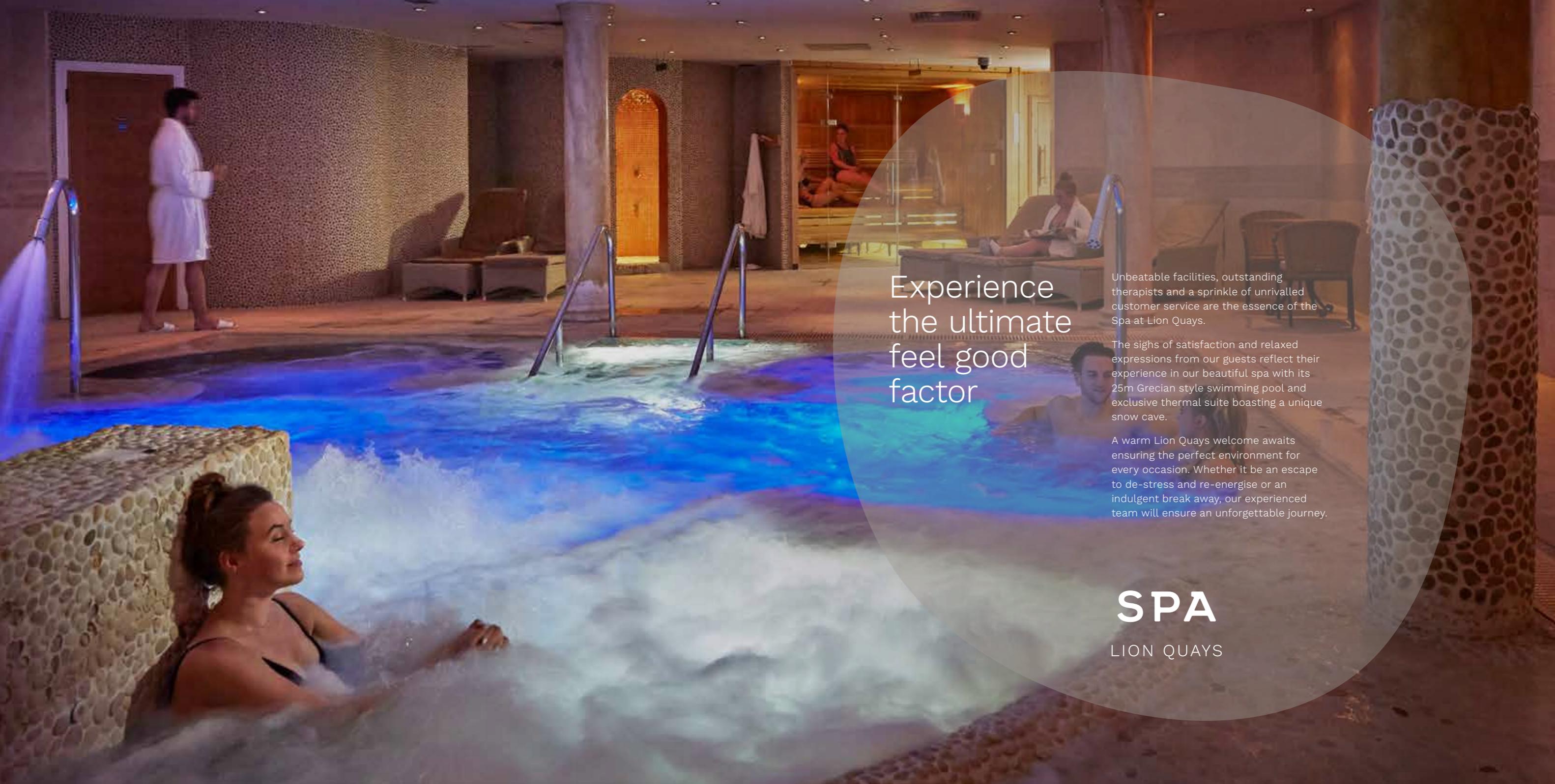




LION QUAYS

A woman is relaxing in a hot tub in a spa. The hot tub is filled with bubbling water and is illuminated with blue and purple lights. In the background, there is a swimming pool with a man and a woman in it. A man in a white robe is standing near a door on the left. The spa has a modern, luxurious feel with stone walls and pillars.

Experience the ultimate feel good factor

Unbeatable facilities, outstanding therapists and a sprinkle of unrivalled customer service are the essence of the Spa at Lion Quays.

The sighs of satisfaction and relaxed expressions from our guests reflect their experience in our beautiful spa with its 25m Grecian style swimming pool and exclusive thermal suite boasting a unique snow cave.

A warm Lion Quays welcome awaits ensuring the perfect environment for every occasion. Whether it be an escape to de-stress and re-energise or an indulgent break away, our experienced team will ensure an unforgettable journey.

SPA
LION QUAYS

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DISCOVER

Begin your journey of discovery in the thermal suite with its inspiration from water and the effects on our mind, body and soul.

Hydrotherapy Pool

Soak in the warmth of the hydrotherapy pool with its powerful jets to comfort and relax. Loosening tense and tight muscles, encouraging relaxation and improving skin and muscle tone.

Starlit Livello Steam Room

Curved alcoves give privacy in this multi-level steam room. Breathe the aromatic infused steam, soothing the body.

Sanarium

Moisture and steam are perfectly balanced to provide a gentle warming of the body and improve breathing. The circulation is gently increased leaving a rosy glow to the skins surface.

Sauna

The intense deep heat warms and relaxes muscles relieving tension and easing joint pain. Calming the body and relieving it of stress helps to aid restful sleep.

Experience Showers

Refresh and revitalise under a warm gentle shower or invigorate with a bracing ice bucket.

Snow Cave

Enter the most fascinating cooling experience of all. Year round wintery fun! After a sauna session try an invigorating experience at a tingly -10°C where you are surrounded by rocks and crevices swathed in snow.

RETREAT

Complete your thermal journey and retreat to the peaceful calm of the relaxation lounges to enjoy a cup of refreshing herbal tea. Stretch out on a comfy lounge in the dimly lit lounges or enjoy a little me time with a stroll on the spacious outdoor terrace.



A LITTLE EXTRA TREAT

Rasul Mud Chamber

Inspired by ancient Egyptian bathing, organic mud is applied to the skin to exfoliate and nourish.

Herbal steam fills the chamber culminating with a tropical rain shower inducing pure relaxation.

Moisturise all over to complete this indulgent treat for your skin.

Add a Mud Chamber session onto your Lion Quays Spa Break.

1-2 people	£20 per person
3-4 people	£15 per person

The treatment will take 25 minutes, maximum of 4 persons per session

Dry Flotation Bed

Feel weightless with this unique and deeply relaxing experience. Recharge your batteries with the equivalent of 4 hours natural sleep.

25 minutes | £20 per person

Tranquillity scalp massage

A deeply soothing scalp, neck and shoulder massage to banish tension and aid restful sleep.

Pressure point massage includes Rosemary and Lavender Essential Oils to invigorate and calm leaving a feeling of pure serenity.

25 minutes | £35

Aroma foot relief

An exfoliation with unique pressure point massage leaving feet and lower legs fresh and light.

25 minutes | £35

Aromatherapy body massage

Relax, refine, tone or stimulate with one of these tension-releasing, holistic treatments. Stresses and strains blissfully melt away and skin all over is left revitalised and velvety.

Top-to-Toe (Full Body Massage including Scalp) **80 minutes | £80**

Full Body Massage **60 minutes | £60**

Back, Neck & Shoulder Massage **25 minutes | £35**

Bamboo massage

Using powerful techniques and silky bamboo canes to deliver a truly unique massage experience.

Perfect for stress relief, muscle strengthening and lymphatic drainage reactivating the circulation and delivering a sense of well-being and overall flexibility.

Back of the Body **50 minutes | £55**

Full Body Massage **60 minutes | £65**

Thai Ritual Massage **120 minutes | £105**
(includes full body exfoliation & top to toe massage)

MASSAGE RITUALS



Aromatherapy hot stone massage

Stimulate energy flow while soothing body and mind with this heavenly massage that uses the warmth of heated stones and aromatic massage balms to ease every tension. Pure heaven.

Full Body Massage **60 minutes | £65**

Back, Neck & Shoulder Massage **25 minutes | £40**

THE BODY BEAUTIFUL



Decléor Aroma Blend Body Sculpting

A new approach to body sculpting with this shaping ritual completely bespoke to your refining and firming needs. Thanks to a fusion of essential oils and plants oils freshly blended by your therapist, the skin is transformed. The body feels recharged and the emotions balanced.

Refine & Firm	60 minutes £65
Waistline	30 minutes £40
Light Legs	30 minutes £40

Body Envelopments

Tailor-made cocooning full body envelopments.

Exotic fruit seeds gently exfoliate to reveal softer more youthful feeling skin. A customised mask is then applied to the body whilst you rest enveloped and enjoying the pleasure of a heated blanket and soothing scalp massage. Your expert therapist will help you choose from relax; detox; energise; or tone.

60 minutes | £65

Zesty Citrus Flotation

A full body exfoliation with application of a zesty citrus butter body mask. This energising and uplifting body wrap firms, sculpts and tones whilst enjoying the warmth and comfort of the dry flotation bed.

60 minutes | £65

Perfect Slim Anti Cellulite Treatment

Thighs, hips and bottom are visibly refined even after one treatment. Enjoy an exfoliation of targeted areas before an invigorating massage.

Our therapists use an exclusive cocktail of essential oils proven to break fat in 28 days. You'll be delighted.

60 minutes | £65

Aroma Body Silk Glistener

Full body exfoliation where powdered fruit seeds and spices are used to polish skin leaving it silky smooth. The perfect pre-treatment to any massage.

25 minutes | £35

New beginnings Mother-to-be

Safe and nurturing pregnancy ritual, suitable for pregnancies over 13 weeks.

Relax while your highly-trained therapist safely and gently treats your tummy, legs and face to a truly nurturing experience that helps reduce the risk of stretch marks, relieves 'heavy' legs and brightens skin.

80 minutes | £80



SIGNATURE TREATMENTS

Quay to Serenity

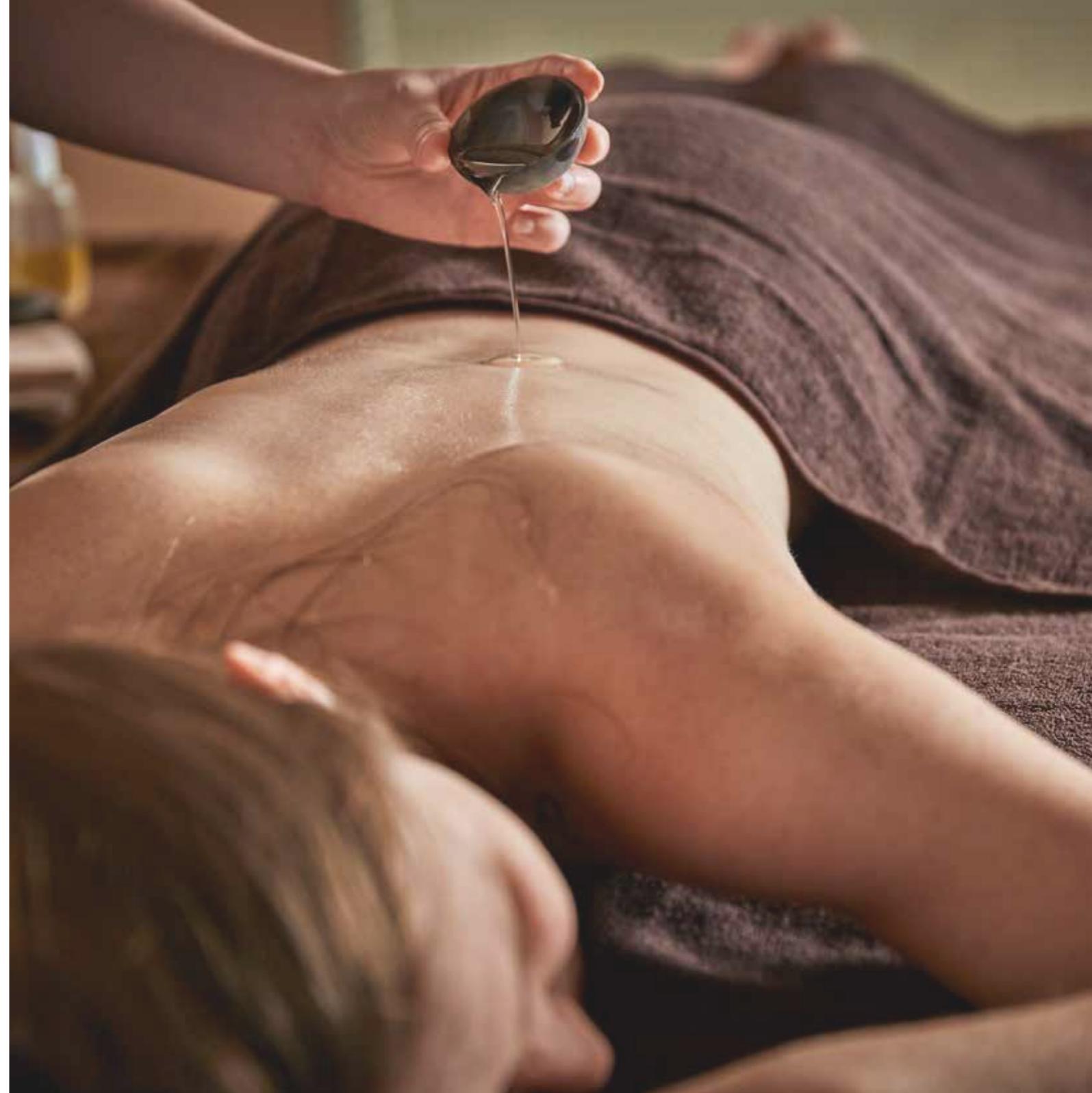
Created exclusively for Lion Quays this exquisite treatment begins with a welcome ritual of hot towels to the feet, infused with an elixir of essential oils. A fruit seed body polish follows before macadamia and red palm oil balms are drizzled over the body to instantly soothe and relax. A hot stone massage dissolves away the tension finishing with a revitalising facial massage.

90 minutes | £85

Red Island Ritual

Inspired by the magical island of Madagascar, powdered fruit seeds and spices are used to polish skin leaving it exceptionally soft. A delightful relaxing massage with warm oils and a unique wooden relaxer to de-stress and re-energise.

60 minutes | £65





FEATURE FACIALS

Every facial begins with the unique back diagnostic massage; utterly relaxing for you and a wonderful insight for your therapist into your precise needs. Expert massage techniques and essential oils address the demands of every skin type to leave all complexions balanced, comforted and glowing.

Aromatherapy Discovery Facial

Short of time? An effective rescue remedy for perfectly radiant skin.

Includes revitalising massage, essential oils and a gentle polish to wake-up tired skin leaving it fresh and radiant. Excludes back diagnostic massage.

25 minutes | £35

Decléor Ultimate Vitamin Glow

Power-packed with vitamins and anti-oxidants, this award winning facial melts away stress. Combines a rebalancing Essential Oil elixir plus warm, decongesting mask for skin that's purified, perfectly replenished and glowing.

60 minutes | £65

Decléor Aroma Expert Facials

After an expert skin analysis, your therapist will select from one of our targeted active masks with renowned properties that will enhance the beauty of your own skin.

Choose from Moisture Quench; Divine Nutrition; Pure & Matt or Harmonie Calm

70 minutes | £75

Re-Vital Eyes

Anti-ageing and visibly plumping for a smoother and rested eye zone.

25 minutes | £35

May be added on to any one of these luxurious facials for an additional £20. 15 minutes.

Decléor Advanced Anti-Ageing Facials

Eternal Youth 30+

Youth-boosting anti-wrinkle treatment.

For immediately visible results, powerful ingredients and gentle exfoliation target lines and wrinkles. A mineral mask also lifts, plumps and firms for a luminous, younger-looking complexion.

70 minutes | £75

Elegance 40+

Energising but luxurious, specialised massage helps recharge skin tissues while an indulgent, collagen-rich mask infuses the complexion with skin-plumping nutrients. The skin's natural renewal process is kick-started for firmer, radiant skin.

70 minutes | £75

Orexcellence Facial Pilates 50+

An instant results facial. Inspired by pilates, it delivers a natural lift to the face, whilst helping reshape the contours of the face with a re-cushioning effect. The skin is left flawless, glowing with rosy youthfulness.

70 minutes | £75

FINISHING TOUCHES

Shape & Polish*

25 minutes | £20

Jessica Ultimate Manicure*

40 minutes | £35

Jessica Perfect Pedicure*

40 minutes | £35

French polish additional 10 minutes £40

Jessica Deluxe Manicure*

An indulgent treat for your hands. Exfoliation, mask with heated mittens, hand massage and to finish a perfect shape and polish.

A complimentary refreshment is included.

70 minutes | £55

Jessica Deluxe Pedicure*

A luxury treatment for your feet. Exfoliation, mask with heated booties, foot and lower leg massage and to finish a perfect shape and polish.

A complimentary refreshment is included.

70 minutes | £55

Jessica Geleration Manicure or Pedicure*

A fabulous gel that applies like polish to give a longer lasting finish for hands or feet.

Chip resistant, dries in seconds and protects the natural nail.

40 minutes | £30

Bare Minerals Make Under

Colour match foundation, contouring and lips.

15 minutes | £10

Make Up Application

Bare Minerals make-up application with the latest make-up trends.

25 minutes | £35

Make Up Lesson

55 minutes | £55

*Please ensure all old polish is removed so your therapist can focus on creating perfect nails.

Expert Waxing

Half Leg	£15
Full Leg	£25
Bikini	£15
Full Leg & Bikini	£35
Underarm	£12
Lip or Chin	£9
Lip & Chin	£16

Full Body Spray Tan

We recommend you exfoliate prior to treatment.

Infused with pure Argan oil and vitamin E, Moroccan Tan restores skin's moisture giving flawless tan every time. Suitable for all skin types.

20 minutes | £25

For Your Eyes Only

A patch test is required at least 24 hours prior to any tint

Eyebrow shape	£12
Eyebrow tint	£10
Eyelash tint	£12
Lash & brow tint & shape	£26
MyLash (lash lift & tint)	£45

BEAUTY SECRETS



SPA DAY PACKAGES



Our day spa experiences include unlimited access to the spa thermal suite and leisure facilities, robe and slippers and buffet lunch in Nico's Brasserie.

Midweek Spa & Lunch

Enjoy unlimited access to our extensive facilities including buffet lunch in Nico's Brasserie with a glass of chilled prosecco.

Treatments may be arranged separately but we recommend booking in advance.

£49 per person

Rejuvenation Retreat

An indulgent retreat to include Back, Neck and Shoulder massage and Vitamin Glow Facial.

Complete your day with a Bare Minerals Make Under.

Available Monday - Sunday
105 minutes | £109 per person

Weekend Spa & Lunch

Enjoy unlimited access to our extensive facilities including buffet lunch in Nico's Brasserie with a glass of chilled prosecco.

Treatments may be arranged separately but we recommend booking in advance.

£59 per person

Time Together is Quay

Choose one 25 minute taster treatment from the following:

Aroma Body Silk Glistener: Express Facial, Aroma Foot Relief, Tranquillity Scalp Massage, Express Manicure or Express Pedicure.

Available Monday - Sunday **£69 per person**

Couples Retreat

Enjoy quality time together with a revitalising Mud Rasul Experience and Full Body Massage in our couples' room.

A glass of chilled prosecco accompanies lunch in Nico's Brasserie.

Available Monday - Sunday
85 minutes | £109 per person

Signature Retreat

The ultimate in indulgence and relaxation.

Quay to Serenity Signature Ritual with Vitamin Glow Facial.

Enjoy a refreshing citrus sorbet between treatments and a fresh fruit platter during your day.

Available Monday - Sunday
150 minutes | £165 per person

Bundle of Joy

Use of the thermal suite is not suitable during pregnancy.

Swimming pool and relaxation areas are included.

Relax on a warm couch and enjoy the New Beginnings Mother-to-Be body treatment with a radiance Discovery Facial. Feet and lower legs are then spoiled with a Perfect Pedicure.

Available Monday - Sunday
140 minutes | £145 per person

It's a Man's World

Energise and relax with spa treatments to recover and revive.

Back, Neck and Shoulder massage with a refreshing facial.

Available Monday - Sunday **£75 per person**
50 minutes | £80 per person

Morning Coffee Escape

Morning coffee and pastries are served in Nico's Brasserie. Choose two 25 minute treatments:

Express Facial, Back Massage, Express Manicure, Express Pedicure or Body Silk Glistener

Available Monday - Friday **£69 per person**

Arrival from 9am. Checkout 2pm.

Afternoon Delight

Afternoon tea is served in Nico's Brasserie. Choose two 25 minute treatments:

Express Facial, Back Massage, Express Manicure, Express Pedicure or Body Silk Glistener

Available Monday - Friday

Arrival from 1pm. Checkout 6pm.

Touch & Glow

A full day treatment with lunch. Robe and slippers included. Choose one 60 minute treatment:

Decléor Vitamin Glow Facial, Decléor Aroma Full Body Massage, Body Envelopment or Zesty Citrus Flotation

Available Monday - Sunday **£85 per person**

Only one treatment available at any time.

CELEBRATION DAYS

Whether it's a hen party, birthday or simply celebrating friendships Lion Quays has a tailor-made package to suit your needs.

Choose one of these celebration days for an unforgettable experience.



Celebration Spa

Specially designed for groups of 8 or more.

4 hours access to our extensive facilities with one 25 minute treatment included.

Choose one from the following options:

- Body Silk Glistener
- Tranquillity Scalp Massage
- Express Facial
- Express Manicure or Pedicure

Buffet Lunch or Afternoon Tea is served in Nico's before or after your spa day.

Please specify at time of booking.

Available 9am-1pm or 2pm-6pm

£65 per person

Champagne Spa

Full day access to all our extensive facilities. Buffet Lunch or Afternoon Tea is served in Nico's. Please specify at time of booking.

Champagne Cocktail is served in Nico's to toast your special occasion.

Choose two 25 minute treatments:

- Express Facial
- Express Manicure
- Express Pedicure
- Body Silk Glistener

£99 per person

WEDDING BELLES

Wedding Make-Up Trial

55 minutes | £50 per person

Wedding Make-Up Application

25 minutes | £40 per person

Book your trial and application together for £75



SPA LEISURE BREAKS

Lion Quays Spa takes you on a journey of discovery, relaxation and rejuvenation, Whatever the occasion, you are assured a welcoming and friendly atmosphere that provides the perfect environment for you to exercise, relax and unwind..

All spa breaks include dinner, bed and breakfast with unlimited use of our extensive leisure facilities, as well as one full day in our renowned Spa World with Thermal Suite, Saunas and Snow Cave.

The Quay Midweek Getaway

Treatments and lunch are available at an additional cost, pre-booking required. 20% discount on treatments booked in advance.

Available Monday - Thursday

2 guests | From £177

1 guest | £123.50

Sunday Spa and Dinner Stay (for two)

Includes 25 minutes of pampering, choose from Body Silk Glistener, Express Manicure, Express Pedicure, Decléor Express Facial or Tranquillity Scalp Massage. Buffet Lunch is included and is served in Nico's Brasserie.

Available Sunday nights only

2 guests | From £221

Midweek Spa and Dining Treat

Includes 50 minutes of pampering; choose from a Decléor Aroma Massage or Decléor Facial. Buffet Lunch is included and is served in Nico's Brasserie.

Available Sunday - Thursday

2 guests | From £293

1 guest | £182.50

Weekend Spa and Dining Treat (for two)

Includes 50 minutes of pampering; choose from a Decléor Aroma Massage or Decléor Facial. Buffet lunch is included and is served in Nico's Brasserie.

Available Friday & Saturday

2 guests | £325

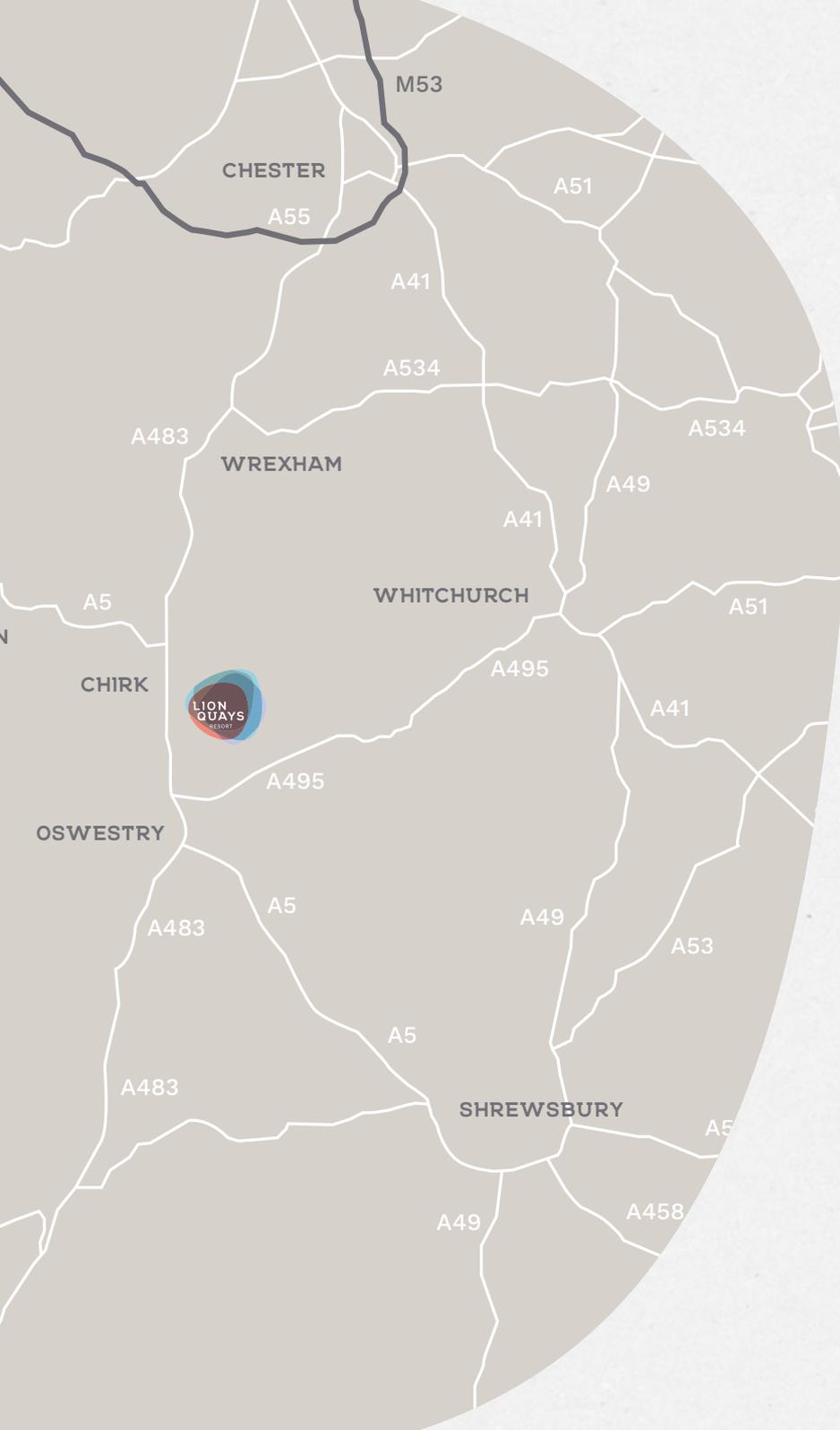
It's All About Us Spa and Stay (for two)

Includes a 60 minute Decléor Aroma Massage and Mud Rasul experience.

Buffet Lunch with a glass of prosecco is included and is served in Nico's Brasserie.

Available Sunday - Thursday

2 guests | From £350 per person



Spa Opening Times:

Saturday - Wednesday 9am-7pm,
Thursday - Friday 9am-8pm

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LionQuays



Lion Quays Hotel & Spa

lionquays.co.uk/spa

