



## SPA DAYS

All of our Spa Days include:  
Full use of Health Club and Spa facilities  
(including the gym, fitness pool and spa facilities)  
Robe & Slippers | Glass of Prosecco | Cream Tea

### UPGRADE

Upgrade to an afternoon tea for £7.50  
or 2 course lunch £10.00

### PAMPER TREATMENTS

(25 minutes)

One treatment £45      Three Treatments £105  
Two Treatments £75      Four treatments £135

Choose from:

Swedish back, neck and shoulder massage  
Head massage      Elemis taster facial  
Lime and ginger salt glow      File and polish hands / feet

### BESPOKE SPA DAY

We can tailor a Spa Day for your individual needs with our experienced therapists. This includes full use of Health Club and Spa facilities, robe and slippers, afternoon tea or 2 course lunch with a glass of prosecco - £35.

Treatment time is £40 per hour

### BOOK YOUR TREATMENT ONLINE AT:

[www.treatwell.co.uk](http://www.treatwell.co.uk)

Treatments available:

Monday to Friday 10am - 7pm

Saturday and Sunday 10am - 6pm

### MEDICAL CONDITIONS

When booking please notify the Spa Receptionist / Therapist of any existing or former medical conditions which could be affected by treatments i.e. Cardiac conditions, pregnancy, allergies (essential oils, nuts), back problems, cancer treatment, recent injury / surgery (3 months)

### Bournemouth West Cliff Hotel

Durley Chine Road, Bournemouth BH2 5JS

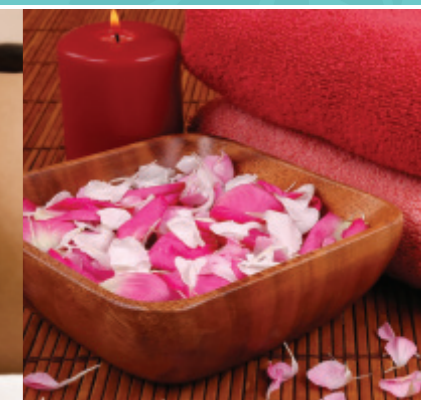
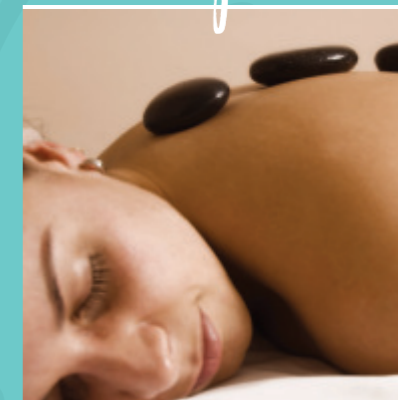
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[www.bournemouthwestcliffhotel.co.uk](http://www.bournemouthwestcliffhotel.co.uk)



# Spa Treatments



### JESSICA HAND & FOOT CARE

**File & varnish hands / feet** 25 mins      £15  
**Manicure** 40 mins      £25  
**Luxury manicure** 55 mins      £30  
**Pedicure** 55 mins      £30  
**Luxury pedicure** 70 mins      £35

### GELERATION SOAK-OFF GEL POLISH

**Geleration gel overlay manicure** 55 mins      £32  
Includes hand & arm massage, cuticle work, nail shape and finished with Geleration gel polish.  
**Geleration gel overlay pedicure** 55 mins      £35  
Includes nail shape, cuticle work, foot & leg massage, hard skin removal and finished with Geleration gel polish.  
**Existing gel removal** 25 mins      £12  
(prior to a Geleration manicure or pedicure)

### WAXING

**Half leg lower** 30 mins      £15  
**Full leg** 45 mins      £25  
**Underarm** 15 mins      £10  
**Full arm** 30 mins      £15  
**Bikini line** 20 mins      £10  
**Forearm** 15 mins      £10  
**Full leg & bikini line** 1hr      £30  
**Lip or chin** 15 mins      £8  
**Lip & chin** 30 mins      £10  
**Mens' chest or back** 45 mins      £25

### ELEMIS BODY SCRUBS & WRAPS

**ELEMIS Intensely Cleansing Salt Scrub Lime and Ginger or Frangipani** 30 mins      £35  
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

**ELEMIS Body Nectar Nourishing Wrap Sweet Orchid or Frangipani Wrap** 60 mins      £55  
The velvety texture of the Monoï Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

**Exotic Coconut Rub & Milk Ritual Wrap** 60 mins      £55  
Warmed Elemis milk bath is poured all over your body and then cocooned in a comforting foil wrap. This exotic therapy is excellent for skin smoothing and softening.

**Add an Elemis Taster Facial to your wrap** 75 mins      £65

### CANCELLATION POLICY

We require 50% deposit payment for all spa packages and treatments. 48 hours notice of cancellation is required - without this, full payment for the treatment booked will be charged.





### ELEMIS ADVANCED ANTI AGEING FACIALS

**ELEMIS Pro-Definition Lift and Contour** 1hr **£65**

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

**ELEMIS Superfood Pro-Radiance** 1hr 15 mins **£69**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

**ELEMIS Pro Collagen Age Defy** 1hr 15 mins **£69**

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

**ELEMIS White Brightening Pigment Perfector** 1hr **£65**

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion

**ELEMIS Dynamic Resurfacing Precision Peel** 1hr **£65**

Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

### ELEMIS SKIN SOLUTIONS FACIALS

**ELEMIS Sensitive Skin Soother** 1hr 15 mins **£59**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

**ELEMIS Anti-Blemish Mattify and Calm** 1hr 15 mins **£59**

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

**Modern Skin** 1hr **£55**

Bursting with anti-oxidant rich minerals and vitamins, this de-stressing and purifying treatment helps remove damaging toxins, regenerate skin cells and balance sebum. The exceptional results are remineralised, rebalanced and renewed skin.

### ELEMIS MENS' FACIALS

**ELEMIS High Performance SkinEnergiser** 1hr 15 mins **£60**

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

### ELEMIS SKIN SPECIFIC FACIALS

**Fruit Active Glow** **£37**

- Taster - 30 mins
- 1 hour **£52**

For dull lifeless skin, this facial will bring back your glow.

**Exotic Moisture Dew** **£37**

- Taster - 30 mins
- 1 hour **£52**

For dry skin, this facial will give your skin a super saturating moisture boost.

**Herbal Lavender Repair** **£37**

- Taster - 30 mins
- 1 hour **£52**

For combination/oily skin, this facial will heal and repair oily, problem and congested skin.

### EYE TREATMENTS

**Eyelash tint\*** 30 mins **£15**

**Eyebrow tint\*** 15 mins **£10**

**Eyelash & brow tint\*** 30 mins **£18**

**Eyebrow shape** 15 mins **£10**

**Eyelash tint, eyebrow shape & tint\*** 45 mins **£24**

\*24 patch test required

### ELEMIS MASSAGE

**ELEMIS Freestyle Deep Tissue Full Body Massage** 1hr **£60**

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

**ELEMIS Freestyle Deep Back Tissue Back Massage** 30 mins **£37**

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

### MASSAGE THERAPIES

**Swedish Massage**

Back, neck & shoulder 30 mins **£34**

Full body 55 mins **£50**

**Aromatherapy Massage**

Back, neck & shoulder 25 mins **£37**

Full body 55 mins **£57**

**Hot Stone Massage**

Back, neck & shoulder 25 mins **£39**

Full body 70 mins **£60**

**Head Massage**

Shoulder, face and scalp 25 mins **£30**