

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. Robe and slippers can be acquired for the day for additional cost* (Included in Luxury Spa Day Package)

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
- Taster facial
- Indian head massage
- Lime and ginger salt glow

£55 per person, Monday to Thursday

£65 per person, Friday to Sunday

Upgrade to a two-course lunch for £10 per person

LUXURY SPA DAY

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

Two treatments from the options below:

- ELEMIS deep-tissue full-body massage
- ELEMIS aroma elixir full-body massage
- ELEMIS 60-minute facial
- Gel manicure OR pedicure
- ELEMIS hot mineral body boost
- Jessica luxury manicure OR pedicure

£150 per person, Monday to Sunday



BOOK YOUR TREATMENT ONLINE AT:

treatwell.co.uk

Treatments available:

Monday to Friday, 10am – 7pm

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).



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bournemouthwestcliffhotel.co.uk



SPA TREATMENTS





ELEMIS ADVANCED ANTI-AGEING FACIALS

ELEMIS Pro-Definition Lift and Contour
(60 mins) £65
(30 mins) £40

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 Pro Collagen Age Defy
(60 mins) £65
(30 mins) £40

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 Dynamic Resurfacing Precision Peel
(60 mins) £65
(30 mins) £40

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 MEN'S FACIALS

ELEMIS High Performance Skin Energiser
(60 mins) £60 (30 mins) £38

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

ELEMIS SKIN SOLUTIONS FACIALS

ELEMIS Superfood Pro-Radiance
(60 mins) £60 (30 mins) £38

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) £60 (30 mins) £38

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
(60 mins) £60 (30 mins) £38

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.

ELEMIS Peptide 24/7 Skin Sync Facial
(60 mins) £60 (30 mins) £38

Inspired by the body's inner clock, this facial will help with tired skin to give your skin a well-rested glow around the clock.



*Please ask spa staff for further information

EYE TREATMENTS

Eyelash tint† (30 mins) £15
Eyebrow tint† (15 mins) £10
Eyelash and brow tint† (30 mins) £18
Eyebrow shape (15 mins) £10
Eyelash tint, eyebrow shape and tint† (45 mins) £24

†24-hour patch test required

FACIAL AND BODY COMBINATIONS

Couture Touch
30-minute facial and 30-minute massage
(60 mins) £68
60-minute facial and 60-minute massage
(120 mins) £100

Condition your skin and muscles with this all-embracing experience. Combine any 30-minute or 60-minute ELEMIS facial with your personalised free style deep-tissue massage.

BODY

ELEMIS Hot Mineral Body Boost (60 mins) £65

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and removes toxins. This is a revolutionary, minerally-charged experience of the skin, conditioning, metabolic balancing and energising wellness.

ELEMIS MASSAGE

Freestyle Deep Tissue Full Body Massage
(60 mins) £68
Freestyle Deep Tissue Back Massage
(30 mins) £40

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
(75 mins) £70

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

ELEMIS Aromatherapy Massage

Back, neck and shoulder (25 mins) £39
Full body (55 mins) £68

MASSAGE THERAPIES

Swedish Massage
Back, neck and shoulder (25 mins) £36
Full body (55 mins) £65

Hot Stone Massage
Back, neck and shoulder (25 mins) £40
Full body (70 mins) £70

Head Massage
Shoulder, face and scalp (25 mins) £32

JESSICA HAND AND FOOT CARE

File and varnish hands/feet (25 mins) £15
Manicure (40 mins) £25
Luxury manicure (55 mins) £30
Pedicure (55 mins) £30
Luxury pedicure (70 mins) £35

SHELLAC SOAK-OFF GEL POLISH

Shellac Gel Overlay Manicure (45 mins) £30
Includes hand and arm massage, cuticle work, nail shape and finished with Shellac gel polish.

Shellac Gel Overlay Pedicure (55 mins) £35
Includes nail shape, cuticle work, foot and leg massage, hard skin removal and finished with Shellac gel polish.

Shellac Gel Overlay Application (25 mins) £25

Shellac removal (20 mins) £15

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 and bikini line (60 mins) £30
Lip or chin (15 mins) £8
Lip and chin (30 mins) £10
Men's chest or back (45 mins) £25

ELEMIS BODY SCRUBS AND WRAPS

ELEMIS Intensely Cleansing Salt Scrub
(30 mins) £35

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) £55

Frangipani Wrap with Taster Facial
(60 mins) £60

The velvety texture of the Monoi 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.

ELEMIS Thousand Flower Detox Wrap
(60 mins) £60

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.

ELEMIS Intensely Cleansing Salt Scrub & Thousand Flower Detox Wrap
(90 mins) £85

Indulge your body with the ultimate in skin detoxification with this powerful duo.