



## **Massage Treatments**

### **Sea & Senses Body Massage** (Marine Hot Stones)

Experience ultimate relaxation with this purifying, re-mineralising and sensorial massage treatment which uses warm volcanic basalt stones to decongest and eliminate toxins, and cool marine stones to re-mineralise. Featuring marine exfoliation as a prelude, and beautifully relaxing sculpting and concentric massage movements, tensions quickly give way to deep relaxation.

**1hr 30mins £65**

### **Aromatic Massage**

Relaxing body massage based on deep pressure point work of Shiatsu massage & the kneading sweeping movements of Swedish massage. Use of scented oils – A choice of Aroma-Vitality, Aroma-Slender, Aroma-Detox or Aroma-Relax.

**1hr £45**

### **Swedish Massage**

Specifically designed to relax the muscles by applying deep pressure. Swedish massage enhances oxygen flow in the blood and helps flush tissues of lactic and uric acid. It stretches ligaments and tendons making them more flexible, and can help stimulate the skin and nervous system to reduce emotional and physical stress.

**Full Body 1 hr £40**

**Back only 30mins £30**

### **Deep Tissue**

Deep pressure back massage

**30mins £37**

## Facial Treatments

**Thalgo Purity Ritual** - Mini facial tailored to your individual skin type.  
30mins £25

**Thalgo Oxygen Facial** - A true breath of oxygen for stressed, polluted and dull skins, this gentle smoothing and brightening facial reveals your skins true radiance. Ideal for all skin types  
1hr £40

**Thalgo Rebalancing Mask with Micronised Marine Algae** - Ideal for combination, oily and problem skin types. This anti-bacterial, re-balancing treatment deeply cleanses and leaves you skin re-mineralised and beautifully matte.  
1hr £40

**Thalgo Extreme Comfort** - A deeply moisturising warm and soothing treat for dry & fragile skin.  
Eyes only – 45mins £30  
Face only – 1hr £50  
Eyes & Face – 75mins £70

**Thalgo Cold Marine facial** – Intensely soothing cool mint treatment leaves your complexion fresh & luminous. Reviving marine & plant extracts work to decongest the skin and redness is visibly reduced. For fragile, delicate, and sensitive skin.  
1 hr £45

**Thalgo Pure Collagen Velvet Mask** - Experience the ultimate collagen boost. Perfect pre-party facial because of its instant results. Wonderfully uplifting anti-ageing, Fine lines and wrinkles are plumped out.  
Eyes only – 45mins £30  
Face only – 1hr £55  
Eyes & Face – 75mins £75

## Thalgo Body Treatments

**Thalgo micronised Marine Algae body wrap** – Intensive re-mineralisation & detoxification treatment, activates circulation, relieves aches and pains and provides deep relaxation.  
(Suitable for men & women)  
1hr £50

**Thalgomince Pregnancy Pamper** – This hydrating & toning treatment strengthens skin tone and restores firmness. Can be undertaken throughout pregnancy to improve elasticity & reduces appearance of stretch marks.  
1hr £50

**Frigi-Thalgo** – Cool marine wrap that encourages elimination of toxins and excess fluid. Perfect for treating cellulite, heavy hips and thighs and for relieving tired and heavy legs.

(Suitable for men & women)

**1hr £50**

**Aromaceane Wrap** – Opulent re-mineralising treatment, combining Thalgo oils and sea mud. A choice of: - Aroma-Slender, Aroma-Detox or Aroma Relax.

(Suitable for men & women)

**1hr 15mins £60**

**Thalgo Indoceane** – Ultimate Luxury, this treatment takes you on a journey incorporating influences from distant countries. Includes Exfoliation, Massage & Body Wrap.

(Suitable for men & women)

**1hr 30mins £75**

**Rebalancing Back Treatment** – Activates circulation, rebalances & purifies. Also relieves aches and pains.

**1hr £40**

## **Holistic Treatments**

(For him & her)

**Aromatherapy Massage** – Aromatherapy is a complimentary form of treatment with its roots based in ancient healing practices. The treatments make use of pure essential oils, derived from plants known for their medicinal value.

These oils are diluted in a carrier oil and applied through massage to the body. Aromatherapy is a sensual experience releasing stress build up from the mind and physical stress tensions from the body.

**Full Body & Face 1hr 15mins £45**

**Back only 30mins £35**

**Indian Head Massage** – This treatment increases blood supply to the head.

It aids lymphatic drainage and helps ease the muscular pain and tension by releasing blocked energy and rebalancing the system. This treatment works on the upper back, neck, shoulders, head and facial pressure points.

**30mins £30**

**Hopi Ear Treatment** – Ear candles have been used by many cultures as an effective natural therapy since ancient times. A light suction action (chimney effect)

and the movement of the flame create a vibration of air in the ear candle, generating a massage-like effect on the eardrum. This induces a pleasant feeling of warmth and balance of pressure in the ears, forehead and sinuses. It is soothing and helpful for earache and headache, ear noise, stress and pain relieving sensation,

mainly in the ear and head area. Furthermore, the whole ceremony brings a wonderful relaxation, a deep sense of security and a feeling of happiness, which is seldom experienced.

**30mins £30**

## Hands & Feet

### Manicures by Jessica-

- Deluxe Manicure – 1hr 10mins £35
- Manicure with Heated Mitts – 1hr £30
- Petit Manicure – 30mins £21
- French Polish Manicure - £45mins £21
- Men's Express Hand & Nail Treatment – 30mins £20

### Pedicures by Zen Spa

- Deluxe Pedicure – 1hr 10mins £35
- Zen Spa Pedicure – 1hr £30
- Petit Zen Spa Pedicure – 30mins £21
- French Polish Pedicure – 45mins £21
- Men's Executive Foot Care – 30mins-£17, 1hr-£27

## Waxing Treatments

- Full leg 1hr £20
- Full Leg & Bikini 1hr 15mins £25
- Half Leg 30mins £15
- Bikini 15mins £15
- Under Arms 15mins £7
- Arms 30mins £9
- Chest 30mins £15
- Back 30mins £15
- Chin 15mins £6.50
- Top Lip 15mis 6.50
- Top lip & Chin 30mins £11
- Eyebrows 15mins £6

## Rasul Treatment

The perfect treat for 1-4 people, the Rasul is a traditional Arabian cleansing ritual that uses mud, steam and monsoon rain to wash away and draw out toxins. Here at the Cliff Spa we use Thalgo Micronised Marine Algae which is applied, by yourself, over your body & face in the twinkle lit chamber. Immerse you body in the richness of marine algae, and let it infuse its wealth of minerals, vitamins and micro-nutrients to your skin for intensive remineralisation and detoxification.

**45mins £40 for one, £35 each for 2-4 people**

## St.Tropez Tanning

- Full Body Spray Tan – 30mins £27
- Half Body Spray Tan - 30mins £20

## Tinting

Eyelash Tint (Patch test required in advance) **20mins £10**  
Eye Brow Tint (Patch test required in advance) **15mins £8**

## Make-Up

Make-Up Application **1hr £20**  
Make-Up Lesson **1hr £25**

## Wedding

Bride's Trial Make-up **1hr £15**  
Bride's Make-up Application **1hr £20**

(Hairdresser can also be arranged for bride's wedding day hair at the Cliff Hotel.  
This is subject to availability)



# Treatments For Him

## Facials

**Thalgo Express Facial**- Mini facial tailored to your individual skin type.  
30mins £25

**Thalgo Ocean Facial** – Experience the restoring and anti ageing properties of this specially designed men's facial. Your skin will feel deeply refreshed and re-energised, and shaving irritations are soothed away.  
1hr £45

**Thalgo Pure Collagen Velvet Mask** - Experience the ultimate collagen boost. Perfect pre-party facial because of its instant results. Wonderfully uplifting anti-ageing, Fine lines and wrinkles are plumped out.  
1hr £55

## Massage

**De-Stress Massage** - Relaxing body massage based on deep pressure point work of Shiatsu massage & the kneading sweeping movements of Swedish massage. Use of scented oils – A choice of Aroma-Vitality, Aroma-Slender, Aroma-Detox or Aroma-Relax.  
1hr £45

**Deep Tissue** - Deep pressure back massage  
30mins £37

**Swedish Massage**- Specifically designed to relax the muscles by applying deep pressure. It stretches ligaments and tendons making them more flexible.  
Full Body 1 hr £40  
Back only 30mins £30

**Rebalancing Back Treatment** – Activates circulation, rebalances & purifies. Also relieves aches and pains.  
1hr £40

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(Suitable for men & women)  
1hr £50

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