



CHAPEL SPA  
CHELTENHAM

*Ease away the stress of life...*



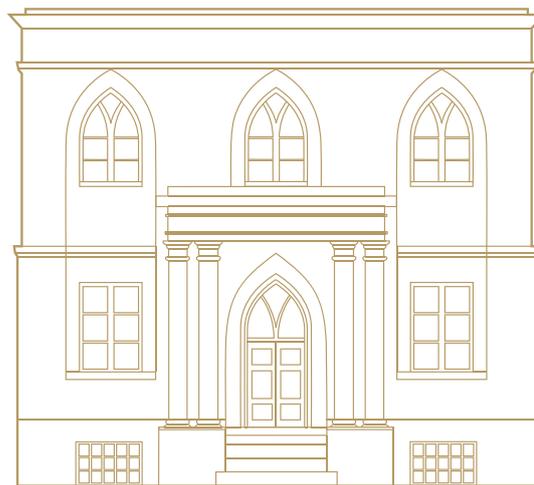


# CHAPEL SPA

C H E L T E N H A M

SINCE 2002

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.



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 and 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 upmost in relaxation, with a personal touch.

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.

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

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



# EASE

*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”.

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’*

## **Ease Boost** *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.

## **Ease Meditate** *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.



## **Ease Comfort** *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.

## **Ease Release** *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.

## **Ease Revive** *Refreshing, Rejuvenating, Invigorating*

Our revive oil is a powerful synergy to energize your aching muscles and reawaken the senses. This invigorating citrus aroma is the perfect blend to recharge and uplift your energy whilst refreshing and nourishing tired, dry skin.

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





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>£35</b>
<b>Back, neck &amp; shoulder (40 mins)</b>		<b>£50</b>
<b>Full body (1 hr)</b>		<b>£70</b>
<b>(inc. scalp) (1hr 10mins)</b>		<b>£80</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>£55</b>
<b>Full body (1 hr)</b>	<b>£75</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>£55</b>
<b>Full body (1 hr)</b>	<b>£75</b>

### ‘Ease’ Treatments

You will have the choice of 1 of our 5 powerful ‘Ease’ aromatherapy oils for your treatment.



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



**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) £55**

**Full body (1 hr) £75**

### '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

**(45 mins) £50**



### '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**

### Our Signature Treatment...

Seven Pure Senses  
(for him)

Body Reviver  
(for her)

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

## TECHNOLOGY

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 and incorporates five different technologies, will deliver visible results and long-term benefits.



### TECHNOLOGY SKIN SOLUTIONS

#### 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 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 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

*“The procedure is perfectly relaxing with no uncomfortable sensation. I will continue to have these treatments as my skin has never looked better”*

#### 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)

### TECHNOLOGY ANTI-AGING

#### 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 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 Anti-Pigment Brightener

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

Recommended: 6 treatments, 1 every 3 weeks

(30 mins) £50  
(1 hr) £80

### ADD-ONS

#### 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) £35

# ELEMIS

## FACIAL TOUCH

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

Defy the hands of time with clinically proven and anti-wrinkle, radiance and resurfacing facials for instant results or try the skin solutions and booster facials created for your skincare concerns.

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

### 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)

£70

### 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)

£70

### 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)

£70



Buy five passes and get one FREE

## ELEMIS SKIN SPECIFIC

### ELEMIS Mini Booster Facial

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

Recommended: 6 treatments, 1 every 2 weeks

(30 mins)

£40

### 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)

£75

12+

# Maternity Spa Treatments



Pregnancy is a stressful business, both physically and mentally. These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich tapestry of each trimester.

## '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 exclusive treatment, using our own essential oils, which will leave you feeling relaxed and rejuvenated.

<b>Back, neck &amp; shoulder (25 mins)</b>	<b>£35</b>
<b>Back, neck &amp; shoulder (40 mins)</b>	<b>£50</b>
<b>Full body (1 hr)</b>	<b>£70</b>

Recommended: 1 treatment every 4 weeks

## Mum to be package

- 'Ease' Pregnancy Massage (1 hr)
- ELEMIS Superfood Pro Radiance Facial (1 hr)
- Best Foot Forward, with Pedicure (1 hr)

Mon-Sun

£180

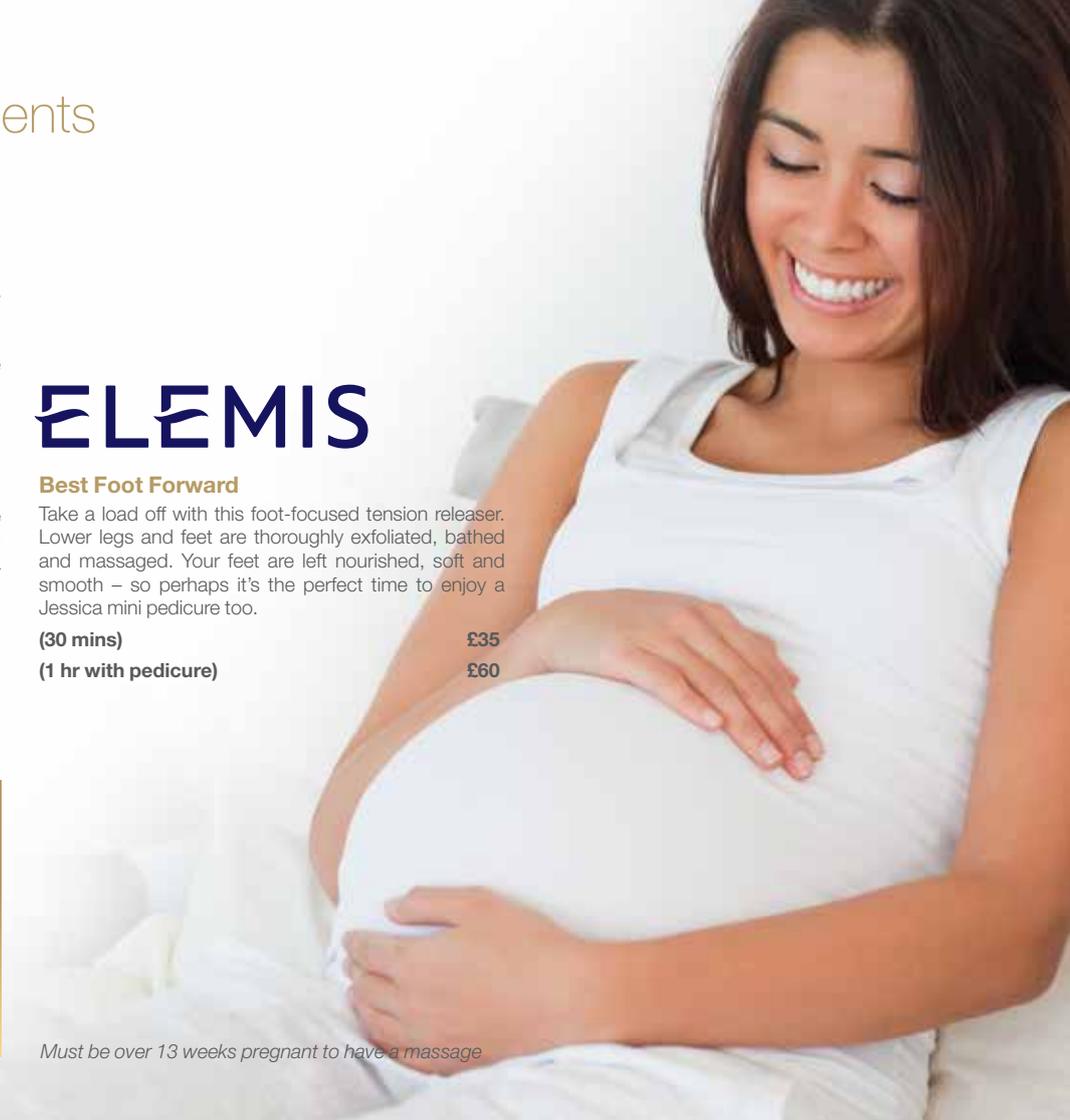
## ELEMIS

### Best Foot Forward

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Your feet are left nourished, soft and smooth – so perhaps it's the perfect time to enjoy a Jessica mini pedicure too.

<b>(30 mins)</b>	<b>£35</b>
<b>(1 hr with pedicure)</b>	<b>£60</b>

*Must be over 13 weeks pregnant to have a massage*



# Beauty Essentials

Lycon wax is a waxing system using the finest resins, natural ingredients and aromatherapy oils. Lycon delivers superior performance and removes stubborn hair as short as 1mm. It is excellent for delicate sensitive areas, with minimal redness afterwards and is virtually pain free. Lycon Hot Wax is used for more sensitive intimate areas and Lycon Strip Wax for the rest of the body.

## 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>Eyebrows Shape (15 mins)</b>	<b>£15</b>
<b>Classic 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)</b>	<b>£35</b>
<b>Hollywood (45 mins)</b>	<b>£35</b>



## Tinting

<b>Eyelash Tint</b>	<b>£17</b>
<b>Eyebrow Tint</b>	<b>£12</b>
<b>Eyelash and Brow Tint</b>	<b>£22</b>

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.

**(30 mins)** **£25**

## Jessica Mini Manicure

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

**(30 mins)** **£30**

*Buy five treatments  
and get one FREE*



## 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.

**(45 mins)** **£38**

## Jessica Mini Pedicure

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

**(30 mins)** **£30**

## 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.

**(55 mins)** **£45**

# Escape to the Spa 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!

## 1 hour Spa Pass

Mon - Thurs

£16

## 3 Hour Spa Retreat

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

Mon - Thurs

Fri - Sun

£31

£36

## Pool side treatments

Scalp / hand / foot massage

(10 mins)

£10

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.

## 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 - Thurs

Fri - Sun

£50

£60

## Friday Night Bubbles

2 Hours Spa Retreat + Bottle of Prosecco 20cl

From 5pm Only

£28

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 Pharaohs and was a social part of their life.

Escape into our exotic steam chamber and it 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 stocked by Chapel Spa. You will apply black soap for a deep cleanse and exfoliation before relaxing in the heat of the rasul. 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.

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

### Arabian Rasul

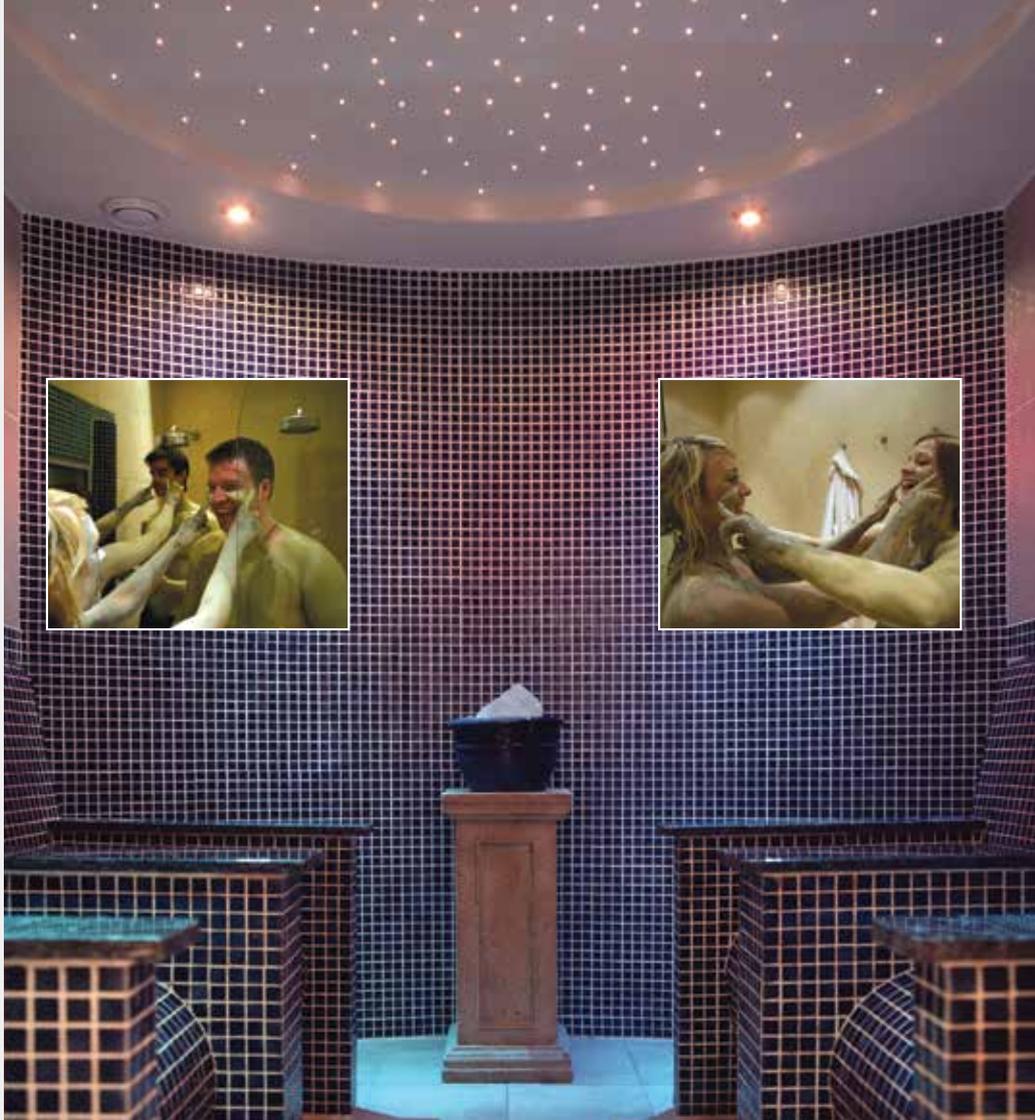
12+

2 people £70

3 people £90

4 people £110

Disposable underwear are provided.



# 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 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.*



## A minimum of 8 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 Retreat
- Bottle of Prosecco 20cl
- Prescribed Face Mask
- Goodie bag for the hen
- Discounted treatments

**Per person**

**£45**

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

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

## 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**

**£15**

# 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.

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

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, Jessica Mini Manicure / Pedicure (30 mins)

**Mon - Thurs £60**

**Fri - Sun £65**

### Ease Half Day

This three hour spa pass including a 1 hr treatment is the perfect me-time choice. Choose from Ease Aromatherapy massage, Indian head massage (1hr), or one of Elemis Skin Solution facials

**Mon - Thurs £85**

**Fri - Sun £90**

### 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 - Thurs**

**£215**

**Fri - Sun**

**£225**

## Full Day

### Deluxe Day

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

**Mon - Thurs £125**

**Fri - Sun £140**

### Indulgence Day

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

**Mon - Thurs £185**

**Fri - Sun £200**

## Bride to be

Whether you are preparing for a special party celebration or a bride-to-be who wants to look your best at Chapel Spa we love nothing more than helping you relax and achieve that perfect happy glow for your special event.

- ELEMIS Mini Booster Facial (30 mins)
- Elemis Cleansing Salt Scrub (30 mins)
- Ease Aromatherapy Back Massage (25 mins)
- Jessica Mini Manicure / Pedicure (30 mins)
- Bottle of Prosecco 20cl

**Mon-Thurs £120 | Fri-Sun £125**



# ELEMIS BODY

Cleansing mineral salts, oil blend rich in active and transportive aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.



## Intensely Cleansing Salt Scrub

Frangipani / Lime & Ginger

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil and delivering velvety soft, invigorated skin.

Recommended: 1 treatment every 3 weeks

**(30 mins)**

**£35**

## Body Nectar Nourishing Wrap

Sweet Orchid or Frangipani

Intensive moisturisation for thirsty skin. An emotionally grounding experience for skin that has never felt silkier.

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin.

The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

BENEFITS: Hydrates, Nourishes, Soothes

Recommended: 1 treatment every 4 weeks

**(1 hr)**

**£69**



# 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.
- 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 & Beverage

- Afternoon tea can be provided, but must be pre-booked. Food is subject to Chapel Spa and third party availability and prices may vary.
- We are fully licenced to serve alcoholic drinks in house.
- Strictly no food or beverages to be brought into Chapel Spa.

## Full Terms & Conditions

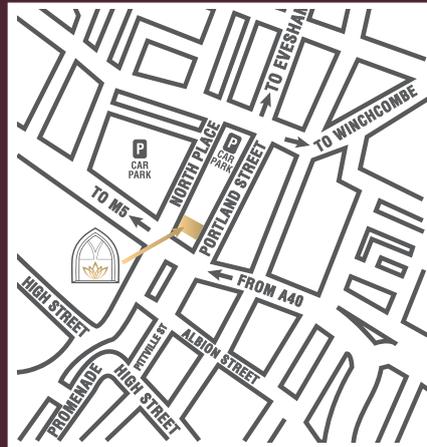
For all the terms & conditions please check our website: [www.chapelspa.co.uk](http://www.chapelspa.co.uk)

## Opening Times

Monday - Thursday	9am – 7pm
Friday	9am – 8pm
Saturday	9am – 6pm
Sunday	10am – 6pm
Bank holiday hours	(See updates on website)



# CHAPEL SPA



chapelspacheltenham



@ChapelSpaLtd



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