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THE | QUAY  
HOTEL AND SPA

**SPA**  
Treatments...



# A JOURNEY OF UNFORGETTABLE EXPERIENCES

The Quay Spa offers a range of truly amazing experiences. De-stress and relax in our Relaxation room overlooking the Deganwy Marina, indulge yourself and allow the demands of your busy lifestyle to float away.

## THE QUAY FORMULA

Aromatherapy Associates and the Quay Spa complete the formula for the most wonderful experience in sumptuous treatment rooms where every desire and wish can be assured. Rediscover your senses and luxuriate in the ambiance that is the Quay Spa.

To ensure your spa experience is true to you, each treatment will commence with an in-depth consultation to create and adapt a bespoke service to your individual needs. Homecare advice will be given at the end of all treatments to maximise the results of your experience.

Quay Spa exclusively offer you a choice of either a double treatment room perfect for honeymooners, friends and celebrations, or drift away in our spacious single rooms. After your treatment snuggle up and snooze in our Marina Retreat Relaxation room.

Enjoy a refreshing drink in our Spa Bar while you take a moment and browse our Spa brochure to find your perfect treatment.

Our Spa environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity. Please keep the noise to a minimum when in the spa, respecting others on their spa experience.

## SPA HOURS

Monday to Sunday 10am - 6pm  
Thursday and Friday 10am - 9pm

## WHAT TO WEAR

Robes, slippers and towels are provided for your convenience. £1 is required for use of the Spa and Leisure club lockers. Lower underwear or swimwear must be worn for all treatments.

## ARRIVAL

We recommend that you arrive at the Spa Reception a minimum of 15 minutes prior to your scheduled appointment. If you are planning on using the facilities, we recommend that you arrive a minimum of one hour before your treatment. Please understand that late arrivals will only receive the remainder of their treatment. A complimentary drink is available on arrival and departure for Spa guests; choose from a range of hot and cold beverages.

## CANCELLATION POLICY

Cancellations or no shows within 48 hours will incur a 100% charge. Credit / debit card details are required at the time of booking.

## MEDICAL CONDITIONS

All treatments can be adapted to suit medical conditions, please see back of brochure for full details. All medical conditions must be stated at time of original booking.

## GIFT VOUCHERS

An ideal gift for spa enthusiasts, gift vouchers are available at The Quay Spa & Hotel. Gift vouchers are Non-refundable and Non-transferable.

## MOBILE PHONES

The use of mobile phones is strictly prohibited. This is your time to switch off from the outside world.

# QUAY SPA PACKAGES

## QUAY CLASSIC

Polish and Perfect with this pampering package

- Quay Manicure
- Quay Pedicure
- Use of our leisure facilities
- Use of our exclusive Marina Retreat Relaxation Room
- Use of robes and slippers during your Spa experience

**£49 per person - Treatment time: 1 hour 45 minutes**

## RE-FUEL AND RE-CHARGE

Ease away tension, renew and restore

- Uplifting back facial and massage
- Renewing express facial
- Awakening eye treatment
- Use of our leisure facilities
- Use of our exclusive Marina Retreat Relaxation Room
- A light Spa lunch in our Spa bar
- Use of robes and slippers during your Spa experience

**£79 per person - Treatment time: 1 hour 45 minutes**

## TOUCH OF HEAVEN

Experience pure indulgence and let your stresses melt away

- Ultimate Aromatherapy Experience Massage
- Essential Rose Facial
- Use of our leisure facilities
- Use of our exclusive Marina Retreat Relaxation Room
- A light Spa lunch in our Spa bar
- Use of robes and slippers during your Spa experience

**£89 per person - Treatment time: 2 hours**

## SOOTHE AND SNOOZE

Snuggle up and float away

- Warming and nourishing body cocoon
- Essential Rose Facial
- Drift away hair and scalp treatment
- Instant eye repair
- Use of our leisure facilities
- Use of our exclusive Marina Retreat Relaxation Room
- A light Spa lunch in our Spa bar
- Use of robes and slippers during your Spa experience

**£129 per person - Treatment time: 2 hours 30 minutes**

## DAY DREAMER

All you need to truly melt away

- Ultimate Aromatherapy Experience Massage
- Essential Rose Facial
- Quay Manicure
- Quay Pedicure
- Use of our leisure facilities
- Use of our exclusive Marina Retreat Relaxation Room
- A light Spa lunch in our Spa bar
- Use of robes and slippers during your Spa experience

**£149 per person - Treatment time: 3 hours 30 minutes**

# QUAY SPA SIGNATURE TREATMENTS

## INTENSE DE-STRESS SOOTHER

A deeply de-stressing full body massage experience using aromatherapy oils designed for releasing pain and tension in tight, stressed and aching muscles. Combined with a full body exfoliation, soothing wrap and Ayurvedic scalp massage to give your body the attention it truly needs.

**£120 per person - Treatment time: 2 hours**

## TOP TO TOE

An indulgent three in one aromatherapy back, scalp and foot or hand massage. An introduction to the world of Aromatherapy Associates. Bespoke for your emotional and physical needs.

**£60 per person - Treatment time: 50 minutes**

## TRIPLE ROSE INDULGENCE

Precious essential oil of damask rose works on capillary circulation, renewing the skin whilst soothing heightened emotions and lifting the spirits. This treatment begins with a nourishing foot treatment with a gentle olive grain exfoliation followed by a rose hydrating mask, layers of warmed rose gel, oil and cream. Afterwards enjoy an essential rose facial, incorporating face, scalp, hand and arm massage. This facial softens and moisturises leaving your skin toned and radiant; the scalp massage will calm and soothe the mind.

**£79 per person - Treatment time: 1 hour 20 minutes**

## THE ULTIMATE BACK, FACE AND SCALP TREATMENT

Deeply cleansing back exfoliation and mask, intensively powerful back massage, and full bespoke facial with a warming hair and scalp massage to complete this perfect creation.

**£79 per person - Treatment time: 1 hour 20 minutes**

## TURN THE CLOCK BACK ANTI AGEING FACIAL

A bespoke facial, designed to suit your individual skin needs working to tone, firm and lift the skin giving you visible results.

**£59 per person - Treatment time: 50 minutes**

## MR AND MRS JONES

This exclusive treatment for two is carried out in one of our scrumptious double treatment rooms. Choose from either an intensive deep tissue full body massage or an essential rose facial. Perfect for honeymooners, anniversaries and a couples special treat.

**£60 per person - Treatment time: 50 minutes**

FOR FURTHER INFORMATION ON ALL DUAL TREATMENTS PLEASE CONTACT THE QUAY SPA.

# AROMATHERAPY ASSOCIATES FACE AND EYES

## ULTIMATE AROMATHERAPY ASSOCIATES FACIAL

A bespoke facial designed to suit your individual skin needs, using the purest essential oils and natural plant extracts. These are applied with specific massage techniques to restore and recondition the skin, leaving the complexion smooth and luminous.

**£69 per person - Treatment time: 1 hour 30 minutes**

## AGE REPAIR FACIAL

An intensive treatment for ageing skin. Delivers instant visible results.

**£69 per person - Treatment time: 1 hour 30 minutes**

## ESSENTIAL ROSE FACIAL

Luxurious rose oils helps condition the skin and deeply nourish.

**£52 per person - Treatment time: 50 minutes**

For 'total indulgence' add a Rose oil back massage.

**£79 per person - Treatment time: 1 hour 20 minutes**

## SKIN SOLUTIONS FACIAL

Regulates problem skin, leaving the complexion instantly bright and radiant.

**£52 per person - Treatment time: 50 minutes**

For 'total indulgence' add a Light Relax oil back massage.

**£79 per person - Treatment time: 1 hour 20 minutes**

## DEEP CLEANSE FACIAL

An intensive treatment that leaves the skin super clean and fresh.

**£52 per person - Treatment time: 50 minutes**

## INSTANT EYE REPAIR

Specialised massage movements to increase drainage and reduce puffiness, leaving the eyes bright, fresh and youthful.

**£35 per person - Treatment time: 30 minutes**

## INTENSELY NOURISHING HAIR TREATMENT

Richly scented essential oils are massaged into the hair, releasing tension, conditioning and leaving your hair super shiny and glossy.

**£35 per person - Treatment time: 15 minutes**

## PERFECT BACK TREATMENT

Designed for backs prone to blemishes and oiliness, leaving you glowing and flawless.

**£35 per person - Treatment time: 30 minutes**



## QUAY SPA BODY MASSAGE

### QUAY INTENSIVE BACK MASSAGE

Designed for those clients with little time available, specifically targets areas of tension in the back, neck and shoulders.

**£40 per person - Treatment time: 25 minutes**

**£55 per person - Treatment time: 50 minutes**

### QUAY INTENSIVE FULL BODY MASSAGE

The ultimate deep tissue massage alleviates stress, eases aching muscles and revives the senses. This powerful customised massage will leave you soothed and de-stressed.

**£60 per person - Treatment time: 50 minutes**

### HOT STONES FULL BODY MASSAGE

Hot Basalt stones and luxuriously warmed oils are used to penetrate tired muscles and ease stresses and strains during this deeply relaxing massage.

**£50 per person - Treatment time: 25 minutes or**

**£70 per person - Treatment time: 50 minutes**

### INTENSIVE MUSCLE RELEASE

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

**£60 per person - Treatment time: 50 minutes**

## QUAY SPA HOLISTIC TREATMENTS

### INDIAN HEAD MASSAGE

Based on ancient Ayurvedic techniques, this treatment releases tension and rebalances the mind.

**£35 per person - Treatment time: 25 minutes**

### REFLEXOLOGY

This ancient therapy on the feet supports the body's natural ability to heal itself promoting harmony and helping to balance energy levels.

**£40 per person - Treatment time: 50 minutes**



## QUAY HAMMAM TREATMENTS

### TURKISH HAMMAM MASSAGE

Start your spa experience in the sauna and steam room to allow your muscles to relax and unwind. Then, have your traditional treatment carried out on our heated marble table. Let the warmth melt your muscles for a deeper intensive massage, followed by a full body exfoliation and soap massage to awaken and renew your body. Finish with hot and cold water rinsing to remove any excess product leaving you refreshed. Please wear swimwear.

**£55 per person - Treatment time: 50 minutes**

### CITRUS REVIVE HAMMAN

Awaken all your senses, leaving your skin glowing and radiantly new.

**£55 per person - Treatment time: 50 minutes**

### LAVENDER CRUSH HAMMAN

Calm and soothe tired tense skin, to leave your skin soft supple and nourished.

**£55 per person - Treatment time: 50 minutes**

### HAMMAN YOUR BACK

Introduction to the hamman experience, relieve aches and pain in your back, neck and shoulders.

**£35 per person - Treatment time: 25 minutes**

**£55 per person - Treatment time: 50 minutes**

### HAMMAN POLISH

Top to toe body exfoliation and application of warming and nourishing body oils.

**£35 per person - Treatment time: 25 minutes**

## AROMATHERAPY ASSOCIATES BODY

### CLEAR YOUR MIND

Perfect for times of stress and over-activity, this treatment helps the mind unwind and refocus, getting you back on track.

**£120 per person - Treatment time: 2 hours**

### SLEEP DEEPLY

This head-to-toe massage uses carefully applied pressures to induce a serious state of relaxation, leaving you prepared for a sound night's sleep.

**£120 per person - Treatment time: 2 hours**

### UPLIFT YOUR MOOD

For times when you need a little emotional pampering, this indulgent treatment helps to harmonise and rejuvenate the spirits.

**£120 per person - Treatment time: 2 hours**

### IMMUNE RECOVERY

Cleansing, clearing and decongesting, this upper body treatment helps clear the mind and support the immune system.

**£60 per person - Treatment time: 1 hour**

### INTENSIVE MUSCLE RELEASE

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

**£60 per person - Treatment time: 1 hour**

### P.T.O FOR MORE AROMATHERAPY ASSOCIATES BODY

## AROMATHERAPY ASSOCIATES BODY CONTINUED...

### JET LAG CURE

A treatment for weary travelers to get you back on track when you're feeling fuzzy, tired and sluggish.

**£79 per person - Treatment time: 1 hour 20 minutes**

### THE ULTIMATE AROMATHERAPY EXPERIENCE

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish & neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation. Stresses and strains are dissolved away.

**£79 per person - Treatment time: 1 hour 20 minutes**

## SCRUBS AND WRAP TREATMENTS

### INTENSE NOURISHMENT

A deep treatment for dry, devitalised skin, to leave the whole body intensely nourished and smooth. Includes a scrub, followed by the layering of hydrating marine algae and a velvety moisturising body butter.

**£75 per person - Treatment time: 1 hour 20 minutes**

### ROSE HYDRATOR

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth and your spirits bright and uplifted.

**£50 per person - Treatment time: 50 minutes**

### SUMMER SKIN COOLER

Powerfully soothing and re-hydrating for over exposed skin, this treatment leaves the body nourished and cooled.

**£50 per person - Treatment time: 50 minutes**

### DETOX AND REVIVE

Perfect for times of over-indulgence or when you're just feeling a little sluggish, this treatment combines zesty citrus oils to leave you feeling invigorated and full of energy.

**£50 per person - Treatment time: 50 minutes**

### BESPOKE SKIN POLISH

A relaxing all over exfoliation and layering of richly nourishing products, to leave the skin looking radiant and feeling wonderfully smooth.

**£30 per person - Treatment time: 25 minutes**



## QUAY SPA MENS TREATMENTS

### THE REFINERY FACIAL

A bespoke intensive treatment that leaves the skin super clean and fresh.

**£52 per person - Treatment time: 50 minutes**

### PERFECT BACK TREATMENT

Designed for backs prone to blemishes and oiliness, leaving you glowing and flawless.

**£35 per person - Treatment time: 25 minutes**

### HOT STONES FULL BODY MASSAGE

Hot Basalt stones and luxuriously warmed oils are used to penetrate tired muscles and ease stresses and strains during this deeply relaxing massage.

**£75 per person - Treatment time: 50 minutes or**

**£50 per person - Treatment time: 25 minutes**

### INTENSIVE MUSCLE RELEASE

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

**£60 per person - Treatment time: 1 hour**

FOR FURTHER INFORMATION ON OUR MEN'S REFINERY PRODUCTS PLEASE CONTACT THE QUAY SPA.

## QUAY SPA PREGNANCY TREATMENTS

### YUMMY MUMMY

Relaxing pampering for expectant mothers, this treatment is tailored to each stage of the pregnancy working on all main areas of concerns. Your skin is cocooned in warm gels and creams, a relaxing scalp massage and rose renew facial, melt you into deep relaxation.

**£79 per person - Treatment Time: 2 hours**

### AROMUMMY MASSAGE

Relieve stresses and strains, heavy legs and an aching back with this all over body treatment. Includes relaxing and rejuvenating full scalp and facial massage.

**£60 per person - Treatment Time: 50 minutes**

### ULTIMATE ROSE POST PREGNANCY SKIN NOURISHER

This deeply restorative, pampering, all-over body treatment incorporates exfoliation and the layering of rose based products to immediately restore the skin's quality and appearance.

**£50 per person - Treatment Time: 50 minutes**

### ESSENTIAL ROSE FACIAL

Luxurious rose oils helps condition the skin and deeply nourish.

**£52 per person - Treatment time: 50 minutes**

### DISHY DADDY

Choose from a bespoke deep cleansing facial and relaxing scalp treatment or an intensive deep tissue full body massage.

**£60 per person - Treatment time: 50 minutes**

## FINISHING TOUCHES

### QUAY SHAPE AND POLISH

**£14.50 per person - Treatment time: 20 minutes**

All full Manicures and Pedicures to include a midi nail colour to take home. Please wear open toe shoes for all foot treatments.

### JESSICA PRESCRIPTIVE MANICURE

A treatment manicure tailored to individual needs.

**£27 per person - Treatment time: 45 minutes**

### JESSICA DELUXE MANICURE

The complete Jessica manicure combining "Le Remedi" hand treatment with heated mitts for deeper penetration of oils and creams. A luxurious and effective treatment. Your hands will never have felt so good.

**£37 per person - Treatment time: 1 hour**

### JESSICA ZEN SPA PRESCRIPTIVE PEDICURE

This revitalizing foot treatment is tailored to individual needs.

**£30 per person - Treatment time: 45 minutes**

### JESSICA ZEN SPA DELUXE PEDICURE

A luxurious foot and lower leg treatment using heated booties to soften nourish and revive feet, leaving you walking on air.

**£40 per person - Treatment time: 1 hour**

## GELERATION NAILS

The beauty of Jessica in a gel. With the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that dries in seconds and protects the natural nail. GELeration is available in Jessica's popular colours.

### GELERATION APPLICATION

File and polished with Jessica GELeratin gel polish.

**£25 per person - Treatment time: 30 minutes**

### GELERATION UPGRADE APPLICATION

To be added on to a Jessica manicure or Zen Spa Pedicure to give you quick drying and long lasting results.

**£10 per person - Treatment time: 30 minutes**

### GELERATION REMOVAL

Removal and soak off of GELeration gel polish.

**£10 per person - Treatment time: 30 minutes**



## AROMATHERAPY ASSOCIATES HAND AND FOOT TREATMENTS

### AGE REPAIR HANDS

A combination of deeply restorative and nourishing essential oils are combined to leave hands and arms looking perfectly conditioned and feeling deeply moisturised.

**£35 per person - Treatment time: 30 minutes**

### INTENSELY NOURISHING HAND TREATMENT

A deeply restorative treatment for dry, hard working hands. Skin is left feeling supple and velvety to the touch.

**£30 per person - Treatment time: 30 minutes**

### ROSE HYDRATING FOOT TREATMENT

A combination of rose, geranium and lavender work to help leave rough, dry feet and heels intensely nourished and smooth.

**£30 per person - Treatment time: 30 minutes**

### INTENSELY NOURISHING FOOT TREATMENT

Feet and lower legs feel silky soft and deeply moisturised after the layering of rich body oil and cream.

**£30 per person - Treatment time: 30 minutes**

## QUAY MAINTENANCE TREATMENTS

Eye Lash Tint	<b>£11.50</b>	Upper Lip Wax	<b>£9</b>
Eyebrow Tint	<b>£9</b>	Chin Wax	<b>£9</b>
Eyebrow Shape/ wax	<b>£9</b>	Back Wax	<b>£17.50</b>
Full Leg Wax	<b>£25</b>	Chest Wax	<b>£17.50</b>
Half Leg Wax	<b>£17</b>	Bikini Line	<b>£12.50</b>
Under Arm Wax	<b>£11.50</b>	High Bikini Line	<b>£14</b>
Half Forearm Wax	<b>£13</b>	Brazilian	<b>£19.50</b>
Full Forearm Wax	<b>£18</b>	Hollywood	<b>£25</b>

## QUAY SPA MAKE- UP

### EXPRESS MAKE-UP

Quick and easy make-up application, ideal for an evening out.

**£25 per person - Treatment time: 30 minutes**

### MAKE-UP MASTER CLASS VOUCHER

Learn new styles, colours and tips to revive your make up look.

**£40 per person - Treatment time: 1 hour**

### SPECIAL OCCASION MAKE-UP - INC TRIAL

Perfect for weddings and celebrations.

**£50 per person - Treatment time: 1 hour**

## FAKE BAKE TANNING

### FULL BODY TANNING

To include full body exfoliation and application of tan that leaves you with a sun-kissed golden glow and a feeling of well being.

**£37 per person - Treatment time: 50 minutes**

# RESIDENTIAL SPA PACKAGES

reat yourself to a get away you deserve with one of our exclusive hotel spa packages

## QUAY COUTURE

- 2 nights stay with dinner, bed and breakfast
- Aroma stones full body massage
- Aromatherapy facial
- Full use of the leisure facilities
- Use of our exclusive chill out room

**£250 per person**

## ESCAPE

- 1 night stay with dinner, bed and breakfast
- 30 minute back, neck and shoulder massage
- 30 minute express facial.
- Full use of the leisure facilities
- Use of our exclusive chill out room

**£120 per person**

Supplement of £20 per person for Saturday night stays.

## MEDICAL CONDITIONS

Please be advised the following medical conditions can be contra-indication to spa treatments. When booking a spa treatment please make any contra-indications known in advance so we can adapt the treatment or advise an alternative treatment best suited to your needs. A doctor's note will be required for certain medical conditions.

- Pregnancy
- Breast feeding
- High / low blood pressure
- Cancer
- Epilepsy
- Diabetics
- Cold sores
- Poor circulation
- Skin sensitivity
- Depression
- Thyroid conditions
- Thrombosis
- Hormonal imbalance
- Heart conditions
- Nerve damage
- Rheumatoid Arthritis
- Life maintaining medicine
- Hypertension
- Osteoporosis
- Asthma
- Fungal infection
- Viral infection
- Fever
- Skin conditions
- Recent inoculations
- Psoriasis
- Allergies

## TEMPTED?

**GET IN CONTACT WITH OUR SPA TEAM AND WE  
CAN PUT TOGETHER THE PERFECT SPA DAY FOR YOU...**

Call us on: **01492 564123** Or email us: [spa.reception@quayhotel.co.uk](mailto:spa.reception@quayhotel.co.uk)