

SPA BY
KASIA

Soft, simple, subtle...

enhance your natural beauty

ANTI WRINKLE INJECTIONS

Prescription and consultation prior to treatment with our resident Doctor. One off fee of £25.

See results within 2 weeks of initial treatment. Reverse signs of ageing & remove wrinkles by temporarily paralysing the muscles.

£100 - per area
£250 - 3 areas treated
at one time



Advanced Botox – tooth grinding, jaw reduction, headaches, Nefertiti lines, anti-sweat, chronic muscular spasm can be discussed at consultation

LIP FILLER

Redefine & restore youth to your lips for a natural look or plump up for the perfect pout.

Natural Lip £220
Perfectly Plump £280

Guide price only.



FACIAL FILLER

We offer a range of facial filler treatments which can be discussed in detail during consultation. **Prices start from £200**

Nose to lip lines, Marionette lines, cheek enhancement, perioral smokers lines, jaw definition, jaw lift, hand & neck skin booster treatments.

THREAD LIFT FACIAL from £300 - £1500

Sometimes referred to as the ‘non-surgical facelift’, the Thread Lift is a minimally-invasive treatment that lifts sagging or ageing areas of the face without the need for sedation or a hospital stay. It is performed under local anaesthetic and takes as little as 30 minutes, with patients able to walk-out and return home a short while after. Results vary but can last up to 2 years.

NON-SURGICAL RHINOPLASTY from £300

Specialised use of dermal fillers to correct the nose shape. No downtime, temporary results lasting between 6-18 months depending on the product used.

CONSULTATIONS

15 minute consultation - £35

All consultation fees are non-refundable but redeemable against treatment.

Private GP Appointments with Dr A. Robb - £50

LVL LASHES - £50

Add length, volume & lift to natural lashes without the need of mascara or extensions. Results last up to 8 weeks.

MICROBLADE BROWS - £250

Pigment is inserted into the upper layer of the skin to create perfect brows. Results can last 12-18 months.



SEMI-PERMANENT MAKE-UP

Also known as micropigmentation.

3D Hair stroke brows - £300

Eyelash Enhancement - £250

Eyeliner - £300

Lip Line - £250

Lip Blush - £300



COLOUR BOOST PRICE LIST

Designed for those who possibly don't hold pigment well or those that simply wish to keep their enhancements looking as fresh, sharp and defined as possible. Price/time from initial treatment only, not second.

Within 6 months £110

Within 12 months £160

Within 18 months £210

VEIN TREATMENT - £90

Advanced skin lasers target your problem areas with absolute precision to fade unsightly veins. 2-3 treatments are usually enough to give you clear skin.

LASER HAIR REMOVAL

The Apogee Elite is one of the most advanced laser hair removal systems allowing us to treat all skin types. The treatment is fast, effective and mostly painless, 5-6 treatments are usually enough to leave you with fabulous smooth skin every day.

Full Leg £250

Hollywood £145

Forearm £95

High Bikini £90

Buttocks £110

Nipples £45

Chin £50

Eyebrows £35

(in between only)

Chest £110

Back including

Shoulders £199

Half Leg £160

Underarm £65

Bikini Line £70

Brazilian £120

Navel Pubis Line from £45

Lip £45

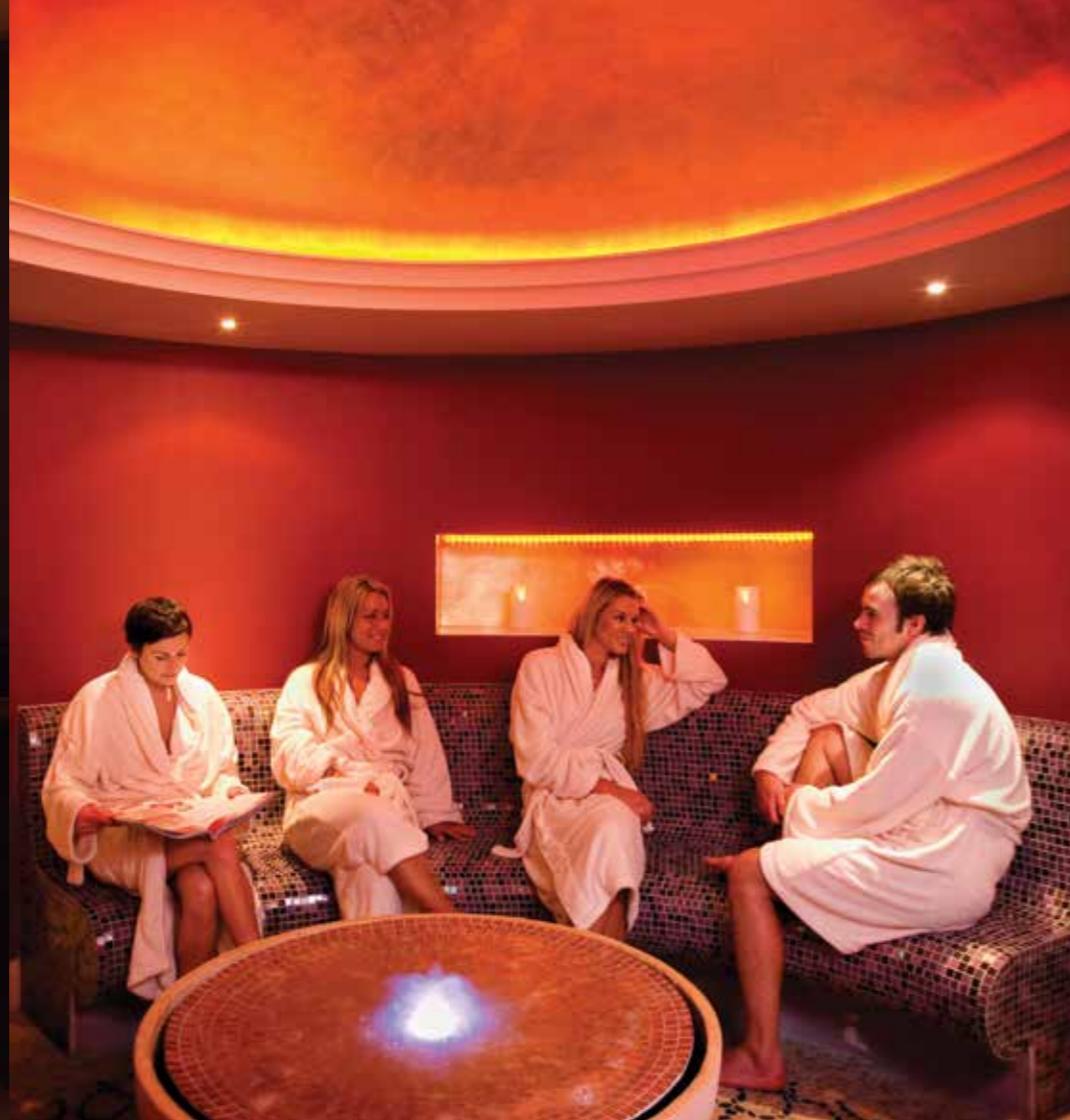
Nose Hair £45

Chest and Abdomen £190



SPA BY
KASIA

In the heart of the Cheshire countryside is a haven of tranquillity, a place to escape, leave the world behind and indulge your senses. Step through the door of Spa by Kasia where your cares and worries will start to melt away.



DAY SPA ESCAPES

Indulge in a day of pure peace and tranquillity and let your cares and worries melt away. At Spa by Kasia your **Day Spa Escape** begins from 9am until 5.30pm. It will include a welcome tour and Asian Tea Ritual on arrival, use of a fluffy luxurious gown, towel, slippers and full use of our superior facilities including the swimming pool, Jacuzzi, sauna, steam room, tennis court, gymnasium, Waterfall Lounge, Penchan Snooze Room and Tranquility Zone. Day Spa guests also enjoy exclusive access to our Sensory Garden featuring koi carp pond, stunning water fall and calming water features, outdoor dining area, winding paths and stepping stones for a truly enchanting journey. During your day you will also be treated to complimentary fresh fruit and taster smoothie of the day (exclusive use of the Asian Sensory Garden between 12pm and 3pm).



FEELING PECKISH?

If you wish to dine with us during your Day Spa Escape, you can enjoy a 2 course lunch in our Spa Eatery, where you can dine in your gown and slippers for just £17.50pp.

For the more indulgent of tastes, opt for our traditional Afternoon Tea; freshly made sandwiches, homemade scones and sweet treats for just £16.50pp.

Or if you're on a health kick, then why not try our DRIFT JUICE CLEANSE. Allow the DRIFT to introduce you to a new way of thinking, eating and living. Enjoy four naturally healthy juices throughout your day for just £20.



SPECIAL OFFER MIDWEEK ONLY

SPA TASTER DAY & AFTERNOON TEA - £69

25 mins treatment time

A taste of Elemis. Choose from either an Elemis Taster Facial or Elemis Deep Tissue Back Massage. Also includes Day Spa Escape Experience and a delicious Great British, Afternoon Tea.

We recommend you design your own day using the UNIQUE Spa. However, if you find it all too difficult to choose we have some pre-made packages which might just suit your needs... All our packages include the Day Spa Escape Experience as described.

THE UNIQUE

Tailor make your own unique Spa day by selecting our choice of treatments from the following pages and add £30 for your Day Spa Escape. (minimum of 2 treatments per person.)

THE DISCOVERY - Midweek £69, Weekends £89

50 mins treatment time

Discover Elemis with our introductory Taster Facial & Deep Tissue Back Massage.

THE CLASSIC - Midweek £130, Weekends £145

A TOUCH Skin Solutions Elemis Facial 60 mins

The Elemis Freestyle Deep Tissue Body Massage 55 mins

THE LUXURY - Midweek £145, Weekends £165

Elemis Superfood Pro Radiance Facial 60 mins

Elemis Deeper than Deep Hot Stone Massage 75 mins

THE YOUTH BOOSTER - Midweek £120, Weekends £140

Pro Collagen Age Defy Facial 65 mins

Deep Tissue Back Massage 25 mins

THE MUSCLE RELAXER - Midweek £89, Weekends £99

Elemis Poulitice-Powered Muscle Release 60 mins

Upgrade to Hot Mineral Body Boost - £15

Receive 15% discount on any additional treatments booked on to your package. (Not redeemable against AA Aesthetics. AA Aesthetics treatments can not be incorporated into packages by Spa by Kasia. They must be booked seperately.)

SLEEPOVER SPA BREAKS

SUNDAY SLEEPOVER SPA FOR 2 - £299

Includes overnight stay in a standard double or twin room, traditional Sunday carvery dinner (one main course pp), full English breakfast, Day Spa Escape & one Elemis treatment up to 65 mins each. Spa day to be taken on the Monday only.

SLEEPOVER SPA ESCAPE

Monday - Thursday FOR 2 - £299

Friday - Saturday FOR 2 - £333

Includes overnight stay in a standard double or twin room, full English breakfast, Day Spa Escape & one Elemis treatment up to 65 mins each.

GIRLS NIGHT IN

Sunday - Thursday £175

Friday - Saturday £195

Includes overnight stay in a standard double or twin room, full English breakfast, Day Spa Escape & one Elemis treatment up to 65 mins each. Dinner in Ciro's brasserie and a half bottle of house wine *£25 dinner allowance, food only. Minimum of 4 persons with 2 persons sharing each room.

All Sleepover Spa Escapes include our Day Spa Escape as described on page 4

SPA STAY UPGRADE
Make your stay the most luxurious
EXECUTIVE £20 supplement
DELUXE £30 supplement
SUPERIOR £60 supplement





SOLE TREATMENTS

When booking any of the following individual treatments guests do not have access to our Spa facilities. If you would like to spend the day with us take a look at our Day Spa Escapes.

ELEMIS

ELEMIS TREATMENT PHILOSOPHY

ELEMIS therapists make it personal.

They look. They listen. They tune in to you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and the ever-changing nature of your skin.

A healing hub where touch and technology are turbo charged by the power of minerals, plants and active natural aromatics.

All the treatments are designed to support great skin health; to respect that skin is alive. No two skins are the same. And no two bodies are the same. Every spa therapy is shaped and moulded around you. Personalised for a results-driven, personalised experience.



ELEMIS

THE POWER OF PRO-COLLAGEN



TOUCH: ANTI-AGEING

ELEMIS PRO-COLLAGEN AGE DEFY - 65 mins £69

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

**Independent Clinical Trials*

ELEMIS PRO-DEFINITION LIFT AND CONTOUR - 65 mins £69

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS TREATMENT MENU

FACE: TOUCH

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

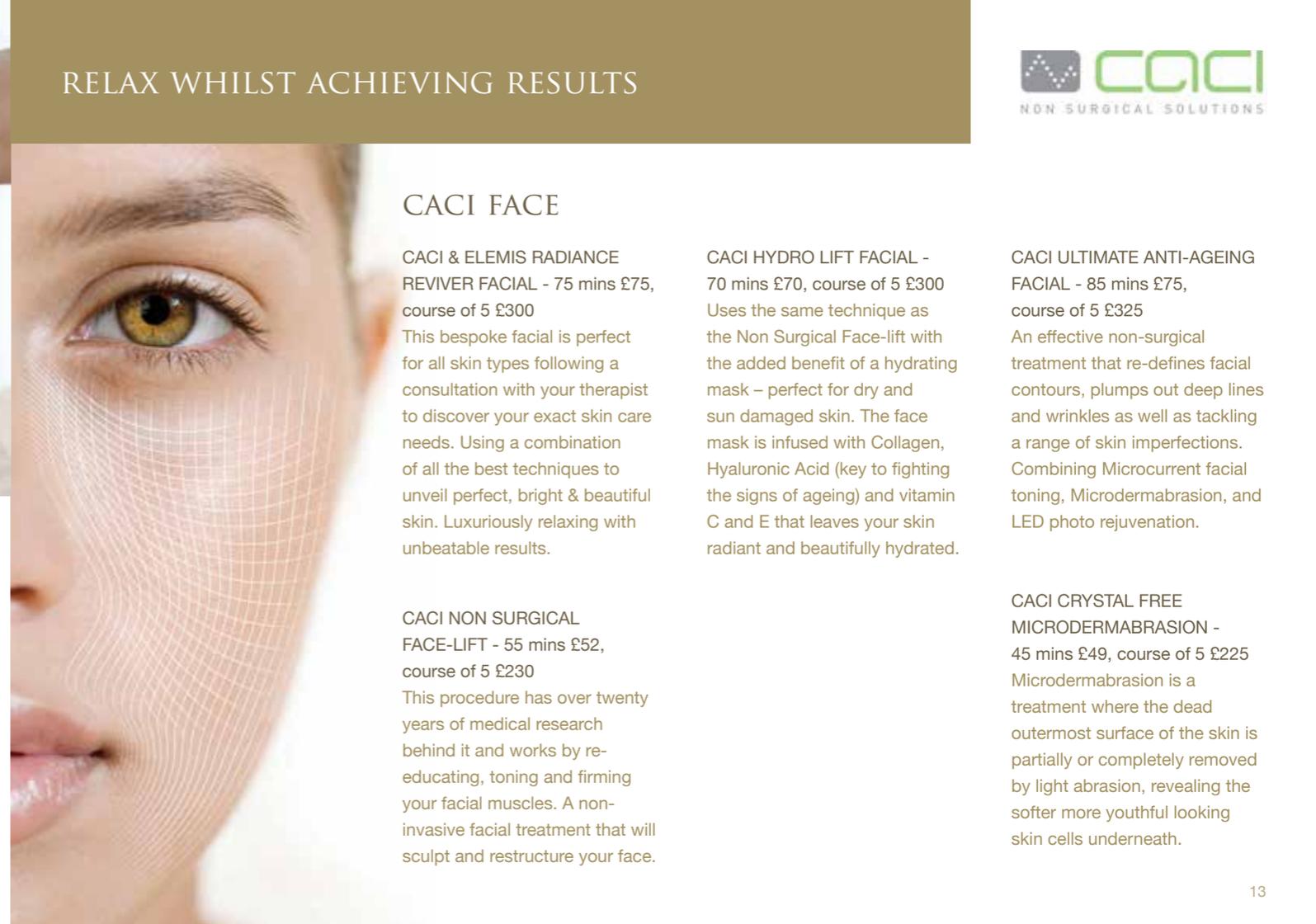
ELEMIS DYNAMIC RESURFACING PRECISION PEEL - 65 mins £69

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

**Independent Clinical Trials*

ELEMIS WHITE BRIGHTENING PIGMENT PERFECTOR - 65 mins £69

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.



TOUCH: SKIN SOLUTIONS

these targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.

ELEMIS SUPERFOOD PRO-RADIANCE - 60 mins £60

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

**Independent Clinical Trials.*

ELEMIS SENSITIVE SKIN SOOTHER - 60 mins £60

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS ANTI-BLEMISH MATTIFY AND CALM - 60 mins £60

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

CACI FACE

CACI & ELEMIS RADIANCE REVIVER FACIAL - 75 mins £75, course of 5 £300

This bespoke facial is perfect for all skin types following a consultation with your therapist to discover your exact skin care needs. Using a combination of all the best techniques to unveil perfect, bright & beautiful skin. Luxuriously relaxing with unbeatable results.

CACI NON SURGICAL FACE-LIFT - 55 mins £52, course of 5 £230

This procedure has over twenty years of medical research behind it and works by re-educating, toning and firming your facial muscles. A non-invasive facial treatment that will sculpt and restructure your face.

CACI HYDRO LIFT FACIAL - 70 mins £70, course of 5 £300

Uses the same technique as the Non Surgical Face-lift with the added benefit of a hydrating mask – perfect for dry and sun damaged skin. The face mask is infused with Collagen, Hyaluronic Acid (key to fighting the signs of ageing) and vitamin C and E that leaves your skin radiant and beautifully hydrated.

CACI ULTIMATE ANTI-AGEING FACIAL - 85 mins £75, course of 5 £325

An effective non-surgical treatment that re-defines facial contours, plumps out deep lines and wrinkles as well as tackling a range of skin imperfections. Combining Microcurrent facial toning, Microdermabrasion, and LED photo rejuvenation.

CACI CRYSTAL FREE MICRODERMABRASION - 45 mins £49, course of 5 £225

Microdermabrasion is a treatment where the dead outermost surface of the skin is partially or completely removed by light abrasion, revealing the softer more youthful looking skin cells underneath.

THE SPECIFICS

THE PARTY POUT - 20 mins £29

This treatment combines the award winning CACI Amino Lift Peptide Complex and electrical stimulation, along with red LED light therapy to immediately plump the lips.

CACI JOWL LIFT - 25 mins £35

The new CACI Quad probes have been designed to specifically target loose, sagging muscle around the jawline, tightening and firming the skin. You will feel the difference from your first session.

CACI ULTIMATE EYE LIFT - 25 mins £35

The CACI Eye Lift can help with non-surgical eye bag removal and helps tighten the skin around your eyes leaving you looking more youthful. Also, you will benefit from added hydration and rejuvenation as well as lift.

SKIN SOLUTIONS

BLEMISH FIX - 40 mins £50

Uses gentle resurfacing to help treat the marks left on a troubled skin. Using blue LED light therapy to break down the bacteria causing breakouts and red LED light to stimulate healthy new collagen and an oil-free mask is used to hydrate sore and sensitive skins.

HYDRATE AND REPAIR - 40 mins £50

An oil-free mask enriched with vitamins A and E and Hyaluronic Acid is pushed deep into the skin to nourish the cells, fighting dehydration that can lead to breakouts. The skin is softened and left glowing and feeling healthy.

MEN'S TREATMENT MENU

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

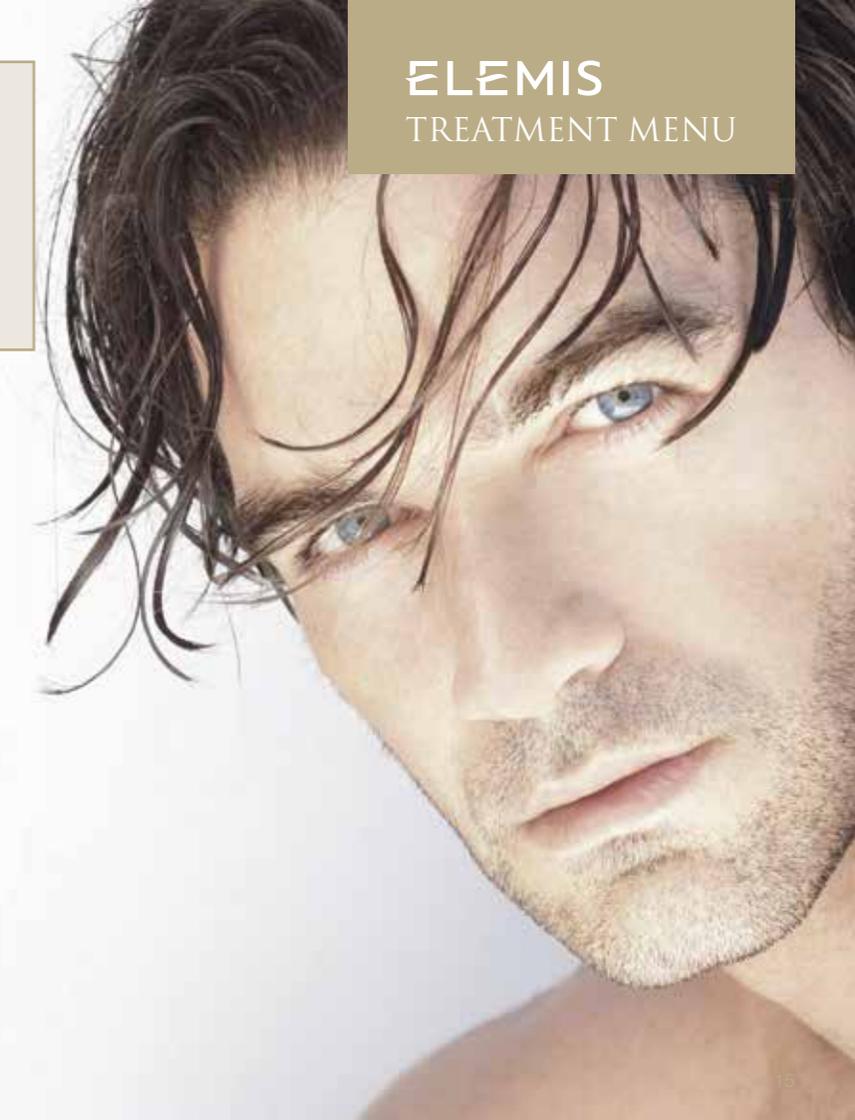
MEN: TOUCH

ELEMIS HIGH PERFORMANCE SKIN ENERGISER - 65 mins £65

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

MEN: BODY FAVOURITES

- ELEMIS Hot Mineral Body Boost
- ELEMIS Poultice Powered Muscle Release
- ELEMIS Freestyle Deep Tissue Massage
- ELEMIS Deeper Than Deep Hot Stone



ELEMIS

TREATMENT MENU

BODY

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.



BODY: MASSAGE

ELEMIS FREESTYLE DEEP TISSUE MASSAGE -
25 mins £45 / 55 mins £58 / 70 mins £79

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE -
60 mins £69 / 75 mins £79

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

GARDEN OF ENGLAND ROSE RESTORE -
60 mins £69 / 90 mins £95

A lavishly hydrating massage and body wrap. The unique trip of Rose, Camellia & Poppy seed oils leaves the skin exquisitely moisturised, intensely supple & delicately scented. Our 90 minute treatment also includes a salt scrub.

BODY: ENERGY BOOSTING AND MUSCLEASE

ELEMIS HOT MINERAL BODY BOOST -
75mins £85

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. Completed by a restorative facial massage, this is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

ELEMIS POULTICE-POWERED MUSCLE RELEASE - 60 mins £69

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique Amber and Quartz poultice to dissolve knots and ease tensions. Completed with a restorative facial massage, tension is dissolved.

BAMBOO MASSAGE

An exotic, warming deep tissue massage using heated Bamboo stalks with heavenly frangipani & coconut oil. A truly unique deep tension muscle relieving massage unlike any you will have experienced before.

Back of Body Bliss 45 mins - £59

Ultimate Full Body Experience 75 mins - £89

BODY: DETOX AND CELLULITE

ELEMIS BODY NECTAR NOURISHING WRAP -
SWEET ORCHID OR FRANGIPANI - 60 mins £69

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS INTENSELY CLEANSING SALT SCRUB -
LIME AND GINGER OR FRANGIPANI - 60 mins £69

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

ELEMIS THOUSAND FLOWER DETOX WRAP - 60 mins £69

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

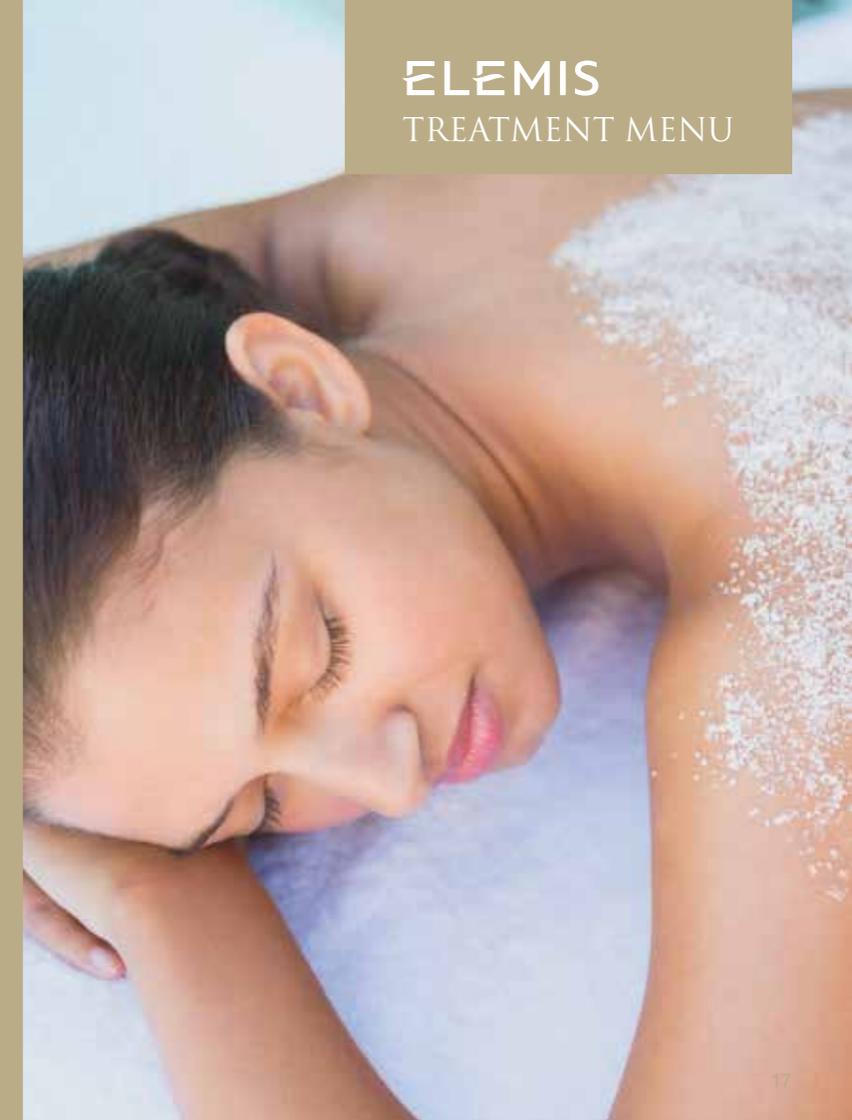
ELEMIS TARGETED TONING TIGHTENER - 60 mins £69

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven* to reduce the appearance of cellulite after just one treatment.

**Independent Clinical Trials.*

ELEMIS

TREATMENT MENU



BODY: HANDS AND FEET

ELEMIS GARDEN OF ENGLAND ROSE RESTORE HAND TREATMENT - 25 mins £28

Or luxury manicure - 55 mins £40

This is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness.

With a luxury manicure choose between Gels or polish.

Note: if you choose gel over polish you will not receive the skin mask and hot gloves due to time allocation.

ELEMIS BEST FOOT FORWARD - 25 mins £28

Or luxury pedicure - 55 mins £45

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.

With a luxury pedicure choose between Gels or polish.

Note: if you choose gel over polish you will not receive the skin mask and hot boots due to time allocation.



NAILS 2 GO - £25

File & polish using CND Vinylux a revolutionary polish system offering durable, high-shine and week-long wear.

CND SHELLAC - 45 mins £28

Created with the health of the natural nail in mind, this evolution in technology protects nails, offering weak or bitten nails the opportunity to grow

- Long-lasting - 14+ days
- Durable yet flexible
- Stunning crystal shine and non-chip finish
- No smudging, dries immediately
- Protects the natural nail, no damage
- Simple removal – gel overlays soak off in 10 minutes

SOAK OFF (Gels only, not acrylics) - £15

CND SHELLAC SOAK OFF & SHELLAC REAPPLICATION - £35



SOMETHING SPECIAL ...

HYDROTHERAPY BATHING CEREMONY -

25 mins - 1 person £40 - 2 persons £50

Hydrotherapy treatments use the power of water to relieve stress and tension, leaving you perfectly serene. The perfect pre-treatment relaxer.

Why not indulge with a glass of bubbly?

Prosecco £5.25 per glass, £23.95 per bottle

Champagne £7.95 per glass, £44.95 per bottle

HAMMAN THERMAL SUITE

The ultimate and traditional Hamman experience combining the benefits of Hamman steam bathing, and the thorough exfoliation of the body with a goat hair mitten then followed with a deeply cleansing full body soap massage performed on a heated marble plinth. Guaranteed to make your skin glow and provide deep muscle relaxation.

One person treatment - 40 mins £50

Two person treatment - 55 mins £90

RASUL

Escape into our beautiful Arabian Rasul with twin thrones ideal to share with a partner or friend. A steam filled chamber with a range of therapeutic muds for you to apply while the herbal steam encourages absorption of minerals. A steamy, tropical rain shower then falls from the starlit ceiling leaving you feeling refreshed and deeply relaxed. Pure heaven!

1 hour

One person treatment - £50

Two person treatment - £90

BODY: PREGNANCY

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester. Gently.

ELEMIS PEACEFUL PREGNANCY MASSAGE - 55 mins £58

An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

ELEMIS PEACEFUL PREGNANCY FACE AND BODY EXPERIENCE - 75 mins £85

Soothe aches and pains with this gentle body massage followed by a facial to correct any visible effects of hormonal changes on the skin.



BACK TO BASICS

ST TROPEZ ULTIMATE AIR SPRAY TAN

Full Body £28

LASH & EYEBROW

Lash Tint £20

Eye Brow Tint £11

Eye Brow Shape £12

Lash and Brow Tint £25

WAXING

Full Leg Wax £28

Half Leg Wax £20

Bikini Line £14

High Bikini £20

Brazilian £30

Underarm £12

Lip or Chin Wax £12

Lip & Chin Wax £16

Hollywood Bikini Wax £45

Forearm Wax £20

Gents Back Wax £28

Gents Chest & Stomach £25

HD BROWS

HD BROWS - 45 mins £35

Combination of threading, waxing & tinting to carefully sculpt & define brows.

LASH PERFECT

SEMI PERMANENT EYELASH EXTENSIONS

Lashes are made thicker and longer through professional application of synthetic eyelashes directly to your own natural eyelash with a specially formulated bonding agent.

Semi-permanent, lasting up to 6-8 weeks depending on the life cycle of your own natural lashes and regular maintenance. You will increase the time you can keep your lashes with 2-3 weekly top ups.

SEMI PERMANENT INDIVIDUAL LASHES

Full Set of Lashes - 1 hour 30 mins £75

Maintenance infills - 30 mins £30

Lash Flicks/Corners - 15 mins £20

Strip Lashes (one evening only) - £15



MAKE-UP ARTISTS AT SPA BY KASIA

Book an appointment with our professional Make-Up Artist. Our MUA uses a variety of the latest products including MAC, Charlotte Tilbury, Nars just to name a few. We recommend you have LVL or Lash perfect treatments prior to any event!

PARTY/SPECIAL OCCASION

Party Make-up	£40
Party Make-up under 10 years	£15

WEDDING MAKE-UP

TRIAL DAY

Bridal Trial	£50
Wedding attendant	£40

WEDDING DAY

Bride	£50
Wedding attendant	£40
Wedding attendant under 10 years	£15

When booking the bridal trial and wedding day make-up together & paying on the day of trial receive a package discount of just £90 for both.

TOP TIP!

Essential treatments for every bride or special occasion – CACI Ultimate facial, Microblade blade brows.

Honeymoon or special holiday...every lady should have their semi-permanent lash enhancement & lip blush to enhance their natural beauty 24/7!

SPA ETIQUETTE

Guests must arrive at least 15 minutes prior to all treatment reservations. Arriving late will deprive you of precious minutes of your treatment. Please note that all treatments are the exact time received with your therapist, subject to treatments commencing at the scheduled time.

A charge of £5 is applicable for non returned locker keys and £35 for robes. Spa lockers require a refundable £1 coin. Mobile phones are not permitted within the Spa.

We ask that you do not wear damp swimwear in the treatment and relaxation suites. Underwear must be worn at all times during treatments.



BOOKING TERMS

Cancellation/no show/rescheduling terms are as follows

SOLE TREATMENTS:

More than 48 hours given - permitted with no charge incurred.
Less than 48 hours given - 100 % of the cost will be incurred.

AA AESTHETICS:

More than one week given - permitted with no charge incurred.
Less than one week given - 100 % of the cost will be incurred.

GROUPS/4 OR MORE PERSONS AND ALL DAY SPA ESCAPE PACKAGES:

Full payment is required upon booking.
More than four weeks notice - no charge incurred.
Less than four weeks notice - 100% of the costs will be incurred.

Prices are subject to change without notice.
All bookings must be secured with credit card details.

Gift vouchers can not be extended and are non refundable.
All retail items can not be exchanged or returned.

Any additional services received during your visit will be charged to the card details provided without notice, should guests depart the premises prior to finalising the bill.

Spa by Kasia® at the Grosvenor Pulford Hotel
Wrexham Road, Pulford, Chester CH4 9DG

Tel: 01244 572199

bookings@spabykasia.co.uk
www.spabykasia.co.uk
www.grosvenorpulfordhotel.co.uk

Opening Hours:

Spa Reservations operates

Monday to Friday from 9 am to 6 pm,
Saturday and Sunday 9 am to 1 pm

The Health Club Facilities operates

Monday to Friday from 6.45 am to 10 pm,
Saturday and Sunday 8 am to 9 pm

Treatments are available

Monday to Thursday from 9 am to 8 pm,
Friday 9 am to 7 pm,
Saturday and Sunday 9 am to 6 pm