

## How to Make the Most of Your Time in the Spa

### Pre-booking

Before you book, think about how much time you have to spend with us. To get the most out of your visit, allow 15 minutes to arrive and change before your treatment and then at least 15 minutes afterwards to relax. Once you know how much time you have, the only other information we need to make your booking is whether you are looking for relaxation, to feel re-energised or simply for pure indulgence. We have something to suit every mood.

### Making Your Booking

It's best to book as far in advance as you can, especially for weekend treatments as these are our most popular times. Credit card details and pre-payments may be requested.

### Your Consultation

An online consultation form may be sent on booking, we do advise to fill this in prior to arrival. Upon arrival you will change into your robe and slippers, your therapist will identify the right treatment for you, ask you questions about your lifestyle, stress levels, skin problems and treatments that you have had in the past.

### Relaxation and Post Treatment

Your therapist will give you any specific advice after your treatment, and also on carrying on the good work back at home. Do take time out to relax after your treatment, as this will ensure you get maximum benefit from the oils. Each relaxation area has loungers, magazine QR codes and complimentary beverages for you to enjoy.

### Groups

Different terms and conditions will apply to groups of five or more and these will be confirmed to you at the time of your enquiry.

### Health Conditions

Kindly advise us in advance if you have any health conditions, allergies or injuries that could affect your treatment choice. If you are on any medication, ongoing consultation or your medical history has changed following a previous visit, please make us aware.

### Pregnancy

We have specifically designed treatments which provide you with the peace of mind that your treatment is perfect for you.

### Spa Etiquette

To ensure that our guests are able to relax and enjoy the tranquil and peaceful surroundings, please refrain from using your mobile phone. If you are visiting as a group, please be mindful of other guests.

### Spa Attire

If you are using the gym or pool as part of your time in the spa, please remember to bring the appropriate footwear, clothing and swim wear to make the most of your visit. Robes and slippers are provided, however if you are staying in the hotel you may wish to arrive in your bedroom robe to help with your continued relaxation.

### Cancellations

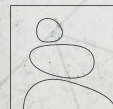
To help us and as a courtesy to other guests, please let us know as soon as you need to cancel a booking.

- Full pre-payment is taken at the time of booking for all treatments and spa days.
- A full 100% cancellation charge will be incurred for any treatments or spa days cancelled with less than 48 hours notice.

### Brochure Accuracy

Although every effort has been made to ensure all rates and information in this brochure are accurate at time of going to print in September 2021, we cannot accept responsibility for any errors or omissions and reserve the right to vary, amend or cancel any of the arrangements featured in this brochure should we find such alterations necessary.

# SPA TREATMENTS AZTEC HOTEL & SPA



SPA  
AT AZTEC



Caudalie is a French skincare brand created by Mathilde and Bertrand Thomas in Bordeaux in 1995. All products are developed using natural ingredients from the vine and grapes of the family vineyard. Caudalie's mission? To become the most effective clean and natural brand, and the most environmentally-friendly skincare brand.

Discover Vinotherapy and experience Caudalie's sensoriality and effectiveness with our exceptional Spa treatments.

## Signature Treatments

### Signature Wellness Back of Body Experience - 40 Minutes

Our signature treatment is 40 minutes of pure wellness – as you settle into the treatment bed, we will massage your back, legs and soles of your feet. Finishing by taking away the stresses with a soothing scalp massage.

### Caudalie Back, Face and Scalp Treatment - 1 Hour 25 Minutes

This luxurious treatment starts with a cleansing and exfoliation of the back, followed with a deep tissue back massage to ease away stress and tension. As your body is relaxed we treat and hydrate your skin with a Caudalie facial for you, finishing with a Cranial Scalp massage to calm the mind.

### Caudalie Ultimate Face and Body Experience - 1 Hour 55 Minutes

This treatment starts with a full body exfoliation to prepare the skin, leaving it feeling soft and smooth, followed by a luxurious body massage. This is followed by a facial cleanse, exfoliation, massage then finishing with a Cranial Scalp Massage for ultimate tranquility.

## Facial Care

### Resveratrol Facial - 55 Minutes

For skin that lacks firmness, contour and vitality. With deep cleansing and exfoliation a stimulating massage then visibly firms and redefines the contours of your face. The application of a warming mask enhances the lifting effect of Caudalie's Resveratrol Lift products. The toning and lifting effects are immediate, your face appears re-sculpted.

### Premier Cru Facial - 55 Minutes

This exceptional anti-aging facial will lift, moisturise, smooth, plump and even the skin with cutting edge innovative techniques and products from the Premier Cru Range. This advanced facial includes a massage carried out using a roller with a micro-point system which improves the penetration of active Ingredients, stimulating the natural production of collagen and elastin. The results are spectacular: wrinkles and fine lines are visibly reduced, the skin is smoother and firmer and a radiant glow enhances the even complexion.

### Personal Touch Facial - 55 Minutes

*(Your therapist will choose from Vinoperfect, Vinopure or Vinosource)*

Let your therapist cleanse your skin and prescribe the perfect facial for you. Which ever is chosen, your skin will be left feeling rejuvenated and hydrated and your mind will be left relaxed with the soothing shoulder and scalp massage.

## Body Rituals

### Divine Full Body Massage - 55 Minutes

*(Wavestone add on available)*

Indulge in the fragrance of The Des Vignes oil, while compression techniques gently soothe tension and re-boost your energy. Your skin will be luxuriously softened and moisturised.

### Crushed Cabernet Back Treatment - 55 Minutes

The indulgent back treatment incorporates one of the most popular scrubs from our Vinothérapie Spas. This exfoliation technique regains your skin's radiance and softness, providing optimum opportunity for the skin to absorb all the hydrating ingredients to follow. An ideal treatment for relieving tension, invigorating your mind and body. Your skin will be left feeling clean, refined and perfectly smooth.

### Relaxing and Nourishing Body Wrap - 55 Minutes

A deeply nourishing treatment for the body. We will start with a body exfoliation to remove dead cells followed by an application of The Des Vignes oil and nourishing body lotion for a deep moisture treatment, massaged onto the skin and then wrap to cocoon the skin with hydration. This treatment includes a full scalp treatment for total relaxation.

## Designed For You

### Caudalie Pre-Natal Massage - 55 Minutes

This gentle and enveloping massage with grape-seed oil soothes tension brought on by pregnancy, stimulates blood circulation and improves the skin's tone and elasticity. Safely enjoy a moment of absolute relaxation and well-being with your baby-to-be.

### Caudalie Winemakers Massage - 55 Minutes

This sculpting massage is Caudalie's signature and recreates the ritualistic steps of the wine-making process on the body. This treatment alternates techniques using bare hands and pressure on the energy paths. No area of the skin is overlooked; your entire body is stimulated, from the tips of your fingers to the bottoms of your feet.

### Fleur de Vigne Candle Massage - 55 Minutes

This massage is a signature Caudalie massage, Under the glow of the soft light of a massage candle that melts into a warm oil, delicately scented with Fleur de Vigne (Grape Blossom), enjoy a unique and relaxing experience where all your senses will be indulged. Tension will be relieved and you will regain your energy.

## Taste of Wellness Treatments

### Choose From...

- The Des Vignes Back Massage
- Cranial Massage
- D-Vine Facial

- Foot Ritual

- Crushed Cabernet Body Scrub

All treatments listed are 25 minutes long

## Specialised Treatment

We are proud to be working alongside Amethyst Trust and our amazing product brand Caudalie as they support us in being able to deliver specialist treatments for people with cancer and other life limiting conditions.

Amethyst are a charitable trust established to meet the needs of the public who have had treatment for cancer and are seeking massage, relaxation and pampering therapies. Our therapists are trained to provide professional massage therapy safely to ensure wellness is delivered when it is most needed and you can relax knowing you are in expert hands.

Please do mention on booking so that we can ensure one of our experienced therapists is available for you.

## Finishing Touches

Not available at all of our Spas, please call to enquire

### Make-Over - 45 Minutes

#### Express Tan

#### Individual/Strip Lashes

#### 10 Minutes

Eyebrow wax or tint/lip/underarm/classic bikini

#### 25 Minutes

Lash tint/half leg/extended classic bikini/arm/chest and back

#### Intimate Wax

Shape, File and Gel  
(Non-gel)

Gel Spa Manicure  
(Non-gel)

Gel Spa Pedicure  
(Non-gel)

#### Removal

Only available if applied or having a new set with us

## Spa Treatment Membership

Enjoy a taste of wellness every month as well as lots of other treats designed to enhance your well-being.

Please enquire about the monthly and annual payment options and join our treatment family.

## Spa Days

All of our rituals include a 3-hour Spa session plus:

### The Simple Ritual

Lunch or Afternoon Tea

### Morning Ritual

Lunch

55 Minute Treatment (or your choice of 2x 25 minute treatments)

£5 Supplement for Premier Cru or Winemakers

### Afternoon Ritual

Afternoon Tea

55 Minute Treatment (or your choice of 2x 25 minute treatments)

£5 Supplement for Premier Cru or Winemakers

### Twilight Ritual

One course Supper and Prosecco

55 Minute Treatment (or your choice of 2x 25 minute treatments)

£5 Supplement for Premier Cru or Winemakers. Available Monday to Friday only.

### Pure Luxury Spa Experience

Full Spa day from 9am to 5pm

Up to 4-hour Spa use

Full Body Exfoliation

Two-course lunch with Prosecco

Back, face and scalp treatment

Foot ritual treatment

Cream Tea

## Spa Breaks - Stay with us...

### One Night Spa Break

Includes one taste of wellness treatment

### Two Night Spa Break

Includes Spa lunch and two Caudalie treatments

### Sunday Night Getaway

Receive 25% off pre-booked treatments

CAUDALIE

Amethyst  
Trust

CND

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JESSICA

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