

The Old Government House Hotel and Spa



SPA BROCHURE

DARPHIN FACIALS

MEADOWSWEET and CUCUMBER EYE REFINER

£ 40.00

30min

Exquisite bliss, complete renewal and rejuvenation for the fragile eye area. Eyes look fresh, bright, younger, sparkling and well-rested!

DARPHIN SENSORIAL REVIVER FACIAL

£ 40.00

30min

A detoxifying and relaxing facial that clarifies and removes every trace of city grit and grime. Recharge the skin from environmental elements and lift the spirit for those clients who are in a hurry and short of time.

DARPHIN KIWI and POMEGRANATE HYDRATOR FACIAL

£ 65.00

70min

A deep drench and soothing cooling quench for moisture-depleted skin. This intensive hydrating facial provides a delectably dewy-fresh, radiant complexion.

DARPHIN CHAMOMILE and HONEY SOOTHING FACIAL

£ 65.00

70min

A calming cocoon for aggravated complexions. A pillowy-soft flower blends to reduce redness and reveal a smooth, even-toned complexion while promoting inner and outer peace.

DARPHIN LEMON and LAVENDER PURIFIER FACIAL

£ 65.00

70min

A deep purifying and detoxifying treatment for all skin types that refines pores and leaves complexion refreshed, sparkling clean, clear and bright.

VITAMIN and TANGERINE REVITALISING FACIAL

£ 65.00

70min

Delivers a high-powered boost to rev-up skin's natural vitality and anti-aging resources for a smooth, toned, revitalized and radiant complexion.

DARPHIN HIGH POWER REVITALISING FACIAL

£ 65.00

70min

Specifically designed for men. A revitalising treatment personalised to suit every individual needs and concerns: from deep cleansing, age prevention, hydration and ultimate relaxation.

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SPECIFIC ANTI AGEING FACIALS

IRIS and JASMINE WRINKLE REPAIRING FACIAL

£ 70.00

70min

Rediscover the days of smoother skin. Darphin's unique line erasing massage works wonders to relax lines and firm muscle for a beautifully smooth, younger-looking skin.

STIMULSKIN LIFTING FACIAL

£ 70.00

70min

This deeply nourishing anti-ageing treatment will lift, firm and tone your skin as well as help to reduce redness, age spots and the appearance of wrinkles for a rejuvenated complexion.

THE SPA EXCLUSIVE DARPHIN SIGNATURE TREATMENT

£ 125.00

105min

Harmoniously bringing together all the best of Darphin's pleasure principles, this exclusive facial is the ultimate in relaxation, rejuvenation and indulgence. Darphin's Ultimate Rejuvenating Facial tones and redefines the facial contours, minimises the appearance of fine lines as well as relaxes and eases tension. Each treatment begins with an in-depth skin analysis followed by a back massage; the best in deep-tissue and aroma therapeutic massage techniques. For added indulgence a head massage is incorporated into each treatment allowing you to relax through the power of pleasure.

BODY TREATMENTS

ORANGE ENERGISING EXFOLIATING POLISH

£ 65.00

60min

Special express two-in-one treatment that deeply exfoliates to reveal a new, radiant you as it peps up your skin's energy with stimulating massage trio of Orange, Lemon and Bergamot essential oils.

BOOT CAMP FROM MAMA MIO

BOOT CAMP FOR BUTTS 60 minutes

£ 65.00

Lift your butt in 1 hour

Buttock, hip and thigh treatment to reduce cellulite; detoxify plus fruit acid exfoliation for a sexy rear view. Lymphatic drainage and deep massage. Improved muscle tone, circulation. Smoother, tighter skin, 'melts away' cellulite.

Book a course of 6 treatments and receive the Boot camp set for free worth £67.00

BOOT CAMP FOR BOOBS 60 minutes

£ 65.00

Boob job in 1 hour

Bust and upper body treatment to lift, plump and increase circulation with peptides to lift and tone. Boosts circulation to lift boobs, define cleavage. Nourishing to keep firm, youthful, plumped. Bonus batwing blaster to tighten upper arms.

Book a course of 6 treatments and receive the Boot camp set for free worth £56.00

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BOOT CAMP FOR TUMMIES 60 minutes £ 65.00

Tummy tuck in 1 hour

A waist-whittling treatment to reduce cellulite and fat deposits; stimulates circulation and detoxify. Improved circulation to help detoxify & de-bloat. Double exfoliation to refine skin texture. Tighter, firmer, toned touchable tummy.

Book a course of 6 treatments and receive the Boot camp set for free worth £67.00

BIKINI BOOT CAMP 90 minutes £ 85.00

Full body treatment

Intense treatment of double exfoliation and deep tissue massage to get you beach ready. Improves skin texture, stimulations collagen production. Tightens slack, spongy skin, reduce cellulite. Ease water retention & improve skin elasticity.

Book a course of 6 treatments and receive the Boot camp set for free of your choice.

BODY MASSAGES

SWEDISH MASSAGE

A classic European massage using long strokes and kneading of the superficial layers of muscles. This soothing massage helps to relieve tension, improving circulation and flexibility.

Full Body and Head - 75min £ 65.00

Full Body - 60min £ 55.00

Back, Neck, Shoulder and Head - 45min £ 45.00

Back, Neck, Shoulder - 30min £ 35.00

DEEP TISSUE MASSAGE

Submit your body to a vigorous workout of deep rhythmic pressure focused on relieving specific stress and muscle tone.

Full Body - 60min £ 65.00

Back, Neck, Shoulder - 30min £ 45.00

AROMATHERAPY MASSAGE

Using a blend of essential oils, aromatherapy massage is designed to treat the whole person and assist the body to balance and heal.

Full Body and Head - 75min £ 70.00

Full Body - 60min £ 60.00

Back, Neck, Shoulder and Head - 45 min £ 50.00

Back, Neck, Shoulder - 30min £ 40.00

STONE THERAPY MASSAGE

The original stone therapy, involving the use of hot stones that are placed on the chakra points of the body. Warm oil is then therapeutically massaged into the skin with hot stones to relieve tired and sore muscles, improving circulation, lymph drainage and inducing deep relaxation.

Full Body and Head - 75min £ 75.00

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HEAD MASSAGE

An Eastern complimentary holistic treatment, working on relieving stress and tension.

Head shoulders - 30min £ 40.00

DARPHIN DEEP HARMONY MASSAGE

A delightful signature massage using rhythmical techniques to relax the deepest of tension in the gentlest way. Using a blend of essential oils this massage improves circulation to help oxygenate the skin and reveal a revitalised and healthy glow. The mind and body is left energised and in a state of harmonious relaxation.

Darphin Deep Harmony Complete Face and Body Massage - 1h 45min £ 95.00

Darphin Deep Harmony Full Body Massage - 70 min £ 70.00

Darphin Deep Harmony Back Massage - 30 min £ 45.00

HAWAIIAN LOMI LOMI MASSAGE

£ 65.00

75min

Described as one of the most beautiful massages in the world. With the use of energy work and long flowing strokes, like the waves of a calm ocean lapping over your body, the practitioner uses hands and forearms for this gentle soothing yet deep massage leaving you feeling truly in harmony with oneself.

HOLISTIC TREATMENTS

REFLEXOLOGY

£ 55.00

45min

This original foot massage focuses on points of the feet which relate to specific parts of the body to heal and rebalance energy levels.

REIKI

£ 55.00

50min

Reiki, meaning "universal life force energy" is a system for channelling energy via the therapist to someone for the purpose of healing. Reiki treatments work by dissolving or eliminating toxic energy and substances from many levels of one's being.

HOPI EAR CANDLING FACIAL DRAINAGE MASSAGE

£ 45.00

45min

The perfect treatment for those who suffer with ear and nose problems. The candles act as a vacuum to remove excess wax. A head and face massage then drains sinuses and helps to relieve problems with balance, earache, headache, stress and tension.

COUPLES DELIGHT

Share your total treatment experience with a partner or friend in our doubles treatment room. Relax and unwind together from a choice of two facials and two body massage treatments.

Facials

Lemon and Lavender Purifier £ 125.00

Vitamin and Tangerine Vitalizer £ 125.00

Body Massage

Stone Therapy £ 140.00

Aromatherapy Full Body £ 110.00

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MAMA MIO PREGNANCY TREATMENTS

MAMA MIO PRE AND POST NATAL TREATMENTS

Mama Mio is a special programme of skin-salvation, indulgent maternity treatments designed to relax, comfort and nourish - all specifically designed to be totally safe and effective. The treatments are all individually created to alleviate the main issues of discomfort in pregnancy - increasing skin elasticity, nourishing parched skin, rejuvenating heavy legs, assisting circulation and reducing water retention

YUMMY TUMMY BY MAMA MIO £ 70.00

75 min

This is an Omega-rich facial for your tummy, because it's your tummy that needs the attention to maximise skin strength, health and elasticity. Combined with the luxury of an upper back, neck and head massage to ensure it is a full-on stress banishing treat.

MELLOW MAMA BY MAMA MIO £ 60.00

60 min

A completely relaxing full body massage using specific pre-natal techniques to help relax, increase circulation alleviate tired muscles and reduce excess fluid retention focusing on the specific muscles that are responsible for supporting the pregnant tummy.

LIGHTEN UP BY MAMA MIO £ 45.00

30 min

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load.

4th TRIMESTER HEALING BY MAMA MIO £ 70.00

60 min

Your baby is here and you are in need of a little rejuvenation? This restorative massage treatment helps your body realign as you remember how to be one person again. Sometimes new mothers need a little mothering too! This is the perfect present for new mamas.

LEIGHTON DENNY HANDS & FEET

ON THE MOVE MANICURE £ 15.00

15min

A file and polish to keep hands and nails well groomed and fashionable between manicures.

CUSTOM MANICURE £ 25.00

30min

Provides a 'celebrity' finish for those who want great looking hands and nails when time is of the essence. The soothing and calming benefits of essential oils of Lavender, Chamomile and Geranium envelop you as your hands and nails are revived in the shortest of time.

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IMMACULATE MANICURE

£ 40.00

60min

The soothing and calming benefits of essential oils of Lavender, Chamomile and Geranium envelop you as you enjoy this truly luxurious manicure treatment. Hard working hands need special care transforming even the most neglected hands leaving them unrecognisable. Combats the signs of premature ageing, improves uneven skin tone and stimulates the circulation.

ON THE MOVE PEDICURE

£ 20.00

15min

A file and polish provide tired looking feet with an instant pick-me-up when time is of the essence.

CUSTOM PEDICURE

£ 35.00

45min

Provides a special treat for those hard wearing feet. The uplifting aromas of essential oils of Peppermint, Lemongrass and May Chang envelop you as your tired feet are revitalised and re-energised in the very shortest of time.

PRISTINE PEDICURE

£ 45.00

70min

Transforms even the hardest working feet. The uplifting aromas of essential oils of Peppermint, Lemongrass and May Chang envelop you as your tired looking feet are super-charged back to life. This luxury treatment will renew even the most neglected feet, leaving them unrecognisable after they have been sloughed and buffed and brought back to life with the wonderfully restorative benefits of this foot treatment.

FRENCH MANICURE or PEDICURE

If you require a French manicure or pedicure please advise at time of booking. An additional charge of £5.00 per treatment is payable.

SHELLAC HANDS & FEET

SHELLAC NAILS

Shellac goes on like a polish and wears like a gel. A true innovation in chip free, extended wear colour with zero dry time.

File and Shellac - 30min	£ 30.00
Add Shellac to any Manicure or Pedicure for an extra	£ 10.00
Shellac Removal	£ 10.00
Removal and reapplication	£ 35.00

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SPA ESSENTIAL TREATMENTS

EYE ESSENTIALS

Eyebrow Shape	£ 15.00
Eyelash Tint*	£ 15.00
Eyebrow Tint*	£ 12.00
Eyelash and Eyebrow Tint*	£ 25.00

*(A patch test is required 24 hours prior to any tint treatment)

WAXING ESSENTIALS

Full Leg & Bikini	£ 35.00
Full Leg	£ 30.00
Half Leg	£ 20.00
Three Quarter Leg	£ 25.00
Half Leg & Bikini	£ 25.00
Under Arm	£ 15.00
Forearm	£ 15.00
Full Arm	£ 20.00
Back	from £ 25.00
Chest	from £ 25.00
Bikini Line	from £ 15.00
Brazilian	£ 30.00
Hollywood	£ 35.00
Lip or Chin	£ 12.00
Lip and Chin	£ 15.00
Eyebrow	£ 12.00

INIKA

MAKE-UP ESSENTIALS

Using a complete natural anti-ageing make-up range with the benefits of natural minerals and anti-oxidants to produce a flawless silky skin.

Make-up Lesson	£ 40.00
Make-up for special occasion	£ 35.00
Bridal Party Make-up	Price on request

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ST TROPEZ

SELF TANNING ESSENTIALS

This treatment includes an exfoliation. It is essential to wear dark loose fitting clothing. We recommend you do not shower or exercise for eight hours following the treatment.

Full Body - 60min	£ 45.00
Half Body - 30min	£ 30.00
Legs - 30min	£ 25.00
Face and Shoulders - 30min	£ 25.00

SPRAY TANNING ESSENTIALS

Full Body Spray Tan - 30min	£ 25.00
Top up within 7 days	£ 15.00

SPA DAY PACKAGES

DELUXE DARPHIN DAY £ 145.00

10.30am - 5.30pm

A 70 minutes Deep Harmony Full Body Massage and a Darphin 60 minutes Facial.

Full use of outdoor heated swimming pool (May - Oct), Jacuzzi, sauna, steam room and gym. Towels, robes and slippers are all provided. A Two-course Spa light Lunch.

SPA RETREAT DAY £ 110.00

10.30am - 5:30pm

Choose either a relaxing Full Body Massage OR a Darphin 60 minutes Facial (Excluding Ageing)

AND

Either a Mama Mio Cooling foot treatment or a Head Massage.

Full use of outdoor heated swimming pool (May - Oct), Jacuzzi, sauna, steam room and gym. Towels, robes and slippers are all provided. Finishing with Afternoon Tea from 3.00pm.

SPA DAY FOR MEN

10.30am - 6pm £ 110.00

60 minute Detoxifying Facial for Men, Swedish Back, Neck, Shoulder and Head massage. Full use of outdoor heated swimming pool (May - Oct), Jacuzzi, sauna, steam room and gym. Towels, robes and slippers are all provided. Finishing with Afternoon Tea from 3.00pm.

MOTHER-TO-BE SPA TIME

10am-2pm 2pm-6pm £ 75.00

Mello Mama pregnancy treatment, use of outdoor heated swimming pool (May - Oct), the relaxation suite and the gym. Towels, robes and slippers are all provided. Starting with either Morning Breakfast Basket or finishing with Afternoon Tea from 3.00pm.

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GIRLIE SPA DAY

(IDEAL FOR SPECIAL OCCASIONS OR HEN PARTIES)

10.30am - 5:30pm

£ 85.00

Choice of two treatments from:

Darphin Introductory Facial, a Back, Neck and Shoulder massage, Body Exfoliation, Head Massage, a Custom Manicure or Pedicure. Full use of outdoor heated swimming pool (May - Oct), Jacuzzi, sauna, steam room and gym. Towels, robes and slippers are all provided. Towels, robes and slippers are all provided. Finishing with Afternoon Tea from 3.00pm.

HALF DAY BREAK

10am - 2pm or 2pm - 6pm

£ 70.00

Darphin Introductory Facial and a Back, Neck and Shoulder massage. Full use of outdoor heated swimming pool (May - Oct), Jacuzzi, sauna, steam room and gym. Towels, robes and slippers are all provided. A choice of either a Breakfast Basket or Afternoon Tea from 3.00pm.

SPA TWILIGHT EXPERIENCE

RELAX (MINIMUM 6 PERSONS)

Mon - Thurs, 6pm - 9pm

£ 55.00

Choice of one treatment from:

Back, Neck and Shoulder Massage, Head Massage, Darphin Sensorial Facial or A Leighton Denny Custom Manicure. Full use of outdoor heated swimming pool (May - Oct), Jacuzzi, sauna, steam room and gym. Towels, robes and slippers are all provided. A choice of canapés and fruit cocktails from £6.00 per person also available.

SPA ETIQUETTE

ATTIRE

Clients on Spa Days (both men and women) will feel most comfortable going into treatments with their robe over their swimwear. For those clients just having treatments, we respectfully request that underwear is worn for all treatments. Our Therapists are trained to observe client modesty at all times. Swimwear is requested at all times in the sauna.

ARRIVALS

Guests are requested to arrive at least five minutes before treatment is due to start in order to change, if desired, and to fill out a medical questionnaire. Late arrival will mean that your treatment time is reduced or unable to be honoured. All treatment times indicated include an allowance of 5 minutes for consultation, dressing and undressing.

MOBILE PHONES

Please ensure that mobile phones and pagers are switched off during your visit to The Spa.

SMOKING

For the comfort and consideration of all our guests, a no smoking policy is operated throughout The Spa and the surrounding terraces.

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TERMS and CONDITIONS

RESERVATIONS

For reservations or more information please call **01481 738679**, email **thespa@theoghhotel.com**, visit **www.theoghhotel.com** or write to The Spa at The OGH Hotel, St Ann's Place, St Peter Port, Guernsey, GY1 2NU.

We can offer treatments that have not been pre-booked, however, to avoid disappointment we do recommend that you book your treatment in advance. If you are not sure which treatment to have then it is advisable to book time out with one of our therapists and then decide on a specific treatment on arrival.

BOOKING POLICY

A non-refundable booking fee of £30.00 for Half Day and £50.00 for Full Day Packages is required, which can be made by debit/credit card over the phone by calling 01481 738679. All Twilight Spa Experience packages must be pre-paid by credit/debit card.

CANCELLATION POLICY

Bookings cancelled within 24 to 48 hours of treatment time will be charged at 50% of treatment cost. Bookings cancelled on the day or non arrival will be charged at full price of the treatment cost.

GIFT VOUCHERS

We offer gift vouchers for all occasions. Gift vouchers can be purchased to cover any value, treatment or package and make an ideal gift.

RETAIL THERAPY

A full range of products to maintain the benefits of your treatments are available. Please ask our therapist for more information. Products ranges include Darphin, Mama Mio, St Tropez, Leighton Denny and Inika Makeup

OPENING HOURS

SPA TREATMENTS

Monday to Saturday 9am - 7pm
Sunday 9am - 6pm

SPA FACILITIES

Monday to Friday 7am - 9pm
Saturday and Sunday 9am - 6pm
Swimming Pool 8am - 8pm (May - Oct)