



— *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 that are only available through leading Spas and luxury Hotels.

KERSTIN FLORIAN

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:

9.00am – 5.30pm Sunday – Thursday

9.00am – 8.00pm Friday and Saturday

For reservations, please call 01323 435025
or e-mail healthclub@grandeastbourne.com

📍 @grandeastbourne & @grandhealthclub

Gift vouchers are available from reception or online.
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 guests wishing to soothe aching muscles, 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 while the Eucalyptus bath oil will ease stiff muscles and aching joints. Complete your experience with a 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 a moisturising Chamomile body lotion before getting into bed.

£28.00

Signature Treatments

The Grand Classic Facial by Kerstin Florian

A purifying treatment for any skin type, which includes a gentle exfoliating 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 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, which leaves your skin energised and glowing.

85 minutes ~ £90.00

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. A complementary tea or coffee concludes your relaxing hand experience.

60 minutes ~ £55.00

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.

A complementary tea or coffee concludes your relaxing foot experience.

60 minutes ~ £55.00

The Ultimate Ocean of Dreams Ritual

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 ~ £90.00



Male Grooming

Gents' Express Facial

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

25 minutes ~ £35.00

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 ~ £65.00

Gents' De-Stress back treatment

Designed to reduce tension and soothe tired muscles. The application of warm Moor Mud stimulates the circulation to help relieve stress. This treatment also includes a cleansing and exfoliating massage on the back and scalp.

50 minutes ~ £65.00

Gents' Manicure and Pedicure

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 ~ £52.00

Gents' Grand Facial

A purifying treatment for all skin types, which includes a powerful exfoliation with mineral rich Moor Mud that removes the dull surface skin cells.

A relaxing facial massage and hand massage completes this superb 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 and 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.

85 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 phytoactives combined with advance 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 ~ £65.00

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 ~ £55.00

Correcting Brightening Facial

This unique treatment is specifically designed to address hyperpigmentation, skin tone and signs of ageing. An exfoliating multi-acid peel is applied to the face and neck which helps freshen the skin. A unique brightening masque and serum are applied, that gives your skin a gorgeous glow.

60 minutes ~ £70.00

Berry Plus Antioxidant Infusion

This ultra-oxygenating and anti-ageing treatment is created from vitamin-rich super berries and plant cells, which help rejuvenate and renew the skin.

60 minutes ~ £65.00

Refresher Facial

A deep cleansing facial using organic Moor Mud, 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 ~ £45.00

Kerstin Florian Advanced Age Repair Facial

This results-oriented treatment is customized to address different skin conditions including all signs of premature ageing. 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 ~ £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. This preventative treatment is designed to maintain elasticity in the skin and strengthen muscle tone, delaying the ageing process.

K-Lift

All-Natural Collagen Rescue

Our concentrated oils, serums and plant essences combined with LED Red Light therapy helps heal the skin from environmental stressors and repairs 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 ageing or want an instant glow for a special occasion. Using advanced technology to reduce fine lines and wrinkles, whilst improving muscle tone and delaying the ageing process. An infusion of nutrients for the skin help 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, accelerate the repair mechanism, re-educate muscle tone and trigger 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 that 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 are designed to stimulate the circulation, helping to reduce toxins, refine and brighten the skin. Choose from:

The Grand Moor Mud Experience (Signature Treatment)

Our mineral rich mud alleviates muscle tension, 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

The Spirulina Algae seaweed treatment has essential vitamins, minerals and protein that helps 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 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 the skin soft and smooth.

30 minutes ~ £40.00

Brighter Body Scrub

Illuminate your body with this results-driven treatment. The 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)

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 ~ £90.00

Ginger Renewal

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

85 minutes ~ £90.00

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 five organic aromatherapy blends to customise this ultimate massage experience.

85 minutes ~ £95.00

Express Back Massage

Feet, back of the scalp, back, neck and shoulder massage using organic oils.

25 minutes ~ £32.00

Body massage

Enjoy this classic full body massage, which uses nourishing organic natural body oils. Select your pressure accordingly to soothe and relax the body.

60 minutes ~ £55.00

Full Body Massage Including Face

Enjoy this classic full body massage, which uses nourishing organic natural body oils. Select your pressure accordingly to soothe and relax the 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 incorporate 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 to massage away life's tensions and draw you into a deep relaxation.

Back ~ 45 minutes ~ £48.00

Body ~ 60 minutes ~ £62.00

Full body ~ 75 minutes ~ £77.00

Reflexology

Uses specific pressure points on the feet to relieve stress and focus on your individual needs.

Treatment and consultation ~ 40 minutes ~ £42.00

Indian Head Massage

A chakra 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 that soothes aching and tired muscles. Starting with a foot soak using thermal mineral salts that have been enhanced with Eucalyptus oils. Feet are then covered in Moor Mud and wrapped in warm mitts. A relaxing massage completes the treatment.

45 minutes ~ £55.00

Ladies' De-stress Back Treatment

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

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

Eyebrow shape ~ £12.50

Eyelash tint ~ £17.00

Eyebrow 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 expectant and new mums. Rich textures combined with gorgeous scents. Only 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 and 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 that includes; head, bump and lower legs. Beginning with a relaxing head, neck and shoulder massage, to release tension, followed by a treat for the bump, where gentle dry brushing increases circulation and exfoliation to remove dead dull cells, and to improve the tone and elasticity of the skin.

The Basq resilient body oil and Basq mega moisture butter are applied to treat the skin to prevent stretch marks. Whilst 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 - 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 ~ £67.00

Finishing Touches by Mavala Nails

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 ~ £35.00

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. A complementary tea or coffee concludes your relaxing hand experience.

60 minutes ~ £55.00

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 ~ £38.00

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. A complementary tea or coffee concludes your relaxing foot 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 that 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 Foot Treatment, and finally the Ocean of Dreams Ritual. You will finish your day feeling like you haven't a care in the world... and look fabulous too!

Sun ~ Thurs £190.00 Fri & Sat ~ £233.00

The Ultimate Grand Experience

Enjoy a little time to yourself, or maybe a girly day with a friend. Your dream escape comprises of over 3 hours of treatments, including an Exfoliation Massage using Organic Aromatherapy, a Pure Organic Prescriptive Facial by Kerstin Florian, plus a Luxury Manicure or Pedicure. A top-to-toe experience!

Sun ~ Thurs £179.00 Fri & Sat ~ £219.00

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 famous traditional Grand Afternoon Tea in the Great Hall. Our Leisure Day also includes 1 treatment from our Pamper Day list.

£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

Pamper Day List - available treatments to choose from:

- Express Back, Neck & Shoulder Massage
- Express Facial
- Turkish Salt Scrub
- Indian Head Massage
- Shape & Polish to Hands
- Shape & Polish to Feet
- Reflexology

For more Pamper Day and Spa package suggestions why not visit our website at 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 low 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 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.
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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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.