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## MASSAGE

Allow yourself to completely relax while your therapist eases away your stresses, kneads away your tension, and leaves you feeling energised and restored with our choice of massages.

### THE REVIVAL

50 minutes - £65

A reviving massage focusing on your back, neck and shoulders, tired feet and legs. Relieves muscle tension and puts a spring back into your step.

## CLASSIC MASSAGE

A bespoke Swedish massage tailored by your therapist to focus on muscle pain, stress relief or pure relaxation.

### BACK, NECK AND SHOULDER MASSAGE

LEG MASSAGE

25 minutes - £35

25 minutes - £35

FULL BODY MASSAGE

50 minutes - £65

### HOT STONES THERAPEUTIC BACK MASSAGE

25 minutes - £35

50 minutes - £65

Melt away your tension as the hot stones are worked across your back, neck and shoulders.

### NEXT-LEVEL HOT STONE FULL BODY MASSAGE

Tension melts away during this massage, as warm stones radiate heat deep into tight muscles leaving your body in a state of deep relaxation.

### FRANGIPANI INTENSELY CLEANSING SALT SCRUB

Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. 25 minutes - £35



## FACE

### **PRO-GLOW RENEWAL**

50 minutes - £65

ELEMIS' signature triple cleanse facial provides hyperfocused resurfacing and moisture boosting results to unlock a healthy, lit from within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

### SUPERCHARGED WITH ELEMIS' BIOTEC 1.0: ULTRASONIC RESURFACING

60 minutes - £80

## PRO-GLOW SMOOTH

The HIIT workout for your skin. This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

SUPERCHARGED WITH ELEMIS' BIOTEC 1.0: ULTRASONIC, MICROCURRENT & O2 INFUSION 50 minutes - £65

60 minutes - £80

### **PRO-GLOW RESURFACE**

50 minutes - £65

Resurfacing for stunningly smooth skin. Transform the skin's texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion.

### SUPERCHARGED WITH ELEMIS BIOTEC 1.0: ULTRASONIC, LED LIGHT THERAPY & GALVANIC

60 minutes - £80

## PRO-GLOW BRILLIANCE

50 minutes - £65

Your recipe for radiance. Awaken dull, lacklustre-looking skin with this radiance boosting facial for a visibly brighter, glowing complexion.

SUPERCHARGED WITH ELEMIS BIOTEC 1.0: ULTRASONIC, O2 INFUSION & GALVANIC

60 minutes - £80

### EXPRESS FACIAL WITH SCALP MASSAGE 25 minutes - £35



## SPA PACKAGES

Spa at the Comis provides guests with facilities that are second to none and comprise both traditional and infrared saunas to ease away your aches and pains.

Relax in the Turkish and aromatherapy oil-filled steam rooms to uplift your senses, then take a soak in our indoor or outdoor Jacuzzi baths. Cool off in the ice fountain or take a dip in the swimming pool. At the end of your journey enjoy complimentary herbal tea – or coffee, in our comfortable relaxation room.

### FULL DAY SPA PACKAGE

£210

Spa access, two 50-minute Elemis spa treatments and 2-course lunch and refreshments.

## STANDARD HALF DAY SPA PACKAGE

£105

Spa use, sparkling afternoon tea, access to the pool and a 25-minute treatment.

UPGRADE: ONE 50 MINUTE OR TWO 25 MINUTE TREATMENTS £135



## TWILIGHT SPA PACKAGE

£80, only available Wednesdays

Spa use, a grazing board, a glass of prosecco and access to the pool.

UPGRADE: INCLUDES ONE 25 MINUTE TREATMENT OF CHOICE £110

## FIZZY FRIDAYS

2 hours - £50

Enjoy a complimentary glass of fizz on us whilst relaxing in our spa area for the last two hour session on a Friday between 4pm – 6pm.

SPACATION PACKAGE

From £195 mid-week, £259 Friday & Saturday

This ultimate relaxation package includes a two-hour spa facility access, an overnight stay, a £50 voucher towards a meal at Le Brûlot Bar & Grill and a full English breakfast.

SPA FACILITY AND SWIMMING POOL ACCESS	2 hours - £50
SPA AND POOL ACCESS PLUS AFTERNOON TEA	2 hours - £65
SPA AND POOL ACCESS PLUS SPARKLING AFTERNOON TEA	2 hours - £70

## NAIL BAR

## NATURAL NAILS

EXPRESS MANICURE shape, cuticle work, OPI natural nail polish & oil	£25
<b>LUXURY MANICURE</b> Elemis frangipani exfoliation, shape, cuticle work, soothing hand & arm massage, and OPI natural nail polish & oil	£35
<b>LUXURY MANICURE WITH GEL POLISH</b> Elemis frangipani exfoliation, shape, cuticle work, soothing hand & arm massage, and OPI gel polish & oil	£45
GELNAILS	N
GEL POLISH OVERLAY shape, cuticle work, OPI gel polish & oil	£32
REMOVAL AND REAPPLICATION OF OPI GEL POLISH & OIL	£37

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## FOOT WORKS

EXPRESS PEDICURE shape, cuticle work, OPI natural nail polish & oil	£25
LUXURY PEDICURE Elemis frangipani exfoliation, shape, cuticle work, soothing	£40
leg & foot massage, and OPI natural nail polish & oil	
LUXURY PEDICURE WITH GEL POLISH	£50
Elemis frangipani exfoliation, shape, cuticle work, soothing leg & foot massage, and OPI gel polish & oil	

#### SPA ETIQUETTE

To avoid disappointment, we recommend booking your treatments and access to the facilities well in advance; a 50% deposit is required for all bookings.

For your comfort, a robe, towel and slippers will be provided.

We would like The Spa to always be a tranquil environment. We would be grateful if you would assist us in maintaining this peace by avoiding use of mobile phones whilst enjoying the spa.

Please arrive 15 minutes prior to your treatment time to complete your consultation form, change into your robe and relax before meeting your therapist. Late arrivals may result in a reduction of the treatment time as a courtesy of our next guest.

We would ask that each guest shower before entering the pool or thermal use to remove any oils held on the skin.

#### HEALTH CONDITIONS

So that we may tailor your treatment to best meet your needs and requirements, we ask that all clients receiving spa treatments complete a consultation form. Please advise our spa team of any health conditions, allergies, medications or injuries which may affect your treatment or use of the facilities. If you should have any questions or concerns, please do not hesitate to ask a member of our friendly spa team.

### PREGNANCY

Please advise us at the time of booking of your pregnancy. For your safety, we cannot carry out any treatments during your first 12 weeks of pregnancy. Use of our sauna, steam room or spa pool are also not permitted for safety. We can, however, offer you any of our Elemis facials, manicures or pedicures during this time, please speak to a member of the team for more information.

### CANCELLATION POLICY

Please be advised that we have a 48-hour cancellation policy. Should you need to cancel or change your spa reservation within this time, the 50% deposit will be charged as a cancellation fee.

### POINTS OF SAFETY: SPA FACILITIES AND THERMAL SUITE

As part of our commitment to health and safety, those under the age of 18 are not permitted in the spa facilities unless always accompanied by a parent or guardian. Children under the age of 16 will not be permitted to use the thermal suite, sauna, steam room, aroma room or the spa pool at any time. Any person under the age of 18 wishing to receive treatments must be always accompanied by an adult.

### LOSS OR DAMAGE

In the unfortunate instance of loss or damage of personal possessions, The Spa cannot be held responsible. We ask that all personal belongings be stored safely in the supplied lockers.

### SPECIAL REQUIREMENTS

We will do our utmost to make sure your visit to The Spa at Comis is unique and enjoyable. Should you have any specific requirements, please contact a member of our spa team, and we shall endeavour to do all we can to meet your needs.



SPA & WELLBEING

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COMIS HOTEL AND GOLF RESORT, MOUNT MURRAY ROAD, SANTON