



SPA TREATMENTS

Located on the lower ground floor of The Victoria, easily accessed by either lift or stairs, is our spa area.

This includes a heated swimming pool, spa bath, sauna, heated relaxation beds and a further relaxation area. Ladies and gentlemen's changing and shower facilities are available, together with robes and towels for your use whilst in the spa area.

We are also delighted to offer you the following treatments which can be experienced in the comfort of the hotel. Treatments are for hotel residents only.

NORAH MCCULLAGH (Facialist)

Bespoke Holistic Facials tailored for all skin types. Using biomimetic, skin friendly products, free from parabens, sulphates, fragrance chemicals and mineral oils. All treatments include therapeutic massage to face, neck and shoulders, a cleanse and exfoliation and the application of leave on lotions and potions to hydrate, nourish and protect barrier function.

FACIALS:

DEEP CLEANSING FACIAL

A mask of beraclay, lactic acid, fruit & protein enzymes draw out impurities while Canadian willow herb, aloe vera and green tea soothe and protect. Cell Renewal is stimulated for a more radiant complexion. For clearer, cleaner, fresher skin.

BRIGHTENING FACIAL

An Enzyme Retexturing Treatment with fruit enzymes for a brighter, smoother skin. Facial is completed with a complex of brightening accelerators and peptides and a Recovery Balm to soothe, nourish and hydrate.

ZONE FACE LIFT

Includes Facial Reflexology, Japanese Lifting Techniques and Crystal Orbs. A treatment to lift facial features and elevate one's sense of well-being while being deeply relaxing.

LYMPHATIC DRAINAGE FACIAL

Specialised massage with hands, fingertips, facial brushes and facial cupping over the lymphatic pathways on the face and neck. Purifies the skin from within, reduces puffiness, helps clear blocked sinuses. Very relaxing, gentle, soothing and smoothing.

GUA SHA FUSION

Jade & Rose Quartz Gua Shas (stones) flow into the Facial at different stages and in different ways to oxygenate the skin, lift and sculpt facial contours and increase lymphatic flow. Acupressure rollers stimulate the fibro blast cells to boost collagen production.

AYURVEDIC FACIAL (Marma Therapy)

Therapeutic massage of the Ayurvedic Facial Acupressure points to revitalise the skin and promote radiance. Massage with a Kansa Wand helps to plump the skin and soften fine lines.

BESPOKE HOLISTIC FACIAL

If you are not sure what kind of Facial to select please book this Facial. After a consultation Norah will customise the Facial to be of optimum benefit for you and your skin on the day. This can include elements from any of the Facials on offer.

ELECTRICAL FACIALS:

ULTRA SONIC FACIAL

Sonophoresis, the application of ultra sonic energy (sound waves) is used to infuse the skin with anti-ageing actives such as Vitamins and Hyaluronic acid. Boosts circulation, collagen synthesis and cellular repair.

ULTRA VISAGE MICROCURRENT FACIAL

Microcurrent uses a gentle electrical current to lift and tone the facial muscles. Known also as the Non-surgical Face Lift. Increases ATP levels within the cells which re-energises the production of collagen, elastin and natural moisturising factors within the skin. These benefits continue after the Facial has ended.

TREATMENT PRICES:

60 mins **£65** 75 mins **£80** 90 mins **£95**

JENNY HULIN (Advanced course certificate Reflexology, Member of the federation of precision Reflexologists).

Reflexology is a wonderful therapeutic healing treatment to enable a person to find rebalance and rejuvenation. Reflexology is a soothing calming relaxing massage using reflex points to stimulate the energy flow while using a blend of essential oils to add to the benefits of the treatment. Overall feeling is a sense of well-being and calm. Jenny has been practicing reflexology for over 24 years.

REFLEXOLOGY TREATMENT

Wonderful way to relax and rejuvenate, whilst having your feet massaged with therapeutic benefits.

30 mins **£45** 60 mins **£60**

LOWER LEG / ANKLE MASSAGE

Lower leg/ankle massage with reflex points to soothe and energise tired achy feet (very helpful for swollen ankles).

30 mins **£45**

KAYA WOODS (APNT, VTCT)

Kaya has trained extensively in the fields of massage and skincare and has over a decade of experience working as a full time therapist. Evolve Organic Beauty and Botanicals products are used in all treatments. These award winning products are the finest in luxury holistic skincare and offer powerful results as well as an uplifting experience. All products are made in the UK, are mostly organic and completely cruelty free and vegan.

MASSAGE:

VICTORIA HOTEL SIGNATURE MASSAGE 90 mins **£95**

90 minutes of seaside bliss. The best of the massage favourites combine in this popular treatment. First the hot stones melt away your muscle tension, delivering deep relaxation. Next a thorough Indian head massage followed by Thai foot massage. The treatment then concludes with a rejuvenating body polish of dead sea salt, lemon and juniper berry essential oils.

HOT STONE MASSAGE 60 mins **£75**

Heated volcanic basalt stones reach deep into tired muscles, releasing knots and tension. Hot stone massage is said to be 10 times more powerful than a regular massage and is especially suited to those who enjoy a deep tissue massage.

TENSION TAMER 60 mins **£75**

The ultimate tension tamer, so many of us hold our tension in our upper bodies and especially our necks. This is where your therapist will focus, as well as the face, scalp, arms and hands. Deep peace inducing aromatic oils with Jade and Rose Quartz Gua Sha crystals bring balance and calm to body, mind and soul.

RESTORATIVE MASSAGE 45 mins **£70**

Light or medium pressure Swedish massage to restore body and mind.

AROMATHERAPY MASSAGE 45 mins **£70**

Light or medium pressure massage with the use of botanicals organic essential oil blends.

INDIAN HEAD MASSAGE 35 mins **£60**

Heavenly head massage which induces deep relaxation and promotes a healthy hair and scalp. This ancient therapeutic treatment has been practiced for thousands of years and is ever popular here at the spa.

THAI FOOT MASSAGE 45 mins **£70**

A luxurious foot massage utilising a reviving aromatherapy blend of lavender, peppermint and tea tree essential oils.

REVITALISING BODY POLISH 45 mins **£70**

Full or part body treatment, a light lymphatic drainage massage followed by a body polish to refine and firm body contours with purifying and uplifting essential oils, sea salt and coconut oil.

FACIALS:

SPA RETREAT 75 mins **£95**

Deep tissue back massage with the use of muscle ease aromatherapy oils, followed by an Evolve Organic Beauty superfood facial. Perfect for men and those wishing to maximise the benefits of their time in the spa.

CUSTOM RESTORATIVE FACIAL 40 mins **£60** 60 mins **£75**

A consultation will inform your treatment, whereby your therapist will draw from a range of different techniques and products designed to cleanse, calm, clarify, refine, boost and nourish your complexion. You'll leave us glowing with radiance and feeling like a brand new you.

ULTIMATE COLLAGEN FACIAL 75 mins **£85**

Results driven facial suitable for all skin types and beneficial for multiple skin concerns. Our powerful plant enzyme peel leaves skin beautifully re-surfaced. The skin is then cocooned in a luxurious and deeply hydrating pure marine collagen mask. Especially suitable for dehydrated, mature and very mature skin.

BRIGHTENING SUPERFOOD FACIAL 75 mins **£80**

Deeply cleansing and brightening facial suitable for all skin types with the use of our superfood skincare products from Evolve Organic Beauty.

BIO RETINOL GOLD FACIAL 75 mins **£90**

This facial is a divine treat for both your skin and your senses. Utilising the evolve bio retinol gold mask delivering cellular renewal and rejuvenation, leaving your skin shimmering with health. Improves skin tone and texture. Firms and supports graceful ageing.

PREGNANCY RITUAL 75 mins **£95**

Evolve Organic Beauty pregnancy safe facial followed by a reviving leg and foot massage.

TEEN FACIAL Suitable for 12-18 year olds 40 mins **£60**

Express facial. An adult must accompany under 16s.

KIDS TREAT Suitable for 5-12 year olds 30 mins **£50**

Aromatherapy hand and foot massage followed by mini facial with cocoa face mask. An adult must accompany under 16s.

For further details of the treatments available, or to make a booking please contact Reception. All treatments are payable to the therapist directly by cash or cheque. Any treatment that is cancelled without 24hrs notice will still be charged at 50%.

Please note contraindications: Massage may not be suitable for you if you have had major surgery in the last 3 months, if you have a cold or fever, or are suffering from a contagious disease or skin condition. Please refrain from wearing perfumes or antiperspirants to your treatment.