

THE WEST BAY SPA



ESPA

A landscape photograph capturing a sunset or sunrise over a mountain range. The sun is positioned behind a mountain peak, creating a bright, glowing effect with rays of light filtering through the clouds. The sky is filled with soft, wispy clouds, and the overall color palette is dominated by warm, golden, and purple tones. The foreground shows the dark, silhouetted ridges of the mountains.

THE WEST BAY SPA

WELCOME TO THE WEST BAY SPA

Set in the relaxing surroundings of The West Bay Country Club, The Spa is the perfect setting for you to relax and unwind. The unique and tranquil space enhances the therapeutic ESPA treatments.

ESPA's approach is holistic, combining modern techniques with ancient therapies from around the world. A wide range of natural facials, body treatments and massages are available to improve the well being of both men and women.

The calming relaxation rooms and private garden allow you to rest your body and mind pre and post treatment. Arrive early to prepare your skin for treatment by visiting the heat experiences.

Packages are available so you can create you own personalised spa experience. Also, enjoy the truly unique experience of sharing time together with someone close to you, as you both receive pampering therapy in our Dual Treatment room. Please ask for details.



Every ESPA treatment is a totally caring, personalised experience and the ultimate in luxury.



Focused on naturally improving the condition of the skin to provide outstanding instant and long-term results.

ESSENTIAL FACIAL

AROMATHERAPY FACIAL (55 minutes)

Suitable for all skin types, this deep cleansing, relaxing, aromatherapy facial purifies, refines and hydrates. Specific active aromatherapy products are combined with acupressure massage, lymph drainage and Oriental Head Massage to leave the mind clear and the skin radiant and moisturised.

RE-HYDRATOR FACIAL (55 minutes)

Ideal for dry, dehydrated, flaky and tired skin, this rehydrating facial is an excellent regenerating boost. Gentle deep cleansing and exfoliation help the skin improve the absorption of nourishing and moisturising masks, facial oils, Botanical Rescue Balm and moisturisers, that are specifically chosen for their deeply re-hydrating benefits. This facial leaves the skin smooth, soft, supple and nourished.

RE-BALANCING FACIAL (55 minutes)

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance. This deep cleansing, oil-controlling facial helps to regulate oil secretions whilst refining open pores. After cleansing with a naturally foaming cleanser made with Yucca, Sugar Beet and Honey, this facial uses products with naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme to help soothe, calm, rebalance and encourage a clear complexion.

REGENERATING FACIAL (55 minutes)

An intensive boost for maturing, stressed or distressed skin. Products from the ESPA Concept range are included in this facial to give concentrated protection and nourishment. Focussing on regenerating, firming and nourishing, this facial leaves the skin fresh, revitalised and toned.

SKIN BRIGHTENER FACIAL (55 minutes)

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull, lifeless, sallow skin. This facial includes a special application of Skin Brightener, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet plus other skin regenerating products rich in anti-oxidants, that are skin softening, smoothing, and visibly improve the radiance, appearance and texture of the skin.

REGENERATING & FIRMING EYE TREATMENT (25 minutes)

Perfect for those who are concerned with the first signs of ageing that appear around the eye area. The Eye Lift is also a welcome treat for those suffering from eye-strain and computer headaches and for contact lens wearers. A blissful firming and hydrating treatment using specific products rich in Seaweed Extract, Green Tea and Vitamin C, that help to reduce the appearance of fine lines and protect against the environment.

REGENERATING FACIAL WITH FIRMING EYE TREATMENT (70 minutes)

Specifically designed for maturing, stressed or distressed skin, this treatment combines the Regenerating Facial with the Regenerating and Firming Eye Treatment. The treatment concentrates on reviving the skin's natural moisture and pays particular attention to the delicate eye area, helping to minimise the appearance of fine lines.

HOLISTIC BACK FACE AND SCALP TREATMENT (85 minutes)

A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax and balance. This is followed by an ESPA Intensive Facial tailored to your individual needs and finishes with a therapeutic head massage to help clear the mind, calm the spirit and ease tension.

ESSENTIAL BODY

BODY POLISH (55 minutes)

An exclusive body and skin enhancing treatment that can be used in isolation to remove dead or dry skin, or as a preparation for any massage. This complete exfoliation will cleanse and invigorate the body.

LIFESAVING BACK TREATMENT (55 minutes)

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and purifying body mask using individually chosen essential oils combined with warmed Marine Mud.

SALT AND OIL SCRUB (25 minutes)

This exceptional skin softening body exfoliation combines sea salts and nourishing essential oils to leave your skin moisturised, smooth and soft.

TOTAL HOLISTIC BODY CARE (85 minutes)

This all-encompassing treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is then followed by a luxurious body massage and an essential facial using a blend of essential oils chosen to suit individual requirements. Ultimate tranquillity is achieved with a mind calming Oriental Head Massage.



The perfect indulgence for tired muscles and problem skin.



ESSENTIAL MASSAGE

ESPA ESSENTIAL BODY MASSAGE

A massage can be routine or individual. It can be a life saver or standard. The ESPA massage is essential, professional and specific.

THE ESPA DETOX MASSAGE (55 minutes)

Detoxifying Body Oil is a cleansing blend of citrus oils, uplifting Grapefruit and Eucalyptus combined with Cypress and Juniper Berry which is known to have natural diuretic properties. The perfect treatment to support a weight loss programme and to counterbalance over indulgence.

THE ESPA BODY TONER MASSAGE (55 minutes)

Restorative Body Oil is rich in essential oils of Palmerosa, Borage and Wheatgerm that are known to help improve skin tonicity and firmness. The skin is nourished and hydrated.

THE ESPA STRESS RELIEVING MASSAGE (55 minutes)

Whatever the cause of your stress, this full body massage is ideally taken towards the end of the day when the desire to relax can be fulfilled by sleep. Essential oils of Frankincense, Myrrh and Ylang Ylang have deeply relaxing, calming properties to soothe and de-stress.

THE ESPA IMMUNE BOOSTING MASSAGE (55 minutes)

A powerful blend of Tea Tree Oil with three types of Eucalyptus Oil well known for their natural anti-viral, anti-bacterial and soothing properties, is used to help encourage the body's natural immune system to operate efficiently.

THE ESPA ENERGISING MASSAGE (55 minutes)

The re-energising feel-good effects of Litsea Cubeba and Eucalyptus, coupled with the mind clearing benefits of English Peppermint and Rosemary can help you face the day with an increased, positive sense of well being and mental clarity.

THE ESPA JET-LAG ELIMINATOR (55 minutes)

Rebalance your energy level by reactivating your senses, lifting your spirits and re-establishing mental clarity with a massage of Rosemary, Citrus and English Peppermint, or relax into untroubled sleep with Myrrh, Frankincense and Ylang Ylang.

A personal consultation and sensory test will ensure you receive a unique treatment.

ESPA FOR MEN

MENS PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE (55 minutes)

City pollution, environmental stress, travel, business pressures or lack of sleep are reflected in dull, lifeless skin. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin leaving you feeling de-stressed and renewed. The triple cleanse procedure, that includes steaming hot towels to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing acupressure face massage and purifying mask, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA Body Oil to release tight muscles and tension.

ESPA RELAXING BACK FACE AND SCALP TREATMENT (1 hour 25 minutes)

A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax and balance. This is followed by an ESPA Intensive Facial tailored to your individual needs and finishes with a therapeutic head massage to help clear the mind, calm the spirit and ease tension.

ESPA DEEP CLEANSING AND RELAXING BACK TREATMENT (40 minutes)

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal for all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed.

ESPA STRESS BUSTER (1 hour 40 minutes)

This all-encompassing treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is then followed by a deep body, face and scalp massage using a blend of essential oils chosen to suit individual requirements.



Our treatment experiences focus on congested skin, stress related tension, allow for deeper massage pressure and effectively relax and rejuvenate mind and body.



ESPA WRAPS AND ENVELOPEMENTS

ESPA DETOXIFYING ALGAE WRAP (55 minutes)

This therapeutic, balancing and detoxifying treatment involves skin brushing, gentle exfoliation and an algae envelopment rich in minerals that is designed to boost the metabolism and speed up the elimination of toxins. The treatment includes a full head massage using individually chosen essential oils for total relaxation.

ESPA RESTORATIVE MUD ENVELOPMENT (55 minutes)

Marine Mud is known for its skin conditioning properties and is ideal for dry, dehydrated skin requiring nourishment and rebalancing. This wrap includes a full body exfoliation and an Oriental Head Massage to help ease tension and leave the skin purified and smooth.

ESPA OSHADI ENVELOPMENT (55 minutes)

Oshadi, giver of life, is the Ayurvedic term for plants and herbs used in traditional healing practices and therapies. After a full body exfoliation, plants and spices are infused with essential oils to form a nourishing mask that warms and hydrates the skin and helps to relieve aching muscles and joints.

THE ESPA SKIN HYDRATOR BODY WRAP (55 minutes)

A truly luxurious experience including lymphatic skin brushing, skin smoothing body exfoliation and an envelopment with oils rich in Palma Rosa and Myrrh combined with the Deeply Nourishing Body Cream with Wild Yam and skin conditioning Marine Mud. Ultimate tranquillity is achieved with a mind calming Oriental Head Massage.

The treatments provide deep cleansing and exfoliation whilst relieving tension and stress and leaving the mind and body soothed and relaxed.

ADVANCED TREATMENTS

ESPA PRE-NATAL TREATMENT (1 hour 25 minutes)

This total body treatment has been carefully designed for those who are expecting or have just had a baby. Taking account of all contra-indications, this treatment avoids the use of essential oils and is a luxurious treat using a Calendula infused oil, Pink Clay Mud and various nourishing creams with advanced massage techniques to safe areas. This treatment improves the tonicity and comfort of the skin and creates a sense of total relaxation.

ESPA STIMULATING HIP AND THIGH TREATMENT (55 minutes)

A specialised ESPA treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin tone. Following exfoliation with a special blend of seaweed, salt and oil, a deep and detoxifying massage with lymphatic drainage techniques using stimulating essential oils help to purify and cleanse the body. Relevant reflex zones and pressure points on the feet are then activated to leave you feeling totally revitalised. A course of treatments is recommended to maximise the effects.



This is a time when a woman needs to be specially cared for and nurtured and when the skin needs to feel nourished and moisturised

SPORTS & RELAXATION TREATMENTS

Let us soothe your aching muscles, correct your posture, or prepare you for that sporting challenge ahead.

Sports massage treatments include manipulative work, stretching, pre-training, post-training and sports injuries. Sports Massage covers three main categories: event (pre and post), maintenance, and rehabilitation.

Maintenance massage is designed to help the athlete reach peak performance through a routine programme of massage. It aids in the management of both acute and chronic injuries. The benefits are valuable not only for athletes, but for anyone who works-out on a regular basis.

Pre-event sports massage therapy warms up the muscles - getting the blood circulation going and allowing a longer workout with reduced risk of injury, increased flexibility and greater range of motion.

Post-event sports massage therapy relieves muscle cramps and spasms, jump starting the process of removing the lactic acid build-up in muscles that occurs with exercise.

Rehabilitation massage therapy increases flexibility and range of motion, reducing muscle scar tissue formation, muscle soreness, stiffness, cramps and pain. It recharges and renews the body and reduces the risk of injury.

SPORTS / REMEDIAL MASSAGE - FULL BODY OR BACK MASSAGE

A specialised treatment where massage and stretching techniques are used to help with recovery from injury and to improve flexibility.

RELAXATION MASSAGE - FULL BODY OR BACK MASSAGE

A relaxing massage to relieve tense muscles, loosen stiff joints, increase blood and lymphatic drainage and strengthen the immune system as the body eliminates toxins more efficiently.

REFLEXOLOGY

Working on the reflex and acupressure points on the feet, this treatment enhances the body's own natural healing powers, restoring balance and harmony. Each person is given the most effective treatment for their specific needs.

INDIAN HEAD MASSAGE

A deeply relaxing treatment given to a client clothed and seated. Treatment includes massage to the head, back, neck, arms and face. It helps eliminate stress leaving you feeling relaxed and refreshed. A wonderful treatment giving instant relaxation.



FINISHING TOUCHES

LUXURY HAND AND NAIL TREATMENT (55 minutes)

This holistic arm, hand and nail treatment includes a gentle skin refiner and a therapeutic massage with the appropriate aromatherapy massage oil chosen for your individual needs.

LUXURY FOOT TREATMENT (1 hour 10 minutes)

A holistic foot and nail treatment that includes gentle exfoliation and a relaxing pressure point massage with the appropriate aromatherapy massage oil for your individual needs.

LUXURY FULL LEG WAX (45 minutes)

Skin brushing and exfoliation help to prepare the skin prior to waxing. The treatment is finished with an application of a light, moisturising balm to soothe the skin, leaving the legs luxuriously smooth and soft.

WAXING

Full Leg

Three Quarter leg

Half Leg

Bikini

Under Arm

Eye Brows

Lip or Chin

Back/Chest

TINTING (A TEST MAY BE REQUIRED)

Lash Tint

Brow Tint

Lash and Brow Tint

FAKE BAKE - FULL BODY (INCLUDES BODY EXFOLIATION)

Fake Bake has scientifically created an organically based product to create the most natural looking tan without the harmful effects of UV rays. It contains botanically extracted ingredients and no preservatives. Fake Bake guarantee to provide the richest looking tan in the most luxurious way without the sun. It also moisturises, hydrates and protects the body without clogging the pores or irritating sensitive skin. The use of Fake Bake self-tanning products will not turn skin orange or yellow and have no harsh odour due to the fact that they are not chemically based. They will instantly tan the various skin types without streaking.



DAY SPA RITUALS

Spend the day at the West Bay Country Club Spa and enjoy one of our wonderful pampering treatments. All day spa packages below include the following:

- Spa Treatments.
- Access to all wet areas including swimming pool, sauna and steam room.
- Full use of the fitness suite and sports facilities including squash and tennis.
- Two course Spa lunch with a glass of wine.

These are set packages and we regret we cannot make any substitutions but if you want us to help create a perfect day that is unique to you then please let us know.

SOOTHING RELAXATION (3 hours 30 minutes)

Soothe away stress and tension with spa therapies designed to do just that. From cocooning body wraps and aromatic massage rituals, to indulgent facials - there's plenty to help you to drift into a world of bliss.

- Age Defyer Facial
- Aromatherapy Massage
- Restorative Mud Envelopment

DETOX AND RENEW (3 hours 45 minutes)

Do you feel tired and sluggish? Does your skin look dull? If so, it could be that your body needs a health and beauty overhaul. Our detoxifying and cleansing spa rituals help flush away toxins, re-energise and leave your skin spa-fresh.

- Detox Salt and Oil Exfoliation Treatment
- Detox Aromatherapy Massage
- Detox Algae Envelopment
- Rebalancing/Skin Brightener Facial

PRE-NATAL (3 hours 45 minutes)

A selection of massage and spa treatments designed specifically for the special needs of mums-to-be. These body conditioning treatments ensure the ultimate in comfort and relaxation as your body changes.

- Pre-natal Treatment
- Aromatherapy Facial
- Luxury Pedicure

COUPLE'S TIME (2 hours 45 minutes)

Catch up on lost time and enjoy treatments together in our joint treatment room. An ideal pampering time with a friend, partner, mother or daughter.

- ESPA Facial
- Back, Neck and Shoulder Massage
- Pedicure or Foot Treatment

SPORTS RECOVERY (2 hours 45 minutes)

Anyone who routinely stretches their physical limits through movement such as running, cycling, hiking, swimming, dancing, tennis and other racquet sports, strength training and aerobics can benefit from a massage.

- ESPA Sports and Fitness Massage
- Salt and Oil Scrub
- ESPA Hydrating Facial



SPA ETIQUETTE

SPA ARRIVAL

It is advisable to arrive at the Spa reception at least ten minutes before your appointment to allow time to complete a consultation form and for you to relax prior to your treatment.

Please be aware that late arrivals will not receive an extension to their treatment.

AGE REQUIREMENTS

The minimum age requirement for access into the Spa is 16.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries that could affect your choice of treatment when making your Spa reservation.

WHAT TO BRING

For your comfort we will provide you with a robe, towels and slippers to use throughout your visit.

SPA ETIQUETTE

The Spa environment is one of tranquility and relaxation. Please respect other guests and do not use mobile phones or pagers within the Spa.

CANCELLATION POLICY

During peak times payment will be required on booking and a cancellation charge may be incurred for any Treatment or Day Spa Ritual not cancelled at least 24 hours prior to appointment.

GIFT VOUCHERS

Gift vouchers are available for an amount that allows for personal choice or alternatively you can choose from any of the treatments on our price list or from one of our specially compiled packages. Gift vouchers are non-refundable and must be presented at the time of treatment or purchase of ESPA products.



ESPA PRODUCTS

FACE SKINCARE RANGE

Nurture your skin with our luxurious skincare essentials that gently sweep away impurities, hydrate and moisturise, leaving your face cleansed, refreshed and revitalised. We recommend a ritual tailored to your individual needs to encourage your skin to function as naturally and efficiently as possible.

BODY CARE

Inspired by spa treatments from around the world, ESPA body products combine essential oils, plant extracts and deeply nourishing marine elements. These combine to deliver powerful results that engage your senses and nurture your skin.

MEN'S SKINCARE RANGE

Skincare is becoming as important for men as it is for woman. It is a fact that men's skin is thicker than women's. It produces more sebum, has more hair follicles and has higher levels of collagen and elastin. These intrinsic differences coupled with increasingly pressured lifestyles and a natural desire for simplicity led ESPA to develop effective men's skincare essentials that will prepare, nourish and protect skin whilst invigorating your senses.

SPA CANDLES

Hand-poured and infused with fragrant essential oils, each ESPA Candle symbolises sheer elegance and simplicity. Recreate the spa ambience throughout your home with soothing, uplifting and energising scents.



*Focused on naturally improving
the condition of the skin to
provide outstanding instant
and long-term results.*

TREATMENT PRICES

ESSENTIAL FACIAL

- Aromatherapy Facial (55 Minutes) - £48.00
- Re-Hydrator Facial (55 Minutes) - £48.00
- Re-Balancing Facial (55 Minutes) - £48.00
- Regenerating Facial (55 Minutes) - £48.00
- Skin Brightener Facial (55 Minutes) - £48.00
- Regenerating & Firming Eye Treatment (25 Minutes) - £30.00
- Regenerating Facial With Firming Eye Treatment (70 Minutes) - £58.00
- Holistic Back Face And Scalp Treatment (85 Minutes) - £68.00

ESSENTIAL BODY

- Body Polish (25 Minutes) - £30.00
- Lifesaving Back Treatment (45 Minutes) - £40.00
- Salt And Oil Scrub (25 Minutes) - £30.00
- Total Holistic Body Care (100 Minutes) - £75.00

ESSENTIAL AROMATHERAPY MASSAGE

- The ESPA Detox Massage (55 Minutes) - £48.00
- The ESPA Body Toner Massage (55 Minutes) - £48.00
- The ESPA Stress Relieving Massage (55 Minutes) - £48.00
- The ESPA Immune Boosting Massage (55 Minutes) - £48.00
- The ESPA Energising Massage (55 Minutes) - £48.00
- The ESPA Jet-Lag Eliminator (55 Minutes) - £48.00
- The ESPA Sports and Fitness Massage (55 Minutes) - £48.00
- The ESPA Aromatherapy Back Massage - £32.00

ESPA FOR MEN

- Mens Purifying Facial, Shoulder And Scalp Massage (55 Minutes) - £48.00
- ESPA Relaxing Back Face And Scalp Treatment (85 Minutes) - £68.00
- ESPA Deep Cleansing And Relaxing Back Treatment (45 Minutes) - £40.00
- ESPA Stress Buster (100 Minutes) - £75.00

ESPA WRAPS AND ENVELOPEMENTS

- ESPA Detoxifying Algae Wrap (55 Minutes) - £58.00
- ESPA Restorative Mud Envelopment (55 Minutes) - £58.00
- ESPA Oshadi Envelopment (55 Minutes) - £58.00
- The ESPA Skin Hydrator Body Wrap (55 Minutes) - £58.00

TREATMENT PRICES

ADVANCED TREATMENTS

ESPA Pre-Natal Treatment (85 Minutes) - £68.00

ESPA Stimulating Hip And Thigh Treatment (55 Minutes) - £55.00

SPORTS & RELAXATION TREATMENTS

Relaxation Massage - Full Body - £45.00 Back Massage - £30.00

Sports / Remedial Massage - Full Body - £48.00 Back Massage - £32.00 - Pre Or Post Event - £32.00

Reflexology - £38.00

Indian Head Massage - £25.00

SPA DAY RITUALS

Soothing Relaxation (3 Hours 30 Minutes) - £164.00

Detox and Renew (3 Hours 45 Minutes) - £194.00

Pre-Natal (3 Hours 45 Minutes) - £158.00

Couples' Time - ESPA Facial, Back, Neck and Shoulder Massage and Pedicure or Foot Treatment (2 Hour 45 Minutes) - £123.00 per person

Sports Recovery (2 Hours 45 Minutes) - £136.00

FINISHING TOUCHES

Luxury Hand And Nail Treatment (55 Minutes) - £30.00

Luxury Foot Treatment (55 Minutes) - £35.00

EXTRA'S

Hot Wax Treatment – Extra £5

French Polish – Extra £5

Waxing

Full Leg - £35.00

Three Quarter Leg - £30.00

Half Leg - £25.00

Bikini - £15.00

Under Arm - £12.00

Eye Brows - £10.00

Lip Or Chin - £8.00

Back/Chest From £25.00 - £35.00

Luxury Full Leg Wax (45 Minutes) - £40.00

Tinting (A Test May Be Required)

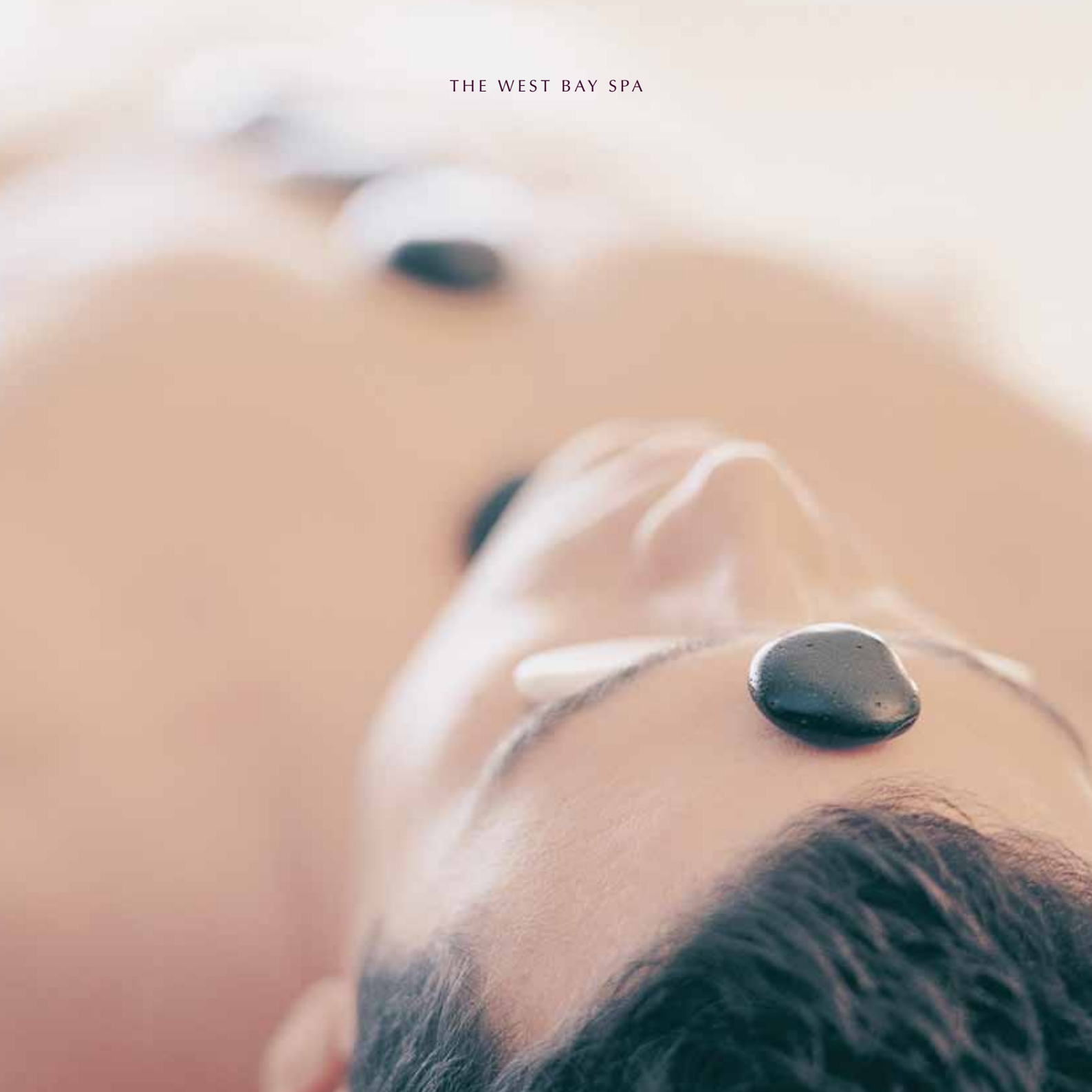
Lash Tint - £18.00

Brow Tint - £12.00

Lash And Brow Tint - £25.00

Fake Bake - Full Body (includes Body Exfoliation) - £45.00

THE WEST BAY SPA





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SPA

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