

SPA OPENING TIMES:

Monday 9.30am-7.30pm

Tuesday 9.30am-7.30pm

Wednesday 9.30am-7.30pm

Thursday 9.30am-7.30pm

Friday 9.30am-7.30pm

Saturday 9.30am-6pm

Sunday 9.30am-4pm



Telephone: 01407 862049 email: spa@silverbay.co.uk



MASSAGE, SCRUBS & WRAPS

QUARTZ SPA MASSAGE RITUAL £55

Designed to rebalance, oxygenate, detoxify, hydrate and smooth the skin. Your chosen oil is warmed and massaged into the body using Rose Palm Stones to restore joy, harmony, energy, hope and total happiness to the mind, body and spirit. **Treatment Ritual Time: 60 minutes**

QUARTZ SPA FACE, NECK & SHOULDER RITUAL £45

A wonderful additional treatment to compliment any of the Quartz Spa Rituals. A totally relaxing upper body experience incorporating pressure points to release tension. The microcirculation is boosted and lymphatic drainage is improved. A lovely treatment to ease tension, stress and to generally switch off.

Treatment Ritual Time: 45 minutes

QUARTZ SPA JET LAG REVIVER £40

Release muscle tension, stimulate your circulation and rebalance your body and mind with this therapeutic restorative massage that will help you to reset your body clock. Paying particular attention to areas such as calves, legs, shoulders and back, this reviving treatment will put a spring back in your step.

Treatment Ritual Time: 45 minutes

QUARTZ SPA RELAXING MUM-TO-BE MASSAGE £55

A gentle relaxing massage treatment perfect once you've passed your first trimester. Using our un-fragranced Calm Face and Body Oil, which contains no essential oils so is 100% pregnancy safe. This treatment is focussed on pampering the body, reducing anxiety and relieving muscle aches and joint pains, promoting deep relaxation for the wellbeing of both mother and baby. **Treatment Ritual Time: 60 minutes**



QUARTZ SPA CRYSTAL SCRUB £40

This all over aromatherapy scrub leaves your skin beautifully soft and you feeling beautiful inside and out. A lavish ritual that effectively removes sluggish energy and dead cells at a vibrational level. The luxurious, mineral rich, vibrational scrub smoothes, re-mineralises, hydrates and revitalises the skin. This is the ultimate spa scrub, turning back the clock to leave the skin looking youthful, supple and smooth. Our powerful mix of oils, nourish, repair and leave skin glowing on the outside while the Quartz Crystal Seal of Solomon ritual looks after the inner you. It is the perfect scrub to bring back your lustre, tone and vitality, thus restoring total equilibrium to the mind, body, and soul. **Treatment Ritual Time: 45 minutes**

QUARTZ SPA DETOX WRAP £55

A results driven ritual that effectively layers in the vibrational healing goodness; drenching the body with re-mineralising ingredients, including Bladderwrack, and Arnica to rebalance, cleanse and detoxify. This treatment includes full body brushing to help draw out impurities and releasing toxins. It is the perfect wrap to gently de-stress the mind whilst restoring the body, bringing back lustre, tone and rehydration while assisting with weight loss and reducing the appearance of cellulite. Look forward to a slimmer you. **Treatment Ritual Time: 50 minutes**

QUARTZ SPA SCRUB & WRAP RITUAL £90

Engulf your senses with a full body scrub, removing emotional and physical debris, the body is layered in Quartz Detox Wrap to put back in the vibrational healing goodness, enveloping the body with detoxifying, rebalancing and cleansing ingredients including Bladderwrack, and Arnica, drawing out impurities and removing toxins which can assist with weight loss and reduce fluid retention. Meanwhile, the Quartz Crystal placement cleanses the mind and soul. **Treatment Ritual Time: 1 hour 15 minutes**

QUARTZ SPA AROMATHERAPY LIFESTYLE RITUAL - SCRUB/WRAP/MASSAGE £145

Our hero ritual releases tension in every part of your body, leaving you feeling deeply relaxed and recharged making this experience the ultimate discovery for stress reduction and body rejuvenation. Mineral Body Scrub smoothes skin from head to toe, allowing the Detox Wrap to add back in layers of vibrational healing goodness, whilst drawing out any further toxins. A full body massage completely harmonises the mind, body and soul. During the quartz placement ritual, master healing quartz crystals heal and recharge on a physical and emotional level to deliver a truly holistic treatment, inside and out. **Treatment Ritual Time: 1 hour 45 minutes**



QUARTZ SPA AROMATHERAPY BACK RITUAL £45

Get beautiful back! This incredibly intense, nourishing treatment combines a deeply cleansing scrub, massage and wrap to rebalance the stress of today's hectic lifestyles. Designed to rebalance, tone and condition whilst massaging away the aches and pains and postural imbalances of the back. Quartz Spa's powerful Signature Back Ritual will remove stagnant energy, tension and toxins from the back and by association, the whole body. Leaving you feeling revived, glowing and beautifully rebalanced. **Treatment Ritual Time: 45 minutes**

QUARTZ SPA SKINNY LEGS £55

The perfect addition to any treatment, this intense body brush and leg wrap draws out toxins, reduces water tension and firms the skin fighting cellulite and giving you pretty pin perfection.

Treatment Ritual Time: 60 minutes

QUARTZ SPA SKINNY ARMS £40

Get ready to bare arms, tackle problem zones and tighten up your skin tone. This focused body brush and wrap treatment will draw out toxins, firm up sagging skin and leave you feeling body confident.

Treatment Ritual Time: 30 minutes

QUARTZ SPA REALIGN AND REBALANCE £55

This incredibly intense treatment is focussed on the back and back of the arms. Combining a deeply cleansing scrub, detoxifying wrap and back massage, this is designed to rebalance, and detox whilst massaging away the aches and pains and postural imbalances of the back, especially for those who spend long hours sat at a desk. Leaving you feeling revived and glowing. **Treatment Ritual Time: 45 minutes**

QUARTZ SPA PURE HEAVEN RITUAL £65

The ultimate spa indulgence, a hand and arm treatment which uses quartz crystal as a massage aid, to impart energy and harmony. Our powerful dead sea salt body scrub, along with your choice of Quartz Spa scent blend, is used to smooth skin on the tops of arms, elbows and around dry cuticles, while the essential oil blend soothes your senses and transports you a world away. Then a full arm and hand massage with a beautiful co-ordinating massage oil containing Strawberry Seed, Grape Seed and Avocado Oils leaves skin soft, supple and nourished. A manicure can be added into this treatment if desired. **Treatment Ritual Time: 1 hour 15mins**



FACIALS

QUARTZ SPA CRYSTAL FACIAL £60

A relaxing face, neck and décolletage experience using Rose Quartz Palm Stones and our beautiful Calm Face, Body and Massage Oil. Incorporating pressure points to release tension, the microcirculation in the face is boosted and lymphatic drainage is improved. **Treatment Ritual Time: 45 minutes**

STAY YOUNG INTENSE ANTI-AGING FACIAL £60

This effective intensive treatment breathes life back into your complexion. It is the perfect choice to improve sun-damaged, dehydrated and ageing skin types, but also acts as a preventative treatment for the younger clientele. A total treatment for eyes, face and neck. **Treatment Ritual Time: 1 hour**

STAY YOUNG INTENSE EYE TREATMENT £30

A fantastic eye treatment with visible results. An ideal treatment to lift, smooth and hydrate the fine delicate skin around the eyes creating a look that is noticeably younger and fresher within 30 minutes. For maximum results, a course of 6 treatments is recommended, two per week for three weeks. **Treatment Ritual Time: 30 minutes**

PROBLEM SOLVING FACIAL £60

This unique acne treatment acts on the alpha reductase enzyme to reduce the excess sebum associated with acne prone skin. The active ingredients used, help to reduce the inflammation and diminish bacteria to improve the acne condition. **Treatment Ritual Time: 1 hour**

PROBLEM SOLVERS BRIGHTENING FACIAL £60

This repairing facial is designed for skin that needs that little bit more, bringing back clarity, firmness and hydration. Results are obvious after the first treatment, the skin is firmer smoother and more rejuvenated. **Treatment Ritual Time: 1 hour**

MALE DEFENCE FACIAL £60

Special care is an essential necessity when treating male skin. Daily shaving can strip the skin of its natural oils, leading to dryness, sensitivity and premature ageing. This intensive treatment replenishes lost moisture and gives the skin a refined boost. **Treatment Ritual Time: 1 hour**



MANICURES & PEDICURES

CND SHELLAC MANICURE 40MINS £25

A 14+ day wear, chip free, zero damage polish perfect for special occasions, holidays or just an everyday look.

CND SHELLAC PEDICURE 40MINS £25

A 14+ day wear, chip free, zero damage polish perfect for special occasions, holidays or just an everyday look.

CND DELUXE MANICURE 1HR £35

A perfect manicure to soothe tired hands, leaving them feeling baby-soft. Using the sweet almond scrub & masque to gently polish and deeply condition the hands. Finished with a CND polish of your choice. (Shellac application additional £5)

CND DELUXE PEDICURE 1HR £35

A relaxing pedicure to soothe tired soles, with an ocean-inspired bliss for feet. Using the marine bath, scrub & masque to deodorize, gently polish and condition the skin. Finished with a CND polish of your choice. (Shellac application additional £5)

SHELLAC REMOVAL 20MINS £5

CND VINYLUX FILE & POLISH 30MINS £15

A 7 day chip resistant polish infused with Vitamin E, Keratin & Jojoba oil.

WAXING & TINTING

Using honey wax to remove hair & Aloe Vera to gently soothe and calm skin after waxing.

EYEBROW WAX £10

EYEBROW TINT* £12

EYELASH TINT* £18

UPPER LIP WAX £10

CHIN WAX £10

UNDERARM WAX £10

CHEST WAX £20

BACK WAX £25

1/2 LEG WAX £20

FULL LEG WAX £25

*Tint test required 24 hours before treatment.

SILVERBAY'S BIJOU SPA PACKAGE £50PP

Join us and relax on Monday's - Friday's with Silverbay's Bijou Spa Package.

The perfect way to calm and heal the mind. Available from 10am-2pm or 12pm-4pm.

INCLUDES

- A 30 minute deeply relaxing back, neck & shoulder massage bespoke to meet your needs or a 30 minute taster of one of our amazing Crystal Clear facials
- Fresh Robes, flip flops & towels
- Use of our 5* facilities including, gym, studio, pool, sauna, steam room & jacuzzi
- Unlimited tea, coffee, hot chocolate & water
- Perfect to enjoy some alone time or for groups of up to 6

