



SPA TREATMENTS

Located on the lower ground floor of The Victoria, easily accessed by either lift or stairs, is our refurbished spa area. This includes a heated swimming pool, spa bath, sauna, heated relaxation beds and a further relaxation area. Ladies and gentlemen's changing and shower facilities are available, together with robes and towels for your use whilst in the spa area.

We are also delighted to offer you the following treatments which can be experienced in the comfort of the hotel. Treatments are for hotel residents only

KAYA WOODS (APNT, ITEC Dip, BCMA Reg)

Kaya has over 10 years experience as a massage & bodywork therapist and offers treatments that are enjoyable, effective and tailored to your unique requirements. 100% natural and organic products are used in all treatments.

RESTORATIVE MASSAGE

Medium or light pressure massage to relax and restore body & mind.
40 minutes **£55** 60 minutes **£70** 90 minutes **£90**

DEEP TISSUE MASSAGE

Enjoyable and effective massage therapy for those who like or need a stronger treatment.
60 minutes **£75** 90 minutes **£95**

HOT STONE / LAVA SHELL MASSAGE

Heated lava shells that feel like gentle, soothing warm hands but deliver all the benefits of a deep tissue massage. Lava shell massage is said to be 10 times more powerful than a regular massage.
60 minutes **£75**

AROMATHERAPY MASSAGE

Light or medium pressure massage with the use of aromatic, organic essential oils by Botanicals.
40 minutes **£55** 60 minutes **£70** 90 minutes **£90**

EXFOLIATION DETOX MASSAGE

Full body exfoliation massage and lymphatic drainage techniques to help boost circulation and smooth and energise the skin. A gentle blend of sea salt and creamy coconut oil is combined with essential oils of lemon, grapefruit, cypress and juniper berry which are all known to invigorate and aid detoxification.
40 minutes **£55** 60 minutes **£70**

INDIAN HEAD MASSAGE

Stress busting head and neck massage which induces deep relaxation and promotes healthy hair and scalp.
40 minutes **£55**

THAI FOOT MASSAGE

Traditional Thai foot massage helps to restore energy and rebalance the mind and body.
40 minutes **£55** 60 minutes **£70**

FACIAL REJUVENATION MASSAGE

Facial rejuvenation massage relaxes and de-stresses the facial muscles incorporating gentle acupressure and lifting techniques. Facial rejuvenation massage utilises powerful and skin nourishing vitamin rich rose hip oil to leave you frown free and glowing.
40 minutes **£55**

PREGNANCY MASSAGE

A gentle and relaxing massage for the mum-to-be. Suitable from 3 months.
60 minutes **£75**

VICTORIA HOTEL SIGNATURE MASSAGE

90 minutes of seaside bliss. The treatment starts with a heated lava shell back massage. The powerful heated lava shells deliver deep relaxation, melting your muscles and dissolving those nagging aches and pains. Next a thorough Indian head massage followed by Thai foot massage. The treatment concludes with a rejuvenating body exfoliation of sea salt, coconut oil and essential oils of juniper and grapefruit.
90 minutes **£95**



SPA TREATMENTS

NORAH MCCULLAGH

(Pure Face works B.A.B.T.A.C.)

Holistic Facials optimised for your skin. Tailored for all skin types. Using advanced, biomimetic, skin friendly products, free from parabens, sulphates, fragrance chemicals and mineral oils. All treatments include therapeutic massage to face, neck and shoulders. Longer treatments can incorporate extra massage, facial cupping, lymphatic drainage, jade gua sha massage and the use of crystals and massage rollers.

TREATMENT PRICES

45 minutes £50 60 minutes £65

75 minutes £80 90 minutes £95

BESPOKE HOLISTIC FACIAL

After a consultation the therapist will customise the facial to be of optimum benefit for you and your skin on the day.

AYURVEDIC FACIAL (MARMA THERAPY)

Therapeutic massage of Ayurvedic Acupressure points is woven in to a Facial to rebalance energetically and revitalise the skin.

LYMPHATIC DRAINAGE FOR FACE AND NECK

Purifies the skin from within, reduces puffiness, helps clear blocked sinuses. Very relaxing, gentle and effective.

NATURAL LIFT FACIAL

A fusion of Eastern and Western massage techniques to subtly lift and redefine facial contours.

DEEP CLEANSING FACIAL

Combines a double cleanse with a deep cleaning clay mask and facial cupping for clearer, cleaner, fresher skin.

BRIGHTENING FACIAL

Includes an ex-foliating mask with fruit enzymes for brighter, smoother skin.

ZONE FACE LIFT

A fusion of facial reflexology, Japanese lifting techniques and crystals. A treatment to lift the face and elevate ones sense of well being.

JENNY HULIN

(Advanced course certificate Reflexology, Member of the federation of precision Reflexologists).

Wonderful way to relax and rejuvenate, whilst having your feet massage with therapeutic benefits.

30 minutes £35 60 minutes £45

Lower leg/ankle massage with Reflex points to soothe and energise tired achy feet. (very helpful for swollen ankles)

30 minutes £35

For further details of the treatments available, or to make a booking please contact Reception.

All treatments are payable to the therapist directly by cash or cheque. Any treatment that is cancelled without 24hrs notice will still be charged at 50%

Please note contraindications: Massage may not be suitable for you if you have had major surgery in the last 3 months, If you have a cold or fever, or are suffering from a contagious disease or skin condition. Please refrain from wearing perfumes or antiperspirants to your treatment.