





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 01538 704094† or email 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. Any payment made cannot be refunded

Arrival Time

Please can we ask that you arrive 10 minutes before any booking to ensure you do not miss out any of your relaxation time. Whilst treatments and lunch are not included in your spa relaxation time they can be added on at an additional charge. If you are booked onto a package with lunch and treatments included, your times will be confirmed upon arrival.

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. Spa branded flip flops are available for £3, please speak to our receptionist to purchase these.



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

SPA PACKAGES

Spa Discovery 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).

£65 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, DECLÉOR Aromatherapy Facial or Invigorating Facial (55 minutes).

£99 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:

- Aromatherapy Facial (60 minutes)
- Vanilla & Ylang Ylang Hydrating Envelopment (55 minutes)
- Energising Face and Body Scrub (55 minutes)
- CND Shellac Nails Hand & Feet (70 minutes)

£149 per person





DIY RASUL

Our DIY pampering ritual begins as you apply mineral-rich mud to the face and body whilst inhaling aroma-filled steam. The heat of the sauna will harden the clay to cleanse the skin, soothe tense muscles and detoxify the body. Salt granules remove dead skin cells before our tropical shower washes the mud away, leaving your skin silky smooth with a beautiful glow.

Enjoy three hours in our ultimately tranquil Aqua Relaxation Rooms and indulge in this 45 minute self-care treatment for just £60 per person (minimum of 2 guests).

A delicious 2 course lunch is included.

To relax even further why not add on a Traditional Back Massage for just £30 per person?

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 herbal/fruit teas, hydration juice and fresh 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, 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 receptionist.

3 hours

Monday - Thursday

£40

Friday - Sunday

£45

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 specialist products and exclusive massage techniques and treatments to deliver a unique sensorial experience that visibly enhances the skin's natural health and radiance.





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. Both of our signature therapies include three hours access to the aqua relaxation rooms.

The Candle Melt Ritual

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. Finish with a perfect rescue remedy taster facial with instant glowing results. Using a combination of massage essential oils, it will leave your skin soft and radiant. Enjoy your indulgent aromas after your massage as you are welcome to take home your candle.

Head to toe - 105 minutes

£90

Radiant Mum To Be (P)

Pregnancy can take its toll on your body, so relax and let a highly trained therapist safely and gently treat you to a nurturing and indulgent experience. This blissful face and body treatment includes bespoke gestures created specifically for pregnancy, including a relaxing back massage plus tension releasing leg massage to lighten 'heavy' legs. A hydrating tummy mask to actively help hydrate the skin and encourage elasticity will be applied, followed by a skin-brightening facial and a decadent scalp therapy ensuring you look as glowing as you feel.

90 minutes

£110

FACIALS BY DECLÉOR

DECLÉOR holistic facials are famous worldwide for their heavenly feel and simply stunning results carried out by skincare experts. The use of expert techniques and 100% pure, preservative-free essential oils address the demands of every single skin type.

Aromatherapy Facial Massage

A facial suitable for all, and those looking to target your skin priorities whilst brightening and rebalancing the skin.

Stress simply melts away thanks to this deeply relaxing aromatherapy massage. Using a professional *mask your therapist will select either the power-packed Aromaplasty mask which contains sunflower and wheatgerm or the soothing Harmonie calm mask for a moisturized, luminous skin. The skin will feel softly cocooned as it is left deep cleansed, perfectly replenished and glowing with vitality.

30 minutes	£45
60 minutes	£65
90 minutes	£85

Lifting Aromatherapy Face Massage

A facial ideal for those targeting the signs of ageing and the need to destress and bring a sense of well-being.

This deeply relaxing, toning and firming aromatherapy face massage is ideal for those wanting to destress plus target the signs of ageing. A lifting and contouring professional *mask will be applied to leave the face looking tightened, as if lifted.

30 minutes	£45
60 minutes	£65
90 minutes	£85

Skin Workout

A targeted anti-ageing “workout” facial which includes a toning and firming massage.

A unique anti-ageing targeted massage combining flow and rhythm focuses on the power of repetition for a true workout for the skin. Powerful key Aromessences and balms will be selected to give targeted results for skin that's looks smoother, firmer, sculpted and luminous.

30 minutes	£45
60 minutes	£65
90 minutes	£85

*Professional masks included in 60 & 90 min options only.

DECLÉOR
PARIS

SKIN · BODY · MIND





DECLÉOR BODY TREATMENTS

Polish & Nourish

Orange, Argon and Sugar exfoliating grains alongside Fruit Enzymes of Passion Fruit, Grape and Pineapple are used to buff and polish skin leaving it in supreme condition. Any areas of tension and stress can be focused on, re-energising and restoring vitality for skin that's beautifully nourished and velvety soft all.

25 minutes

£45

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

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

Envelopments

Detress and Rebalance

Banish stress with this cocooning and warming relaxation wrap. Developed to improve wellbeing by relieving stress and clearing busy minds, indulgent botanicals actively help reduce tension and stress. The perfect treatment for anyone with a hectic, demanding lifestyle who finds it hard to switch off, this sublimely relaxing envelopment includes soothing Vanilla as well as brightening Orange to leave skin satin smooth and supple.

55 minutes

£62

Firm & Tone

This collagen-boosting body wrap tones slackened skin, targets sun damaged skin and helps improve the look of stretch marks. Potent radiance enhancers Jojoba, May Chang and Lemon essential oils work to erase the appearance of imperfections and strengthen skin whilst also combatting the appearance of wrinkles. Deeply nourishing, this sculpting envelopment hydrates and moisturises too, improving hydration levels for radiant, firm and soft skin from top to toe.

55 minutes

£62

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	£47
Full Body Massage	55 minutes	£67

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	£52
Full Body Massage	55 minutes	£77

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.

Back Massage	25 minutes	£57
Full Body Massage	55 minutes	£82

Recover and Release Tensions Bamboo Massage

Relieve your daily stresses and tiredness with this sensuous deep tissue massage using natural Bamboo and deep pressures to accentuate the massage effects and instantly relieve muscle tensions. The massage with Cica, Rosemary & Niaouli essential oils will help to stimulate blood circulation and help your skin to heal itself, naturally.

Back Massage	25 minutes	£57
Full Body Massage	55 minutes	£82

DECLÉOR Tranquillity Scalp Therapy (P)

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	£42
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BONDING TIME TREATMENTS

It's never too soon to start looking after your skin, so we have developed a selection of spa treatments you can do with your younger ones as well as spending some quality time (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. Available for 13 years+.

25 minutes

£40

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. Available for 13 years+.

55 minutes

£60

Mini Makeup Lesson and Application

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

25 minutes

£25

CND File & Polish

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

25 minutes

£25

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. Available for 13 years+.

25 minutes

£45

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 £30

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



Introducing NATURAL SPA FACTORY

Cruelty Free, Sk:Incredible Natural Skincare products for every body.

Bursting with botanically sourced ingredients, derived from nature like; herbs, plants and flowers. Products are cruelty free and not tested on animals.

(treatment list)

Don't Look Back

Give your body the praise and recognition it deserves with this invigorating upper body massage. Feel the tension lift whilst our Invigorating Oil packed with Roman Chamomile that fights stress and relieves tension induces a happy and charged feeling.

25 minutes

£60

Refresh and Recharge

Boost the body from the outside with a burst of anti-oxidant superfoods starting with a full body scrub to invigorate and energise, combined with a targeted massage to stimulate skin and ease tension transporting you to a euphoric state.

90 minutes

£95

Includes a session in the Aqua Relaxation Rooms.



CARE FOR... EVER
SKIN BODY

natural Spa factory

— EST. BATH ENGLAND —

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

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 8.

25 minutes

£25

CND Manicure or Pedicure

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

25 minutes

£25

(application of Vinylux only)

55 minutes

£49

CND Shellac

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

45 minutes

£25

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

£30

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.

£15

Make Up

Makeup Lesson & Application

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

£20

Lash Bar

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

£60

Lash Perfect Eyelash Extension Infill

45 minutes

£30

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

£37

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.





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 or by calling **01538 704094**[†].

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

Is there anywhere to eat at the spa?

Yes, we offer a delicious 2 course lunch in our hotels Secret Garden Restaurant for an additional charge or if it was something smaller we do offer a variety of snacks.

How do I make the experience last longer?

As part of your complete experience, our trained therapists will recommend a skincare/body routine to enable you to continue the benefits of your treatment at home. Our products are available to buy directly from the spa reception

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 to join our newsletter.



Like Alton Towers Spa on Facebook

Plus check out our seasonal events calendar for all of the latest special offers, packages and events at altontowers.com/explore/spa



The background is a light teal color with a subtle, wavy pattern. In the center, there is a rectangular frame with ornate, scrolled corners in a light brown or tan color. Inside this frame, the text "altontowers.com/spa" is written in a dark teal, serif font. Three pink flowers with yellow centers are scattered around the frame: one to the left, one to the right, and one below the frame.

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