



The Athenaeum Club Spa Treatment List

FACE

Pure Indulgence / 50 mins

£60

Revitalise and rejuvenate with our instant beauty facial. We begin by immersing the mind and body into a state of total relaxation. Then enjoy a complete facial cleanse, tone and exfoliation suitable for your skin type, leaving the skin feeling fresh and invigorated. Your therapist will choose a mask to compliment your skin and will perform a mini scalp massage whilst the mask is working. A nourishing moisturiser will be applied leaving you with a radiant and rejuvenated complexion.

Express Facial/25mins

£40

Our express facial will leave your skin feeling totally revitalized and conditioned. Your therapist will tailor make your facial to suit your skin type.

Rose Quartz Facial / 45 mins

£50

Rose Quartz facial massage is an advanced method of face massage which incorporates aspects of Natural face lift and Lymphatic drainage techniques, Head & Scalp massage and Acupressure to help the surface and deeper layers of the skin relax and lift.

Rose Quartz crystal wands are used to create a soft, cool sensation on the skin. The crystals can help to promote lymph drainage and ultimately result in a dewy, glowing complexion.

Rose Quartz facials can help to reduce and release muscle tension in the face and jaw area thus helping to reduce fine lines and wrinkles, tone and tighten skin and maintain a fresh and youthful appearance.

Your Rose Quartz facial will incorporate a facial cleanse, toner, exfoliation, facial serum and moisturiser suitable for your skin type. Your therapist will then begin the relaxing facial massage technique using the Rose Quartz to ensure you experience a deeper level of product performance whilst enhancing the benefits of your facial.

Swedish Back, Neck & Shoulder Massage with Express Facial / 50 mins

£65

Our combination treatment will leave you relaxed, refreshed and relieve muscle tension from the back, neck and shoulders in preparation of your tailor made facial. Your therapist will choose suitable for your skin type to ensure you receive the full benefit of this truly relaxing facial.

Sensory Self Heating Eye Mask/

£6

Enhance your spa experience with a self heating eye mask. This mask is **not** suitable if you are diabetic, heat sensitive, have sensitive eyes or have had recent eye surgery.

EXFOLIATING

Ocean Glow / 45 mins

£50

An exfoliating glow, containing sea-derived granules, will gently slough dead cells away, while the creamy base moisturises the thirstiest skin. Each scrub is customized with the addition of a boosting serum to target relaxation, invigoration, contouring and firming. Leaving the body moisturized and silky smooth.

MASSAGE

Hot Basalt Lava Stones Massage / 50 mins

£75

Indulge yourself in this ancient deep penetrating thermal experience. Receive natural energy from the basalt lava stones which are placed on key points across your body. The healing effect is continued with a relaxing massage. You will feel all muscle tension melt away from your entire body and a sense of calm will be restored as you awaken in a higher state of relaxation.

Swedish Back, Neck & Shoulder Massage / 25 mins

£40

Melt away any tension in your back, neck and shoulders with this light to medium pressure targeted massage. Using blended essential oils, selected to suit your mood we will help restore balance and harmony to both mind and body promoting a sense of well-being.

Foot Massage/ 25 mins

£40

The feet are refreshed with lime hot mitts whilst our relaxing massage will leave you walking on air.

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Head and Scalp Massage/ 25 mins

£40

Leave your head in the clouds with our relaxing blend and Lavender essential oils.

Hand and Arm Massage/ 25 mins

£40

The hands are refreshed with lemon hot mitts and finished with our ultra-nourishing hand cream. Leaving them soft and silky to the touch.

Revitalising Eye Treatment/ 25 mins

£40

This treatment is ideal to relax and refresh tired and puffy eyes. Your journey begins with a face and eye cleanse followed by a draining eye massage, smoothing and reviving eye mask will be applied whilst enjoying a mini scalp massage. Your journey ends with a smoothing eye cream to re-awaken your revitalised eyes.

Relaxing Swedish Massage / 50 mins

£60

Experience the benefits of touch and put the world on hold whilst enjoying an unforgettable light to medium pressure full body massage. In our hands you will be left feeling relaxed and rejuvenated. Our therapist will help you choose from our range of essential oil blends, happiness, energy, relax then will tailor the massage to meet your wellbeing desires.

The Athenaeum Signature Foot Ritual / 50 mins

£55

Sit back and relax as your feet are truly indulged with this revitalising treatment beginning with warm mitts infused with essential oils. Toning salt scrub is then applied to give a deep invigorating exfoliation to the calves and feet followed by a relaxing massage. A peppermint and lavender mask is applied to the feet and calves followed by heated towels to help remove toxins and finished with an application of soothing moisturiser to revive and re-awaken tired feet and calves.

Traditional Gel Pedicure/90 mins

£48

Our pampering treatment to waken tired and aching feet. Experience a deep cleanse and exfoliation to rejuvenate the feet, followed by nail, cuticle work and removal of dry skin. A gel polish. Your treatment will finish with a nourishing moisturiser to leave you walking on air.

Traditional Gel Manicure/55mins

£38

Our pampering treatment to rejuvenate the Hand followed by nail, cuticle work, A gel polish. Your treatment will finish with a nourishing moisturizer.

Gel Toes Only – cut, file & paint /55mins

£38

Soak Off/30 mins

£10

FINISHING TOUCHES | MEMBERS ONLY

We offer a full range of waxing from top to toe. A patch test is essential to ensure the perfect finish. No heat treatments or pool use pre, or prior to waxing.

• Eyebrow	£15	• Lip	£10	• Underarm	£15
• Bikini	£20	• Lip & Chin	£16	• Brazilian	£35
• Extended Bikini	£25	• Full Arm	£30	• Full Leg & Bikini	£40
• Full Leg	£30	• Forearm	£15	• Full Leg & Brazilian	£45
• Half Leg	£20	• Chest	£30	• Back	£30

Eyebrow Tint	£13
Eyelash Tint	£17
Eyebrow & Eyelash Tint	£15

Please note: Our therapists are trained in Swedish massage techniques, focusing on relaxation and gentle to moderate pressure. Deep tissue, sports massage, and intensive pressure treatments are not offered. We kindly ask for your understanding that requests for firmer pressure cannot be accommodated during your treatment.

The Athenaeum Club

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