

natural Spa factory™

Throughout our treatments we use 'Natural Spa' products, who are a company that provide us with innovative, quirky and exquisite spa products which have not been tested on animals.

Simply Spa

This is the perfect midweek treat, it allows you to relax and unwind with friends or a loved one. Enjoy the award winning facilities of The Crown Spa Health Club; take a dip in our heated indoor pool, unwind in our Jacuzzi and explore the heat experiences in our Victorian style relaxation suite. Next, put your feet up, relax and fully recharge your batteries in our popular Fire and Ice suite where you will be uplifted and rejuvenated by a variety of aromas to help de-stress and stimulate your senses. Finally, you'll enjoy a delicious one course lunch in our Taste Restaurant to finish off a perfect pamper day.

This package includes:

- Complimentary use of cosy snug robe, towel and slippers
- 2 hour use of the leisure Facilities
- 1hr Use of the Fire and Ice Suite
- Spa Lunch

Available Monday - Friday
(Min of 1 persons Max of 6 persons)

4hr £25.00pp

Heavenly Spa

This popular package is perfect for Hen Parties and Birthday Celebrations, the ideal opportunity to catch up with your friends and family. We offer something for everybody with a choice of one 25 minute treatment, use of leisure facilities and an one course light lunch. After all who needs a night on the town when cosy robes, slippers and pampering are on offer?

This package includes:

- Complimentary use of cosy snug robe, slippers & towel
- 2.5hr Use of Leisure Facilities
- 1 x 25min Treatment from the choice of a: Facial or Back, Neck & Shoulder Massage
- Light Lunch

4hr £45.00pp

Earthly Heaven

Rejuvenate your skin with our cleansing DIY Mud Rasul treatment before relaxing in our Fire and Ice suite located in the heart of the spa. Enjoy our uplifting steam room, herbal sauna, refreshing arctic ice room then experience a soothing full body massage.

This package includes:

- Complimentary use of cosy snug robe, slippers & towel
- 1hr Use of Fire & Suite
- 45min DIY Mud Rasul
- 50min Soothing Full Body Massage

3hr £69.00pp



Absolute Spa Retreat

Relax and enjoy this perfect Crown Spa Treatment duo, a sensational full body massage combined with our Rose Dew Facial to help restore a more youthful glow.

This Package includes:

- Complimentary use of cosy snug robe, slippers & towel
- 1hr Use of Leisure Facilities
- 50min Full Body Massage
- 50min Rose Dew Facial
- Light lunch

3hr £95.00pp



Spa Indulgence

Escape from the world outside, lay back and relax as you are about to experience our most luxurious spa indulgence day. Our treatments and oils will help you fall into a deep state of relaxation with the holistic touch of our spa therapists. Choose one of our popular Salt and Oil Scrubs, followed by relaxing Hot Oil Back, Neck and Shoulder Massage, before having all the tension massaged from your legs and feet, followed by your Rose Dew Facial and Afternoon Tea.

This package includes:

- Complimentary use of cosy snug robe, slippers & towel
- 1hr use of Fire & Ice
- 25min Salt & Oil Scrub
- 25min Relax & Calm Hot Oil Back, Neck & Shoulder Massage
- 25min Revitalising Leg & Foot Massage
- 25min Rose Dew Facial
- Afternoon Tea

4hr £110.00pp

Crown Spa Golden Touch Spa Day

Relax and indulge yourself from head to toe whilst enjoying the benefits of our luxurious regenerating spa treatment. This package has been carefully created to help combat and reduce the signs of ageing and sun exposed skin. Your day starts with the use of our leisure facilities followed by our luxury gold body wrap with champagne and grape extracts, the perfect combination to help slow down the ageing process. Whilst you are cocooned in the wrap enjoy a relaxing scalp massage, before concluding the treatment with a soothing full body massage and facial.

A blissful treatment trio which will leave your skin glowing and healthy and your tension eased.

- Complimentary use of cosy snug robe, slippers & towel
- 1 hr Use of Leisure Facilities
- 50min Champagne and Gold Body Wrap with Scalp Massage
- 50min Soothing Body Massage
- 25min Champagne & Pearl Facial
- Light Lunch

4.5hr £150.00pp

Mud Rasul Ritual

An enjoyable, cleansing and detoxifying treatment which can be shared. Extend your treatment by adding time in our Fire and Ice Suite.

History & Benefits

For millennia the glacial snows have thawed and flowed down the mountains bringing a gift from nature. Mud - a finely ground mineral dust, rich in quartz and mica which imparts its beneficial minerals when applied to the skin. These detoxifying muds have been used for decades as part of a cleansing ritual combining steam and heat to draw out impurities and remove dead skin cells. This deeply cleansing, detoxifying, calming and soothing treatment improves skin moisture, skin texture, circulation, relaxes muscular tension and promotes skin renewal slowing down the aging process.

The Treatment

This unique treatment experience starts inside the chamber with one our therapist advising you on the benefits of the mud. You then get to apply the mud, smothering yourself from head to toe in velvety layers. Once you are covered, the heat from the chamber will bake the mud to your skin, making it feel tighter - this is when the properties of the mud take effect and draw out any impurities in your body and add nourishment to your skin. Lay back, relax and breathe in the essential oil infused steam that fills the chamber, aiding congestion, softening the mud and opening your pores in readiness for the mud to be washed away. Enjoy the warm tropical rain shower at the end of the treatment as it gently washes away the mud leaving your skin feeling soft, smooth and refreshed. Mud Rasul

Mud Rasul 45min £32.50pp

Fire & Ice Suite Experience

Located in the heart of the spa, the relaxing experiences of hot and cold forms a therapeutic element of your spa journey. Relax in our uplifting steam room, herbal sauna and cool down in our refreshing artic ice room. Unwind your senses further in our candle lit rejuvenation suite, which includes heated loungers, relaxing music and light refreshments.

Mud Rasul + 1hr Fire & Ice 115min £35.00pp



Welcome to Crown Spa Treatments,

Our aim is to provide you with a relaxing and memorable experience, helping you to revitalize and pamper yourself, thus redressing the balance of both body and mind by achieving a sense of well being.

How to book

For availability, opening times and appointments please call **01723 357488**
Full payment will be taken on booking to secure your appointment. We advise that you arrive 10 minutes before your treatment time.

Terms and Conditions

Children

All clients must be 16 years of age or over

Cancellation Policy

We require 48hours notice when cancelling a spa treatment otherwise the full cost of the treatment will not be refunded.

Group bookings of 6 or more require 1 weeks' notice.

Choice of treatments

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



Packages Menu

