







# WELCOME

## to the Alton Towers Spa

**Escape to a blissful oasis of luxurious tranquillity, nestled inside the beautiful grounds of the Alton Towers Resort.**

### **Making a Reservation**

To avoid disappointment we recommend that you make your Spa bookings in advance; please call 0871 702 7043† or email [spa@alton-towers.com](mailto:spa@alton-towers.com) to speak to a member of the reservations team who are available Monday-Saturday 9-5pm. Full payment will be taken on booking; if you wish to cancel or make any changes to your reservation, please contact us at least 48 hours before your appointment.

### **Arrival Time**

In order for you to get the most out of your experience, please arrive at least 10 minutes prior to your treatment to complete a consultation form and enjoy a hydration juice.

### **Spa Etiquette**

Our Spa is a relaxing environment so please keep noise to a minimum. We discourage the use of mobile phones.

### **What to bring**

You are required to wear swimwear whilst in the Aqua Relaxation Rooms. As we want you to escape daily stresses, please only bring the essentials with you. You may be required to share a locker with other guests in your group. Shampoo, conditioner, body wash and body lotion are all available in the spa changing rooms. If you have not brought your own flip flops then slippers are available for £1.

If you are pregnant, suitable treatments that can be adapted to your needs are denoted with this symbol.



To view our full terms and conditions visit [altontowers.com/tandcs](http://altontowers.com/tandcs)

†Calls cost 13p per minute plus network extras





# SPA PACKAGES

## Spa Discovery Pamper Package

Relax for three hours in our beautiful Aqua Relaxation Rooms, plus enjoy a traditional back massage, DECLÉOR Discovery Facial or Tranquillity Scalp Therapy (25 minutes)

**£54 per person**

## Pamper Day Package

Enjoy six hours in our luxurious Aqua Relaxation Rooms, indulge with a delicious two course lunch and unwind with either a traditional full body massage, Ultimate Vitamin Glow Facial or Invigorating Facial (55 minutes)

**£94 per person**

## Luxury Spa Day Package

The ultimate in pampering and relaxation. Unlimited use of the Aqua Relaxation Rooms on the day of your visit. Indulge with a delicious two course lunch and unwind with a DECLÉOR Aromatherapy Full Body Massage (55 minutes). Then choose from one of the following treatments for complete relaxation:

- Prescriptive Facial (70 minutes)
- Vanilla & Ylang Ylang Hydrating Envelopment (55 minutes)
- Invigorating Facial (55 minutes)
- CND Shellac Nails Hand & Feet (70 minutes)

**£135 per person**





# THE ELEMENTS

## Seasonal Packages

**Seasonal changes in the weather, temperature and other elements can affect your skin and body in unique ways.** Our skilled specialists understand that all our bodies react differently to seasonal changes and that we must work with the elements to ensure you are feeling vivacious and glowing.

Throughout the year we will be offering a variety of treatments exploring the seasonal elements. From earth in spring and fire in the summer, to water in the autumn and ice in winter, these exceptional treatments will help revitalise and rejuvenate your body. Find out what special elemental treatments and packages we are offering each season by enquiring with our specialists at reception, at [alton Towers.com/spa](http://alton Towers.com/spa) or via our social media channels.



@alton Towersspa

# AQUA RELAXATION ROOMS

**Our Aqua Relaxation Rooms provide a unique mix of environments to relax and awaken your senses. Unwind and ease tension in the calming environment of the luxurious aqua and thermal rooms, designed to create pure relaxation and indulgence.**

Your Spa visit includes use of complimentary robes and towels as well as use of our cleansing station. Plus enjoy a selection of complimentary teas, coffee and fruit throughout your escape. Our Aqua Relaxation Room sessions include access to the following:

## Laconium

Your body gradually warms to stimulate the circulation as you unwind in our gentle, purifying and detoxifying Roman sauna.

## Multi-Sensory Shower

After your heat treatments, cool off with tropical storm raindrops and a refreshingly cool, tingly mist. All designed to cool your body and close the pores.

## Edwardian Sauna

Sit back and relax in the tranquil dry heat of the sauna, helping to boost your circulation, relax your muscles and sooth the mind.

## Pool, Whirlpool and Jacuzzi

Swim and relax in the luxurious surroundings. Be lightly pummelled in the Jacuzzi or simply bubble in the whirlpool.

## Eucalyptus Steam Room

Our steam room is designed to soothe aching muscles and joints whilst improving your circulation. Take a deep breath and relax as the essential oil aroma of eucalyptus improves your respiratory system.

## Effervescent Foot Baths

Give tired feet an instant lift with our effervescent footbaths, where underwater jets massage the feet to relieve the pressure.

## Outdoor Log Sauna

Simply lie back and let this heat experience take away the everyday pressures of life. Designed for total relaxation.

## Tepidarium

This sensory room, with stunning design work has a temperature of 39°C and contains dimmed lighting and ceramic heated couches designed for total relaxation.



Some of the facilities within the Aqua Relaxation Rooms are suitable for those who are pregnant. For recommendations, please speak to the Spa assistant.

	3 hours	6 hours
Monday - Thursday	£22	£40
Friday - Sunday	£25	£48

A delicious lunch can be added for an additional cost.



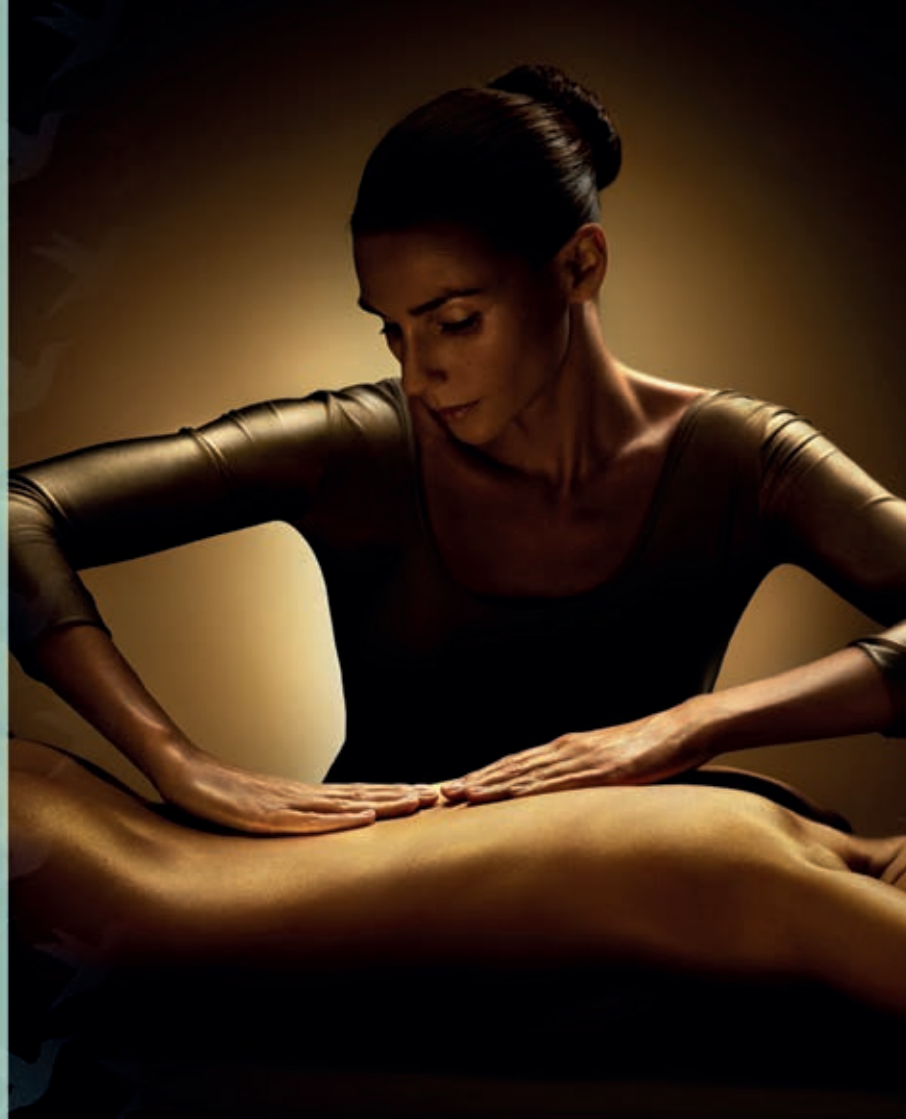




# Introduction to DECLÉOR

For more than 40 years, DECLÉOR continues to lead with its visionary approach to beauty, as the trusted expert and innovator in aromatherapy skincare. Combining nature's purest and most potent active ingredients, DECLÉOR scientifically selects and masterfully blends premium essential oils to deliver targeted and proven skincare solutions for each skin need.

Understanding that beauty and well-being are intrinsically linked, DECLÉOR offers a unique sensorial experience that visibly enhances the skin's natural health and radiance. DECLÉOR offers specialist products and exclusive massage techniques and treatments to deliver the ultimate in skincare results and professional care.





# SIGNATURE THERAPIES

At the Alton Towers Spa we have created signature therapies so you can experience unique treatments for the ultimate relaxation, personalised to your wellbeing needs.

## Candle Melt Ritual

Choose one of our aroma body candles enriched with coconut oil and infused with the most indulgent fragrances, from the aromatic scent of cocoa flower to the freshness of rose or the sweetness of honey. Let your troubles melt away with this intensely soothing head-to-toe massage; allow the warmth from the oil to release tension whilst your skilled therapist kneads muscle stress away. Enjoy those indulgent aromas after your massage as you are welcome to take your candle home.

**85 minutes**

**£80**

## Aroma Blend Ritual by DECLÉOR

This highly effective ritual is completely bespoke and tailor-made to you and your needs. Beginning with a deeply relaxing full body massage, your therapist will blend a fusion of essential oils and plant oils to focus on what you would like to achieve and how you would like to feel. Together with a prescriptive facial chosen by your therapist after an expert skin analysis, your body will feel recharged and your emotions balanced from head-to-toe.

**105 minutes**

**£110**

## Decléor Bamboo massage - NEW FOR 2019

This treatment has been developed as a real SOS massage to relieve muscle tension and stress. With deep pressure it softens the muscles to relieve contractures and tiredness by energizing the body through stimulating blood circulation and draining toxins - The perfect therapy.

**Back Massage 25 minutes - £50**

**Full Body Massage 55 minutes - £75**



# FACIALS BY DECLÉOR

DECLÉOR's holistic facials are famous worldwide for their heavenly feel and simply stunning results carried out by skincare experts. Every treatment begins with the unique DECLÉOR back diagnostic; utterly relaxing for you and a silent consultation giving your therapist an insight into your health. The use of expert techniques and 100% pure, preservative-free essential oils address the demands of every single skin type.

## Aromatherapy Discovery Facial

The perfect rescue remedy taster facial with instant results. Using a combination of massage, essential oils and a gentle polish to smooth and revitalise tired skin leaving it fresh and radiant.

**25 minutes** **£40**

**Ultimate Vitamin Glow** This multi-award-winning facial is power-packed with vitamins and antioxidants. Using a rebalancing essential oil elixir and a warm decongesting mask to cocoon the skin, leaving a perfectly replenished and glowing complexion.

**55 minutes** **£57**

## Facial Pilates

A Pilates session for the skin working on all 52 muscles of the face to help visibly lift, remodel and re-densify. After a deep cleanse and three facial massages, your therapist will help lift your skin using our outstanding Energy Youth Concentrate Mask. This will plump and smooth the appearance of lines and wrinkles, whilst softening and increasing the tone, leaving the skin glowing with rosy youthfulness.

**70 minutes** **£75**

All of the listed facials can be adapted to be suitable for pregnancy. Please inform your therapist if you are pregnant at the time of consultation.

## Prescriptive Facials

Enhance the beauty of your own skin with this prescriptive facial. Your therapist will begin with an expert skin analysis before choosing one of the below facials depending on your needs.

**70 minutes** **£70**

Choose from:

### Moisture Quench

Super hydrating and able to quench the thirstiest of skins, this facial uses the deeply nourishing AROMESSENCE™ Neroli concentrate to rehydrate your complexion.

### Oxygenating Pure & Matt

Intensely balancing and detoxifying. This treatment targets spots, blemishes, open pores and excessive shine to bring dull skin back to life.

### Divine Nutrition

Ultra-nourishing to comfort and restore even the driest complexions. Using rose and geranium to feed the skin with vital nutrients and lock-in moisture.

### Harmonie Calm

Instantly soothing for stressed, fragile and reactive complexions. Blueberry extracts sooth the skin and a cooling algae mask leaves a calmer smoother surface.

### Illuminating Radiance

Vitamin C packed and radiance boosting. This facial restores luminosity and lightens pigmentation marks, the perfect boost before any special occasion.

## Vital Eyes

Anti-ageing and visibly plumping for a smoother eye area. Featuring restoring and intensively hydrating eye masks, this targeted treatment fights fatigue, quenches moisture loss and helps erase the appearance of wrinkles for a dramatically brighter, younger looking eye area.

**40 minutes** **£40**

## Lift Yoga Facial

A unique facial combining the flow, rhythm and repetition of powerful Kobido massage techniques with the power of Iris and Lavandula essential oils for smoothed, firmed and luminous skin. Facial Lift Yoga aims to fight against the signs of ageing whilst leaving your skin, body and mind feeling uplifted.

**70 minutes** **£75**



DECLÉOR  
PARIS

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# CLÉOR BODY TREATMENTS

## Orange and APRICOT Fruit Seed Scrub

Powered by fruit seeds of orange and apricot plus essential oils and spices, this exfoliation treatment polishes and perfects skin, leaving it beautifully nourished.

**25 minutes**

**£45**

## Lemon & Mango Firming Envelopment

Tightening, sculpting and smoothing body therapy, combining three elements of exfoliation, a cocooning body mask and relaxing back and scalp massage. Immortelle, lemon and frankincense essential oils strengthen the skin and improve hydration levels for radiant skin.

**55 minutes**

**£60**

## Vanilla & Ylang Ylang Hydrating Envelopment

This cocooning and warming relaxation massage and body wrap uses soothing vanilla as well as brightening papaya extract to leave skin satin smooth.

**55 minutes**

**£60**

## Cleansing & Purifying Back Therapy

A facial for your back! Decongests and brightens for a beautiful back. Following our unique back diagnostic massage to relax and release blocked energy, a skin-brightening exfoliation re-oxygenates skin. Essential oils and plant extracts help rebalance and control oil and moisture levels.

**25 minutes**

**£42**



# MASSAGES



All massages can be enjoyed in our duo treatment room (subject to availability).

## Traditional Massage

### Tailored to your needs

Leave your stresses behind with a relaxing massage tailored to suit your needs with one of our highly trained therapists.

**Back Massage** 25 minutes £42

**Full Body Massage** 55 minutes £62

## DECLÉOR Aromatherapy Body Massage

Heavenly aromatherapy massage to either relax, refine, tone or stimulate. The incredibly soothing sensation of warm aromatherapy balms melts away tension and eases stress for renewed energy and velvety skin.

**Back Massage** 25 minutes £47

**Full Body Massage** 55 minutes £72

## DECLÉOR Deep Tissue Muscle Massage

Banishes tight muscles with deeply therapeutic massage techniques. Powerful, deep and strongly rhythmic movements make this customised massage pure therapy for body and soul. Created to alleviate stress and release the discomfort of aching muscles, essential oil balms actively work with your body to release localised areas of intense tension.

**Back Massage** 25minutes £47

**Full Body Massage** 55minutes £72

## DECLÉOR Aromatherapy Warm Stone Massage

The most blissful way to soothe body and mind. Individually shaped, these heat-releasing magical stones help release tension, soothe aches and rebalance energy levels; the use of luxuriously melting aromatic balms ensures skin emerges soft as silk too.

**55 minutes** £70

## DECLÉOR Tranquillity Scalp Therapy

Deeply relaxing, this blissful scalp treatment incorporates a pressure point massage to banish tension and encourage a good night's sleep. With stimulating and purifying eucalyptus, pepper and rosemary - plus calming lavender essential oils - it gives immediate results.

**25 minutes** £38

## DECLÉOR Mums' Retreat

Pregnancy can take its toll on your body so relax and let a highly trained therapist safely and gently treat you to a truly nurturing experience. This blissful face and body treatment includes a comforting tummy mask that actively helps reduce the risk of stretch marks plus draining massage to reduce water retention to lighten 'heavy' legs. A skin-brightening facial ensures you look as glowing as you feel. Suitable for pregnancies over 12 weeks and new mums.

**70 minutes** £70









# BONDING TIME TREATMENTS

It's great to spend some quality time with your younger ones and it's never too soon to start looking after your skin, so we have developed a selection of spa treatments you can do with younger ones (aged 8-16).

## TEEN DISCOVERY FACIAL

The perfect rescue remedy taster facial with instant results. Using a deep cleansing clay mask to dissolve impurities and leave a clear and refreshed complexion.

**25 minutes**

**£35**

## TEEN PURE & MATT FACIAL

Intensely balancing and detoxifying. This antibacterial and mattifying facial treatment targets spots, blemishes, open pores and excessive shine to bring dull skin back to life.

**55 minutes**

**£55**

## MINI MAKEUP LESSON and APPLICATION

Using lavish makeup for flawless foundation coverage, enchanting eyes and luscious lips.

**25 minutes**

**£20**

## CND FILE & POLISH

A 'tidy up' and application of colour from our extensive range, lasting up to seven days.

**25 minutes**

**£20**

## CLEANSING & PURIFYING BACK THERAPY

A facial for your back! Decongests and brightens for a beautiful back. Following our unique back diagnostic massage to relax and release blocked energy, a skin-brightening exfoliation re-oxygenates skin. Essential oils and plant extracts help rebalance and control oil and moisture levels.

**25 minutes**

**£40**

## MINI SPA

Mix & Match with bonding time treats designed for younger ones aged 8-13 years old.

Makeup Application

Hair-up do

Polish Application – Hands or Feet

Mini manicure or pedicure

**Choose any two of the following mix & match treatments for £25**

Guests aged 8-16 need to be accompanied by an adult for each individual treatment.







# POST SPORT RECOVERY TREATMENTS

**Choose from our treatments specifically designed to aid in the recovery of the body after taking on the elements during sport with deep invigorating and re-energising massages and facials.**

## **EXPRESS ENERGISING Facial**

Time saving and face saving. Developed to re-charge and revive skin instantly, it includes thorough exfoliation and a revitalising massage to give tired skin a new lease of life.

**25 minutes**

**£40**

## **INVIGORATING Facial**

Our fatigue-fighting, anti-ageing treatment reduces shaving bumps and irritation. An invigorating and hydrating pure energy mask made from oak and green clay, combined with stress releasing massage techniques, decongests deep down to re-energise skin.

**55 minutes**

**£57**

## **DEEP TISSUE Back Massage**

Powerful, deep and strongly rhythmic movements make this customised massage pure therapy for body and soul. Pure pepper and cypress essential oils aid the potency of the tension busting massage.

**25 minutes**

**£47**

## **MUSCLE EASE Body Therapy**

Dramatically reducing tension and boosting energy levels, this deeply revitalising massage concentrates on tight or aching muscles. Active essential oils of pepper and cypress are specially chosen for the needs of men's skin, working to restore energy levels and wellbeing.

**55 minutes**

**£70**

# FINISHING TOUCHES

Whether preparing for a special occasion or just treating yourself, our range of finishing touches will make you feel that extra bit special.

## DECLÉOR Sole Therapy

Treat tired and aching feet to a deeply relaxing leg and foot massage. A purifying exfoliation and nourishing mask help to banish dry, cracked heels and rejuvenate your feet.

**25 minutes** £38

## CND Nails

### CND File & Polish

A 'tidy up' and application of colour from our extensive range, lasting up to seven days. Available for guests over the age of 13.

**25 minutes** £20

### CND LUXURY MANICURE OR PEDICURE

A tailored manicure or pedicure, with exfoliation, hand or foot massage and application of CND polish or Shellac.

**55 minutes** £49

### CND Shellac™

Paints on like polish and wears flawlessly for 14 days. Choose from a dazzling range of colours, including the RockStars glitter range.

**45 minutes** £25

Waxing and Tinting available  
UPON Request FROM £15



All of the Finishing Touches treatments can be adapted for pregnant clients, please inform your therapist if you are pregnant at the time of consultation.

\*Lash extensions involve lying down flat for 90 minutes so may not be suitable for later stages of pregnancy.

## SPRAY TANNING

### Fake Bake SPRAY TAN

A choice of shades is available, including the 60 minute developing tan. Guests are required to bring loose clothing, wear no creams, oils or deodorants. Exfoliation is recommended prior to tanning.

**15 minutes** £25

### Fake Bake PASSION FRUIT Body Polish

Upgrade your Fake Bake Spray Tan as you prepare your skin for a seamless self-tan experience as natural luffa particles gently exfoliate dead skin cells to renew skin texture.

£10

## Make Up

### MAKEUP LESSON AND APPLICATION

Using pure minerals cosmetics for flawless skin. Available for guests over the age of 13. Wedding make up available on request.

£20

### Lash Perfect Eyelash EXTENSIONS\*

Semi-permanent lashes. Longer, thicker and natural looking lashes that last up to six weeks. Please come prepared with no make up and no contact lenses.

**90 minutes** £55

### Lash Perfect Eyelash EXTENSION INFILL

**45 minutes** £25



## NEW FOR 2019

### Lash Perfect EXPRESS

Choose from a subtle and natural style, or be built up to provide glamorous, volume lashes that lasts up to 3 weeks.

**30 minutes**

**£32**



# FAQs

## **Where is the Spa?**

We are located on the first floor of the Alton Towers Hotel. The Hotel is signposted from arrival at the main entrance.

## **Do I need to pay for the car park?**

Car parking is complimentary; park at the Alton Towers Hotel car park and enter through the Hotel main entrance.

## **Is there an age limit?**

We want you to be able to relax whilst visiting our Spa so we are strictly over 16's within our Aqua Relaxation Rooms and for most of our treatments. For guests 8+, please see page 16 for our Bonding Time Treatments.

## **Can I meet my friends on the Theme Park during my Spa stay?**

The Spa is situated at the Alton Towers Hotel; you would need to purchase your Theme Park ticket as an addition at [altontowers.com](http://altontowers.com) or by calling 0871 222 3330†.

## **Can I go back to my Hotel room in my robe?**

Yes, you will be required to provide information at the Spa reception and return the robe to the Spa to avoid a charge.

## **I have received/am receiving medical treatment. What can I use in the Spa?**

We suggest you speak to your doctor as sometimes doctor's notes are required; if in doubt call the Spa to request a call back from one of our expert therapists.

## **Do you sell gifts and gift vouchers?**

We have a range of luxury gifts including retail sets and vouchers. Purchase your gift vouchers at [altontowers.com/spa](http://altontowers.com/spa)

## **Terms and conditions**

Please be aware we do ask you to arrive 10 minutes before your treatment time; late arrival may result in a shorter treatment time or no treatment. Prices are subject to change without notice. All treatments are subject to availability. Spa day treatment times are subject to change; should this be necessary, they will be confirmed to you on arrival at the Spa.

† Calls cost 13p per minute plus network extras.





# FOLLOW US

## Seasonal Packages

We also offer a fabulous range of seasonal packages and exclusive promotions; simply email [spa@alton-towers.com](mailto:spa@alton-towers.com) to join our newsletter.



Like Alton Towers Spa on Facebook



Follow us on Instagram @altontowersspa

Plus check out our seasonal events calendar for all of the latest special offers, packages and events at [altontowers.com/spa](http://altontowers.com/spa)



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