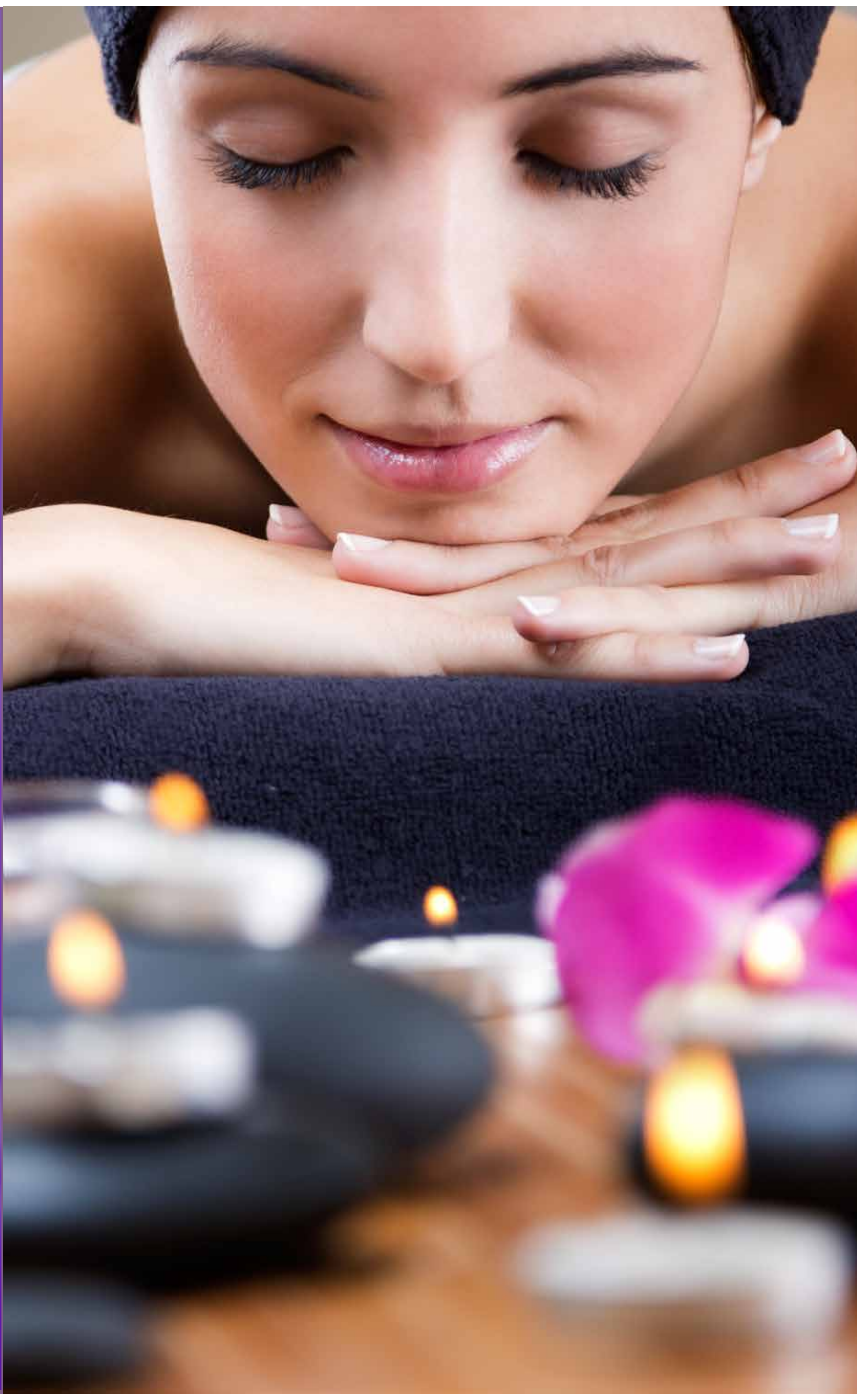


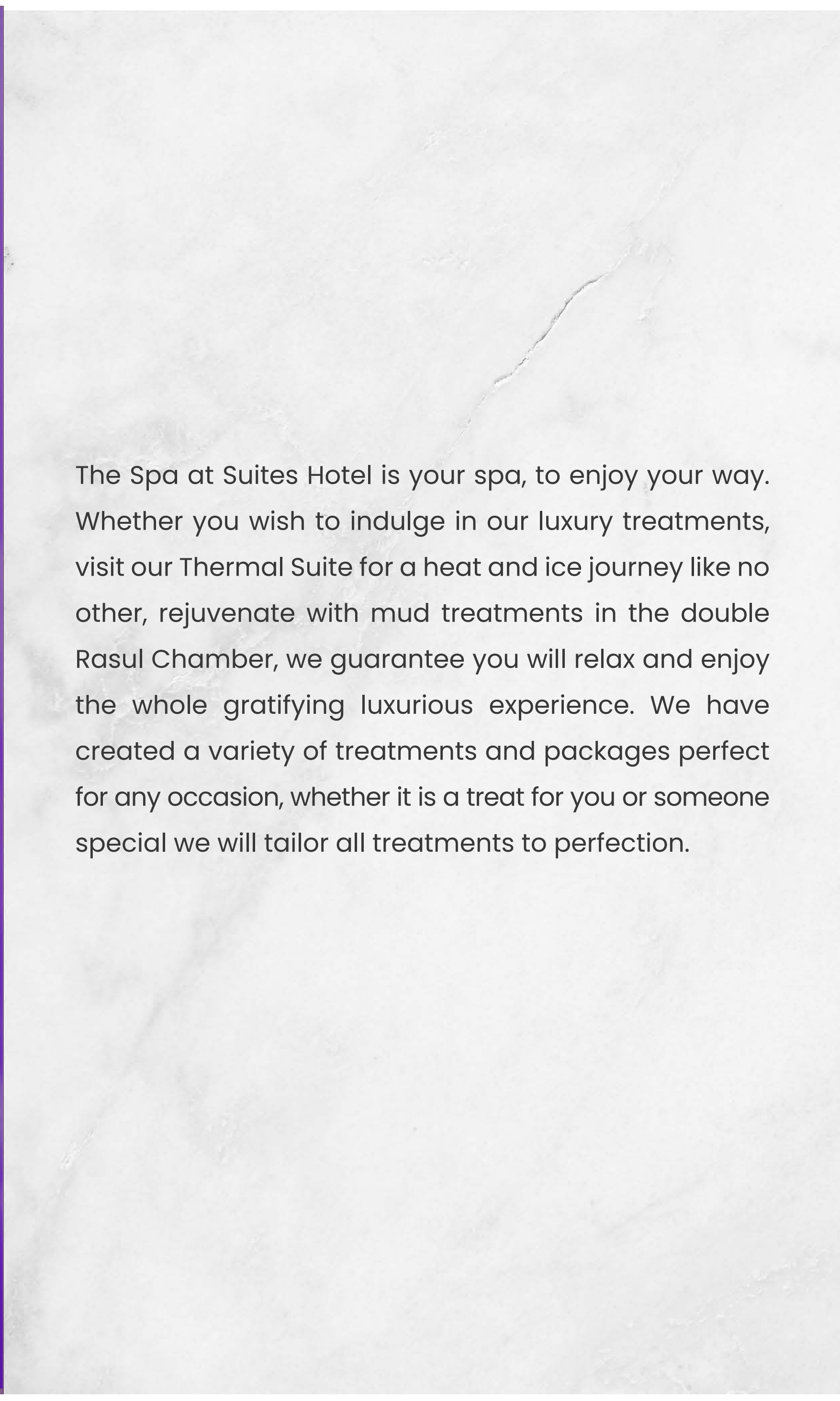
THE
Spa

@ SUITES HOTEL

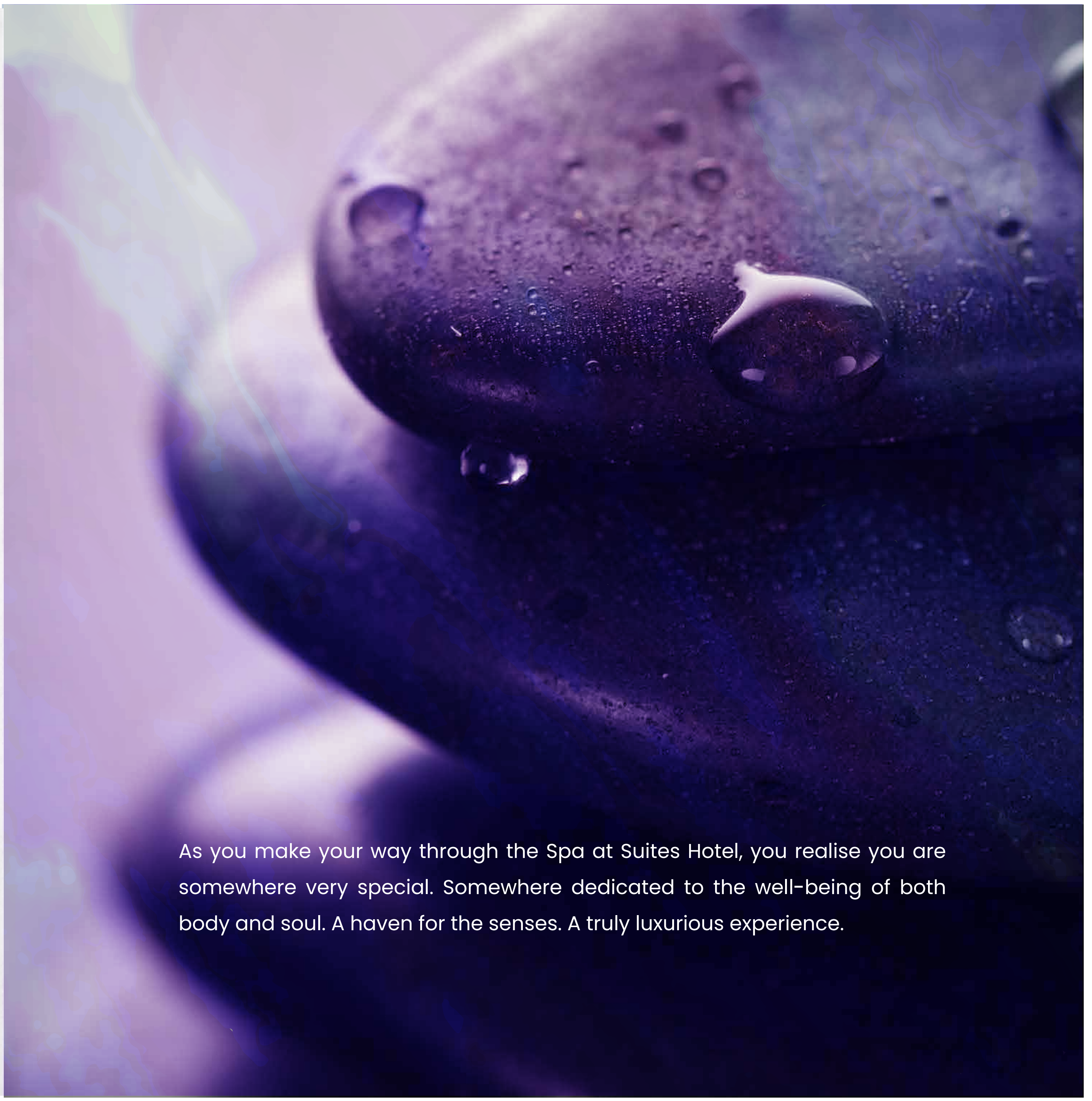




THE
Spa
@ SUITES HOTEL



The Spa at Suites Hotel 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.



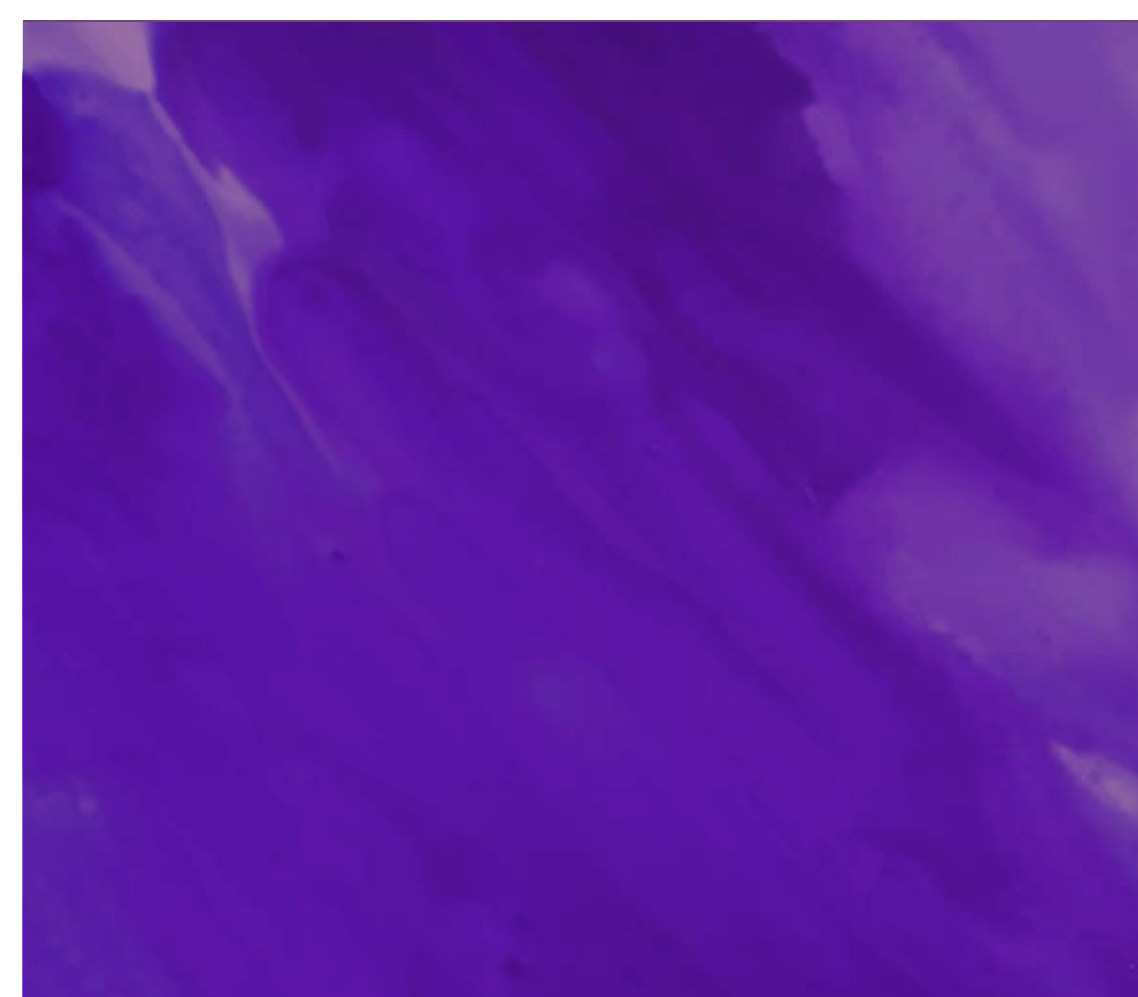
As you make your way through the Spa at Suites Hotel, you realise you are somewhere very special. Somewhere dedicated to the well-being of both body and soul. A haven for the senses. A truly luxurious experience.

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.



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

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





OVERNIGHT SPA PACKAGES

SUNDAY NIGHT SLEEPOVER

- Overnight stay
- 2 Course Evening Meal
- Breakfast
- 1 x 25 Minute Treatment
- Access to Thermal Suite

£99.00 Per Person

REVIVE ME ONE NIGHT BREAK

- Overnight stay
- 2 Course Evening Meal
- Breakfast
- 1 x 55 Minute Treatment
- Access to Thermal Suite

Package cost Mon-Thu £125.00 Per Person

Package cost Fri-Sun £149.00 Per Person

REVIVE ME TWO NIGHT BREAK

- Overnight stay
- 2 Course Evening Meal
- Breakfast
- 1 x 55 Minute Treatment
- Access to Thermal Suite
- Afternoon tea

Package cost Mon-Thu £199.00 Per Person

Package cost Fri-Sun £229.00 Per Person

JUST THE TWO OF US

- Overnight stay
- 2 Course Evening Meal
- Breakfast
- 1 x 55 Minute Treatment
- Rasul
- Access to Thermal Suite
- 2 Course Healthy Light Lunch or Afternoon tea
- 1 Alcoholic Drink or Soft Drink

Package cost Mon-Thu £249.00 Per Person

Package cost Fri-Sun £279.00 Per Person



Thalgo

BODY TREATMENT

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.

THALGO BODY TREATMENT

3 Algae Wrap 55 MIN £70

The original marine algae wrap, harnessing all the incredible benefits of seaweed; it activates circulation, increases metabolism, relieves aches and pains and can improve certain dry skin conditions. After a relaxing welcome massage and body exfoliation, Thalgo's patented seaweed wrap is applied, infusing its minerals, vitamins and micro-nutrients. Excellent for detox and general well-being.

3 Algae Back Treatment 45 MIN £55

Discover the incredible remineralising benefits of seaweed for problem skin prone to flare ups. A welcome massage and exfoliation relax and soften the skin on the back before Thalgo's patented natural marine algae wrap is applied to deeply cleanse, detoxify and smooth. Once removed, a refreshing seawater concentrate and a sebum-regulating concentrate or nourishing cream is applied.

Options for both oily and dry skins.

Island Body Scrub 25 MIN £45

A bi-phase scrub with pure white sand from Bora Bora, sea salt, coconut shells and plant oils to nourish and exfoliate skin.

Ginger Body Scrub 25 MIN £45

Ayurveda inspired bi-phase scrub with sea salt, brown sugar, plant and essential oils to smooth and invigorate the body.

SPA RITUALS

Prodige des Océans Face & Body Ritual 1hr 55 minutes £145

Enjoy the ultimate high-regeneration beauty ritual combining a patented cocktail of 64 marine nutrients with 7 exclusive and precise massage techniques, including a Japanese ancient manual facelift technique. This ultra-luxurious face and body ritual stimulates energy flow, eliminates toxins and tones facial muscles. The facial contours appear redefined and re-sculpted, while wrinkles are smoothed away. The body massage encourages a state of deep relaxation as all tensions are released and harmony is restored. A moment of pure pleasure that extends from head to toe to feel deeply revitalised and soothed.

Mer des Indes Spa Ritual 85 minutes £120

A true Indian sensory experience, this harmonising protocol invites body and mind to switch off and let go and rebalance their energy. Warm oil, together with gentle, enveloping massage movements combine with invigorating manoeuvres and stretches to restore total harmony of body and mind.

Iles Pacifique Spa Ritual 85 minutes £115

Experience this exotic spa ritual, inspired by the islands of Polynesia. This luxurious treatment begins with a Lagoon-inspired azure foot bath, to protect and hydrate the skin. A vanilla-scented body scrub, blended with pure Bora Bora white sand, sea salt, coconut shell and algo-monoï, gently exfoliates the feet and lower legs, before the Mahana Massage loosens muscles and nourishes the skin with a rhythmic rocking movement massage with warm sand pouches.

Thalgo

FACIALS

FACIALS

Discovery Facial All skin types 25 minutes £45

The Perfect express facial if you are on the go, tailored to your skin type. Featuring Thalgo's signature Discovery of the Sea welcome massage, unique brush cleanse and exfoliation, skin specific mask and moisturiser, you will refreshed and relaxed with beautifully glowing skin.

3 Algae Facial 55 minutes £70

Experience true marine beauty with this signature "thalasso" algae facial. Following the Discovery of the Sea welcome massage, unique brush cleanse and exfoliation, a warm mask of remineralising and revitalising natural seaweed is applied. The Heart of the Ocean massage recreates the rhythmic motions of the sea to relax and relieve tension and the treatment is completed with a skin specific moisturiser and energising eye gel to leave your complexion soft, radiant and clear.

Heart of the Ocean Ritual Facials (below is a description of the Ocean Ritual this is not a treatment) These skin personalised Thalgo signature facials begin with the Discovery of the Sea welcome massage, skin specific cleanse and exfoliation. The Heart of the Ocean massage recreates the rhythmic motions of the sea to relax the facial muscles and relieve tension in the arms, shoulders and neck. A skin specific mask and moisturiser correct any skin concerns, leaving the complexion restored to its natural beauty.



Source Marine Hydra Strengthening Facial 55 minutes £75

Normal/Dehydrated skin Rehydrate and visibly strengthen thirsty skin with this treatment concentrated in remineralising active ingredients.

Deeply Nourishing Cream Maring Replenishing Treatment 55 minutes £75

Dry & Very Dry skins Super replenishing treatment enriched in Cold Cream Marine, Marine Pro Ceramides and Patented Micronised Marine Algae, to instantly replenish and visibly smooth undernourished skins.

Purete Marine Treatment 55 minutes £75

Oily/Combination skins Put a stop to shine! Your skin is purified and instantly clearer thanks to the duo of regulating algae.

Anti Ageing Facials Again brief description of the facials on the next section. Thalgo is an anti ageing specialist and offer facials for different ages and anti ageing concerns, all renowned for their incredible results.

Hyalu Procollagene Correcting Treatment 55 minutes £85

Bursting with Hyaluronic acid!

The first four step wrinkle by wrinkle treatment combining three hyaluronic acids, marine pro collagen and 3 unique roller booster tools After immersion in a marine bubble of relaxing cleansing and energising acupressure, the concentrated active ingredients of the wrinkle correcting serum is applied using gentle Dermastim stretching movements The marine mask is then applied and wrinkles are worked on in succession using the unique roller booster tools to amplify the smoothing, filling and plumping effect Skin feels plumped and even established wrinkles see visible results

A Marine Shot, peach flavoured Collagen 10000 is offered to enhance the anti ageing effect

Exception Marine Redensifying Treatment 85 minutes £95

This unique marine "manual facelift" treatment targets and tightens individual facial muscles and visibly lifts the entire face and restores the skin's density Following brush cleanse and exfoliation, the exclusive EnergiLift Massage and patented marine replenishment complex corrects loss of firmness and volume on the face, neck, décolleté and hands through deep, rhythmic movements A face mask and massage of the neck, décolleté and arms leave you feeling deeply relaxed, with visibly smoother and brighter skin

THE SPA BODY TREATMENTS & MASSAGES

Body Treatments

Aromatherapy Massage

55MIN £80 | 25 MIN £45

Hot Stone Massage

55MIN £85 | 25 MIN £45

Swedish Massage

55MIN £80 | 25 MIN £45

Tranquility Scalp Massage

25 MIN £45



ADD ONS

Deeply Nourishing Hand or Foot Massage 15 minutes £20

This replenishing and relaxing massage features specific techniques to repair, protect and restore comfort to dry hands and / or feet.

HAND AND FOOT TREATMENTS

File & Polish on fingernails & Toes

Peacci Varnish	£20
The Gel Bottle Gel Application	£35

Spa Manicure 60 minutes

Peacci Varnish	£35
The Gel Bottle	£40

Spa Pedicure

Peacci Varnish	£35
The Gel Bottle	£40

Luxury Manicure 75minutes

Peacci Varnish	£50
The Gel Bottle	£65

Luxury Pedicure

Peacci Varnish	£50
The Gel Bottle	£65
Gel Removal	£15
Gel Removal & Reapplication	£40

Biab Application	£40
Biab Removal	£15
Biab Removal & Reapplication	£42

WAXING / EYE TREATMENT

Eye Treatments

Patch test required at least 24hrs prior to treatments

Eyebrow Wax	£12
Eyebrow Tint	£10
Eyebrow Tint & Wax	£18
Eyelash Tint	£20
Eyelash, Eyebrow tint & Shape	£30

Hair Removal

Perron Rigot Paris wax

Half Leg Wax	£18
¾ Leg Wax	£23
Full Leg Wax	£28
Bikini	£18
Extended Bikini	£25
Forearms	£18
Underarm	£15
Lip	£9
Chin	£9
Lip & Chin	£15
Back Wax	£30

MEN'S M.O.T

Thalgo Men Marine Facial Treatment 55 minutes	£75
3 Algae Back Treatment 45 minutes	£55
Deep Tissue back massage 25 Minutes	£45
Tranquility Scalp Massage 25 Minutes	£45
Men's Spa Manicure	£35
Men's Spa Pedicure	£40



SPA DAYS

REJUVENATE SPA DAY

- 1 x 25 Minute Treatment
- Access to Thermal Suite
- 2 Course Healthy Light Lunch or Afternoon tea
- 1 Alcoholic Drink or Soft Drink

Package cost Midweek £95.00 Per Person or £169.00 per Couple

Package cost Weekend £115.00 Per Person or £199.00 per Couple

POSITIVITY SPA DAY

- 1 x 25 Minute Treatment
- Retail Voucher
- Access to Thermal Suite
- 2 Course Healthy Light Lunch or Afternoon tea
- 1 Alcoholic Drink or Soft Drink

Package cost Midweek £105.00 Per Person or £179.00 per Couple

Package cost Weekend £125.00 Per Person or £209.00 per Couple

RESTFUL SPA DAY

- 1 x 55 Minute Treatment
- Retail Voucher
- Access to Thermal Suite
- 2 Course Healthy Light Lunch or Afternoon tea
- 1 Alcoholic Drink or Soft Drink

Package cost Midweek £140.00 Per Person or £249.00 per Couple

Package cost Weekend £160.00 Per Person or £299.00 per Couple

SOOTHING SPA DAY

- 1 x 55 Minute Treatment
- Rasul
- Retail Voucher
- Access to Thermal Suite
- 2 Course Healthy Light Lunch or Afternoon tea
- 1 Alcoholic Drink or Soft Drink

Package cost Midweek £230.00 Per Person or £419.00 per Couple

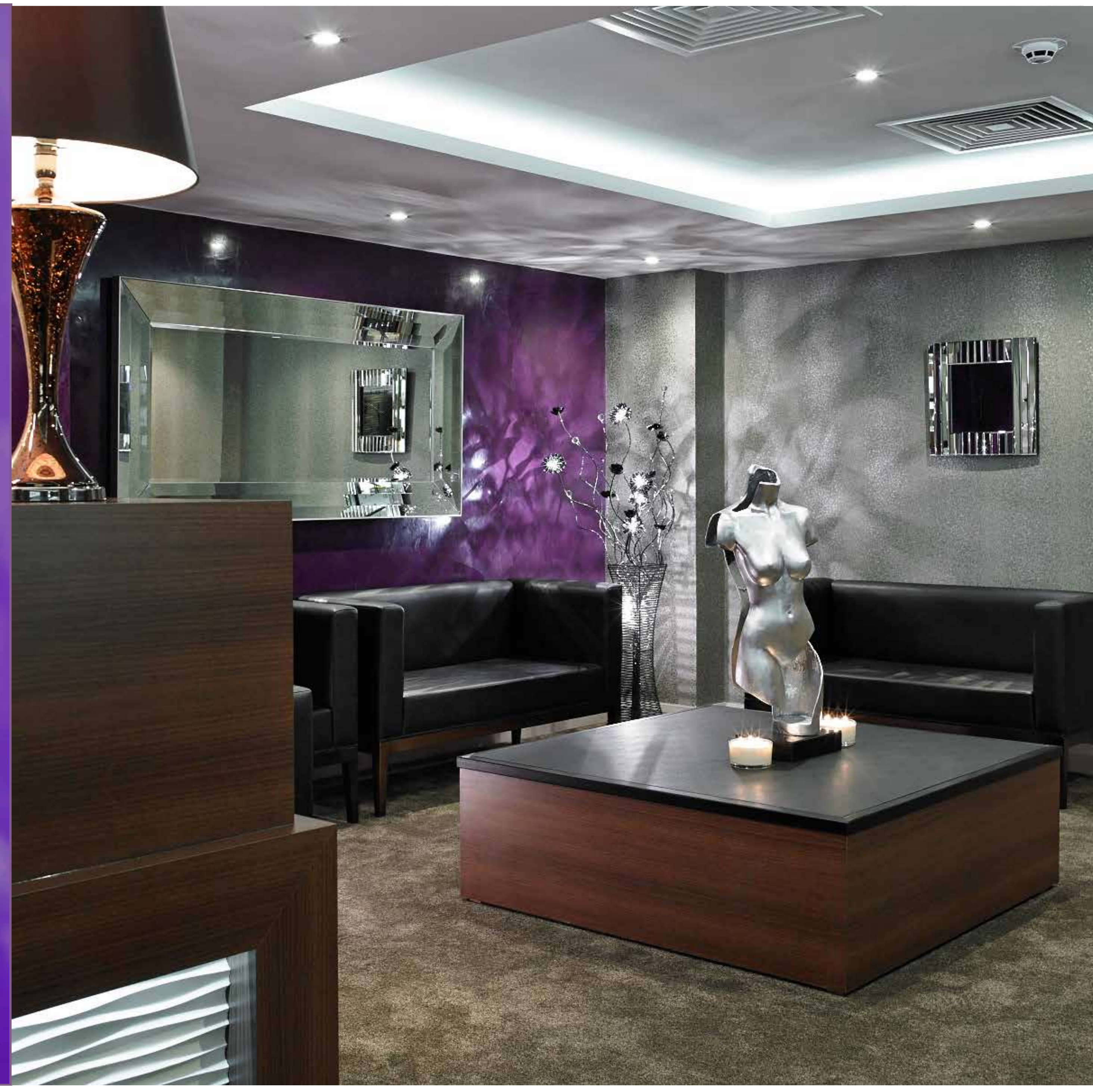
Package cost Weekend £250.00 Per Person or £449.00 per Couple

SPA DAY – NO TREATMENTS

- Access to Thermal Suite
- 2 Course Healthy Light Lunch or Afternoon tea
- 1 Alcoholic Drink or Soft Drink

Package cost Midweek £75.00 Per Person or 139.00 per Couple

Package cost Weekend £95.00 Per Person or £169.00 per Couple



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 through heat and ice and will leave feeling re-energized, 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. See our latest bespoke mud and scrub packages in the Seasonal Spa Brochure.



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 & OVENIGHT BREAKS

When booking by phone, you will be asked to provide a full payment for your spa day and full payment for your spa break. A valid credit or debit card will be required to prepay for your packages at reservation stage. A 50% deposit may be required for treatments, this will depend on the service being booked and length of treatment time. Should you need to cancel your spa break/-day/treatment 72 hours' notice is needed and a full refund will be processed or dates changed subject to availability. Cancellations made with less than 72 hours' notice or no shows will lose the full prepayment/deposit on your spa day/break/treatment. 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 if cancelled after the 72 hours cut off.

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. No photos allowed within the spa or leisure facilities for all customers privacy.

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. Proof of ID maybe required, we use challenge 25.

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.

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 12 months.

After we say bon voyage, rest assured
you'll leave feeling relaxed, revived, like a new you.

Suiteshotel

KNOWSLEY

SPA & LEISURE

Suites Hotel Knowsley, Ribblers Lane, Knowsley, Merseyside L34 9HA

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 **Compass** Hospitality