

Comis



SPA & WELLBEING



— SPA MENU —



# 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

25 minutes - £30

### LEG MASSAGE

25 minutes - £30

### FULL BODY MASSAGE

50 minutes - £65



## HOT STONES THERAPEUTIC BACK MASSAGE

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*25 minutes - £30*

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

## NEXT-LEVEL HOT STONE FULL BODY MASSAGE

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*50 minutes - £65*

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

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*25 minutes - £30*

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.





# FACE

## PRO-GLOW RENEWAL

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*50 minutes - £65*

ELEMIS' signature triple cleanse facial provides hyper-focused 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

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*50 minutes - £75*

## PRO-GLOW SMOOTH

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*50 minutes - £65*

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

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*50 minutes - £75*





## PRO-GLOW RESURFACE

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*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**

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*50 minutes - £75*

## PRO-GLOW BRILLIANCE

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*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**

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*50 minutes - £75*

## EXPRESS FACIAL

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*25 minutes - £30*



# 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.

## HALF DAY SPA PACKAGE

£105

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

*£30 supplement for an additional 25-minute treatment*





## TWILIGHT SPA PACKAGE

£79

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

*£30 supplement for an additional 25-minute treatment*

*£60 supplement for an additional 50-minute treatment*

## FIZZY FRIDAYS

2 hours - £49

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

£195 mid week, £225 Fri & Sat

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

### SPA USE ONLY

2 hours - £49

### SPA USE PLUS AFTERNOON TEA

2 hours - £65

### SPA USE PLUS SPARKLING AFTERNOON TEA

2 hours - £70



## HEALTH CONCERNS

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Please advise us of any health conditions, allergies or injuries which could affect your treatment or use of the Spa facilities. If you are pregnant we recommend that you check with your doctor prior to experiencing any spa services.

## RESERVATIONS

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Advanced bookings are highly recommended to ensure preferred times are available, particularly if you choose to enjoy multiple bookings during your stay. The spa provides walk-in bookings based on availability. To make a reservation from your guest room, dial 807 to call the spa reception.

## LATENESS AND CANCELLATION POLICY

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Please be aware that your late arrival may result in reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of 24 hours' notice otherwise you will be charged 100% of your treatment price.

## SPA OPENING TIMES

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### **Monday, Tuesday, Thursday, Friday and Saturday**

10:00 – 18:00

### **Wednesdays**

10:00 - 20:30

### **Sunday**

10:00 – 13:30



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