



CHAPEL SPA  
CHELTENHAM

*Ease away the stress of life...*

[www.chapelspa.co.uk](http://www.chapelspa.co.uk)

01242 38 66 66

Welcome to  
**CHAPEL SPA**  
CHELTENHAM

CELEBRATING  
**15**  
YEARS



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 19<sup>th</sup> century Chapel.

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 women and men.

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, Moroccan Oil, Eminence Organic, Australian Body Care, La Sultane de Saba, Jessica Nails and Gelish 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 *'Ease away the stress of life'*, whatever your lifestyle and providing the utmost in relaxation, 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.

We are conveniently located a short walk from the High Street and adjacent to a large public NCP car park.



4 Bubble Spa  
The Good Spa Guide



Best Spa For Value  
The Good Spa Guide



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



Day Spa  
of the Year

To make a booking, call us on:  
**01242 38 66 66**



created by Chapel Spa

In 2008 we started to develop our own treatments at Chapel Spa and we have worked closely with aromatherapy specialists to develop a unique blend of essential oils “EASE”.

The development of Ease has been led by Chapel Spa owner Mena Louka, whose specialist knowledge and hands-on skills have seen him become a leading voice in the skincare and spa industry.

Ease oils work on the three levels of mind, body and soul. They have been designed to complement our award-winning treatments.

Our exclusive Ease treatments work in harmony with the oils to help you *‘Ease away the stress of life’*

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 Meditate 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 4 x 10 ml Oils  
and a 50 ml Nourish Oil**

**£50.00**



created by Chapel Spa

“*Massage releases internal beauty through external comfort*”



#### ‘Ease’ Aromatherapy 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.

Recommended: 6 treatments, 1 every 4 weeks

<b>Back, neck &amp; shoulder (25 mins)</b>	<b>14+</b>	<b>£30</b>
<b>Back, neck &amp; shoulder (40 mins)</b>		<b>£42</b>
<b>Full body (1 hr)</b>		<b>£60</b>

#### ‘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.

Recommended: 6 treatments, 1 every 4 weeks

<b>Back, neck &amp; shoulder (40 mins)</b>	<b>£50</b>
<b>Full body (1 hr)</b>	<b>£70</b>

#### ‘Ease’ Anti-Stress Massage



When we lose the ability to relax due to the stress of everyday 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.

Recommended: 6 treatments, 1 every 4 weeks

<b>Back, neck &amp; shoulder (40 mins)</b>	<b>£50</b>
<b>Full body (1 hr)</b>	<b>£70</b>

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

#### ‘Ease’ Treatments

You will have the choice of 1 of our 4 powerful ‘Ease’ aromatherapy oils for your treatment.





Buy five treatments and get one FREE

### 'Ease' Hot Stone Massage



A 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.

Recommended: 6 treatments, 1 every 4 weeks

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

**£50**

**Full body (1 hr)**

**£70**

### '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.

Recommended: 6 treatments, 1 every 4 weeks

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

**£50**

**Full body (1 hr)**

**£70**

### 'Ease' Organic Champagne Full Body Massage



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.

Recommended: 6 treatments, 1 every 4 weeks

**(1 hr 10 mins)**

**£85**

### 'Ease' Reflexology



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

Recommended: 6 treatments, 1 every 4 weeks

**(40 mins)**

**£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.

Recommended: 6 treatments, 1 every 4 weeks

**(40 mins)**

**£45**

### 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.

Recommended: 6 treatments, 1 every 4 weeks

**(2 hrs)**

**£130**

# ELEMIS

## BIOTEC

*“The unique fusion of technology and touch”*

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.



*“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”*



# ELEMIS BIOTEC

Our therapists will help you select the best treatment for your skin.

The choice includes:

## BIOTEC Line Eraser

The ultimate wrinkle-smoothing facial to help rejuvenate ageing skin, this treatment helps plump and smooth away visible fine lines and wrinkles.

Recommended: 10 treatments, 1 every 3 weeks

**(30 mins)** £50

**(1 hr)** £80

## BIOTEC Skin-Resurfacer Facial

A revolutionary resurfacing facial with a high-tech double peel to help even skin tone, reduce blemish marks and smooth the skins surface.

Recommended: 6 treatments, 1 every 3 weeks

**(30 mins)** £50

**(1 hr)** £80

## BIOTEC Radiance Renew

A boosting facial to help energise tired, dull and stressed skin.

Recommended: 6 treatments, 1 every 3 weeks

**(30 mins)** £50

**(1 hr)** £80

## BIOTEC Firm-a-Lift Facial

A facial to help firm and tighten cheeks, neck and jawline.

Recommended: 6 treatments, 1 every 3 weeks

**(30 mins)** £50

**(1 hr)** £80

## BIOTEC Blemish Control

A deep cleansing, light therapy facial to help visibly clear and re-balance oily, blemish prone skin. It helps repair, visibly reducing pore size and clearing the complexion.

Recommended: 6 treatments, 1 every 3 weeks

**(30 mins)** £50

**(1 hr)** £80

## BIOTEC Anti-Pigment Brightener

A powerful skin brightening facial that dynamically treats uneven skin tone; discolouration's and age spots leaving the complexion illuminated, even, visibly youthful and beautifully refined.

Recommended: 6 treatments, 1 every 3 weeks

**(30 mins)** £50

**(1 hr)** £80

## BIOTEC Sensitive Skin Soother

A de-sensitising anti-redness facial, to help soothe and calm delicate skin.

Recommended: 6 treatments, 1 every 3 weeks

**(30 mins)** £50

**(1 hr)** £80

## 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)** £50

## 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)** £50



Buy five treatments  
and get one FREE

# 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.



### ELEMIS SKIN SPECIFIC

#### 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

**(30 mins)**

**£35**

### ELEMIS ADVANCED ANTI-AGEING FACIALS

#### 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

**(1 hr)**

**£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 extracellular matrix.

Recommended: 6 treatments, 1 every 3 weeks

**(1 hr)**

**£70**

**12+**

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

*Buy five treatments and get one FREE*



# 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.



## 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

**(1 hr)**

**£60**

### 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

**(1 hr)**

**£60**

### 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

**(1 hr)**

**£60**

# mio

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## 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 mahaood, you are in the right place!

**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, Toni Spelling and Heidi Klum are to name just a few who are celeb fans of the Mama Mio Bootcamp Spa treatments. It is not advised to use the Spa within 24 hrs before / after these treatments

### 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.

Recommended: 6 treatments, 1 every 4 weeks

(40 mins)

£45

### 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.

Recommended: 6 treatments, 1 every 4 weeks

(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.

Recommended: 6 treatments, 1 every 4 weeks

(55 mins)

£60

### 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.

Recommended: 6 treatments, 1 every 4 weeks

(1 hr 20 mins)

£80



# Maternity Spa Treatments

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 (25 mins) £35**

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

## 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.

**(1 hr) £70**

## 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 effects of carrying an extra load.

**(25 mins) £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.

**(55 mins) £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!

**(40 mins) £45**

## Mama Mio 4<sup>th</sup> 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.

**(1 hr) £65**



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.

## Happy Hands

Enjoy a relaxing hand and arm treatment that will relax you from your head to your fingertips. The treatment includes exfoliation and a muslin wrap while we perform a 5 minute neck stretch routine with added pressure points to the shoulders. After a hand massage we'll finish by nourishing your cuticles and a file and paint.

**(55 mins) £55**

## Mum to be package

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

**(up to 3 hrs) £165**

# 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

<b>Lip or Chin (15 mins)</b>	<b>£10</b>
<b>Lip and Chin (20 mins)</b>	<b>£15</b>
<b>Eyebrow Shape (15 mins)</b>	<b>£15</b>
<b>Bikini (15 mins)</b>	<b>£15</b>
<b>Underarm (15 mins)</b>	<b>£15</b>
<b>Forearm Wax (30 mins)</b>	<b>£20</b>
<b>Half Leg (30 mins)</b>	<b>£22</b>
<b>Full Leg (45 mins)</b>	<b>£30</b>
<b>Back or Chest (45 mins)</b>	<b>£30</b>
<b>Brazilian (45 mins, 1 hr for first time only)</b>	<b>£35</b>
<b>Hollywood (45 mins)</b>	<b>£35</b>
<b>Brazilian with hot wax (55 mins)</b>	<b>£40</b>
<b>Hollywood with hot wax (65 mins)</b>	<b>£45</b>

## Threading

<b>Eyebrow (30 mins)</b>	<b>£20</b>
<b>Lip and Chin (30 mins)</b>	<b>£20</b>
<b>Lip or Chin (15mins)</b>	<b>£10</b>

## Tinting

<b>Eyelash Tint (25 mins)</b>	<b>£17</b>
<b>Eyebrow Tint (15 mins)</b>	<b>£12</b>
<b>Eyelash and Brow Tint (25 mins)</b>	<b>£22</b>

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

## The CS Brow

Waxing, threading, tint, tweezing and trimming techniques will be used to enhance your eyebrow shape.

Please leave your eyebrows 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.

<b>(25 mins)</b>	<b>£32</b>
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## 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.

<b>(45 mins)</b>	<b>£30</b>
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## Jessica Mini Manicure

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

<b>(30 mins)</b>	<b>£30</b>
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## 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.

<b>(45 mins)</b>	<b>£38</b>
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## Jessica Mini Pedicure

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

<b>(30 mins)</b>	<b>£30</b>
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## 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.

<b>(55 mins)</b>	<b>£42</b>
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## Gelish

Gelish is 100% gel and long-lasting, it lasts up to 3 weeks depending on your nail conditions, lifestyle, and professional soak off is required..

### Gelish Vitagel Recovery Manicure

A treatment manicure which provides the perfect solution for repairing weak, thin, brittle or damaged nails. The protective and strengthening properties of Vitagel reinforce nail growth while guarding the natural nail from peeling, splitting and chipping.

Course of 6 recommended, one every 2 weeks

**(20 mins) £20**

### Gelish Mini Manicure or Pedicure

In this mini-treatment we push back the cuticles, file and apply the Gelish application.

**(40 mins) £35**

### Gelish Deluxe Manicure

Pamper your hands with our deluxe manicure – includes exfoliation, cuticle work, file, massage and a Gelish application.

**(55 mins) £45**

### Gelish Deluxe Manicure with French Overlay

**(1 hr) £50**

### Gel Removal

Note, our products only remove Gelish applications. Please check with us prior to your treatment.

**£10**



*Buy five treatments and get one FREE*

### Gelish Deluxe Pedicure

This luxury treatment refreshes, restores and revives the feet. Including a hard skin buff, exfoliation, foot mask, massage, nail shape, cuticle care and Gelish application.

**(1 hr) £50**

### Gelish Deluxe Pedicure with French Overlay

**(1 hr 5 mins) £55**



# Hide away for a day of pampering

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 or 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!



Buy five passes and get one FREE

## 1 hour Spa Pass

Mon-Fri

£15

## 3 Hour Spa Retreat <sup>12+</sup>

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 <sup>12+</sup>

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

## Pool side treatments

Scalp / hand / foot massage

(10 mins)

£10

<sup>12+</sup> *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.

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!



# La Sultane de Saba

## Arabian Rasul

This ancient cleansing ritual was originally used by the Egyptian Pharaoh's and was a social part of their life. Escape in our exotic mud chamber and take part in a traditional cleansing ritual for an enriching and private social occasion.

This ancient cleansing ritual will leave your skin silky smooth and your body and mind fully relaxed. Perfect for couples, or a small group of friends.

Step into your own private aromatic temple where a therapist will guide you through a skin consultation and explain how to complete the ritual. Our Rasul products are from hand crafted spa brand La Sultane de Saba, and tailored to your skin type.

La Sultane de Saba is the creation of a Moroccan family who moved to Paris to set up the spa brand which they still own and manage today.

Many of the beauty secrets are those passed down through their direct ancestry, from mother to daughter for generations. You will apply black soap for a deep cleanse and exfoliation before relaxing in the heat of the rasul – which is known for its detoxifying properties.

The treatment is completed with spritzing, finishing balms and precious oils for the face and body. For smoother and more radiant looking skin this treatment includes natural fibre, high quality loofahs for lathering and exfoliating the body.

### Arabian Rasul

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

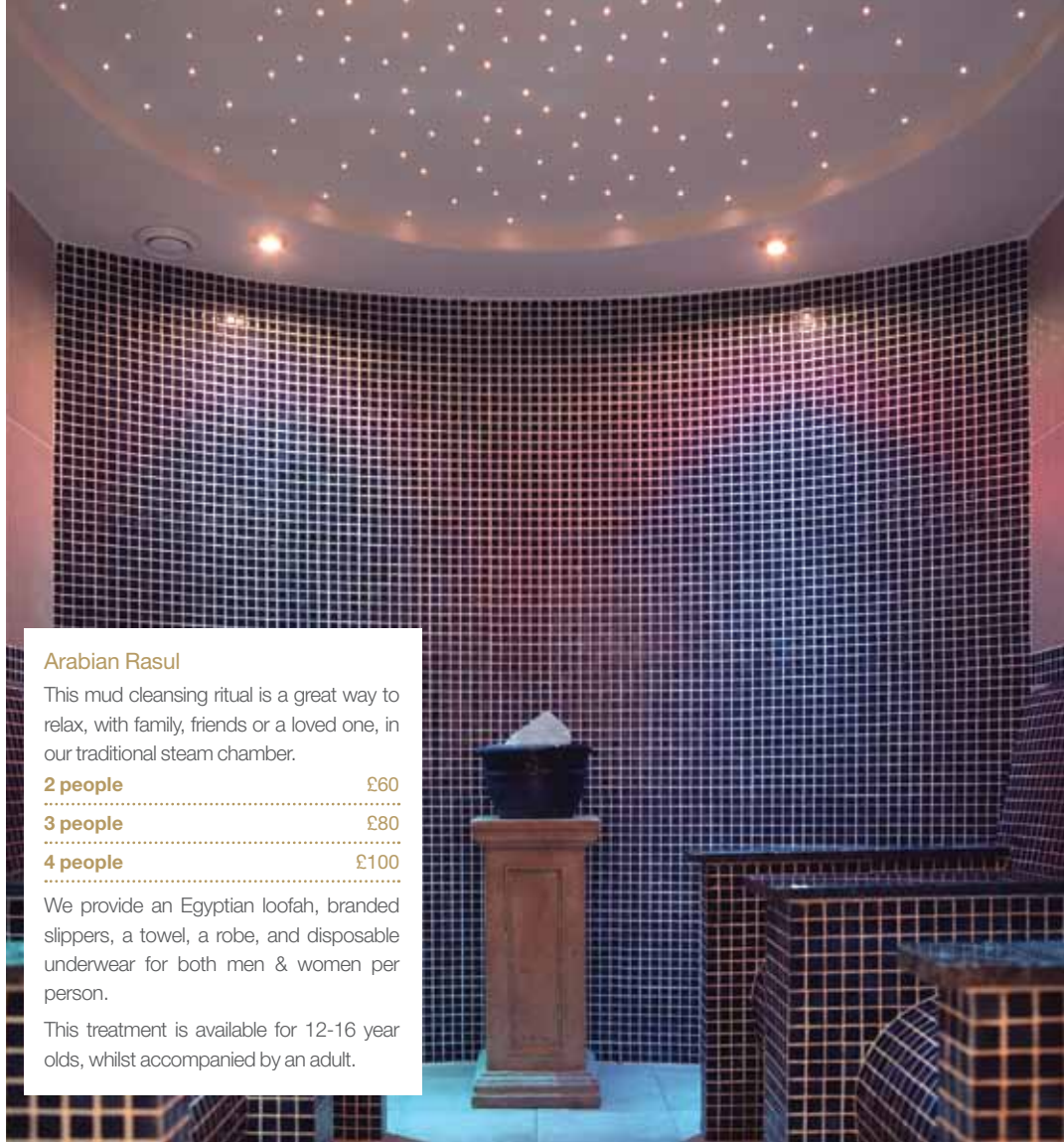
**2 people** ..... £60

**3 people** ..... £80

**4 people** ..... £100

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

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



# Hen Parties & Celebrations

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 and afternoon tea. We know how stressful it is to organise a hen do, but we are here to make it easy for you.

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 & your gym kit!

*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.*



**20% Off** One Treatment for the Hen

**10% Off** Treatments for friends of the Hen

## For groups over 10 people

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

### Party Package

- Three hour spa
- Glass of fizz
- Moroccan Oil hair mask or prescribed face mask
- Goodie bag for the hen
- Discounted treatments

**Per person**

**£38**

## 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 48hours prior notice if you would like to book.

**Per person**

**£12**

## Meals



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

# Spa Packages

We have created a selection of sumptuous packages, which includes full access to the gym, hydrotherapy spa pool with candlelit 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 and they are the perfect combination.

Why not indulge with our delicious home-made afternoon teas. Dine within our lounge area or in a private booth upstairs on the gallery.

Alternatively we have a delicious menu provided by the Storyteller restaurant for you to purchase lunch or dinner during your spa day with us\*.

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!

*\*Food is subject to Chapel Spa and third party availability, opening times and prices may vary.*

## Half Day

### Heavenly Half Day

This three hour spa pass including a ½ hr treatment. Choose from an ELEMIS Mini Facial, Ease Aromatherapy Back Massage, Mini Manicure or Mini Pedicure.

**Mon - Fri £55**

**Weekends £60**

### Ease Half Day

This three hour spa pass including a 1 hr treatment is the perfect me-time choice. Choose from Ease Aromatherapy Massage, Elemis Superfood Facial or Indian Head and Scalp Massage (1 hr)

**Mon - Fri £75**

**Weekends £80**

### Romantic Hideaway For Two

- Ease Aromatherapy Massage each (1 hr)
- La Sultane de Saba Arabian Rasul (1 hr)
- Candlelit Spa (1 hr)
- Half bottle of champagne

**Mon - Fri**

**£195**

## Wedding Packages

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 (30 mins)
- Ease Aromatherapy Back Massage (25 mins)
- Jessica Mini Manicure (30 mins)
- Jessica Mini Pedicure (30 mins)
- Glass of Fizz

**(Up to 2 hours)**

**£110**

## Full Day

### Deluxe Day

- ELEMIS Mini Booster Facial (30 mins)
- Ease Aromatherapy Back Massage (25 mins)
- Mini Manicure / Mini Pedicure (30 mins)
- Full day Spa

**Mon - Fri £120**

**Weekends £135**

### Pure Bliss

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

**Mon - Fri £180**

**Weekends £195**

We also have 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.

### Newly-Wed Couple

- 'Ease' Hot Stone Back, Neck and Shoulder Massage each (40 mins)
- La Sultane de Saba Arabian Rasul (1 hr)
- 3 Hour Spa Retreat each
- Half bottle of Champagne

**(Up to 5 hrs, Mon - Fri)**

**£200**

# 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 38 66 66** 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](http://www.chapelspa.co.uk)
2. Phone **01242 38 66 66**
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 it's 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 receipt 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 38 66 66** or email **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

**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 local restaurants subject to their opening times. Afternoon tea can be provided, but must 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**

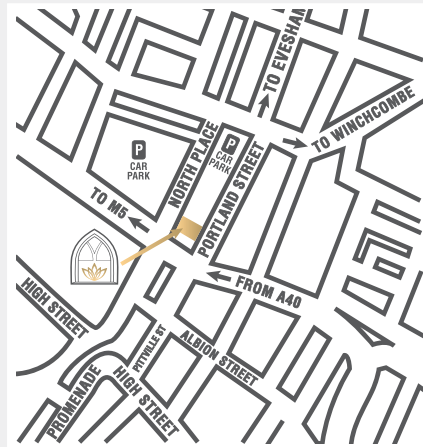
## Opening Times

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

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