



TREATMENTS  
MENU

## Welcome to Aqua Spa Treatments

Welcome to the Aqua Scarborough Spa. Our aim is to provide you with a relaxing and memorable experience, helping you to revitalise and pamper yourself, helping redress the balance of both body and mind by achieving a sense of wellbeing.

## 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

All clients must be 16 years of age or over

## Cancellation Policy

We require 72 hours' notice when cancelling a spa treatment otherwise the full cost of the treatment will not be refunded. Group bookings of 6 or more require 2 weeks' notice. We may also be able to move your appointment to an alternative date that is within 4 weeks of your original appointment date, however this is strictly subject to availability and cannot be guaranteed. Arriving late for your appointment will unfortunately result in a reduced treatment time and no reduction in treatment cost. In the event you do not attend a scheduled treatment, full payment will still be taken, and no refund will be issued.

## 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.



## SCRUBS

### Power Scrub

A refreshing and reviving treatment which will leave skin feeling smooth, soothed and soft! One of our delicious salt or sugar based scrubs will be applied to the whole body to shift dead skin cells and stimulate circulation, showered off this will then leave a covering of oil all over the whole body to leave the skin feeling moisturised!

25mins £41.00

### Bespoke Scrub

With a selection of uplifting and invigorating salt or sugar-based 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 moisturising 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 moisturise your whole body leaving your skin extra soft and smooth!

50mins £57.00

### Aqua Signature Scrub

More than just your average scrub! An invigorating full body exfoliation, soothing and moisturising 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 up your pores. After the thorough scrub down removing all of 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.

70mins £65.00

## WRAPS

### Power Wrap

Choose from either stimulating warming Ginger and Cocoa Beans or detoxifying Mineral Rich Seaweed, this treatment is sure to awaken all the sense. Once the wrap is applied relax with a scalp massage whilst the wrap does it work!

40mins £45.00

### Ginger Spice Wrap

A warming body wrap with a relaxing face and scalp massage and soothing oil application. Revitalising and stimulating, this is perfect antidote for tired, lethargic muscles, great for those who suffer from arthritis. This includes an infusion of energising and circulation boosting ginger, anti-oxidising 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.

50mins £62.00

### Mineral Rich Sea Wrap

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.

50mins £62.00

### Aqua Signature Wrap

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 revitalising 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 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 moisturise the skin!

75mins £74.00

## MASSAGE

### Power Massage

With a choice of back, neck and shoulder; head, neck and shoulder or leg and foot massage to choose from. Our massage helps to soothe tired, tense and achy muscles by focusing on areas that hold the most tension.

25mins £41.00

### Full Body Massage

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

50mins £64.00

### Indian Head Massage

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.

40mins £46.00

### Aqua Signature Serenity Candle Massage

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.

40mins £59.00

## PREGNANCY TREATMENTS

*Not suitable for the first tri-mester of pregnancy These deeply nourishing pregnancy treatments with mandarin, neroli, calming palmarosa and rosewood have been carefully designed specifically for Mum's to Be during this really special time!*

### Bumps a Daisy Half Body Massage

A perfect treat for mum and baby. Lay back and enjoy a choice of a 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.

25mins £44.00

### Bumps a Daisy Full Body Massage

Our pampering, baby safe massage starts with a relaxing back massage to help ease away aches and pains followed by a soothing head, neck and shoulders massage. A hand and arm massage aids the release of tension and is finished off with a gentle massage of the legs and feet leaving you feeling calm and relaxed.

50mins £67.50

## Natural Spa Factory

Natural Spa Factory is an independently owned and operated product house based in Bath, creating natural, Free From, botanical and sustainable products, inspired by the rural surroundings and food loved by the founders. All of the products are free from Parabens, Methylisothiazolinone (MI), Methylchloroisothiazolinone (MCI), SLS, microbeads and palm oils. We do not test on animals and our range is made either here in the UK or in the home of scent, France.

The result is a collection of natural and beautiful products that inject goodness and wholesome nourishment into body and skin; boosting you from the outside in. Natural Spa Factory proudly partners with an array of spas in the UK, Ireland and overseas.

## MUD RASUL

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

### The Treatment

This unique treatment experience starts inside the chamber with one of our therapists 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.

Single 45mins £34.00

Double 45mins £65.00



CROWN SPA HOTEL