

ESPA *life*  
AT CORINTHIA

THE NEXT GENERATION SPA  
Spa & Wellness



## A SPACE OF ICONIC BEAUTY

The next generation of spa, ESPA Life at Corinthia is set in a space of iconic beauty and provides a holistic approach to wellbeing. Here you will find a team of the world's leading experts that offer an unrivalled choice of spa, complementary alternative therapies, fitness, beauty treatments and a Daniel Galvin hair salon.

Lifestyle programmes are tailored to your needs to promote optimal health and wellbeing. You will find a team of globally acclaimed naturopaths, traditional Chinese medicine acupuncturists and herbalists, sound therapists, personal trainers and spa professionals.

Spread over four floors, the spa features 17 treatment rooms, a private spa suite, a nail studio and a thermal floor with an indoor swimming pool, vitality pool, amphitheatre sauna, ice fountain, heated marble loungers and private sleep pods. The spa lounge complements the overall offering by serving light, nutritious refreshments.

Situated above the dramatic thermal floor is the BodySPace gym, featuring an advanced, innovative selection of fitness equipment and a team of personal trainers for an impeccable wellbeing, fitness and rehabilitation offering.



## THE ESPA LIFE EXPERIENCE

**ESPA LifeTime** ..... 2 hours 30 mins / £350

**Take some well-deserved time-out and surrender to the ultimate wellbeing experience.** Escape the everyday routine and discover a space where time stands still and is totally yours. LifeTime is created specifically for you. Your treatments, products, music and pace will be tailored to your needs and adapted expertly to ensure every detail is effortlessly perfect.

**Includes:**

*A choice of sea salt and oil scrub - full body massage - facial - specialised eye treatment.*

## ESPA TOGETHER

**Private Spa Suite for two** ..... 3 hours 30 mins / £1100

**Contemplate and unwind in the decadence of your private suite with someone special.** Begin your own personal experience with a Rasul Healing Mud Ritual and relaxation time, followed by the ESPA LifeTime experience per person.

**Includes:**

*ESPA LifeTime experience, Rasul Healing Mud Ritual, one course lunch or afternoon tea with a glass of Champagne, body and bath oil collection for home care.*



## DISCOVER ESPA LIFE

Exclusive Spa Experience Pass ..... £150

Linger for hours in our breathtaking spa. Immerse yourself in deeply revitalising thermal spa facilities, from vitality pool and amphitheatre sauna to black marble steam room, relaxing sleep pods and many more to discover.



# NURTURE

Created to soothe the senses, caringly envelop the body with calm, and encourage positivity. This ESPA treatment collection offers restorative, kind and supportive mind and body experiences.

**Cherish Ritual** ..... 2 hours / £320

**Nurture mind and body with this caring and cherishing treatment.** Busy minds are quietened as a gentle guided visualisation transports you to a tranquil, safe place. Tension dissolves beneath warm essential oils and soothing massage movements, whilst skin is nurtured with a mineral-rich enveloping wrap. Skin feels quenched, the mind is calm, and a sense of wellbeing and peace prevails.

**Includes:**  
*Visualisation - body envelopment - scalp massage with rose quartz crystals - warm oil full body massage*

**Harmonising Rose Salt Ritual** ..... 2 hours / £320

**Defy the demands of modern life, restoring comfort and balance to mind and body.** Tension melts away as warm, natural salt stones rich in trace elements glide over the skin, encouraging a sense of calm. Rich, nourishing aromatherapy oils soften and hydrate while the long, sweeping movements and marma point massage restore energetic balance, inspiring positivity and focus.

**Includes:**  
*Foot ritual - warm salt stone marma point massage - scalp massage*

**ESPA Inner Calm Massage** ..... 1 hour 30 mins / £240  
..... 1 hour / £185

**Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience.** Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular tension - mind and body feel balanced as a sense of inner calm is restored.

**Includes:**

*Breathwork - full body aromatherapy massage - scalp massage with rose quartz crystals*

**ESPA Blissful Maternity** ..... 1 hour 30 mins / £240

**Nurture your changing body and calm your mind with this beautifully comforting treatment.** Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

**Includes:**

*Back exfoliation (if required) - focused body massage - scalp massage*

**Be Nurtured Energy Balancer** ..... 1 hour 30 mins / £240

**Rebalance the body, hydrate the skin and calm the mind with this relaxing ritual.** This gentle and indulgent massage uses long, warming strokes, a nourishing body oil and expertly selected crystals to effectively restore serenity.

**Be Nurtured Facial** ..... 1 hour / £185

**Leave skin nourished and radiant with this relaxing facial.** Beginning with a detailed consultation entirely tailored to your individual concerns, this facial expertly combines the most suitable methods of cleansing, massage, mask, serum and moisturiser according to your needs.

**ESPA Inner Beauty Facial** ..... 1 hour 30 mins / £230

..... 1 hour / £185

**Brighten, hydrate and renew with this instant results facial.** Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched and naturally beautiful as inner calm is blissfully returned.

**Includes:**

*Skin analysis with SkinVision™ lamp - triple cleanse - exfoliation - steam and extraction (if required) - facial massage - personalised mask - scalp massage*

**ESPA Eye Soothe**

To complement your ESPA treatment ..... 45 mins / £150

**Soothe and hydrate with this instantly calming eye treatment.** Targeted massage with proven Tri-Active™ formulas and restorative rose quartz crystals, relax the mind while quenching delicate skin and diminishing puffiness.

**Includes:**

*Skin analysis with SkinVision™ lamp - cleanse - exfoliation to face and eye contour - eye contour massage - firming eye mask*

# RESILIENCE

Fortify, support and boost physical and emotional wellbeing with these strengthening, uplifting and inspiring ESPA spa experiences.

**Resilience Ritual** ..... 2 hours / £320

**Stimulating and elevating, this ritual treatment promotes circulation and enlivens the systems of the body.** Hot stone massage and lymphatic drainage techniques combine with aromatherapeutic oils and cleansing algae to revive circulation, enliven the mind and enrich the skin.

Includes:

*Hot stone massage - manual lymphatic drainage massage with warm essential oils - algae body wrap - scalp massage*

**Body Balance Ritual** ..... 2 hours / £320

**Powerful effective massage and our skin health facial fortify and reinforce the skin, mind and body.** Deep muscle massage releases knots and tension before Tri-Active™ products and acupressure massage give the skin a powerful boost. Emerge with a renewed sense of wellbeing.

Includes:

*Deep muscle massage - optimal skin health facial - scalp massage*

**Deep Muscle Massage** ..... 1 hour 30 mins / £265

..... 1 hour / £230

**Restore comfort, suppleness and movement with this intensely effective massage.** Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension, helping you to move more freely and feel energised.

Includes:

*Full body deep muscle massage - scalp massage*

**Hot Stone Massage** ..... 1 hour 30 mins / £240

..... 1 hour / £185

**Discover lasting relaxation for mind and body.** Tailored massage with hot stones unravels persistent muscular tightness while pure, aromatic essential oils encompass your mind to relieve stress, recharge your spirits and leave you feeling rejuvenated.

Includes:

*Full body hot stone massage - scalp massage*

**ESPA Optimal Skin Health Facial** ..... 1 hour 30 mins / £230

..... 1 hour / £185

**Visibly revive skin's natural beauty, balance and health.** Achieving instant results with long-lasting benefits, this intelligent facial harnesses nature's most potent actives alongside high performance massage to deeply cleanse, refine and hydrate skin. The result is a smooth, profoundly nourished complexion, glowing with natural health.

Includes:

*Skin analysis with SkinVision™ lamp - triple cleanse (including deep brush cleanse) - exfoliation - steam and extraction (if required) - facial massage - mask - hand & arm exfoliation and massage*

# REFLECTION

Bringing awareness to the connection between mind and body, this ESPA treatment portfolio helps to raise self-awareness, encourages being present and ordered thoughts, restoring harmony from within.

**ESPA Iconic Back, Face and Scalp Treatment** ..... 2 hours / £320

**Body relaxed. Mind calmed. Complexion transformed.** This is our most-renowned treatment - the ultimate face and back experience, uniting targeted massage techniques with the purest aromatherapy oils and a highly personalised result-focused facial.

Includes:

*Back exfoliation - back massage with hot stones - personalised facial - scalp massage*

**ESPA Sleep Ritual** ..... 1 hour 30 mins / £240

**The definitive answer to a blissful night's sleep.** Quieten your mind and relax your senses with this tailor-made sleep experience, combining therapeutic hot stones and a soothing tranquil massage.

Includes:

*Breathwork and visualisation - full body hot stone massage - therapeutic scalp massage*

**ESPA Mindful Massage** ..... 1 hour 30 mins / £240

**Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience.** Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Includes:

*Breathwork and visualisation - massage to metamorphic zones of the feet - full body massage - scalp massage with warm rose quartz crystals*

**Balinese Massage** ..... 1 hour 30 mins / £240

..... 1 hour / £185

**Immerse yourself in deep relaxation with this harmonising massage.** Long, sweeping massage movements with the finest therapeutic aromatherapy oils gently warm your body and soothe your mind, while inspiring your inner calm.

Includes:

*Full body Balinese massage - scalp massage*



# PURIFY

Cleansing and reinvigorating, these focused ESPA experiences breathe fresh life into skin, deliver renewed energy and a positive mindset to purify and reset.

**Total Body Cleanse** ..... 2 hours / £320

**Awaken vitality, purify and re-energise mind and body with this powerfully effective treatment.** An innovative combination of detoxifying actives and advanced massage naturally helps promote gut health by stimulating circulation, boosting digestion and reducing fluid retention. You will see and feel results instantly - it's the ultimate kick-start to your detox programme.

Includes:

*Detoxifying body scrub - algae wrap - herbal poultice massage - deep colon massage - scalp massage*

**ESPA Hip and Thigh Treatment** ..... 1 hour / £185

**Target cellulite, fluid retention and uneven skin texture.** This stimulating treatment offers a potent combination of marine extracts, iced mitts, body brushing and deep detoxifying massage to achieve instantly visible results. We recommend a course of 6 treatments.

Includes:

*Skin brush - detoxifying salt & oil scrub - detoxifying massage to specific area - specialised colonic massage techniques*

**Detoxifying Swedish Massage** ..... 1 hour 30 mins / £240

..... 1 hour / £185

**Revive your body and enliven your spirits with this invigorating massage.** Working swiftly and deeply where you need it most, traditional Swedish massage with detoxifying aromatherapeutic oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Includes:

*Full body Swedish massage - scalp massage*

**ESPA Deep Cleansing Facial** ..... 1 hour 30 mins / £230

**Regulating, decongesting and anti-inflammatory, this gentle facial helps deep cleanse and balance the skin.** Herbal steam and massage with therapeutic herbal poultices warm and soften the skin, refining the texture and regulating natural skin function, encouraging a calm and clear complexion.

Includes:

*Skin analysis with SkinVision™ lamp - triple cleanse - herbal steam - facial massage with warm herbal poultice - scalp massage*

# VITALITY

Reigniting your vital flame, this selection of ESPA therapeutic solutions focus on boosting energy and physical wellbeing, sparking curiosity, trying something new and being your best dynamic self.

**Bamboo Ritual** ..... 2 hours / £320

**Tension unravels, muscles relax, energy flows.** Warmed bamboo and targeted flowing massage transform body and mind, re-connecting energy pathways and releasing blockages. A unique and powerfully revitalising solution, banishing aching muscles and re-igniting vitality for mind and body.

**Includes:**

*Body scrub - warm bamboo massage - scalp massage*

**Energy Revive Massage** ..... 1 hour 30 mins / £240

**The perfect therapy to raise both physical and emotional energy levels and re-unite body and mind.** As gentle stretches help quieten your mind, awareness of your body increases - the flowing massage and gentle manipulations effortlessly stretch and elongate muscles, stiff joints find an ease of movement and deep tension is released. Feel renewed, transformed and perfectly balanced.

**Includes:**

*Energy revive massage - scalp massage*

**Travel Restore Massage** ..... 1 hour 30 mins / £240

**Energise or relax with this luxurious traveller's ritual.** The perfect remedy to soothe or revitalise your weary body. An indulgent treatment to release tension, nourish your skin and leave you totally revived.

**Includes:**

*Body exfoliation - energising or soothing aromatherapeutic massage - scalp massage*

**ESPA Natural Face Lift Facial** ..... 1 hour 30 mins / £240

**Reveal visibly resilient, healthy-looking, youthful skin.** This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

**Includes:**

*Skin analysis with SkinVision™ lamp - double cleanse - steam - Japanese Kobido inspired facial massage - stimulating Jade rollers - sculpting & lifting massage techniques - lifting & smoothing mask - scalp massage*

**ESPA Eye Revive Treatment**

To complement your ESPA treatment ..... 45 mins / £150

Revitalise, brighten and refresh tired eyes. Innovative massage, inspired by lymphatic drainage techniques helps reduce dark circles, fine lines and smooth the eye contour.

**Includes:**

*Skin analysis with SkinVision™ lamp - cleanse - exfoliation to face and eye contour - eye contour massage - firming eye mask*

# WELLNESS THERAPIES



**Sports Massage** ..... 1 hour 30 mins / £265  
..... 1 hour / £230

A deep muscle massage with a focus to relieve deep-seated tensions, using powerful techniques with elbows, forearms and hands to stretch and release tissue knots, promote blood flow and increase flexibility of the tendons. A perfect treatment for those who require a powerful massage.

**Physiotherapy Initial Consultation and Treatment** ..... 1 hour 30 mins / £250  
**Follow-up session** ..... 1 hour / £230

Using stretching and pressure mobilisation to help with problematic areas, as well as preventing future build up of stress and tension.

**Craniosacral Therapy** ..... 1 hour 30 mins / £240

A holistic healing practice using light touch, from the head or base of spine. In response to physical and emotional stresses, body tissue contracts causing general function restriction, leading to back pain, migraine, anxiety and depression. This treatment allows the body to release its restrictive patterns and produces a sense of deep relaxation and wellbeing.

**Reflexology** ..... 1 hour / £185

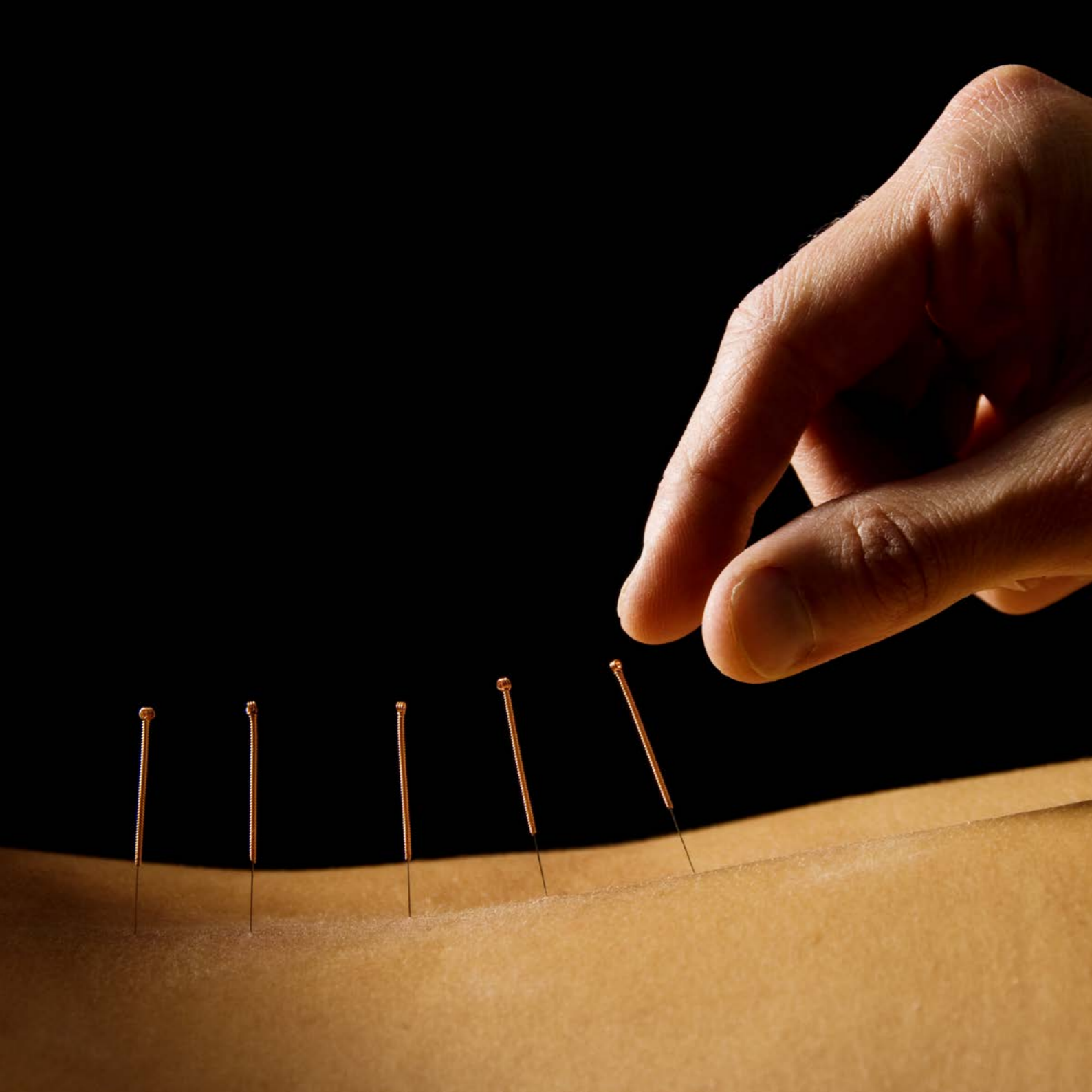
An ancient art of healing practiced over five thousand years. Pressure is applied to reflex points in your hands and feet, activating the nervous system to clear any blockages in corresponding areas of the body. Stress reduction with improved circulation encourages the body to return to normal functioning and promotes deep relaxation to elevate the state of consciousness.

**Vital Energy Restore** ..... 1 hour 30 mins / £240

Harmonise the body's energy centres for a more relaxed and renewed state of wellbeing with this Chakra balancing treatment. Calm the mind and soothe the muscles with a full body massage, while the gentle sounds of the tingsha resonate with the energy source to exchange spiritual awareness and elevate the state of consciousness.

**Includes:**

*Breathwork, full body massage, singing bowl-tingsha, scalp massage*



# TRADITIONAL CHINESE MEDICINE

**Chinese Massage Fusion** ..... 1 hour 30 mins / £240  
..... 1 hour / £185

A comprehensive treatment that brings together the art and science of traditional Chinese massage, acupuncture, acupressure, cupping and mobilisation.

**Acupuncture Initial Consultation and Treatment** ..... 1 hour 30 mins / £240  
**Acupuncture follow-up session** ..... 1 hour / £185

This holistic technique stems from the traditional Chinese medicine. Extensively developed and highly effective Eastern theories and techniques of acupuncture provide inner and outer balance and wellbeing. Treatments are tailored to every individual to help soothe, relax and target areas of tension in the body and guide your own healing.

**Harmonising Sound Journey** ..... 1 hour 30 mins / £240

Sound therapy and acupuncture are a perfect combination to fully restore both mind and body. Acupuncture is used to calm the body whilst meditative sounds allow you to go deeper within yourself, transporting you into a state of tranquillity and deep relaxation.

**Includes:**

*Breathwork, sound meditation, acupuncture (if required)*

**Optimum Vitality** ..... 1 hour 30 mins £240

This treatment brings together the elements of Thai massage, Shiatsu and Chinese medical massage. A focused and bespoke blend of techniques, using deep rhythmic pressure and stretches to reduce muscle tension, improve mobility and guide the body's natural recovery and vitality.

**Includes:**

*Breathwork, cupping, acupressure, body stretches, acupuncture (if required)*



## THE ELIXIR CLINIC

The Elixir Clinic is an international wellness clinic recognised as market leaders in intravenous therapy with clinics in Europe and the Middle East. Renowned for its IV Nutrient Therapy, The Elixir Clinic's bespoke infusions, branded as VitaDrip®, are aimed at rejuvenation and sustaining long-term wellbeing.

VitaDrip® infusions are a unique blend of vitamins, minerals, and amino acids; all classified as 'essential nutrients' vital for the body. Brilliantly formulated to support with hydration, detox, enhancing energy levels, strengthening the immune system, while promoting anti-ageing.



**THE ELIXIR CLINIC**

# INTRAVENOUS NUTRIENT THERAPY

Intravenous (IV) nutrient therapy, is the delivery of essential nutrients directly into the bloodstream via intravenous that allows for 100% absorption.

The Elixir Clinic offers a bespoke collection of VitaDrip® infusions consisting of vitamins, minerals, and amino acids to help clients rejuvenate, promote long-term wellbeing, and create beauty from the inside out.

## BENEFITS

### 100% Absorption

Our bodies absorb 10 to 30% of vitamins contained in pills; with intravenous or intramuscular, absorption is 100%.

### Natural and Safe

Administered under authorisation of a prescribing physician after a medical assessment. All protocols have been thoroughly researched by medical specialists. All ingredients are natural as they are derived from plants.

### Fast and Effective

Booster shots take just seconds, while VitaDrip® takes 45 mins. Clients may feel the effects immediately.

### Scientifically Proven

Our unique formulas contain vitamins, minerals and amino acids; all classified as 'essential nutrients' vital for our wellbeing.

All new clients are required to have a medical consultation prior to their treatment.

# INTRAMUSCULAR VITAMIN THERAPY

An intramuscular (IM) injection, also referred to as a vitamin booster shot, delivers nutrients directly into the muscle.

**Antioxidant IM** ..... £80

Glutathione IM that cleanses vital organs. Ideal for detoxification.

**Superboost** ..... £80

The ultimate booster for immunity, energy, improved skin and hair health.

**B12 Booster** ..... £50

The natural energy booster shot.

**Hair, Nails & Skin IM** ..... £50

Supports optimal hair, skin and nail health. Promotes hair growth.

# VITADRIP® INFUSIONS

## VIP Elixir VitaDrip® ..... £407

The best of the best with Elixir! Our VIP VitaDrip®, also one of the most popular, has over 15 essential nutrients aimed at detox, hydration, anti-ageing, enhanced energy, immunity, and more.

## Anti-Ageing VitaDrip® ..... £350

The Women's Favorite! This VitaDrip® was formulated to support anti-aging, rejuvenation, hair, nail, and skin health. High in glutathione, a powerful antioxidant essential for detoxification, and other vital nutrients such as vitamin c, b-vitamins, biotin, and folic acid.

## The Recharger VitaDrip® ..... £350

Management of symptoms commonly associated with thyroid dysfunction and adrenal fatigue. Infused with nutrients to help with balancing hormones, regulating sleep patterns, reducing water retention and irritability, as well as helping manage symptoms due to menopause.

## Antioxidant VitaDrip® ..... £280

Antioxidants help fight oxidative stress due to excessive free radicals found in the food we eat, the air we breathe, and the water we drink. This VitaDrip® is designed to cleanse the liver, boost essential nutrients in the body and prevent signs of aging.

## Diet & Detox VitaDrip® ..... £280

An essential detox to support effective body functions. Consists of key nutrients such as vitamin c, b-vitamins, arginine, l-cysteine, lysine, and glycine to reduce toxins, assist with heavy metal detox, and support gut health for better nutrient absorption.

## Hair, Nails & Skin VitaDrip® ..... £280

A stimulating VitaDrip® designed to support hair health using vital nutrients such as biotin, folic acid, leucine, and phenylalanine. Commonly requested by women suffering from hair loss, thinning hair, or poor hair quality.

## Immunity VitaDrip® ..... £240

When feeling under the weather or simply need an immunity boost, this VitaDrip® is packed with nutrients to strengthen the immune system while helping with energy production and tissue repair.

## Fitness VitaDrip® ..... £220

This VitaDrip® is beneficial for fitness enthusiasts or those who maintain an active lifestyle. Infused with vitamins, proteins, and amino acids that allows for optimum performance and recovery such as: b-vitamins, taurine, glutamine, arginine, l-carnitine, vitamin c and magnesium.

## Frequent Flyer VitaDrip® ..... £200

Ideal for regular travelers and those with busy lifestyles. This VitaDrip® will help rehydrate the body after long haul flights and enhance energy levels with high-doses of b-vitamins.

## Radiance VitaDrip® ..... £125

Beauty inside out! A VitaDrip® consisting of two powerful antioxidants, glutathione and vitamin c that are vital for promoting skin health, liver cleanse, and anti-ageing.

# DANIEL GALVIN

Daniel Galvin OBE is the iconic name behind the eponymous hair studio on the mezzanine floor. With a highly creative cutting team, world-renowned colourists and luxurious hair care products, this is the place to look after your locks.

As stylist to Hollywood A-listers, Daniel and his team are as discreet as they are familiar with the glamour of the red carpet, making it the perfect place to prepare for special occasions and everyday hair care. The salon also hosts a Hollywood-inspired Movie Makeover Room, especially designed for those clients who desire a little more privacy and pampering.



## STYLING SERVICES..... Top Stylist

Cut and red carpet blow dry .....	£120
Red carpet blow dry .....	from £70
Hair up dry styling .....	£95
Hair up including wash and dry .....	£140
Men's cut .....	£70

## COLOUR SERVICES .....

Full head of highlights .....	£220
Half head of highlights .....	£160
Tint .....	from £105
Male colouring services .....	on request

## BESPOKE SERVICES .....

Full head of hair extensions (100-125) .....	from £1200
Half head of hair extensions (60-90) .....	from £900
Quarter head of hair extensions (20-50) .....	from £600
Hair extension removal .....	£75 per hour

## BRIDAL.....

Trial hair .....	from £140
Wedding day hair .....	from £200
Trial make up / wedding day make up .....	on request
Men's wet shave .....	£75
Olaplex super treatment .....	£65
Hair treatment .....	£30
Kerastase fusio-dose .....	£28



# BODYSPACE

AT ESPA LIFE AT CORINTHIA

## BODYSPACE & MEMBERSHIP

BodySpace at ESPA Life at Corinthia is the hybrid fitness concept from London's most respected fitness gurus Stephen Price, of state-of-the-art Chelsea wellness consultancy SP&Co and David Higgins, trainer to Hollywood's elite.

Highlights of the BodySpace offering include access to the industry's biggest names in health technologies, science, medical wellness, fitness and nutrition, designed and hand-picked by Stephen Price and David Higgins. Physical and mental transformational programmes which have been designed to improve sleep, increase energy, reduce stress.

*Please ask one of our team for BodySpace Fitness programmes and Exclusive Membership at ESPA Life at Corinthia.*

# BODY

A CORE MEMBERSHIP



# SPIRIT

A LIFESTYLE MEMBERSHIP



# SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. To maintain this, the spa is a mobile phone, electronic tablets, pager, camera and smoke free zone.

## HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

## PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

## VALUABLES

ESPA Life accepts no responsibility for loss of valuables and jewellery at any time on the spa premises. All valuables should be kept securely in the lockers provided.

## LOST PROPERTY

All lost property found on the premises should be handed in at ESPA Life reception. Items will be stored for three months, if they are not collected within this time they will be donated to local charities. Liquids, undergarments and hair brushes are kept for 24 hours only.

## HOMECARE

To continue your spa experience at home, most products used in our treatments are available at ESPA Life reception.

## SPA ACCESS

Access to spa facilities and BodySPace gym is exclusively reserved for guests with a 90-minute or longer treatments, or a Day Spa Experience reservation. An additional fee of £75 per person is applicable to guests with shorter spa treatments or nail appointments.

Access to the thermal floor and gym may be arranged with a Spa Experience Pass.

## CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

## CHILDREN'S POLICY

The spa welcomes resident children (under 16 years) every day during children's swimming hours, in which they are permitted to use the swimming pool only.

Access to the rest of the spa including the spa changing, heat experiences, thermal floor and gym are restricted to over 16s.

## GIFT VOUCHERS

An ideal gift for someone special. Please contact the ESPA Life reservations team for details.

## PRICES

All prices are quoted in GBP, include VAT and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

# HOW TO SPA

## SPA OPENING HOURS

Monday to Sunday 07:00 - 21:00

Last entry is 30 minutes before closing time

## SPA TREATMENTS

Monday to Sunday 10:00 - 19:30

## FAMILY SWIMMING HOURS

Monday to Sunday 09:00 - 10:00  
16:00 - 17:00

For the children of hotel residents only

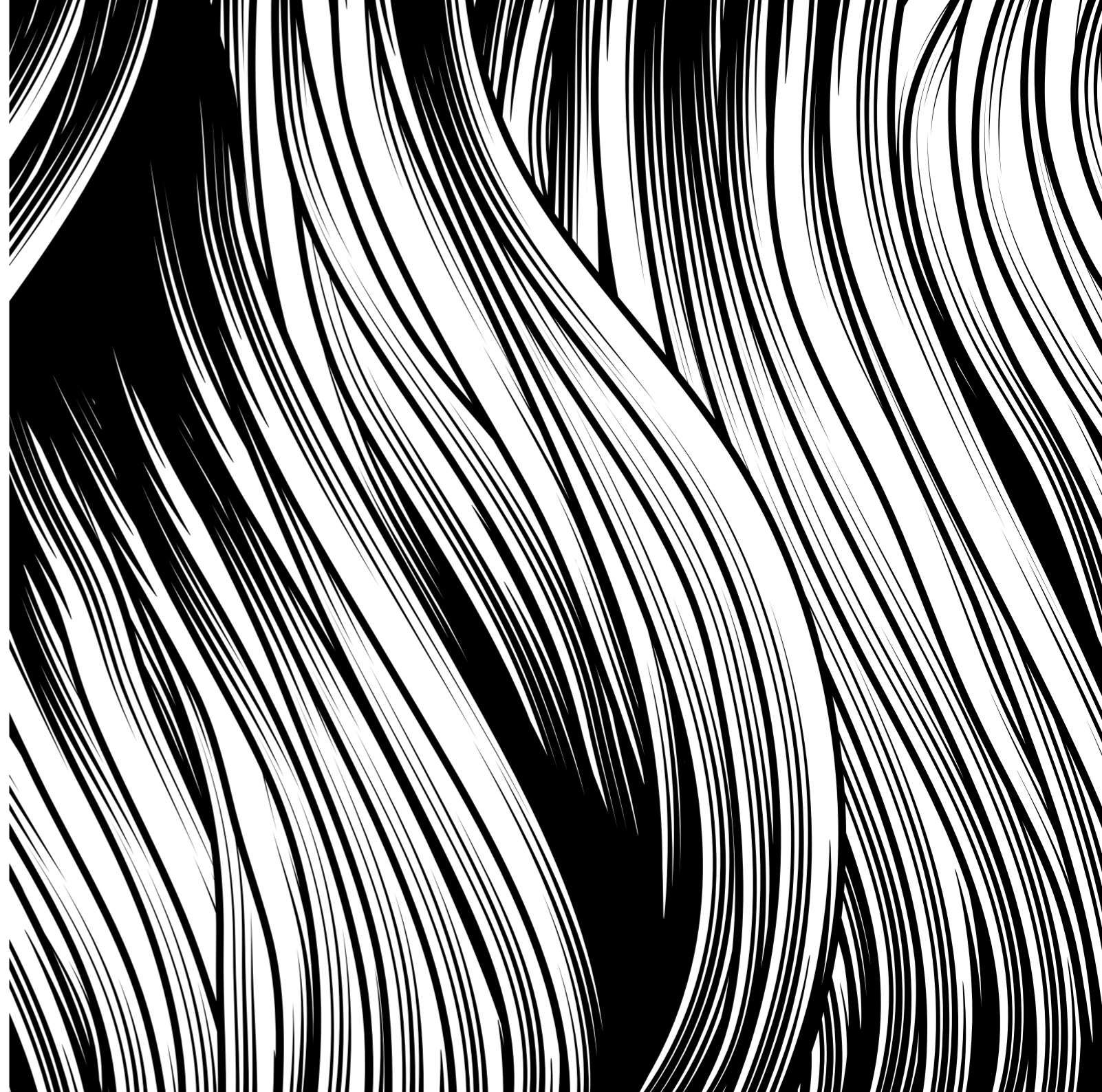
## DANIEL GALVIN HAIR SALON

Tuesday to Saturday 09:00 - 18:00  
Sunday and Monday Closed

## ARRIVAL TIMES

Please allow sufficient time before your treatment to complete a spa consultation form and/or health questionnaire. We recommend up to 1 hour in advance so you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide towels, robes and slippers and any amenities required for use during your spa visit.



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