



CHAPEL SPA

C H E L T E N H A M



Ease away the stress of life...

www.chapelspa.co.uk

01242 518075

**Gift Vouchers
Available**

Welcome to Chapel Spa

We are the only independent Day Spa in Cheltenham. With a Mediterranean-Style interior, the spa is set in the peaceful and eclectic surroundings of a 19th century Chapel.

We are conveniently located a short walk from the High Street and adjacent to a large public car park. We have seven treatment rooms, a twin room, hydrotherapy pool with candle-lit relaxation area, steam room, gym and Arabian Rasul. We offer the ultimate spa retreat for both men and women.

Here at Chapel Spa you can relax and escape from the stress of everyday life, and indulge your body and senses in a world of rejuvenation and wellbeing.

Using world leading and luxury brands ELEMIS, Mama Mio, MoroccanOil, Eminence Organic and Jessica Nails we offer an extensive range of treatments for the face and body to cater to your every need. Our highly trained and dedicated therapists deliver result-driven treatments and individual focused customer care.

Known as a Lifestyle Spa brand we are focused on “easing away the stress of life”, whatever your lifestyle and providing the utmost in relaxation and rejuvenation, with a personal touch.

Whether you are looking for an infrequent lifestyle restoration or a more regular lifestyle maintenance, Chapel Spa is a great place to visit, on your own or with family or friends for the perfect pampering experience.



South West 'Spa Of the Year'
The English Hair & Beauty Awards



Best Spa in the South West
The Good Spa Guide



Runners Up in the
Best Day Spa category
The Spa Traveller



4 Bubble Spa
The Good Spa Guide



Day Spa of the Year

To request a brochure or make a booking, please call us on:

01242 518075





created by
Chapel Spa

In 2008 we started to develop our own treatments. In 2012, having been inspired by the incredible power of essential oils our passion was to harness their potential by developing our very own range of Chapel Spa oils to complement our treatments.

Working closely with an aromatherapy specialist company we began the process of creating a very select and carefully considered range of oils, which are completely unique to us and work on the three levels of mind, body and soul.

Our winning formula went into production and our very own 'Ease' skincare brand was launched.

Chapel Spa owner Mena Louka is passionate about our in house development of the Ease brand and he has introduced exclusive Ease treatments, which work in harmony with the oils and cannot be found anywhere else in the UK.

His specialist knowledge and hands-on skills have seen him become a leading voice in the skincare and spa industry.

Look for the 'Ease' symbol next to our own brand of treatments, which are exclusive to Chapel Spa.



Boost Oil

Energising , Strengthening, Maintenance

Our Boost Oil helps to aid digestion, clearing the respiratory system, boosts circulation and strengthens the immune system. A great oil to boost your energy levels and keep your body fit and healthy.

10ml **£11.00**

Meditate Oil

Peace, Confidence, Releasing

Our Meditation Oil works on a deep level to help slow down the breathing, reducing high blood pressure and allows your body to fall into a meditative state, giving you some positive thinking time to ease depression, nervous tension, feelings of frustration and stress-related conditions, producing a feeling of optimism and confidence.

10ml **£13.00**

Comfort Oil

Uplifting, Soothing, Happiness

Our Comfort Oil relaxes but lightly refreshes and uplifts helping with depression, anxiety, insomnia and other stress-related conditions. On a deeper level, it helps to aid digestive problems which are commonly caused by nervous tension and stress.

10ml **£13.00**

Release Oil

Penetrating, Relaxing, Relieving

Our Release Oil works to boost circulation, relieving muscular aches and pains and improving stiffness whilst working on a deeper level to help ease nervous tension, relieve stress-related headaches and digestive problems and keeping the body strong to help cure colds and congestion.

10ml **£11.00**

Nourish Oil

Our Nourish Oil is a simple blend packed with vitamins, minerals and omega 3 oils to help feed and nourish the skin. Grapeseed has anti-inflammatory, anti-allergen, acne reductive, and moisture retentive properties helping to relieve and soothe damaged and irritated skin. Avocado oil, packed with Omega 3, gives a protective effect for the skin from the effects of UV solar radiation and helps reduce the incidence of wrinkles and delay the effects of skin ageing.

50ml **£7.50**

Aromatherapy Spa Kit

Hand Designed by us, hand-picked by you.

Our Aromatherapy Spa Kit allows you to choose the three blends you can't live without so you can create your own aromatherapy spa programme. Consists of 3 x 10ml blends of your choice and a 50ml Nourish Oil.

£35.00



Massage and Alternatives

'Ease' Massage

This Swedish-style massage will loosen up and target your most tense muscles whilst also improving circulation and promoting relaxation. Concentrating on either the full body or just the back, neck and shoulders area, this blissful treatment is excellent for easing tension and stress. Dynamic blends of heated 'Ease' aromatherapy oils are used to target individual needs on a physical and emotional level.

Back, neck & shoulder (25mins)  **£30**

Back, neck & shoulder (40mins) **£42**

Full body (55mins) **£55**

'Ease' Deep Tissue Massage

Ease aching muscles and tightness with this powerful full massage. Our slower but deeper massage helps realign the deep layers of muscles and connective tissue and pays specific attention to areas of tension and stress. Dynamic blends of our deliciously heated Ease aromatherapy oils are prescribed to target individual needs on a physical, emotional and spiritual level to help address the stress which can be a common cause of tension build up.

Back, neck & shoulder (40mins) **£45**

Full body (60mins) **£65**

'Ease' Sports Massage

This powerful sports massage can help your muscles to relax and speed your recovery from stiffness, poor joint mobility, tense and painful muscles. During your first session a therapist will talk to you about your symptoms and test your muscle mobility to establish the underlying cause of your problem.

We can then tailor a treatment specifically for you to get relief from your discomfort. The therapist will focus on 'Trigger' points, which are commonly referred to as knots or tight bands that can be felt in tight contracted muscles. Using a combination of stretches and hands-on deep tissue massage techniques your therapist will work to release the knots that are causing pain and discomfort.

Back, neck & shoulder (40mins) **£45**

Full body (60mins) **£65**

'Ease' Anti-Stress Massage

When we lose the ability to relax due to the stress of every day life, feelings of angst and disturbed sleep patterns can overwhelm us.

This deeply relaxing full body massage is specifically designed to fight the signs of stress and uses effective relaxation techniques and soothing essential oils to offer indulgent stress relief.

Using a firm, slow and reassuring sequence of massage strokes you will quickly feel deeply relaxed, safe and comforted.

Nourishing oils soften the skin, soothe tension and calm your mind bringing you back into harmonious balance.

Back, neck & shoulder (40mins) **£45**

Full body (60mins) **£65**

'Ease' Treatments

You will have the choice of 1 of our 4 powerful 'Ease' aromatherapy oils for your treatment. Recommended: 6 treatments, 1 every month.



 This treatment is available for 14-16 year olds, whilst accompanied by an adult.

*“Massage releases
internal beauty
through external
comfort”*





FREE Treatment
Buy five treatments
and get one FREE

**Our Signature Treatment...
Seven Pure Senses (for her)
Body Reviver (for him)**

This is our Chapel Spa Signature treatment! With two hours of exceptional luxury, top to toe pampering and pure excellence. This outstanding face and body treatment combines the finest products, with specialised massage techniques.

The treatment begins with an awakening of reflexology pressures to open the energy zones of your body and relax your mind. You will then experience a full body brushing and exfoliation, with zingy lime and ginger salt glow, which will brighten, smooth and soften your skin.

Enjoy a powerful shower to release impurities and indulge yourself in our unique massage to help relieve tension and soothe achy muscles. Heat packs are applied to ease away any day-to-day stresses whilst you enjoy a luxury facial and stress busting scalp massage. Moisturisers are then massaged into your skin to nourish you from head to toe.

This treatment is completed with reiki pressures to help ground you, ensuring you leave us feeling totally relaxed, restored and balanced.

(2hrs)

£120



'Ease' Paraffin Massage

This powerful muscle warming treatment is the ideal way to relieve knotted, tight muscles and is an excellent treatment for joint or back pain. Paraffin hot wax is one of the most effective methods of applying heat to relieve pain and stiffness.

A paraffin moisture heat application relaxes muscles, relieves stiffness and muscle spasms and stimulates circulation. The warm paraffin also moisturises for healthier looking, softer skin.

Back, neck & shoulder (40mins)

£50

Full body (60mins)

£70

'Ease' Hot Stone Massage

A back massage with a difference using the therapeutic heat from hot stones, which is slowly released into the heart of the muscle.

Combined with our deliciously warmed Ease aromatherapy oils to produce a deep and heated massage for maximum relaxation.

Back, neck & shoulder (40mins)

£50

Full body (60mins)

£70



**'Ease' Organic Champagne
Full Body Massage**

This luxurious full body massage is for those who want to experience true luxury. By combining specific relaxation techniques, connective breathing, thermal heat packs and warm champagne oil, this is a massage not to be missed! This treatment will instantly soothe achy muscles, relieve tension and melt away day-to-day stress. This blissful treatment also includes a unique face and scalp massage, which will send you into a world of deep relaxation.

(1hr 10mins)

£80



'Ease' Reflexology

A pressure point massage on the feet to correct imbalances of the body and clear energy pathways.

(40mins)

£45



'Ease' Indian Head & Scalp Massage

A relaxing pressure point massage working on your shoulders, neck, face and scalp. This treatment can be done with or without oils, making it a very versatile massage to relieve tension, headaches and stress.

(40mins)

£45

ELEMIS BIOTEC

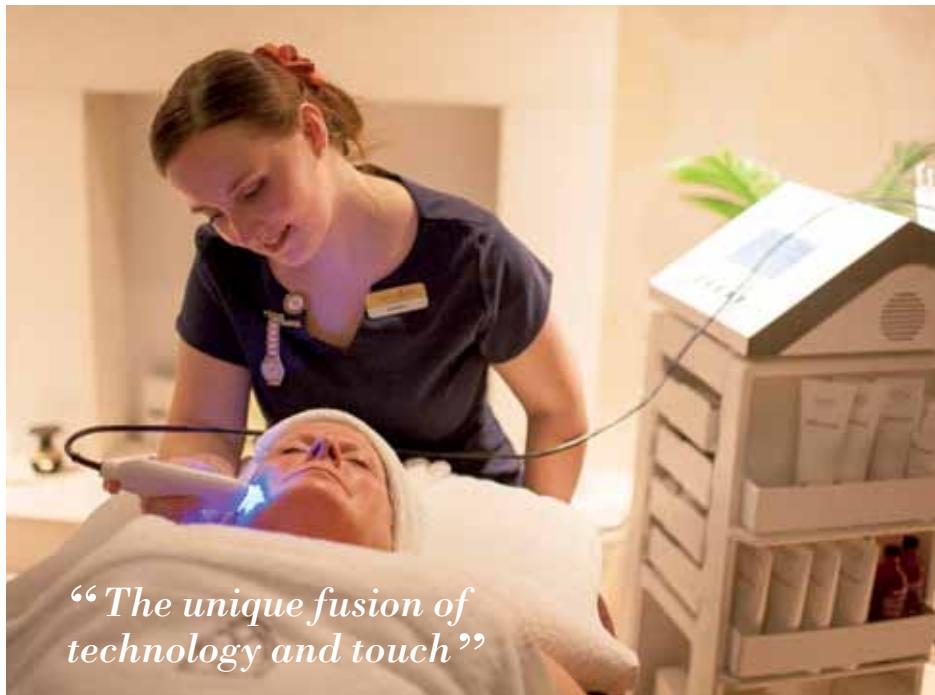
Biotec Facials are a non-invasive, anti-ageing treatment brought to you by the much-loved British skincare brand Elemis.

These new facials bridge the gap between a hands-on facial and cosmetic, non-invasive procedure with impressive and visible results. Using a fusion of hands-on therapy and technology, each facial is designed to provide a tailor-made solution to target every skincare concern.

The application of a specific high-performance, super-activator combined with the use of the BIOTEC machine, which incorporates five different technologies, will deliver visible results and long-term benefits.

The BIOTEC machine works by giving unresponsive cells new stimuli to help reboot cellular performance, enhance the skin's ability to repair and renew and target specific skin needs such as anti-ageing, lifting, firming and resurfacing.

A course of BIOTEC facials will dramatically improve the health of your skin, making it a must for anyone on a quest to achieve the next level of radiance and beauty. Our clients can choose from a 60 or 30-minute treatment.



“The unique fusion of technology and touch”



FREE Treatment
Buy five treatments
and get one FREE

“ These new facials have completely transformed my skin which is now firmer, smoother and more radiant. The procedure is perfectly relaxing with no uncomfortable sensation. I will continue to have these treatments as my skin has never looked better ”



BIOTEC Radiance Renew

Radiance-boosting, bio-electric facial to help energise tired, dull and stressed skin. Targets tired face and eyes with the brightening Radiance Activator, rich in anti-oxidants, hyaluronic acid and peptides. Ultrasonic vibrations draw impurities to the surface and exfoliate, whilst galvanic current with elderberry and orange flower re-energise and restore vital moisture. Skin appears more radiant luminous and dark circles around the eyes appear reduced.

Skin Concerns: Dull & Tired • Dehydration • Sensitivity • Uneven Skin Tone • Puffy Eyes • Dark Circles

Recommended: 6 treatments, 1 every 3 weeks

(1hr) £75 **(30 mins) £45**

BIOTEC Firm-a-Lift Facial

Super-lifting facial to help firm and tighten cheeks, neck and jawline. Skin is infused and stimulated by the contouring benefits of the Lift Effect Activator, rich in revolutionary plant stem cells and lupin. Microcurrent pulses with arjuna extract and amber dramatically help lift and firm the sagging jowl area, whilst galvanic current propels bio-active formulas deeper into the skin.

Skin Concerns: Firming • Dull & Tired • Dryness • Dehydration • Pigmentation • Scarring

Recommended: 10 treatments, 1 every 3 weeks

(1hr) £75 **(30 mins) £45**

BIOTEC Anti-Pigment Brightener

This powerful skin brightening facial visibly illuminates the complexion to leave it naturally more even and translucently clear. Highly effective ultra-sonic peel and light therapy technologies are combined with precision movements and the layering of proven brightening actives, to encourage the washing out of melanin and the reduction in the visible dullness that develops over time. Dynamically treats uneven skin tone; discolouration's and age spots on the face, neck, décolleté, arms and hands. Leaves the complexion illuminated and even, visibly youthful and beautifully refined.

Skin Concerns: Dull & Tired • Dehydration • Age Spots, Discolourations & Irregular Pigmentation • Uneven Skin Tone • Oily Shine & Visible Pores • Dark Circles

Recommended: 6 treatments, 1 every 3 weeks

(1hr) £75 **(30 mins) £45**

BIOTEC Blemish Control

Deep cleansing, light therapy facial to help visibly clear and re-balance oily, blemish prone skin. Detox the skin, reduce breakouts and clear pores with the Anti-Blemish Activator, rich in salicylic acid, rosalina and iris. A powerful combination of ultrasonic vibrations, steam and galvanic current deeply cleanse, exfoliate and re-balance an oily, congested skin, whilst allantoin soothes. Light therapy helps repair, visibly reducing pore size and clearing the complexion.

Skin Concerns: Dull & Tired • Dehydration • Congestion • Blemish-Prone & Oily • Sensitivity • Scarring

Recommended: 6 treatments, 1 every 3 weeks

(1hr) £75 **(30 mins) £45**

BIOTEC Sensitive Skin Soother

De-sensitising anti-redness facial, to help soothe and calm delicate skin. Sensitivity and high colour are reduced with the extra-soothing properties of the Sensitive Activator, rich in Canadian willowherb and frankincense. Essential nutrients are delivered, whilst restoring balance and vital moisture to the skin. O2 infusion and light therapy work in harmony with skin calming anti-oxidants and soothing allantoin to visibly reduce redness and immediately comfort the skin.

Skin Concerns: Lines & Wrinkles • Dull & Tired • Dryness • Dehydration • Sensitivity • Puffy Eyes

Recommended: 6 treatments, 1 every 3 weeks

(1hr) £75 **(30 mins) £45**

BIOTEC Line Eraser

The ultimate wrinkle-smoothing facial to help rejuvenate ageing skin targets face and eyes with the anti-ageing benefits of the Lines & Wrinkles Activator, an intensive complex of tripeptides, African birch bark and omega 3 & 6. Skin is flooded with super-hyaluronic hydrators and re-energising amber, whilst microcurrent pulses lift and firm up the skin. Light therapy and an O2 infusion help plump and smooth away visible fine lines and wrinkles.

Skin Concerns: Lines & Wrinkles • Dull & Tired • Dryness • Dehydration • Pigmentation • Puffy Eyes

Recommended: 10 treatments, 1 every 3 weeks

(1hr) £75 **(30 mins) £45**

BIOTEC Skin-Resurfacer Facial

Revolutionary resurfacing facial to help even skin tone, reduce blemish marks and smooth fine lines. Delivers a high-tech double peel with the Resurfacing Activator, infused with concentrated lactic and hyaluronic acid to help boost cell turnover. Ultrasonic peeling, steam and light therapy reveal a skin that is noticeably smoother with a more even tone, whilst minimising the appearance of blemish marks and fine lines.

Skin Concerns: Lines & Wrinkles • Dull & Tired • Dehydration • Congestion • Blemish-Prone & Oily • Uneven Skin Tone • Sun Damage • Pigmentation • Scarring

Recommended: 6 treatments, 1 every 3 weeks

(1hr) £75 **(30 mins) £45**

BIOTEC Neck Treatment

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

Recommended: 6 treatments, 1 every 3 weeks

(30 mins) £45

BIOTEC Eye Treatment

Biotec technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

Recommended: 6 treatments, 1 every 3 weeks

(30 mins) £45

BIOTEC Super-Charger Facial

High performance facial for men to help de-grease, de-age and calm a stressed, dehydrated skin. Skin is completely re-charged with the powerful Men's Activator, an anti-ageing complex formulation rich in kalpariane and salicornia to help firm and hydrate. A powerful trio of ultrasonic peeling, steam, and galvanic current deeply clean, exfoliate and power-up the high potency plant actives to help reduce all visible signs of stress, tiredness and ageing.

Skin Concerns: Lines & Wrinkles • Dull & Tired • Dryness • Dehydration • Congestion • Blemish-Prone & Oily • Sensitivity • Dark Circles

Recommended: 6 treatments, 1 every 3 weeks

(1hr) £75 **(30 mins) £45**

ELEMIS Facials

ELEMIS has over 25 years experience in treating both men and women in the professional spa environment.

Each spa-therapy has been developed by a specialised team, headed by Noella Gabriel, using extensive clinical and scientific studies to ensure every therapy shows real results. Designed to respect the body's complex physiology, ELEMIS spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

ELEMIS ADVANCED ANTI-AGEING FACIALS

These superior facial treatments are further enhanced by luxurious hand, arm and scalp massage sequences for the ultimate in scientific skin-therapy.

Pro-Collagen Age Defy

Experience the age-defying benefits of marine-charged Padina Pavonica whilst targeted massage encourages optimum cellular function. Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. *Independent Clinical Trials

Recommended: 6 treatments, 1 every 3 weeks

(1hr) £70

Pro-Definition Lift and Contour

For a profoundly, sculpted youthful effect. The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Edelweiss and Tiger Grass help support the extra-cellular matrix.

Recommended: 6 treatments, 1 every 3 weeks

(1hr) £70



Ask for a loyalty card and save up for FREE Treatments!

Dynamic Resurfacing Precision Peel

This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just 1 treatment*. Specialised lifting massage, combined with proven marine extract, Padina Pavonica, helps re-energise cell communication and rejuvenate skin. *Independent Clinical Trials

Recommended: 6 treatments, 1 every 3 weeks

(1hr) £70

White Brightening Pigment Perfecter

Illuminates and brightens for a naturally more even complexion. Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion

Recommended: 6 treatments, 1 every 3 weeks

(1hr) £70

ELEMIS SKIN SPECIFIC FACIALS

ELEMIS Mini Booster Facial

12+

This introductory facial provides a quick and instant pick-me-up for any occasion.

Recommended: 6 treatments, 1 every 2 weeks

(30mins) £35

ADVANCED ANTI-AGEING FACIAL FOR MEN

High Performance Skin Energiser

Anti-ageing booster for tired, stressed skin. Charged with the anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

Recommended: 6 treatments, 1 every 4 weeks

(1hr) £60

12+ This treatment is available for 12-16 year olds, whilst accompanied by an adult.

FREE Treatment
Buy five treatments
and get one FREE



ELEMIS SKIN SOLUTIONS FACIALS

Superfood Pro-Radiance

Energise and detoxify stressed, dull skin with a nutritional superfood boost. Leaves skin, plumper, radiant and lit up with good health. Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump-start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients.

Recommended: 6 treatments, 1 every 3 weeks

(1hr) £55

Sensitive Skin Soother

Reduce the appearance of redness and protect against daily stresses with a treatment that incorporates soothing massage. Skin is left comfortable and calm. The soothing properties of Moroccan Rose, Chamomile and Apricot are combined to gently cleanse and exfoliate, whilst the deeply nourishing Neroli mask leaves skin nurtured and comforted. Texture and tone are restored. Moisture levels are boosted.

Recommended: 6 treatments, 1 every 4 weeks

(1hr) £55

Anti-Blemish Mattify and Calm

Mattify and combat oil and shine whilst restoring micro-circulation. A deeply detoxifying treatment which leaves skin bright and clear. A deeply cleansing revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clearer, brighter skin.

Recommended: 6 treatments, 1 every 3 weeks

(1hr) £55

ELEMIS

We stock the full range of ELEMIS facial products in house, please check for offers.

Why not call in and one of our experienced therapists will advise you on the right product for your skin type.



mio

fit skin for life

Mio fit skin for life



We have chosen Mio as our leading body skin care brand which will help you gain Fit Skin For Life – smooth, firm, gorgeous skin that looks the best it possibly can and copes with the challenges life throws at us through our wonderful lives as women.

Mio have created targeted solutions for women's life stages ranging from pregnancy and weight-loss to coping with the first signs of gravity and menopause. "Their goal is for you to feel great in your birthday suits – from top to toe - no matter what the birthday."

So if you are looking for the perfect skincare to give you fit skin to tackle cellulite or excess wobble, dry or saggy skin that is showing signs of gravity, or help after the 9 month stretch of pregnancy and new mama-hood, you are in the right place!

Mio O'Mega Full Body Exfoliation

A fabulous full body exfoliation crammed with essential fatty acids. This treatment includes body brushing before the skin is cleansed and thoroughly exfoliated. After a face exfoliation and stress busting scalp massage is carried out, a warm omega oil is massaged into the skin to give it the omega superfood it needs to keep smooth, firm and completely nourished.

Finally wonderful balm will be massaged into your hands, cuticles and feet to banish that dry, scaly skin for longer. If you have any problematic areas such as cellulite, sagging or stretch marks, your therapist will also apply the results-proven bootcamp products to these areas so you can feel their amazing effects.

(40mins) £45

The Full Monty Body Sculpt Contouring Treatment

The ultimate body treatment giving intense body tightening and toning. Targeting the 3 main areas of concern from cellulite prone hips to upper arms, chest, bust and tightening your tummy. 80 minutes of radically energizing, exfoliation, deep tissue massage, to give you a tighter, more toned fitter feeling body, ready for action.

(80 min) £80

Shrink to fit cellulite smoothing treatment

An intense superior/posterior treatment of double exfoliation, shrink to fit cream, alginate mask and deep tissue massage. This is serious for bulges, designed to improve skin texture, stimulate collagen production, increase cell regeneration, tighten slack, spongy skin, reduce cellulite, and ease water retention whilst improving skin elasticity. Exactly what you need, exactly where you need it.

(55 mins) £55

Get waisted tummy sculpting treatment

If your tummy is your trouble spot, this is the treatment for you. It combines the benefits of a retexturising fruit acid peel for deep double exfoliation with toning and tightening actives and an algae rich mask. Specific massage techniques that concentrate on the colon, massage to wake up lazy abs and radically increase circulation.

(55mins) £55

PLEASE NOTE: You may exercise regularly and need help with those stubborn areas or you haven't exercised for a while, and need a bit of motivation to start. The bootcamp treatments are a great way to help target those stubborn areas on your tum and bum! Christina Aguilera, Tori Spelling and Heidi Klum are to name just a few who are celeb fans of the Mama Mio Bootcamp Spa treatments. Spa use after these treatments is not advised.

Maternity Spa Treatments

mama
mio

Making a baby is a stressful business, both physically and mentally. It is the perfect time for a girl to check out of reality and into a spa.

'Ease' Pregnancy Massage



A wonderful massage focusing on the muscles that are responsible for supporting the pregnant tummy and easing pains associated with pregnancy. A Chapel Spa treatment, using the award winning Mama Mio Omega-rich oils, which will leave you feeling relaxed and rejuvenated.

Back, neck & shoulder (25mins) £35

Back, neck & shoulder (40mins) £45

Full body (55mins) £60

Mama Mio 4th Trimester

Your baby is here and you are in need of a little rejuvenation! This restorative full body massage treatment helps your body realign, physically and emotionally, as you remember how to be one person again. Your therapist will finish off by applying the results-proven high performance products, to help get your body back after the 9 month stretch. The perfect treatment, whether you would just love to have some 'me' time, soothe aching and tired muscles or to get back on track with your body conditioning. Sometimes new mothers need a little mothering too! This is the perfect present for new mamas.

(1hr) £60

Lucky Legs Lighten-up

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring affects of carrying an extra load.

(25mins) £30

Lucky Legs Lighten Up Foot Treatment & Pedicure

Enjoy all the benefits of the lighten up foot treatment combined with our mini pedicure. Watch those swollen ankles fade away before your eyes as cooling Epsom salts are applied to the feet. Get your feet silky smooth with our luxury scrubs and feel the pressure drain away with our much-needed relaxing foot massage. Finally get those nails looking perfect again with cuticle work, file and paint.

(55mins) £55

The Mama Mio Smoothie

Crammed with essential fatty acids, this exfoliation is perfect for the most sensitive of skins types especially caused by hormones or pregnancy. The smoothie will exfoliate your skin oh so gently (but effectively) before our most moisturising cream is massaged in, to hydrate and elasticise your skin. A luxurious scalp massage will sweep away your stress, leaving you with skin to rival a baby's bottom!.

(40mins) £45

MUM TO BE PACKAGE

- Ease Pregnancy Massage (55mins)
- ELEMIS Superfood Pro Radiance Facial (1hr)
- Lucky Legs Lighten Up Foot Treatment & Pedicure (55mins)

(up to 3hrs) £150

mama
mio

We stock the full range of Mama Mio body products in house. Why not call in and one of our experienced therapists will advise you on the right product.

Gorgeous Glow Top To Toe

A complete top to toe spa experience with our pregnancy facial - deep cleansing, exfoliating and rebalancing combined with mind-melting massage. The wonderful Oxygenating Mask clarifies and helps pigmentation whilst your hard working legs and feet are treated to a circulation boosting, cooling mineral wrap to ease circulation and reduce puffiness.

(90mins) £80

Mama Mio Pregnancy Massage

A completely relaxing full body massage using our safe but effective pre-natal techniques and our award-winning Omega-rich oils. Wonderful balm is massaged into your toes helping to nourish those hard to reach areas before a leg, back, neck and shoulder, arm and hand massage is carried out. A nourishing layer of stretch mark oil and tummy butter is applied to your beautiful bump during this time too. This treatment is carried out in a semi reclining position and you will be fully supported by pillows and bolsters ensuring you feel safe and comfortable, allowing you to fully relax.

(1hr 10mins) £75



Happy
baby

Happy
mama

Beauty Essentials

Australian Bodycare Wax System

Using warm wax this quick and effective treatment is more hygienic, gentler on the skin and suitable for sensitive areas such as bikini lines and underarms. Being hygienic, disposable and single use, this is the ideal system for Brazilian and Hollywood waxing where hygiene is paramount. This hygienic system completely eliminates any risk of cross-infection.

Waxing

We offer a full range of waxing services which are all delivered in private treatment rooms. Please discuss your requirements with our reception staff

Half Leg 30mins	£20
Full Leg 45mins	£30
Bikini 15mins	£15
Underarm 15mins	£15
Lip or Chin 15mins	£10
Lip and Chin 20mins	£15
Forearm Wax 30mins	£20
Back or Chest 45mins	£35
Brazilian 45mins (1hour for first time only)	£35
Brazilian with hot wax 55mins	£40
Hollywood 45mins	£35
Hollywood with hot wax 65min	£42

The CS Brow

This is the must have eyebrow treatment, which will give you a defined and great shape eyebrow, dramatically improve your facial features, give you a mini eye-lift and the perfect foundation for applying the rest of your make-up. Whether you want a natural and clean eyebrow or a more dramatic and sharp look, your therapist can achieve your desired look. We cleanse your eye area and tint your brow hairs to give them depth. Waxing, threading, tweezing and trimming techniques will be used to enhance your eyebrow shape. Prior to treatment: Please leave your eyebrows for 3-4 weeks to ensure you are getting the best results from this treatment. A patch test is required at least 24 hours before your treatment

(25mins) **£32**

Just Threading

Eye-brow or Lip and Chin Threading.

(25mins) **£20**

Tinting

Eye-lash Tint 25mins **£17**

Eye-brow Tint 15mins **£12**

Eye-lash and Brow Tint 25mins **£22**

Eye-brow Shape 15mins **£15**

Prior to tinting, a patch test is required 24 hrs before.

Spray Tan

Achieve a golden glow in less time with a spray tan using our premium products. Your therapist will ensure an even tan to suit your complexion for that "just stepped off the plane" look.

(45mins) **£30**

Jessica Mini Manicure ¹²⁺

Get your nails in shape fast with our file and paint, which includes a complimentary varnish to take home.

(30mins) **£28**

Jessica Prescriptive Manicure

A treatment manicure, which analyses and treats each nail for its specific nail type. The hands are exfoliated, cuticles are cared for with oils and creams, the nail shape is perfected and treatment basecoats and colour are applied for the perfect finish. Includes a complimentary bottle of Jessica nail polish of your choice.

(45mins) **£36**

Jessica Mini Pedicure ¹²⁺

Get your toe nails in shape fast with our file and paint which includes a complimentary varnish to take home.

(30mins) **£28**

Jessica Deluxe Zen Spa Pedicure

This luxury treatment refreshes, restores and revives the feet. Including an exfoliation, foot and leg massage, nail shape, cuticle care and thermal booties, which drench your feet with moisture and intensify absorption. To finish off, the toes are perfectly polished and you get to take the colour home with you.

(55mins) **£40**



JESSICA GELERATION

Jessica Geleration is a strong yet light application of "soak-off" gel polish, giving a beautiful, natural look to a long-lasting manicure. The treatment offers total protection for the nails, allowing them to grow with a chip resistant polish up to 3 weeks* extended wear and a high gloss finish. Professional removal is essential. Please ask for details. *Gels last for up to 3 weeks subject to nail conditions and lifestyle.*

Jessica Mini Manicure / Pedicure with Gel Overlay

(Good cuticles essential for gel to look good and last – please ask for more details)

(30mins) **£35**

Jessica Prescriptive Manicure with Gel Overlay

(55mins) **£45**

Jessica Prescriptive Manicure with French Polish Gel Overlay

(1hr 15mins) **£50**

Jessica Zen Spa Deluxe Pedicure with Gel Overlay

(1hr 15mins) **£50**

Gel Removal

£15

¹²⁺ This treatment is available for 12-16 year olds, whilst accompanied by an adult.

FREE Treatment
Buy five treatments
and get one FREE

Bride-to-be Packages

Are you a bride-to-be and want naturally glowing skin on your wedding day? Or are you feeling stressed from all the pre-wedding planning and need to unwind?

At Chapel Spa we love nothing more than helping brides-to-be relax and achieve that perfect happy glow for their special day.

Pre-Wedding Day

- ELEMIS Mini Booster Facial (30mins)
- 'Ease' Back, Neck & Shoulder massage (25mins)
- Jessica Mini Manicure (30mins)
- Jessica Mini Pedicure (30mins)
- Glass of Fizz

(Up to 2 hours)

£110

Going To The Chapel

- ELEMIS Superfood Pro Radiance Facial (60mins)
- 'Ease' Anti Stress Full Body Massage (60mins)
- Jessica Deluxe Zen Spa Pedicure (55mins)
- Jessica Prescriptive Manicure (45mins)
- Glass of Fizz

(Up to 4hrs)

£170

Newly-Wed Couple

- 'Ease' Hot Stone Back, Neck and Shoulder Massage each (40mins)
- Rasul with Chocolate Mud & Loofah (1hr)
- 3 Hour Spa Retreat each
- Half bottle of Champagne

(Up to 5hrs, Mon - Fri)

£200

With this in mind we have introduced these luxurious new bride-to-be packages to help you prepare well in advance. Why not plan your pre-wedding beauty prep at Chapel Spa and chill-out in the lead up to your special day in peaceful surroundings.

We have also introduced a romantic package for newly wed couples. After all the excitement of the big day why not create space for a little bit of chill-out time together.



A home-made afternoon tea or lunch makes a gorgeous addition to these lovely packages.

Please ask for details.



Hide away for a day of pampering

50% OFF
 £300 when you Buy 20 x 3hr
 (Monday-Friday) Spa sessions.



The hub of Chapel Spa Cheltenham is our spa area, which is a great place to relax, either on your own with a good book, or with a group of friends.

The spa features a heated hydrotherapy pool, where a variety of water jets massage away your aches and pains.

Relax around the pool, reading our selection of great magazines, on a lounge bathed in candle-light and release toxins in the eucalyptus scented steam room.

If you are feeling energetic or want to release some stress in the gym, this is also available as part of your spa session.

With a selection of cardio and toning equipment, this is a great way to start your session with us.

With additional purchases such as a glass of wine or champagne, afternoon tea, lunch, face and hair masks to use during your spa session, you can leave us feeling chilled, nourished and scrupulously clean!

We provide a fluffy white robe, a pair of branded slippers, a towel, shampoo, conditioner, shower gel, body lotion, hair dryer & straighteners.

All you need to bring is your costume and your gym kit!

1 hour Spa Pass including gym use

Mon-Fri £15

3 Hour Spa Retreat ¹²⁺

A perfect opportunity for some 'me time' during the day or some 'catch up time' with friends or partner during the evening.

Mon-Fri £30

Weekend 3 hour Spa £35

Day Spa Passes ¹²⁺

Visit the spa for the day for total relaxation. If you are planning to book two or more treatments with us during your visit, please see our spa packages for some great discounts.

Mon-Fri £50

Weekend day Spa £60

¹²⁺ This treatment is available for 12-16 year olds, whilst accompanied by an adult. Does not include the gym, you must be 18+.

PLEASE NOTE: If you are pregnant, we would strongly advise that you do not use the hydrotherapy pool jets or the steam/hot rooms.



Arabian Rasul

This ancient cleansing ritual was originally used by the Egyptian Pharaoh's and was a social part of Arabian life.

The Pharaoh's slaves would collect mineral rich mud from the River Nile for the wealthy and royalty to bathe in. It was also common to have mud parties before a wedding and it was considered an honour to help the bride and groom prepare their bodies by cleansing them with the mud and scrubbing them with a loofah.

Today this aromatic temple is used by couples and friends who appreciate the sharing aspect of the experience, being an intimate ceremony for two, or a playful fest for friends having fun.

In the gentle steamy atmosphere, you'll apply therapeutic muds to the body, which work to exfoliate dead skin cells, eliminate toxins and boost the circulation. A warm rain shower completes the ritual, leaving your skin deep-cleansed and beautifully soft when you emerge.

For smoother and more radiant looking skin this treatment includes a natural fibre, a high quality Egyptian loofah per person for lathering and exfoliating the body. Treatment takes up to 1hr.



Arabian Rasul

This mud cleansing ritual is a great way to relax, with family, friends or a loved one, in our traditional steam chamber (up to 4 people).

2 people £60

3 people £80

up to 4 people £100

We provide an Egyptian loofah, branded slippers, a towel, a robe, and disposable underwear for both men & women per person.



Hen Parties & Celebrations at Chapel Spa

With the stresses and strains of busy life, we are finding that more and more brides-to-be are opting to spend quality time with their girlfriends in a relaxing environment.

With this in mind, we have put together a variety of hen packages that should suit all of you and offer the perfect combination for Hens looking for hen party packages and activities in Cheltenham. As our hen packages are extremely popular, we do advise you to book early. The perfect combination for Hens looking for hen party packages and activities in Cheltenham.

The Spa: includes use of the gym, hydrotherapy pool with candle-lit relaxation area and steam room. We also have a gallery area where you can chat, have a drink, lunch or afternoon tea. We know how stressful it is to organise a hen do, but we are here to make it easy for you.

For groups over 10 people

You can either choose from the range of spa packages offered within our brochure, or due to the size of your party, we can also offer you the packages on this page which may suit your group and your pocket. Maximum number of guests is 18.

Hen Party Package

- Three hour spa
- Glass of Prosecco
- Moroccan oil hair mask or prescribed face mask
- Goodie bag of treats to take home for the hen
- Pair of Chapel Spa branded slippers

Per person £38.00

We provide a fluffy white robe, a pair of branded slippers, a towel, shampoo, conditioner, shower gel, body lotion, hair dryer & straighteners.

All you need to bring is your costume and your gym kit!

20% Off One Treatment for the Hen*

10% Off Treatments for friends of the Hen*

**Discounts apply to groups of 10 people or over.*

Afternoon Tea

You will be seated in our private gallery area to enjoy a afternoon tea of delicious sandwiches with a variety of fillings, freshly baked scones with clotted cream and jam and a selection of scrumptious cakes served with either tea or coffee.

Please note that afternoon tea is provided by Well Walk, one of the best tearooms in Cheltenham and we need 48 hours prior notice if you would like to book.

Per person £12.00

Meals

If you would prefer a lunch, you can book a table at the The Story Teller Restaurant, which is next door to Chapel Spa, with a special discounted menu offered to Chapel Spa clientele or 10% off À la carte menu.

2 courses £10.00

3 courses £12.50

Please note that we get booked up very quickly so please contact us as soon as possible to avoid disappointment. We have specific time allocations for Hen Parties. Times will be confirmed at time of booking.

Treatment and Spa Packages

We have created a selection of sumptuous packages, which includes a welcome drink, robe, towel and branded luxury slippers, full access to the gym, hydrotherapy spa pool with candle-lit relaxation area and steam room, and a choice of treatments.

These packages have been created so that they are less expensive than if you purchased the spa pass and treatments individually.

The treatments that we have put together within each package, we believe are the perfect combination, however, if you would like to change any of the treatments, then please do not hesitate to call us.

You also have the opportunity to upgrade any of the treatments to enjoy even more pampering. A delicious menu created by the Story Teller Restaurant is available for you to purchase lunch or dinner during your spa day with us.

Or why not indulge with our delicious home-made afternoon tea's. Dine within our lounge area or within a private booth upstairs on the gallery. Guests can also purchase additional treatments from the treatment menu.

Half Day

Heavenly Half Day

This three hour spa pass with additional ½ hr treatment is when time is of the essence; choose from an ELEMIS Mini Facial, Back Neck and Shoulder Massage, Mini Manicure or Mini Pedicure.

Mon - Fri	£55.00
Weekends	£60.00

Romantic Hideaway For Two

- Ease Full Body Massage each (55mins)
- Arabian Rasul with loofah (1hr)
- Candlelit Spa (1hr)
- Half bottle of champagne

Mon - Fri	£180.00
------------------	----------------

We provide a fluffy white robe, a pair of branded slippers, a towel, shampoo, conditioner, shower gel, body lotion, hair dryer & straighteners.

Full Days

Deluxe Day

- ELEMIS Mini Booster Facial (30mins)
- Back, Neck and Shoulder Massage (25mins)
- Mini Manicure / Mini Pedicure (30mins)
- Full day Spa

Mon - Fri	£115.00
Weekends	£130.00

Radiance Booster

- Ease Deep Tissue Full Body Massage (1hr)
- ELEMIS Superfood Pro Radiance Facial (1hr)
- Full day Spa

Mon - Fri	£140.00
Weekends	£155.00

Take it 'Ease'y

- Champagne Full Body Massage (1hr 10mins)
- ELEMIS Pro-Collagen Age Defy Facial (1hr)
- Full day Spa

Mon - Fri	£170.00
Weekends	£185.00

Pure Bliss

- Seven Pure Senses / Body Reviver (2hrs)
- Jessica Prescriptive Manicure or Jessica Deluxe Pedicure (45/55mins)
- Full day Spa

Mon - Fri	£175.00
Weekends	£190.00





Treat your loved one to a gift of relaxation

Chapel Spa vouchers are a luxurious gift to friends and loved ones for any occasion. Birthdays, Christmas, Mothers Day / Fathers Day, Anniversaries, Wedding Gift or just a special treat for the one you love.

A Chapel Spa gift voucher makes a unique and thoughtful present for a birthday gift or celebration.

Gift Vouchers

With busy lives, we tend to make time for ourselves as our last priority. We get great feedback from our customers who say that receiving a gift voucher as a present allows them to ensure they book in 'me time' and is so much appreciated.

If you would like to purchase a voucher for a loved one to ensure they schedule in some well-earned pamper time, then we have several easy options below.

We offer two types of gift vouchers:

1. Monetary amount
2. For a certain treatment or package

Monetary Amount

It can be really hard to choose the perfect present for someone and you may feel more at ease just choosing an amount that you would like to spend and then the recipient can choose what they would like to spend the voucher on. They can choose from any of the treatments featured in the Chapel Spa brochure, Spa Packages and Passes, use of the gym, beauty products and Chapel Spa offers.

Treatment or Package Gift Voucher

It can be more personal to select a certain treatment or package and for this to be displayed on the gift voucher. You may be lucky enough to have been given some hints from the recipient, however, if you need some advice prior to choosing, please do not hesitate to call us on **01242 518075** where we can help you select the perfect present.

To give you some peace of mind, if the recipient after receiving the gift, would like to change the treatment or package to something else, they can simply change it to something of the same value. We honour the voucher as a value of money and not as a value of treatments or products as prices of treatments and products might vary.

Purchasing a Gift Voucher

There are several ways of purchasing vouchers:

1. online @ **www.chapelspa.co.uk**
2. Phone **01242 518075**
3. Picking it up in person

Delivering the Voucher

All of our Gift Vouchers are presented in a Gift Voucher sleeve as standard and is enclosed with a Chapel Spa brochure. If you are short of time or just as a preference, we can send the gift voucher straight to the recipient for a small fee. Whether you order it through the website or phone, you will have the option to detail the person's name and a message to ensure they know who its from when it is received. We send our vouchers by The Royal Mail first class, please allow up to 5 working days.

E-Gift Vouchers

For people who just prefer less paper or for customers with an extremely tight deadline, we will send the gift voucher immediately on recipient of your order. You/ they can then simply print it off when they would like to redeem it.

Useful Information

If you would like help choosing the perfect treatment or product for yourself or someone else, please do not hesitate to contact us.

If you have any allergies, skin sensitivities, on certain medications or are pregnant and would like more details about the ingredients that are within a treatment or product, please call us on **01242 518075** or send us an email to **info@chapelspa.co.uk** where we can advise you.

For Spa Use

What we provide and what to bring with you

Provided: A towel, a robe and luxury branded slippers per person. Shower gel, shampoo & conditioner. Hairdryers & hair straighteners.

Additional: Extra towels £1, extra robes £2, Chapel Spa branded slippers £2.50.

Bring with you: A bathing costume for spa use and your gym kit for working out.

Arrival

To maximise your treatment time please ensure you arrive 15 minutes before your appointment.

Mobile Phones & Noise

To maintain a peaceful and relaxed atmosphere please ensure your mobile phone is switched off prior to your arrival.

Consultation Form

Some treatments may not be suitable for certain medical conditions, or if you are pregnant. To ensure that all our guests are offered the right care and treatments we will ask you to fill out a consultation form. Our staff will be happy to discuss any special needs or concerns you may have.

Age Restrictions for Children

We offer children between the ages 12-16 years old, whilst accompanied by an adult the following treatments.

- Spa facilities (Not including the gym)
- Mini Manicures, mini pedicures and mini facials.
- 10 minute poolside treatments including mini scalp, foot and hand massages.

We offer children between the ages 14-16 years old, whilst accompanied by an adult the 25 minute 'Ease' back, neck and shoulder massage.

Strictly no children under 12 years old are allowed in any area of Chapel Spa.

All other treatments in our brochure and gym use are offered to adults only, age 18+.

Valuables

Digital lockers are provided at Chapel Spa in the changing rooms, but Chapel Spa is not responsible for your personal belongings.

Prepayment

Please note that we take full pre-payment for all our bookings.

Cancellation Policy

We require 48 hours-notice for cancellations to avoid full charge for your booking.

For group booking (more than 3 people) for the whole/any part of the group, require 7 days notice.

So please give us a call before this time if you need to cancel or re-arrange your booking to prevent 100% of your payment being lost. The same applies for bookings via vouchers.

Medical Conditions

It is a clients responsibility to raise medical conditions with us at the time of booking or present a Doctors letter to confirm the client's fitness for treatment. Failure to do this will result in the refusal of treatment/s with loss of 100% of the payment.

Gift vouchers

- All Gift Vouchers are non-refundable and cannot be exchanged for cash and no change will be given.
- Due to the fact that gift vouchers are valid for one whole year, occasionally a treatment or package may be discontinued during this period.
- If you are in possession of a voucher with a discontinued treatment, it will automatically become a monetary value voucher for the amount you paid for it. If prices change, we honour the voucher as it's monetary value.
- Unfortunately gift vouchers cannot be replaced if lost or stolen and expired gift vouchers are strictly not accepted.

Food

We provide lunches and dinner from The Story Teller Restaurant subject to their opening times. Afternoon tea can be provided and needs to be pre-booked.

Food is subject to Chapel Spa and third party availability and prices may vary.

No food or beverages to be brought into Chapel Spa

Full Terms & Conditions

For all the terms & conditions please check our website: www.chapelspa.co.uk

Opening Times

Monday	9am – 6pm
Tuesday – Thursday	9am – 8pm
Friday	9am – 9pm
Saturday	9am – 6pm
Sunday	10am – 6pm
Bank holiday hours	(See updates on website)



CHAPEL SPA

CHEL TENHAM



North Place Chapel
North Place
Cheltenham
Glos GL50 4DW

tel. 01242 518075
email. info@chapelspa.co.uk
www.chapelspa.co.uk

Follow us

 ChapelSpaLtd

 [chapelspa](https://twitter.com/chapelspa)