



— *The Grand Hotel* —

EASTBOURNE

★★★★★

SPA TREATMENT MENU

Opening Times:

10.00am – 6.00pm Sunday – Thursday

10.00am – 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.

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

 @grandhoteleastbourne  @grandhoteleastbourne  @grandeastbourne

*Gift vouchers are available from reception or online.
www.grandeastbourne.com*

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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. Children under 16 years old require an accompanying adult. Credit Card details are required when booking spa days as a guarantee. Treatment cancellation within 24 hours will incur a 50% charge. Treatment cancellation within 12 hours will incur a 100% charge. Prices, packages and treatments are subject to change without notice; all prices are inclusive of VAT at the current rate. A discretionary 10% 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, a disability and medical or particular care requirements. Please refer to the website for further information on specific details we require prior to booking.

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 ~ £77.00

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 ~ £63.00



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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 ~ £63.00

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 ~ £104.00



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Men's Treatments

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 ~ £42.00

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 ~ £73.00

Gents' De-Stress Back Treatment

Designed to reduce tension and sooth 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 ~ £68.00

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 ~ £63.00

Gents' Grand Facial

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

55 minutes ~ £77.00

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 ~ £104.00

Male Waxing

Chest ~ £24.00 Stomach ~ £21.00

Back ~ £27.00 Back/Shoulder ~ £30.00



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 ~ £77.00

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 ~ £69.00



Refresher Facial

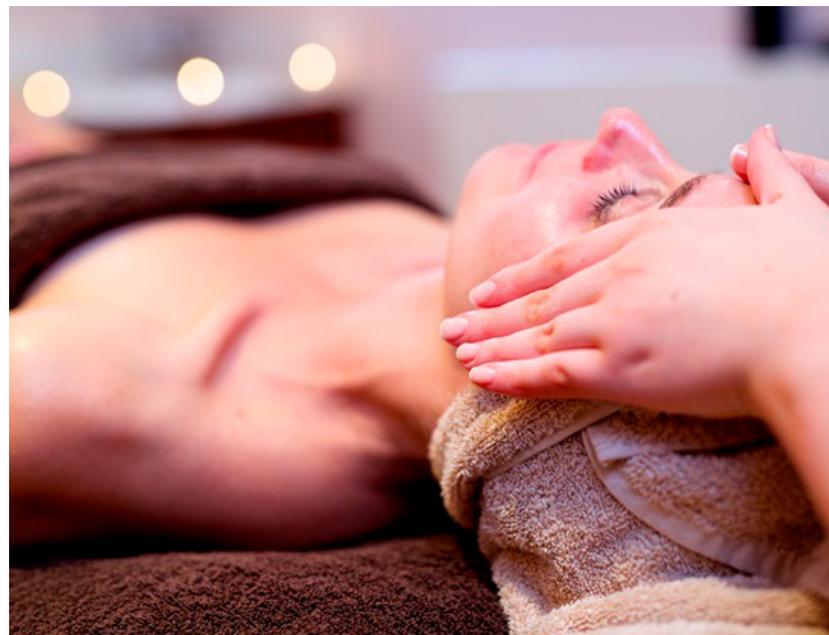
A deep cleansing facial which refines and rehydrates dull and tired skin. This treatment includes a skin analysis, a rejuvenating face and shoulder massage and a relaxing hand massage.

40 minutes ~ £58.00

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 ~ £75.00



Body Scrubs and Wraps

Using natural resources such as thermal mineral water, 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.

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.

40 minutes ~ £58.00

Ladies 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 ~ £68.00

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 ~ £104.00

Ginger Renewal

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 ~ £104.00

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 ~ £104.00

The 'Grand' Back, Neck and Shoulder Massage

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

40 minutes ~ £53.00

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 ~ £74.00

Full Body Massage Including Face

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

75 minutes ~ £90.00

*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



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 ~ £70.00

Full Body ~ 60 minutes ~ £90.00

Reflexology

This holistic technique focuses on applying pressure to points on the feet which relate to specific parts of the body which will relax, detoxify and rebalance the body and mind. It can also help relieve back pain, migraine and digestive problems.

Treatment and consultation ~ 40 minutes ~ £52.00

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 ~ £42.00



Waxing and Eye Treatments

Waxing

Full range of waxing available.

Lip or Chin ~ £14.00

Half leg ~ £20.00

Full leg ~ £32.00

Full leg and bikini ~ £42.00

Bikini ~ £16.00

Under arm ~ £15.00

Eye Treatments

Eyebrow shape ~ £14.00

Eyelash tint ~ £18.00

Eyebrow tint ~ £14.00

Eyelash and eyebrow tint ~ £27.00

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

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. This is not recommended until after the first trimester of pregnancy.

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 ~ £95.00

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 ~ £79.00

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 ~ £43.00

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 ~ £63.00

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 ~ £48.00

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 ~ £63.00

Spa Day

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:

- Lunch or afternoon tea
- Use of all indoor leisure facilities
please note, these must be booked in advance.
- 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

Choice of two time slots to enjoy your package: 9-1pm or 1-5pm, Sunday – Friday.

£85.00 per person, Monday - Friday

£95.00 per person, Sundays



Gift Vouchers

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

www.grandeastbourne.com

Spa Breaks

Relaxing Spa Break

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

Prices start from just £137.50 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

Soothing Spa Break

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 £177.50 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.





The Grand Health Club and Spa

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