



# **THE SPA**

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voco<sup>®</sup> Lythe Hill Hotel & Spa

**[ comfort zone ]**  
conscious skin science

# COMFORT ZONE FACIALS

## COMFORT ZONE SUBLIME SKIN ANTI-AGING FACIALS

### **SUBLIME SKIN SUPER PEEL**

25 Minutes £65 | 55 Minutes £95

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 £65 | 55 Minutes £95

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 | 55 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 £95

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 £55 | 55 Minutes £85

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 £55 | 55 Minutes £85

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 £55 | 55 Minutes £85

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 £55 | 55 Minutes £85

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 TREATMENTS AND RITUALS

## BODY MESSAGES

### **BESPOKE RELAXATION BACK MASSAGE**

25 Minutes £70

A deeply relaxing and soothing massage focusing on aches and pains of the back, shoulders and neck. This can be tailored to expecting mums to be, on request.

### **BESPOKE RELAXATION FULL BODY MASSAGE**

55 Minutes £105

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

### **HOT STONE BACK MASSAGE**

25 Minutes £75

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

### **HOT STONE FULL BODY RITUAL**

55 Minutes £115

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.

### **TRANQUILLITY PRO-SLEEP MASSAGE**

55 Minutes £95

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 £110

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 £100

A unique, renewing body ritual combining volcanic exfoliation with the Aromasoul massage, leaving the skin beautifully soft, smooth, and deeply nourished.

### **TRANQUILLITY BODY SCRUB RITUAL**

55 Minutes £85

This full-body exfoliation uses our signature scrub to gently renew the skin, helping to reduce stress and promote a deep sense of wellbeing.

### **HIMALAYAN SALT RITUAL**

55 Minutes £100

This restorative ritual begins with a deeply relaxing body massage using warmed Himalayan salt blocks to melt away tension, stress, and anxiety. An invigorating salt scrub follows, detoxifying the body, easing aches and pains, stimulating metabolism, and restoring vitality and balance.

### **GUA SHA THERMAL MUD**

55 Minutes £105

Begins with an enzymatic peel, accompanied by thermal mud, combined with the Gua Sha massage tool, to detoxify and improve lymphatic drainage.

### **BACK REVIVER**

25 Minutes £60

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

## **HEAD TO TOE**

### **SCALP MASSAGE**

25 Minutes £50

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

### **FOOT RITUAL**

25 Minutes £50

A soothing foot ritual combining gentle exfoliation and a deeply relaxing massage to soften skin, release tension, and restore lightness to tired feet.

### **SCALP MASSAGE AND FOOT RITUAL**

55 minutes £85

This deeply calming experience begins with a soothing scalp massage to melt away stress, followed by a revitalizing foot ritual featuring gentle exfoliation and a nourishing massage. A perfect balance of relaxation and renewal from head to toe.

# SPA PACKAGES

Spa Packages include Full Access to The Spa Facilities

## **ENERGISING FACE AND BODY RITUAL**

55 Minutes £105

This treatment combines a Back Reviver with our Recover Touch Prescriptive Facial to leave you feeling rejuvenated ready to face the day.

## **GLOWING FACE AND BODY PICK ME UP**

55 minutes £120

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 £130

This treatment combines a 55 Minute Remedy Soothing Prescriptive Facial with a Tranquillity Foot Ritual to effectively induce a state of deep rest and well-being.



"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

Spa Days include Full Access to The Spa Facilities, Towel and Robe Hire and £20 Allowance Towards Food in The Tudor Restaurant.

## REVIVE SPA DAY

Monday - Thursday - £105 Per Person  
Friday - Sunday - £120 Per Person

*Choose from one of the following 25 minute treatments*

Back Reviver  
Comfort Zone Prescriptive Facial  
Scalp Massage  
Foot Ritual

## TRANQUIL SPA DAY

Monday - Thursday - £135 Per Person  
Friday - Sunday - £150 Per Person

*Choose from one of the following 55 minute treatments*

Bespoke Relaxation Back Massage & Comfort Zone Prescriptive Facial  
Aromasoul Bespoke Ritual  
Comfort Zone Prescriptive Facial  
Scalp Massage and Foot Ritual

## ULTIMATE INDULGENCE SPA DAY

Monday - Thursday - £170 Per Person  
Friday - Sunday - £195 Per Person

*Choose from one of the following 55 minute treatments*

Tranquillity Pro Sleep Massage\*  
Bespoke Relaxation Back Massage and Comfort Zone Prescriptive Facial\*  
Aromasoul Bespoke Ritual\*  
Comfort Zone Prescriptive Facial

## AND

*Choose from one of the following 25 minute treatments*

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

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

# SPA AND HEALTH CLUB FACILITIES

## ADULT MEMBERSHIP

- Full Access to Spa Facilities
- Gym & Yoga Studio
- Classes Included
- 5 Complimentary Guest Passes
- 5 Complimentary Coffee Vouchers
- 20% Off Spa Treatments
- 20% Off Comfort Zone Products
- 20% Off Food and Beverage in The Tudor Restaurant

Monthly Fee - £79 Per Month  
Joint Monthly Fee - £140 Per Month  
One Month Only - £85

## 2 HOUR PASS

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

- Full Access to Spa Facilities
- Gym & Yoga Studio

Adult - £15 Per Person  
Children - £7.50 Per Person

## OPENING HOURS

### The Pool

Monday - Friday | 6.30am - 9pm\*  
Saturday, Sunday & Bank Holiday | 8:00am - 8pm\*

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

Monday - Friday | 6.30am - 10.30pm\*  
Saturday, Sunday & Bank Holiday | 8am - 8pm\*

### Children Swim Times

We have specific hours for children swimming times (16 years and under)  
Monday - Sunday | 10am - 12pm and 4pm - 7pm

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

# SPA ETIQUETTE

- Advance booking is required for all Treatments, Spa Packages and Spa Days.
- A 50% deposit is required at the time of booking for all Treatments, Spa Packages and Spa Days.
- If using a gift voucher, it must be presented at the time of booking and brought with you on the day of your visit. Vouchers may be held as your booking deposit.
- Cancellations require a minimum of 48 hours' notice. Failure to do so will result in the loss of your 50% deposit
- Treatment times may be changed by The Spa at any time without prior notice.
- Please inform us of any medical conditions or pregnancy at the time of booking. Failure to disclose this information may result in treatment being refused on the day, without reimbursement, for safety reasons.
- We operate a strict over-16s policy for all Treatments, Spa Packages and Spa Days.
- Please arrive at least 15 minutes prior to your treatment start time to allow for completion of your health consultation form.
- Late arrival may result in a shortened treatment, as treatment times cannot be extended.
- Appointment duration includes time for changing and getting onto the treatment bed.
- Robes are not included with Treatment only and Spa Package bookings. Robes may be hired for £5 per person, per robe, subject to availability.
- Where included in a package, one robe per person, per visit is provided.
- Guests are requested to bring their own sandals/slippers for the spa as due to our sustainability program, single-use slippers will not be provided.
- To accommodate families, designated children's swimming times are available between 10:00–12:00 and 16:00–19:00.

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