



## SPA DAY PACKAGES

### Lunch Spa Day Package (12-3pm)

You will arrive at Oceana Day Spa and enjoy a 55-minute pre-booked Massage or Facial of your choice from our extensive range or a Spa Pedicure. Followed by a 2-Course Lunch at Ventana Grand Café\* with a Glass of Bubbles on arrival.

from **£105 per person**

### Afternoon Tea Spa Day Package (3-5pm)

You will arrive at Oceana Day Spa and enjoy 55-minute pre-booked Massage or Facial of your choice from our extensive range or a Spa Pedicure. Followed by a Contemporary Afternoon Tea with your choice of Artisan Loose Leaf Tea or Illy Coffee at Ventana Grand Café\* and a Glass of Bubbles on arrival.

from **£105 per person**

Our Spa Day Packages also include:

- Use of Bathrobes, Slippers and Towels
- Access to our Indoor and Outdoor Leisure Facilities\*\*

## SPA CELEBRATION PACKAGES

Tailored for group celebrations.

Whether you are planning a short and sweet getaway or a luxurious indulgence, we have something special for you and your friends.

### HALF-DAY Spa Celebration Package

Enjoy a rejuvenating 25-minute treatment per person. Choose from:

- Image Express Facial
  - Oceana Signature Massage (Back, Neck & Shoulders)
  - Hot Stone Massage (Back, Neck & Shoulders)
  - Foot Ritual
  - Express Pedicure
- (1 treatment per package)

#### 2 Course Lunch

(10am-3:30pm or 12pm-5:30pm)

Min. 3 People, Max. 18 People  
from **£75 per person**

OR

#### Afternoon Tea

(10am-3pm)

Min. 3 People, Max. 21 People  
from **£70 per person**

### FULL-DAY Spa Celebration Package

Indulge in a luxurious 55-minute treatment per person. Choose from:

- Image Skincare Facial
  - Bespoke Massage
  - Spa Pedicure
- (1 treatment per package)

#### 2 Course Lunch

(10am-5.30pm)

Min. 3 People, Max. 12 People  
from **£99 per person**

OR

#### Afternoon Tea

(10am-5.30pm)

Min. 3 People, Max. 12 People  
from **£95 per person**

Our Spa Celebration Packages also include:

- Use of Bathrobes, Slippers and Towels
- A Hot or Cold Drink per person upon arrival at Oceana Day Spa.
- A Glass of Prosecco per person with Lunch or Afternoon Tea at Ventana Grand Café\*.
- Access to our Indoor and Outdoor Leisure Facilities\*\*

\*Lunch and Afternoon Tea is served in our 2-rosette Ventana Grand Café, located within our sister hotel - The Cumberland, just a minute walk away.

\*\*Our Indoor Leisure Facility is located next door at The Suncliff Hotel and provides a Heated Swimming Pool and Sauna. Our Outdoor Swimming Pool at Ocean Beach Hotel & Spa is also available during warmer months.

## Spa Booking Terms & Conditions

Please familiarise yourself with our spa terms and conditions before making a booking:

- 1. SPA ETIQUETTE** – To ensure we have a true understanding of your needs and to make your time with us as pleasurable as possible, we recommend you arrive at Oceana Day Spa 15 minutes prior to your scheduled appointment.
- 2. SPA ATTIRE** – Your modesty will be respected at all times; disposable underwear is available if desired.
- 3. VALUABLES** – Oceana Day Spa and Oceana Hotels Group does not accept responsibility for any lost or stolen items.
- 4. SPA AMBIENCE** – Oceana Day Spa is a tranquil environment for everyone to enjoy. As a courtesy to our other guests, please switch off your mobile phone or place it in silent mode at all times within the spa.
- 5. LATE ARRIVAL** – If you arrive late for an appointment, you will receive the best treatment possible within the remaining appointment time. It may be necessary to decrease your treatment time, in respect for the next appointment. Full treatment costs apply.
- 6. CANCELLATION POLICY** – Cancellations or rescheduled appointments must be advised at least 24 hours in advance by calling Oceana Day Spa on 01202 208666 or via email at enquiries@oceanadayspa.co.uk. Any cancellations or rescheduled appointments with less than 24 hours notice will be charged 100%. To cancel or reschedule a spa package, please notify the spa at least 48 hours in advance.
- 7. AGE POLICY** – Treatments for over 18s only. No children are allowed in the spa for health and safety reasons.
- 8. PARKING** – Limited parking is available on a first come first served basis. Please check with reception for charges and registration of your vehicle. Alternatively, inexpensive roadside parking is also available on the seafront.
- 9. PAYMENTS** – All payments must be made directly to the Day Spa and cannot be charged to room accounts.
- 10. VOUCHERS** – All vouchers are issued for individual use only and cannot be shared with anyone other than the designated recipient. Vouchers cannot be used in conjunction with any other deals or promotions.
- 11. GENERAL** – We reserve the right to amend prices, facilities and opening times without prior notice.



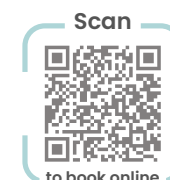
OCEANA  
HOTELS & RESTAURANTS



T: 01202 208666

E: enquiries@oceanadayspa.co.uk

W: oceanadayspa.co.uk



Oceana Day Spa is Located within Ocean Beach Hotel & Spa,  
32 East Overcliff Drive, Bournemouth, BH1 3AQ  
Part of Oceana Hotels & Restaurants



# SPA TREATMENT MENU

Restore balance to your mind & body

# FACIALS

by Image Skincare

## Ormedic Restoring Facial

Rejuvenate your skin's vitality. This soothing treatment features aloe vera for a calming effect and a blend of organic botanicals. An ideal choice for harmonising, illuminating, and nourishing all skin types.

55 mins from **£70**

## The Max Contouring Facial (Mature Skin)

A premium skincare experience using products containing peptides and plant extracts to help sculpt, tighten, and improve your skin tone. This treatment is designed to provide visible and long-lasting results, leaving your skin looking and feeling fresh.

55 mins from **£80**

## Anti-Oxidant/Anti-Ageing Facial

Nourish and protect your skin from the damaging effects of free radicals whilst reducing the visible signs of ageing with products containing Vitamin C - a potent antioxidant known for its ability to brighten the complexion, promote collagen production and defend the skin against environmental stresses.

55 mins from **£75**

## BIOME+ Facial

A timeless skincare treatment that utilises our exclusive BIOME+ products, specifically designed to address uneven skin tone and revive a radiant glow.

55 mins from **£75**

## Bespoke Facial

A personalised skincare tailored to your unique needs. This luxurious treatment is designed to leave your skin looking and feeling its absolute best.

25 mins from **£42**  
45 mins from **£55**

## Bespoke Facial (Top-to-Toe)

Treat yourself to a journey that starts with a double cleansing ritual, followed by two expertly chosen masks to suit your skin. Then indulge in a blissful face, scalp and arm/foot massage that soothes from head to toe.

85 mins from **£94**



# HOLISTIC THERAPIES

## Hopi Ear Candle

Also known as ear cones or thermal-auricular therapy. A popular holistic treatment that involves the use of specially designed candles to clean the ears and provide a sense of relaxation. *(Not a medical alternative)*

30 mins **£35**

## Indian Head Massage

An Indian head massage, also known as "Champiassage," is a therapeutic massage designed to relax and alleviate stress.

25 mins from **£36**  
45 mins from **£49**

## Foot Ritual

Therapeutic and pampering spa treatment that focuses on the feet and lower legs. It's designed to relax tired and achy feet while promoting overall well-being. Exfoliation - Massage - Pressure points

25 mins from **£34**

## Reflexology

Reflexology uses foot pressure points to relax, balance energy and aid healing. Relieving tension, boosting circulation and promoting well-being. *(Not a medical alternative)*

25 mins **£40**  
55 mins **£69**

# BODY MASSAGES

## Back, Neck & Shoulders (25 mins)

A quick escape from your daily routine, ideal for targeted relief.

## Back, Neck, Shoulders & Back of Legs (45 mins)

A mid-length session for unwinding and deep relaxation.

## Full Body (55 mins)

Our most popular option, providing you with a complete body & mind reset.

## Top-To-Toe (85 mins)

The ultimate pampering experience for full immersion and relaxation.

## Classic Swedish Massage

A classic and widely practiced form of therapeutic massage using the techniques of pressure, kneading and friction to promote muscle relaxation and increase circulation.

25 mins from **£37**  
45 mins from **£57**  
55 mins from **£65**  
85 mins from **£90**

## Hot Stone Massage

An invigorating massage using heated stones designed to melt away stress and soothe sore muscles. This ancient therapy will leave you feeling revitalised and utterly refreshed. *(\*Stones are used on the face and décolleté for the 85 mins session)*

25 mins from **£39**  
45 mins from **£65**  
55 mins from **£74**  
85 mins\* from **£95**

## Oceana Signature Massage

Our aromatherapy massage is carefully crafted to combine the power of essential oils with the art of massage. With oils chosen specifically to enhance your relaxation, reduce stress, promote better sleep, and provide a deep sense of well-being.

25 mins from **£39**  
45 mins from **£65**  
55 mins from **£74**  
85 mins from **£95**

## Bamboo Massage

This unique re-energising treatment utilises bamboo sticks to deliver a deep, rhythmic massage. The firmness of the bamboo eases muscle tension, stimulates circulation and soothes your senses.

25 mins from **£40**  
45 mins from **£67**  
55 mins from **£77**

## Melting Oil Massage

Unwind with the gentle warmth of Natural Spa Factory's Massage Candle infused with honey and cocoa flower. It transforms into a luxurious oil, relaxing muscles, leaving skin hydrated and delicately scented.

25 mins from **£44**  
45 mins from **£67**  
55 mins from **£77**  
85 mins from **£105**

## Deep Tissue Massage

Are you seeking relief from chronic pain, persistent tension and stubborn muscle knots? This massage is designed to give you flexibility, circulation and strong tension release.

25 mins from **£40**  
45 mins from **£67**  
55 mins from **£77**  
85 mins from **£105**

## Sports Massage

Experience peak performance and enhanced recovery with our rejuvenating sports massage. Using targeted techniques to soothe muscles, improve flexibility and alleviate tension with deep tissue massage, stretching and pressure point therapy.

40 mins from **£55**  
55 mins from **£75**



# MOTHER-TO-BE

## Mother-To-Be Massage

A pampering experience promoting relaxation and enhancing overall well-being for both you and your baby. Enjoy this tranquil escape designed with your comfort in mind.

40 mins from **£48**  
55 mins from **£65**  
85 mins from **£90**

# BODY TREATMENTS

## Body Scrub

Exfoliate and renew your skin. Enjoy an energising shower after the scrub, followed by a rich cream application leaving your skin feeling silky smooth.

25 mins **£36**

## Body Wrap

Experience a pampering session with our luxurious Kaolin Clay and Mango Body Mask, leaving your skin feeling plump and refreshed. Also includes a Mini Indian Head Massage for additional relaxation.

30 mins **£39**

# MANICURES & PEDICURES

## BIAB (Builder in a bottle) Gel Nails

Offering strength and flexibility. This innovative gel simplifies the nail enhancement process.

## File, Polish & Cuticle with Gel Colour (Hands or Feet)

45 mins **£37**

## File, Polish & Cuticle with French (Hands or Feet)

60 mins **£42.50**

## Gel Colour Removal (Hands or Feet)

20 mins **£15**

## Express Manicure

Nail care including file, shape and cuticle tidy. Concluding with hand exfoliation and hydrating mini hand massage. (Please note that nail polish or gel is not included)

30 mins **£30**

## Luxury Manicure with Gel

Indulge in a luxury manicure with a Gel colour application of your choice with zero dry time and no risk of nail damage. Expect your Gel colour to retain its vibrancy for up to 14 days.

75 mins **£56**

## Spa Pedicure

### - with Regular Polish - with Gel

Experience a rejuvenating spa pedicure, where your feet are treated to a luxurious soak, removal of hard skin, gentle exfoliation, soothing massage and the flawless application of polish or gel.

55 mins **£48**  
60 mins **£51**

## Luxury Pedicure

### - with Regular Polish - with Gel

Treat your feet to the ultimate pampering experience. Luxurious soak, removal of hard skin, gentle exfoliation, application of a hydrating mask, soothing massage, and flawlessly applied polish or gel.

60 mins **£56**  
75 mins **£65**

# GENTLEMAN'S TIME

## Men's Facial by Image Skincare

All too often, men's skin does not get the attention it deserves and needs. This treatment includes cleansing and exfoliation. Finishing off with a moisturiser leaving skin looking brighter and healthier.

25 mins from **£38**

## Gentleman's Moisturising Luxury Manicure

A luxury hand treatment tailored for men. Includes file, cuticle care, hand exfoliation and moisturising hand massage.

35 mins **£39**

## Gentleman's Moisturising Luxury Pedicure

A luxury foot treatment tailored for men. Includes file, cuticle care, hard skin removal, foot exfoliation and moisturising foot massage.

45 mins **£42**

Prices for facials & massages vary based on the therapist's experience

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