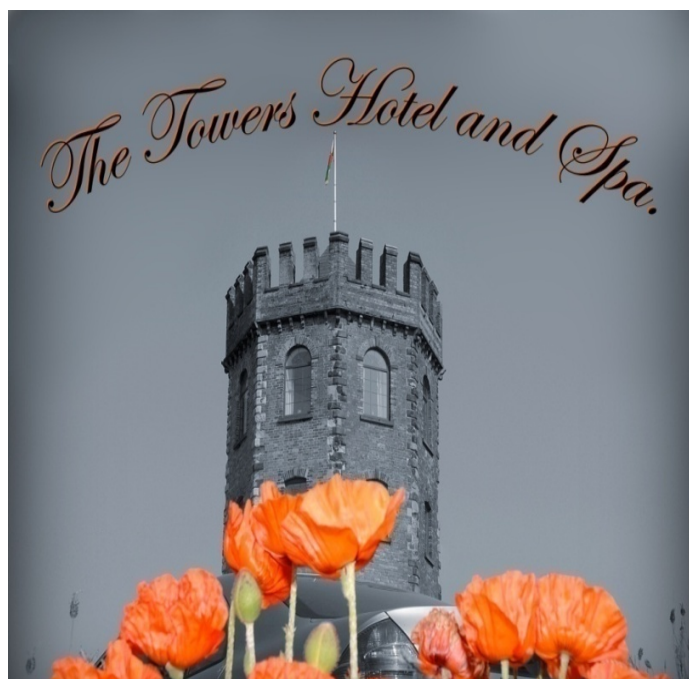


# *The Towers* *Spa Treatments*



**FOR BOOKINGS AND FURTHER INFORMATION, PLEASE CONTACT  
OUR SPA THERAPISTS ON: 01792 325025**

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

*Tel: Spa 01792 325025,*

*Reception: 01792 814155*

*[www.thetowershotel.co.uk](http://www.thetowershotel.co.uk)*

*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 what treatment you will be having. Please let the therapist know on booking.*

## Terms and Conditions of The Towers Hotel & Spa

*Please note that all our gift vouchers have a 6 months expiry date. Any vouchers that are past the expiry date will not be redeemed*

*You will need to book treatments/ packages 4-6 weeks in advance to avoid disappointment*

*Please arrive 15 minutes before your treatment*

*Use of Spa area is available depending upon treatment booked. If your treatment is under £50.00 then a charge of £16.00 will be incurred for the facilities.*

*Please remove all jewellery and clothing leaving on your undergarments or swimming costume.*

*For some treatments you will be given disposable undergarments by your therapist.*

*Please always shower before using pool facilities and after treatments. Bathrobe and slippers should be worn in all common areas.*

*Please make sure your valuables are kept in the locker. The management cannot be held responsible for the loss of any personal possessions.*

*Your appointment may be released if you are more than 15 minutes late for your treatment and late arrivals will constitute a reduced treatment time.*

*A 48 hour cancellation notice is required otherwise we regret that full deposit will be lost. For group bookings of 5 guests or more please be advised our cancellation notice is 5 days prior to booking date, otherwise we regret that the full deposit will be lost.*

**IT IS VERY IMPORTANT TO INFORM THE THERAPIST OF ANY MEDICAL CONDITIONS OR MEDICATION YOU MIGHT BE TAKING BEFORE COMMENCING WITH ANY TREATMENT OR SPA USE.**

### Opening Times\*

<i>Sunday</i>	<i>10.00am - 6.00pm</i>
<i>Monday</i>	<i>9.00am - 5.00pm</i>
<i>Tuesday</i>	<i>9.30am - 5.30pm</i>
<i>Wednesday</i>	<i>9.00am - 8.00pm</i>
<i>Thursday</i>	<i>9.00am - 8.00pm</i>
<i>Friday</i>	<i>9.00am - 8.00pm</i>
<i>Saturday</i>	<i>9.00am - 5.00pm</i>

*\*Times May Vary Slightly*

*Please don't hesitate to contact us on 01792 325025 if you have any questions about any of our treatment*

## Gerard's Facial Treatments

### Sensydra Facial- 55mins £42

*Experience the unique blend of aloe, mango and sweet almond that nourishes, repairs and softens skin. A deep cleansing facial combining exfoliation a unique massage and relaxing mask. A moisturizing and soothing facial for normal to sensitive skin types that has a tendency to redden.*

### Re-balance Facial – 55mins £42

*Feel the active ingredients of apple, horsetail and nettle that will instantly balance your skins PH level. A deep cleansing treatment combining exfoliation a unique massage and a relaxing mask. A balancing facial for oily to combination skin with visible pores and shiny areas.*

### Purity Facial – 55mins £42

*Purity facial brings together almond oil and vitamins A C and E that return freshness, comfort and hydration to young and oily skin. A deep cleansing facial combining exfoliation a unique massage and relaxing mask. The purifying line is ideal for skin tending towards acne prone to breakouts with shiny complexions and signs of irritation.*

### Chocolate Facial –55mins £42

*The ultimate indulgent facial that not only smells great it benefits your skin too. Using 100% cocoa and natural cocoa butter skin is nourished, oxygenated and hydrated with natural anti-oxidants and minerals. Skin is left looking luminous and the smell releases endorphins for the feeling of well-being from within.*

### Glycolic Facial and White – 55mins £56

*Receive all the benefits of a glycolic facial and also treat age spots, sun damage and hyper-pigmentation to give your skin back its uniformity. Using specialist lightening active ingredients melanin production is reduced, leaving you with a skin deep youthful glow.*

### *Rigenera DNA Facial – 1hr 25mins £66*

*'Intensive shock treatment' a true regenerating beauty program to be repeated periodically throughout the year to renew, bio-energize, detoxify and restructure your skin, DNA molecules supply your skin cells with a vitality spark, accelerating regeneration and drastically reducing the signs of ageing.*

### *Soy Soy Facial – 55mins £56*

*An exotic treatment using soy and rice these ingredients re-mineralize the skin, stimulate and strengthen the production of collagen and elastin and helps reduce pigmentation marks. The result is spectacular from the very first application with substantial and visible restoration of compactness, elasticity and muscle tone. Ideal for dull lack luster skin in need of a new glow.*

### *Caviar Facial- 1hr15mins £61*

*'A concentration of youth for the skin' Precious caviar increases the development of new tissue growth and cell renewal leaving your skin looking revitalized, firm and youthful. Combined with a luxurious fingertip energizing massage that will relax the mind and at the same time stimulate the circulation, soften facial expressions and firm the facial contours. A must for mature skin wanting a new lease of life.*

### *Collagen Eye Treatment – 30mins £36*

*The purest and most concentrated form of collagen is used in this high quality eye treatment to soothe, calm and refresh the eyes. The effect is immediate the skin will look revitalized, softened and the wrinkle profile visibly reduced. A true delight to the skin around the eyes, which are showing signs of ageing, wrinkles, de-hydration, lacking elasticity, reddening and swelling.*

## Gerard's Body Treatments

### Seaweed Cellulite – 1hr £41

*The ultimate natural anti cellulite treatment using seaweed that is proved to be a effective at aiding poor circulation, reducing water retention and fatty deposits. The skin will appear smoother and more toned following this sought after treatment that combines pure essential oils and vegetable extracts. Perfect for toning legs, abdomen, lower back and upper arms.*

### Green Tea Abdomen- 1hr £41

*Experience this non-invasive colonic treatment that has a dual action that treats both the internal digestive system and firms the skin on the outside. You are left looking firm and feeling relieved of tension and bloating. This natural peel off mask contains green tea, seaweed, and aliginate which has extraordinary capacity to reduce excess liquids combined with a unique massage. Perfect before a big event, holiday or those suffering with common abdominal problems.*

## Spa Journey Body Treatments

### The Cocoa-ccino Spa Ritual – 2hrs £87

Our cocoa island delicacy is a delicious indulgent combination of cocoa, milk essence, coffee powders, lotus seeds, vanilla and volcanic mud. Indulge in pure luxury as the cocoa soothes the skin and delights the senses leaving you feel uplifted. The cocoa wrap has a detoxifying and exfoliating effect and the coffee is used to aid stimulation, circulation and toning. Included in this treatment is a Petal foot spa, Balinese massage, cocoa-ccino scrub, coca-ccino body mask and wrap, oriental scalp massage and to finish the toasted spice lotion.

### Cocoa-ccino Wrap 1hr 10mins £56

Included in this treatment is a toasted oil application, cocoa-ccino skin brush and scrub, cocoa-ccino body mask and wrap, oriental head massage and the toasted spice lotion.

### The Bali Heaven Spice Spa Ritual – 2hrs £87

The traditional mix of exotic spices including cinnamon, ginger and nutmeg has a warming effect to bring comfort to the body aches and pains. Particularly good for arthritic joints and muscular tension. Traditionally used in folk medicine to boost the circulation, revitalize skin tone and provide a warm sensation. This body warmer ritual is also specially recommended for those who have been active the whole day and need to relax or perfect for the cold winter months. Included in this treatment is a petal foot spa, Indonesian spice massage, boreh mask and wrap, boreh herbal scrub, oriental scalp massage and toasted spice lotion.

### Bali Heaven Wrap – 1hr10mins £56

Included in this treatment is a Indonesian spice oil application, boreh mask and wrap, boreh skin brush and scrub, oriental scalp massage and toasted spice lotion.

### *The Coconut and Monoi Spa Ritual – 2hrs £87*

*The essence of monoi is produced by a tropical blend of cold pressed tiare white gardenia flowers soaked in virgin coconut oils produced in Tahiti. Monoi and coconut is one if not the most widely used ingredients in Tahitian beauty treatments as it is highly nourishing which makes it especially good for people with dry dehydrated skin. Used by Polynesian women for thousands of years this luxurious tropical oil is one of the best things that ever happened to skin. Our treatment uses only genuine monoi, which has been naturally warmed and melted just for your pleasure. Included in this treatment is a petal foot spa, Hawaiian lomi lomi massage, coconut skin brush and milk scrub, white coconut mask and wrap. Hawaiian scalp ritual and coconut cream lotion.*

### *Coconut and Monoi Wrap – 1hr10mins £56*

*Included in this treatment a coconut and monoi oil application, Coconut milk scrub, white coconut mask and wrap, hawiiian scalp ritual and coconut cream lotion*

### *The Tropical Rainforest Spa Ritual – 2hrs £87*

*The beauty, majesty and timelessness of a rainforest are indescribable. Imagine walking through a fragrant rainforest with our unique captivating blend of pure plant essences, rainforest oil of babassu, brazil nut oil, passion flower oil all indigenous to the Brazilian rainforest and blended exclusively for us. A magical trip through tropical rainforest flowers and botanical extracts. The journey begins with a fragrant blend of woody notes of refreshing pinewood and herbal extracts by a fresh forest downpour. The fragrances energize and uplift your whole body over time as you walk through the freshly soaked ferns and green orchids of the forest. Included in this treatment is a petal foot spa, skin brush and lemongrass salt scrub, aroma rain flower massage, forest infusion mask and wrap, oriental scalp head massage and the tropical fern lotion.*

### *Tropical Rainforest Wrap – 1hr 10mins £56*

*Included in this treatment a skin brush and lemongrass scrub, aroma rain lower oil application, forest infusion mask and wrap, oriental head massage and tropical fern lotion.*

## Chocolate After Eight Body Wrap- 1hr 10mins £56

*Indulge your senses in the decadence of chocolate. This beautiful aromatic minty chocolate is a powerful antioxidant which helps fight the signs of ageing. Includes cocoa scrub a smothering of chocolate oil and wrapped in warm minty chocolate. Finishing with a hot chocolate and after eight.*

## Lemongrass Salt Scrub – 25mins - £26

*A highly moisturizing blend of grapeseed, sunflower and our unique rain forest vegetable oils are the base of this scrub. A salt grain with an aromatic sweet fresh plant fragrance and energizing lemongrass oils will deep clean skin leaving it feeling fresh and invigorated. Finishing with our tropical fern lotion.*

## Coconut Milk Body Polish – 25mins £26

*The queen of polishes. A dry powdered polish using desiccated coconut flakes, full cream milk, ground rice powder and dried jasmine flowers to gently exfoliate and moisturize in one step leaving its sweet coconut scent on the skin. Finishing with our coconut cream lotion.*

## Balinese Massage – 1hr10mins £52

*Traditional Balinese massage has been handed down through generations using spice oils. It is based on an ancient system of healing and originates from the spice islands of Indonesia. It is 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.*

## Spice – 55mins £46

*This treatment offers an introduction to Balinese massage working on the back of the body solely. With a warm herbal mask to the back specifically selected to draw out toxins and repair tired muscles finishing with a layer of toasted spice oil.*

### *Hawaiian lomi lomi Massage – 1hr 10mins £52*

*True Hawaiian bodywork is unique and in Hawaii they consider it a sacred healing art. The massage is performed using warm coconut oil and is performed using long flowing strokes which is the only way to truly relax the whole body. The mind and body are cleansed to balance and purify the soul and invite harmony and peace, which no other massage can achieve.*

### *Aromatherapy Massage – 1hr10mins £47*

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

### *Swedish Massage – 55mins £42*

*When we exercise our muscles for a prolonged period of time, we can over extend the muscles and aches, pains and injury can occur. This deep tissue massage helps to release the tension build up in the muscle and help reduce that tightening effect you can sometimes get.*

### *Hot Stone Massage – 1hr 25mins £56*

*Stone therapy gives a truly holistic experience as well as enabling and improving circulation and metabolism, it provides a deep mental relaxation in minutes and a sense of well being is achieved. The heat from the stones is a fantastic way of drawing out all your aches and pains*

### *Back, Neck and Shoulder Massage – 25mins £26*

*This deep tissue massage works on stubborn knots and tight muscles to help relax the area.*

### *Oriental Head Massage – 25mins £26*

*Ancient oriental techniques are used to relax the shoulder face and scalp. Using the finest oils to bring calm to the whole body.*

## Coconut Mother 2 B Treatment-1hr 25mins £60

*The Hawaiian massage is performed with a coconut monoi, the most moisturizing and nourishing oil which helps prevent stretch marks. The massage takes into account the mothers comfort and is pleasant experience for mothers from 12 weeks onwards. Massage during pregnancy always feels good, but there are many other benefits for mum and baby. It helps reduce stress hormones, improve sleep and help reduce back pain. Touch alone plays a vital part in the mothers emotional and physical well being and all mums to be should have special attention to nurture the new life growing within her. This treatment also includes a coconut polish and coconut cream lotion.*

## Rainforest Back, Face and Scalp Massage 1hr 10mins £56

*A unique rich naturally active blend of botanical essences and extracts known for their numerous therapeutic benefits have been carefully selected for this treatment. The back is cleansed and scrubbed and removed with steamed towels infused with forest aroma. The warm clay mask is a blend of lime and sandalwood to leave skin soft and revitalized. Including a back, neck and shoulder massage and following with our botanical facial with our very own oriental scalp massage.*

## Hopi Ear Candles – 35mins £26

*Hopi ear candles work like a chimney by drawing impurities to the surface where they can be gently removed. Many sufferers of sinus problems, hay fever and headaches find this treatment beneficial as do clients excess or compact ear wax.*

## Nails

*Recognised as the best in the world, Jessica offers over 200 award winning custom colours, rich in depth that simply glide on to the nails.*

### Jessica Spa Manicure – 45min £26

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

### Mini Manicure – 25mins £16

*Includes cuticle work, filing and polish*

### Jessica Zen Spa Pedicure – 1hr £30

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

### Mini Pedicure – 25mins £16

*Includes cuticle work, filing and polish*

### Creative Nail Extensions – 1hr 15mins £30

### Gel Overlays – 1hr £30

*A Gel that gives the nail strength and flexibility but also gives permanent nail colour that can last up to 3 weeks.*

### Removal and re colour £30 1hr 15min

*Add gel overlay to any full manicure or pedicure for an additional £15.00*

## Eyes

Eyesh Tint – 20mins £10

Eyebrow Tint – 5mins £6

*All tints require a patch test 24hrs prior to treatment if first time.*

Eyebrow Wax/Shape – 10mins £6

Eyesh Perm – 45mins £25

Individual Lashes – 15-20mins £10

## Waxing

*All times are estimates only*

Eyebrow Wax – 10mins £6

Full Leg – 30mins £17

Full Leg and Bikini – 45mins £21

Half Leg – 15mins £14

Half Leg and Bikini – 30mins £17

Bikini – 15mins £10

Half Back/ Chest – 15mins £14

Full Back/ Chest – 30mins £17

Underarm – 15mins £8

Lip/Chin – 5mins £6

Half Arm – 15mins £11

Full Arm- 30mins £14

## Airbrush Tanning

*A natural tan that lasts around 5 days. Please take into consideration the tan needs to be left on over night to develop and followed by a shower/bath the following morning. Looser, dark clothing is recommended when coming for your tan. Do not apply anything to the skin on the day of our tan and we do advise to leave without a bra if you do not want strap marks. £20*

## Towers Hair (only for spa guests)

*Cut & Blow Dry - £20*

*Blow Dry - £10*

*Hair-Up - £25*

*Styling from - £10 upward*

## Make- Up

*Make up application by our professional make up artists, whether its for day, night or special occasion. Includes strip or individual lashes.*

*Up to 1hr - £15*

## On the wedding day

*Hair (inc trial) - £60.00*

*50% to be paid on trial*

*Make- Up (inc trial) -£30*

*50% to be paid on trial*

*Other Members Of Bridal - £25*

*Younger Bridesmaids – Hair - £10*

*Make-up - £5*

## Pre Wedding Day

*Treatments the bride and groom should think about before the big day*

*Eyelash Tint - £10*

*Eyebrow Tint - £6*

*Manicure -£26*

*Mini Manicure -£16*

*Pedicure - £30*

*Mini Pedicure - £16*

*Nail extensions -£30*

*Gel overlays - £30*

*Body Scrub - £26*

*Facials - £26 upward*

*Airbrush tanning £20*

*Waxing £6 upward*

