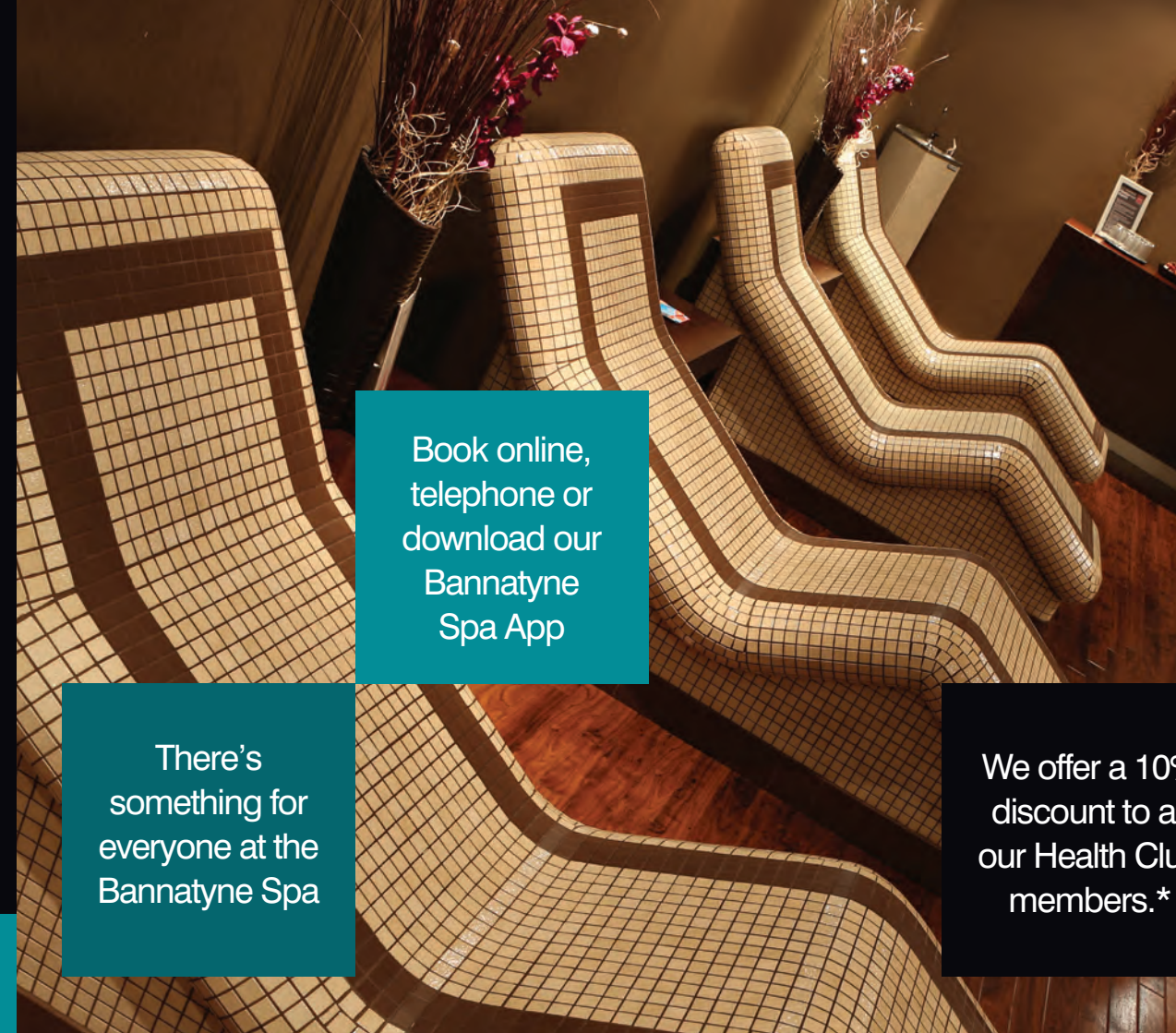


The background of the image is a close-up of a textured, teal-colored surface, possibly a spa treatment table or a piece of fabric. In the lower right corner, there is a piece of light-colored, porous stone or rock. Resting on the stone is a white, multi-petaled flower, likely a lily or a similar species, which is in sharp focus. The overall aesthetic is clean, natural, and relaxing.

Bannatyne
spa

Welcome to the world of the Bannatyne Spa...

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Book online,
telephone or
download our
Bannatyne
Spa App

There's
something for
everyone at the
Bannatyne Spa

We offer a 10%
discount to all
our Health Club
members.*

Sit back and relax

Found in Bannatyne's 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 Leighton Denny provide you with the very best of products, which enable our trained Spa teams to service your own individual needs through consultation and discussion.

*Terms and Conditions apply. Does not include promotions and packages.

Book online at www.bannatynespa.com or the Bannatyne Spa Call Centre **0844 477 4777** or **0344 477 4777**



Spa Day guests have full access to our Health Club facilities while visiting our Spas



A Bannatyne Spa Day is exactly what you need to relax and unwind.

spa day packages

All of our packages include unlimited access to spa facilities, including a daily programme of fitness and relaxation classes* during your spa day. For more information and special offers please check www.bannatynspa.com or call 0844 477 4777 or 0344 477 4777.

*Subject to availability.

Spa Days for One

Classic Choice

Take your pick with our 'Classic Choice' Spa Day. Choose from 3 fantastic treatments:

- Bannatyne Energising Facial
- Leighton Denny Custom Manicure
- Swedish Back, Neck & Shoulder Massage.

Approx treatment time: 25 mins

Spa Your Way

Have it your way with our 'Spa Your Way' Spa Day. This day is sure to help you relax - the only stressful part will be deciding on which treatment you want to receive. Choose from a range of full body massages:

- Swedish
- Deep Tissue
- Chocolate
- Bamboo
- Lava Shell

If you prefer, choose a Leighton Denny Immaculate Manicure, or if facials are your thing, you can choose from:

- Bannatyne Expert
- Elemis Herbal Lavender

- Elemis Exotic Moisture Dew
- Elemis Urban Cleanse

Approx treatment time: 55 mins

Pamper Day

Treat yourself, a friend or loved one to a pamper day with a choice of one of the following:

- Bannatyne Energising Facial
- Swedish Back, Neck & Shoulder Massage

Both choices are followed by a Scalp Massage.

Approx treatment time: 40 mins

Elemis Escape

Find a retreat from the stresses and strains of daily life and enjoy an Elemis Exotic treatment. Choose from:

- Lime & Ginger Salt Glow
- Coconut Rub & Exotic Milk Wrap
- Frangipani Nourish Wrap

This will then be followed by an Elemis Pick Me Up Facial.

Approx treatment time: Up to 1 hour 5 mins

Book online at www.bannatynspa.com or the Bannatyne Spa Call Centre **0844 477 4777** or **0344 477 4777**



Urban Retreat For Him

Our 'Urban Retreat' is the perfect antidote to the bustle and stresses in your's or your special man's life.

He will enjoy an Elemis Urban Cleanse Facial to help cleanse and rid the skin of pollutants. This is followed by an Elemis Deep Tissue Back, Neck & Shoulder Massage to help relieve tension and stresses.

Approx treatment time: 1 hour 25 mins

Ultimate Choice

With our 'Ultimate Choice' Spa Day you will get the chance to experience two amazing treatments.

Firstly choose from a range of full body massages:

- Swedish • Deep Tissue • Chocolate • Bamboo • Lava Shell

Then, comes the choice of facials:

- Bannatyne Expert • Elemis Herbal Lavender
- Elemis Exotic Moisture Dew
- Elemis Urban Cleanse

Approx treatment time: 1 hour 55 mins



Spa Days for Two

Two's Company

Two is better than one with this spa day. Enjoy the experience with a friend or loved one.

One person will receive the choice of a:

- Bannatyne Energising Facial
- Leighton Denny Custom Manicure
- Swedish Back, Neck & Shoulder Massage

The other will receive a mini-treatment of either a:

- Elemis Welcome Touch Facial
- Mini-Swedish Back Massage

Approx treatment time: Guest 1: 25 mins
Guest 2: 15 mins

Deluxe Choice

Our Deluxe Choice for two is not only a spa day with plenty of choice, but is also amazing value at up to 50% off!

Both you and your guest can choose any one from the following options:

- Bannatyne Expert Facial
- Leighton Denny Immaculate Manicure

- Swedish Full Body Massage
- Swedish Back, Neck & Shoulder Massage & Bannatyne Energising Facial
- Swedish Back, Neck & Shoulder Massage & Elemis Body Polish
- Bannatyne Energising Facial & Elemis Body Polish.

Approx treatment time: 55 mins per person

Elemis Escape

Find a retreat from the stresses and strains of daily life and both enjoy an Elemis Exotic treatment.

Choose from:

- Lime & Ginger Salt Glow Body Scrub
- Coconut Rub & Exotic Milk Wrap
- Frangipani Nourish Wrap

This will then be followed by an Elemis Pick Me Up Facial.

Approx treatment time: Up to 1 hour 5 mins per person

spa day packages

Not all treatments and spa days are available in all Bannatyne Spas. None of these packages are available at Charlton House. All Spa Day guests must be aged 18 or over. Treatment times include a consultation with the therapist and dressing time.



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.bannatynespa.com and selecting Gift Vouchers, or you can purchase these from any Bannatyne's Health Club with a Bannatyne Spa.

Self Print Vouchers

You can now print your own vouchers at home by going to www.bannatynespa.com

Bannatyne Universe Gift Vouchers

The Bannatyne Universe Gift Voucher can be used to purchase just about anything within the Bannatyne Group, including spa treatments, hotel breaks, books, fitness merchandise, food, beverages and more. They are available online and in all Bannatyne's Health Clubs and Hotels.



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

Make-Up (Including lesson) - 55 mins
Make-Up application with a 45 minute lesson which offers advice and guidance on colours and correct application.

Bridal Make-Up

(Including trial) - 55 mins
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.

Express Make-Up - 15 mins

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.

Buy a Get Started Kit and receive a complimentary 30 minute make-over!*

*Terms and conditions apply.

Available at selected locations

bareMinerals®



gift cards & vouchers

Gel Treatments

Gelish - Provides a semi-permanent nail treatment and will help nails to:

- Grow long and strong
- Not split, chip or tear
- Soak off in 10 minutes to reveal a healthy nail

Best of all, Gelish will last up to two weeks and beyond.

Treatments include:

- **Gelish on Hands** - 40 mins
- **Gelish on Toes** - 25 mins
- **Gelish Existing Gel Removal & Manicure** - 55 mins
- **Gelish on Hands with French** - 55 mins
- **Gelish on Toes with French** - 55 mins
- **Gelish Upgrade** (for upgrading manicure and pedicure) - 15 mins



Natural Nail Treatments

Leighton Denny Nails

For the best in nail care, we offer flexibility to suit all lifestyles and occasions.

On The Move Manicure - 15 mins

Especially created for the client with a busy lifestyle, the On The Move Manicure file and polish keeps hands and nails well groomed and fashionable.

Custom Manicure - 25 mins

The ultimate speedy treat for the best dressed hands and nails. The Custom Manicure provides a 'celebrity' Manicure for those who want a little luxury, when time is of the essence.

Immaculate Manicure - 55 mins

This complete treatment exfoliates, nourishes and protects your hands and nails against the daily wear and tear of busy lifestyles. The advanced, high performance nail polish provides a long lasting, chip resistant manicure for even the most hard-working of hands.

On The Move Pedicure - 15 mins

For the client with a busy lifestyle, nails look pampered and well groomed in just 15 minutes.

Custom Pedicure - 40 mins

A speedy treat for those hard-working feet! Revive tired looking feet and toes with the Custom Pedicure, designed to make the best of your feet, when time is of the essence.

Pristine Pedicure - 1 hour 10 mins

This luxury treatment is fantastic for even the most neglected of feet, they will be unrecognisable after they have been sloughed, buffed and brought back to life with the wonderful restorative benefits of this pedicure. The process is completed with the advanced, high performance nail polish that provides a long lasting, chip resistant colour finish for your toes.

LEIGHTON
DENNY

EXPERT NAILS



hand & foot care

Book online at www.bannatynespa.com or the Bannatyne Spa Call Centre **0844 477 4777** or **0344 477 4777**



maintenance treatments

Bannatyne Maintenance can help you to look your best and give you the finishing touch, which will make you confident and well-groomed.

From waxing to nail treatments, the Spa provides you with a complete range of options.

Waxing

Bannatyne Spa has two levels of waxing. Premium Waxing includes intimate and facial areas and regular strip waxing covers all areas for both men and women.

Waxing is suitable for removal of all hair growth including facial hair. Results can last 2 to 4 weeks depending on hair growth.

The Premium Wax encompasses the finest selection of natural and soothing ingredients that nurture the skin, leaving it feeling soft, smooth and completely hair-free. Intimate waxing includes Hollywood, Brazilian, and G-String options.

Waxing Packages include several different waxing treatments and provide exceptional value for money with outstanding results.

Details of all waxing options for men and women are found in our price list.

Eyelash & Eyebrow Tinting

Semi-permanent colour for eyelashes and eyebrows. 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.

(Patch test required up to 48 hours in advance).

Spray Tanning

Bannatyne's odourless spray tan can be completed in 15 minutes. It lasts 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. This has been widely used in West End shows and carries with it excellent recommendation.

Using the Spa facilities on the day of your Spray Tan is not recommended.



Contrary to popular belief that treatments are just for girls, our tailor made packages are designed with 'guys in mind'.

Our MOT treatments will help combat the stresses and strains of everyday life - why should girls have all the fun?

men's treatments

Men's Maintenance

Back & Chest Waxing - 25 mins

Fast effective removal of unwanted back and chest hair, which can last up to 4 weeks.

Eyebrow Tidy - 15 mins

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

Eyelash Tint - 25 mins

Eyebrow Tint - 15 mins

Semi-permanent dye to give guys a fresh awake look. Create envious lashes and brows, without revealing your methods.

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, and toes will be moisturised and massaged.

Men's Skin Care

Skin Intelligence for Men

Elemis Skin IQ - 1 hr 10 mins

Anti-ageing and super boosting for tired, stressed and dehydrated skin.

Helping to calm irritation and minimise the signs of

ageing, this facial is the ultimate overhaul for male skin. This anti-ageing treatment protects against the harsh effects of shaving and environmental damage.

Elemis Urban Cleanse - 55 mins

Deep cleanse and complete skin detox. This super-grooming facial decongests the skin, works overtime to eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Men's Deep Tissue Massage

Deep Tissue Full Body Massage - 55 mins

Deep rhythmic pressure massage. Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

- Stress-Away: Wind down and release the tension of the day
- Spirit Reviver: A powerful surge to invigorate and recharge
- Muscle Melt: Relax and re-energise a tired and aching body
- Chakra Balancing: Reconnect your mind, body and soul

Deep Tissue Back, Neck & Shoulder Massage - 25 mins

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

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 & 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.

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. Perfect for those wanting a deep penetration to aid stimulation and lymphatic drainage.

Bamboo Deep Tissue Back, Neck & 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.

Elemis is the leading luxury British spa and skincare 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

Pro-Intense Facial - 55 mins

Elemis has launched Pro-Intense Lift Effect Facial, powered by breakthrough technology that combines cutting-edge plant stem cells, nutrient-rich natural lipids and firming plant actives. Powerful lifting techniques target sagging jowls, cheeks, chin and neck, helping to reduce puffiness and fluid retention associated with sagging skin.

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 facials*

Visible Brilliance Facial - 1 hr 10 mins

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 38% and elasticity by 28% after just one treatment.*

Pro-Collagen Quartz Lift Facial - 1 hr 10 mins

This exceptional anti-wrinkle facial has been independently tested with phenomenal results. Clinically proven after just one treatment, this facial reduces the number of

wrinkles by up to 94% and improves skin firmness by up to 57%. Specialised lifting massage techniques leave a firmer, uplifted, more youthful looking appearance.

Tri-Enzyme Resurfacing Facial - 55 mins

Peel away the years for smoother, more radiant skin. This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just one treatment**, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.

Modern Skin Facial - 25 mins

This anti-ageing facial provides an excellent resolve to combat environmental conditions, which affect the skin and assist with any underlying conditions.

Skin Booster Facial - 25 mins

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



Elemis Skin Solution Facials

Oxygen SkinCalm Facial - 1 hr 10 mins

Pure soothing heaven for sensitive skin. Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask, impregnated with Absolute SkinCalm Booster Serum, to help rebalance delicate, fragile and sensitive complexions.

S.O.S. Purifying Facial - 1 hr 10 mins

A purifying treatment for congested skin. A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques, combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

Elemis Skin Specific Facials

Fruit Active Glow Facial - 55 mins

Bring back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful

conditioning actives nourish and renew vital radiance.

Exotic Moisture Dew Facial - 55 mins

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Herbal Lavender Repair Facial - 55 mins

For perfect restoration of skin balance. Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Pick Me Up Facial - 25 mins

A pick me up facial, which brightens the skin and leaves you with a firmer complexion. Perfect for that special occasion.



elemis facials

Book online at www.bannatynspa.com or the Bannatyne Spa Call Centre **0844 477 4777** or **0344 477 4777**

*Independent Consumer Test Results based on 49 subjects, July 2013. **Independent Clinical Trials 2006.

bannatyne facials

Pro-Collagen Ultra Rich Marine Cream

The anti-ageing power of the best-selling multi-award winning Pro-Collagen Marine Cream has now been combined with a rich base of amino acids, anti-oxidants, vitamins and seaweeds to comfort and nourish dry or dehydrated skin.

Specially formulated to provide instant and long lasting hydration, it is clinically proven to keep skin moisturised for up to 24 hours. Skin is left softer, smoother and firmer.



Pro-Collagen Cleansing Balm

This powerful treatment cleansing balm dissolves make-up and daily grime. Developed first and foremost for its performance in Elemis treatments, this super-cleansing, luxurious treatment balm is expertly formulated with a 100% active base of natural oils grown within the UK.



Elemis Pro-Collagen Cleansing Balm combines precious starflower, elderberry and optimega™ oils with rose and mimosa waxes, and anti-ageing padina pavonica to deeply cleanse, nourish and smooth for a glowing complexion.

Pro-Radiance Illuminating Flash Balm

Introducing an exciting new generation "hybrid moisturiser" whose instant skin-flattering qualities are as compelling as its ability to hydrate the skin. Formulated with a powerful vitamin complex that helps protect against moisture loss, whilst exquisite purple orchid, noni and acai, help defend against the early signs of skin ageing.



- 89% felt the product helped skin look more radiant & luminous instantly
- 85% agreed the product helped smooth the appearance of fine lines & wrinkles
- 91% stated the product helped provide a more even and brighter skin tone

Please telephone the Bannatyne Spa Call Centre on **0844 477 4777** or **0344 477 4777** for more information.

These represent a small selection from the Elemis Product Range. All Bannatyne Spas carry the full range of Elemis products.



Replenishing Range

For normal to dry skin.

Key ingredients make it ideal to treat the signs of ageing and help prevent premature ageing.

Refreshing Range

For normal to combination skins.

Formulated to treat all problematic skins including congestion, acne and mature acne. These products also treat problematic skins which are a result of environmental pollutants and stress related breakouts.

Expert Facial - 55 mins

Your treatment starts with a relaxing Back, Neck & Shoulder Massage and then moves to a complete cleanse, tone and exfoliation of the facial area.

Our results orientated mask will ensure your skin is cleansed, oil and water levels are re-balanced and elasticity is improved. Your treatment includes a choice of a Hand & Foot Massage, while the mask penetrates the skin.

Your facial is concluded with our day moisturiser, which protects skin from environmental pollutants, aiding elasticity and hydration and to ensure your relaxation needs are satisfied.

A heavenly scalp massage ensures that your Bannatyne facial experience is special.

Energising Facial - 25 mins

Your skin will be assessed by our expert team to decide which of the range is best to provide a professional, affordable, energising, facial, guaranteed to brighten the skin and show real results in 25 minutes. Ideal for those who just need a pick me up.

elemis favourites

Book online at www.bannatynespa.com or the Bannatyne Spa Call Centre **0844 477 4777** or **0344 477 4777**

Introducing our Spa collection....

Take the Bannatyne Spa experience home in a luxurious product range.



95% of women felt The Bannatyne Spa Collection moisturised or intensely moisturised their skin*

Our Journey begins in the Spa, relaxing the mind, soothing the soul and lifting the spirit.

The Bannatyne Spa collection encapsulates our well established Spa treatments and gives you the Bannatyne Spa expertise at your fingertips!

Some important facts:

- Made in the UK
- Affordable Luxury - High Performance, Professional Formulations
- No Animal Bi-Products and not tested on animals

Replenishing Range

For normal to dry/dehydrated skins.

The Replenishing range will quench even the driest of skins. Key ingredients Q10 and Timecode work together to target the signs of ageing and protect the skin from harmful environmental pollutants.

Refreshing Range

For congested, stressed and irritated skins.

The Refreshing Range is formulated to treat all problematic skins including congestion, acne and mature acne. Watercress, Ivy and Icelandic Moss work together to clear skin problems, which are a result of environmental pollutants and stress related breakouts.

Exfoliating Range

These products were created to remove dead skin. This will ensure that all other products last longer and work more effectively, as they have no barrier to cross. Good exfoliation ensures the skin glows with radiance, minimises dehydration lines and removes flaky skin.

84% of women felt The Bannatyne Spa Collection improved the elasticity of their skin*



86% of women felt The Bannatyne Spa Collection made their skin look and feel more youthful*



spa collection

*This data is based on self perception questionnaires from Bannatyne Spa customers, 107 women questioned in March 2013. Ages range from 18-74.

Book online at www.bannatynspa.com or the Bannatyne Spa Call Centre **0844 477 4777** or **0344 477 4777**

Elemis Body Sculpting Cellulite & Colon Therapy (Fennel Cleanse) - 55 mins

Redefine 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 smooth skin, stimulate circulation and reduce fluid retention.

Elemis Muscle Ease or Cellutox Aroma Spa Wrap - 1 hr 10 mins

A deeply detoxifying blend to decongest and stimulate the system. Let thoughts drift away, whilst being cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment.

Combining the richness of sea plants and Marine Algae, the Cellutox therapy helps reduce the appearance of cellulite and relieves the discomfort of fluid retention. The warm Musclease blend transforms aching, fatigued muscles. The body is re-energised and skin is left silky soft and smooth.

Elemis Exotic Coconut Rub & Milk Ritual Wrap - 40 mins

Pure sensuality to enliven the senses. Warmed Elemis Skin Nourishing Milk Bath is poured all over the body, before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening. All combined with a pressure point facial massage and de-stress scalp treatment.



Elemis Frangipani Nourish Wrap - 40 mins

For immediate softness and suppleness. Aromatic Tahitian coconut and Frangipani flowers are soaked together to produce a monoi that is poured over the body and then cocooned in a nourishing foil wrap.

Elemis Body Scrubs

Lime & Ginger Salt Glow or Luxury Frangipani - 25 mins

An exotic exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oils are drizzled luxuriously all over your body before our sublime Frangipani Monoi Salt Glow or Exotic Lime & Ginger Salt Glow is applied. Your skin is deeply cleansed, polished and softened to perfection, completed with an application of Skin Nourishing Body Lotion leaving the skin glowing and vibrant, replenished and flawless.

Body Polish - 25 mins

An invigorating full body exfoliation ridding the skin of dead skin cells, leaving you with a radiant feel. The process is completed with a complete moisturisation, leaving skin re-hydrated and healthy.

Ionithermie Inch Loss Treatment

This treatment is a contouring system that treats cellulite and provides an immediate, proven loss of inches. It is successful on both men and women, who have lost weight, but still need to tone and firm. Consult our price list for details on treatments.

Benefits of Ionithermie treatments.

- Visible inch loss in only 30 minutes
- Toxins are eliminated
- The figure is re-contoured and the silhouette more refined
- Skin is firmer, smoother, more hydrated and re-mineralised

Ionithermie is only available at selected locations.



alternative treatments

Hopi Ear Candles - 40 mins

A gentle, relaxing treatment using hollow tubes infused with oils. As the candle burns, the heat softens the wax and draws it into the base of the candle. Hopi Ear Candles are suitable for treating earwax, ear ache, tinnitus and sinusitis.

Reflexology - 40 mins

A complementary therapy to restore and maintain the body's equilibrium. Experience deep relaxation through massaging pressure points on the feet.

Indian Head Massage - 40 mins

Release stress in the muscles and joints of the head, face and neck, using techniques based on the ayurvedic system of healing.

body treatments

Book online at www.bannatynspa.com or the Bannatyne Spa Call Centre **0844 477 4777** or **0344 477 4777**



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 and promote relaxation and well being.

Swedish Back, Neck & 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 & 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 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.

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.



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 & 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. Perfect for those wanting a deep penetration to aid stimulation and lymphatic drainage.

Bamboo Back, Neck & 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.

massage treatments

Book online at www.bannatynspa.com or the Bannatyne Spa Call Centre **0844 477 4777** or **0344 477 4777**

Bannatyne 'Teen Treatments' are designed with teenagers in mind.



teen treatments

Note - A parent or guardian over 18 must be present at all times, whilst the treatment is taking place.

Elemis Acne Attack Facial - 40 mins (13-17yrs)

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

Elemis Fruity Facial - 40 mins (13-17yrs)

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 - 25 mins (13-17yrs)

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

Elemis Relaxing Scalp Massage - 15 mins (13-17yrs)

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

Sole Mate - 40 mins (13-17yrs)

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

Mystic Deluxe Manicure - 25 mins (11-17yrs)

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

Funky Nails Mini-Manicure - 15 mins (13-17yrs)

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

Pristine Pamper Pedicure - 40 mins (11-17yrs)

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

Funky Feet Pedicure - 15 mins (11-17yrs)

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

Wax Attack – Underarm - 15 mins (13-17yrs)

Smooth those underarms with our waxing treatments.

Wax Attack – Half Leg - 15 mins (13-17yrs)

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

Mineral Make Over - 15 mins (13-17yrs)

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

Prom/Party Make Over - 25 mins (13-17yrs)

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.

Eyebrow Blitz - 15 mins (13-17yrs)

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

Body Blitz Scrub - 25 mins (13-17yrs)

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.

Bannatyne Spray Tan - 15 mins (15-17yrs)

Bannatyne's odourless spray tan can be completed in 15 minutes. It lasts 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. This has been widely used in West End shows and carries with it excellent recommendation.

Using the Spa facilities on the day of your Spray Tan is not recommended.

Book online at www.bannatynспа.com or the Bannatyne Spa Call Centre **0844 477 4777** or **0344 477 4777**



Pre-wedding treatments & packages are available in the run up to your wedding



With a range of packages available, we can cater for groups of all sizes.



Blissful Bridesmaid
 Enjoy an Elemis Facial, Back, Neck & Shoulder Massage, followed by a Mini-Manicure or Pedicure.
 Treatment time: 55 mins per person.

Beautiful Bride
 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, using Elemis Oils.
 Treatment time: 1 hour 25 mins per person.

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.

Bespoke Hen Party Packages & Pre-Wedding Treatment Packages
 If you require a different mix of pampering, then please contact the Call Centre team on 0844 477 4777 or 0344 477 4777 to discuss your requirements.

Heavenly Hen
 Relax with an Elemis Facial, followed by a Back, Neck & Shoulder Massage.
 Treatment time: 40 mins per person.

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

hen party packages

Book online at www.bannatynespa.com or the Bannatyne Spa Call Centre **0844 477 4777** or **0344 477 4777**

Treatment Availability

Some of the Bannatyne Spas have different levels of the Spa menu available. Please call 0844 477 4777 or 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

Online Bookings

Avoid waiting on the end of a phone and visit www.bannatynspa.com 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.

Download our free App and make your booking experience even easier.

Spa Day Bookings

Please call 0844 477 4777 or 0344 477 4777. Voucher numbers will be requested from you at the point of booking to secure your appointment. You will be asked about any medical contraindications, which may prevent you or any of your guests having your requested treatments on the day.

Group Bookings

Please call 0844 477 4777 or 0344 477 4777 or send an email to spaenquiries@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 or in-house Spa Days, which exceed the value of £100, must be paid for at the point of reservation to secure the booking.

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.



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

If you fail to adhere to the 48 hour cancellation policy, or do not show up for your appointment, we will contact the relevant voucher company and fully redeem your voucher. If you have booked via a third party company, please check the cancellation period with them, as this may vary.

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.

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.

spa guidance

spa etiquette

Bannatyne spa



Shop online at www.bannatynspa.com

For more information on any of our packages or treatments please contact our

Call Centre on **0844 477 4777** or **0344 477 4777**