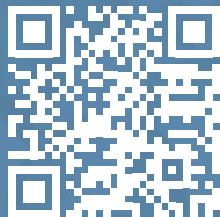




St Brelade's Bay Hotel

H E A L T H C L U B & S P A

To book please scan the QR code below, or contact our Spa reception
on **+44 (0) 1534 761122** or email **spa@stbreladesbayhotel.com**



T: +44(0)1534 746141 E: info@stbreladesbayhotel.com
La Route de la Baie, St Brelade, Jersey, Channel Islands, JE3 8EF

www.stbreladesbayhotel.com



02/2025



St Brelade's Bay Hotel

H E A L T H C L U B & S P A

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Our Products

CAUDALIE
PARIS

Our exclusive Caudalie treatments are designed to indulge your skin while providing visible results thanks to products renowned worldwide for their exceptional anti-oxidant properties. Transport yourself to the vineyards of Bordeaux in our exclusive Spa set in the heart of St Brelade's Bay. Indulge yourself with a choice of our unique Face and body spa treatments, complimented by bespoke advice from one of our Vinotherapists, who can help you select the treatment best suited to your needs.

intraceuticals
IT'S IN THE SKIN

Intraceuticals is a unique line of spa treatments and complementary skin care products based on innovative and progressive technology. Intraceuticals Clinic Treatments, the brand's signature innovation, use oxygen under pressure and cutting-edge hyaluronic acid technology to promote the delivery of specially formulated serums to the skin. These specialised treatments and accompanying home care products target the most common skin concerns with visible, clinical results and dramatic accumulative effects.

ESPA
NATURAL BEAUTY
INNER CALM

ESPA are guided by a holistic philosophy, caring for your whole wellbeing, focusing on creating naturally effective skincare products which deliver results you can see and feel. Their expertly formulated products are not only beautiful to use, with luxurious textures and sensorial mood enhancing aromatics, but they also protect the long-term health and beauty of the skin.

DERMALUX

You'll experience the calming power of light as it revitalizes your complexion. This soothing treatment targets collagen production, reduces redness, and promotes overall skin health. Our gentle approach ensures a comfortable experience suitable for all skin types.

CND™
SHELLAC™

SHELLAC™ is the original gel polish system created by CND, the nail industry's most innovative and trusted brand. This professional gel polish combines the best qualities of traditional nail polish with the long-lasting effects of gel nails. The process involves application of polish to the natural nail, with each layer being cured under a UV or LED lamp. The curing process hardens the polish and makes it more durable, providing a longer-lasting and chip-resistant finish.

Caudalie Facial Treatments

Express D-Vine Facial

Designed for both men and women with limited time but still seeking effective results, this express facial is tailored to meet the needs of every skin type. The treatment includes eye and skin cleansing, deep exfoliation and a sculpting and relaxing face and neck massage.

The experience is completed with serum, moisturizer & eye cream tailored to your individual skin requirements, restoring your skin's freshness, comfort, and even tone.

£68.00 | Treatment Time: **30 minutes**

Add Additional Face mask & scalp massage
£78.00 | Treatment Time: **45 minutes**

Vinopure Facial

This treatment purifies your skin, cleanses your complexion and helps regulate excess sebum. The cryo-massager will have an anti-inflammatory action on the skin and anti-dark circles on the eye contour.

£90.00 | Treatment Time: **60 minutes**

Vinosource Hydrating & Nourishing Facial

A skin-renewing treatment to deeply moisturise the skin. A massage with fresh grapes followed by a recovery essential oil massage soothes dryness. Our Vinosource products restore moisture levels for a healthy, glowing appearance.

£90.00 | Treatment Time: **60 minutes**

Vinoperfect Radiance Facial

A unique facial treatment specifically designed to correct the complexion, restoring radiance and vitality to the skin. Specifically created for tired, dull and uneven skin types. The Vinoperfect serum adds the finishing touch to this treatment, leaving you looking radiant, even and luminous.

£90.00 | Treatment Time: **60 minutes**

Resveratrol Lifting & Anti-Wrinkle Facial

Specially created for skin that lacks firmness, contour and vitality.

A stimulating triple wave technology gives a firmer, more sculpted look by sending randomized electrical impulses deep within the skin to stimulate the muscles in the face.

The toning and lifting effects are immediate, your face appears resculpted and radiant with youth.

£105.00 | Treatment Time: **60 minutes**

Premier Cru Ultimate Anti-Aging Facial

This exceptional anti-aging facial will; lift, moisturise, smooth, plump & even the skin with cutting edge techniques and products from the Premier Cru range. This advanced facial includes a firm massage that is stimulating for the natural production of collagen & elastin. The results are spectacular, wrinkles and lines are visibly reduced and the skin is smoother & firmer.

£99.00 | Treatment Time: **60 minutes**

Courses available:
Buy 5 treatments & get 6th complimentary.

Bespoke Caudalie Facial & LED Therapy

Combine the benefits of a lifting anti-aging facial with the power of LED Light Therapy for a revitalised and plumped skin.

Indulge in the benefits of led light therapy from wrinkle reduction to improved sleep as it offers a natural way to enhance your well-being.

This facial reduces the visual appearance of fine lines and wrinkles. Your skin looks plumper and youthful.

£115.00 | Treatment Time: **75 minutes**

or add on to any facial | £20.00



Intracuticals

Revitalise Oxygen Facial

Rejuvenate Hydration Treatment

This skin-quenching treatment delivers deep, lasting hydration, making it suitable for all skin types. The Rejuvenate Serum, infused with vitamins and antioxidants, works wonders to lift, tone, and hydrate the skin, providing a refreshed and youthful glow. For an added boost, the treatment includes a soothing face mask and eye mask, ensuring extra hydration for both the skin and the delicate eye area. Perfect for anyone seeking revitalized, glowing skin.

£100.00 | Treatment Time: 60 minutes

Radiance Boosting Facial

Unveil a glowing complexion with the Radiance Boosting Facial, designed to brighten and balance dull, uneven skin tones. This treatment features botanical brighteners and super-concentrated Vitamin C to minimize pigmentation, leaving your skin luminous, even-toned, and revitalized. To enhance the experience, the facial includes a nourishing eye and face mask for added hydration and care, ensuring your skin feels as refreshed as it looks. Perfect for anyone seeking to restore their natural radiance and youthful glow.

£100.00 | Treatment Time: 60 minutes

Deluxe Face & Neck Oxygen Treatment

Get the best of both worlds! For even more remarkable results, combine with Atoxylene Treatment to instantly reduce the appearance of fine lines and wrinkles while tightening and firming for a more defined facial contour.

This target treatment is the perfect, non-invasive alternative to Botox! Instantly firm, lift and plump your skin.

This facial includes an eye mask to reduce puffiness and dark circles, and a lip mask to plump and give you a smoother lip contour.

£115.00 | Treatment Time: 75 minutes

Courses available:

Free box with **£88** worth of products with a course of 3 facials.

Free box with **£250** worth of products with a course of 6 facials.



Booster Oxygen Facial Treatment

Collagen Booster **£97.00 | 60 minutes**
Helps to restore volume and tightness to skin that has lost its elasticity, tone and density.

Vitamin C+3 Booster **£97.00 | 60 minutes**
Three forms of Vitamin C to benefit all skin types but especially skin with signs of premature ageing.

Vitamin A (Retinol) Booster **£97.00 | 60 minutes**
Clarifies and refines the appearance of skin prone to blemishes, visible pores, sun damage etc.

Bakuchiol Booster **£97.00 | 60 minutes**
Effective plant-based retinol alternative for all skin types.

Vitamin D3+ Booster **£97.00 | 60 minutes**
This potent serum optimizes skin function, supporting renewal, repair, and resilience

Eye & Lip Boost Treatment

Our eye & lip treatment revitalizes the skin of the eye & lip contour area. This facial is a shorter, targeted treatment and aims to reduce wrinkles, signs of aging, and brightens the area.

£45.00 | Treatment Time: 45 minutes

Breath of Fresh AIR

Custom-Tailored Express Oxygen Facial & 30-Minute Back Massage. Indulge in the ultimate relaxation and rejuvenation with this two-in-one treatment. Begin with a soothing 30-minute back massage to melt away tension and promote deep relaxation. Follow it up with a Custom-Tailored Express Oxygen Facial, designed to revitalize and hydrate your skin. The oxygen infusion works to rejuvenate, brighten, and promote a youthful glow, while the facial is tailored to meet your specific skin needs. Perfect for those seeking both relaxation and skincare benefits in a quick, effective session.

£115.00 | Treatment Time: 75 minutes

Body Rituals

Warm & Nourishing Body Wrap

A deep nourishing treatment for the body. We will start with a full body brushing to remove the dead cells followed by an application of Nourishing Oil and luxurious body butter for a deep moisture treatment, massaged onto the skin and then wrap to cocoon the skin with hydration. This treatment includes a full scalp treatment for total relaxation.

£102.00 | Treatment Time: **60 minutes**

ESPA Body Wrap

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally Detoxifying Algae or Nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

£102.00 | Treatment Time: **60 minutes**

Caudalie Crushed Cabernet Detox Body Treatment

The indulgent body treatment incorporates one of the most popular scrubs from our Vinotherapy Spas. This scrub is a base of grape-seed, honey, brown sugar, crushed grape-seeds and essential oils. This is followed by a shower to remove the scrub, followed by an indulging Caudalie body butter using massage techniques.

£105.00 | Treatment Time: **60 minutes**

£115.00 | Treatment Time: **75 minutes**

ESPA Salt & Oil Scrub

Revive the skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes: salt & oil full body exfoliation & skin moisturise.

£105.00 | Treatment Time: **60 minutes**

£115.00 | Treatment Time: **75 minutes**

Courses available:

Buy 5 treatments & get 6th complimentary.

Body Treatments

Mama & Me Spa Day

Take some me time before your baby is born with this relaxing treatment, which includes back, neck, shoulders and cranial massage or a very relaxing foot reflexology followed by a divine Express Facial. The Caudalie skincare ingredients help to restore the skin's healthy balance, leaving you with an incredible sense of calm.

45min pre-natal massage or reflexology
+ 30min express d-vine facial

£115.00 | Treatment Time: **75 minutes**

D-Vine Back, Face & Scalp Treatment

This luxurious back, face and scalp treatment start with a cleansing of the back, followed by exfoliation and a deep tissue massage to ease away stress and tension. As your body is relaxed, we treat and hydrate your skin with a Caudalie facial to suit your wishes, finishing with a cranial scalp massage to calm your mind.

£130.00 | Treatment Time: **90 minutes**

Melt-Away Duo

Enjoy a hot stone back, neck and shoulders massage using heated lava stones, followed by an Express D-Vine Facial or Scalp Massage.

£105.00 | Treatment Time: **60 minutes**

£120.00 | Treatment Time: **75 minutes**

Hot Stones Full Body

A therapeutic massage using heated lava stones that channel energy from the feet through to the upper area of the back. The direct heat of the stones relaxes muscles allowing manipulation of a greater intensity than with regular massage.

£115.00 | Treatment Time: **60 minutes**

£125.00 | Treatment Time: **75 minutes**

Hot Stones Back, Neck & Shoulders Massage

Focusing on the back, neck and shoulder area, heated stones are incorporated to allow a deeper penetrating massage to the core of the muscle. This renews the skins, increases the blood and lymph circulation, giving your body a healthy glow.

£95.00 | Treatment Time: **45 minutes**



Ultimate *Spa packages*

Ultimate Face & Body Experience

This treatment starts with a full body exfoliation to prepare the skin, leaving it feeling soft and smooth, followed by a luxurious divine body massage. This is followed by a facial cleanse, exfoliation, massage, then finishing with a Cranial Scalp massage for ultimate tranquillity.

£182.00 | Treatment Time: 120 minutes

ESPA Ritual Package

Purify and revive body and mind with this deeply cleansing ritual. Body exfoliation combines with a nourishing wrap, full body massage and reviving scalp massage.

Skin feels refreshed, smooth and intensely nourished. Toxins are eliminated, tension alleviated and your body and mind re-energised.

Includes: Body exfoliation, marine or algae wrap, Inner Calm massage & scalp massage.

£172.00 | Treatment Time: 120 minutes

Mini Spa Day * †

Choose a luxurious 60 minute spa treatment plus enjoy full use of our hotel spa facilities and a traditional afternoon tea or lunch in one of our beautiful sea view spots (valued at £30). The perfect treat day!

£130.00 | Treatment Time: 60 minutes

Couples Retreat †

Bring a loved one and enjoy a Full body Caudalie aromatherapy massage each in our fantastic double treatment room, followed by a choice of 30 minute Indian head massage, foot massage, express facial or ear candling.

Full use of our health club facilities: Gym, Steam Room, Swimming Pool and Jacuzzi.

Followed by lunch in our relaxing hotel sun lounge or in our Bay Restaurant facing the spectacular views of St Brelade's Bay (valued £40 per person).

£165.00pp | Treatment Time: 90 mins pp

De Stress Me

Unwind with a full body aromatherapy massage followed by pressure points on the neck, shoulders and head. Finish with reflexology pressure points for full relaxation. A blend of neroli, ginger and white musk will warm up your muscles and revitalise your senses.

£120.00pp | Treatment Time: 75 mins pp

Signature Massages

Caudalie The Des Vignes Massage

This massage is tailored to suit your requirements and is performed using our Caudalie The Des Vignes Oil. Combining subtle notes of honeyed ginger liqueur, neroli, orange blossom, white musk and jasmine in calming & sensual fragrance. The skin is left feeling soft, hydrated and shrouded in a subtle floral fragrance.

£105.00 | Treatment Time: **60 minutes**

ESPA Pre-Natal Massage

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation. Includes: Back exfoliation (if required), focussed body massage & scalp massage.

*Suitable for all mothers from 13 weeks

£105.00 | Treatment Time: **60 minutes**

Caudalie Wine Makers' Massage

An invigorating deep bamboo massage to work deep into the muscles to relieve tension. This treatment alternates techniques using bare hands, pressure on the energy paths and a heated wine maker's stick to deeply relieve muscular tension and energise. No area of the body is overlooked from the tips of your fingers to the bottoms of your feet, you will leave bursting with energy.

£105.00 | Treatment Time: **60 minutes**

ESPA Inner Calm Massage

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

£105.00 | Treatment Time: **60 minutes**

Includes: breathwork and full aromatherapy massage.

£115.00 | Treatment Time: **75 minutes**

Includes: Breathwork, full body aromatherapy massage, scalp massage with Rose Quartz Crystals.

Caudalie Ritual Bespoke Massage

This deeply relaxing Caudalie head to toe massage formulated with a dreamy blend of the most luxurious essential oils, is guaranteed to have you drifting away. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind.

Upgrade your experience to a 75 minute ritual to include a signature face and scalp massage using the same blend of blissful oils.

Choose between our 2 Caudalie aroma oils:

- Soleil des vignes oil elixir: notes of orange blossom, jasmine and coconut
- Smooth & glow fig oil elixir: enriched with argan oil and prickly pear

£105.00 | Treatment Time: **60 minutes**

£115.00 | Treatment Time: **75 minutes**



Body Classics

Swedish Full Body Massage

A light to medium pressure massage using classic massage movements to improve blood circulation, ease muscle aches and tension. This massage improves flexibility and reduces stress.

£95.00 | Treatment Time: **60 minutes**

Sports Full Body Massage

This massage is designed to manipulate tense and strained muscles to improve flexibility and endurance in the muscular system.

£110.00 | Treatment Time: **60 minutes**

Sports Back, Neck & Shoulders

This massage focuses on back, shoulders and neck areas, and is designed to manipulate tense and strained muscles to improve flexibility and endurance in the muscular system.

£90.00 | Treatment Time: **45 minutes**

ESPA Aromatherapy Back, Neck & Shoulders Massage

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

Includes: Massage to the back, neck and shoulders with aromatherapy blends.

Please note: light to medium pressure.

£68.00 | Treatment Time: **30 minutes**

£78.00 | Treatment Time: **45 minutes**

Back, Neck & Shoulders Massage

This massage helps relieve areas of tension, concentrating on the head, shoulders, upper and lower back.

Please note: that this treatment is not a deep tissue massage.

£74.00 | Treatment Time: **45 minutes**

Courses available:
Buy course of 5 & 6th is complimentary.

Alternative Therapies

Indian Head Massage

Alternating slow and vigorous massage movements are applied to the head and are combined with a pressure point massage to the scalp, head and shoulders to relieve stress.

£68.00 | Treatment Time: **45 minutes**

Hopi Ear Candling Treatment

Ear candling is the process of using lit, hollowed-out candles to draw out toxins and debris from your ear. It's been a technique of folk healing for generations.

£42.00 | Treatment Time: **30 minutes**

Foot Reflexology

The age-old tradition of pressure point stimulation, reflexology is the massage of the feet. The feet are divided into zones that represent the whole body. The massage of the nerve endings situated at the bottom of the feet triggers a response in the body.

Thorough stimulation of all reflex areas of the feet reduces stress and tension and creates a space in the recipient's body for healing to take place.

£68.00 | Treatment Time: **45 minutes**

Foot Ritual Massage

A foot massage is a form of massage therapy that can help you relax, sleep better, and live better. As the name suggests, it's focused on your feet, although some techniques will include the calves or lower leg.

£42.00 | Treatment Time: **30 minutes**

Courses available:
Buy course of 5 & 6th is complimentary.

World Alternative Therapies

Shiro Abhyanga*

Shiro Abhyanga is a soothing head, neck, and shoulder massage using warm herbalized oil to calm and balance the mind and nervous system. The oil is carefully selected based on your individual needs and applied with a variety of techniques, including gentle, nurturing movements.

Benefits:

- De-stresses and balances the entire system
- Oxygenates the brain
- Strengthens the brain

£110.00 | Treatment Time: 60 minutes

Abhyanga*

Abhyanga is an integral part of Ayurvedic wellness practices and is designed to balance the body, mind, and spirit through the use of therapeutic oils and a calming massage technique. This full-body massage is not only soothing but also offers a range of physical, emotional, and mental benefits. Here's a deeper look into the benefits of Abhyanga:

Benefits:

- Improve circulation
- Promote deep sleep and relaxation
- Increase energy

£125.00 | Treatment Time: 75 minutes

Pada Abhyanga Ayurvedic Foot Massage*

This soothing Ayurvedic foot massage is designed to revitalize, calm, and balance disturbances in the autonomic nervous system. Traditionally considered a daily ritual before sleep, it helps prevent cracking and numbness, reduce water retention, and alleviate fatigue and tiredness.lashes for that extra 'wow' factor.

Benefits:

- Prevents cracking and numbness
- Soothes tired feet
- Reduces water retention
- Relieves fatigue and tiredness

£110.00 | Treatment Time: 60 minutes

Pinda Sweda

Pinda Sweda is a traditional Ayurvedic therapy that combines a special form of massage with the use of medicinal herb-filled bundles or "pindas." It is known for its therapeutic effects, particularly in treating muscle stiffness, joint pain, and inflammation. The term "Pinda" refers to the small boluses of rice or herbal bundles, while "Sweda" means sweat or perspiration, which is a key aspect of the treatment.

Benefits:

- Improves circulation
- Reduces inflammation
- Promotes detoxification
- Promotes relaxation and rejuvenation
- Improves flexibility

£110.00 | Treatment Time: 60 minutes

Hand & Foot

Express Nails Manicure/Pedicure

In a hurry but need those fingers or toes to look cared for and polished, we give you a file, shape, cuticle tidy and polish.

£35.00 | Treatment Time: 30 minutes

CND Shellac Manicure

Experience two weeks of lasting, high-shine nails that are instantly dry with Shellac Power Polish. Our service includes a nail file, cuticle tidy, and Shellac application.

Please note, we do not offer nail enhancements, gels, or repairs.

£52.00 | Treatment Time: 60 minutes

CND Shellac Removal

Let us safely remove your Shellac and treat your nails with cuticle oil to help maintain healthy, happy nails.

Please note: We don't remove hard gel, acrylics, soft gels or extensions. Any shellac done by us on last visit and reapplied, removal is free of charge.

£15.00 | Treatment Time: 15 minutes

Luxury Spa Manicure

Hands are exfoliated, cuticles are cared for with oils, and your arms will be cocoon in warm gloves to help our luxuriously rich hand cream soak in. Once your nail shape is perfected, we will apply your chosen colour for a faultless finish.

£60.00 | Treatment Time: 60 minutes

Add Shellac: **£68.00 | +15 minutes**

Luxury Spa Pedicure

The feet are pampered with exfoliation, warm thermal booties and a circulation boosting massage. After your cuticles and nails have been tidied, we finish with polish application to leave your feet looking and feeling perfect!

£65.00 | Treatment Time: 60 minutes

Add Shellac: **£72.00 | +15 minutes**

CND Shellac Pedicure

Experience two weeks of lasting, high-shine nails that are instantly dry with Shellac Power Polish. Our service includes a nail file, cuticle tidy, and Shellac application.

Please note, we do not offer nail enhancements, gels, or repairs.

£60.00 | Treatment Time: 60 minutes

Spa Information

Opening Hours

Spa

Monday to Saturday	9.00 am - 6.00 pm
Sunday	10.00 am - 5.00 pm

Gym & Pool

Monday to Thursday	6.00 am - 9.00 pm
Friday	6.00 am - 8.00 pm
Saturday	8.00 am - 8.00 pm
Sunday & Bank Holidays	8.00 am - 6.00 pm

Bookings

We recommend booking treatments and packages in advance to avoid disappointment.

Deposit

A 50% deposit is required for all bookings.

Cancellation Policy

If you should need to cancel or reschedule an appointment we require 48 hours notice. Packages and group bookings require 72 hours notice. Failure to do this will incur a charge of 100% of the treatment price. Non-arrival to an appointment will incur a charge of 100% of the treatment price.

Children

Children under 16 are not allowed in the jacuzzi and steam room only. There are specific times for children to use the pool area (shown below) if accompanied by an adult.

Tuesday/Thursday:

11am to 1pm & 4pm to 6pm

Monday / Wednesday / Friday / Saturday / Sunday:

10am to 12pm & 3pm to 5pm

Courses

Courses of treatments are available for any treatment. Pay for 5 and get your 6th treatment for free. Please enquire with spa reception. Payment is required on 1st treatment and must be used within 12 months. To book please e-mail spa@stbreladesbayhotel.com or telephone 01534 761122 All bookings are secured with a credit or debit card.

Payment Method

We accept all major credit cards, debit cards, and cash.

Prices

We reserve the right to change prices and modify or discontinue treatments without notice to ensure that maximum standards of service and quality are met.

Gift Vouchers

Gift vouchers are available from our spa reception, for a monetary value only and are valid for 12 months from the date of purchase. They are non-refundable and non-transferable. Lost or stolen vouchers cannot be replaced. Vouchers must be presented at the time of treatment or an alternative payment method will be required. No cash change given. Expired gift vouchers cannot be accepted as a valid payment method.

For Your Protection

We cannot accept responsibility for any lost or stolen items, please keep valuables safe.

Special Considerations

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any other health related concerns you have when making your appointment. We do not recommend the consumption of alcohol before or directly after Spa treatments. Please consult your doctor before using the Spa heat and water facilities or exercise equipment if under medical supervision or if you are taking medication. For moms-to-be, we have specifically designed treatments to care for both of you. Please allow our therapists to guide you in selecting which treatments are most suitable for you during this time. We recommend that you drink lots of water after your Spa treatments to help accelerate the elimination of toxins.



St Brelade's Bay Hotel
HEALTH CLUB & SPA