



# THE SPA

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voco® Lythe Hill Hotel & Spa

**[comfort zone]**

conscious skin science

# HEALTH CLUB MEMBERSHIP

## ULTIMATE ADULT MEMBERSHIP

- 1 night BB complimentary night stay voucher
- 5 x free coffee vouchers
- IHG one rewards programme. Start earning points from your overnight stay
- 5 x free guest passes
- Leisure facilities
- Gym & yoga studio
- Classes
- 20% off all treatments
- 20% off all products
- 20% off food and beverage
- 20% off best available accommodation rates
- 20% off hotel events
- 1 month free for every friend referred and signed up for a 12-month membership

### Annual Payment

Single Membership  
Joint Membership (2 adults)  
Student\*

£869 per person  
£1,540 for two  
£550 per person

### 6 Monthly Payment

Single Membership  
Joint Membership (2 adults)  
Student\*

£470 per person  
£840 for two  
£300 per person

### Direct Debit Payment

Single Membership  
Joint Membership  
Student\*

£79 per month  
£140 for two  
£50 per month

To sign up as a direct debit an upfront payment is required to cover you for the rest of the month. The direct debit will start the following month.

Please note all memberships incur a £25 per person joining fee.

\*Valid Student ID will be required upon sign up.

## EMERGENCY SERVICES AND ARMED FORCES

Emergency services and armed forces personnel receive 20% discount on adult memberships.

## ONE MONTH ONLY MEMBERSHIP

- Leisure facilities
- Gym & yoga studio
- Classes

### Payment

One upfront payment  
Student\*

£85 one month  
£55 one month

## 2 HOUR PASS

Enjoy 2 hours at The Spa at voco Lythe Hill Hotel & Spa

- Leisure facilities
- Gym & yoga studio

### Payment

Payment on the day

Adult £15  
Children £5

## OPENING TIMES

### Health Club

Monday - Friday | 6.30am - 9pm\*  
Saturday, Sunday & Bank Holiday | 6.30am - 8pm\*  
Bank holiday & festive opening times may vary

### The Gym & Yoga Studio (the yoga studio is subject to availability)

Monday - Friday | 6.30am - 10.30pm\*  
Saturday, Sunday & Bank Holiday | 6.30am - 8pm\*  
Bank holiday & festive opening times may vary

### Children's Opening Times

We have specific hours for children swimming times (16 years and under)

Monday - Sunday | 10am - 12pm and 3pm - 6pm

\*Last entry to use the facilities is one hour before closing.



# FACIALS

## COMFORT ZONE SUBLIME SKIN ANTI-AGING FACIALS

### SUBLIME SKIN SUPER PEEL

25 minutes £60 | 55 minutes £85

This intensive facial visibly reduces expression lines and wrinkles and provides exceptional skin smoothness. Including a facial massage and double peel which can be customised according to the skin condition, this is suited for the most delicate to the most resistant of skins.

### SUBLIME SKIN ULTRA GLOW PEEL

25 minutes £60 | 55 minutes £85

This facial delivers immediate radiance and glow and provides an even complexion and improvement to hyperpigmentation. This facial consists of an indulgent massage and tone-correcting peel to treat dullness, hyperpigmentation and melasma.

### SUBLIME SKIN PRO-LIFT

25 minutes £65 | 70 minutes £95

This intensive facial has a natural filler-effect, providing instant skin firmness. The skin is nourished with a specialized kobido facial massage followed with a replumping peel-off mask to restore fullness and tone.

### LUMINANT BRIGHTENING FACIAL

55 minutes £85

An intensive triple action facial, for the correction of existing dark spots, pigmentation and uneven skin tone, revealing fresh, bright and radiant skin. This indulgent facial is ideal after sun exposure, for dull and uneven complexions and is suitable for everyone, even during pregnancy and sensitivity.

## COMFORT ZONE PRESCRIPTIVE FACIALS

### REPAIR | RECOVER TOUCH

25 minutes £50 | 55 minutes £75

Nurture your skin and recover from the damage caused by sun, pollution and aging. The antioxidant, replenishing combination of organic Goji Berry and Macadamia Oil leaves the skin soft and replenished.

### DOUBLE HYDRATION | HYDRAMEMORY

25 minutes £50 | 55 minutes £75

The ultimate treatment for 24HR double hydration and radiance, ideal for skin stressed by central heating and air conditioning. The Hydra Brush Massage transports the precious Moringa Oil and the Hyaluronic Acid biomimetic fragments deep into the skin.

### SENSITIVITY | REMEDY SOOTHING

25 minutes £50 | 55 minutes £75

An innovative, fortifying approach to sensitive, delicate skin. With a Prebiotic from sugar beets, promoting cutaneous resilience, and Marula Oil, this facial calms skin discomfort, relieves neuroinflammation and reinforces the skin's defence.

### PURIFICATION | ACTIVE PURENESS

25 minutes £50 | 55 minutes £75

If your skin is oily, scarred or acne-prone, this is the perfect choice! Characterized by a mattifying peel-off Spirulina Algae mask, this deep purifying facial with Mandelic Acid, Green and White Clays rebalances and reduces pores and blackheads.

# BODY MASSAGE, TREATMENTS AND RITUALS

## BODY MESSAGES

### BESPOKE RELAXATION BACK MASSAGE

25 minutes £60

A deeply relaxing and soothing massage focusing on aches and pains of the back, shoulders and neck.

### BESPOKE RELAXATION FULL BODY MASSAGE

55 minutes £85

A traditional massage designed to ease tension, relieve stress and promote a general state of well-being.

### HOT STONE BACK MASSAGE

25 minutes £65

A bespoke back massage incorporated with heated stones to work deep into muscles and areas of tension.

### HOT STONE FULL BODY RITUAL

55 minutes £90

Smooth stones and tailored blend of oil work to create this tension releasing ritual massage to create a sense of calm and balance for your mind, body and soul.

### SCALP MASSAGE

25 minutes £40

A deep intense massage working on the head, neck and shoulders. This treatment is great for releasing that upper body stress.

### FOOT RITUAL

25 minutes £40

Revitalising foot ritual using Tranquillity scrub to reveal polished and smoother feet.

### SCALP MASSAGE AND FOOT RITUAL

55 minutes £75

Head & Foot treatment to deeply relax you. Starting with an intense scalp massage to drain away tension carried in your upper body following on with an exfoliation on the feet, deep massage and foot lotion.

### TRANQUILLITY PRO-SLEEP MASSAGE

55 minutes £80

Inspired by the Indonesian sea malay massage, this exceptional massage, ritual acts in synergy with our Tranquillity sound and essential oil blend to effectively induce a state of deep rest and well-being.

### NEW LIFE NEW MUM

55 minutes\* £90 \*Treatment time 45-60 minutes including time to get on and off the bed

A gentle elasticising, nurturing massage, perfect for during pregnancy (second trimester) as well as post-pregnancy. It reduces swelling, improves circulation and contributes to skin silkiness and tone.

## BODY TREATMENTS AND RITUALS

### AROMASOUL BESPOKE RITUAL

55 minutes £90

A unique renewing body ritual combines deep exfoliation with the aromasoul massage. The skin is left feeling soft and nourished.

### TRANQUILLITY BODY SCRUB RITUAL

55 minutes £70

This experience begins with a welcome ritual, followed by a full body exfoliation with our signature scrub. Ideal to reduce stress and brings about a profound sense of wellbeing.

### HIMALAYAN SALT RITUAL

60 minutes £90

An extraordinary ritual, beginning with a body massage using warmed Himalayan salt blocks, which bestow relaxation, alleviating tension, stress and anxiety. An exhilarating salt scrub follows to detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.

### GUA SHA THERMAL MUD

60 minutes £80

Begins with an enzymatic peel, accompanied by thermal mud, combined with the Gua Sha massage tool, to detoxify and improve lymphatic drainage. You will achieve toned, healthy-looking skin.

### BACK ENERGISER

25 minutes £55

Purifying and revitalising back treatment, including cleanse, exfoliation and mud mask to create the ultimate back facial.



## SPA PACKAGES

All packages include use of the spa facilities, health club, towel and robe.

### ENERGISING FACE AND BODY RITUAL

55 minutes £95

This treatment combines a back energiser with our recover touch facial to leave you feeling rejuvenated ready to face the day.

### GLOWING FACE AND BODY PICK ME UP

55 minutes £110

This treatment combines a bespoke relaxation back massage with our sublime skin ultra glow peel facial to relax, refresh and renew.

### ULTIMATE SEN SLEEP RELAXATION

85 minutes £100

This treatment combines a 55 minute remedy soothing facial with a tranquillity foot ritual to effectively induce a state of deep rest and well-being. You will take home a tranquillity shower gel to prolong the benefits.



"Comfort Zone offers their partners world class Spa & Wellness treatments, rituals and products that allow regeneration of the mind and body, and planet. They are also very much in line with our aspiration to help the environment with their clean and sustainable formulas.

## SPA DAYS

All spa days include use of spa facilities, towel, robe and afternoon tea or one course lunch at The Tudor Restaurant\*\*.

### REVIVE

£99 per person

*Choose from one of the following 25 minute treatments*

Back Energiser  
Comfort Zone Prescriptive Facial  
Scalp Massage  
Foot Ritual

### TRANQUIL

£125 per person

*Choose from one of the following 55 minute treatments*

Gua Sha Thermal Mud Massage  
Comfort Zone Prescriptive Facial  
Aromasoul Bespoke Ritual  
Scalp Massage and Foot Ritual

### ULTIMATE INDULGENCE

£170 per person

*Choose from one of the following 55 minute treatments*

Tranquillity Pro Sleep Massage\*  
Hot Stone Full Body Massage\*  
Aromasoul Bespoke Ritual\*  
Comfort Zone Prescriptive Facial\*

### AND

*Choose from one of the following 25 minute treatments*

Back Energiser\*  
Comfort Zone Prescriptive Facial  
Scalp Massage  
Foot Ritual

*\*only one massage treatment option per person.*

**\*\*One Course Lunch Served 12pm - 3pm | Afternoon Tea Served 3pm - 5pm**

## FINISHING TOUCHES

### EYEBROW SHAPE

Wax hair removal to create the perfect brows

£15

### EYELASH TINT

Enhancing your lashes to create dark, full definition to the eyes

£20

### EYEBROW TINT

Enhance shape and define your brows

£12

### EYELASH TINT, EYEBROW SHAPE & TINT

Ultimate package to add structure and definition

£39

*Patch test is required 48 hours prior to any tinting treatments.*

"By creating beauty sustainably, we encourage people to take care of themselves, of the environment in which they live and work, and of the things they love"

*Davide Bollati, [comfort zone] president.*

## SPA ETIQUETTE

- If included in your treatment, spa package or spa day, use of the spa facilities includes: pool, sauna, steam room and gymnasium.
- All treatments are required to be booked in advance. Our weekends do get booked up in advance.
- If you have a gift voucher these are required to be brought with you on the day and will need to be presented upon booking to hold as a deposit.
- 50% payment deposit is required for all treatments, spa packages and spa days.
- If you need to cancel your treatments booked with us, you must give us 48 hours notice. If you fail to do so, we will claim your 50% of your treatment/ package value.
- Towels are provided for all spa guests. Robes and towels are not provided for a treatment only booking, if you require any of these items there will be an extra charge and they are subject to availability.
- If you have a robe included in your package, it is one robe, per person, per visit provided. A deposit may be required.
- Please arrive at least 15 minutes prior to your treatment start time, to ensure that you have time to fill out your health consultation form and to avoid missing out on any treatment time.
- Treatment time cannot be extended if you are late.
- Appointment length includes getting changed and on to the treatment bed.
- Please make us aware of any medical conditions or pregnancy at the time of the booking as this could result in being refused treatment without reimbursement on the day. We like to know before so we can advise the best and safest experience for you.
- We have a strict over 16's policy for all treatments.
- We have set children's swimming times that are available.
- Treatment times may be changed at any time by The Spa without prior notice.

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