



SPA TREATMENTS

BOURNEMOUTH

West Cliff

ELEMIS

LONDON

ELEMIS PRO-GLOW FACIALS

Pro-Glow Smooth Facial (50 mins) **£85** (30 mins) **£45**

THE HIIT WORKOUT FOR YOUR SKIN

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

Pro-Glow Resurface Facial (50 mins) **£85** (30 mins) **£45**

RESURFACING FOR STUNNINGLY SMOOTH SKIN

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation.

Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

Pro-Glow Brilliance Facial (50 mins) **£85** (30 mins) **£45**

YOUR RECIPE FOR RADIANCE

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils pump the skin with moisture, whilst helping to nourish and protect.

Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

ELEMIS SKIN SOLUTIONS FACIALS

ELEMIS Superfood Pro-Radiance (60 mins) **£70** (30 mins) **£45**

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 Sensitive Skin Soother (60 mins) **£70** (30 mins) **£45**

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.

* Please ask Spa staff for further information



ELEMIS MASSAGE

Freestyle Deep Tissue Full Body Massage (60 mins) **£80**

Freestyle Deep Tissue Back Massage (30 mins) **£55**

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

ELEMIS Peaceful Pregnancy Massage* (60 mins) **£90**

A relaxing massage which hydrates the skin that is expanding to accommodate a growing baby.

*Subject to availability

ELEMIS BODY SCRUBS AND WRAPS

ELEMIS Intensely Cleansing Salt Scrub (30 mins) **£45**

Lime and Ginger or Frangipani

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 (60 mins) **£65**

Frangipani Wrap with Taster Facial (60 mins) **£70**

The velvety texture of the Monoi Oil offers superhydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS Thousand Flower Detox Wrap (60 mins) **£70**

This nutrient - rich Detox Wrap uses the deeply nourishing Amber Body Balm to encourage skin health and detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

MASSAGE THERAPIES

Swedish Massage

Back, neck and shoulder (25 mins) **£45**

Full body (55 mins) **£75**

Hot Stone Massage

Back, neck and shoulder (25 mins) **£50**

Full body (70 mins) **£80**

Head Massage

Shoulder, face and scalp (25 mins) **£40**



JESSICA HAND AND FOOT CARE

File and varnish hands/feet (25 mins) **£25**

Manicure (40 mins) **£35**

Luxury manicure (55 mins) **£40**

Pedicure (55 mins) **£40**

Luxury pedicure (70 mins) **£45**

WAXING

Half leg lower (30 mins) **£25**

Full leg (45 mins) **£35**

Underarm (15 mins) **£20**

Full arm (30 mins) **£25**

Bikini line (20 mins) **£20**

Forearm (15 mins) **£20**

Full leg and bikini line (60 mins) **£40**

Lip or chin (15 mins) **£20**

Lip and chin (30 mins) **£25**

Men's chest or back (45 mins) **£35**

SPA DAYS

ALL OUR SPA DAYS INCLUDE:

Full use of health club and spa facilities (including gym, fitness pool and spa) packages include a towel.

AFTERNOON TEA SPA DAY

Afternoon tea (served 2-5pm)

Choose 1 x 25-minute treatment from the options below:

File and polish hands OR feet

Facial

Indian head massage

Lime and ginger salt glow

Glass of fizz per person

Use of robes and slippers

£80 per person, Sunday to Thursday

£95 per person, Friday to Saturday

LUXURY ELEMIS SPA DAY

Two-course lunch and a glass of fizz (served 12-3pm)

One treatment from the options below:

ELEMIS deep-tissue full-body massage

ELEMIS intensely cleansing salt scrub

ELEMIS 60-minute facial

Complementary towel, robes and slippers

£140 per person, Sunday to Thursday

£150 per person, Friday to Saturday



VITALISE HALF DAY SPA

The perfect spa half day for those looking to escape the busyness of everyday life and simply relax, indulge and revitalise mind and body.

Make the most of our SPA facilities, take a dip in the pool, use the hot tub, or simply relax.

Your Vitalise half day spa includes:

Spa access (11am – 3pm or 3pm – 7pm)

Use of facilities, towel provided.

One course meal

£35 per person, Sunday to Thursday

£40 per person, Friday to Saturday

Terms & conditions apply.

Elemis treatments available with our Elemis trained therapists.
To enquire please email: spa@bournemouthwestcliffhotel.co.uk,
or call 01202 751000 press option 3

BOOK YOUR TREATMENT ONLINE AT:

treatwell.co.uk

Treatments available:

Monday to Friday, 10am – 6pm

Saturday and Sunday, 10am – 6pm

West Cliff Spa Treatments Booking & Cancellation Policy;

All spa days and treatments are to be pre-paid at the time of booking.

Cancellation notice periods are as follows: over 7 days' notice of a cancellation a full refund will be given, under 7 days but before 48 hours of your scheduled treatment at 50% refund of the full treatment price will be given, under 48 hours full payment of the treatment will be required.

Medical Conditions

When booking, please notify the spa receptionist/therapist of any existing or former medical conditions which could be affected by treatments, ie cardiac conditions, pregnancy, allergies (essential oils, nuts), back problems, cancer treatment, recent injury/surgery (within the last three months).



DURLEY CHINE ROAD, BOURNEMOUTH BH2 5JS

TEL: 01202 753326 EMAIL: SPA@BOURNEMOUTHWESTCLIFFHOTEL.CO.UK

BOURNEMOUTHWESTCLIFFHOTEL.CO.UK