

**EVERYONE**  
URBAN SPA & WELLNESS

**BROMSGROVE**

# ESCAPE TO THE BROMSGROVE SPA

Take time out for yourself at the Bromsgrove Spa. We are committed to delivering a personalised experience to meet your every need, whether you have 30 minutes or 3 hours, allow us to pamper you.

Choose from one of our luxurious treatments using Caudalie products, or take advantage of our wide range of beauty services including Jessica manicures and pedicures, gel nails, waxing, tinting and shaping.

Our facilities include a luxurious sauna, steam room, Aroma Room, Jacuzzi, Monsoon shower and 3 luxurious treatment rooms.

Access to the spa facilities is £15.50, alternatively book any 60 minute treatment and receive complimentary spa use.

Enjoy our treatment loyalty scheme – book any 5 treatments and receive the 6th treatment free of charge (terms and conditions apply).

# BEAUTY TREATMENTS

## HANDS & FEET

### Express manicure .....£22.50

A tailored manicure that includes cuticle care, file and a perfect polish.

### Express pedicure .....£22.50

A tailored pedicure to treat your individual nail type. It includes hard skin removal, cuticle tidy and a perfect polish.

### Luxury Manicure .....£28

### Luxury Pedicure.....£30

This replenishing intensive treatment is the perfect remedy for hard working feet. Incorporating an exfoliation, massage and hot booties and then finished with the perfect polish.

### Gel Manicure.....£30

A luxurious treatment that treats your individual nail type. This manicure leaves each nail shaped, polished and treated to perfection. Thermal mitts are used to ensure you feel completely pampered.

### Gel pedicure.....£32

### Gel application on hands or feet ....£25

### Soak Off .....£8

Gel lasts up to 21 days without peeling, chipping or fading. A unique gel in a bottle, it is applied like a polish with a durable strength of gel.

### File & Paint Hands.....£12

### File & Paint Feet.....£12

## SHAPING AND TINTING

### Eyebrow shape .....£10

### Eye lash tint.....£10

### Eyebrow tint.....£8

### Eye lash & brow tint .....£14

### Eyebrow shape & tint .....£14

## WAXING

### Half leg wax .....£16

### Full leg wax .....£22

### Bikini wax .....£14

### Brazilian wax .....£20

### Hollywood wax.....£25

### Half leg & bikini .....£24

### Full leg & bikini .....£30

### Half leg & Brazilian wax.....£30

### Full leg & Brazilian wax .....£36

### Half leg & Hollywood wax .....£35

### Full leg & Hollywood wax.....£40

### Lip wax.....£7

# MASSAGES

## SWEDISH MASSAGE

A massage concentrating specifically on areas of tension, allow your therapist to relieve muscle aches and pains, using a plant based oil.

25 mins.....	£32
40 mins .....	£40
55 mins.....	£55

## DEEP TISSUE MASSAGE

Deep tissue massage helps to restore mobility and reduce muscular aches and pains while the base oil calms the mind aiding exercise recovery.

25 mins.....	£36
40 mins .....	£42
55 mins.....	£60

## MUM TO BE PREGNANCY MASSAGE

25 mins.....	£30
55 mins.....	£60

## HOT STONE MASSAGE

Using pre-blended aromatherapy oils allow your body to surrender to the gentle heat of the volcanic stones that are massaged onto the body. A relaxing experience to make you feel you are walking on air.

25 mins.....	£36
40 mins .....	£42
55 mins.....	£60

## INDIAN HEAD MASSAGE

25 mins..... £30  
Allow time to escape with a calming and relaxing head massage. Your therapist will work on pressure points over the forehead and massage slowly and deeply across the head to ease built up tension and reduce stress.

## Hopi Ear ..... £30

It calms the mind, body and soul. is a safe, pain-free, non-invasive and relaxing method of relieving many pressure-related head problems and for cleaning the ears of excess wax and other matter.

# CAUDALIE

Caudalie treatments are designed to indulge skin while providing visible results thanks to products renowned worldwide for their exceptional anti-oxidant properties. The natural brand based around the grape and the grapevine ensure optimum results whilst delivering luxurious textures, aromas and divine treatments.

0% parabens, mineral oils, sodium laureth sulphate  
and animal ingredients.

## CAUDALIE'S SIGNATURE TREATMENT

1 hr 30 mins - £80

The ultimate face and body experience, this treatment begins with a luxurious deep tissue back massage using the Divine Oil for indulgent relaxation. Your therapist will then personalise a Caudalie express facial to suit your skins requirements this includes the ultimate eye treatment which lifts and firms the eye area and finishes with a relaxing scalp massage. Indulge in this total face and body experience which will leave you relaxed, refreshed & radiant looking.

# CAUDALIE FACIAL TREATMENTS

## **Vinosource Hydrating facial..... £50**

Moisturises, Soothes & Hydrates: A skin renewing treatment to deeply moisturise the skin. This facial starts with a gentle cleanse, a massage using fresh grapes followed by a recovery essential oil massage that soothes dry skin. The application of an intensely moisturising mask, and our Vinosource treatments restore moisture levels for a healthy, glowing complexion.

## **Vinoperfect Brightening Facial..... £50**

Radiance, anti-dark spots/pigmentation: The ideal treatment for skin lacking radiance and luminosity. After skin is gently cleansed, a massage with essential oils and hot and cold basalt stones stimulates your skin's radiance. The deep action peeling mask awakens the luminosity of your complexion.

## **VinActive detoxifying facial..... £50**

Anti-Oxidant, anti-wrinkle, protect: A burst of vitamins and energy for the skin! Created for clients who need a rescue from pollution this facial features products with two key ingredients: grape-seed polyphenols and vitamin C, to shield skin from free radicals and prevent future damage. After a thorough Cleansing and deep exfoliation, a detoxifying mask with pink clay, coffee and grape marc eliminates impurities and toxins.

## **Resveratrol Lift facial.....£55**

Lifting & firming, anti-wrinkle: Specially created for skin lacking in radiance and luminosity. After the skin is cleansed a stimulating massage visibly firms and redefines the contours of your face. The application of the warming mask enhances the lifting effect of Caudalie's Resveratrol Lift skin firming products. The toning and lifting effects are immediate, your face appears re-sculpted.

**Anti-Ageing eye treatment ..... £30**

This treatment works on lifting & firming the eye area. Wrinkles and fine lines are visibly smoothed. This treatment works on puffiness, dull & lifeless skin. The eye contour is left radiant with youth and vitality.

**Express D-Vine facial ..... £30**

A 25 minute version of our hydrating facial. Vinosource Treatments restore moisture levels for a healthy, glowing complexion.



# CAUDALIE BODY TREATMENTS

## **CRUSHED CABERNET FULL BODY EXFOLIATION (25MINS) £30**

It is an ideal “starter” for your treatments. To regain your skin’s radiance and softness, we have developed this scrub with a base of grape-seed, honey, brown sugar and the essential oils of the Contouring Concentrate.

## **CRUSHED CABERNET SCRUB & MASSAGE (55MINS) £50**

Slimming: Enjoy the crushed cabernet scrub followed by a back, neck and shoulder massage. The ultimate relaxation.

## **DIVINE BODY MASSAGE (55MINS) £60**

A relaxing body massage featuring our award winning Divine Oil, a combination of 4 exceptional plant oils. Your skin will be luxuriously softened, moisturised and wrapped in a delicate floral fragrance; a blend of roses, grapefruit, pink pepper, vanilla, cedar and white musk.

## **DIVINE FULL BODY EXFOLIATION £30**

It is an ideal “starter” for your treatments. Designed for indulgent pampering with mild exfoliation. This softening body scrub with brown sugar is combined with 4 exceptional plant oils to gently eliminate dead skin cells. Upon contact with water, the scrub transforms into a milk to leave your skin moisturised, soft silky and delicately scented. Ideal event for the most fragile, delicate of skins.

## **DIVINE SCRUB & MASSAGE £50**

Designed for indulgent pampering with mild exfoliation. The softening body scrub with brown sugar combined with 4 exceptional plant oils to gently eliminate dead skin cells. This is followed by a 25 minute back, neck and shoulder massage, to ease away tension and stress. Your skin will feel pampered and de-stressed.







# MEN'S TREATMENTS

## RELAX AND UNWIND WITH A FACIAL OR MASSAGE

### DEEP TISSUE MASSAGE

Deep tissue massage helps to restore mobility and reduce muscular aches and pains while the base oil calms the mind aiding exercise recovery.

25 mins..... £36    40 mins..... £42  
55 mins..... £60

### HOT STONE MASSAGE

Using pre-blended aromatherapy oils allow your body to surrender to the gentle heat of the volcanic stones that are massaged onto the body. A relaxing experience to make you feel you are walking on air.

25 mins..... £36    40 mins..... £42  
55 mins..... £60

### SPORTS MASSAGE

40 mins ..... £46    55 mins ..... £64

## VINEACTIVE DETOX FACIAL

55 mins..... £50

Anti-oxidant, anti-wrinkle, protect

A burst of vitamins and energy for the skin! Created for clients who need a rescue from pollution, this facial features products with two star ingredients: grape-seed polyphenols and vitamin C, to shield skin from free radicals and prevent future damage. After a thorough cleansing and a deep exfoliation, a detoxifying mask with pink clay, coffee and grape marc eliminates impurities and toxins. Your skin will look smooth and revitalised.

## GROOMING SERVICES FOR MEN

Maintenance manicure 25 mins .... £25

Maintenance pedicure 25 mins .... £25

## MENS WAXING

Chest Wax... £20    Back Wax ..... £20

Back & Chest ..... £35

# SPA EXPERIENCE PACKAGES

## SPA RELAX DAY - £25

- Full use of the spa facilities
- Use of the gym
- Use of the swimming pool
- A glass of Prosecco

## SIGNATURE SPA DAY - £45

- A 25 minute treatment of your choice
- Use of the spa facilities
- Use of the gym
- Use of the swimming pool
- Fruit platter & welcome drink





# ENJOY YOUR BROMSGROVE SPA EXPERIENCE

In order for you to relax, unwind and enjoy your spa experience, please read our helpful tips to gain the most from your visit.

## OPENING TIMES

Monday & Tuesday ..... 10:00 - 17:30  
Wednesday & Thursday .... 10:00 - 20:00  
Friday & Saturday ..... 10:00 - 18:00  
Sunday ..... Closed

## ADVANCED BOOKINGS

To avoid disappointment we strongly advise that you book all treatments in advance. Please contact a spa host on 01527 916434.

## CAR PARKING

Car parking is situated at the front of the building, please contact prior for fees and charges.

## ARRIVAL

In order for you to get the most of your experience please arrive 10 minutes prior to your treatment to complete a consultation form. Treatments that include use of the spa facilities, we would recommend arriving at least 45 minutes prior to your treatment to familiarise yourself with the spa surroundings.

## CANCELLATION

We operate a 24 hour cancellation policy to avoid 100% charge or redemption from your gift certificate. Full payment will be taken at the time of booking.

## GIFT CERTIFICATES

Treat a loved one to a Bromsgrove Spa gift certificate. All certificates must be used within 12 months of purchase. Please note gift certificates are non-transferable and non-refundable.

## HEALTH CONCERNS

Please notify our spa therapists if you have any special medical conditions, allergies or if you are pregnant. We do not recommend any treatments are carried out during the first trimester of pregnancy. We may require a doctor's note or for you to complete a client disclaimer form to enable us to perform certain treatments where medical conditions are concerned.

## SPA ETIQUETTE

We want you to feel comfortable during your spa experience therefore we will provide you with towels and robes. Our therapists are trained to observe client modesty at all times, disposable briefs and boxers are available during a treatment. Appropriate swim attire must be worn during the use of the heat and water area.

## LOSS OR DAMAGE

We strongly advise no jewellery to be worn at any time while relaxing within the spa. We will not be held accountable for any loss or damage to jewellery or possessions. £1 refundable lockers are available within the Spa area. We would also recommend that no alcohol is consumed prior to your treatment or spa use. Water will be provided within the spa area. We want your spa experience to be as tranquil as possible, therefore we ask that no mobile phones be used within the spa area.

## AGE REQUIREMENTS

The minimum age for access to the spa is 16. Beauty treatments will be available for those over 14 but must be accompanied by an adult at all times.

# EVERYONE

## URBAN SPA & WELLNESS

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