



THE  
VOYAGE

SPA

AT  
THURLESTONE  
HOTEL



*Our view of the beautiful Thurlestone Beach*

# A HAVEN OF TRANQUILLITY

Inspired by the heyday of ocean-going travel, its warm and fragrant atmosphere, fine spa, fitness facilities and exquisite range of beauty treatments will gently restore body, mind and soul.

## VOYAGE SPA SIGNATURE TREATMENTS

*The beauty rooms are an oasis of calm.*

Here you will find a carefully considered treatment list from the world-renowned Elemis and Voya in tranquil, luxurious surroundings.



### **The Voyage Spa Soul Soother Ritual**

60 minutes | £90

Relax and unwind with a back, neck and shoulder massage. Ease and work away any tension while falling into a blissful sense of well-being.

The treatment is completed with a 30 minute Elemis Pro Glow Facial.

### **Upgrade to a Full Body Massage and a full Elemis Pro Glow Facial.**

120 minutes | £140

### **Hot Stone Spice Mud Back Treatment**

60 minutes | £90

Includes a back, neck and shoulder Voya seaweed exfoliation and Hot Stone massage, followed by a warm spiced mud mask on the back with a deeply relaxing head massage.

### **Voyage Spa Ocean Escape**

90 minutes | £130

This top to toe ritual is an indulgent body treatment that revitalises skin, relaxes tired and aching muscles and calms the mind.

Atlantic sea salts and herbs are used to polish the skin, followed by a luxurious seaweed mask and back of the body massage. Nourishing body milk is then massaged into the front of the body. The ritual is completed with a firming facial.



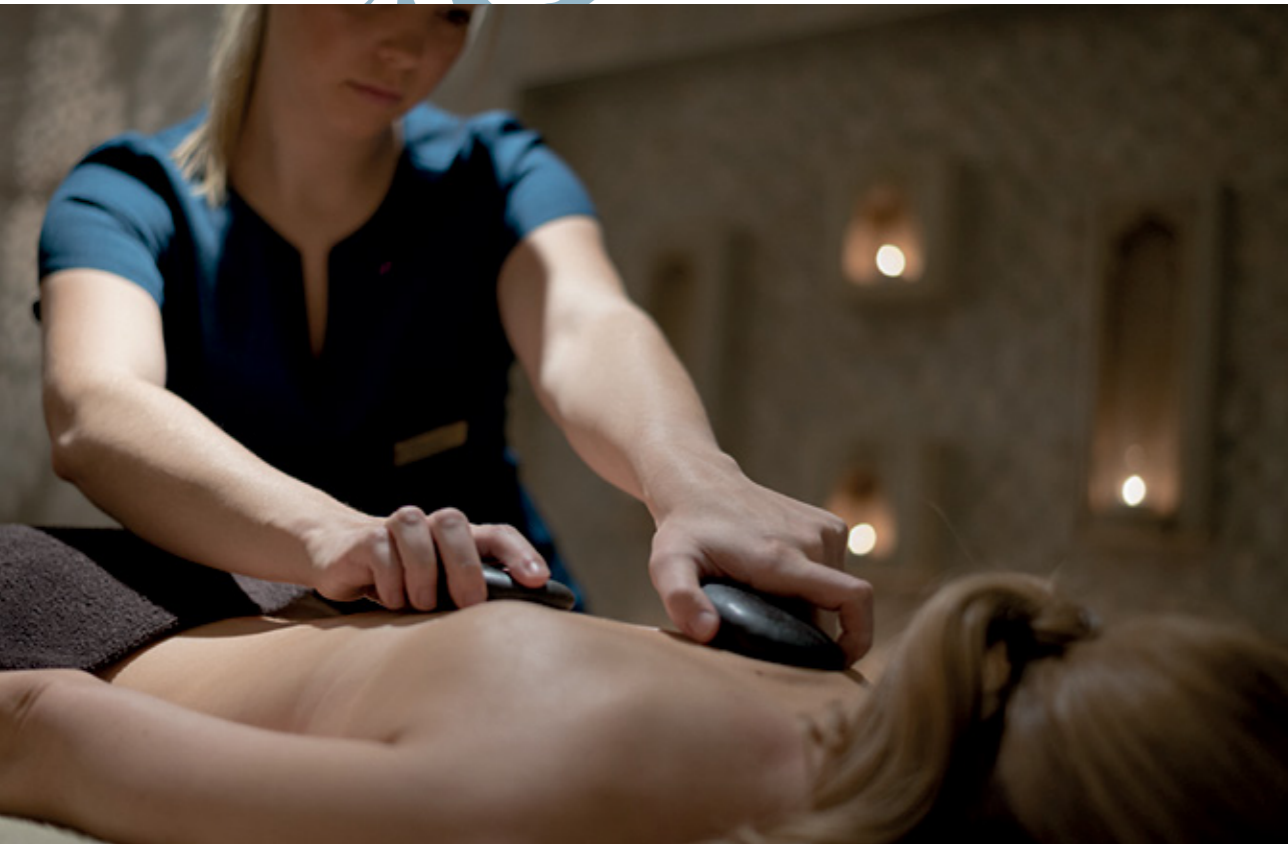
*Spaces to relax and refuel...*



# MASSAGE



*Let your stresses and strains melt away...*



## Voyager Massage Journey

60 minutes | £90  
90 minutes | £120

A complete top to toe relaxation journey, incorporating scalp massage, face massage, stretches and body massage that echoes the movement of the sea combining both gentle and stimulating movements.

This is an ultimate luxury treatment to relieve aches and pains, tailored to individual needs.

### Choose from:

*Uplift*

Lime and Mandarin

*Relax*

Lavendar and Rosemary

*Muscle Relief*

Sweet Orange and Ginger

### Mindful Dreams

90 minutes | £120

A relaxation treatment that offers luxury and comfort in an incomparable sleep encouraging experience.

Be ready to have all stresses and strains melt away in this ultimate sensory treat to help you achieve the perfect night's sleep.

## Organic Muslin Bag

60 minutes | £90

A real sensory treat, warm steamed bags of orange, clove, ginger and Fucus Serratus seaweed are gently massaged into the body releasing the precious seaweed oils.

We use a combination of the finest organic ingredients and seaweed to massage your body, to gently exfoliate and nourish your skin.

## Deep Tissue Muscle Energiser Massage

40 minutes | £60

60 minutes | £90

Banish tight muscles and alleviate stress levels deep down. Powerful, deep and strongly rhythmic movements make this customised massage pure therapy for body and soul.

Created for you to release the discomfort of aching muscles (whether through fatigue or stress), 100% natural essential oils actively work with your body to release localised areas of excessive tension.

Leaves your mind feeling less cluttered and muscles intensely relaxed.

## Hot Stones Massage

40 minutes | £60

60 minutes | £90

90 minutes | £120

Smooth, hot stones are used to melt away tension and give a complete sense of relaxation. Leaving the mind, body and soul completely balanced.

## Elemis Wellbeing Massage

40 minutes | £60

60 minutes | £90

90 minutes | £120

Your therapist will select an aromatic oil according to your concerns, including muscle pain, stress relief, relaxation or balance. The flowing massage works deep into the tension, encouraging optimum circulation.

## HOLISTIC TREATMENTS

### Reflexology

40 minutes | £60

60 minutes | £90

Treating the reflex points of the feet to clear energy channels within the body for total relaxation. Reflexology relieves health and stress conditions.

### Head in the Clouds

40 minutes | £60

A relaxing massage of the head, face, neck and shoulders with calming rosemary and lavender. Includes a conditioning scalp treatment.

# FACIALS

## ELEMIS

A skin wellness brand with an aromatherapist's soul, an artist's spirit, and a scientist's commitment to results. An innovative and global British skincare brand with over 30 years of expertise and available in over 45 countries, who believe in 'truth in beauty'.



*For gorgeous glowing skin...*



### Elemis Taster Facial 40 minutes | £60

This instant pick-me-up is adaptable to all skin types and the perfect introduction to Elemis and their facial skincare. The skin is firstly cleansed, and then treatment masks are applied, before finishing with nourishment creams.

Your skin will be left feeling rejuvenated, smooth and glowing. The results also make this facial the ideal pre-makeup treatment for that special occasion.

## ELEMIS 60 MINUTE FACIALS

### Pro-Glow Renewal Facial £85

*For Gorgeous Glowing Skin*  
Elemis' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant rich goodness to deliver a healthy-looking, lit-from-within glow.

In one treatment, skin looks visibly refreshed and rebalanced.

### Pro-Glow Smooth Facial £95

*The HIIT Workout for your Skin*  
Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity.

Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.

After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

### Pro-Glow Resurface Facial £95

*Resurfacing for Stunningly Smooth Skin*  
Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation.

Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

### Pro-Glow Brilliance Facial £95

*Your Recipe for Radiance*  
Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin.

A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.



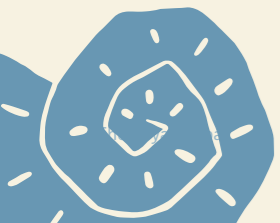


# SPA DAYS

Voyage Spa Days include full use of the facilities, indoor pool, sauna, steam room, laconium, and the speciality showers.



Please visit our website for a full list of packages on offer.  
[www.thurlestone.co.uk](http://www.thurlestone.co.uk)



# BODY TREATMENTS

## Elemis Intensely Cleansing Salt Scrub

60 minutes | £90

Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

*Choose from Frangipani Monoi or Lime and Ginger Salt Scrub.*



## VOYA

Sustainable hand harvested organic seaweed therapies. Ideal for sensitive, inflamed skin, rheumatic conditions and those who love the sea.

## SCRUBS

All 60 minutes for £90

### Organic Lavender and Seaweed Sugar Glow

A wonderful fragrant mix of lavender oil, seaweed and sugar. This treatment has a double action of gently removing dead skin cells with sugar and healing seaweed extracts, and lavender essential oil.

### Organic Hydrating Body Scrub

Our dual action lathering body buff exfoliates with finely ground walnut shells and nourishes your skin with a blend of almond oil, seaweed and ginger extracts. Our gentle yet effective formula removes rough and lifeless looking skin cells, to reveal much more refined softer, silky smooth skin.

### Organic Stimulating Seaweed Body Buff

Letting us scrub your body head to toe with certified organic bladder wrack body buff is the ultimate treat for tired and dull skin. The anti-oxidants from our mineral rich bladder wrack seaweed combine with Voya's signature seaweed massage oils to offer a powerful organic way to better skin.

## WRAPS

### Organic Seaweed Leaf Wrap

90 minutes | £115

Beginning with a bladder-wrack body buff, this treatment detoxifies firms and softens the skin. The whole body is then covered in Laminaria Seaweed leaves for instant results. Completed with an application massage of "Softly Does it" to nourish and soften.

### Organic Ocean Essence Total Body Wrap

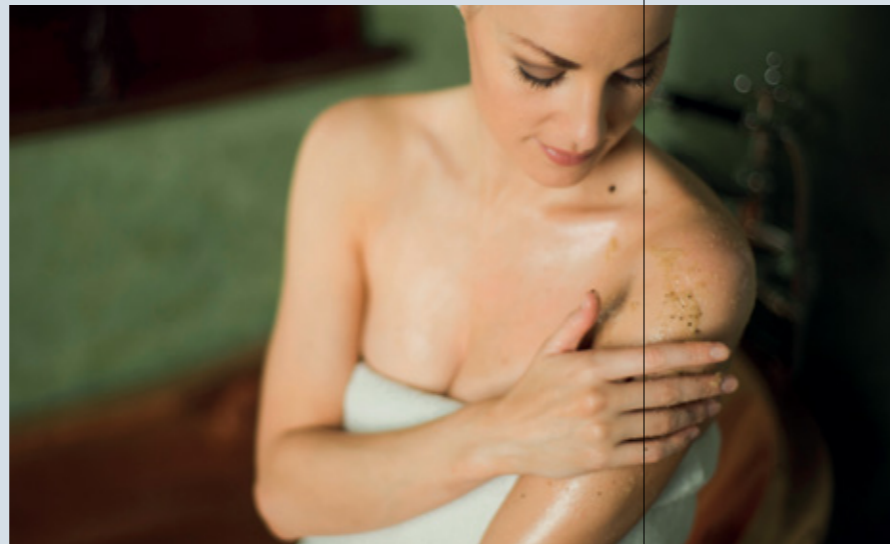
65 minutes | £90

Combining the detoxifying power and cellulite reducing abilities of Fucus Serratus this treatment stimulates the blood and lymph flow. Detoxifies and hydrates the skin and encourages the renewal of skin cells. It is an excellent skin rejuvenator, combatting cellulite, fatigue and producing a moisturizing effect.

### Organic Warm Spiced Mud Wrap

65 minutes | £90

The seaweed is taken fresh from the ocean and its purifying elements are encapsulated in the wrap. The extract is rich in potent antioxidants and minerals. The treatment is also a serious detoxifying, metabolism stimulator and a natural anti-ageing boost. Infused with aromatic spices of ginger and orange to revive the senses.





## MUM-TO-BE TREATMENTS

Only basic manicures and pedicures are advised during the first trimester (1-12 weeks) of pregnancy and a variety of safe treatments for the second and third trimester (13-36 weeks).

*Wellness and deep calm for Mums-to-be...*



### **Maternity Reflexology**

40 minutes | £60

60 minutes | £90

Maternity reflexology can aid a wide range of problems before, during and after pregnancy. Reflexology works on the reflex points of the feet to clear energy channels within the body and provide total relaxation.

### **Peaceful Pregnancy Massage**

40 minutes | £60

60 minutes | £90

This intuitive, restorative and relaxing massage for mothers-to-be deeply hydrates skin that is expanding to accommodate a growing baby. Aromatics are specially selected for optimum wellness and deep calm.



# MANICURES & PEDICURES



*Blissful treats for hands and feet...*



## JESSICA HAND AND FOOT CARE

All Jessica treatments include a polish to take home.

### Express Manicure or Pedicure

30 minutes | £35

Nails are shaped, treated with basecoat and chosen polish applied.

### Jessica Prescriptive Manicure

45 minutes | £48

Manicure with cuticle care and a massage. Nails are shaped, treated with basecoat and chosen polish applied.

### Jessica Deluxe Manicure

60 minutes | £65

Deluxe exfoliating, anti-ageing hand treatment. Nails are shaped, treated with basecoat and chosen polish applied.

### Jessica ZenSpa Pedicure

60 minutes | £65

Hard skin is removed, followed by exfoliation, cuticle care and massage. Nails are shaped, treated with basecoat and chosen polish applied.

### Jessica Deluxe ZenSpa Pedicure

75 minutes | £75

The deluxe pedicure combines the ZenSpa pedicure with the use of thermal heated booties for deeper penetration of oils and creams.

Excellent for increasing circulation and relieving tired, aching feet. Nails are shaped, treated with basecoat and chosen polish applied.

### CND SHELLAC GEL

**Note:** If Shellac removal is needed please inform us at the time of booking so that we may allow the correct time for your shellac manicure or pedicure.

### Shellac Manicure

60 minutes | £60

Includes a file and shape of the nails, cuticle work, treatment preparation and Shellac gel application.

### Shellac Pedicure

75 minutes | £75

Our Classic Shellac Pedicure is for hard working feet, for polish that needs to last! It includes a file and shape of the nails, cuticle work, treatment preparation and Shellac gel application followed by foot scrub and application of the CND aromatherapy creams.



### Shellac Removal from Hands or Feet

25 minutes | £20

Keep your nails healthy with a safe Shellac removal.

### Shellac Removal with a Shellac Manicure or Pedicure

£5

**Note:** We are only able to remove Shellac and cannot remove products that have not been applied by the team at the Voyage Spa.

## WAXING TREATMENTS

**Note:** We advise waxing should not be performed in conjunction with any other treatment to the same area of the body at the same time unless it is a brow tint and shape.

### Lycon Wax

<b>Half-Leg</b>	£35
<b>Full-Leg</b>	£55
<b>Bikini</b>	£30
<i>extended above the bikini line</i>	
<b>Lip</b>	£20
<b>Chin</b>	£20
<b>Half-Leg and Bikini</b>	£55
<b>Full-Leg and Bikini</b>	£65
<b>Underarm</b>	£30
<b>Lip and Chin</b>	£35
<b>Back and Shoulders</b>	£45
<b>Chest</b>	£40

## EYE TREATMENTS

<b>Eyelash and Eyebrow Tint</b>	30 minutes   £40
<b>Eyelash Tint</b>	25 minutes   £30
<b>Eyebrow Tint</b>	25 minutes   £20
<b>Eyebrow Shape</b>	25 minutes   £20

**Note:** A patch test is required at least 24 hours prior to any tinting treatment.



## SPA ETIQUETTE

### Treatment Times & Booking Policy

We advise advance booking for all treatments. Pre-payment is required for all treatments and spa days at the time of booking. Treatment times are detailed in the treatment menu and include consultation and changing time.

### Health Conditions

When booking, we kindly ask that you inform us of any health condition or if you are pregnant so that we can advise accordingly.

### Arrival at the Spa

For all treatments and spa days please check in at the Hotel Reception. On arrival you will be shown to the spa facilities and procedures.

### Spa Attire

For Spa Days, a robe, slippers and towel are provided. These may be worn in the spa and treatment suite and also in the lounge and Terrace Bar.

## CANCELLATION POLICY & LATE ARRIVALS

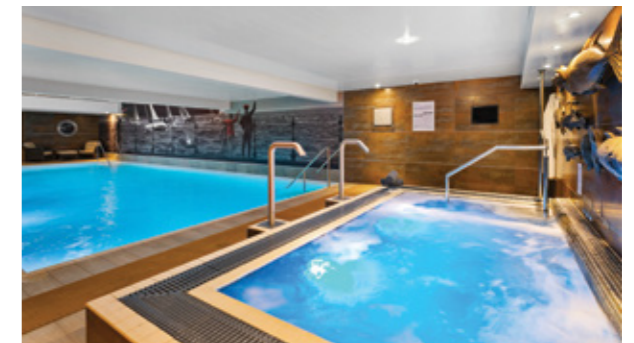
### Spa Days

Full payment is required upon booking your spa day. Should you need to cancel your spa day with less than 72 hours notice, no refunds will be given.

### Spa Treatments

Please note, if cancelling an appointment within 48 hours, full payment is required. If running late a courtesy call will help us endeavour to achieve a full treatment time, but this may not always be possible.

*All aboard for a dip in our pool...*



ELEMIS  
LONDON

VOYA | organic luxury  
from the sea



# THURLESTONE HOTEL

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