

BE CALMED SPA

STYLISH • RELAXING • PEACEFUL



CLIENT INFORMATION

Please arrive 15 minutes before your appointment to allow time to complete a consultation form and for you to relax prior to your treatment. If you are late for an appointment, it may be necessary to reduce the time allocated to your treatment, however the full treatment charge will be levied. We always allow plenty of time for your appointment and with all face and body treatments robes can be provided. You are welcome to relax and enjoy the peace and quiet of our relaxation lounge and Zen Garden for as long as you need.

If you need to de-stress, relax, or simply pamper yourself, then extend your visit at our Spa. Pamper days can be designed to combine the Spa facilities with some wonderful treatments to leave you feeling completely rejuvenated. Day Passes are available for The Savoy Spa, Swimming pool and Bistro at an extra charge of £10.00 per person per day. Group bookings are available.

Discounted combination packages are available so you can create your own personalised spa experience. Also, enjoy the truly unique experience of sharing time together with someone close to you, as you both receive pampering therapy in our Dual Treatment room. Please ask for details.

Payment is required on booking. If you wish to cancel your appointment, please provide 24 hours notice or the treatment may be charged. Refunds are not given on pre-paid courses or gift vouchers.

Gift vouchers can be made out for an amount which allows for personal choice. Alternatively you can choose from any of the treatments on our main price list or from one of our specially compiled packages. Vouchers are non-refundable and non-transferable. All change due will be given in voucher form bearing the same expiry date as the original voucher.



THERAPEUTIC MASSAGE THERAPY

Massage, applied skilfully, is the most effective therapy for releasing muscle tension and restoring balance to the musculo-skeletal system. A constant build-up of tension in the muscles from regular activity may lead to stresses on joints, ligaments, tendons, as well as the muscles themselves. By using the correct techniques, massage can help maintain a much healthier physical state. These techniques can help with recovery from injury, general maintenance and have been seen to help athletes who are looking to improve performance and also improve flexibility in all age groups.

AROMA MASSAGE

Full Body - 60 minutes - £48.00
Back Treatment - 30 minutes - £30.00

An ultra relaxing and stress relieving treatment using specially blended essential oils. One of our most popular massages, it brings about a real sense of well-being and relaxation.

RELAXATION MASSAGE

Full Body - 55 minutes - £42.00
Back Massage - 25 minutes - £25.00

A relaxing massage to relieve tense muscles, loosen stiff joints, increase blood and lymphatic drainage and strengthen the immune system as the body eliminates toxins more efficiently.

GET (UN) KNOTTED! DEEP TISSUE MASSAGE

Full Body - 60 minutes - £48.00
Back Massage - 30 minutes - £30.00

This deep tissue massage helps to break down lumpy adhesions and remove toxins. The benefits can be felt immediately. A great treatment to relieve back, neck and shoulder tension caused by occupation and bad posture

SPORTS/REMEDIAL MASSAGE

Full body - 60 minutes - £48.00
Back Massage - 30 minutes - £30.00

A specialised treatment where massage and stretching techniques are used to help with recovery from injury.

HOLISTIC THERAPY

REFLEXOLOGY

55 minutes - £38.00

A unique system of foot massage, reflexology is based on holistic principles and springs from the same Chinese roots as acupuncture. Locating and gently massaging the reflexology points on the foot helps to redress the imbalance of energy that can cause stress and ill health. A wonderfully relaxing treatment which enhances the body's own natural healing powers. Include a back massage for an extra £20.00

HOPI EAR CANDLES

55 minutes - £38.00

Specialised candles are used to help ease any form of ear trouble, sinus congestion and even vertigo. An extremely relaxing treatment which includes a sinus massage.

INDIAN HEAD MASSAGE

25 minutes - £25.00

A deeply relaxing treatment given to a client clothed and seated. Treatment includes massage to the head, back, neck, arms and face. It helps eliminate stress leaving you feeling relaxed and refreshed. A wonderful treatment giving instant relaxation.



MANICURE AND PEDICURE

CREATIVE SPA MANICURE

£28.80

After your face, your hands are the next thing people notice, so make sure your hands say good things about you. After shaping your nails and before tidying your cuticles, oils are used to nourish and soften cuticles whilst an ultra-rich cream is massaged into the skin. A manicure allows you to reflect on the experience for days with long lasting results - a must for all.

CREATIVE SPA PEDICURE

£30.00

Prepare to be pampered. This superb pedicure is a relaxing and uplifting experience. Walk away from this treatment feeling rejuvenated with beautifully groomed feet to be proud of. An ideal treatment for general maintenance of your cuticles, nails and feet. Includes foot massage.

LUXURY HAND TREATMENT FOR MEN AND WOMEN

£26.40 (with varnish - £34.80)

LUXURY FOOT TREATMENT FOR MEN AND WOMEN

£30.00 (with varnish - £38.40)

After shaping your nails, oils are used to nourish and soften your cuticles. The treatment includes a thorough exfoliation, using a powerful multivitamin exfoliating oil, evening out pigmentation, reducing age-spots and revealing younger-looking skin. An ultra rich cream is massaged into your skin followed by a blissful warm wax cocoon which maximises hydration to make your hands or feet feel revitalised and look deeply nourished. Dermalogica Thermal Touch treatment can be included as part of our luxury pamper for feet or hands. Please state when booking

SHAPE AND POLISH

£12.00



DERMALOGICA SPA BODY TREATMENTS

Dermalogica believes that today's body therapy experience should be a collective homage to ancient traditions and modern technological wonders, designed to benefit both the emotional state and the health of the body. Dermalogica with Thermal Body Therapy are serious, results-driven treatments that address specific conditions of the body's skin while providing the emotionally and physically positive benefits of touch and heat to you. Using Dermalogica's signature skin analysis methods of zone-by-zone Body Mapping we can create a treatment that is personalized to your every concern.

All dermalogica treatments are designed to relax, refresh and revitalise.

STRESS RELIEF BACK TREATMENT

30 minutes - £30.00

A deep cleansing exfoliating treatment, followed by a stress relieving massage with essential oils leaving your skin refreshed and relaxed.

MINERAL SALT SCRUB THERAPY

45 minutes - £36.00

Completely customized to either energize or reduce stress, this mineral salt scrub therapy polishes skin to a soft glow while providing critical hydration and nourishment the skin needs. Mineral sea salt and seaweed exfoliate while skin-smoothing enzymes help dissolve dead skin cells naturally for a smooth finish. Natural oils and extracts help stimulate the senses while cleansing and conditioning and the added benefit of warmth helps invigorate the mind and body.

BODY FOLIATION THERAPY

45 minutes - £36.00

Give your body the customized exfoliation it needs coupled with the warming sensation it craves! A gentle oatmeal and Rice power actives to create a gentle yet effective exfoliate that whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots and hyper-pigmentation. Skin is smoother and prepped for maximum absorption of rich, smoothing botanical oils.

POWER RECOVERY THERAPY

55 minutes - £48.00

An intense wrap dedicated to feeding and nourishing your skin. A unique blend of Wheat Protein and Honey act as maximum hydrators while Wasabi, Ginger and White Tea stimulate blood circulation to promote healthier skin.

Customized essential oil blends in a massage medium offer aroma therapeutic benefits, while rich Kukui nut, olive and grape seed oils smooth and provide antioxidant protection.

NOURISHING SEA MUD

55 minutes - £48.00

Stimulate circulation while smoothing skin with this body wrap therapy. Natural earth clays draw out impurities while ginger and white tea stimulates circulation and smooth skin. Customized essential oils provide aroma therapeutic and skin benefits while caffeine provides all-over toning. Rest in a warming wrap that induces blood circulation and encourages absorption of nourishing botanicals.

MUD MASSAGE

55 minutes - £48.00

A unique and exotic treatment that combines the detoxifying and cleansing capabilities of earth clays with the intensely moisturizing power of natural oils. Olive and grape seed oils protect, smooth and condition while fortifying the skin with antioxidants and a unique blend of Asian herbs for stimulating the circulation. Your skin is left smooth, soothed and protected.



DERMALOGICA SPA THERMAL TOUCH THERAPIES

THERMAL TOUCH FOR HANDS AND ARMS £25.00

Your arms and hands will meet their relief during this Thermal Touch Treatment that includes paraffin. This customized treatment is designed to cleanse, exfoliate, hydrate and condition the hands and arms so they are smoother, brighter, healthier and refreshed.

THERMAL TOUCH FOR BACK PURIFICATION £35.00

De-stress your muscles and cleanse the skin of impurities with this purifying and relaxing back treatment. A deeply cleansing scrub sloughs off dead skin cells, readying the skin for the removal of toxins.

Your hardest parts to reach will be cleansed, polished, hydrated and refreshed.

THERMAL TOUCH FOR THE LEGS AND FEET £25.00

It's time to give your lower legs the attention they deserve! Cleanse, exfoliate, hydrate and moisturize for healthy and revitalized skin and muscles that are ready to take on the day.

DEEP THERMAL STAMP THERAPY 90 minutes - £68.00

Inspired by the practices of Thai Therapy of the 14th Century, this Thermal Body Therapy Treatment utilizes a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, re-mineralise, de-stress, exfoliate and relax. Natural earth clays draw out impurities while ginger and white tea stimulates circulation and smooth skin. The deep manipulations along pressure points and the meridian of the body relieve aching muscle tissue and work to rebalance the entire body. A wonderful relaxing pampering session which leaves you relaxed from top to toe.

DERMALOGICA PRESCRIPTION FACIALS



SUITABLE FOR MEN AND WOMEN £48.00

Dermaolgica's advanced skincare formulations are a perfect response to modern day skin problems. The products deliver results without the addition of lanolin, mineral oils, artificial colours or fragrances. A Dermalogica Facial is a results-oriented treatment for men and women, that is completely personalised to suit your needs and can be adapted to treat most skin types. After a skin analysis, your skincare therapist will formulate a facial specially suited to you. Each treatment uses customised botanicals which will leave your skin looking refreshed and radiant. Your personally customised treatment can include:

POWER REGENERATION TREATMENT
Ideal for prematurely ageing skin conditions, a powerful retinal-based exfoliating with deep penetrating vitamin therapies.

MEDICATED CLEARING TREATMENT
An excellent treatment for clients suffering from breakouts. It will help to clear existing breakouts while helping to prevent future ones.

ENVIRONMENTAL CONTROL TREATMENT
An incredibly soothing and skin-protecting treatment for even the most environmentally sensitised skin.

SKIN BRIGHTENING TREATMENT
This treatment will help to balance uneven skin pigmentation with botanically based products.

REVITALIZING EYE TREATMENT
25 minutes - £26.50
Reduces puffiness and dark circles around the eyes and increases circulation. Treatment includes a cooling compress.

AROMA FACIAL
£38.00
A full shoulder, neck and facial massage, with a hot compress, a blend of essential oils and drainage to the lymph nodes. Excellent for sinus congestion. Includes scalp massage and pressure points to help rebalance the body.



TINTING AND MAKEUP WAXING

(a tint test may be required)

LASH TINT £14.50

BROW TINT £9.00

LASH AND BROW TINT £20.00

WEDDING MAKE UP from £40.00

PARTY MAKE-UP from £20.00

FULL LEG £31.20

FULL LEG, BIKINI & UNDERARM £48.00

THREE QUARTER LEG £24.00

THREE QUARTER LEG & BIKINI £31.20

HALF LEG £20.00

HALF LEG & BIKINI £27.60

HALF LEG, BIKINI & UNDERARM £38.40

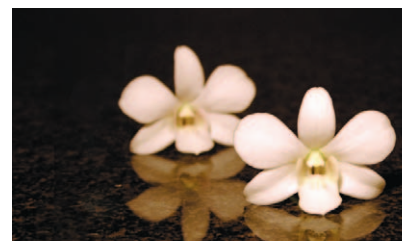
ARMS £12.00 - £20.00

BIKINI LINE OR UNDERARM £12.00

BROW, LIP OR CHIN £10.00

LIP & CHIN £15.00

BACK/CHEST from £20.00 -£30.00



PAMPER PACKAGES

MOTHER AND DAUGHTER (16YRS+)

Allow 1 ¼ hours - £45 per person

In our busy lives, take time out to enhance the special bond between mother and daughter by both experiencing a facial. Especially created to renew radiance in a more mature skin, and nurture the younger and more delicate skin. These two facials are designed to remove impurities, promote faster cell renewal and improve elasticity. The treatment is complemented with either a hand, scalp or foot massage. Take time to relax after your treatment with a complementary drink

MUMS TO BE

1 ½ hours - £55.00

The session begins with an ultra relaxing and stress relieving back massage. The massage helps bring relief to tired and sore muscles and creates both sedating and re-energizing responses to the body.

You can then choose from either a wonderfully relaxing pamper treatment for the feet which includes exfoliating, massage and varnish or you can have a reflexology treatment. This treatment enhances the body's own natural healing powers, restoring balance and harmony.



LUXURY HAND AND FOOT TREATMENT

Allow 2 hours - £67.00

To begin with your arms and hands will meet their relief during this Dermalogica Thermal Touch Treatment that includes paraffin. This customized treatment is designed to cleanse, exfoliate, hydrate and condition the hands and arms so they are smoother, brighter, healthier and refreshed. The treatment then gives your lower legs the attention they deserve! Cleanse, exfoliate, hydrate and moisturize for healthy and revitalized skin and muscles that are ready to take on the day. The treatment is finished with a nail polish of your choice.

TIME TO RELAX

Allow 1 ¾ hours - £75.00

To begin your journey to relaxation, you will experience a wonderfully relaxing back, neck and shoulder massage, incorporating a soothing massage of deep pressure points on the scalp.

A Dermalogica facial will complete this ritual where you will be treated to a steam cleanse, exfoliation and facial massage before the face mask and moisturise completes the treatment. Your therapist will select products suitable for your skin type, making this treatment ideal for all ages and for both men and women.

TIME TO INDULGE

Allow 2 ½ hours - £115.00

We'll start your treatment with a stress release back treatment. This begins with a deep cleansing treatment followed by a smoothing exfoliation and extractions. Tension will be released with a hand, foot or shoulder massage while your skin re-hydrates with a customised treatment masque. This revitalising treatment continues with a facial which begins with deep cleansing, followed by a gentle enzyme peel to reveal smooth, glowing skin. A face, neck and shoulder massage is certain to ease your mind and spirit, while stimulating massage of the hands or feet will emphasise relaxation. A revitalizing masque, followed by a nutrient-rich moisturizer, will hydrate, protect and help restore the balance of your skin.

As part of your time to indulge, you will also receive either a luxury hand or foot treatment. Beginning with a thorough exfoliation, using a powerful multivitamin exfoliating oil which works to even out pigmentation, reduce age-spots and reveal smoother, younger-looking skin. This is followed by a blissful warm wax cocoon treatment maximises hydration to make your hands or feet feel revitalised and look deeply nourished. Finally your nails are given either a natural buff or a polish finish.

THE ULTIMATE PAMPER

Allow 3 ½ hours - £145.00

The session begins with a wonderfully relaxing pamper treatment for hands and feet. Beginning with a thorough exfoliation, using a powerful multivitamin exfoliating oil which works to even out pigmentation, reduce age-spots and reveal smoother, younger-looking skin. A blissful warm wax cocoon treatment maximises hydration to make your hands or feet feel revitalised and look deeply nourished. Finally your nails are given either a natural buff or a polish finish.

This is then followed by an aromatherapy based full body massage and facial. This is a wonderfully relaxing therapeutic massage using the purest essential oils. These are especially combined to suit your own personal requirements. This will help the body relax and encourage the healing process. You will look and feel, relaxed and thoroughly pampered

TIME FOR MEN

Allow 1 ½ hours - £55.00

The treatment begins with our Get Un-knotted Massage designed to relieve pain and tension in the neck, shoulder and lower back areas. Especially good for the athlete or deskbound alike. The treatment is completed with a Dermalogica Facial specifically tailored to a man's skin type - a wonderful pick me up!



The Savoy · Halletts Shute
Yarmouth · Isle of Wight · PO41 0RJ

T: 01983 76 62 00
F: 01983 76 12 77

E: info@savoyholidays.co.uk
W: www.savoyholidays.co.uk