

THE TOWERS HOTEL & SPA
SWANSEA BAY

Treatments & Packages

Croeso/ Welcome to our Spa



On behalf of the entire team at the Towers Hotel & Spa we extend you a very warm welcome.

Here at the spa we offer a range of unique products and therapies, that heal and rejuvenate the skin. All of our treatments are customised according to your skin type.

We provide an array of luxurious spa treatments for a whole host of occasions, from relaxing spa breaks to luxury overnight spa packages.

*Revitalise, rejuvenate
and relax #ELEMISeveryday*

Why not take advantage of our double room and have a treatment side by side, perfect for that girly day or a romantic evening.

This is available upon request depending on availability and the treatment you will be having. Please let the therapist know on booking.



If the value of your treatment is £50.00 or over you will gain 2 hours use of the spa facilities , along with the use of a robe, towel and slippers.

Please arrive at least 20 minutes prior to your treatment, to ensure you have the best experience.

Looking for the ideal gift for your loved one, wife, girlfriend, mother or friend? Spa gift vouchers are also available to purchase by phone or at the spa reception.



SKIN SOLUTIONS FACIALS

Elemis Taster Facial (P)

This introductory facial provides a quick and instant pick me up for any occasion.

(25mins) £35.00

Anti-Blemish Mattify And Calm (P)

A deeply cleansing revelation for oily, unsettled, congested or hormonal skin. This mattifying facial helps combat oil and shine using the proven power of Lavender, packed full of blemish-banishing Linalyl Acetate. Lavender Cellular Recovery capsules, balancing toner and repair mask work in unison to regulate oil flow and calm the skin, while intuitive massage helps restore micro-circulation and re-oxygenate, improving tone and texture. A deeply detoxifying treatment for lastingly clear, bright skin.

(60min) £75.00

Sensitive Skin Soother (P)

Fragile skin needs special attention. A subtle, calming massage technique is used to help reduce the appearance of redness and strengthen the top layer of a delicate skin, protecting against daily stresses. The soothing properties of Moroccan Rose, Chamomile and Apricot are combined to gently cleanse and exfoliate, whilst the deeply nourishing Neroli mask leaves skin nurtured and comforted. Texture and tone are dramatically restored. Moisture levels are boosted. Skin is left supremely calm and confident.

(60min) £75.00

RELAX

ANTI-AGING FACIALS

ELEMIS Pro-Definition Lift and Contour (P)

Restore the architecture of your face with potent plant actives. For a profoundly, sculpted youthful effect. The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Edelweiss and Tiger Grass help support the extra-cellular matrix. The structure of the skin is boosted through a unique deep, muscle-toning massage from the scalp to the décolleté. The skin appears plumper and revitalised, creating a profoundly sculpted, youthful effect.

(60min) £75.00

ELEMIS Pro-Collagen Age Defy (P)

Experience the age-defying benefits of marine-charged Padina Pavonica whilst targeted massage encourages optimum cellular function. Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

(60min) £75.00

ELEMIS Dynamic Resurfacing Precision Peel (P)

This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

(60min) £75.00

MASSAGE

Back, Neck & Shoulder Massage (P)

A back massage that is designed to deliver relaxation and enhance well-being.

(25mins) £35.00

Hot Stone Back Massage

A back, neck and shoulder massage using hot stones to draw out all your aches and pains.

(25mins) £38.00

Oriental Head Massage (P)

Ancient oriental techniques are used to relax the shoulders, face and scalp.

(25mins) £35.00

Swedish Full Body Massage (P)

This firm massage helps to release the tension build up in the muscles and helps to reduce the tightening effect.

(55mins) £60.00

Aromatherapy Full Body Massage

A powerful holistic massage using pure natural essential oils to benefit the body and help you achieve balance and harmony in your life.

(60mins) £70.00

Hawaiian Lomi Lomi Massage

This massage is performed using warm coconut oil using long flowing strokes. The mind and body are cleansed to balance and purify the soul and invite peace which no other massage can achieve.

(60mins) £70.00

ENJOY

Balinese Massage

Traditional Balinese massage has been handed down through generations using spiced oils. A relaxing but powerful massage that warms the muscles to help relieve aches and pains. It is great at easing stress, calming nerves and altering the mental state.

(60mins) £70.00

Elemis Full Body Deep Tissue Massage

This deep rhythmic massage helps to alleviate stress, ease aching muscles and revive the senses with this powerful customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

(60mins) £70.00

Aroma Stone Therapy Massage

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

(1hr 20mins) £75.00



GIFT VOUCHERS AVAILABLE



STAY

RITUALS

Elemis Absolute Spa Ritual

The ultimate skin and body therapy for maximum results. Enjoy the powerful effects of the elemis deep tissue massage combined with a skin specific facial uniquely designed for the individual needs.

(1hr 55mins) £100.00

Elemis Absolute Mother to be Experience

A nurturing massage combined with a nourishing facial. This perfect package during that 9-month stretch when your skin needs extra care. Hormones can play havoc with your skin during pregnancy, so we combine a nurturing massage with a professionally customised skin specific facial.

(1hr 55mins) £100.00

Mother to be Massage Therapy

This inspirational therapy connects mother and baby through the power of working 2 heartbeats as one. Specialised positioning is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet whilst easing the mind and uplifting the spirit.

(1hr 10mins) £75.00



BODY TREATMENTS

Intensely Cleansing Salt Scrub.

Lime and Ginger *OR* Frangipani

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.

(25mins) £38.00

Body Nectar Nourishing Wrap.

Sweet Orchid *OR* Frangipani

Intensive moisturisation for thirsty skin. An emotionally grounding experience for skin that has never felt silkier. This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to particularly parched areas. You are kept cocooned and warm whilst the mood-balancing aromatics and skin conditioning oils do their work.

(1hr) £70.00

SPA EXPERIENCE FOR MEN

Take some precious time out for yourself with a selection of facials and massages specifically designed for men.

High Performance Skin Energiser for Men

The hard-working facial for ageing, dehydrated skin combined with scalp and foot massages. The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

(60min) £70.00

Elemis full body deep tissue massage

This deep rhythmic massage helps to alleviate stress, ease aching muscles and revive the senses with this powerful customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

(60min) £70.00

Total Time Out for Men

A complete face and body overhaul. Enjoy the best of both worlds by combining a Mens deep cleanse Facial with a Deep Tissue or Well-Being Massage to improve total body performance.

Rehydrates and energises the complexion, whilst deeply relaxing and recharging the body.

(1hr 55mins) £115.00



NAILS, EYES, WAXING AND MAKE-UP

Jessica Spa Manicure (P)

Includes a hand soak, scrub, massage, heated mittens and mask with cuticle work filing and polish.

(45mins) £35.00

Mini Manicure (P)

Includes cuticle work, filing and polish

(25mins) £25.00

Jessica Zen Spa Pedicure (P)

Includes foot spa, scrub, massage, heated booties and mask with cuticle work, filing and polish.

(1hr) £45.00

Mini Pedicure (P)

Includes cuticle work, filing and polish

(25mins) £25.00

Add gel overlay to any manicure or pedicure for an additional £20.00 (P)

ON THE WEDDING DAY

Make-Up including trial £45.00

(50% to be paid on trial)

Young Make-Up (Under 16) - £15.00

EYES

(Please be advised that all tints require a patch test 24hrs prior to treatment if first time)

Eyelash Tint (20mins) £15.00

Eyebrow Tint (5mins) £8.50

Eyebrow Wax/Shape (10mins) £8.50

Individual Lashes (15-20mins) £15.00

LVL Lash Lift (1hour) £49.00

WAXING

(Please note: All times are estimates only)

Eyebrow Wax (10mins) £8.50

Full Leg (30mins) £19.50

Full Leg and Bikini (45mins) £26.00

Half Leg (15mins) £16.50

Half Leg and Bikini (30mins) £22.00

Bikini (15mins) £12.50

Brazilian Wax (20mins) £15.00

Hollywood Wax (25mins) £30.00

Full Back/Chest (30mins) £17.50

Underarm (15mins) £12.50

Lip/Chin (5mins) £8.50

Half Arm (15mins) £11.50

Full Arm (30mins) 15.00

AN EVENING ESCAPE

Come and enjoy an evening of pure relaxation and good food at The Towers Hotel and Spa. Firstly check into the spa and enjoy one 25 minute treatment, from the following section:

- ***Back, neck and shoulder massage***
- ***An oriental head massage***
- ***A mini-manicure***
- ***A mini-pedicure***
- ***An Elemis taster facial***

After your treatment, you can enjoy the full leisure facilities, which include an indoor pool, sauna, steam room, jacuzzi and gymnasium.

You will be given a robe, towel and slippers for use during your time at the spa. After your time at the spa, you can enjoy a two course limited dinner in our conservatory restaurant.

£49.50 per person

Terms and conditions apply - offer is valid from Monday - Thursday and from 4:00pm - 8:00pm. Offer is subject to availability and must be booked in advance.

The above special offer is subject to *availability*. Contact the spa on 01792 325025 for bookings.



SPA RECEPTION: 01792 325025

SPA PACKAGES

All packages include full use of spa facilities, the use of a robe, towel and slippers for the day, full use of our indoor heated pool, sauna, steam room, jacuzzi, gymnasium, chill out lounge, relax room and complimentary tea and coffee.

Towers Taster Day

If you would like to see what The Towers has to offer without the treatments, enjoy a full days use of all the spa facilities with the healthy nutritious lunch accompanied with a glass of wine or fruit juice.

£45.00 - Monday to Fridays only

Weekday Pamper Package

All options come with a healthy nutritious lunch accompanied with a glass of wine or fruit juice.

Option 1 - A back, neck and shoulder massage & an Elemis taster facial

£75.00 - Monday to Thursdays only

Option 2 - A back, neck and shoulder massage or an Elemis taster facial
A mini-manicure or mini-pedicure

£69.00 - Monday to Thursdays only

Option 3 - **A choice of one of the following**

A back, neck and shoulder massage

An Elemis taster facial

An Oriental head massage

A mini-manicure or mini-pedicure

£59.00 - Monday to Thursdays only

Deluxe Spa Day

A choice between:

- *A back, neck and shoulder massage*
- *An Oriental head massage*
- *An Elemis taster facial*

Plus a healthy nutritious lunch accompanied with a glass of wine or fruit juice.

£65.00

A Pick & Mix Package

A choice of two of the following:

- *A back, neck and shoulder massage*
- *An Oriental head massage*
- *An Elemis taster facial*
- *A lime and ginger salt scrub*
- *A mini-manicure or mini-pedicure*
- *A dead sea salt scrub*

Plus a healthy nutritious lunch accompanied with a glass of wine or fruit juice.

£85.00

An Eastern Promise Package

An Eastern inspired back, neck and shoulder massage combined with an Elemis taster facial with an Eastern head massage.

(1hr 10mins) £75.00

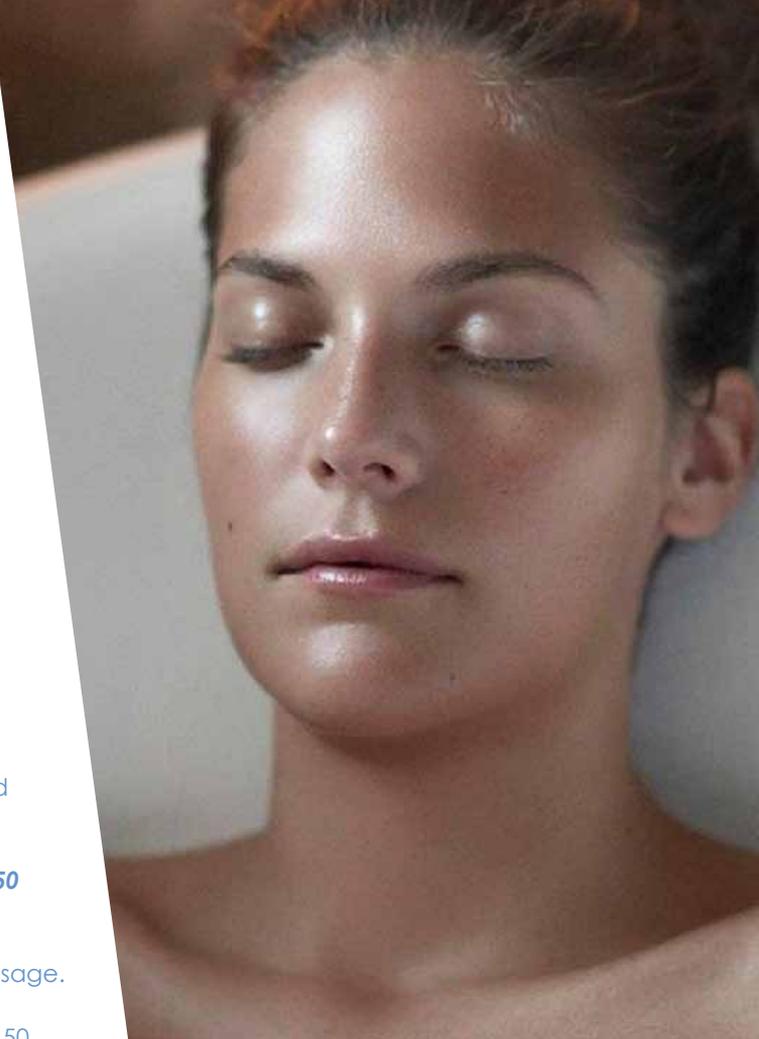
**Lunch not included but can be added on for an additional £12.50*

An Oriental Bliss Package

A dead sea salt scrub followed by an aroma stone full body massage.

(1hr 55mins) £100.00

**Lunch not included but can be added on for an additional £12.50*



GIFT VOUCHERS AVAILABLE



OVERNIGHT SPA PACKAGES

Perfect Pamper package Includes:

Full use of spa facilities

A choice of two of the following:

- ***A back, neck and shoulder massage***
- ***An Elemis taster facial***
- ***An Oriental head massage***
- ***A mini-manicure or mini-pedicure***

- A healthy nutritious lunch accompanied with a glass of wine or fruit juice
- 1 nights accommodation with full Welsh breakfast
- A 2 course evening meal

£149.50 per person

Thank God it's Friday package Includes:

- 1 nights accommodation on the Friday with full Welsh breakfast
- Full use of spa facilities
- A back, neck and shoulder massage on the Friday
- A 2 course evening meal (limited menu)

£85.00 per person

**Perfect pamper package is subject to availability.
The price is per person and based on 2 people
sharing a double or twin room.*

Sunday Slumber & Spa Break Includes:

- A 2 course evening meal
- 1 nights accommodation on Sunday night with full Welsh breakfast
- Full use of spa facilities

A choice of one of the following:

- ***A back, neck and shoulder massage***
- ***An Elemis taster facial***
- ***An Oriental head massage***
- ***A mini-manicure or mini-pedicure***
(treatment must be taken on the Monday)

£95.00 per person

Thirsty Thursday package Includes:

- 1 nights accommodation on a Thursday with full Welsh breakfast
- Full use of spa facilities
- A back, neck and shoulder massage on the Thursday
- 1 bottle of house wine in room for arrival

£75.00 per person



Terms and Conditions

Spa Reservations

All treatments and packages must be booked in advance by contacting the Spa on 01792 325025. A list of all our spa treatments and packages can be viewed online by visiting: www.towershotel.co.uk

Spa Etiquette

So many things in life are rushed – we'd like to make sure your treatment isn't one of them! That's why we ask that you arrive about 20 minutes before for your appointment, so we can ensure that you are comfortable, prepared and get your full treatment time. Please be aware that late arrivals will only receive the remainder of their allocated treatment time.

You will find that we provide lockers for your personal belongings. Please ensure to take care of your valuables, as we cannot take liability for their loss.

No mobile phones or cameras are permitted in treatment rooms, the chill out lounge or our wet facilities, for the privacy of all our guests. Strictly no alcohol, glassware or food to be brought into the pool and leisure facilities.

The minimum age for use of our spa facilities is 16 years. We cannot accommodate babies and children in the treatment rooms or the relaxation areas. Guests under 18 years of age must be accompanied in the Spa at all times by a supervising adult over the age of 18 years. One adult may supervise a maximum of 2 guests under 18 years.

Medical Conditions and Pregnancy

It is very important that you inform us of any medical conditions, are pregnant or breastfeeding or have any allergies, injuries or infections before you book your treatment or package with us. Please ask for advice with specific treatments that can be tailored for you throughout your pregnancy. All clients will be expected to complete a consultation form prior to any treatment or package being carried out, where all medical issues need to be disclosed.

P – Treatments suitable during pregnancy

Bookings and Cancellation Policy

All spa treatments and spa packages require full pre-payment at the time of booking. Any clients wishing to amend or cancel their booking, must provide a 7 day notice for the pre-payment to be refunded.

Spa Vouchers

Vouchers for spa treatments and packages are valid for 6 months from the date of purchase, vouchers must be used in one transaction and are non-refundable or non-transferable. Please check your voucher for days of validity and your package or treatment must be booked in advance with the Spa. It is advisable to book your treatment or package at least 4 – 6 weeks in advance to avoid disappointment. Please note that our Spa gift vouchers cannot be extended under any circumstance.

Please ensure that you have your voucher with you to guarantee the payment at the time of your visit, as non-production of a voucher will result in alternative payment.

Pricing & Changes

We reserve the right to change the terms and conditions without written notice. Treatment prices are subject to change without notice.



Tel: Spa 01792 325025
Reception: 01792 814155
spa@towershotel.co.uk
www.towershotel.co.uk



Ashleigh Terrace, Jersey Marine, Swansea Bay, SA10 6JL