

OUR THINKING

Our spa is a wellness destination, a nurturing haven of tranquility and thus, never before, has the reopening of such destinations, been as keenly anticipated as at the present time.

Our empathetic approach has always been to help individual's keep their wellness and well-being front of mind. We have always held cleanliness and hygiene as sacred, but now more than ever we want spa-goers to trust that we'll put their safety and that of our employees above all else upon their return.



Our commitment to you...

We make a commitment that the Alchemist Spa will follow all the latest UK government guidance and safety protocols including:

- Ensuring our cancellation policy and terms & conditions are readily available to you
- Welcoming you to with a warm, professional (touch free) greeting
- Allowing you plenty of time to complete your consultation form if you have not already done so before arrival
- All employees are fully trained and regularly updated with procedures in line with the latest government guidance and safety protocols
- Regular and thorough hand-washing and sanitising from our employees at all times, especially before and after your treatment
- Adequate provision of hand sanitising facilities throughout the spa
- Use of PPE such as gloves, face coverings, aprons etc. where required
- Adherence to social distancing etiquettes in non-treatment spaces throughout your visit
- Safe, regular and thorough sanitising of all treatment areas, facilities, surfaces and equipment
- Provisions of fresh, clean and appropriately laundered linens throughout your visit, including towels, robes, treatment linen etc
- The removal of shared items such as tester products, reading materials, soft furnishings etc
- Appropriate provision for the disposal of waste material throughout the spa
- Contactless payment is available, where possible
- Employees will not be permitted to work in the spa if they, or anyone in their home present with any COVID-19 symptoms

Your commitment to us..

In accordance with UK government guidance and safety protocols we ask that:

- If you or anyone in your home presents with any COVID-19 symptoms within 14 days of your booking, please follow UK government guidance and inform us
- Please ensure you are familiar with the spa cancellation policy and terms and conditions before making a booking
- Please ensure you wash and sanitise your hands upon arrival at the spa and frequently throughout your visit
- Ensure your consultation form is completed in full prior to any treatment taking place with us
- Please ensure that you observe all social distancing measures that have been put in place
- Please use the correct bins provided to appropriately dispose of waste material

Thank you

MASSAGE

Massage In A Bottle

25 mins £50, 40 mins £60, 55 mins £75

Whether your body is craving an indulgent all-over body rub down to fully unwind, a deep tissue back & leg restoration ritual, or an express shoulder massage with neck, face & scalp. Simply choose your massage length and we will work with you to design an entirely bespoke treatment, tailored to satisfy your senses with your chosen body oil.

Hot Rock

25 mins (back) £55, 40 mins (back of body) £65

Deep tension will be released and aching muscles soothed with our Hot Rock massage. The heat from the hot rocks quickly warms the muscles creating the effects of a deep tissue massage in express time, dissolving stress and unwanted tension. Simply choose your massage length and your therapist will work with you to design a bespoke treatment, tailored to satisfy your senses with your chosen body oil.

Healing Herbs

40 mins (back of body) £60, 55 mins £75

Our heated therapeutical herbal poultice massage, specially crafted to relieve and rejuvenate tired muscles. The steamed muslin fabric of the poultice will gently exfoliate dead skin cells allowing for deeper penetration of our body oils.

The Scrub & Rub

30 mins rasul, 25 min massage £95

For ultimate pampering, the scrub & rub treatment includes a bespoke massage after your rasul journey in one of our calming treatment rooms, the 25 minute bespoke massage will be completely guided by your skin's needs.

MASSAGE

The Reflex Zone *55 mins £60*

Based on the ancient system of zones and reflex areas that purportedly reflect an image of the body on the feet. Reflexology is the application of gentle pressure on certain points of the foot to produce an effect elsewhere in the body.

Reiki *55 mins £60*

The word Reiki is made of two Japanese words – Rei which means God's Wisdom or the Higher Power and Ki which is life force energy, so Reiki put simply means spiritually guided life force energy. This treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well-being.

Sports Therapy *40 mins £70, 55 mins £90*

Sports massage is a form of massage involving the manipulation of soft tissue to benefit a person engaged in regular physical activity. Soft tissue is connective tissue that has not hardened into bone and cartilage; it includes skin, muscles, tendons, ligaments and fascia (a form of connective tissue that lines and ensheathes the other soft tissues).

Sports massage is designed to assist in correcting problems and imbalances in soft tissue that are caused from repetitive and strenuous physical activity and trauma. The application of sports massage, prior to and after exercise, may enhance performance, aid recovery and prevent injury.

THE HONEY & THE BEE

What better way to skindulge than with a warm oil massage from one of our naturally scented candles. The candles have an abundance of natural soy wax and bees wax to nourish and hydrate the skin and can be applied directly to the skin once melted with no lasting residue, other than silky smooth & delicious smelling skin...

Setting the scene

Choose your candle to suit your favourite aroma - there's earthy fig, warming honey, chocolatey cacao flower or sweet rose. The candle will be lit to create a relaxing ambience that's bespoke to your tastes.

Muscle melting massage

After leaving to melt, your therapist will trickle the warm candle oil across their palms and massage into your skin, helping you to unwind and remove unwanted muscle tension.

Take a moment

Once your massage treatment comes to an end, you'll be gently wrapped and left to savour the moment of calm...Take a moment, breathe in the soothing scents and sounds and let the stress of the day fade away.

Continue the journey

Now for our favourite part, once finished, we'll prepare your chosen candle tin ready for you to take home and use in the comfort of your own space or hotel bedroom, whether its to promote a restful night's sleep or to simply unwind. You can re-light the candle wick or simply pop into a bowl of warm water to re-live the warming spa ritual all over again...

25 mins £55 | 40 mins £65 | 55 mins £80

MANICURE & PEDICURE

We Nailed It!

40 mins £45

Short on time? Leave the Parlour looking amazing with our express manicure file and perfect finish from The Gel bottle.

Enchanting Hand Ritual

25 mins £50

A pampering delight for the hands and nails - let us scrub away tension then moisturise and massage the hands and arms using the bespoke ingredients chosen by you to best soothe your soul.

Hands of Lost Time

55 mins £60

Using the Illuminate skincare collection, inspired by Geisha women who have used rice bran for centuries to cleanse their skin and remove the thick, heavy make up. Rice bran forms the foundation of the collection which is infused with rice water and alpine plants. The result? Skin is illuminated and age spots are visibly reduced, finished to perfection with The Gel bottle.

Get Nailed

40 mins £45

Short on time? Leave the Parlour looking amazing with our express pedicure file and perfect finish from The Gel bottle.

Light As A Feather

25 mins £50

A pampering delight for the feet - let us scrub away tension then moisturise and massage the feet and lower legs using the bespoke ingredients chosen by you to best soothe your soles

Tickled Pink

55 mins £60

Using all things pink! Choose from Rose or Yuzu, Beetroot & Watermelon to scrub, massage and moisturise, leaving feet feeling fabulous and light! Finished to perfection with The Gel bottle. Why not add a glass of our spa exclusive sparkling pink bubbles to enjoy with your treatment?

If you require a colour soak off before enjoying any of the above treatments, please advise us of this on booking as it will change the timing of your appointment

I AM:WOMAN

Passenger On Board

55 mins £85

Pregnant women: We salute you. Pregnancy is a special time but is a massive undertaking for muscles and skin, so why not let us pamper you from top to toe?

Using our "Bumps A Daisy" treatment collection to hopefully give body and mind a bit of a breather - the specialist skincare along with our scrub and massage treatment will help to ease water retention, increase healthy circulation, soothe irritation and help repair stretched skin.

What better way to show some serious TLC for body and bump. With this bespoke treatment choose from a body scrub, massage and facial or combination of all 3...

Pause:Me

30 mins rasul, 50 mins massage, £120

An emphasis on well-being and mindfulness. An immersive journey to alleviate the symptoms of menopause, with essential oils and botanical ingredients selected to soothe, balance and restore calm and serenity when you might need it the most.

Step one...

Head into our Rasul Suite with our cooling Peppermint Salt Body Scrub for a 30 minute shake-down and exfoliation - Peppermint is the perfect ingredient to cool the body during hot flushes, whilst the gentle exfoliation will encourage healthy circulation.

Step two...

Within one of our calming treatment rooms we will continue your journey with a bespoke massage to ease any stiffness, aches or pains you may have. Using our calming massage oil with soothing camomile and ylang ylang which has been found to be hormone balancing, and neroli which has been found to help with stress relief - promoting feelings of calm & wellness.

IAM:MAN

Surfer's Paradise

25 mins £60

Feel rejuvenated with a deep back exfoliation using our Bladderwrack & Peppermint body scrub - the refreshing and stimulating properties of the peppermint awaken body and mind while the "bladderwrack" like most seaweed is rich in trace elements, nutrients, proteins and high in anti-oxidant activity. We'll follow this with a full back of body massage using your choice of our naturally sourced body oils to relieve unwanted muscle tension, aches and pains.

Caffeine & Cocoa Body Shot

30 min rasul +

25 min massage £100 or

55 min massage £120

Begin this two-phase journey in our Rasul Suite for a 30 minute shake down with our Columbian Crush Coffee body scrub to exfoliate and awaken the senses.

Within one of our calming treatment rooms we'll then continue your journey with a warm oil massage from one of our naturally cocoa scented soy and bees wax candles. Choose your massage time, then simply let the natural oils nourish and hydrate and can be applied directly to the skin once melted to relieve unwanted muscle tension, aches and pains. Once your massage treatment comes to an end, you'll be gently wrapped and left to savour the moment of calm - Take a moment, breathe in the soothing scents and sounds and let the stress of the day fade away...

Soleful Leg & Foot Refresh

25 mins £55

Be refreshed from your knees to your toes...

Choose your bespoke body scrub from the scrub bar to be applied by your therapist to the lower legs and soles, then be enveloped in an indulgent layer of our nourishing Sole Food which will help to soothe and eradicate cracked skin on the heel area. This treatment leaves your skin feeling refreshed, nourished and uncharacteristically smelling heavenly!

THE BIG C

Specialised treatments with cancer in mind...

Indulgent Massage

25 mins £45, 40 mins £55

A bespoke massage carefully adapted by us to suit each individual's needs. Using 100% natural and organic oils, this cancer-safe treatment is ideal for the most sensitive of skin. Let the power of touch bring harmony and well-being back to the forefront of your mind leaving you feeling deeply relaxed.

Manicure

45-55 mins £50

Luxurious peach kernel and macadamia oils combined with the expert knowledge of our oncology-trained therapists give a healing and relaxing manicure. This treatment is designed for damaged nails and sensitive skin - but we'll bring your nails back to a new level. This nourishing and moisturising manicure is finished with an application of your favourite nail colour - you will be given expert advice on how to improve the overall condition of your nails.

Pedicure

45-55 mins £50

Our soothing and nourishing foot balm is massaged into your feet whilst our 100% natural and organic nail oil works its magic into your nails. Finish off with a nail colour of your choice and enjoy recognising your feet. We will provide expert advice on how to best look after your feet and nails.

RASUL

The Rasul treatment dates back hundreds of years and was an ancient Arabic bathing ritual using mineral-rich mud along with heat and steam. Our rasul muds are hand-harvested from the Austrian Alps, where for millennia the glacial snows have thawed and flowed down the mountain bringing a gift from nature. These detoxifying muds have been used for decades as part of a cleansing ritual combining steam and heat to draw out impurities and remove dead skin cells.

Mud

Apply the hand-harvested mud to your body, face and scalp. Sit and relax whilst the mud works its magic. During this time occasional steam will fill the room allowing you to work the mud over your body.

Scrub

Wash off the rasul clay mud and apply your chosen salt scrub from top to toe to deeply cleanse the skin and detoxify, then relax whilst steam fills the room to open your pores, allowing deeper exfoliation while you revel in the heady fragrances. After gently rinsing, your body will feel completely nourished from the natural oils found within your chosen scrub..

The Short Haul Journey *30 mins £45*

Looking for a quick getaway? Our Short Haul Rasul journey is great for those looking for an express invigorating treatment. Step into our private tiled steam chamber where your choice of scented scrubs & mud await you...

The Long Haul Journey *45 mins £55*

Something a little longer? Our Long Haul Rasul journey lasts a little longer and is a completely indulgent skin treatment. Step into our private tiled steam chamber where your choice of scented scrubs & mud await you...

The Scrub & Rub *30 mins rasul, 25 mins massage £95*

For ultimate pampering, the scrub & rub treatment includes a bespoke massage after your rasul journey in one of our calming treatment rooms, the 25 minute bespoke massage will be completely guided by your skin's needs.

COPPER TUB

Japanese Bathing Ritual

45 mins £60 per couple

In Japan, bathing is about so much more than just getting clean, encouraging an almost meditative appreciation of one's body with benefits both for your physical and mental wellbeing. Whether you're a bath fan or not, we could all learn a thing or two from the country's unique approach.

With this copper tub ritual, bask in natural essential oils to help boost the mind and clear mental fog. Relieve feelings of anxiety, unwind and cocoon skin in hydration and antioxidants. With gotu kola, mint, organic fennel and lavender. Finish with an intensely aromatic burst of skin conditioning yuzu oil, with sparkling grapefruit, mandarin and marjoram. With skin-loving jojoba oil and aloe vera. Inspired by Yuzuyu - hot yuzu bathing – a Japanese custom that celebrates tōji, the winter solstice.

Serenity Dip

30 mins £45 per couple

Gotu Kola. Revered in India & China for its ability to enhance spirituality, and referred to by many as 'the herb of enlightenment'. Gotu Kola extract has been scientifically proven to help treat brain fogginess and alleviate anxiety. A mind, body and mood booster, it's incredible for both re-freshing and de-stressing, and it's a key ingredient for this evening exclusive copper tub experience.

This serene dip will ease you into a restful night's sleep, whether in your hotel suite or at home. We'll provide the towel, robe and flip flops, so you just turn up and relax.

PLANNING YOUR VISIT

Arrival time

We kindly ask that you arrive 5-10 minutes before your scheduled treatment time.

Arriving early is important as we require you to complete a short consultation form and to hydrate with a glass of chilled citrus water

What to wear

You will be required to wear a face mask throughout your visit, please bring one with you. Dress as you feel comfortable and we will provide robes, towels and flip flops

Shaving

Generally, shaving is not recommended before a treatment or rasul

Storing Valuables

Storage lockers for valuables are available within the Alchemist Spa changing rooms

Payment

We accept most credit/debit cards and also cash - payment is required at the time of booking

Cancellation

Full payment will be taken on cancellations made 24 hours or less before your treatment time

Parking

Parking will be available for you in either of our car parks, we will ask for your registration ahead of arrival

*We look forward to welcoming you back
to the Alchemist Spa soon...*