



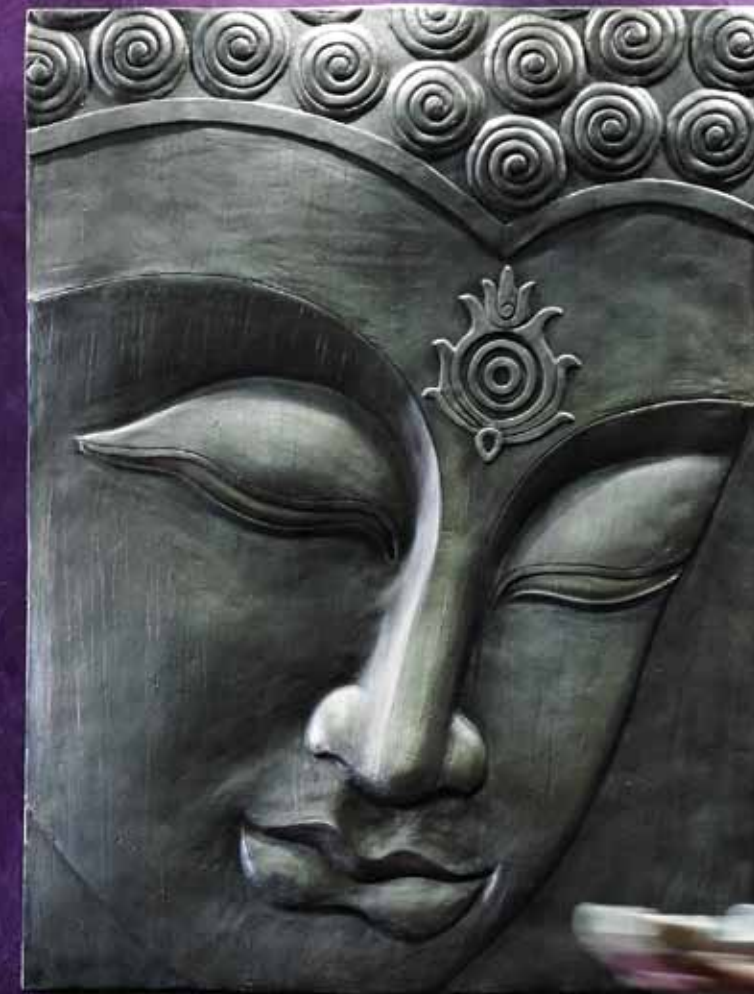
@ SUITES HOTEL



PURE INDULGENCE

The Spa@suiteshotel is your spa, to enjoy your way. Whether you wish to indulge in our luxury treatments, visit our Thermal Suite for a heat and ice journey like no other, rejuvenate with mud treatments in the double Rasul Chamber, we guarantee you will relax and enjoy the whole gratifying luxurious experience.

We have created a variety of treatments and packages perfect for any occasion, whether it is a treat for you or someone special we will tailor all treatments to perfection.



As you make your way through the Spa @ Suites Hotel, you realise you are somewhere very special. Somewhere dedicated to the well-being of mind, body and soul. A haven for the senses. A truly luxurious experience.





Our stunning Thermal Suite with Double Rasul Chamber for four, Sinann Foot Spa, Rainforest Showers, Hot Beds, Himalayan Salt Inhalation Steam Room, Sauna and Ice Room offer an enviable range of heat, ice and water treatments designed to pleasure, pamper and ensure you enjoy a genuine spa experience.







Our amazing Relaxation Suite is a haven of peace and tranquillity. A secluded sanctuary awaits to relax, unwind and drift away to a world of your own.







Each of our 7 single and 1 double Treatment Suites have been specially designed to create the right calming influence to sit in perfect harmony with your chosen treatment.

Following an initial consultation, your therapist will tailor your treatment to suit your needs.

THE Spa  
@ SUITES HOTEL



Our state-of-the-art Nail Suite, designed for the perfect finishing touches, ensures you leave looking as fabulous as you feel.



# SPA DAYS

## IT'S ALL ABOUT THE FIZZ

**minimum of 2 ladies   £45 p/p**

Find a little time in your hectic schedule for a catch up with friends and unwind we will take care of the rest.

This spa experience includes:

- Heavenly hand and arm massage
- File and Vinylux polish of your choice

Finish off with a glass of bubbles and a Traditional Afternoon Tea in the Spa Bistro.

**Please note this spa day does not include use of any spa or leisure facilities.**

Why not upgrade to use of the Thermal Suite for an additional £24 per person.

## RELAX ME HALF SPA DAY

**£95 p/p Mon-Fri   £105 p/p Sat-Sun**

Treat yourself to a ½ day or evening to totally relax and unwind you. You really will float away.

This spa experience includes:

- A choice of 1 x 25 min treatment from Express Facial, Aroma Back Massage Vinylux File & Polish on fingers or toes
- Traditional Afternoon Tea in the Spa Bistro
- Full use of the Spa and Leisure facilities
- Complimentary use of robe, towel & flip flops

## RESTORE ME FULL SPA DAY

**£115 p/p Mon-Fri   £125 p/p Sat-Sun**

In need of some time just for you, lie back relax and enjoy.

This spa experience includes:

- A choice of 1 x 55 min signature treatment from Drift massage, Illuminate facial, I'll be back or Twin souls
- Traditional Afternoon tea in the Spa Bistro
- Full use of the Spa and Leisure facilities
- Complimentary use of robe, towel & flip flops

## REJUVENATE ME FULL SPA DAY

**£150 p/p Mon-Fri   £160 p/p Sat-Sun**

Embark on this heavenly journey and emerge feeling totally relaxed, detoxified, toned and stimulated. Your face and body will also be soft to the touch with a radiant complexion.

This spa experience includes:

- Aromatherapy full body massage
- Express Facial or Coconut Scalp Massage
- Traditional Afternoon Tea in the Spa Bistro
- Full use of the Spa and Leisure facilities
- Complimentary use of robe, towel & flip flops

## SPOIL ME FULL SPA DAY

**£205 p/p**

Designed to be enjoyed by both men and women, take time out to forget the demands of the outside world with a blissfully relaxing experience that will leave your whole body feeling cared for, from head to foot.

This spa experience includes:

- Full body massage
- Coconut scalp massage or Express facial of your choice
- Vinylux Spa Pedicure
- Vinylux Spa Manicure
- Traditional Afternoon Tea in the Spa Bistro
- Full use of the Spa and Leisure facilities
- Complimentary use of robe, towel & flip flops

## TWILIGHT SPA EXPERIENCE

**£75 p/p Mon- Thurs**

Arrive from 4.30pm. De robe and check out for 8pm. Enjoy a glass of fizz on arrival.

This spa experience includes:

- 1 x 25 min treatment choose from; Tension release back massage, Sole reviver foot massage, Coconut scalp massage or Mini glow facial
- Full use of the Spa & Leisure facilities
- Complimentary use of robe, towel & flip flops

# SPA BREAKS

## SUNDAY NIGHT SLEEPOVER

**£130 p/p**

Check in to the hotel from 3pm on the Sunday.

This Spa Experience Includes:

- Overnight stay in a Standard suite
- 2 course Dinner (set menu)
- Full English breakfast
- A choice of 1x 25 min treatment from: Express Facial, Aroma back massage or Coconut Scalp Massage Treatment and spa use on Monday only
- Full use of Spa and Leisure facilities
- Complimentary use of robe, towel & flip flops

**Not available on Bank Holiday weekends**

## REVIVE ME ONE NIGHT BREAK

**£149 p/p Mon-Fri   £159 p/p Sat-Sun**

Escape and unwind with our exclusive overnight spa break. You'll leave feeling revived and recharged. Check in to the hotel from 2pm midweek and 3pm weekends on your day of arrival.

This Spa Experience Includes:

- Overnight stay in a Standard suite
- 2 course Dinner (set menu)
- Full English breakfast
- A choice of 1x 25 min treatment from: Express Facial, Aroma back massage, Tranquillity scalp, Sculpting Cellulite buster for legs or Energizing deep tissue leg massage
- Full use of the Spa & Lesiure facilities on the day of your treatments
- Complimentary use of robe, towel & flip flops

## REVIVE ME TWO NIGHT BREAK

**£250 p/p Mon-Fri   £280 p/p Sat-Sun**

This Spa Experience Includes:

- Overnight stay in a Standard suite for 2 nights
- 2 course Dinner on one night (set menu)
- Traditional Afternoon Tea on one day
- Full English breakfast on both days
- Full use of hotel and leisure facilities
- A choice of 2x 25 min treatment from: Express Facial, Aroma back massage, Tranquillity scalp, Sculpting Cellulite buster for legs or Energizing deep tissue leg massage
- Full use of the Spa facilities on the day of your treatment
- Complimentary use of robe, towel & flip flops

## JUST THE TWO OF US

**£390 per couple**

Take time out with your loved one and come and indulge in the luxurious spa and enjoy a relaxing massage.

This Spa Experience Includes:

- A choice of either Suites signature Drift massage or Illuminate facial
- Rasul for 2
- Overnight stay in a Standard suite
- 2 course Dinner (set menu)
- Full English breakfast
- Traditional Afternoon Tea in the Spa Bistro
- Full use of the Spa and Leisure facilities
- Complimentary use of robe, towel & flip flops

## YOU, ME & BABY MAKES 3

**£390 per couple**

Take advantage of this getaway for just the two of you and pamper yourselves before the arrival of your little one.

This Spa Experience Includes:

- Bumps A Daisy pregnancy massage for Mum
- Deep tissue massage for Dad
- Scalp massage for Mum & Dad
- Overnight stay in a Standard suite
- 2 course Dinner (set menu)
- Full English breakfast
- Traditional Afternoon Tea in the Spa Bistro
- Full use of the Spa and Leisure facilities
- Complimentary use of robe, towel & flip flops

Please note on all our spa days and spa breaks, Bank Holidays will be charged at weekend prices.







## THE SPA @ SUITES HOTEL

*These exclusive signature treatments have been prepared especially with you, our guest, in mind. We have worked with skincare experts to create this special range and, whichever you choose, your therapist will tailor it to suit your individual needs. Allow our therapists to introduce your mind, body & soul to add a deeper level of relaxation with guided meditation and crystals.*

## THE SUITES BESPOKE SIGNATURE TREATMENTS

### ILLUMINATE

50 MIN £65

Get your glow on with a tailored facial to improve the condition of your skin. To nourish, rehydrate and repair or to heal and balance. Combining our very own foot ritual and a deeply relaxing scalp massage with a mask chosen specifically to suit you.

### DRIFT

50 MIN £65

Drift away with skin softening body brushing followed by warm soya bean oil drizzled luxuriously over the body and a bespoke full body massage pampering your individual needs. Skin is left satin smooth and quenched, leaving it glowing. Take the rest of the signature massage candle home with you to enjoy.

### I'LL BE BACK

50 MIN £65

This facial for the back treatment includes deep cleansing, hot cloth toning, exfoliation, deep tissue massage with rosehip and mint oil, acupressure, treatment masque with rosemary and guarana and finished off with green tea lotion.

### BUFFED & POLISHED

25 MIN £38

Using our unique green tea and coconut oil polish your body will feel invigorated and refreshed from top to toe, a great way to prep your skin for a body treatment or a special occasion.

### TRIO BLISS

50 MIN £65

A signature face, back & scalp massage. A truly blissful experience. The bespoke signature massage treatment was designed with you in mind. It Delivers triple results by targeting three key STRESS areas – the back, the face and the scalp, making it the ideal treatment for you.

### TWIN SOULS

50 MIN £65

Soft hands & sole delight. Nurture hard-working hands with an indulgent blend of skin smoothers and softeners. Dry, damaged skin is repaired and weak or brittle nails strengthened; a hand and arm massage blissfully relaxes too. Treat sore and aching feet to a restorative

purifying exfoliation, deeply relaxing massage and nourishing mask to banish dry, cracked heels and even improved the look of callouses leaving skin smoother and brighter.

### BUMPS A DAISY

50 MIN £65

Pregnancy is a special time but is a massive undertaking for muscles and skin, however, our Bumps A Daisy treatment can help ease tightness - Neroli and mandarin help ease the effects of water retention and increase circulation resulting in a more restful nights sleep. Crammed with gentle sweet almond and wheatgerm oils and complemented with a flurry of rose oil, mandarin, ho wood and bitter orange to increase circulation and ease the effects of water retention. Benefits: Anti-stretch marks, Softening and deeply relaxing. Suitable for pregnancies over 12 weeks.

### SUITES SEVENTH HEAVEN “Therapists Fave”

1 HR 25 MIN £82

Let us take you on a sensorial journey with our seven rituals to heaven! These rituals include:- Welcome Foot Ritual, Body Brush, Prescriptive tea tree and willow leaf peel off mask , Coconut Tranquillity Scalp Massage, Application of Nourishing Body Moisturiser, mini Facial and finished with an awakening peppermint Foot Ritual.

## THE SPA SIDE ORDERS

### THE SPA SIDE ORDERS

25 MIN £30

25 Minutes – **Can be added to any 50 min treatment**

- Back massage. A calming massage if you're feeling stressed out.
- Scalp massage. You will love our tranquillity massage if you're head is feeling heavy and up tight.
- Facial massage. Perfect if you love your face to be pampered.
- Foot ritual. An indulgent foot massage that will put a spring in your step.
- Eye remedy. Our little secret will have you looking less tired.



# ELEMIS

DEFINED BY NATURE, LED BY SCIENCE

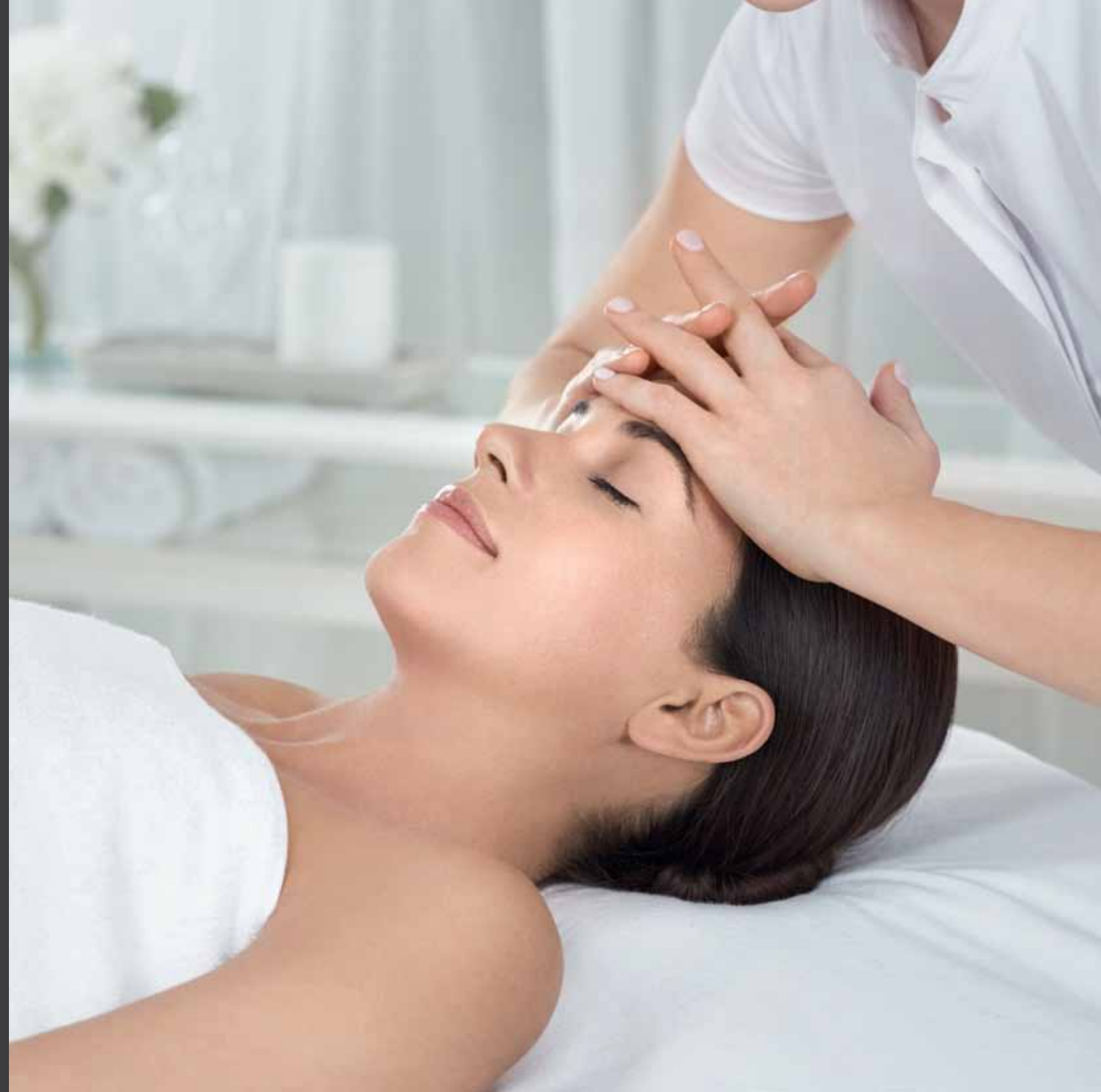
ELEMIS therapists make it personal. They look. They listen.

They tune in to you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and the ever-changing nature of your skin.

A healing hub where touch and technology are turbo charged by the power of minerals, plants and active natural aromatics.

All the treatments are designed to support great skin health; to respect that skin is alive. No two skins are the same. And no two bodies are the same. Every spa therapy is shaped and moulded around you. Personalised for a results-driven, personalised experience.

ELEMIS pushes the boundaries. We push to develop unique textures, ground-breaking formulations and conduct clinical trials to confirm what we already know; that we are delivering real results. There are no short cuts and there are no gimmicks.







## ELEMIS FACIAL TOUCH TREATMENTS

*The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.*

### TOUCH: ANTI-AGEING

**PRO-COLLAGEN AGE DEFY** **50 MIN £72**  
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. \*Independent Clinical Trials

**PRO-DEFINITION LIFT & CONTOUR** **50 MIN £72**  
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.

**DYNAMIC RESURFACING PRECISION PEEL** **50 MIN £72**  
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. \*Independent Clinical Trials

### TOUCH: SKIN SOLUTIONS

**SUPERFOOD PRO-RADIANCE** **50 MIN £72**  
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. \*Independent Clinical Trials.

**SENSITIVE SKIN SOOTHER** **50 MIN £72**  
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.

**EXPRESS FACIAL** **25 MINS £40**  
Ideal for those on the go - make the minutes count. This facial delivers maximum results in minimum time. Choose your favorite Skin Solution; Superfood-Radiance or Sensitive Skin Soother.

# ELEMIS TECHNOLOGY TREATMENTS

## TECHNOLOGY: ANTI-AGEING

**BIOTEC LINE ERASER** **50 MIN £83**

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven\* facial treatment that effectively irons out wrinkles and fills out lines. \*Independent Clinical Trial.

**BIOTEC FIRM-A-LIFT** **50 MIN £83**

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

**BIOTEC SKIN RESURFACER** **50 MIN £83**

This revolutionary clinically proven\* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother. \*Independent Clinical Trials.

## TECHNOLOGY: SKIN SOLUTIONS

**BIOTEC RADIANCE RENEW** **50 MIN £83**

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

**BIOTEC BLEMISH CONTROL** **50 MIN £83**

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

**BIOTEC SENSITIVE SKIN SOOTHER** **50 MIN £83**

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.



# ELEMIS BODY TREATMENTS

## BODY: ENERGY BOOSTING AND MUSCLEASE

**HOT MINERAL BODY BOOST** **50 MIN £70**

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

**POULTICE-POWERED MUSCLE RELEASE** **50 MIN £65**

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique Amber and Quartz poultice to dissolve knots and ease tensions. Completed with a restorative facial massage, tension is dissolved.

## BODY: MASSAGE

**FREESTYLE DEEP TISSUE MASSAGE** **50 MIN £80 | 25 MIN £50**

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.

**DEEPER THAN DEEP HOT STONE MASSAGE** **50 MIN £80 | 25 MIN £45**

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

**GARDEN OF ENGLAND ROSE RESTORE** **55 MIN £75**

Take a walk in an English rose garden with this lavishly hydrating massage and micro wrap. The unique trio of Rose, Camelina and

Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.

**TENSION RELEASE BACK MASSAGE** **25 MIN £40**

Back, neck & shoulder relief, lie back and chillax

## BODY: SCRUBS AND WRAPS

**BODY NECTAR NOURISHING WRAP - FRANGIPANI** **50 MIN £75**

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.

**FRANGIPANI INTENSELY CLEANSING SALT SCRUB** **25 MIN £40**

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.

## BODY: PREGNANCY

**PEACEFUL PREGNANCY MASSAGE** **50 MIN £75**

Performed on a pear-shaped beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.





# Hand and Foot Treatments

*We don't think life should be all rest and no play, and that's why we've created the spa's Bollinger Champagne Nail Suite. Where better to spend some time on a combination of glossy grooming and a little bit of fizz? A chance to reconnect with the lighter side of life.*

CND Shellac is an up to 14 days nail colour, goes on like a polish, wears like a gel and is off in minutes. Vinylux is a premium polish that dries in 8 minutes flat and is ultimately the hardest wearing nail polish on the market.

### CND SHAPE & FINISH FINGERNAILS OR TOENAILS

Shaping of the natural nails and cuticles tidied before application and colour of your choice.

**Vinylux £15 (20 min) Shellac £25 (30 min)**

### CND SPA MANICURE

This treatment includes shaping the natural nails, cuticle work, cuticle nourishment, application and colour of your choice.

Finish with a heavenly hydrating massage.

**Vinylux £29 (40 min) Shellac £33 (50 min)**

### CND DELUXE SPA MANICURE

A Facial for the hands this treatment will leave you with nothing else to desire. Starts with shaping of the nails, cuticle work followed by an exfoliation of the hands, masque application and a hydrating massage, finished with an application and colour of your choice.

**Vinylux £35 (50 min) Shellac £40 (60 min)**

### CND SPA PEDICURE

This luxury pedicure comprises of dead skin removal, shaping of the nails & cuticle work, followed by cuticle nourishment and a hydrating massage. Finished with an application and colour of your choice.

**Vinylux £40 (45 min) Shellac £45 (55 min)**

### CND DELUXE SPA PEDICURE

A Facial for the feet! This pampering treatment leaves you with nothing else to desire. Starting with dead skin removal, shaping of the nails, cuticle work, followed by an exfoliation, refreshing foot masque and hydrating massage, to finish the treatment choose your colour.

**Vinylux £45 (55min) Shellac £50 (75 min)**

**Gel polish removal £15.00 20 min**

**Shellac Removal £10.00 20 min**

**Shellac Removal if done here £8.00 15 min**

### DID WE MENTION THE CHAMPAGNE?

A sparkling glass of Champagne (or two) can be served with any of the treatments. Price available on request.

# WAXING

*Lycon offers a complete premium waxing system that is designed to make your waxing treatments easier, virtually pain free. Superb results guaranteed. Lycon wax truly removes hairs as short as 1mm.*

½ Leg Wax	£17
¾ Leg Wax	£20
Full Leg Wax	£23
Bikini	£12
Brazilian Wax	£20
Hollywood Wax	£30
Underarm Wax	£7
Upper Lip or Chin	£5
Upper Lip and Chin	£8
Forearm Wax	£14
½ Leg, Underarm and Bikini	£30
Full Leg, Underarm and Bikini	£38

\*It is advisable not to use our pools or thermal suite before or after any hair removal treatments.

### EYE TREATMENTS

Eyebrow Wax	£8.50
Eyebrow Tweeze/Reshape	£10
Eyebrow Tint	£7*
Eyebrow Tint and Wax	£13.50*
Eyelash Tint	£13*
Eyelash Tint and Eyebrow Tint	£18*
Eyelash extensions	From £20

### TANNING TREATMENTS

Tanning Treatments	£35
Exfoliation treatment and application of tan	40 mins

\*A patch test is required for all of the above tinting treatments for new clients at least 24 hours prior to treatments.





# MEN'S M.O.T

## MEN: ELEMIS TOUCH

### HIGH PERFORMANCE SKIN ENERGISER 55 MIN £75

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.

### FREESTYLE DEEP TISSUE MASSAGE 55 MIN £65 25 MIN £35

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.

### DEEPER THAN DEEP HOT STONE MASSAGE 55 MIN £69 25 MIN £39

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

## MEN: ELEMIS TECHNOLOGY

### BIOTEC SUPER-CHARGER FOR MEN 55 MIN £75

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

## GROOMING

Eyebrow tweeze/shape	£10
Eyebrow wax	£8.50
Back wax	£25
Chest wax	£25
CND Male spa manicure 30 min	£25
CND Male spa pedicure 30 min	£30

# HAIR & MAKEUP

The Spa @ Suites Hotel Hair & Makeup will make sure that you look flawless and feel fabulous. Why not pamper yourself before coming along to one of our events?

## MAKEUP

- Full Makeup - from £35
- Natural Makeup (excluding Eyelashes) - from £20
- Eye Makeup (including Strip Lashes) - from £28
- Teen Makeup (14+) - from £20\*

## HAIR

- Blow Dry - from £30
- Hair Up - from £30
- Curls/Wanded - from £30

FOR MORE DETAILS CALL THE SPA 0151 549 5400

\*Age restrictions applicable in The Spa.



# THE SPA FACILITIES

## RELAXATION SUITE

After your spa treatment come and rest a while. The relaxation suite is a calm sanctuary with soothing sounds, relaxing aromas, large luxury day beds with pillows and duvets, where you can...Sleep, read or enjoy fresh water, herbal teas and coffee. We ask you to respect the whisper policy in this room at all times.

## THERMAL SUITE 2 hr £24 p/p

A series of heat related experiences to soothe, relax and detoxify your body. The Thermal Suite comprises of

- Therapeutic Sauna
- Rainforest Shower
- Ice room
- Himalayan Salt Inhalation Steam Room
- Sinann Foot Baths
- Hot beds
- Loungers

You will take a journey throughout heat and ice and will leave feeling re-energised, relaxed and renewed. **When booking just the thermal suite, use of the relaxation suite is not included.**

## ICE ROOM

A toning, refreshing and stimulating effect on the body, we recommend using the ice room after the heat experience to help stimulate the body's natural circulation.

## THERAPEUTIC SAUNA ROOM

Sauna most traditional of thermal rooms, this high temperature dry heat induces total muscle relaxation.

## HIMALAYAN SALT INHALATION STEAM ROOM

A humid heating sensation also known as a Turkish or Roman Steam Bath. Particularly beneficial for the respiratory system. The heat, in combination with essential oils helps induce a state of deep relaxation.

## EXPERIENCE SHOWERS

Imagine a gentle waterfall or a rainforest downpour, invigorating your mind, body and soul. Experience the health benefits of alternating temperatures and color therapy of lights to suit the mood.

## SINANN FOOT BATHS

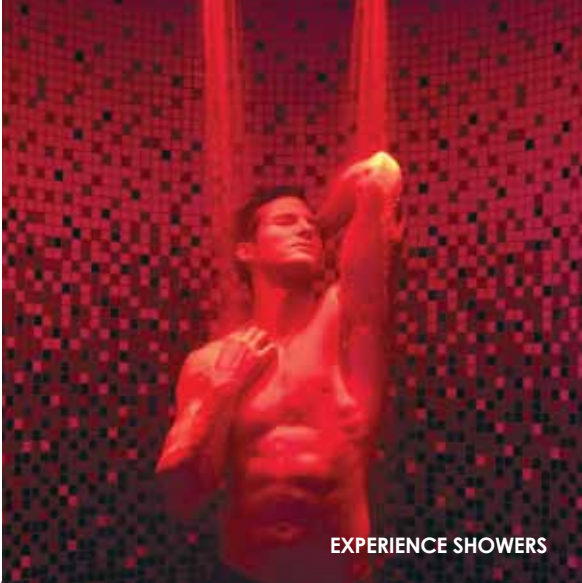
To enhance the Thermal Suite experience, feet can be warmed / cooled and soothed in two individual foot baths. A wonderful way to relax with a partner or friend and to complement your treatments.

## RASUL £40 for 2 people, £45 for 3 people, £50 for 4 people

A private steam Rasul and warm soothing mud experience. Paint mineral mud combinations onto your body and let them mineralize in the deep heat. This is a delightfully cleansing experience that will nourish your skin and relax and restore your muscles. The treatment stands entirely on its own merits or can be interwoven with other spa treatments, to leave you feeling refreshed and rejuvenated.

### SCRUB & MUD RASUL RITUAL

See our latest bespoke mud and scrub packages in the Seasonal Spa Brochure from just £40pp.



EXPERIENCE SHOWERS



THERMAL SUITE



ICE ROOM



SINANN FOOT BATHS



THERAPEUTIC SAUNA ROOM



RELAXATION SUITE



WE'VE GIVEN OUR SUITES A LUXURY MAKEOVER



To improve our guest experience we have invested in a refurbishment of our suites, to the highest standard, ensuring the best possible stay. After a day of tranquility, the beautifully designed new standard suites will provide the luxurious night stay you come to expect at Suites Hotel and Spa. You can rest assured, the next day you will awake, feeling relaxed and revived, like a new you.







## A CHANCE TO RELAX & REFRESH



Take advantage of our 18m heated swimming pool, steam room, sauna and Jacuzzi's located a short stroll away in our Leisure Club.



## SPA TERMS AND CONDITIONS

All packages and treatments need to be pre-booked to avoid disappointment. Please note when making a reservation you are accepting the terms and conditions of Suites Hotel and Spa.

### ARRIVING

Please arrive 15 minutes before your appointment time. This will give you plenty of time to check in, use the restroom, and fill out the compulsory New Client Consultation Form and enjoy light refreshments at reception. Arriving late will reduce your treatment time as each session will be finished exactly on time as a courtesy to the next client.

We understand that sometimes being late is outside of your control. We will always do our best to accommodate late arrivals (within 15 minutes after your appointment) by performing the most complete treatment possible in the time remaining. Unfortunately, arriving 15 minutes after the scheduled time of your appointment will result in full charges (equivalent deductions from gift certificates or vouchers) without the opportunity to reschedule. If you have a gift voucher and do not show up for your treatment or cancel 72 hours before your treatment time, you will forfeit your voucher. We recommend that you plan ahead for your visit to our spa. We'll be happy to answer any questions you may have about our location, parking and travel options.

### BOOKING BY PHONE & CANCELLATIONS

#### SPA DAYS & OVERNIGHT BREAKS

When booking by phone, you will be asked to provide a 50% deposit for your spa day and 100% for your spa break. A valid credit or debit card will be required to prepay for your packages at reservation stage.

A deposit may be required for treatments, this will depend on the service being booked and length of treatment time. Should you wish to cancel your spa break/day please give us 72 hours' notice and we will keep your prepayment on account for you to use on your next visit. Cancellations made with less than 72 hours' notice or no shows will lose the full 50% deposit on your spa day and a full 100% on your spa break.

A single room supplement of £30.00 per room per night will be charged on all spa breaks. When booking a spa break a valid debit or credit card must be given to the hotel on arrival for pre-authorisation.

### REFUND POLICY - PRODUCTS

All our products are sold as brand new and for personal use only. We cannot give refunds on any products sold due to personal hygiene and health and safety reasons. If there is a fault with the product we can send it back to the manufacturer for review.

### REFUND POLICY – SERVICES

All our treatments are carried out by qualified therapists. If you have had a spa treatment that you are unsatisfied with please contact the spa immediately. We cannot give refunds on any treatments but we will look into your concerns immediately. We do not refund deposits however if the cancellation period was 72 hours or more we will hold it on account for you.

### ARRIVAL TIMES

All timings shown in correspondence refers to arrival times and not your treatment time. Some spa reservations will begin with your treatments.

### NOISE AND MOBILE PHONES

Please respect all spa guests' right to privacy and serenity. Please maintain conversations at a considerate volume in all treatment areas. Mobile phones are not permitted in the treatment rooms and must be kept silent or turned off when you are in the spa.

### CHILDREN

For health and safety reasons and in order to maintain a peaceful, relaxing environment, children are not permitted in the spa.

### CLIENT CONSULTATION FORM & HEALTH CONDITIONS

All new clients will be requested to complete a New Client Consultation Form before our therapists can perform any treatments.



Failure to do so will result in us refusing to perform your treatments. Please advise us of any health conditions, allergies or injuries which could affect your service when completing this form. It is your responsibility to let us know of any changes in your circumstances before your treatment goes ahead. We also reserve the right to ask you to complete the Client Questionnaire every 6 months so that we can update our records.

#### AGE RESTRICTIONS

You must be 18 or over to receive treatments. We reserve the right to refuse performing treatments on any guest under the age of consent.

#### CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after every service and treatment.

#### LOSS OR DAMAGE OF PERSONAL ITEMS

We regret that we cannot be responsible for any loss or damage of personal items at the spa. Please keep your personal belongings in the lockers provided.

#### LEISURE FACILITIES

Included in our spa days and spa breaks is our 18m heated swimming pool, sauna, steam room and jacuzzi. This does not include any of The Studio classes or cardio suite use.

#### GIFT VOUCHERS

When making a booking with a gift voucher the serial number on the back must be confirmed to secure your reservation.

Vouchers are non-refundable and may not be exchanged for cash in any circumstances. Please remember to bring your voucher to your spa day or treatment

as your method of payment. Failure to do this will result in you being required to pay by an alternative method of payment. No discount will be applied if a voucher is not produced.

Vouchers are only valid until the date specified on the voucher, after this date no exchange or refund for out of date vouchers is possible.

Vouchers are considered to be cash in terms of security. Vouchers cannot be replaced if lost, stolen or damaged. The Spa reserve the right to replace any element of vouchers with an offer of equivalent value.

Gift vouchers are valid for 6 months.





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