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, OPI and HDBrows, 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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Our Spa Days offer the perfect gift for someone special or can be a little treat for you and a friend.

We offer a wide range of Spa Day experiences for one or two people, which can be purchased and booked online at bannatyne.co.uk/spa

All of our Spa Day packages include Spa treatment and the use of the Health Club and Spa facilities, as part of the experience.

For more information and special offers, please check www.bannatyne.co.uk/spa or call 0344 477 4777.
PREMIUM LOCATIONS

Our Spas at Bury St Edmunds, Charlton House, Kingsford Park - Colchester and Wildmoor, Stratford-Upon-Avon are our premium Spa locations and offer a premium selection of pampering.

Our Spa Days at these locations offer use of the Spa experiences such as, comfy lounge spaces, and decadent relaxation areas.

Many of our Premium Spa Days offer delicious food options, making these the perfect gift or treat for you - for the full range visit our website and see what special packages we have on offer.
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.
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 anyone 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.

BOOK ONLINE AT WWW.BANNATYNE.CO.UK/SPA
Our “Wellness Bundles” offer you the chance to have a treatment added onto your Health Club membership.

These “Bundles” have been designed to complement your wellbeing and for you to use the Spa to reduce the stresses and strains of modern life.

Choose from a full body massage, to a skin-fit facial. These can be booked monthly in the Spa, so you can enjoy the benefits of relaxation. Why not add a Wellness Bundle to your membership today? Ask at Reception for further details.
GIFT CARD & 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/spa, or you can purchase these from any Bannatyne location.

Evouchers and print at home

You can now print your own vouchers at home by going to www.bannatyne.co.uk/spa, or send them directly to you or your friends, email!

BOOK ONLINE AT WWW.BANNATYNE.CO.UK/SPA
ELEMIS FACIALS

ELEMIS FACIALS

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

ELEMIS Pro-Definition Lift And Contour

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 extracellular 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

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

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.
ELEMIS Dynamic
Resurfacing Precision Peel
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

ELEMIS SKIN SOLUTION FACIALS

ELEMIS Sensitive Skin Soother
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
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.

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

ELEMIS Biotec Skin Resurfacer
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.

ELEMIS Biotec Sensitive Skin Soother
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.

SKIN SOLUTIONS

ELEMIS Biotec Radiance Renew
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
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.

‘ADD-ON’/EXPRESS TREATMENTS

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

ELEMIS Biotec Neck Treatment
Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.
BANNATYNE FACIALS

Bannatyne Expert Facial
The Expert 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.

Bannatyne Energising Facial
The ‘Energising’ 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 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 are active ingredients and have been combined with new fragrances to provide an improved range for men and women.

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

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

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

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™ 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.
MEN’S MASSAGES

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.

**ELEMIS Freestyle Deep Tissue Full Body Massage with Face & Scalp**
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**
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**
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 Shell Recovery Massage**
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**
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**
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**
This treatment is concentrated around the neck and shoulder area, with particular emphasis on removing toxins from postural imbalances and decreasing tension.

BOOK ONLINE AT WWW.BANNATYNE.CO.UK/SPA
MEN’S FACIALS

ELEMIS High-Performance Skin Energiser
The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongest. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relaxes the mind.

ELEMIS Biotec Super-Charger for Men*
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
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
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
Gentle hair removal using wax or tweezers to help tidy up unruly brows.

Eyelash Tint**
Semi-permanent dye to give eyes a fresh awake look.

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

Manicure
Well-groomed nails are essential for today’s executive male. Nails are trimmed and cuticles tidied for a neat looking appearance.

Pedicure
A ‘manly’ pedicure to create well-prepared feet. Toenails will be trimmed and tidied. Toes will be moisturised and massaged.
*Available at selected locations
**Patch test required 48 hours prior to treatment

BOOK ONLINE AT WWW.BANNATYNE.CO.UK/SPA
MASSAGE TREATMENTS

ELEMIS Freestyle Deep Tissue Full Body Massage
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
Minimum time, maximum tension relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

Swedish Full Body Massage
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
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.

Chocolate Indulgent Full Body Massage
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
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.
MASSAGE TREATMENTS

Lava Shell Full Body Massage
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
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 Mini-Tummy Treatment
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
The abdomen is massaged, with the warm shells using a gentle technique to relieve bloating and water retention around the waist.

Bamboo Full Body Deep Tissue Massage
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
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 lowerback area.
BODY TREATMENTS

ELEMIS Targeted Toning Tightener
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 smooth skin, simulate circulation and reduce fluid retention.

ELEMIS Thousand Flower Detox Wrap
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
The velvety texture of the Monoi Oil offers superhydration, 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
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
Take a walk in an English rose garden with this lavishly hydrating massage and micro-wrap.

The unique trio of Rose, Camelina 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.
Tpot: “The Power of Touch”

Bannatyne Spas have introduced specialist training for its spa therapists to enable them to offer a special programme of treatments for clients undergoing cancer treatment, or who are survivors of cancer.

Bannatyne’s most skilled therapists received training from ‘TPOT’ (The Power of Touch) a cancer-focused training organisation for the spa and wellbeing industry, to use insight into what clients may be going through, both physically and emotionally.

Over recent years, the Spas have seen a rise in clients recovering from cancer, and it is hoped that the new services will offer an invaluable service for many people.

Michelle Hammond, Founder of TPOT said, “tpot” are delighted to have partnered with Bannatyne to train their beauty and spa therapists around the UK in our therapeutic massage for those with cancer. By investing in training, the therapists have become more comfortable and confident in welcoming clients with cancer, providing each individual with a satisfying experience.

ELEMIS Peaceful Pregnancy Massage

This unique pregnancy massage is profoundly nurturing and tranquil. Performed on a bed of comfy pillows, mothers-to-be are lulled and restored to optimum wellness.

An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby.

This treatment targets dry skin, tension and energy levels and the benefits are:

• Allows sensitive touch combined with comfort
• Encourages a deep level of relaxation
• Addresses emotional and physical concerns
• Relieves tension in the back, shoulders, scalp, hands and feet.
• Suitable after the 1st trimester.

If you have any medical issues or complications, please consult your health club professional before the treatment.
HAND AND FOOT CARE

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 a leader in professional nail care.

OPI Express Manicure/Pedicure
(Colour and Go!)
• 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
• 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 an application of Nail and Cuticle Oil and massage using OPI’s super rich Hand and Nail High-Intensity Cream.

Pamper Manicure by OPI
• 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 aromatherapeutic essences.

Signature Pedicure by OPI
• Formulated with nature’s most soothing an 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 flipflop ready.

Pamper Pedicure by OPI
• Immerse your feet into the pampering world of OPI. The Pamper Pedicure incorporates the sumptuousness of botanical extracts and hydrating properties. Your 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.

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.

For the full range of OPI Gel treatments available please refer to the price list or on our website, pricing and treatments can also be found in the price list at the back of the treatment menu.
JESSICA NAILS

LaRemedi Manicure
Nails are analysed and treated for their specific type. Jessica’s prescriptive manicure includes exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish.

Thermal LaRemedi Manicure
Nails are analysed and treated for their specific type. Jessica’s prescriptive manicure includes exfoliation, massage and cuticle care with the luxurious added benefit of the thermal heated mittens for a deeper penetration of oils and creams. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish. This treatment choice is excellent for increasing circulation or relieving stiff, painful joints.

Zenspa Pedicure
Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed and toe nails are shaped and perfectly polished.

Thermal Zenspa Pedicure
Jessica’s ZenSpa pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints.

GELeration by Jessica
The beauty of Jessica, in a gel. With the health of the natural nail in mind, GELeration’s gel formula delivers a long lasting, flawless finish that’s dry in seconds and protects the natural nail. GELeration is available in Jessica’s most popular colours. Perfect nails for 3-4 weeks with long-lasting high gloss shine. No smudging, super-fast drying times, protects the natural nail, simple removal - gel overlays soak off in 10-15 minutes, no odour, no Formaldehyde, Phyalates or DBP.

For the full range of Jessica treatments available, please refer to the price list or on our website. Pricing and treatments can also be found in the price list at the back of the treatment menu.

Please note our nail supplier may vary across locations please check upon booking.
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.

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.

Nouveaux 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 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 price list for details)
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.

(See the price list or online for extensions offered at your local Spa)

HD Brows
HD Brows uses various hair removal techniques to create your desired brow shape. The treatment includes a consultation, custom-blended tinting, hair removal using waxing, threading, tweezing and trimming then finishing using HD Brows makeup to create your perfect unique brow look.
TEEN TREATMENTS

ELEMIS Acne Attack Facial (13-17yrs)
A thorough deep cleansing facial to meet the needs of younger skin.

ELEMIS Fruity Facial (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 (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 (13-17yrs)
The ultimate in relaxation and best suited with a facial treatment.

Sole Mate (13-17yrs)
A pedicure followed by a frangipani treatment, which unleashes richness leaving feet soft and silky.

Mystic Deluxe Manicure (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 nail polish.

Funky Nails Mini-Manicure (11-17yrs)
For funky nails in express time! Our nail polishes spruce up nails for that special prom evening or for comparing with your friends!

Pamper Pedicure (11-17yrs)
Give your feet the works with a pamper pedicure. Feet will be pampered and massaged. This pedicure is completed with the nail polish of your choice.

Funky Feet Pedicure (11-17yrs)
Funky feet in 15 minutes — your nails will be filed and given a coat of polish.

Wax Attack — Underarm (13-17yrs)
Smooth those underarms with our waxing treatments.

Wax Attack — Half Leg (13-17yrs)
Get rid of excess hair for lovely legs and ultra smooth finish.

Eyebrow Blitz (13-17yrs)
Tame those unruly eyebrows with a perfect tweezering session, guaranteed to frame the face, perfectly.

Body Blitz Scrub (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.

Spray Tan* (15-17yrs)
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.

*Available at selected locations

BOOK ONLINE AT WWW.BANNATYNE.CO.UK/SPA
HAIR

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 Salon, in Newcraighall, Edinburgh uses Wella products and is a GHD stockist.

To make a booking, call 0344 477 4777 or call the Spa, directly.

More information can be found on the website
SPA INFORMATION

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
Bookings can be made 24/7 at www.bannatyne.co.uk/spa or at your local Bannatyne Spa, or by calling 0344 477 4777.

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/spa

Group Bookings
Please call 0344 477 4777 or send an email to spacustomerservices@bannatyne.co.uk
When booking for Group Spa Days, the full balance must be paid. 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 validated voucher, you may pay for these by an alternative method. This will be refunded on receipt of your validated vouchers being sent, within a reasonable timeframe to the Spa. Expired vouchers cannot be accepted by the Spa Teams.

Call Charges
Calls are charged at the same rate as standard landline numbers that start with ‘01’ or ‘02’ and usually form part of inclusive minutes.

* 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

CANCELATION POLICY

**Treatments Only**
To avoid being charged 100% of the treatment cost, appointments must be cancelled 48 hour before treatment time. Appointments that are made online are charged for upfront. If you fail to adhere to the 48hr policy the full amount will be claimed, as long as the cancellation policy, is adhered to then the amount paid will be able to be transferred to your next appointment.

**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 two days notice. Spa day bags are available on the day. A deposit will be required for this service. Please check your confirmation email for further information.

**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.

**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, as 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**
Please note, the treatment length specified includes collection from & to the waiting area, a consultation, undress/redress (where applicable) and ‘hands-on’ treatment time.

**MEMBER’S DISCOUNT**
Members of our Health Clubs receive 20% discount from non-promotional, individual treatments. Wellness members receive 10% off products.

BOOK ONLINE AT WWW.BANNATYNE.CO.UK/SPA
LOCATIONS

01. Aberdeen
02. Ashford
03. Banbury
04. Barnsley
05. Belfast
06. Birmingham - Brindley Place
07. Blackpool
08. Bristol
09. Broadstairs
10. Burton on Trent
11. Bury St Edmunds
12. Cardiff
13. Carlisle
14. Chafford Hundred, Essex
15. Charlton House, Somerset
16. Chingford
17. Crewe
18. Darlington
19. Dunfermline
20. Durham
21. Edinburgh - City Centre
22. Edinburgh - Newcraighall
23. Fairfield, Hitchin
24. Falkirk
25. Hastings
26. Humberston, near Grimsby
27. Ingleby Barwick
28. Inverness
29. Kingsford Park, Colchester
30. Leicester
31. Luton
32. Manchester - Chepstow St
33. Manchester - Quay St
34. Mansfield
35. Milton Keynes
36. Norwich
37. Orpington
38. Peterborough
39. Perth
40. Shrewsbury
41. Solihull
42. Sutton Coldfield
43. Tamworth
44. Wildmoor, Stratford-upon-Avon
45. Wakefield
46. Weybridge
47. York

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