



St Brelade's Bay Hotel

Spa

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Spa



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A haven of tranquility... where all that matters is you

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St Brelade's Bay Hotel one of the best and most cherished hotels in Jersey, is right on the shores of the St Brelade's Bay beachfront and The Spa is tucked away in our state of the art Health Club.

We are dedicated to restoring beauty and balance through individual treatments and spa journeys, personalised for each of our guests by skilled therapists. Our commitment to wellbeing focuses on holistic principles, combining ancient wisdom and modern expertise. Our treatment menu offers an extensive variety of health and beauty enhancing treatments to ensure that our guests are nurtured, purified, pampered and relaxed. Our spa facilities include luxurious changing rooms, heated pool and aromatherapy steam room. For the more energetic we have a fully equipped state of the art gym, or for those seeking tranquility, simply relax in our luxury Jacuzzi with hydrotherapy and take some time out in our pool area. Our expert staff are on hand to make sure your time with us is truly relaxing and rejuvenating.

Spa Etiquette

We want you to have the best treatment experience possible, and to ensure that you do, we kindly ask that you take the following into consideration. Please note that due to high demand, only packages and treatments over 55 minutes will be invited to use all the spa facilities. We will advise you of the time you may arrive at the time of booking. Arriving late may make it necessary to limit time for your treatment so the next guest is not delayed. Please arrive at least 15 minutes before the scheduled time to check in and prepare to enjoy your

treatment. For your ease, robes, slippers and towels will be provided for your use during your spa visit. Suitable swimwear must be worn in the pool and pool area at all times. To ensure relaxation for yourself and other guests we ask that you keep noise to a minimum and switch off mobile phones in the pool and treatment areas. Your spa environment is one of tranquillity and relaxation. Please respect all Spa guests' right to privacy and serenity.



Our Products

Caudalie

Our exclusive Caudalie treatments are designed to indulge skin while providing visible results thanks to products renowned worldwide for their exceptional anti-oxidant properties. Transport yourself to the vineyards of Bordeaux in our exclusive Spa set in the heart of St Brelade's Bay. Indulge yourself with a choice of our unique face and body spa treatments, complimented by bespoke advice from one of our Vinotherapists, who can help you select the treatment best suited to your needs.

Our Packages

Pamper Me The overnight Stay Package

Relax in our Health Club steam room and jacuzzi for the afternoon, Swim in our Indoor heated pool or our heated outdoor pool and terrace. Choose From any of our 55-minute treatments and then indulge into one of our traditional afternoon tea's.

Spend a Night in our Luxury Hotel and include an overnight stay for Two and include the above package for **£350.00 Low Season** or **£400.00 High season.**

Or Spend 2 Nights and Include any 55-minute treatment on the second day.

Couples Retreat

Bring a loved one and arrive with a glass of complimentary Champagne followed by a selection of cakes. Full Divine Body Massage Each in our fantastic double treatment room, followed by a choice of any of our 25-minute treatments each. Full use of our health club facilities: Gym, Steam Room, Swimming Pool and Jacuzzi. Followed by a Light lunch for 2 in our Relaxing hotel Sun-lounge facing the spectacular view of St Brelades Bay.

Treatment time: **80 minutes per person**
From **£150.00**

Nourish Me Escape Spa Day including Lunch

Enjoy a Crushed Cabernet Body Treatment, a luxury manicure with mittens, a luxury beauty Elixir Facial followed by a divine two-course lunch with the escape spa day.

Treatment time: **135 minutes**
From **£190.00**

Soothe Me Indulgent Afternoon Tea for Two Spa Day

Enjoy A Spa Treatment in our fantastic Double Treatment with a loved one or a Friend. Choice of any of our 55 Minute Treatments Followed by a Delicious Traditional Afternoon Tea for Two.

Treatment time: **55 minutes**
From **£170.00**

Mother To Be Spa Day

Includes a 55-minute Mother to Be Pregnancy Massage for the mother to be, a choice of 1 x 25-minute treatment: Back Massage, Express Facial, Manicure or Pedicure. Choice of Mocktail and selection of our delicious cakes on arrival, followed by a delicious Afternoon Tea, robe and towel provided and use of the Health Club facilities from 1pm to 6pm

Treatment time: **80 minutes**
From **£135.00**



Body Treatments & Rituals

Pre-Natal Massage

This gentle and enveloping massage with grape-seed oil soothes tension brought on by pregnancy, stimulates blood circulation and improves the skin's tone and elasticity. Safely enjoy a moment of absolute relaxation and well-being with your baby-to-be. Soothing and relieving

Treatment time: **55 minutes**
From **£80.00**

Divine Scrub

A glamorous scrub that gently exfoliates your body and helps you regain smooth, fresh skin thanks to brown sugar, grape-seed oil and our Divine Oil. The application of the Nourishing Body Lotion combined with Divine Oil finishes off this treatment and leaves your skin luminous and lightly scented.

Treatment time: **25 minutes**
From **£42.00**

Cranial Massage

Hand placement on the skull is designed to free energy blockages and promote relaxation. This massage simultaneously stimulates reactions in the whole body, helping to rebalance the energies of the nervous system.

Treatment time: **25 minutes**
From **£42.00**

Crushed Cabernet Body Treatment

The indulgent body treatment incorporates one of the most popular scrubs from our Vinotherapy® Spas. This exfoliation technique regains your skin's radiance and softness, providing optimum opportunity for the skin to absorb all the hydrating ingredients to follow. We have developed this scrub with a base of grape-seed, honey, brown sugar and essential oils. The Caudalie signature sculpting massage follows, using the Contouring Concentrate, which stimulates the systems of the body and encourages natural elimination of toxins. An ideal treatment for relieving tension, invigorating your mind & body and as part of a slimming programme. Your skin will be left feeling clean, refined and perfectly smooth. Crushed Cabernet Body Treatment Stimulates and firming.

Treatment time: **55 minutes**
From **£80.00**

Fleur De Vigne Candle Massage

This massage is a signature Caudalie massage, Under the glow of the soft light of a massage candle that melts into a warm oil, delicately scented with Fleur de Vigne (Grape Blossom), enjoy a unique and relaxing experience where all your senses will be indulged. Tension will be relieved, and you will regain your energy. Relaxing and Soothing.

Treatment time: **55 minutes**
From **£82.00**

Divine Body Massage

This treatment incorporates our signature Caudalie massage, featuring our Award-winning Divine Oil. Indulge in the floral, sun-kissed fragrance of Divine oil, while compression techniques gently sooth tension and re-boost your energy. Your skin will be luxuriously softened, moisturized and wrapped in a delicate fragrance blend of roses, grapefruit, pink pepper, vanilla, cedar and white musk. Complete the treatment with an optional application of Divine Legs Tinted body lotion for an instant, sun kissed glow... Truly Divine!

Treatment time: **55 minutes**
From **£80.00**

The Classics

Back, Neck & Shoulder Massage
Time: **30 minutes** | From: **£42.00**

Back Neck & Shoulder Massage
Time: **45 minutes** | From: **£56.00**

Swedish Full Body Massage
Time: **45 minutes** | From: **£64.00**

Swedish Full Body Massage
Time: **60 minutes** | From: **£76.00**

Hot Stones Massage Only
Back Neck & Shoulder
Time: **45 minutes** | From: **£52.00**

Full Body Hot Stones
Time: **60 minutes** | From: **£68.00**

Indian Head Massage
Time: **30 minutes** | From: **£42.00**

Indian Head Massage
Time: **45 minutes** | From: **£52.00**

Luxurious Additions

Enhance your spa experience with an add on from the list below:

Back Massage **£30.00**

Hand Massage **£15.00**

Foot Massage **£15.00**

Head Massage **£30.00**

Hair Treatment **£30.00**

Full Body Scrub **£30.00**

Facial Treatments & Care

Vineactiv Facial, Anti-wrinkle, recharge & Glow

A deeply energizing vitamin cocktail. This facial treatment hydrates, renews, energizes & protects the skin cells in the epidermis. Combined with regenerating aromatherapy massage using essential oils, an anti-oxidant mask follows, highly concentrated in pink clays, grape marc and coffee, it deeply cleanses the skin while draining toxins. This facial reduces the visual appearance of fine lines & wrinkles, smooths and protects the skin. Your skin looks plumper, youthful and your complexion smooth. This is a perfect facial for those wishing to maintain and protect their skins from the environment and free radical damage.

Treatment time: **55 minutes**
From **£70.00**

Resveratrol Lift Facial Firming, Lifting & anti-wrinkle

Specially created for skin that lacks firmness, contour & vitality. After skin is gently cleansed, a stimulating massage visibly firms and redefines the contours of your face. The application of a warming mask enhances the lifting effect of Caudalie's resveratrol Lift products. The toning and lifting effects are immediate, your face appears resculpted. The firming and lifting effects are immediate, your face is as if resculpted, and radiant with youth.

Treatment time: **55 minutes**
From **£85.00**

Vino perfect Radiance Facial Complexion correcting/anti-dark spot

A unique facial treatment specifically designed to correct the complexion, restoring radiance and vitality to the skin. Specifically created for tired, dull & uneven skin types, this is a must have facial treatment. Exceptional massage techniques with essential oils and small hot and cold basalt stones, awaken the luminosity of the complexion, inducing a feeling of wellbeing. A Radiance Peeling Mask is applied for a gentle peeling action to restore your complexion's even tone. The Vino Perfect Serum adds the finishing touch to this treatment, leaving you looking radiant, even and luminous.

Treatment time: **55 minutes**
From **£70.00**

Express D-Vine Facial

Specially designed for men and women who are time short, yet still want results. This express treatment is tailor made to meet the needs of every skin type. This facial includes: eye and skin cleansing, deep exfoliation, the application of a customized mask, and a hand massage completes this moment of well-being. The experience is completed with serums and moisturisers to meet your individual requirements. Your skin's freshness, comfort and evenness are restored.

Treatment time: **25 minutes**
From **£42.00**



Signature Treatments & Rituals

Ultimate Face & Body Experience

This treatment starts with a full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth, followed by a luxurious divine body massage. This is followed by a facial cleanse, exfoliation, massage then finishing with a Cranial Scalp Massage for ultimate tranquility.

Treatment time: **120 minutes**
From **£150.00**

D-Vine Back Face & Scalp Treatment

This luxurious back, face and scalp treatment starts with a cleansing of the back, followed by exfoliation and a deep tissue back massage to ease away stress and tension. As your body is relaxed we treat & hydrate your skin with a Caudalie facial to suit your wishes, finishing with a Cranial Scalp massage to calm your mind.

Treatment time: **90 minutes**
From **£130.00**

CAUDALIE
PARIS



Hand & Foot Therapy



Luxury Spa Manicure

Hands are exfoliated, cuticles are cared for with oils and your arms will be cocooned in foil to help our luxuriously rich hand cream soak in. Once your nail shape is perfected we will apply your chosen colour for a faultless finish.

Treatment time: **60 minutes** From **£48.00**
Add Shellac: **+15 minutes** | **£58.00**

Luxury Spa Pedicure

The feet are pampered with exfoliation, warm thermal booties and a circulation-boosting massage. After your cuticles and nails have been tidied, we finish with a polish to leave your feet looking and feeling perfect!

Treatment time: **60 minutes** From **£55.00**
Add Shellac: **+15 minutes** | **£58.00**

Shellac Pedicure

Includes file, cuticle tidy and Shellac application.

Treatment time: **60 minutes** From **£46.00**

If you are returning for a re-application of Shellac, soak off is free of charge. Please inform the receptionist at the time of booking otherwise an additional charge is applied.

Express Nails

In a hurry but need those fingers or toes to look cared for and polished, then let us give you a file, shape, cuticle tidy and polish

Treatment time: **30 minutes**
From **£30.00**

CND Shellac Manicure

For longer lasting, high shine and instantly dry fingers and toes try shellac power polish. We do not perform any nail enhancements, gels or repairs.

Treatment time: **45 minutes**
From **£40.00**

Shellac Removal

Let us safely remove your Shellac and treat your nails with cuticle oil to help maintain healthy, happy nails.

Treatment time: **20 minutes**
From **£15.00**



The Essentials

Waxing

½ Leg Lower Wax	£25	Half Arm	£20
½ Leg Upper Wax	£25	Abdomen Wax	£30
Full Leg Wax	£42	Under Arm Wax	£15
Lip Wax	£10	Back	£36
Chin Wax	£10	Nostrils	£10
Full Arm Wax	£25	Ears	£10
		Eye brow	£12

Bikini & Intimate Waxing

Bikini Wax	£15
Extended Bikini Line Wax	£20
G String Bikini Wax	£25
Brazilian Waxing	£34
Hollywood Waxing	£40

Eye Treatments

Eyebrow & Eyelash Tint	£28
Eyebrow Tinting	£15
Eyelash Tinting	£18





For the Boys

Gentlemen's Tonic Combo

A quick pick me up to leave your face refreshed and body feeling relaxed. Enjoy our relaxing 25-minute Express Divine Facial, followed by a 55-minute Divine Body Massage to relax the mind body and soul.

Treatment time: **80 minutes**
From **£100.00**

Cleanse & Scrub Combo

Enjoy a 25-minute Mini Facial and Cleanse, Followed by a Divine neck and back scrub, then finished off with a soothing massage to leave you feeling Cleansed and revitalized.

Treatment time: **80 minutes**
From **£110.00**

Cleanse & Scrub Combo

Enjoy a 25-minute Mini Facial and Cleanse, Followed by a Divine neck and back scrub, then finished off with a soothing massage to leave you feeling Cleansed and revitalized.

Treatment time: **80 minutes** From **£110.00**

Relaxing Gents Cranial, Neck & Back Combo

For Those Who are short of time, Relax and enjoy our 25-minute Indian Head massage, followed by a 30-minute deep tissue neck and Full Back massage to leave your mind and body feeling refreshed.

Treatment time: **55 minutes** From **£50.00**

The Neat & Clean Combo

Start off with a full cleanse up on your hands and feet, foot scrub, and a tidy up on your nails, followed by a Gents cut wash and finish (beard trim if applicable), and let you leave the salon feeling Refreshed head to toe.

Treatment time: **70 minutes** From **£60.00**

Pick & Gym Combo

Come and enjoy one of any of the following 55 minute treatments and enjoy our full DW Health Club Facilities, including our Jacuzzi, Heated Indoor Swimming Pool, Full DW Gym and our Steam Room.

Fleur De Vigne Candle Massage: **55 minutes**

Hot Stones Massage: **55 minutes**

Divine Full Body Massage: **55 minutes**

Sports Massage: **55 minutes**

From **£70.00**



Spa Information

Opening Hours

Spa & Hair Salon

Monday to Saturday	9.00 am - 8.00 pm
Sunday	10.00 am - 6.00 pm

Gym & Pool

Monday to Thursday	6.30 am - 10.00 pm
Friday	6.30 am - 8.00 pm
Saturday	8.00 am - 8.00 pm
Sunday & Bank Holidays	8.00 am - 6.30 pm

Bookings

We recommend booking treatments and packages in advance to avoid disappointment.

Courses

Courses of treatments are available for any treatment. Pay for 5 and get your 6th treatment for free. Please enquire with spa reception. Payment is required on 1st treatment and must be used within 12 months. To book please e-mail spa@stbreladesbayhotel.com or telephone 01534 746141. All bookings are secured with a credit or debit card.

Children

Unfortunately we cannot accommodate children under the age of 16 in any of the spa areas, pool or treatment rooms.

Cancellation Policy

If you should need to cancel or reschedule an appointment we require 24 hours notice. Packages and group bookings require 72 hours notice. Failure to do this will incur a charge of 50% of the treatment price. Non-arrival to an appointment will incur a charge of 100% of the treatment price.

Payment Method

We accept all major credit cards, debit cards, cheques and cash.

Prices

We reserve the right to change prices and modify or discontinue treatments without notice to ensure that maximum standards of service and quality are met.

Gift Vouchers

Gift vouchers are available from our spa reception, for a monetary value only and are valid for 12 months from the date of purchase. They are non-refundable and non-transferable. Lost or stolen vouchers cannot be replaced. Vouchers must be presented at the time of treatment or an alternative payment method will be required. No cash change given. Expired gift vouchers cannot be accepted as a valid payment method.

Special Considerations

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any other health related concerns you have when making your appointment. We do not recommend the consumption of alcohol before or directly after Spa treatments. Please consult your doctor before using the Spa heat and water facilities or exercise equipment if under medical supervision or if you are taking medication. For moms-to-be, we have specifically designed treatments to care for both of you. Please allow our therapists to guide you in selecting which treatments are most suitable for you during this time. We recommend that you drink lots of water after your Spa treatments to help accelerate the elimination of toxins.

For Your Protection

We cannot accept responsibility for any lost or stolen items, please keep valuables safe.



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