



Welcome to Crown Spa Aqua

How to book:

For our online availability, please visit <https://crownspahotel.onejourney.travel/>. If you would prefer to speak to a member of the team, please call 01723 357480.

Terms and Conditions

All clients must be 16 years of age or over.

Cancellation Policy

We require 72 hours of notice when cancelling a spa treatment otherwise the full cost of the treatment will be incurred. Group bookings of 6 or more require 2 weeks' notice. May we be able to move your appointment to an alternative day within 4 weeks of your original appointment date, however this is subject to availability and cannot be guaranteed. Arriving late for your treatment may result in a reduced treatment time at the full treatment cost. In the event you do not attend a scheduled treatment, full payment will be taken.

Choice of Treatment

Not all treatments complement each other. If you are considering booking a range of treatments, please seek advice from our fully qualified spa therapists and reservation team by contacting the spa telephone or email.

Medical Conditions

If you have any of the following medical conditions or are undergoing treatment, please check with a member of the spa team before booking your spa treatment. A doctor's note may be required for certain conditions: Back, or neck injury, radiotherapy, chemotherapy, skin allergies/sensitivity, pregnancy, DTV, heart conditions or fitted devices and cancer. We are unable to refund you if you fail to disclose medical conditions or specialized treatments that would be incompatible with the treatment and products we offer.



Massages

Indian Head Massage £70.00 (40 mins)

This simple yet effective treatment uses a variety of techniques to manipulate soft tissue, with a range of different massage pressures and rhythms to stimulate the head, neck and upper back and shoulder area, the therapist will also gently stimulate the pressure points on the face. This ancient art of massage aids the relief of chronic neck and shoulder stiffness, eye strain and headaches, it helps with mental tiredness and improves circulation.

(40 mins)

Signature Serenity Candle Massage £80.00

A soothing and nourishing massage with warming coconut and soya bean oils, poured onto the back from a melted candle. Expect intense relaxation and incredible aromas.

Full Body Massage £90.00 (50 mins)

This classic full body massage is tailored to your needs. Relaxing, medium or firm pressure will be used to effectively relieve stress and soothe muscular tension



Facials

Illuminate Glow Facial £75.00 (50 mins)

It is especially kind to sensitive, problematic, or oily skin types. The range is blended with rice bran oil and a carefully chosen selection of Alpine plants sourced from the Swiss Alps to leave skin looking youthful, healthy, and glowing. Brilliant, too, for healthy ageing - age spots & dark circles are lightened, PH levels balanced.

Rose Dew Facial £75.00 (50 mins)

Using the incredibly hydrating properties of Rose, combined with bamboo, aloe vera and pomegranate to create a kind and hydrating facial to leave skin dewy and refreshed. Perfect for skin lacking moisture, sensitive and youthful skin.

Deep Tea Tox Facial £89.00 (70 mins)

Detox zinc clogged pores and sun touched skin, with a deep double cleanse and blast of cool tea tree menthol. A coconut scalp massage soothes and nourishes hair damaged by sun and salt water while making you fall into a deep relaxation. Paired with an invigorating rosehip and spearmint, arm and shoulder massage for over-exerted muscles, this is the perfect detoxing facial.

Aqua Signature Facial £95.00 (70 mins)

This treatment starts with a vigorous body brush to the whole body that will exfoliate the skin and help detoxify by increasing blood circulation and promoting lymph flow. Whilst you are wrapped up nice and warm, you will receive a face cleanse and a face and scalp massage with a nourishing oil to complement your skin type. A warmed towel will exfoliate the back of the body. To relax even further you will receive a back, neck and shoulder massage and a nourishing oil application to the rest of the body to really moisturize the skin!



Body Scrubs

Bespoke Scrub £75.00 (50 mins)

With a selection of uplifting and invigorating salt or sugar scrubs including lime and lemongrass, nectarine and honey, Columbian coffee, strawberry, and cream and many, many more. This is an intense exfoliation treatment with the added relaxation of a moisturizing oil application. Our therapists will be able to help select the right one for you depending on what your skin and mood craves! After having a thorough scrub down shifting the dead skin cells and stimulating circulation, a nourishing oil complementing your chosen scrub will be applied to moisturize your whole body, leaving your skin soft and smooth!

Aqua Signature Scrub £85.00 (70 mins)

More than just your average scrub! An invigorating full body exfoliation, soothing and moisturizing oil application and a back, neck, and shoulder massage. After choosing from our wide range of delicious salt or sugar-based scrubs, a hot mitt application to the whole body will warm up your senses and increase blood flow around the whole body, while opening your pores. After the thorough scrub down removing all those dead skin cells, moisture will be put back into the skin with a full body nourishing oil application, and it doesn't stop there! A back massage helps to soothe tired, tense, and aching muscles by focusing on areas that hold the most tension.



Body Wraps

Ginger Spice Wrap £85.00 (50 mins)

A warming body wrap with a relaxing face and scalp massage and soothing oil application. Revitalizing and stimulating, this is the perfect antidote for tired, lethargic muscles, great for those who suffer from arthritis. This includes an infusion of energizing and circulation boosting ginger, anti-oxidizing sweet orange and hydrating cocoa beans, finishing with a generous application of warming oil to leave you feeling re-invigorated! Relax whilst the wrap does all the work with a soothing face and scalp massage using the aromas of mandarin and neroli to ease away your tension.

Mineral Rich Sea Wrap £85.00 (50 mins)

Packed with a careful selection of seaweeds, this treatment will help breakdown fatty deposits, flush out toxins and help with excess water retention. The treatment finishes with a detoxing seaweed-enriched body oil to enrich the skin with essential oil and minerals to leave you feeling smooth, firmed, and toned. Whilst the wrap is on, lie back and relax with a face and scalp massage using our seaweed oil which will help to restore elasticity

Aqua Signature Wrap £95.00 (75 mins)

A truly relaxing treatment, with a mixture of exfoliation, detoxification, and relaxation, with back, neck, shoulder, face and scalp massage, oil application and face cleanse. Choose from either the warming revitalizing and stimulating ginger and cocoa bean wrap or the detoxifying seaweed wrap. This treatment starts with a vigorous body brush to the whole body that will exfoliate the skin and help detoxify by increasing blood circulation and promoting lymph flow. Whilst you are wrapped up nice and warm, you will receive a face cleanse and a face and scalp massage with a nourishing oil to complement your skin type. A warmed towel will exfoliate the back of the body. To relax even further you will receive a back, neck and shoulder massage and a nourishing oil application to the rest of the body to really moisturize the skin!



Pregnancy Treatments

Bumps a Daisy £55.00 (25 mins) **Half Body Massage**

A perfect treat for Mum and baby. Lay back and enjoy a choice of shoulder, neck and scalp massage, a back neck and shoulder massage or leg and foot massage tailored to your specific needs. This treatment eases and soothes tension and is designed to help ease muscular aches and pains, restore moisture, ease the effects of water retention, and increase circulation resulting in a more restful night's sleep.

Bumps a Daisy £85.00 (50 mins) **Full Body Massage**

A perfect treat for Mum and baby. Lay back and enjoy a choice of shoulder, neck and scalp massage, a back neck and shoulder massage or leg and foot massage tailored to your specific needs. This treatment eases and soothes tension and is designed to help ease muscular aches and pains, restore moisture, ease the effects of water retention, and increase circulation resulting in a more restful night's sleep.



Alternative Treatments

Reflexology **£60.00** (50 mins)

Reflexology is a holistic therapy that involves applying pressure to specific points on the feet, hands, or ears, known as reflex zones. These reflex zones correspond to different organs and systems within the body. By stimulating these points, reflexology aims to promote relaxation, improve circulation, and support the body's natural healing processes, bringing about a sense of balance and well-being.

Hot Stones **£90.00** (50 mins)

A hot stones massage is a therapeutic technique that involves placing smooth, heated stones on specific points of the body to promote relaxation and alleviate muscle tension. The warmth of the stones combined with skilled massage strokes creates a deeply soothing experience, melting away stress and leaving you feeling rejuvenated.

Signature Cupping **£90.00** (50 mins)

Full body Cupping - an alternative therapy that involves suctioning the skin with glass, plastic, or silicone cups. It may help improve blood flow, boost immune function, remove toxins, and reduce pain.



Acupuncture

Magic 10 £45.00 (35 mins)

A specialized acupuncture treatment that combines a powerful 10 strategic needle protocol with an additional scalp massage. This powerful combination aims to balance and enhance overall well-being, improves all round health and sleep. By accessing key acupuncture points and massaging the scalp, this treatment can provide a transformative experience, restoring balance and promoting a sense of harmony within the body and mind.

Nada Stress Relief £45.00 (35 mins)

This Nada acupuncture protocol enhanced with a foot massage provides a relaxing and de-stressing experience. An ear treatment combined with a rejuvenating foot massage will promote relaxation and reduce stress, it effectively relieves stress, tension, and leaves you feeling relaxed, de-stressed and have a renewed sense of calm followed by a goodnight's sleep.

Revitalising Facial £90.00 (50mins)

An acupuncture facial with Guasha and a sheet mask is a luxurious and rejuvenating treatment that combines ancient Chinese techniques with modern skincare, using Medik-8 facial products. The procedure involves the precise placement of acupuncture needles on the face to promote collagen production, improve circulation, and enhance the overall health and appearance of the skin as well as leaving it glowing, revitalized, and deeply nourished

Signature Enhancement Facial £130.00 (80 mins)

This specialized treatment utilizes the principles of traditional Chinese medicine to promote natural rejuvenation and enhance the appearance of the face. This non-surgical approach involves the gentle insertion of fine acupuncture needles into specific points on the face to stimulate collagen production, improve muscle tone, and reduce the signs of aging. Body points are also put into balance and harmonize the inner elements. Facial Enhancement Acupuncture provides a holistic and personalized approach to achieving a more youthful and radiant complexion with an inner feeling of well-being.