

# THE SPA

\_\_\_\_\_ at \_\_\_\_\_

The Old Government House

*As a pioneer of marine skincare, Phytomer represents a story of dedication to cultivating the purest sea ingredients from the northern French coast in Saint Malo. Now exclusive to Guernsey at our Spa.*

## PHYTOMER FACIALS

*PHYTOMER facial treatments are distinguished by exclusive manual techniques, combined with avant-garde professional products at the height of biotechnological effectiveness for instantly visible and scientifically-proven results.*

### EYE PERFECTION

Radiance Smoothing Eye Treatment  
(25 minutes) £40.00

An ultra-comprehensive treatment for sparkling, young-looking eyes. Your eye contour area is smooth and rested.

### HYDRA BLUE

Plumping Moisturizing Treatment  
(25 minutes) £40.00/(55 minutes) £65.00  
Immerse yourself in a moisturizing bath with record efficacy. The results are instant: your skin regains comfort and radiance. It is plumped up and rested.

### CITYLIFE

Anti-Pollution Skin Freshness Treatment  
(55 minutes) £65.00

Making the skin of city-dwelling women completely healthy with a personalized treatment for tired skin and uneven complexions. The skin is intensely hydrated, signs of fatigue are erased, the complexion is more even and the skin regains its freshness.

### DOUCEUR MARINE

Comforting Soothing Treatment  
(55 minutes) £65.00

A veil of softness for sensitive skin and/or redness. This pampering treatment softens your skin and enhances its protection system for soothed and ideally hydrated skin.

### EXTENDED YOUTH

Wrinkle Correction Firming Treatment  
(55 minutes) £75.00

3 key steps in an ultra-effective treatment to resurface the skin, fill wrinkles and restructure the face. In a single treatment your wrinkles are visibly corrected, leaving your skin firm. You feel good and you look younger.

### PIONEER TREATMENT

Youth Revealing  
(70 minutes) £85.00

Discover a very original facial massage in an exceptional treatment with instantly visible results. The height of biotechnological effectiveness for firmer, smoother skin that glows with renewed radiance.

### THE SPA EXCLUSIVE SIGNATURE TREATMENT

The ultimate luxurious treatment  
(85 minutes) £105.00

Phytomer's Youth Revealing facial tones and redefines the facial contours, minimises the appearance of fine lines as well as relaxes and eases tension. A back and head massage is incorporated for ultimate relaxation.

### PHYTOMER PREGNANCY FACIAL TREATMENT

Relaxed Mother to be  
(55 minutes) £65.00

A luxurious facial which includes a treat for your arms and tummy. You will feel completely relaxed with an incredible sense of calm before your baby is born.

### PHYTOMER SKIN ESCAPE FOR MEN

Made for men facial treatment  
(55 minutes) £65.00

Enter a world dedicated to men. Choose a moisturizing, youth, soothing or pollution-targeted treatment adapted to the specificities of male skin.

### PHYTOMER MARINE ZEST FOR MEN

Luxurious face and body treatment  
(70 minutes) £80.00

Specifically designed for men to relieve tension and stress, this facial incorporates a subtle blend of relaxing serum and massage oil, along with an application of thermal mud on the spine to provide total relaxation. This treatment is completed with an uplifting facial adapted to your skin type.

## PHYTOMER BODY TREATMENTS

*Deeply holistic, PHYTOMER protocols offer comprehensive and relaxing care. Brand signature products accentuate treatments, prolonging the sensory experience and increasing effectiveness.*

### SATIN SHIMMER

Salt Crystal Exfoliation  
(45 minutes) £55.00

An exfoliation with sea salt crystals combined with a relaxing body massage for an express beauty treatment that leaves your skin soft and silky

### MARINE BODY WRAP

Detoxifying, contouring and invigorating  
(55 minutes) £65.00

This luxurious, indulgent, full body treatment includes an exfoliation, mask and cream application. Adapted to suit your needs, your body will be cocooned in a warm mask while you enjoy a scalp and eye massage.

### SEA HOLISTIC

Relaxing and Radiance Massage for Face and Body  
(80 minutes) £90.00

An ultra-relaxing treatment with its gentle warmth and aromatic scent of lavender flowers. A combination of light strokes, pressure and stretching, this very original body massage uses Thai-inspired sea boluses to eliminate tension knots one by one. The exfoliation with sea salt crystals restores your skin's natural softness and your face regains its radiance thanks to the Enhancing Moisturizing Mask.

## SCULPT ZONE

Target Treatment for Abs-Buttocks-Thighs  
(55 minutes) £70.00

An intensive localized treatment on the Abdomen-Buttocks-Thighs area to beat your excess fat and cellulite in record time. With an express treatment or intensive program, you get radical slimming results.

## LEG REVIVAL

Leg Soothing Treatment  
(40 minutes) £45.00

A targeted treatment to comfort and relieve tired and heavy legs. After an exfoliation a cooling mask is applied to the legs, followed by a wrap. This is ideal for those suffering from fluid retention, tight muscles and sore legs.

## HOLISTIC TREATMENTS

*Holistic therapies aim to help restore balance, thus, allowing the body to heal itself naturally.*

## HOT STONE MASSAGE THERAPY

(55 minutes) £70.00

This is a speciality massage that uses soothing warm oils and warm basalt stones to relax and sooth an aching body, release stored tension and renew energy levels.

## BACK, NECK AND SHOULDER HOT STONE MASSAGE

(25 minutes) £45.00

## HOLISTIC HEAD MASSAGE

(25 minutes) £40.00

Helps to relieve stress, anxiety and built up tension while increasing feelings of calm, peace and wellbeing.

## REFLEXOLOGY

(45 minutes) £50.00

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

## HOPi EAR CANDLING FACIAL DRAINAGE MASSAGE

(45 minutes) £50.00

The gentle warmth of the ear candle massages and clears the ears and sinuses, creating a soothing, relaxing effect with a feeling of wellbeing.

## BODY MESSAGES

## 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 MASSAGE

(70 minutes) £75.00

## FULL BODY MASSAGE

(55 minutes) £65.00

## BACK, NECK, SHOULDER AND HEAD

(40 minutes) £50.00

## BACK, NECK, SHOULDER

(25 minutes) £40.00

## DEEP TISSUE MASSAGE

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

## FULL BODY MASSAGE

(55 minutes) £70.00

## BACK, NECK, SHOULDER AND HEAD MASSAGE

(40 minutes) £55.00

## BACK, NECK AND SHOULDER MASSAGE

(25 minutes) £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 MASSAGE

(70 minutes) £75.00

## FULL BODY MASSAGE

(55 minutes) £65.00

## BACK, NECK, SHOULDER AND HEAD MASSAGE

(40 minutes) £50.00

## BACK, NECK AND SHOULDER MASSAGE

(25 minutes) £40.00

## LAVA SHELL MASSAGE

*The unique Lava Shell massage provides deep relaxation. The heat from the lava Shells ease away muscle tension, releases energy flow and restores a sense of balance to the entire body and mind.*

## FULL BODY MASSAGE

(55 minutes) £70.00

## HAWAIIAN LOMI LOMI MASSAGE

*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 yourself.*

## FULL BODY MASSAGE

(55 minutes) £70.00

## PREGNANCY

(from 2nd Trimester only)

### PREGNANCY MASSAGE

(70 minutes) Full Body and Head Massage £75.00

(55 minutes) Full Body Massage £65.00

(25 minutes) Back, Neck and Shoulder Massage £40.00

A course of 4 Full Body Massages £220 (saving £40.00)

A completely relaxing pregnancy massage using safe but effective pre-natal techniques.

## CND MANICURES, PEDICURES AND SHELLAC

### CND VINYLUX FILE AND GO

(15 minutes) £20.00

Nails are shaped to perfection. Indulge your nails in CND's luxurious colours for an instant glamour. This treatment does not include cuticle care.

### VINYLUX SPA MANICURE

(30 minutes) £30.00

Replenish and revitalise your hands with a luxurious Vinylux manicure. This treatment includes cuticle care, shaping and massage. Complete the manicure with your chosen CND Nail Lacquer shade.

### LUXURY MANICURE BY CND VINYLUX

(55 minutes) £45.00

The ultimate indulgent hand treatment includes nail shaping, cuticle care, with a luxury hand scrub. After a hand massage and heated mitts your treatment will be completed with your chosen CND lacquer shade.

### GENTLEMEN'S HAND AND NAIL GROOMING TREATMENT

(25 minutes) £30.00

For hard working hands in need of moisture and care, this manicure is designed to shape the nail, care for cuticles and soothe the skin with an indulgent massage.

### ESSENTIAL PEDICURE

(40 minutes) £35.00

This treatment will restore and renew feet to silky smoothness. It includes cuticle care, shaping, soothing soak, and relaxing massage, with a finishing touch of CND nail lacquer.

### LUXURY PEDICURE

(55 minutes) £45.00

Paradise for the sole! Your feet will be soothed, exfoliated and hydrated. A mask is applied with warming boots for the ultimate treat. Also, includes cuticle care and your chosen shade of CND nail lacquer.

### GENTLEMEN'S LUXURY SPA PEDICURE

(55 minutes) £45.00

Complete restoration for those tired feet. Nails are groomed and the soles are smoothed and soothed. Complete with a relaxing lower leg and foot massage.

### CND CUCUMBER HEAL THERAPY

Added to any pedicure £10

Callus smoother - a professional strength serum with concentrated alpha hydroxyl acids softens tough skin in minutes, followed by Intensive Treatment therapeutic cream, with cucumber, aloe and camomile.

### 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

Shellac fingers/Shellac toes £35.00

Shellac fingers and toes £65.00

Shellac removal and re-application £45.00

Shellac removal and finish £15.00

Add to manicure or pedicure £10.00

## CALLUS PEEL

*The ultimate treatment to banish hard skin. Touchable, flip flop feet in minutes.*

### CALLUS PEEL TREATMENT

Heel £30.00

Sole of foot £40.00

Add on an express pedicure for an extra £25.00

\*Flip-flops are available to purchase in the Spa.

## SPA ESSENTIALS TREATMENTS

### EYE ESSENTIALS

Eyelash Tint\* £15.00

Eyebrow Tint\* £10.00

Eyelash and Eyebrow Tint\* £22.50

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

## WAXING ESSENTIALS

Full Leg and Bikini £40.00

Full Leg £30.00

Half Leg £20.00

Three Quarter Leg £25.00

Half Leg and Bikini £30.00

Under Arm £15.00

Forearm £15.00

Full Arm £20.00

Back from £25.00

Chest from £25.00

Lip or Chin £12.00

Lip and Chin £20.00

Eyebrow £12.00

### INTIMATE WAXING

Bikini Line £15.00

Extended Bikini £25.00

Brazilian £30.00

Hollywood £35.00

## 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 £45.00

Half Body £30.00

## SPA DAY EXPERIENCE

All Packages include Use of Jacuzzi, Sauna, Steam Room, Gymnasium and relaxation area.

### CLASSIC SPA TIME

*The perfect pick me up: restore yourself from the stresses of everyday life.*

### A HYDRA BLUE PHYTOMER FACIAL

*A Back, Neck and Shoulder Massage*

Choose either a Continental Breakfast or a Deluxe Afternoon Tea.

Monday – Thursday £75.00

Friday – Sunday £85.00

### SPA RETREAT DAY

*Let us help you unwind with a full day of pure relaxation.*

*Choose from either:*

A 55-minute Aromatherapy Full Body Massage with a 25-minute Phytomer Facial

or

A 55-minute Phytomer Facial with a 25-minute Aromatherapy Back and Shoulder Massage

A two-course light lunch with choice of soft drink is included

Monday – Thursday £110.00

Friday – Sunday £120.00

### LAZY SUNDAY AFTERNOON

*The perfect way to finish off your week and start afresh.*

An Aromatherapy back, neck and shoulder massage. Delicious cream tea

Available Sundays from 2.00pm-6.00pm £55.00

### GIRLIE SPA TIME

*The perfect opportunity to catch up and spend time with friends. Choose any two treatments from the following:*

A Hydra Blue Phytomer Facial

A Back, Neck and Shoulder Massage

A Holistic Head Massage

VINYLUX Colour and Go, Hands or Feet

Choose either a Continental Breakfast or an Afternoon Tea.

Monday – Thursday £75.00

Friday – Sunday £85.00

### JUST FOR ME SPA DAY

*Create your own Spa experience in your own unique way with this tailor-made package. Choose any treatment from our brochure, up to the value of £70.00 and enjoy a Deluxe Afternoon Tea.*

Monday – Thursday £80.00

Friday – Sunday £90.00

### MOTHER TO BE SPA TIME

*Suitable from 12 weeks, this is a gorgeous treat using a holistic approach to deliver either a gentle rhythmic full body massage, with certified Organic products or our Phytomer pregnancy facial treatment.*

Choose either a Continental Breakfast or a deluxe Afternoon Tea.

Monday – Thursday £75.00

Friday – Sunday £85.00

### CELEBRATION SPA EXPERIENCES

*If you are looking to celebrate a Hen Party, Baby Shower, Anniversary, Birthday or just a Catch Up with friends, we can offer Tailor Made Packages to accommodate your specific requirements.*

## SPA ETIQUETTE

### NOISE

Our spa environment is one of tranquility and relaxation. Please respect all guests' right to privacy and serenity. Please maintain conversations at a considerate volume in all treatment areas.

### MOBILE PHONES

In consideration of guests, we ask that cell phones and electronic devices are turned off during the visit and the treatments.

### SMOKING

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

### SPA POLICY

#### ARRIVAL TIME

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. We ask that groups of 3 or more arrive 15 minutes early.

All treatment times indicated include an allowance of 5 minutes for consultation, dressing and undressing.

### 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.

### DRESS CODE

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.

### BATHING AREAS

Swimsuits must be worn inside the Jacuzzis, Steam room, Sauna and Relaxation room.

### PREGNANCY

Massage services will not be performed on a client who is within the first trimester of pregnancy.

### LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal items. We strongly recommend that you keep all valuables with you during your scheduled appointment.

### RETURN POLICY

We will be happy to accept returns on products purchased from the spa within 30 days of purchase. All refunds are for SPA CREDIT ONLY for future purchases. No cash refunds.

### 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.

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 upon arrival.

**Gratuities not included.**

## **THE SPA SHOP**

A full range of products to maintain the benefits of your treatments are available. Please ask your therapist for more information.

## **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

## **OPENING HOURS**

### **SPA TREATMENTS**

Monday to Saturday: 9.00am – 7.00pm

Sunday: 9.00am – 6.00pm

## **RESERVATIONS AND ENQUIRIES**

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