

# FREDRICK'S



HOTEL RESTAURANT SPA



*discover the art of luxury and wellbeing*

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# *Welcome....*

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We appreciate your time is precious so let us help you to begin the journey towards complete rejuvenation.

Few things in life are more pleasurable than succumbing to a total state of relaxation, where your body can unwind and your mind can run free. But then there are few spas in the world to compare with Fredrick's.

At Fredrick's the emphasis is very much on recovering serenity and well-being to mind, body and soul. The key to this restoration lies in the unrivalled range of specialist therapies and treatments offered by trained and highly skilled therapists.

There is music to soothe as you recline in calm contemplation within the comfort of the Sanctuary lounge; there are luxurious white robes and fluffy towels to sink into between treatments and refreshments are on hand at all times as you retreat into a tranquil world of relaxation and well-being that is so complete you'll never want to leave.

## **Our facilities**

- Indoor / outdoor swimming pool
- Jacuzzi beds
- Experience showers
- Sun terrace
- Swim jets
- Aromatic steam room
- Relaxation lounge
- Fitness suite
- Swan neck water jet
- Therapy sauna
- Health bar
- Fine food

# *Therapies....*

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Fredrick's spa offers a range of therapies and product lines which have been carefully selected for their product integrity, therapeutic principles and results orientation. We have taken care to select the best therapists and use the most effective skin care brands. Our therapies have been designed for maximum benefit delivered within a culture of expertise and wellbeing.

## **Thalgo**

Experts in Marine Spa Therapies for over 40 years, and renowned for amazing results, Thalgo draws on the riches of the ocean for their extensive range of facials, spa rituals, body wraps, luxurious spa baths and men's treatments.

Whether your need is detox, slimming, firming, anti-ageing or just pure relaxation, Thalgo has the perfect treatment just for you.

## **Aromatherapy Associates**

"At the forefront of aromatherapy for over 30 years."

From the beginning they have believed passionately in the healing powers of natural plant extracts and their experiences as therapists has shown that essential oils are highly effective in enhancing the state of our physical, mental and emotional well-being. Maintaining the highest standards of quality to bring you an experience that's as effective as it is luxurious.

"On an emotional level, the aromas of essential oils can have a dynamic effect. The sense of smell is the most primitive of our senses, and is linked to the deepest parts of the brain which govern basic instincts, memories and emotions."

Key: Th – Thalgo      AA – Aromatherapy Associates

# Face....

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Our team of highly trained therapists recognises that your skin is unique to you and will analyse and adapt your treatment to optimise results.

## **Deep Cleansing Facial (AA)**

**£65**

60 minutes – Oily and Combination Skin

Using the natural antiseptic properties of lavender and tea-tree to condition and balance the skin. Cleansing and exfoliation at the deepest level to remove unwanted impurities with a purifying mask to re-mineralise and revitalise. Completed with a relaxing scalp massage.

## **Absolute Re-hydrating Facial (Th)**

**£70**

60 minutes – All Skin Types

This luxury facial features active marine extracts and a unique re-hydrating marine collagen mask to deeply replenish, revive and soften dry skin and alleviates fine lines and wrinkles.

## **Exceptional Facial with Energy Lift (Th)**

**£85**

60 minutes – Anti-aging and Face Lift recommended as a course. This revolutionary face mask uses natural biological cellulose and marine algae hormones for intense moisturising, soothing and uplifting, ideally suited to skin suffering from menopausal problems lack of skin tone, dehydration and fragility. To give a virtual lifting effect with spectacular, long lasting results.

## **Prescriptive Facial (AA or Th)**

**£40**

30 minutes – This 30 minute facial cleanses and hydrates your skin, leaving it feeling refreshed and revitalised.

## **Cold Marine Facial (Th)**

**£65**

60 minutes – Sensitive Skin

Based on reviving marine and plant extracts and incorporates a cool mint mask to decongest and reduce redness. Refine, tighten and relax tension lines leaving a fresh luminous complexion.

## **Total Indulgence Facial (AA)**

**£90**

90 minutes – Normal Skin

A luxurious, relaxing aromatherapy facial using organic damask rose preparation to hydrate, soften and soothe the skin. Begin with a relaxing back and scalp massage to unwind and soak up the aromas of rose and frankincense. Stress relieving facial massage techniques release tension leaving the skin feeling fresh and rejuvenated.

## **Revitalising Eye Treatment (AA)**

**£40**

30 minutes

Let the anti oxidant properties of cranberry, black tea and arctic strawberry get to work on those tired eyes. Enjoy a specialised eye massage with shea butter and rose wax using drainage techniques to improve micro circulation and revitalise the eye area. Particularly good for dark circles, puffiness and dryness. Can be incorporated into any facial as a 15 minute treatment.

# Body....

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A selection of highly prescriptive skin enhancing and conditioning therapies, sensorially aromatic and skin replenishing. All encompass a circulatory boosting, radiance enhancing exfoliation.

## **Aromatherapy Body Booster Wrap (AA)**

60 minutes

Exfoliation and envelopment in one luxurious treatment. A crushed olive stone body scrub is followed by an application of gels and essential oils. Relax as the body is gently enveloped whilst scalp and foot pressure point massage enhance the effects. Choose from one of the following:

**Revive   Renew   De-stress**

**£65**

## **Enrich Body Treatment (AA)**

90 minutes

This heavenly treatment is perfect for dry, out of condition body skin. Begin with an intense body exfoliation followed by an application of exotic serum, then layered with pure day oil and shea butter. As you lay there cocooned you will enjoy a fabulous scalp massage as the skin begins to transform. The result is a long lasting effect of silky smooth skin.

**£100**

## **Micronised Marine Algae Wrap (Th)**

60 minutes

The special treatment activates the circulation, increases metabolism and relieves aches and pains. The treatment starts with a full body scrub followed by an application of algae mud and then drift away whilst enjoying a scalp and face massage.

**£75**

## **Detox and Tone Body Experience (AA)**

90 minutes

Detoxify, eliminate and tone. Specially formulated to target areas of cellulite. This treatment combines a brisk body brush and deep, manipulative massage using a unique blend of oils and gels combined with an application of mud to the lower body. This has a firming and toning effect whilst pressure on the foot reflex points enhance natural drainage. The treatment is completed with an application of renew rose body cream.

**£100**

# *Fredrick's Signature Treatments....*

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Fredrick's signature treatments have been formulated by our highly experienced head therapist encapsulating the whole essence of what Fredrick's spa is all about. Enjoy the out of this world facility of the Private Bathing Space or the Private Aroma Steam Room to create a very unique spa experience.

## **Dream Bath**

45 minutes

We prepare a candle lit, customised bath for you using specially selected essential oils to relax and revive. A glass of bubbly each, completes the Dream Bath experience. Perfect to enjoy with your partner.

**£55 per couple**

## **Rasul – 1 person**

45 minutes

Relax as you enter a private aroma steam room where a palette of specially formulated muds are massaged into the skin. Let the Rasul treatment smooth and cleanse the skin, detoxify the body and revitalise your Chi energy. A warm tropical shower completes the treatment.

**£40**

## **Dead Sea Flotarium – Samadi**

50 minutes

Imagine the luxury of your own private Flotarium. Experience sheer weightlessness as you float and experience the deepest rest possible. The benefits are endless: Increase blood circulation, concentration and creativity, relieve stress and anxiety, a soothing treatment for eczema and psoriasis.

**£70**

## **Hydro Massage Bath**

30 minutes

A therapeutic water massage improves circulation and eases aching muscles incorporating our selected de-stress muscle oil, this treatment will leave you feeling relaxed yet invigorated.

**£35**



# Massage....

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Harnessing the power of touch and the therapeutic value of essential oils. Our massage therapies have been specifically designed to provide you with a truly holistic and bespoke experience.

## **Body Massage**

60 minutes

A traditional full body massage designed to ease tension, reduce stress and provide an overall sense of wellbeing.

**£70**

## **Back, Neck and Shoulder Massage**

30 minutes

This soothing massage is perfect for easing tired neck muscles and tense aching shoulders.

**£45**

## **LaStone Therapy Massage**

75 minutes

The Original Hot and Cold Stone Massage. Using traditional healing practices of the Native American Indians with basalt and marble stones originating from Phoenix, Arizona. The physiological benefits of alternating hot and cold to the body have long been scientifically and medically proven. LaStone Therapy goes beyond the physical experience of typical massage and enters the deeper dimensions of relaxation, health and well being.

**£90**

## **Intensive Back Treatment**

30 minutes / 60 minutes

This treatment begins with an intensive exfoliation of the back to stimulate and revive dull skin. A cleansing and soothing masque is then applied followed by a scalp massage to help balance and rejuvenate body and mind. The 60 minute treatment includes a back massage.

**£40 / £65**

## **Aromatherapy Massage (AA)**

60 minutes

A luxury bespoke aromatherapy experience. Choose from one of our powerful blends to experience how aromatherapy can positively and ultimately benefit the body, mind and spirit. Uses carefully applied spinal pressures and foot reflex sequences to target the nervous system easing away the day's stresses and strains and bringing body and mind back into balance.

**£75**

## **De-stress Muscle Massage**

75 minutes

A deep and meaningful all over body massage. Involves specialised and intensive deep tissue techniques to warm and manipulate the muscles with stretching and drainage to ease and release. Utilises double layers of gels and oil of ginger, rosemary and black pepper for stimulation and pure untapped energy.

**£90**

## *For Men....*

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Most of our spa therapies are suitable for our male guests, however we have a selection of therapies formulated for men utilising specific products and techniques.

### **Body Massage**

60 minutes

A traditional full body massage designed to ease tension, reduce stress and provide an overall sense of wellbeing.

**£70**

### **Intensive Back Treatment**

30 minutes / 60 minutes

This treatment begins with an intense exfoliation of the back to stimulate and revive dull skin. A cleansing and soothing masque is then applied followed by a scalp massage to help balance and rejuvenate body and mind. 60 minute treatment includes a back massage.

**£40 / £65**

### **Back, Neck and Shoulder Massage**

30 minutes

This soothing massage is perfect for easing tired neck muscles and tense aching shoulders.

**£45**

### **Ocean Facial (Th)**

60 minutes

Regenerating deep relaxation facial for an anti-fatigue and energising effect on the skin.

**£65**

### **Aromatherapy Massage (AA)**

60 minutes

A luxury bespoke aromatherapy experience. Choose from one of our powerful blends to experience how aromatherapy can positively and ultimately benefit the body, mind and spirit. Uses carefully applied spinal pressures and foot reflex sequences to target the nervous system easing away the day's stresses and strains and bringing body and mind back into balance.

**£75**

### **Aromatherapy Facial (AA)**

60 minutes

Essential oils and plant extracts leave the skin clear and invigorated.

**£65**

### **De-stress Muscle Massage**

75 minutes

A deep and meaningful all over body massage. Involves specialised and intensive deep tissue techniques to warm and manipulate the muscles with stretching and drainage to ease and release. Utilises double layers of gels and oil of ginger, rosemary and black pepper for stimulation and pure, untapped energy.

**£90**

### **Manicure**

25 minutes

An executive grooming experience, with nail tidy, cuticle work, finished with hand and arm massage.

**£30**

### **Pedicure**

40 minutes

This treatment will trim, buff and groom to perfection the most unwieldy toes and feet, with nail tidy, cuticle work, finish with a massage to the feet, ankles and lower leg.

**£40**

# Hands and Feet....

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## Luxury Manicure

75 minutes

Fredrick's luxury manicure includes a hand scrub, ionized crystal nail soak, LaRemedi hand restructuring masque in heated mittens, cuticle work, massage and colour choice. Choose a complimentary Jessana polish of your choice to take home with you.

£65

## Mini Manicure

30 minutes

Using the Jessana range of products to provide a professional manicure and maintenance programme to achieve healthy and groomed nails. An application of colour of your choice completes the treatment.

£35

## Luxury Pedicure

75 minutes

Using ZenSpa by Jessica, your luxury pedicure includes thorough exfoliation. A calming or energising foot bath, file and cuticle work, a mint or ginger mask in heated booties followed by a massage to the feet and legs. A Complimentary Jessana polish of your choice to take home with you.

£65

## Mini Pedicure

30 minutes

Using the Jessana range of products to provide a professional manicure and maintenance programme to achieve healthy and groomed nails. An application of colour of your choice completes the treatment.

£40

# Essentials....

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## Waxing

Utilising a hygienic system of dispense and after care.

Full Leg

£40

Full Leg & Bikini

£50

Half Leg

£25

Half Leg & Bikini

£30

Bikini

£20

Under Arm

£15

Lip Wax

£10

## Eyes

Eyebrow shaping

£15

Eyelash Tint\*\*

£20

Eyebrow Tint\*\*

£15

Eyelash & Eyebrow Tint\*\*

£25

\* Please be aware that the waxed skin should not be exposed to heat or water for 24 hours and therefore waxing should not precede use of our spa facilities.

\*\*A patch test is required 24 hours before appointment to ensure that there is no allergic reaction

# Mums to be....

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Most of our treatments can be tailored for our pregnant guests as long as you are at least 12 weeks into your pregnancy, however we do have a selection of fabulous mums to be treatments that provide skin salvation, indulgence and comfort through pregnancy and beyond.

## **The Real Nurturing Experience (AA) – Mum-to-be £80**

60 minutes

A massage to ease and soothe aching muscles that will give your baby a treat. Using specialised techniques to aid your comfort and relaxation. This treatment uses a specifically selected oil to improve your skin tone and texture, helping to reduce the appearance of stretch marks.

## **Rose Hydrating Cocoon (AA) Mum-to-be or New Mum £80**

60 minutes

Treat yourself to total bliss and relaxation during or after your pregnancy. After a gentle body exfoliation, your skin is smoothed over from top to toe with rich and softening gels, oils and creams as you lie wrapped up in a comfortable, aroma cocoon. A scalp massage carries you off to the land of your dreams.

## **Renew Rose Leg and Foot Refresher (AA) £45**

30 minutes

Ease away the physical stresses and strains on your feet while you are carrying extra weight during pregnancy. Enjoy the harmonising and uplifting aroma of a frankincense and geranium footbath followed by exfoliation and a hydrating Renew Rose Wrap to soften and nourish the skin. A soothing massage leaves the legs feeling light and refreshed with an extra spring in your step.

## **Pregnancy Pamper Treatment (Th)**

**£90**

75 minutes

A body wrap combining marine algae, elastin, wheat germ oil and plant extracts to firm and strengthen skin tone. Can be used throughout pregnancy to improve the skin's natural elasticity and lessen the appearance of stretch marks.



# Spa Days....

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Fredrick's Spa provides the essential combination of luxury, comfort and cossetting. We have created a warm and relaxed spa ambience with an array of therapeutic experiences, holistic therapies and pure pamper.

A Fredrick's Spa Day incorporates the key elements of spa: thermal bathing, hydrotherapy, body cleansing and gentle exercise and entitles unlimited use of our thermal and wet spa. A sumptuous lunch with a glass of champagne (light supper for Twilight Spa) will be served in the Sanctuary Lounge and a selection of amazing therapies which will be personalised according to your requirements. Our spa days are ordinarily available Monday – Thursday

## **The Fredrick's Retreat**

**£115**

A classic spa experience with the choice of either a 60 minute relaxing Full Body Massage or a 60 minute Deep Cleansing Facial.

## **The Two of Us – Mother and Daughter\***

**£260**

We know girls love to spa and what better way to spend some quality time together. Mum's day comprises of a Cold Marine Facial (Th) followed by a Mini Manicure. Your daughter's treatments commence with an Aromatherapy Facial (AA) followed by a Mini Manicure.

## **Twilight Spa**

**£65 from 4.30pm**

Rejuvenate after a hard day and escape into an all encompassing retreat far away from the outside world. Enjoy a stress relieving Back, Neck & Shoulder Massage and then you will be ready to take on the world again. The light supper included is to be booked at time of reservation. Sun - Thurs only.

## **The Deluxe Pamper Day**

**£235**

The complete indulgent treatment experience. Begins with a 60 minute Re-Hydrating Thalgo Facial, followed by a 60 minute relaxing Full Body Massage. Complete the experience with the finishing touches of a mini manicure and pedicure, leaving you feeling completely indulgent.

## **The Bespoke**

**£55 + cost of treatment you choose**

Your unique experience. Our therapists will be delighted to discuss and bespoke your treatment selection to create the spa experience of your choice.

## **Vitality Spa Day**

**£235**

An authentic spa ritual. Encompassing a complete detoxifying and rejuvenating experience. Begin with our fabulous Rasul treatment, followed by our Enrich Body Treatment, finishing off with a mini manicure and pedicure, leaving you feeling healthy, relaxed and full of verve.

\*Daughters must be over the age of 18

# All About Us....

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## Opening Hours

### Pool and Gym Facilities

Monday – Friday 7.00am – 8.00pm }  
Saturday & Sunday 8.00am – 8.00pm } Last entry at 7.30pm

### Spa and Therapy Suite

Monday – Friday 9.30am – 8.00pm  
Saturday & Sunday 9.30am – 6.00pm

The opening times of the treatment rooms may change due to demand. Please note that times may vary on Bank Holidays

### Booking & Cancellation Policy

When making your appointment a credit card payment will be required at the time of booking. 24 hours notice is required to cancel or re-schedule appointments otherwise the full treatment cost will be charged. 7 days notice is required to cancel or re-schedule a spa day. We will of course make every effort to re-sell cancelled space and will advise you if successful.

### Consultation and Health

For your first visit to the spa, a 15 minute consultation will be added to your treatment time to analyse your suitability for all treatments. Please make your spa therapist aware of any medical conditions. All personal information will be kept secure and confidential. If you have high blood pressure, heart conditions, are pregnant or have other medical complications, may we advise you to consult your doctor before signing up for any spa services. Please do not use the gym equipment without instruction from a member of staff.

### Treatment Time

Please check in at the spa reception at least 15 minutes prior to your scheduled appointment to allow time to change and relax and to avoid any reduced treatment times. All times given include allowances for a room change round between treatments.

### Spa Etiquette

Fredrick's spa is designed as a retreat to promote peace and inner harmony for body and mind. Please keep noise to a minimum and ensure all mobile phones, pagers or electronic devices are switched off during your visit. All footwear should be left at spa reception. We maintain a no smoking policy in Fredrick's Spa.

### Retail Therapy

All of our facials commence with an in-depth facial consultation and skin analysis and you will be presented with your skin care therapist's recommendations for your skin type. We use professional products in all of our therapies which may not be widely available for purchase. We are happy to provide a mail order service for follow on purchase, either via our website [www.fredricks-hotel.co.uk](http://www.fredricks-hotel.co.uk) or by phoning the spa direct on 01628 581227.

### Valuables

Some treatments require the removal of jewellery, so it is advisable to leave valuables at home or in your locker. Please ensure that you retrieve all of your valuables before leaving the spa. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.

### Refreshments

Please ensure you drink adequate amounts of fluid during your visit to the Spa, particularly during gym sessions and when using the thermal suite.

### Gift Vouchers

Beautifully presented gift vouchers are available for any treatment, package or monetary value and can be purchased at reception or by credit card over the phone or via our website [www.fredricks-hotel.co.uk](http://www.fredricks-hotel.co.uk).

### Children

We regret that for health and safety reasons persons under the age of 18 years are not permitted to use the spa facilities.