

SPA MENU LIST

FACIAL TREATMENTS

Thalgo has a facial to treat virtually any concern. All Thalgo facials begin with the "Discovery of the Sea" sensory experience to ease tensions and immerse you in a relaxing aquatic cocoon. For best results, Thalgo recommends a course of 6 facials, in conjunction with the accompanying homecare range to continue effectiveness.

TAILORED THALGO FACIALS

50 MINS - £90

This personalised Thalgo facial begins with the "Discovery of the Sea" sensory experience, after which the skin is gently cleansed and exfoliated. A serum packed with active marine ingredients is applied with Thalgo's Heart of the Ocean massage. This is followed by a skin-specific mask. The treatment finishes with an application of moisturiser

ADVANCED ANTI-AGEING THALGO FACIALS HYALURONIC OR COLLAGEN 50 MINS £90 SILICIUM 80 MINS £110

This personalised Thalgo facial begins with the "Discovery of the Sea" sensory experience, followed by a tailored cleansing ritual and intense exfoliation, and an expert anti-ageing massage. Whilst the skin boosting mask is working you will be treated to a relaxing shoulder, neck and arm massage to ensure complete relaxation.

SIGNATURE FACIAL

80 MINS - £110

Experience true marine beauty with this signature algae facial. The treatment begins with a relaxing back massage, next the skin is gently cleansed and exfoliated. A mask of pure natural seaweed, known for its beauty-enhancing properties, is then applied to remineralise and revitalise the skin and leave you feeling relaxed and naturally radiant.

MASSAGE

TAILORED BODY MASSAGE

50 MINS - £90

This full body massage will be tailored to suit your individual needs, whether you prefer a light pressure to aid relaxation or a deep pressure to ease muscle tension our highly trained therapists will personalise to meet your requirements.

NAILS

MANICURE: £45

GEL MANICURE: £50

PEDICURE: £50

GEL PEDICURE: £55

BODY TREATMENTS

As specialists in marine spa therapies, Thalgo harnesses all the riches of the sea; oligo-elements, proteins, amino-acids, minerals and vitamins. We recommend courses of 6-12 sessions for maximum results. All body treatments begin with the "Discovery of the Sea" sensory experience to relax the body and ease tension.

TAILORED BODY WRAP

50 MINS - £90

Treat your body to either a detoxifying marine algae ritual or a remineralising marine mud ritual. Both body rituals begin with a welcoming foot cleanse. Whilst the wrap is working you will be treated to a deeply relaxing and destressing scalp massage.

NOURISHING BODY RITUAL

50 MINS - £105

Perfect to restore comfort to dry skin, this ritual begins with a deeply hydrating body wrap to soothe the skin and restoring a feeling of comfort. Whilst this is taking effect, a tension relieving scalp massage promotes relaxation. The body is then treated to a soothing and comforting massage which relaxes the whole body including a hand and foot massage for complete wellbeing.

POLYNESIA SIGNATURE RITUAL

80 MINS - £115

This treatment begins with an azure water foot bath. Next is the Exotic Island Body Scrub to leave the skin feeling smooth and soft. The Mahana Massage incorporates a rhythmic Lomi-Lomi massage and warm sand pouches to loosen muscles and nourish the skin. Finally, Polynesian Sacred Oil, is swept over the skin, leaving a sunkissed glow and a delicate scent of flowers and monoi.

SPECIALIST TREATMENT

THALGO PREGNANCY RITUAL

50 MINS - £90

Treat yourself to this relaxing face and body ritual especially designed for mums to be. After a soothing "Discovery of the Sea" sensory experience, a deeply nourishing and hydrating body balm is applied on specific areas which are prone to stretch marks to help soothe and soften. While this is left to work you will be treated to a hydrating facial and a draining and relaxing lower leg and foot massage. Finally the remaining body balm is gently massaged in leaving your skin feeling silky smooth and completely moisturised.