



ESPA

Natural Beauty
Inner Calm

The Imperial Torquay, Park Hill Road, Torquay, Devon, TQ1 2DG
www.theimperialtorquay.co.uk/health-beauty

EST. 1866

The Imperial

TORQUAY

TREATMENT MENU

ESPA FACIALS

Our facials begin with a detailed consultation and in-depth skin analysis using **SKINVISION** technology to identify skin conditions not visible to the naked eye. Your facial is specifically **TAILORED** to **YOU**, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your **INDIVIDUAL** needs to achieve the best possible results.

Instant Radiance Facial	MON - THUR	FRI - SUN
85 mins	£100	£110

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges and your natural glow is restored

Intense Regenerating Facial	MON - THUR	FRI - SUN
55 mins	£70	£80

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

Active Nutrients Glow Facial	MON - THUR	FRI - SUN
55 mins	£70	£80

This invigorating nutrient rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping guasha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin.

Inner Beauty Facial	MON - THUR	FRI - SUN
55 mins	£70	£80

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored

Indulge in simply blissful spa treatments by ESPA to **RELAX & REWIND**. Using only the very **PUREST** extracts, ESPA biochemists distil active ingredients into products that keep their promises, for instant, **LASTING RESULTS**, every day. Each one is an expression of their belief in the remarkable power of nature to **CALM, REFRESH & RENEW**.

To book any spa treatments call our Reception 01803 212 151, or email leisureclub@theimperialtorquay.co.uk

ESPA BODY TREATMENTS

SIGNATURE TREATMENT

Ultimate Hero - Back, Face & Scalp Treatment

55 mins

MON - THUR FRI - SUN

£75 £85

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best-restored, de-stressed and beautifully radiant.

Inner Calm Massage

55 mins

MON - THUR FRI - SUN

£70 £80

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored

Swedish Massage

55 mins

MON - THUR FRI - SUN

£70 £80

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Hot Stone Massage

55 mins

MON - THUR FRI - SUN

£75 £85

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Our tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

ESPA Body Wrap

55 mins

MON - THUR FRI - SUN

£75 £85

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying algae or nourishing Marine Mud. Skin looks refined toned and beautifully radiant, while a soothing scalp massage restores inner calm.

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MOTHER-TO-BE

Prenatal Relax & Restore

55 mins

MON - THUR	FRI - SUN
£70	£80

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin whilst expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.



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ESPA MINI TREATMENTS

ESPA mini treatments are designed for YOU to enjoy when you are limited on time or simply want to **COMPLIMENT** your existing spa experience. Why not combine two mini treatments for that **ULTIMATE** treat.

Express Facial

25 mins

MON - THUR	FRI - SUN
£45	£50

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Eye Lift Treatment

25 mins

MON - THUR	FRI - SUN
£45	£50

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active formulas relaxes the mind whilst smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

Back, Neck & Shoulder Massage

25 mins

MON - THUR	FRI - SUN
£45	£50

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

Salt & Oil Scrub

25 mins

MON - THUR	FRI - SUN
£45	£50

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Invigorating Foot Treatment

25 mins

MON - THUR	FRI - SUN
£45	£50

This revitalising treatment for tired feet and heavy legs helps to reduce puffiness and soothes aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage

MANICURES & PEDICURES

Jessica Deluxe Manicure

55 mins

MON - THUR	FRI - SUN
£45	£50

This deluxe Jessica treatment includes exfoliation, mask, massage, cuticle care and thermal heated mittens for deeper penetration of oils and creams. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with a perfect polish.

Jessica Deluxe Pedicure

55 mins

MON - THUR	FRI - SUN
£45	£50

This Deluxe pedicure includes exfoliation, mask, removal of hard skin, foot and leg massage and thermal heated booties for deeper penetration of oils and creams. Your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.

Jessica Mini Manicure

25 mins

MON - THUR	FRI - SUN
£35	£40

Hands and cuticles are conditioned and moisturised. Nails beautifully shaped and treated with a prescriptive basecoat, then completed with a perfect polish.

Jessica Mini Pedicure

25 mins

MON - THUR	FRI - SUN
£35	£40

Feet and cuticles are conditioned and moisturised. Nails beautifully shaped and treated with a prescriptive basecoat, then completed with a perfect polish.

Gel Overlay Manicure / Pedicure

55 mins

MON - THUR	FRI - SUN
£60	£65

With the health of the natural nail in mind, GELerations gel formula delivers a long lasting, flawless finish that dries in seconds and protects the natural nail. Nails are filed and shaped, cuticles are softened, the hands or feet are exfoliated and moisturiser applied, finishing with Jessica's GELeration polish of your choice.



GIFT VOUCHERS

An ideal gift for someone special. All our treatments & experiences are available as a gift voucher.

For more information call 01803 212 151 or visit www.theimperialtorquay.co.uk/health-beauty

SPA DAYS

Pure Indulgence Spa Day

MON - THUR	FRI - SUN
£99	£109

Enjoy 90 minutes of treatments of your choice followed by a tempting two-course lunch and then simply while away the remainder of your day in the pool, spa pool, aroma steam room or sauna. This indulgent spa day includes one 60 minute treatment of your choice:

- The Ultimate Hero – Back, Face & Scalp Treatment
- Active Nutrient Facial
- ESPA Body Wrap
- Jessica Deluxe Manicure & Pedicure

PLUS one 30 minute treatment of your choice:

- Back, Neck & Scalp Massage.
- Express Facial
- Jessica Mini Manicure & Pedicure

Relax, Reset & Restore Spa Day

MON - THUR	FRI - SUN
£69	£79

Enjoy one 60 minute treatment of your choice followed by a tempting two-course lunch and then simply while away the remainder of your day in the pool, spa pool, aroma steam room or sauna. This indulgent spa day includes one 60 minute treatment of your choice:

- The Ultimate Hero – Back, Face & Scalp Treatment
- Active Nutrient Facial
- ESPA Body Wrap
- Jessica Deluxe Manicure & Pedicure

Mini Spa Retreat

MON - THUR	FRI - SUN
£60	n/a

Enjoy one 30 minute treatment of your choice followed by a tempting two-course lunch and then simply while away the remainder of your day in the pool, spa pool, aroma steam room or sauna. This indulgent spa day includes one 30 minute treatment of your choice:

- Back, Neck & Scalp Massage.
- Express Facial
- Jessica Mini Manicure & Pedicure

All our Spa Days include:

A delicious two-course lunch, full use of leisure facilities including robes, slippers and towels. A 20% discount on any additional treatments booked on the day.

Available Monday - Friday and Sunday, 9.30am - 1.30pm & 1.30pm - 5pm.

SPA BREAK

Sunday Great Escape

From £316 per room per night*

Extend your weekend with a luxurious lazy Sunday.

Arrive and enjoy time in the Health & Beauty Club followed by a three-course dinner in our Regatta restaurant and then curl up in a comfortable bed for a relaxing night's sleep, enjoying a full English breakfast the following morning. Start your Monday with a luxurious treatment of your choice and another day spent relaxing by the pool, spa pool, sauna or aroma steam room.

This indulgent spa break includes one 60 minute treatment of your choice:

- The Ultimate Hero – Back, Face & Scalp Treatment
- Active Nutrient Facial
- ESPA Body Wrap
- Jessica Deluxe Manicure & Pedicure

Indulgent Two-Night Spa Break

From £496 per room per night*

Enjoy our two-night break, spoil yourself and a loved one with luxurious spa treatments.

Pamper yourself with a luxurious treatment of your choice and enjoy time by the pool in the sauna or steam room. Indulge further with a three-course dinner in our Regatta Restaurant on your first night and then curl up in a comfortable bed for two relaxing night's sleep, enjoying a full English breakfast each morning.

This indulgent spa break includes one 60 minute treatment of your choice:

- The Ultimate Hero – Back, Face & Scalp Treatment
- Active Nutrient Facial
- ESPA Body Wrap
- Jessica Deluxe Manicure & Pedicure

Relax & Restore Spa Break

From £276 per room per night*

Restore body and mind with our mini spa escape.

Spoil yourself with a luxurious treatment of your choice and enjoy time by the pool and in the sauna, steam room and spa pool. Indulge further with a three-course dinner in our Regatta Restaurant and then curl up in a comfortable bed for a relaxing night's sleep, enjoying a full English breakfast the following morning.

This indulgent spa break includes one 60 minute treatment of your choice:

- Back, Neck & Scalp Massage.
- Express Facial
- Jessica Mini Manicure & Pedicure

All our Spa Breaks include:

Full use of leisure facilities including robes, slippers and towels. A delicious three-course dinner in the Regatta Restaurant. One-night or two-night accommodation with full English or Continental breakfast in the morning. *Price based on double occupancy.

TERMS & CONDITIONS

ADVANCED BOOKING

We highly recommend booking your treatment in advance to ensure your preferred time is available.

CANCELLATION POLICY

Please provide at least 48 hours notice for treatment cancellations, and 72 hours for spa day packages, to avoid being charged for your treatments.

ARRIVAL TIME

Please allow sufficient time prior to your treatment to complete a consultation form and health questionnaire. We recommend that you arrive up to 20 minutes in advance of your treatment so that you can change, relax and enjoy the leisure facilities. Please be advised that any late arrival will result in a reduction of treatment time.

MEDICAL CONDITIONS

Some of the treatments that are offered are not suitable for guests with certain medical conditions. We request that you draw to our attention any of the following conditions at the time of booking: cardio or respiratory conditions, high or low blood pressure, epilepsy, diabetes, pregnancy, skin conditions, cancer diagnosis, thyroid problems or recent operations. We have specially designed treatments for expectant women so please allow our spa team to guide you in selecting which treatments are most suitable for you. A patch test is required 24 hours before any tint treatments.

CHILDREN POLICY

The minimum age for all treatments is 16.

SPA TECHNOLOGY POLICY

The beauty spa environment is one of relaxation and tranquillity, we would therefore be grateful if you would please note that the beauty spa area is a mobile phone, tablet, camera and smoke free area.

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. We advise that you keep all your valuables locked in your hotel room safe during your visit to the spa.

SPA DAYS

Day packages are offered subject to availability. Lunch or afternoon tea reservations should be made at time of booking. Day packages cannot be used in conjunction with any other offer. Treatments include consultation time. Prices listed are per person.

SPA BREAKS

The spa break is based on two adults sharing a Classic Room and is subject to availability. Dinner reservations should be made at time of booking.

ALLERGEN STATEMENT

Some of our food and drinks may contain nuts and other allergens. Please speak to us before placing an order so that we can advise you on your choice. Our kitchens and bars handle all allergens and use shared equipment, so unfortunately, we cannot guarantee to be trace free. Our vegan recipes are prepared with vegan ingredients, but these may still contain traces of all allergens.

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