. All deposits are strictly non-refundable.

Treatment bookings which exceed the value of £100, must be paid for at the point of reservation to secure the booking. Group sizes vary across the Spas.

ARRIVAL AT THE SPA

Spa Customers and Spa Day Guests

We ask all Spa customers and day guests to arrive at the Spa at least 15 minutes before their treatment time. Late arrival will result in your treatment time being reduced or not being able to be accommodated.

Should you or your guest/party have any medical conditions, which may prevent you from having treatments, we advise you to speak to your GP before you arrive at the Bannatyne Spa. A Doctor's note may be requested to clear any person with a known condition, for treatments. All guests are required to complete a medical questionnaire, before using any facilities or undergoing any treatments. This will usually take place at the time of booking for our Spa guests. However, if you have not completed a questionnaire, please allow yourself plenty of time to complete this, as this could delay your treatment.

These are available to download online, should you wish to complete this, prior to your arrival**. We require Spa vouchers which, are fully in date, to be presented prior to the treatment. Unfortunately, we cannot perform your treatment without these. Should you forget your voucher, you may pay for these by an alternative method. This will be refunded on receipt of your vouchers being sent, within a reasonable timeframe to the Spa, at a later date.

Expired vouchers cannot be accepted by the Spa Teams.

Call Charges

Calls to 0344 477 4777 costs 7p per minute plus your telephone company's network access charge.

** If accessing the wet side facilities this can only be done during children's hours. Please see the website for further details on hours and pricing.*

*** www.bannatyne.co.uk/spa/faq*

SPA BOOKINGS POLICY

CANCELLATION POLICY

Treatments Only

To avoid being charged 100% of the treatment cost, appointments must be cancelled 48 hours before treatment time. Repeated failure to arrive for treatments, may lead to us asking for pre-payment for any future treatments.

Spa Day Guests

Once booked your experience will be redeemed from your voucher/third party company, therefore you are committed to having the experience with Bannatyne's prior to the expiry date. We hold a 48 hour amendment policy, therefore should you wish to change the date you must provide 2 days notice.

In some clubs a Spa Bag deposit of £20 may be applicable. This will be referenced in your confirmation email.

Spa Break Guests

When you book a Spa Break these are non-transferrable and non-extendable.

SPA ETIQUETTE

Clients are requested to wear suitable attire at all times, during treatments. Disposable pants and boxer shorts can be provided for you on request. During treatments, therapists are trained to respect client's modesty, at all times. If you are using the health club as part

of a package, you will be requested to wear suitable gym attire and footwear in the gym and appropriate swimwear in the pool area.

When having an evening meal within Bury St Edmunds, Kingsford Park, Colchester or Charlton House, smart casual must be worn. Robes are not permitted after 6.30pm.

Mobile Phones & Electronic Devices

Please ensure your mobile phones or other electrical devices are switched off, whilst in the treatment rooms or quiet areas.

Valuables

We strongly recommend that you leave any valuables at home and we cannot be held responsible for any loss incurred.

Unruly / Inappropriate Behaviour

We do not tolerate any abuse or inappropriate behaviour towards our staff, members or other guests. In any event of this occurring, we reserve the right to refuse treatment or access to the Spa and Health Club.

TREATMENT TIMES

Treatment times include a consultation with the therapist and dressing time.

MEMBER'S DISCOUNT

Members of our Health Clubs receive 20% discount from non promotional, individual treatments.

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BOOK ONLINE: WWW.BANNATYNE.CO.UK/SPA



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0344 477 4777

