



THE GRAND HOTEL
HEALTH &
WELLNESS

SPA TREATMENT MENU

WELCOME

TO HEALTH AND WELLNESS AT THE GRAND HOTEL, EASTBOURNE

The Spa at the Grand Hotel offers exclusive treatments from Kerstin Florian including a wide range of facial, body and male grooming treatments that are only available through leading spas and luxury hotels.

KERSTIN FLORIAN

Kerstin Florian specialises in using natural resources including 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.

O P I

Renowned as the leaders in nail care, their beautiful heavily-pigmented, chip-resistant lacquers and polishes are available in a wide range of exceptional colours and provide a flawless long-lasting finish to your manicure or pedicure.

Please arrive 15-20 minutes before your treatments to allow time to relax, unwind and enter the realm of indulgent experiences.

HEALTH CLUB & SPA OPENING TIMES

INDOOR SWIMMING POOL & GYMNASIUM

Monday – Friday: 06.00 – 21.00 hrs

Saturday & Sunday: 07.00 – 21.00 hrs

HEALTH & BEAUTY TREATMENT TIMES

Monday - Sunday: 10:00 - 18:00 hrs

All opening times are subject to change without prior warning.

The Health Club offers a vast range of health and beauty treatments for both ladies and gents. Our therapists are fully trained and qualified in all aspects of Beauty Therapy on offer and are available for free client consultation to discuss your needs. From our body and face products to the excellent Mavala nail range, the ultimate in beauty care is available. A full list of treatments is available online at grandeastbourne.com

Health Club Members receive a 20% discount on Spa Treatments.

To book your Spa experience, please call **01323 435025**
or e-mail **healthclub@grandeastbourne.com**

Spa gift vouchers are available to
purchase from reception or online.

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TERMS AND CONDITIONS

Treatments are subject to availability. Some treatments are specialised and can only be performed by certain therapists. All treatment suitability is subject to a consultation card being completed. If you are currently pregnant, have any allergens, a heart disorder, a diagnosed medical condition or are taking any prescribed drugs, please let us know in advance. For certain health conditions, the therapist may require written permission from the client's doctor before proceeding with the treatment. If the therapist determines that the client's health condition may pose a risk to their safety or wellbeing before or during the massage treatment, the therapist reserves the right to refuse the treatment. Children under 16 years old require an accompanying adult. Credit Card details are required when booking spa days as a guarantee. For Spa Days and Treatments, full pre-payment is required at the time of booking and is non-refundable. You can reschedule a Spa Day up to 7 days prior to arrival, or treatments at least 72 hours in advance. Your new date must be within 3 months of the original booking, and may be subject to additional charges.

Prices, packages and treatments are subject to change without notice; all prices are inclusive of VAT at the current rate. A discretionary 12.5% service charge will be added to your bill for all Spa services and will be shared by the entire team. We welcome guests with restricted mobility, disability and medical or particular care requirements. Please refer to the website for further information on specific details we require prior to booking.

Please read our Spa etiquette information on our website or ask a member of the Health and Wellness team: www.grandeastbourne.com

MY NOTES

Please use this page to jot down your favourite treatments ready to book.

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OUR SIGNATURE TREATMENT COLLECTION

THE GRAND CLASSIC FACIAL BY KERSTIN FLORIAN

A purifying treatment for any skin type, which includes a gentle exfoliation 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 ~ £84.00

KERSTIN FLORIAN ADVANCED AGE REPAIR FACIAL

The results-oriented treatment is customised to address different skin conditions including all signs of premature aging. It 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 ~ £86.00

LUXURY AROMA MANICURE

This deluxe manicure includes a unique hand exfoliation treatment, followed by a long massage. Hands are then wrapped in heated mitts, which helps soothe tired muscles and leaves them hydrated. After a cuticle clean up, file and paint, hands and nails will be in tip-top condition.

60 MINUTES ~ £70.00

LUXURY FOOT TREATMENT

This intense foot treatment is ideal for people who suffer from excessively dry, rough, cracked skin. Starting with a leisurely soak, feet are then wrapped in heated mitts, which leave the feet feeling hydrated while soothing away tired muscles. After the foot and cuticle care, enjoy a relaxing massage. Nails then receive a professional file and paint to complete your experience.

60 MINUTES ~ £70.00

THE ULTIMATE OCEAN OF DREAMS

The two step treatment begins with an invigorating full body scrub, followed by a relaxing lavender full body massage including hot stones on the back.

85 MINUTES ~ £115.00

DE-STRESS BACK TREATMENT

Designed to reduce tension and soothe tired muscles, with a cleanse, tone, stimulating exfoliation and an application of a mask on the back. Finishing with a relaxing scalp, neck and back massage, leaving you feeling relaxed and rejuvenated.

50 MINUTES ~ £76.00



MEN'S TREATMENT

GENTS' EXPRESS FACIAL

Skin is refreshed with a deep cleanse, exfoliation and nourishing masque, leaving the face feeling revitalised – the ideal experience for those who have never experienced a facial before.

25 MINUTES ~ £47.00

GENTS' RELAXATION MASSAGE

A relaxing full body massage, including a deep scalp massage, is the perfect 'time out' from a stressful day. The use of essential oils will heighten your state of relaxation.

55 MINUTES ~ £80.00

GENTS' DE-STRESS BACK TREATMENT

Designed to reduce tension and soothe tired muscles, with a cleanse, tone, stimulating exfoliation and an application of a mask on the back. It finishes with a relaxing scalp, neck and back massage, leaving you feeling relaxed and rejuvenated.

50 MINUTES ~ £76.00

MEN'S HAND AND FOOT COMBINATION TREATMENT

Treat your hands to an invigorating manicure including complete nail and cuticle maintenance leaving you feeling groomed to perfection. Our signature pedicure incorporates the ultimate foot care – a revitalising scrub followed by our stress relieving massage to renew tired legs and feet.

60 MINUTES ~ £71.00

GENTS' GRAND FACIAL

A purifying treatment for all skin types, including a powerful exfoliation that removes the dull surface skin cells. A relaxing facial massage and hand massage completes this superb experience.

55 MINUTES ~ £84.00

GENTS' GINGER MASSAGE

A muscle warming treatment using rejuvenating essential oils; ginger and grapefruit, making this a truly uplifting spa experience. Treatment includes an invigorating full body scrub and a full body massage.

85 MINUTES ~ £115.00

MALE WAXING

CHEST ~ £27.00

STOMACH ~ £24.00

BACK ~ £30.00

BACK/SHOULDER ~ £35.00



FACIALS

Embrace essential nutrients for glowing, vibrant skin. Powerful phytoactives combined with advanced technology can achieve beautifully dramatic results. Packed with vitamins, minerals, antioxidants and super-nutrients to help nourish, protect and transform your skin to look firmer, smoother and more hydrated.

THE GRAND CLASSIC FACIAL (Signature Treatment)

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

55 MINUTES ~ £84.00

ORGANIC AROMATHERAPY FACIAL

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

50 MINUTES ~ £77.00

KERSTIN FLORIAN ADVANCED AGE REPAIR FACIAL (Signature Treatment)

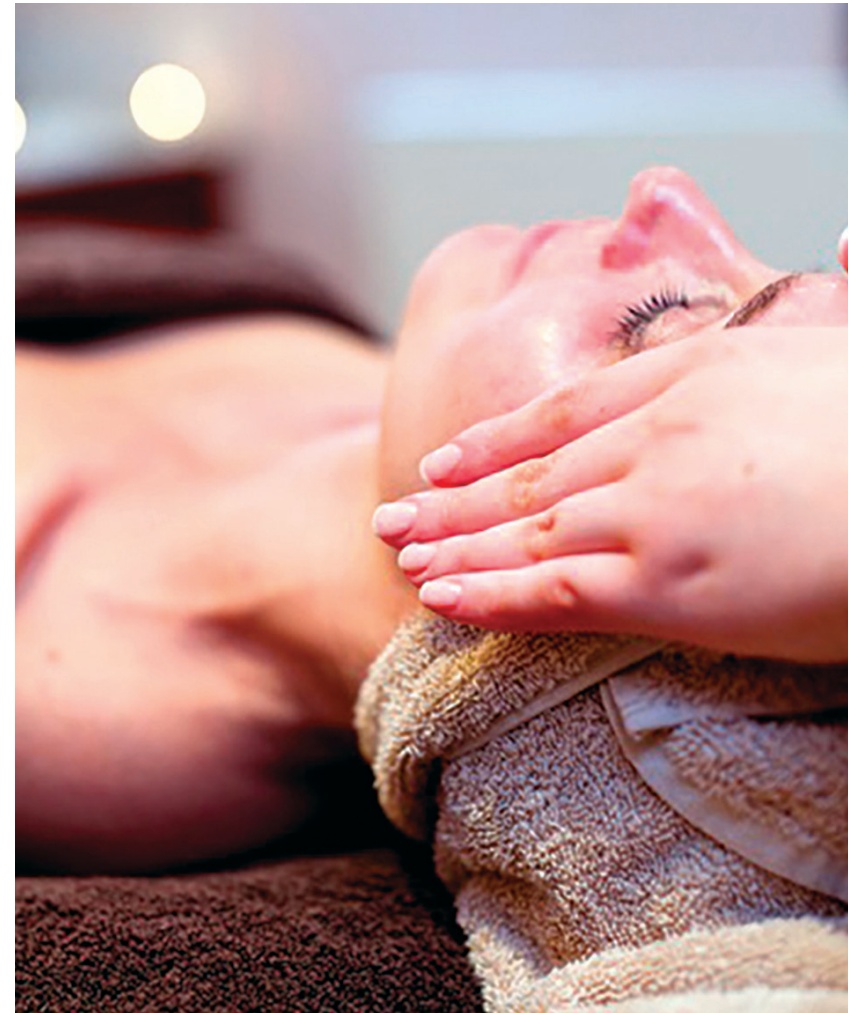
The results-oriented treatment is customised to address different skin conditions including all signs of premature aging. It includes an exfoliating multi-acid or enzyme peel on the face and neck to renew the skin, an acculift massage to lift and tone the muscles and a mask to balance and nourish the skin.

50 MINUTES ~ £86.00

REFRESHER FACIAL

A deep cleansing facial which refines and rehydrates dull and tired skin. This treatment includes a skin analysis, a rejuvenating face and shoulder massage and a relaxing hand massage.

40 MINUTES ~ £66.00



MASSAGE

THE ULTIMATE OCEAN OF DREAMS (Signature Treatment)

The two step treatment begins with an invigorating full body scrub followed by a relaxing lavender full body massage including hot stones on the back.

85 MINUTES ~ £115.00

GINGER RENEWAL

A muscle warming treatment using rejuvenating essential oils, making this a truly uplifting spa experience. Treatment includes an invigorating full body scrub and a full body massage.

85 MINUTES ~ £115.00

KERSTIN FLORIAN ORGANIC AROMATHERAPY MASSAGE

Enjoy an unsurpassed level of relaxation in this enhanced classic massage, which begins with a warm eucalyptus foot bath. The light, 98% organic, aromatherapy body oils are based on wild-crafted flowers, plants, roots and leaves. Guests may choose between four organic aromatherapy blends to customise this ultimate massage experience.

85 MINUTES ~ £115.00

THE 'GRAND' BACK, NECK AND SHOULDER MASSAGE

The classic 'Grand' relaxing back, neck and shoulder massage removes tension and aches.

40 MINUTES ~ £61.00

BODY MASSAGE

This classic full body massage uses nourishing organic natural body oils. Select your pressure accordingly to soothe and relax the body.

60 MINUTES ~ £83.00

FULL BODY MASSAGE INCLUDING FACE

A full body massage including face, neck and scalp, using nourishing organic natural body oils. Select your pressure accordingly to soothe and relax the body.

75 MINUTES ~ £101.00

HOT STONE MASSAGE

Uses warmed volcanic rocks to massage away life's tensions and draw you into a deep relaxation.

BACK ~ 45 MINUTES ~ £82.00

FULL BODY ~ 60 MINUTES ~ £101.00

DE-STRESS BACK TREATMENT (Signature Treatment)

Designed to reduce tension and soothe tired muscles, with a cleanse, tone, stimulating exfoliation and an application of a mask on the back. It finishes with a relaxing scalp, neck and back massage, leaving you feeling relaxed and rejuvenated.

50 MINUTES £76.00

***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.

£9.00

ALTERNATIVE THERAPIES

TURKISH SALT SCRUB WITH EUCALYPTUS

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

40 MINUTES ~ £66.00

REFLEXOLOGY

This holistic technique focuses on applying pressure to points on the feet relating to specific parts of the body which will relax, detoxify and rebalance the body and mind.

TREATMENT AND CONSULTATION ~ 40 MINUTES ~ £59.00

INDIAN HEAD MASSAGE

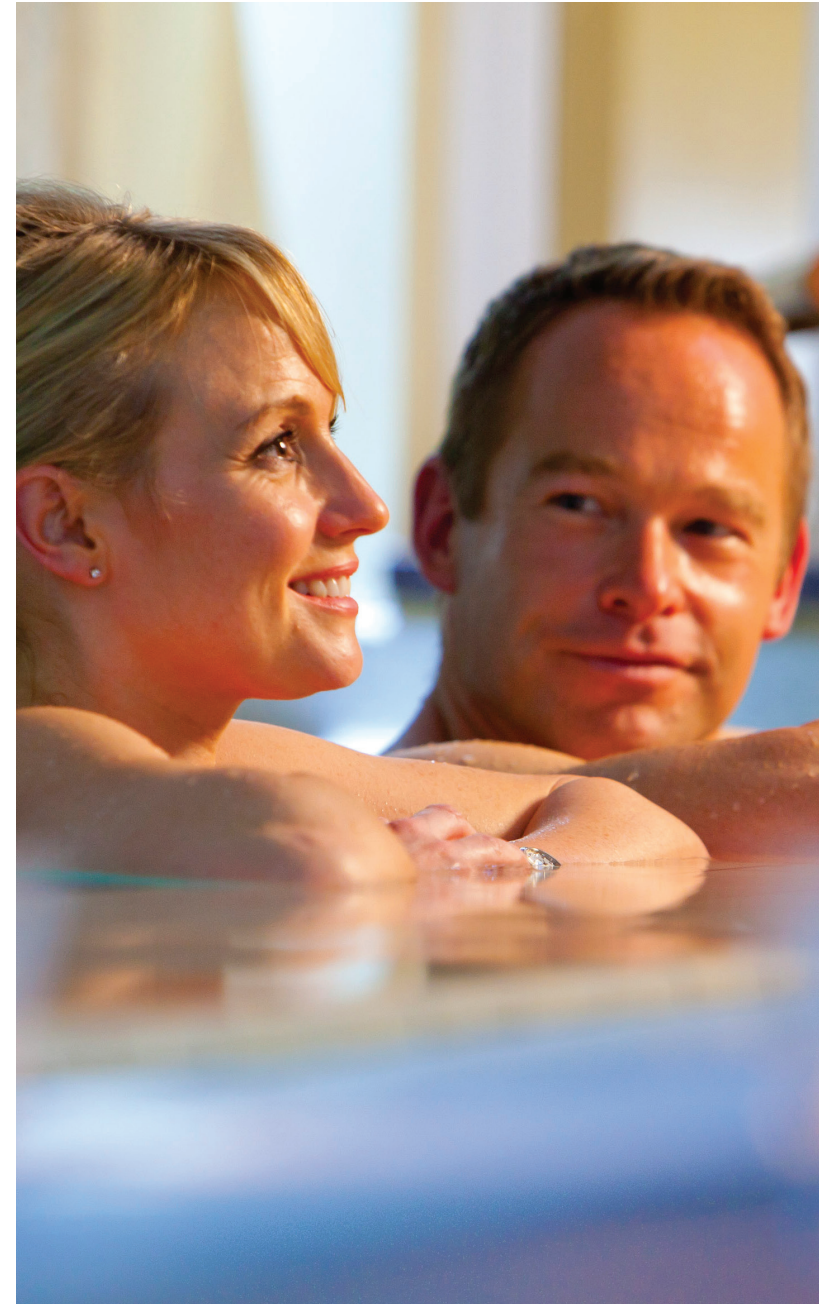
A chakra balancing treatment that is focused on neck, shoulders and head to stimulate the body and mind. This helps to reduce the symptoms of tension by relaxing the muscles and alleviating emotional strain.

25 MINUTES ~ £47.00

MANUAL LYMPH DRAINAGE

A gentle therapy which involves a light pressure and pumping or circular movements of lymph nodes of the body to stimulate and move stagnate lymph fluid in the body. This treatment improves the immune system and waste production. This treatment does not involve massage.

30 MINUTES ~ £44.00



PREGNANCY TREATMENTS

HARMONY PREGNANCY MASSAGE

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

75 MINUTES ~ £106.00

PREGNANCY TREATMENT

This lovely treatment starts with a foot soak to help melt away any tension; a relaxing foot and leg massage and finally finishing off with an express facial to renew and brighten the skin. Also includes a relaxing hand and arm massage.

60 MINUTES ~ £88.00



FINISHING TOUCHES

GRAND CLASSIC MANICURE

This deluxe manicure incorporates a unique hand exfoliation treatment followed by a massage, cuticle clean up, file and paint - leaving hands and nails in tip-top condition.

45 MINUTES ~ £48.00

LUXURY AROMA MANICURE (Signature Treatment)

This deluxe manicure includes a unique hand exfoliation treatment, followed by a long massage. Hands are then wrapped in heated mitts, which helps soothe tired muscles and leaves them hydrated. After a cuticle clean up, file and paint, hands and nails will be in tip-top condition.

60 MINUTES ~ £70.00

GRAND CLASSIC PEDICURE

This intense foot treatment is ideal for people who suffer from excessively dry, rough, cracked skin. Starting with a leisurely soak, followed by foot care, cuticle care, enriching serum suited for your nails, massage and finishing with a professional file and paint to complete your experience.

45 MINUTES ~ £54.00

LUXURY FOOT TREATMENT (Signature Treatment)

This intense foot treatment is ideal for people who suffer from excessively dry, rough, cracked skin. Starting with a leisurely soak, feet are then wrapped in heated mitts, which leave the feet feeling hydrated while soothing away tired muscles. After the foot and cuticle care, enjoy a relaxing massage. Nails then receive a professional file and paint to complete your experience.

60 MINUTES ~ £70.00

GEL LUXURY MANICURE OR PEDICURE

Longer lasting nail colour with OPI Gels. A beautiful treatment to the nails and skin with a file, cuticle work followed by a buff, OPI Bond Aid Serum and application of Gels OPI colour, a relaxing massage concludes your nail experience.

60 MINUTES ~ £79.00 (without removal of gel polish)

75 MINUTES ~ £89.00 (with gel removal)

GEL POLISH APPLICATION ONLY

40 MINUTES ~ £47.00

GEL REMOVAL ONLY

Treatment includes a removal of gels, file and cuticle cream.

20 MINUTES ~ £27.00

If your gels were applied by our therapists, receive a complimentary gel removal only in conjunction with re-application. Please inform us when booking if gel removal is required.



WAXING AND EYE TREATMENTS

WAXING

Full range of waxing available.

LIP OR CHIN ~ £16.00

HALF LEG ~ £23.00

FULL LEG ~ £35.00

FULL LEG AND BIKINI ~ £45.00

BIKINI ~ £18.00

UNDER ARM ~ £17.00

EYE TREATMENTS

EYEBROW SHAPE ~ £16.00

EYELASH TINT ~ £21.00

EYEBROW TINT ~ £16.00

EYELASH AND EYEBROW TINT ~ £30.00

***PLEASE NOTE A 24 HOUR PATCH TEST IS REQUIRED BEFORE TINTING**



GRAND HALF DAY SPA SOOTHER

Spend time in the Grand Spa making the most of the indoor facilities and choose one of the treatments listed below. Then indulge with either lunch or a traditional afternoon tea in one of our magnificent lounges.

We guarantee you will leave us relaxed and restored.

WHAT'S INCLUDED:

2 hour use of all indoor leisure facilities.

A choice of one 40 minute treatment: The 'Grand' Back, Neck & Shoulder Massage, Turkish Salt Scrub, The Refresher Facial, Classic Manicure, Classic Pedicure or Reflexology

Lunch or afternoon tea.

Choice of two time slots to enjoy your package:
morning or afternoon.

£115.00 PER PERSON



SPA BREAKS

RELAXING PAMPER BREAK WITH BREAKFAST

The Grand is the perfect place for a break from routine...

PRICES START FROM JUST £150.00 PER PERSON BASED ON TWO ADULTS SHARING A DELUXE ROOM AND INCLUDE:

- One beauty treatment per person choosing from The 'Grand' Back, Neck & Shoulder Massage, Turkish Salt Scrub, The Refresher Facial, Classic Manicure, Classic Pedicure or Reflexology
- Luxurious accommodation with access to our hotel app to download magazines or newspapers to your phone
- Full English breakfast
- Residential use of the superb Health Club facilities

RELAXING PAMPER WITH DINNER AND BREAKFAST

Enjoy some 'me' time and recharge your batteries at the Grand Hotel. Spend your afternoon relaxing in the Spa before dinner is served in either of our award winning restaurants.

PRICES START FROM JUST £195.00 PER PERSON BASED ON TWO ADULTS SHARING A DELUXE ROOM AND INCLUDE:

- One beauty treatment per person choosing from: The 'Grand' Back, Neck & Shoulder Massage, Turkish Salt Scrub, The Refresher Facial, Classic Manicure, Classic Pedicure or Reflexology
- Three course dinner in either the Garden or Mirabelle Restaurant (Mirabelle open from Tuesday to Saturday inclusive. £5.00pp supplement applies to Mirabelle Restaurant)
- Luxurious accommodation with access to our hotel app to download magazines or newspapers to your phone
- Full English breakfast
- Residential use of the superb Health Club facilities

SPA ETIQUETTE

1. Please arrive at the time of your appointment. 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 low when within the treatment area.
3. 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 may 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.

Our Spa Treatments and Experiences are available to purchase online or at reception.

WWW.GRANDEASTBOURNE.COM



