



therapy

beauty

relaxation

Watergate Bay's dedicated Therapy and Beauty Room offers a comprehensive range of personalised treatments where both men and women can experience the benefits to mind, body and spirit of combining natural remedies with modern techniques.

Thalassotherapy comes from the greek word for "sea" and refers to a variety of treatments that use sea water and seaweed, each designed to tone, moisturise and revitalise the skin and in many cases improve circulation.

Our trained and qualified therapists will ensure that you receive treatments that will totally relax you and enhance your well being.

FACE

Facial - 100% organic products **£37.00** (55mins)

Mini facial catered to personal needs **£28.00** (30mins)

Total hydrate facial for de-hydrated skin - leaves skin feeling silky smooth **£40.00** (55mins)

Replenishing facial - incorporates a collagen masque to help prevent the signs of ageing **£45.00** (55mins)

EYES

Eyelash tint **£15.00** (20mins)

Eyebrow tint **£11.00** (15mins)

Eyelash and eyebrow tint **£19.00** (20mins)

Eyebrow shape **£9.50** (15mins)

HANDS AND FEET (Approximate timings)

Includes a mini-polish in your choice of colour

Mini manicure **£21.00** (30mins)

Spa manicure - incorporates deep exfoliating treatment to combat dry, ageing hands **£34.00** (55mins)

Standard manicure **£26.00** (45mins)

French manicure **£28.00** (45mins)

Mini pedicure **£23.00** (30mins)

Standard pedicure **£26.00** (45mins)

Shape/polish **£16.00** (15mins)

Spa pedicure - incorporates deep exfoliating treatment to combat dry, cracked heels **£34.00** (55mins)

Nail art **£3.50 per nail**

BODY

Orient body polish **£25.00** (25mins)

Orient body wrap with a marine algae oriental masque **£42.00** (55mins)

WAXING TREATMENTS

Half leg **£17.50** (30mins)

Full leg **£22.00** (40mins)

Bikini **£10.00** (15mins)

Brazilian **£14.00** (30mins)

Full leg and bikini **£27.50** (50mins)

Under arm **£9.50** (15mins)

Chest wax **£23.00** (30mins)

Back wax **£25.00** (30mins)

Lip wax **£7.50** (15mins)

Chin wax **£7.50** (20mins)

Eyebrow wax **£9.50** (15mins)

MASSAGES

Top-to-toe mood therapy massage - prescriptive full body, face and scalp massage using individual Ayurvedic oils. Take the oil home to continue your treatment

£71.50 (1hr 45mins)

Aromatherapy back, face and scalp treatment

£52.00 (1hr 25mins)

Full Swedish body massage **£37.00** (55mins)

Back, neck and shoulder massage **£26.50** (25mins)

Back blitz - deep exfoliation of the back followed by a massage then a masque to purify the skin

£35.00 (40mins)

HOT STONES

Hot stone full body massage - incorporates exfoliation, using warm basalt volcanic stones to massage the body

£57.00 (70mins)

Hot rocks back blitz - exfoliation, hot stone back massage and purifying mud mask **£37.00** (40mins)

TANNING TREATMENTS

Instant tanning treatment with body polish **£38.00** (45mins)

MAKE-UP

Wedding make-up **£27.00** (60mins)

Trial make-up and 'on the day' make-up **£38.00**

(trial 45mins / 'on the day' 30mins)

FOR MEN

All treatments are available, but these are specifically catered for male skins:

Energise facial - to soothe stressed skins from daily effects of shaving **£37.00** (55mins)

Hand and nail grooming - cuticle and nail tidy incorporates hand massage **£21.00** (30mins)

Tension back massage - concentrating on areas of tension to soothe away your stress **£28.50** (30mins)

Gift vouchers are available on request.

Our products are dermatologically tested. However, a patch test might have to be taken 24 hours prior to some treatments so please enquire at time of booking.

Bookings can only be made through the hotel reception. Hotel guests' treatments or products purchased will be charged to their room account.

All other guests must pay for treatments and products at the hotel reception.

Gratuities are not included and unfortunately cannot be added to room accounts.

A 50% charge will apply to appointments cancelled within 24 hours.

All treatments are subject to availability.

All treatment times are approximate and may vary from the figure stated.

To make a booking, please call

01637 860543

watergatebay.co.uk

