

BEAUTY OPENING TIMES:

Monday - Closed

Tuesday - 09:30 - 18:00

Wednesday - 09:30 - 19:00

Thursday - Closed

Friday - 09:30 - 19:00

Saturday - 09:30 - 18:00

Sunday - Closed

A non-refundable
£10 deposit is required
at the time of booking.
Failure to attend
your appointment
without notice will incur
a further charge.

Telephone: 01407 862049

email: spa@silverbay.co.uk

Vouchers are available to purchase at Spa reception.



MASSAGE

TRADITIONAL SWEDISH MASSAGE

BACK, NECK AND SHOULDER **£40** | FULL BODY **£60**

This classic style of massage will help to increase blood flow and Lymphatic drainage. As well as a feeling of wellbeing and relaxation, this treatment can also help improve muscle tone and skin texture.

Time: 30mins/60mins including consultation *Please note: This is not deep tissue massage.

AROMATHERAPY MASSAGE

BACK NECK AND SHOULDER **£40** | FULL BODY **£60**

This therapeutic pre-blended aromatherapy back ritual, is designed to ease tension, encourage relaxation, release stress and completely soothe and harmonise the mind.

Treatment time: 30mins/60mins including consultation

HIMALAYAN SALT STONE MASSAGE

BACK NECK AND SHOULDER **£45** | FULL BODY **£65**

Himalayan salt stones are naturally antibacterial and renowned for their health and wellbeing benefits. Having 84 minerals and trace elements offering a great alternative to traditional hot stone massage, the salt stones are gently warmed to offer a relaxing massage with a mild exfoliation.

Treatment time: 30mins/60mins including consultation



MASSAGE AT THE SPA

HOT STONE THERAPY MASSAGE BACK, NECK AND SHOULDER £50 | FULL BODY £70

A highly relaxing ritual, using warm volcanic stones to relieve muscular tension, ease stress, unwind the mind and promote a sense of wellbeing.

Treatment Time: 30mins/60mins including consultation

CRYSTAL CLEAR ULTIMATE INDULGENCE £65

Relax and enjoy a 30 minute Aromatherapy back, neck and shoulders massage with a 30 minute crystal clear bespoke facial tailored to you individual needs.

Treatment Time: 60mins (please allow extra time for consultation)

HEAD TO TOE RELAXATION £50

Enjoy the ultimate relaxation for a busy mind and tired feet. Starting with a massage targeting the décolletage & scalp then moving on to the hands & arms and finishing with a relaxing foot massage to ease away the stress of a busy week.

Treatment Time: 40mins including consultation

BACK & CALVES RE-SET £50

Sit at a desk all day? Then this is the perfect massage for you! Aimed at releasing tension in the lower back, hamstrings and calves this massage will help ease stress and help you feel and move better.

Treatment Time: 40mins including consultation



MASSAGE AT THE SPA

CRYSTAL CLEAR FACIALS

CRYSTAL CLEAR BESPOKE FACIAL £35/£55

Every person's skin is unique so why should your facial be any different. A facial tailored to your personal skin needs. Using our Crystal Clear products to target pigmentation, lines and wrinkles, acne and dehydrated skin.

Time: 30mins/60min Including consultation

ROSE QUARTZ CRYSTAL FACIAL £60

A relaxing face neck and décolletage experience using rose quartz palm stones and our beautiful calming massage oil. Incorporating pressure points to release tension and circulation in the face is boosted and lymphatic drainage is improved.

Time: 1 hr including consultation

CRYSTAL CLEAR CHOPSTICK FACIAL £65

No needles, no surgery, no machines, just great looking skin. Crystal Clear's new easy lift chopstick facial is the latest skin-transforming treatment that immediately lifts, firms and smooths the skin minus any intervention other than that of the therapists healing touch, a potent hyaluronic serum and two highly effective massaging wands.

Time: 1 hr including consultation



FACIALS AT THE SPA

HOLISTIC THERAPY

HOPI EAR CANDLING £25

Also known as thermo-auricular therapy this is a highly relaxing, non-invasive treatment of the ears. Using a controlled fire-smoke system that creates a vacuum drawing out the wax and debris that has not yet entered the ear canal. The treatment is completed with a gentle massage which helps to simulate the acupoints and drain the sinuses. We use Biosun ear candles which are the only medically certified candles available.

30mins including consultation

REIKI £30

Reiki is a Japanese technique that is a natural and safe method of spiritual healing and self-improvement. It uses energy which animates us all and is found all around us. This energy is channelled through the Reiki practitioner to the recipient to help harmonise the body, mind and spirit.

Treatment Time: 30mins with consultation

INDIAN HEAD MASSAGE £35

Indian head massage is a Hindu massage technique, tracing back to the ancient ways of Ayurvedic Indian health care. Used for over 4,000 years to improve overall health. Our therapist uses pure coconut oil and a range of different massage pressures and rhythms to stimulate the head, neck, face and shoulders reliving tension and sending you into a state relaxation.

30mins including consultation



HOLISTIC AT THE SPA

REFLEXOLOGY £40

Reflexology is a non-invasive complementary treatment performed on the feet. It works on the basis that there are zones on the feet which link energy pathways to corresponding parts of the body. These pathways can become blocked. Reflexology practitioners seek to free these pathways to encourage free flowing energy, thus relaxing and balancing the body and mind.

Treatment Time: 1 hour including pre and post treatment consultation

BESPOKE REFLEXOLOGY & REIKI £50

A treatment of reflexology and reiki which complement each other beautifully. Reflexology to help find blocked pathways and encourage free flowing energy and Reiki to enhance spiritual healing of the body, mind and spirit.

Treatment Time: 1 hour 15mins including pre and post treatment consultation

MANICURES & PEDICURES

CND SHELLAC MANICURE OR PEDICURE £30

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

Treatment Time: 1 hour including consultation

CND VINYLUX FILE & POLISH £20

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

Treatment Time: 45mins including consultation

CND SHELLAC REMOVAL £10

Removal of CND shellac polish with an almond oil to soothe the cuticles.

Treatment Time: 30mins including consultation

TINTING & WAXING

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

EYEBROW WAX £10 30mins

EYEBROW TINT* £12 20mins

EYEBROW WAX & TINT* £20 45mins

EYELASH TINT* £15 20mins

EYEBROW WAX & EYEBROW & EYELASH TINT* £30 1 hr

UPPER LIP WAX £8 15mins

CHIN WAX £10 20mins

EYEBROW, UPPER LIP & CHIN WAX £25 45mins

EYELASH TINT & EYEBROW TINT £25 45mins

*Tint test required 24 hours
before treatment.

QUARTZ EXPERIENCE SPA PACKAGE £75 pp

INCLUDES;

- Your choice of either a 30 minute aromatherapy back, neck & shoulder massage, 30 minute Crystal Clear facial or a 30min Scalp, hand & foot massage
- Fresh Robes, slippers & towels
- Afternoon tea with a glass of Prosecco
- Use of our 5* facilities including, gym, studio, pool, sauna, steam room & jacuzzi
- Unlimited tea, Lavazza coffee, hot chocolate & water
- Your very own Quartz Crystal to take home
- Perfect to enjoy some alone time or for a group of up to 4 people

**Available from 11am – 5pm Tuesday – Friday
Term time only.**

A non-refundable £15pp deposit is required at time of booking.

MANICURES AT THE SPA