



— *The Grand Hotel* —

EASTBOURNE

★★★★★

SPA TREATMENT MENU

**Opening Times:**

9.00am – 5.30pm Sunday – Thursday

9.00am – 8.00pm Friday and Saturday

The Spa at the Grand Hotel offers exclusive treatments from Kerstin Florian and VitaMan, including a wide range of Facial, Body and Male grooming treatments which are only available through leading Spas and luxury Hotels.

## KERSTIN FLORIAN

specialises in using natural resources including thermal mineral water, mud, algae, herbal extracts and essential oils which have been inspired by world wide locations to obtain the highest quality treatments available.

## MAVALA NAILS

Mavala gives you its range of care and beauty products for nails to make them as attractive and healthy as possible. As leaders in natural nail care, Mavala offers specific products that bring effective solutions to whatever nail problems you may have. Along with an extensive nail colour range free from harmful ingredients.

The Spa opening times:

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9.00am – 8.00pm Friday and Saturday

For reservations, please call 01323 435025  
or e-mail [healthclub@grandeastbourne.com](mailto:healthclub@grandeastbourne.com)

 @grandeastbourne

*Gift vouchers are available from reception or online.  
[www.grandeastbourne.com](http://www.grandeastbourne.com)*

## *In-Room Experiences*

Kerstin Florian offers a wide selection of in-room treatments that rejuvenate and refresh your spirits. A classic in-room experience allows you to create the Spa experience within the privacy of your own room. Packages can be upgraded with other hotel services such as Champagne and Strawberries.

### **Muscle Soother Bath Experience**

For any guest wishing to soothe aching muscles, after a day of activity on the golf course or after a long day at the office. The Grand Hotel Spa will deliver your own bath experience for you to create in the comfort of your hotel room. Especially high in magnesium our mineral bath salts will detoxify and balance the body and in combination with a Eucalyptus Bath Oil will ease stiff muscles and aching joints. Complete your experience with chamomile body lotion to take home and enjoy.

**£35.00**

### **Sleep Treat Bath Experience**

Our sleep treat bath tray will be delivered to your room to allow you to create your own soothing and relaxing bath experience. Use the unique Turkish Body Scrub with Eucalyptus to exfoliate, whilst filling your bath tub. Submerge in the all-natural mineral wellness salts to nourish and balance the body. Complete your experience with moisturising chamomile body lotion before getting into bed. Take home and enjoy.

**£28.00**

## Signature Treatments

### The Grand Classic Facial by Kerstin Florian

A purifying treatment for any skin type which includes a gentle exfoliating peel to remove dull surface skin cells, a luxurious massage, deep-cleansing masque and botanical extracts to rejuvenate and nourish the skin. A relaxing hand massage completes the experience.

*55 minutes ~ £65.00*

### The Grand Pure Organic Moor Mud Experience

Our mineral rich mud alleviates muscle tension and revives dull skin detoxifies and relaxes. A Massage with a mineral rich crème mixed with detoxifying essential oils is then applied to leave your skin energised and glowing.

*85 minutes ~ £90.00*

### The Grand Luxury Aroma Hand Treatment

This deluxe manicure incorporates a hand exfoliation treatment followed by a thermal mineral and essential oils soak. Cuticles are then enriched with our special Myrrh Nail Oil. Enjoy a relaxing hand and arm massage with organic aromatherapy oils. A polish completes the treatment.

*55 minutes ~ £55.00*

### The Grand Luxury Alpine Foot Treatment

A caring foot therapy for excessively dry and rough cracked skin. Begins with a foot soak in thermal mineral salts enhanced with Eucalyptus oil. Rough skin is exfoliated with creamy salt mixture then soothed in a massage featuring a natural foot balm rich in Menthol, Eucalyptus and Lavender. A polish completes the treatment.

*55 minutes ~ £55.00*

### The Ultimate Ocean of Dreams Ritual

Lavender oil to relax your senses as you drift away on calming and relaxing waves of blue, this treatment involves a two step invigorating full body scrub, followed by a relaxing lavender full body massage including hot stones on the back.

*85 minutes ~ £90.00*



## Male Grooming

### Gents Express Facial

Skin is refreshed with deep cleanse, stimulation, exfoliation and nourishing masque leaving the skin feeling clamed and revitalised. This facial is ideal if you have never experienced a facial before.

*25 minutes ~ £35.00*

### Gents Relaxation massage

A relaxing massage that is a "Time out". Your experience is a full body massage including a deep relaxing scalp massage using essential oils that will heighten state of relaxation.

*55 minutes ~ £65.00*

### Gents De-Stress back treatment

Designed to reduce tension and sooth tired muscles with an application of warm moor mud, this treatment stimulates the circulation to improve stress. Also includes a cleanse, tone stimulating exfoliation on the back, scalp and relaxing back massage.

*50 minutes ~ £65.00*

### Gents Manicure and Pedicure

Enjoy a warm soak while your hands and receive a invigorating manicure including a complete nail and cuticle maintenance, massage leaving you feeling smart and groomed with an professional appearance.

Our signature Pedicure then incorporates the ultimate foot care. Revitalising scrub followed by our stress releasing massage to renew tired legs and feet.

*60 minutes ~ £52.00*

### Gents Grand Facial

The Grand Classic facial for men. A purifying treatment for all skin types which includes a powerful exfoliation with mineral rich moor mud that removes dull surface of skin cells. A superb relaxing facial massage and hand massage completes the experience.

*55 minutes ~ £60.00*

### Gents Magnesium Massage

Magnesium is an important mineral responsible for promoting energy levels, sleep, circulation, metabolism and muscle movement. This relaxing therapeutic treatment helps to replenish magnesium levels, relax the muscles as the pores take in the vital minerals from the products. The treatment consists of a body scrub with Eucalyptus and full body massage.

*90 minutes ~ £100.00*

### Male Waxing

*Chest ~ £22.00*

*Back ~ £25.00*

*Back/Shoulder ~ £28.00*

*Stomach ~ £20.00*

## Facials

Embrace essential nutrients for glowing, vibrant skin, Powerful phyto-actives combine with advanced technology to achieve beautifully dramatic results, packed with vitamins, minerals, antioxidants and super-nutrients to help nourish, protect, transform your skin to look firmer, smoother and more hydrated. Making your skin glow.

### The Grand Classic Facial (Signature Treatment)

A purifying treatment for any skin type which includes a gentle exfoliating peel to remove dull surface skin cells, a luxurious massage, deep-cleansing masque and botanical extracts to rejuvenate and nourish the skin. A relaxing hand massage completes the experience.

*55 minutes ~ £65.00*

### Organic Aromatherapy Facial

Reconnect with nature, spirit and self with this deluxe facial based on the art of aromatherapy. Centred around a global bouquet of skin-renewing aromatic oils, this facial imparts complete relaxation, incorporating a specially developed aromatherapy face and scalp massage.

*50 minutes ~ £55.00*

### Correcting Brightening Facial

This unique treatment is specifically designed to address hyperpigmentation, skin tone and signs of aging. Includes an exfoliating multi-acid peel on the face, neck and décolleté to brighten the skin. A unique brightening masque and serum are applied to the skin to immediately illuminate.

*60 minutes ~ £70.00*

### Berry Plus Antioxidant Infusion

Ultra-oxygenating, anti-aging treatment based on vitamin-rich super berries and plant cell cultures to fortify, rejuvenate and renew.

*60 minutes ~ £65.00*

### Refresher Facial

A deep cleansing introductory facial based on organic Moor Mud, which refines and rehydrates dull, lifeless skin. Includes a skin analysis and a relaxing face and shoulder massage, as well as a relaxing hand massage.

*40 minutes ~ £45.00*

### Kerstin Florian Advanced Age Repair Facial

This results-orientated treatment is customized to address different skin conditions including all signs of premature ageing. Includes an exfoliating multi-acid or enzyme peel on the face and neck to renew the skin, an acculift massage to lift and tone the muscles and a mask to balance and nourish the skin.

*50 minutes ~ £60.00*

### Brighter Skin – Express Treatment Pro Plus

Using an exclusive 30% multi-acid peel, this facial provides immediate results to brighten and help even skin tone. Intensive serums are applied as beauty globes cool and tighten the skin. An amazing facial that will give your skin an instant glow.

*40 minutes ~ £40.00*

## *K-Lift*

Each treatment has been designed to help strengthen the muscles, ideal for targeting the first signs of ageing, facial muscles are lifted to achieve a more youthful appearance, with LED light to boost collagen, a preventative treatment designed to maintain elasticity in the skin and strengthens muscles tone, delaying the ageing process.

### **K-Lift**

#### **All-Natural collagen Rescue**

Our concentrated oils, serums and plant essences combine with LED Red Light therapy to heal the skin from environmental stressors, repair cellular structure by stimulating the production of collagen and elastin.

*60 minutes ~ £65.00*

#### **K-Lift Advanced Lifting Facial**

Recommended for clients who are experiencing the first signs of aging or what and instant radiance for a special occasion. Using advance technology to reduce fine lines and wrinkles, whilst improving muscle tone, delay the ageing process. An infusion of nutrients to the skin to increase collagen production giving your skin a vibrant and youthful appearance.

*55 minutes ~ £75.00*

#### **\*Course of Treatments**

*55 minutes ~ Course of Six Treatments ~ £375.00*

*55 minutes ~ Course of Ten Treatments ~ £600.00*

## **Ultimate Advanced Lifting Facial**

This energy treatment will transform your skin – both lifting and reducing fine lines and wrinkles. Includes a multi-acid peel for the face and neck to renew the skin, followed by LED red light and Impulse Micro Current to help awaken cell functions to younger levels, accelerates the repair mechanism, re-educates muscle tone and triggers DNA regeneration and cell repair.

This treatment concludes with an infusion of nutrients to the skin to increase collagen production.

An extended treatment to give intense and visible results.

*80 minutes ~ £99.00 ~ for increased long term results*

### **\*Course of Treatments**

*80 minutes ~ Course of Six Treatments ~ £495.00*

*80 minutes ~ Course of Ten Treatments ~ £792.00*

We recommend a course of treatments – consult your therapist for a tailored programme to suit your individual needs.

K Lift Express Eyes/lips or Face Treatment Available

*25 minutes ~ £27.00*

## Body Scrubs and Wraps

Using natural resources such as thermal mineral water, purifying algae, mud, essential oils and herbs, our treatments satisfy the body's craving for minerals and nutrients, leaving you refreshed, relaxed and balanced. The following treatments are packed to nourish, re-mineralise and balance the body.

### Body Firming Detox Treatment

Refine and firm body contours with an exclusive technique which exfoliates the skin, stimulates lymphatic drainage and increases circulation, incorporating the new Brightening Body Peel. This is followed by a massage with Intensive Slimming Serum packed with Ginger and Caffeine to help break down fat cells. Cool compresses finish this experience as Multi-Vitamin Firming Crème hydrates and brightens the body.

*90 minutes ~ £99.00*

### Body Wraps

Our powerful treatments designed to stimulate the circulation, helping to reduce toxins, refine and brighten the skin, choose from:

#### Moor mud wrap (Signature Treatment)

Our mineral rich mud alleviates muscle tension and revives dull skin detoxifies and relaxes. A Massage with a mineral rich crème mixed with detoxifying essential oils is then applied to leave your skin energised and glowing.

*85 minutes ~ £90.00*

#### Spirulina wrap

Live spirulina Algae seaweed treatment is essential vitamins, minerals and protein to nourish and revitalise the body. A soothing mineral crème with detoxifying essential oils is applied to leave your skin feeling rejuvenated. Effective when used as part of a slimming or detox programme.

*55 minutes ~ £75.00*

## Body Scrubs

### Turkish Salt Scrub with Eucalyptus

An exhilarating thermal salt exfoliation applied in a two-step treatment utilising salt rich in mineral and trace elements, and the antiseptic and invigorating benefits of eucalyptus. Stimulates circulation and leaves the skin smooth and soft.

*30 minutes ~ £40.00*

### Brighter Body Scrub

Illuminate your body with this results-driven treatment. This multi-active experience incorporates exfoliating bamboo, with papaya and pineapple enzymes to refine texture and brighten the skin.

*30 minutes ~ £45.00*

*60 minutes ~ £60.00 ~ includes massage with our Multi Vitamin Firming Crème*



## Massage

### The Ultimate Oceans of Dreams (Signature treatment)

Lavender oil to relax your senses as you drift away on calming and relaxing waves of blue, this treatment involves a two step invigorating full body scrub, followed by a relaxing lavender full body massage including hot stones on the back.

*85 minutes ~ £90.00*

### Ginger Renewal

A truly muscle warming treatment this Rejuvenating essential oils of ginger, grapefruit and fennel in this completely uplifting and rejuvenating spa experience, making you feel relaxed but rejuvenated.

This treatment includes an invigorating full body scrub and a full body massage.

*85 minutes ~ £90.00*

### Kerstin Florian Organic Aromatherapy Massage

Invite your guest to enjoy an unsurpassed level of relaxation in this enhanced classic massage which begins with a warm eucalyptus foot bath. Our signature Organic Aromatherapy Calm Mind Ritual, imparts comfort and serenity. The light, 98% organic aromatherapy body oils are based on organic sunflower as well as wild-crafted and organic flowers, plants, roots and leaves. Guests may choose between five organic aromatherapy blends to customise this ultimate massage experience.

*75 minutes ~ £95.00*

### Express Back massage

Foot, Back of the scalp neck and shoulder massage using organic oils.

*25 minutes ~ £32.00*

### Body massage

Classic full body massage using nourishing organic natural body oils, select your pressure accordingly to soothe and relax the body.

*60 minutes ~ £55.00*

### Full Body massage including face

Classic full body massage using nourishing organic natural body oils, select your pressure accordingly to soothe and relax the whole body.

*75 minutes ~ £75.00*

### \*Upgrade and Add On

#### Aromatherapy Pre Blended oils

Upgrade any of the above massages to Aromatherapy. Select from a range of beautifully Blended organic oils and begin your journey to well-earned relaxation.

*£7.00*

#### Bamboo

Looking for a firmer pressure to your massage. Upgrade any of the above massages to incorporating a deep massage where the therapist can work away tension using bamboo sticks on certain areas of the body.

*£2.00*

## Alternative Therapies

### Hot Stone Massage

Using warmed volcanic rocks and subtly cooled marble stones to massage away life's tensions and draw into deep relaxation.

*Back ~ 45 minutes ~ £48.00*

*Body ~ 60 minutes ~ £62.00*

*Full body ~ 75 minutes ~ £77.00*

### Reflexology

Using specific Pressure points on the feet, to relive stress and focus on your individual needs.

*Treatment and consultation ~ 40 minutes ~ £42.00*

### Indian Head massage

A charka balancing treatment using stimulating but relaxing ancient massage techniques to heal mind body and soul.

*25 minutes ~ £35.00*

### Moor mud foot treatment

A caring foot therapy, soothing aching and tired muscles with a foot soak using thermal mineral salts enhanced with eucalyptus oils. Feet are wrapped up in moor mud and warm mitts, a relaxing massage completes the treatment.

*45 minutes ~ £55.00*

### Ladies De-Stress back treatment

Designed to reduce tension and sooth tired muscles with an application of warm moor mud, this treatment stimulates the circulation to improve stress. Also includes a cleanse, tone stimulating Exfoliation on the back, scalp and relaxing back massage.

*50 minutes ~ £65.00*

### Waxing

Full range of waxing available.

*Lip or Chin ~ £12.50*

*Half leg ~ £19.00*

*Full leg ~ £30.00*

*Full leg and bikini ~ £40.00*

*Bikini ~ £15.00*

*Under arm ~ £14.00*

### Eye Treatments

*Eye brow shape ~ £12.50*

*Eyelash tint ~ £17.00*

*Eye brow tint ~ £12.50*

*Eyelash and eyebrow tint ~ £22.00*

*\*Please note a 24 hour patch test is required before tinting*



## *Basq – Pregnancy Treatments*

Basq nyc was created for the special skincare needs of expecting and new mums. Rich textures, gorgeous scents, we understand it is extremely crucial to select ingredients that are not only safe, but offer multiple benefits to your skin.

### **Basq in the Moment Pregnancy Massage**

A customised full body massage using safe pre-natal techniques. To help relax, reduce fatigue, release tension, aches, pains, swelling all associated with pregnancy. This massage will help increase circulation and benefit mum to be.

*75 minutes ~ £80.00*

### **Basq Head to Toe Experience**

A complete head to toe spa experience to include; head, bump and lower legs. To begin melt the stresses away with a relaxing head, neck & shoulder massage to release tension. Following this, is a treat for the bump, where gently dry brushing increases circulation and exfoliation follows to remove dead dull cells to improve the tone and elasticity of the skin.

Our basq resilient body oil and basq mega moisture butter are applied to treat the skin to prevent stretch marks. While the cream absorbs and takes affect you are treated to a lower leg exfoliation and foot massage to reduce swelling and stimulate circulation.

*90 minutes ~ £95.00*

### **Basq - Pregnacy treatment**

Starting with a foot soak, relaxing foot and legs massage, and a express facial to renew and brightening the skin. Including a relaxing hand and arm massage.

*60 minutes - £67.00*

## *Finishing Touches by Mavala Nails*

### **Grand Classic Manicure**

A deluxe manicure incorporates a unique hand exfoliation treatment followed by a massage, cuticle clean up, file and paint and enriching serum suited your nails, leaving hands and nails in tip top condition.

*45 minutes - £35.00*

### **Upgrade to a luxury aroma manicure**

A deluxe manicure incorporates a unique hand exfoliation treatment followed by a massage, cuticle clean up, file and paint and enriching serum suited for your nails, leaving hands and nails in tip top condition, also including a longer massage and heated mitts to adsorbed and leave the hands feeling hydrated and sooth away tired muscles, with youthful and elegant hands. A complementary tea or coffee concludes your relaxing hand experience.

*60 minutes - £55.00*

### **Grand Classic Pedicure**

A caring foot treatment for excessively dry, rough, cracked ski, beginning with a soak, foot care, cuticle care, massage, enriching serum suited your nails and professional file and paint to complete your experience.

*45 minutes - £38.00*

### **Luxury alpine foot treatment (Signature Treatment)**

A foot treatment for excessively dry, rough, cracked ski, beginning with a soak, foot care, cuticle care, enriching serum suited your nails and professional file and paint to complete your experience, as well as heated mitts to adsorbed and leave the feet feeling hydrated and sooth away tired muscles, leaving the feet light and leave you walking on air. A complementary tea or coffee concludes your relaxing hand experience.

*60 minutes - £55.00*

## Grand Spa Experience Day

Indulge yourself with a luxury spa day at Grand Hotel. Whichever of our packages you choose, the following are included:

- Welcome non alcoholic drink, use of luxurious robes, towels and slippers. Take some exercise in the Gymnasium or indoor swimming pool.
- Prepare for your treatment by relaxing and warming your body in the Sauna and Steam Room.
- A light lunch and non alcoholic refreshments to nourish.

### The Ocean of Dreams experience

The dream spa day awaits you. A day which will leave you completely relaxed and in tip top condition. A must before any big day or evening event, or just when you need to relax and pamper yourself! Over 4 hours of treatments include The Grand Hotel Classic Facial by Kerstin Florian, a Luxury Aroma Manicure and Alpine Foot Treatment and is completed with Ocean of Dreams Ritual. You will finish your day feeling you haven't a care in the world... and look fabulous too!

*Sun ~ Thurs £190.00 Fri & Sat ~ £233.00*

### The Ultimate Grand experience

Take a little time for yourself or maybe a day with a friend. Your Dream escape incorporates over 3 hours of treatments including an Exfoliation and Massage using Organic Aromatherapy, a Pure Organic Prescriptive Facial by Kerstin Florian together with a Luxury Manicure or Pedicure. A top-to-toe experience!

*Sun ~ Thurs £179.00 Fri & Sat ~ £219.00*

## Gents Day

Gents, Relax and be pampered with two of our most popular treatments – The Gents De-Stress Express Facial Treatment and the Gents Relaxation Massage. Each designed to make you look and feel like a new man!

*Sun~Thurs ~ £120.00 Fri & Sat ~ £155.00*

## Organic Relaxation experience

Take time out to relax and recharge on our ultimate relaxation day. Two of our most relaxing treatments will lull you into a dream-like state. 100 minutes of complete de-stress with our Pure Organic Aromatherapy Facial by Kerstin Florian and Kerstin Florian Organic Aromatherapy Massage.

*Sun ~ Thurs ~ £115.00 Fri & Sat ~ £145.00*

## Spa Creation Day

Our Spa Creation Day entitles you to the same privileges as our Spa Experience Days. Create your own Spa Experience choosing treatments from the tariff.

*Sun ~ Thurs ~ £42.00 Fri & Sat ~ £49.00*



## *Mini - Spa Days*

### **Grand Mini Pamper Day**

Float in the fantastic indoor pool, lay back in the fabulous Scandinavian double decked Sauna, ease your aches and pains in the spa pool or simply relax in our Eucalyptus infused Steam Room. Enjoy a light lunch and choose 1 treatment from our Pamper Day list.

*£55.00 per person*

### **Leisure Day with Afternoon Tea**

Combine a day in the Spa with the infamous traditional Grand Afternoon Tea in the Great Hall. Our Leisure Day also includes a back, neck and shoulder massage.

*£69.00 per person*

### **Grand Mini Pamper Day Plus**

Spend the day in our delightful Spa taking advantage of the marvellous indoor facilities. Couple this with a choice of 2 relaxing treatments from our Pamper Day list and a light lunch of sandwiches and soft drinks.

*£85.00 per person*

*For more Pamper Day and Spa package suggestions  
why not visit our website at [www.grandeastbourne.com](http://www.grandeastbourne.com)*

## *Spa Etiquette*

1. Please arrive 10 - 15 minutes before your treatment time. This allows for completion of a medical form and for your treatment to begin on time. Late arrival will limit the time of the treatment and in some cases the appointment may need to be rescheduled. Treatments will end on time so that other guests are not inconvenienced.
2. In order to retain a peaceful atmosphere and for consideration to others, we request that mobile phones be turned off or put on silent and conversations are kept quiet when within the treatment area.
3. We can provide robe and slippers if required. During the treatment you will be draped with towels to ensure your privacy.
4. Men will be asked to retain undergarments or swimwear for discretion.
5. Know that you are in a professional environment and do not expect anything other than therapeutic salon services.
6. Communicate your preferences during treatments so that therapists can adjust to your requirements.
7. Do not leave children under 16 unattended. This can be disruptive to other spa visitors and unsafe for your children.
8. You may relax for a while once a treatment has been completed but please be aware that the treatment room needs to be prepared for the next client.



— *The Grand Hotel* —

EASTBOURNE

★★★★★

**The Grand Health Club and Spa**

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Twitter [www.twitter.com/grandhealthclub](http://www.twitter.com/grandhealthclub)

**Important Information**

All treatment suitability is subject to a consultation card being completed. If you have any health conditions, please contact your GP prior to arrival for a letter of consent or contact our Beauty Therapists for advice. For spa days a credit card guarantee will be required. For treatments booked, cancellation within 24 hrs will incur 50% charge. Cancellation within 12 hrs will incur a 100% charge. Prices are subject to change without notice; all prices are inclusive of VAT.