

MASSAGES

Aromatherapy Massage

With a choice of 42 pre-blended oils this is an effective treatment which can help detox the body, improve circulation, release tension, ease muscle fatigue and leave you feeling rejuvenated.

Back, neck & shoulders	£28.00
Full Body (1 hour)	£40.00

Deep Tissue Massage

A specialised and firm treatment targeting your tight and tense muscles. This massage will relieve any discomforts and generally provide a greater sense of well being.

Back, neck & shoulders	£28.00
Full Body (1 hour)	£40.00

Lava Shell Massage

A deeply comforting and relaxing massage which uses self-heating tiger clam shells from the sun-kissed shores of the Philippines. The marine polished sea shells glide smoothly over the body and used as a massage tool to release muscle tension and blocked energy, to provide a sense of balance to the entire body and mind.

Back, neck & shoulders	£35.00
Full Body (1 hour)	£50.00

Indian Head Massage

An art practised in India for thousands of years. The massage stimulates the circulation of the scalp, nourishes the hair roots and melts away stress and tension. Your treatment is performed in a seated position fully clothed.

30 minutes	£25.00
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Thermo-Auricular Therapy (Hopi Ear Candles)

A clinically tested and approved natural method of ear hygiene. The hollow candle is made from 100% pure beeswax, essential oils and flax, it creates a chimney effect which helps to eliminate waste & deposits, such as ear wax. The treatment incorporates a head and facial acupressure massage to enhance the effects. Can alleviate the symptoms of sinusitis, hayfever, headaches, tinnitus, blocked ear feeling (from colds, swimming or flying)

45 minutes	£30.00
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FACIALS

Any of the following 1 hour facials - £40.00

Micro-zone facial treatment £28.00

A 30-minute treatment that targets areas of specific skin concerns to achieve rapid results.

Prescriptive Facial

A truly revolutionary treatment that customises your facial at every step, based on a Face Mapping skin analysis. A home care regime will be prescribed for you so that you can continue to benefit from your facial every day.

Detox Facial

A fabulous deep cleansing steam treatment to totally revitalise your skin. Our medicated clearing treatment will focus on purifying your skin to give you a fresh, clear complexion.

Mens Facial

We'll start your treatment with a deep cleansing, followed by a soothing exfoliation and extractions. While your skin hydrates with a customised treatment masque, a hand, foot or shoulder massage will help to relax your tired & aching muscles.

PURE FIJI BODY TREATMENTS

Ultimate Paradise Treatment. 90 mins £65.00

Your ritual begins with a deep pore cleansing coconut crème scrub and removed with hot towels. Relax with a coconut oil body massage using heated lava shells, finished with a face & scalp massage.

Fiji Hydrating wrap 60 mins £40.00

Your skin is gently dry brushed followed by a relaxing massage & body wrap with coconut oil to promote hydration leaving skin soft and supple.

Tropical Sugar Glow 60 mins £50.00

An exfoliating body treatment with pure cane sugar and tropical nut oils ridding the body of dead skin, strengthening the skins elasticity and replenishing moisture loss.

Your treatment is then finished with a massage with a tropical body butter.

SPA DAY PACKAGES

Platinum package

On your arrival at the Cumberland Hotel enjoy a Costa coffee in the luxurious Bar Ventana, dine in the elegant Brasserie with an exclusive menu for lunch, have a full day pass to leisure facilities* and relax with an hours treatment of your choice**

Please enquire about our bespoke package – i.e afternoon tea, champagne & strawberries

Weekend rate - £68

Mid-week rate - £66

Gold package

On arrival at the Suncliff Hotel relax in our Tropicana Lounge with a tea or coffee and enjoy an exclusive menu for lunch, have a full day pass to leisure facilities* and relax with a 60 mins treatment of your choice**

Weekend rate - £58

Mid-week rate - £56

Silver package

This is the same as the gold package with the exception of relaxing for 45 mins whilst we pamper you with a 30 mins treatment of your choice plus a mini treatment of a file and polish or Dermalogica micro-zone facial

Weekend rate - £48

Mid-week rate - £46

Bronze package

This is the same as the gold package with the exception of relaxing with a 30 mins treatment of your choice** You may also choose a manicure or pedicure in this package.

Weekend rate - £40

Mid-week rate - £38

All packages include a towel, robes and spa slippers for the day

* Leisure facilities are in the Suncliff hotel and includes an indoor heated leisure pool, Jacuzzi and sauna

** Excludes Lava Shell Massage
For the spa day packages a £10 deposit per person is required at the time of booking.