



source spa

treatment menu



SANCTUARY

for the mind, body and soul



Indulge in pure relaxation at The Victoria Hotel's Source Spa, where tranquillity meets luxury in the heart of Sidmouth. Set beneath the bustling hotel, step down into a world of serenity as you enter the spa.

Immerse yourself in a world of plush robes, soothing aromas, and expertly trained therapists. Whether you're seeking a calming massage, a revitalising facial, or a soothing soak in our spa bath, you'll experience a level of pampering that rivals the finest spas.

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To book your spa treatment either, scan the QR code to book online, visit our reception team or call 01395 576006 (ext 006)



FACIALS / Purify and illuminate

GOLD RUSH

Uplift skin and reduce wrinkles with this luxurious Champagne, pearl powder and caviar facial which harnesses the power of botanicals. Experience includes a gold mask to provide a youthful glow.



ILLUMINATED YOU

This illuminating facial will leave skin feeling nourished and radiant. Alpine plant infusions, restorative rose and rice bran (known for its deeply hydrating and anti-ageing properties) make it perfect for all skin types.

BESPOKE SOURCE FACIAL

Our tailored facial will bring you back to the best version of yourself. With invigorating scents and soothing botanicals, our 100% natural Source facial products are both revitalising and soothing.

GREEK GOD AEGEAN CHARCOAL

This revitalising deep cleanse and exfoliation stimulates and removes dry skin. The treatment encourages lymphatic drainage around the nose, removing built-up toxins and stimulating blood flow, making it helpful for those who have sinus congestion.



	Weekday	Weekend
60 mins	£100	£110
60 mins	£90	£100
30 mins	£60	£70
60 mins	£85	£95
30 mins	£60	£70
60 mins	£90	£100



FACIALS / LED light therapy mask

Treatment

DÉESSE LED LIGHT THERAPY MASK

Amazing used on its own yet more potent when combined with one of our facials, this is a feelgood, quick skin solution. Safe, low-level light therapy exposes skin to four wavelengths of light to improve common problematic skin conditions and achieve naturally vibrant skin.

Duration

20 mins
Booking time
30 mins

Weekday

£40

Weekend

£50

Visible results

- Increases collagen production and elastin to improve elasticity
- Helps reduce fine lines
- Improves skin texture, clarity and tone
- Increases natural hydration
- Revitalises complexion and restores skin's radiance
- Tackles enlarged pores
- Soothes and eases flaky patches
- Helps regulate natural oil production
- Helps spot-prone skin
- Reduces production of melanin
- Lightens and reduces existing pigmentation
- Neutralises, balances and calms skin
- Improves flushed red tone
- Eases skin irritation

Add Déesse LED light therapy mask to any facial for £30.



Purifying



Brightening



Calming



Post injectable



Anti-Ageing



Anti-Ageing express

AROMATHERAPY MASSAGE

HEAD IN THE CLOUDS

Back, neck + shoulder or scalp aromatherapy massage – A soothing massage using Source oils to release muscle tension and lull you into utter relaxation.

CHANCE TO DREAM

Full-body aromatherapy massage – Lay back and inhale the therapeutic aromas, absorb nourishing oils and drift away in an hour of blissful relaxation with this sensory massage.

ULTIMATE SENSE OF SELF

Full body, face + scalp aromatherapy massage – This luxury top-to-toe aromatherapy massage uses seasonal Source oils and massage to bring you back to your best self.



	Weekday	Weekend
30 mins	£65	£75
60 mins	£100	£110
90 mins	£130	£140

SOURCE SIGNATURE MESSAGES

HOT STONE MASSAGE

Basa stone full-body massage – Relax and recharge your whole body with this head-to-toe muscle treatment. Warm basalt lava stones are used to aid tension and ease muscular pain, while providing a warming and comforting sensation.

SWEDISH MASSAGE

Choose from back, neck + shoulder, or full-body massage – This massage targets soft tissue and muscles to create a calming effect on the nervous system, improve circulation and soothe muscles.

	Weekday	Weekend
30 mins	£75	£85
60 mins	£110	£120
30 mins Back, neck and shoulder	£60	£70
60 mins Full body	£90	£100

BEAUTY TREATMENTS (*24-hour patch test is required for eyelash/brow tint)

Eyebrow reshape or wax	£20
Eyelash tint*	£25
Eyebrow tint*	£15
Eyebrow tint with reshape/wax*	£30
Lip or chin wax	£15



BODY TREATMENTS / Polish and glow

RADIANT GLOW BACK SCRUB

Seasonal Source scrubs and sensory oils gently buff and polish skin while boosting circulation, before oils are massaged in to replenish thirsty skin and soothe muscles.

Source tip: going on holiday? This treatment is perfect skin prep to aid tanning.

SOLE ENERGISER FOOT & LEG SCRUB

This treatment soothes chapped and cracked heels via seasonal fruit and spice aromas. A leg and foot massage will leave you feeling relaxed and revitalised. It's the perfect treatment for getting feet sandal or party ready.

SUPER YOU BACK SCRUB

In this bespoke treatment, Source salt scrubs will be used for an invigorating exfoliation followed by a warm-oil back massage to unravel knots and ease muscular tension.



	Weekday	Weekend
30 mins	£70	£80
30 mins	£65	£75
45 mins	£80	£90



WELLNESS / Balance and calm

CHAKRA CALM

Neck, face, scalp, hand + arm massage – Larimar crystals placed on your body's chakras are said to draw out negative energy and replace it with positive, restoring inner calm and balance.



VEDA MIND

Head massage – Therapeutic relief for headache sufferers and everyday strain accumulated by stress and too much screentime, this massage pinpoints any tensions in the head, neck and shoulders to alleviate tension.

SOUL TO SOLE

Reflexology – This unique massage works on reflex points on the feet which correspond to specific areas of the body. Applying appropriate pressure to these points alleviates tension and rebalances body and mind.

	Weekday	Weekend
45 mins	£80	£90
60 mins	£110	£120
30 mins	£65	£75
75 mins	£110	£120

SPA PRODUCTS



We curate products which complement our holistic and cosmeceutical treatments, and are created with authentic beauty and wellness in mind.

Many of the products are available to purchase at the Spa Reception and make a wonderful treat or special gift.



source spa *collection*

100% NATURALLY DERIVED, CRUELTY FREE, HOLISTIC TREATMENTS

The holistic products in Source Spa Collection are made of natural botanicals such as herbs, plants and flowers, resulting in luxurious oils, balms and creams which are kind to the skin. None of the products are tested on animals or contain parabens, SLS, MI, MCI or micro-beads.

Recreate the Source experience at home with our line of diffusers, candles and oils. For optimum self-care and long-lasting results, use Source hand and body washes, lotions and scrubs as part of your daily ritual.

Facilities

- Ice bath
- Heated indoor pool
- Sauna
- Steam room
- Fully equipped gym
- Relaxation area
- Victoria Lido including outdoor heated swimming pool (*Open May - September*)
- 18-hole putting green
- Use of freshly laundered robes, towels and flip flops
- Changing facilities
- Free car parking

Victoria

HOTEL & SOURCE SPA

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B R E N D
COLLECTION

HOTELS | RESTAURANTS | SPAS