

● ● ● thespa
health and relaxation

Treatment Menu

the fun way to spa



Butlin's
SKEGNESS

— Welcome —

The Spa at our Skegness Resort is an oasis of calm where you can enjoy a little ‘me time’ or relax with friends. The Spa facilities are based upon the spa principles of warming, heating and cooling the body to leave you feeling rejuvenated, refreshed and revitalised.

Our Spa Experience is a great way for you to enjoy all the fantastic facilities we have to offer. Ease yourself in to a Spa Experience with a dip in the hydrotherapy pool to gently warm your body. Increase the heat with a visit to the sauna or steam room – they’re great for your skin and relaxing tense muscles. Once you’re nice and hot it’s time to give your circulation a boost and cool your body back down. You could visit the pool or for something more adventurous, why not pay a visit to the Cold Bucket Splash or Atlantic Storm Shower.

There’s also a wide range of treatments available from manicures and mini treatments to facials and massages. So whether you’re looking for a quick treat or a full on pamper session there’s something you’ll love.



— Spa Experience —

1.5 Hour Spa Experience **£18**

3 Hour Spa Experience **£22**

Your spa experience includes full use of our spa facilities:

- Hydrotherapy pool
- Crystal steam room
- Sauna
- Atlantic storm shower
- Bucket splash
- 20m Swimming pool
- Fitness suite,

13-17 year olds are welcome to enjoy this experience but must be accompanied by an adult (18+) charges apply.

You will be provided with a luxury robe, towel and a gift of towelling slippers for the duration of your session.

Soft drinks, teas and coffees are also available free of charge during your session.

If you would like a session in our fitness suite, complete with weight machines, treadmills, cross trainers and bikes please speak to a member of our Team and they will be happy to advise you of our opening times. A Physical Activity Readiness Questionnaire (PARQ) form must be completed before your session begins. Trainers and appropriate gym wear must be worn. Each session is **£3.50pp** or 5 sessions for **£10pp** over 16 years old only.

Please note that our Spa Experiences vary depending on the break. Please ask at reception.



The ideal setting to restore your inner glow, unwind and recharge

— Spa Mini Treats —

Ideal quick fix treatments to de-stress and relax or provide a pick-me-up. These Spa Minis are great for old and young alike.

Hydrated Hands* (25 mins) **£28**

A relaxing mineral spa treatment to rejuvenate and give a sparkle to tired hands and nails, resulting in soft silky skin and healthy hands.

Fabulous Feet* (25 mins) **£28**

A hydrating and nourishing foot treatment to improve dry, cracked heels, provide soft and supple skin, and leave feet feeling revived.

Exquisite Eyes (25 mins) **£28**

Targeting the fine lines and wrinkles around the eye area this treatment can assist in combating dark circles and puffiness.

Mini Massage (25 mins) **£28**

A relaxing and hydrating back massage to help dissolve muscular tension, leaving soft, supple skin and a complete sense of calm.



Mini Facial* (25 mins) **£28**

A luxurious and relaxing Dead Sea Magik mineral facial that helps to improve the texture of the skin and leaves it feeling soft and rejuvenated.

Mini Body Scrub* (25 mins) **£28**

A full body scrub and moisturise to remove dead skin and nourish all over.

Scalp Massage (25 mins) **£28**

A relaxing scalp and décolleté massage to help release tension and stress, leaving you relaxed and revitalised.

Leg Massage (25 mins) **£28**

A relaxing leg massage to release tension, leaving you feeling relaxed and refreshed.

Cuccio DetoXsoak (25 mins) **£28**

A blend of Herbal Extracts and Purifying Magnesium Sulfate crystals will help soothe and refresh tired feet, relieve stress and relax muscles. This is followed by a foot massage to help increase circulation and to help flush out toxins.

— 2-in-1 Petite — Spa Treatments

Spa 2-in-1 treatments incorporate two elements of spa therapy in just one treatment offering the ultimate spa experience at great value.

Silky Skin Exfoliation & Massage (45 mins) **£38**

A full body exfoliation using salt brushing followed by a back massage that relieves muscular tension and leaves the skin feeling smooth and deeply nourished.

Complete Calmness (45 mins) **£38** Facial & Massage

A facial and back massage that relieves aches and pains, plus restores firmness in the face and enhances hydration.

Ache Away Deep Tissue (35 mins) **£32** Massage & Revive

A deep-tissue back massage that dissolves muscular tension, leaving you with soft, supple skin.

Beautiful Back Deep (45 mins) **£38** Cleanse & Massage

A luxurious back treatment that deeply cleanses and a massage that reduces muscular tension, leaving you with a sense of relaxation and soft skin.

Age Away Facial & Exfoliation (60 mins) **£45**

A unique anti-ageing mineral body exfoliation, scalp massage, and anti-ageing seaweed facial.

Satin Softness (45 mins) **£38**

A face and full body exfoliation followed by luxurious paraffin wax mask on hands and feet to leave skin feeling satin smooth and deeply nourished.

Seaside Serenity (45 mins) **£38**

A relaxing foot and hand treatment. Exfoliation followed by paraffin wax to hydrate and nourish, leaving you feeling relaxed and deeply nourished.

— Spa Facials —

Express Elegance Facial (30 mins) **£30**

A mini-facial incorporating a full cleansing and toning sequence, exfoliation to brighten the skin, nourishing mud mask to suit the individual's skin type finishing off with moisturiser.

Natural Nourishment Double Mud Facial (75 mins) **£48**

A hydrating facial which is excellent for tired, dull and sallow skins. It begins with a welcome massage followed by a facial incorporating two mud masks to dramatically refine the skins texture and deeply relax you.

Youthful You (75 mins) **£50**

This luxury anti-ageing facial uses a unique peel-off mask that is a combination of Dead Sea mud and seaweed. It brings immediate results to the skin, ensuring guests leave looking and feeling toned and hydrated.

Renewed Radiance (60 mins) **£43**

This deeply hydrating facial is perfect for delicate, mature and dehydrated skins, helping to gently renew and revive skin.

Balanced Beauty* (60 mins) **£43**

A deep-cleansing facial perfect for those with an oily t-zone or combination skin.



Sleep Therapy Power Nap (30 mins) **£30**

This express rejuvenating Power Nap Facial uses therapeutic massage techniques that have been developed specifically to relax the body and mind to help you prepare for a good night's sleep.

Sleep Therapy Dream Facial (50 mins) **£52**

This deeply relaxing sensory facial massage is formulated to relax your mind and body to help improve the length and quality of your sleep. A nourishing and anti-ageing facial oil with 'Sleep-Easy' massage techniques and organic lavender salt inhalation helps your mind and body wind down and induce a restful night's sleep.

Plantox Anti-Ageing Facial (90 mins) **£65**

This extraordinary facial will make you feel deeply relaxed and fully removed from life's stresses. After your skin is cleansed, toned and polished to perfection, specialist manual techniques will be used in a three phase massage journey to clear toxins from the skin, re-energise sluggish circulation and lift slackened contours. A mask using the miraculous 'Botox plant' hibiscus is applied to promote absolute luminosity and radiance.

—Spa Massages—

Our distinctive massage treatments utilise therapy techniques from around the world, bringing together the ancient therapeutic powers of Dead Sea minerals with intensely pampering massage rituals from the Orient.

Heavenly Back, Shoulder & Head Massage (45 mins) **£38**

A deeply relaxing head, neck, back and shoulder massage designed to release tension and stress, leaving you feeling relaxed and revived.

Indian Head Massage (45 mins) **£38**

Indian Head massage uses traditional techniques practiced in India thousands of years ago. It helps to relieve stress, tension, fatigue, insomnia, headaches and sinusitis. It is deeply calming leaving you feeling energised and revitalised.

Comfort Lomi Lomi Hawaiian Massage (Back 45 mins) **£42** (Full body 90 mins) **£62**

Ideal for deep relaxation, the comfort massage is performed with nourishing coconut oil using the forearms, elbows and hands, leaving your muscles relaxed, your skin silky soft and your body and mind balanced.

Peace Hot Stones Massage

(Back 45 mins) **£42** (Full body 90 mins) **£62**

The Peace Hot Stones Massage used Hawaiian hot stones to provide a deeper, more relaxing massage. It relieves your aches and pains, allowing you to fall into a deep state of relaxation.

Tranquillity Shiatsu Deep Tissue Massage (Back 45 mins) **£42** (Full body 90 mins) **£62**

For those who want a massage that goes a little deeper, the Tranquillity Massage is based on the ancient Japanese art of Shiatsu, Swedish massage techniques and sports massage. The Tranquillity Deep Tissue Massage is performed leaving muscles relaxed and skin supple and toned.

Hot Hot Hot Back Ritual (60 mins) **£55**

Hot deep mud exfoliation, Hot Stone Massage, Hot Mineral Mud mask. The ultimate restful treatment that will leave you feeling warm, happy and ready for the perfect nights sleep.

Sleep Therapy Dream Body (60 mins) **£50**

Your entire body will be massaged using comforting rhythmical techniques which have been designed to deeply relax the mind and calm the body. Hot Himalayan Salt Rocks are used to remineralise, detoxify and balance.

Sleep Therapy Dream Body and Face (90 mins) **£70**

For ultimate relaxation, enjoy the sleep therapy dream body and sleep therapy dream facial to deeply relax the mind and body.

Hot Salt Rock Reviver (50 mins) **£48**

This is a deep tissue back of the body treatment which includes a comforting facial massage. Hot Himalayan Salt Rocks are used over stressed areas using a blend of organic Eucalyptus and Wintergreen to infuse warmth into tense muscles. Your face is cocooned in warm oil and a comforting massage helps to open airways and stimulate your senses.

— Body and Mind —



Hopi Ear Candling

£30

An ancient natural therapy using ear candles to help address conditions such as excessive or compacted ear wax, glue ear, sinusitis, rhinitis, ringing in the ears, congestion from colds or flu, headaches and migraines. A gentle, relaxing and non-invasive treatment.

Infinite Indulgence Black

Mud Envelopment

(75 mins) **£50**

This calming full body treatment nourishes the skin and relaxes aching muscles and joints. A full body exfoliation is followed by the application of warm Dead Sea Mud and a heavenly scalp massage.

Beautiful Beginnings

Pregnancy Treatment

(90 mins) **£62**

Relax and revive your body during the precious months before giving birth. The treatment begins with a full body exfoliation, followed by a heavenly foot and leg massage, mini facial and scalp massage; perfect to take you on a journey of total comfort and relaxation.

Tropical Coconut

Envelopment

(75 mins) **£50**

This is a deeply nourishing treatment; your entire body is cleansed, polished and cocooned in a delicious blend of coconut, lychee and sweet almond oil, whilst your scalp is expertly massaged. After showering, warm shea body butter will be applied for ultimate hydration.

Hair Treats

Cut & Finish

Wash, cut and blow dry	£25
Wash and blow dry	£18
Wash and cut	£18
Add on a conditioning treatment to any wash	£5
Dry cut	£12
Fringe Trim	£5
Men's cut	£8
Children's cut (under 12)	£8
Hair up	£20
Hair Straightened	£10
Hair Curled	£10

Teenage Treats

13 to 17 years

Girlie Hands **£15**

(30 mins)
A file and polish for the hands.

Girlie Toes **£15**

(30 mins)
A file and polish for the toes.

Elegant Teen Facial (30 mins) **£28**

A mini facial to cleanse, tone and exfoliate the skin, followed by a nourishing mud mask to suit the individual skin type.

Treatments marked with * in our treatment menu are also available

Finishing touches & nails

Nails*

File and Polish	£15
Cuccio Essential Manicure or Pedicure File, cuticle care, massage of hand or foot finishing with polish. Treat yourself to both for only £50.	£28
Cuccio Deluxe Manicure or Pedicure File, exfoliation, cuticle care, mask, massage of hand or foot, and polish. Treat yourself to both for only £65.	£35
Shellac File, cuticle care, application of shellac	£30
Shellac Duo File, cuticle care and application of Shellac on both hands and feet	£45
Shellac removal	£10
Under 12s mini manicure	£10

Eyes (A patch test must be carried out 24 hours before treatment)

Lash Tint	£12
Brow Tint	£8
Lash & Brow Tint	£15
Brow Tint and Shape	£15
Lash, Brow and Shape	£22

Waxing

Full leg	£25	Half leg	£18
Eyebrow	£10		
Lip	£8		
Chin	£8		
Lip & Chin	£8		

— Spa Information —

Opening Times

The spa opening times vary by break so please ask at reception for the specific opening times for your stay.

Spa Reservations, Cancellation and Lateness Policy

All spa bookings and treatments require full payment at the time of booking. Failure to attend or cancel your booking within 24 hours of your appointment will result in full payment. We advise to book treatments and spa reservations in advance as we do get very busy. All guests must arrive 10 minutes prior to appointment.

What to bring with you

For the Spa Experience we provide you with a locker key, towel, robe and slippers. Shower gel is provided in the shower area. All guests using the spa facilities are required to wear appropriate swimwear. We do not allow outer clothing or footwear in the spa. If you are using the fitness suite you must wear suitable gym wear and trainers. If you are having a treatment then please come in whatever you are comfortable in, we will provide a towel to cover you during your treatment.

Vouchers

We have vouchers available for treatments or a specific amount, please ask at reception.

Food and Drink

We provide you with complimentary teas, coffees and soft drinks. We have a small range of alcoholic drinks and snacks which you can purchase. All food and hot drinks must be consumed in the spa lounge area.

Spa Etiquette

The spa is a tranquil area designed for all of our guests to have a relaxing experience. Please help us to achieve this by keeping the noise levels low.

Loss or Damage

We regret we cannot be held responsible for any loss or damage to your personal possessions. We advise you to remove all jewellery before your visit. Please keep all valuables in your locker and your locker key safe. If you lose your locker key you may incur a replacement charge of **£5**.

Your Health

We want to make sure you have a safe and enjoyable time at The Spa. If you suffer from any medical conditions please let our reception team know prior to booking as some treatments may not be suitable for you. If we are not made aware of a condition after you have booked and it affects the suitability of your treatment, we may need to cancel your booking.

Please Note

Thermal experiences and chemically balanced water are not recommended for people who are pregnant.



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For more information or to book
visit www.butlins.com/spa call **01754 614450**
or email thespa.skegness@bourne-leisure.co.uk