

The background is a solid light blue color. Overlaid on this are several white line-art illustrations of orchids. The orchids are depicted with detailed petals and stems, some in full bloom and others as buds. They are scattered across the page, with a large cluster in the bottom left and another in the top right.

FREDRICK'S



HOTEL RESTAURANT SPA

THE SPA



# Relax & Unwind

We appreciate that your time is precious, so let us help you relax, unwind and 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 that can compare with Fredrick's.

At Fredrick's, the emphasis is very much on recovering serenity and well-being to your 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.

## Our Facilities

- Separate Female & Male Changing Rooms
- Quiet Relaxation Lounge
- Fitness Suite
- Indoor Aromatic Steam Room
- Therapy Sauna
- Experience Rain Showers
- Indoor Pool Loungers & Spa Bar
- Indoor & Outdoor Swimming Pool
- Outdoor Spa Garden with Sun Loungers & Sun Terrace
- A Bespoke Private Rasul Treatment Steam Room
- Four Treatment Therapy Rooms
- Robes & Towels provided

# Fredrick's Therapies

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.

## Our Therapies

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. Refreshments are on hand at all times as you retreat in to a tranquil world of relaxation and wellbeing that is so complete you'll never want to leave.

## Beauty Lab London

Beauty Lab specialises in identifying, researching & pioneering products with groundbreaking ingredients to meet the demands of today's consumers. The range consist of highly functional & sophisticated treatments. Only the finest, purest & most refined ingredients are used.

## 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 health. Gives you an experience that's as effective as it is luxurious.

# Pamper Spa Days

Fredrick's Spa provides the essential combination of luxury, comfort and tranquility.

Full Day Facility use from 9.30am to 5.00pm • Lunch served in the Fredrick's Restaurant.

Half Day Facility use from 9.30am to 12pm/1.30pm to 5pm • Lunch served in the Winter Garden restaurant

*Relaxing Spa Day* Facility use from 9:30am - 5pm Monday to Thursday £60 pp

Welcome coffee/tea & pastries • 2 course lunch with a glass of wine

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*Revitalising Spa Day* Facility use from 9:30am - 5pm Monday to Thursday £85 pp

60 minute Fredrick's Taster Treatment • 1 course lunch with a glass of Prosecco

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*Spa & Dine* Facility use from 9:30am - 12pm / 1:30pm - 5pm Monday to Thursday £60 pp Friday to Sunday £70 pp

30 minute treatment • 1 course lunch with a glass of Prosecco

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*Tempting Tea & Treatment* 1/2 day facility use 1.30pm - 5pm Monday to Thursday £65 pp Friday to Sunday £85 pp

Afternoon tea with a glass of Prosecco and a thirty minute treatment

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*Fredrick's Retreat Day* Facility use from 9:30am - 5pm £125 pp

60 minute Facial or Full Body Massage • Welcome Coffee/ Tea & Pastries

2 course lunch with a glass of Champagne

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*Lazy Luxurious Day* Facility use from 9:30am - 5pm Monday to Thursday £95 pp Friday to Sunday £115 pp

60 minute treatment • 1 course lunch with a glass of Prosecco

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*Pure Indulgence* Facility use from 9:30am - 5pm Monday to Thursday £125 pp Friday to Sunday £145 pp

60 minute Treatment • 30 minute Treatment • 2 course lunch with a glass of Prosecco

Strawberries dipped in chocolate

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*The Deluxe Pamper Day* Facility use from 9:30am - 5pm £235 pp

60 minute Customised Facial • 60 minute Relaxing Full Body Massage

A mini Manicure and Pedicure • 2 course lunch with a glass of Champagne

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*Terms & Conditions* It is recommended to book between four to six weeks in advance due to limited treatment times. Treatments included cannot be swapped or changed for alternative treatments.

# Treatment List

## Body Massage

We harness the power of touch and smell using therapeutic oils. Our massage therapies have been specifically designed to provide you with a truly holistic and bespoke experience.

Customised Body Massage	60 min	£75
Aromatherapy Massage	60 min	£80
Deep Tissue Massage	60 min	£80
De-stress Muscle Massage	75 min	£95
LaStone Therapy Massage	75 min	£95
Indian Head Massage	45 min	£55
Back/Neck/Massage	30 min	£45
Nurturing experience	60 min	£80
<i>Relaxing Pregnancy massage for Mums to be. Only between 12 - 35 weeks</i>		
Renew Leg/ Foot Refresher	30 min	£45
<i>Harmonising &amp; refreshing for Mums to be</i>		

## Body Therapy

A selection of highly prescriptive skin enhancing and conditioning therapies. Sensorially aromatic and skin replenishing. Circulatory boosting and radiance enhancing body exfoliation.

Body Splendor	90 min	£98
<i>Full body scrub and a customised body massage</i>		
Enrich Body Treatment	90 min	£98
<i>Body wrap for dry, out of condition body skin</i>		
Body Booster Wrap	60 min	£75
<i>With essential oils to Revive, Renew, De-stress</i>		
Detox and Tone Experience	90 min	£98
<i>Detox, Eliminate, tone target cellulite areas</i>		
Intensive Back treatment	30 min	£45
	60 min	£70
<i>Back exfoliation &amp; Treatment Mask Inclusive of Back Massage</i>		

## Aromatherapy Associates Facials

A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

Deep Cleansing Facial	60 min	£70
<i>Oily Combination Skins</i>		
Essential Rose Facial	60 min	£70
<i>All Skin types</i>		
Total Indulgence	90 min	£95
<i>Essential Rose facial, back massage</i>		
Instant Eye Repair	30 min	£35

## Fredrick's Signature Treatments

Enjoy our bespoke Signature treatments in the exotic and aroma infused private steam room.

### Traditional Moroccan Rasul Experience

45 min £55 per person

The 'Rasul' is a traditional Moroccan body cleansing treatment taken in a private steam chamber. The mineral mud is self-applied to exfoliate, detoxify and condition the skin, whilst the steam inhalation benefits the respiratory system.

### Rasul Experience Package

Includes Back, Neck and Shoulder Massage

75 min £85 per person

The traditional Moroccan Rasul is followed by the reviving back, neck and shoulder massage.

## Beauty Lab London

Specialises in identifying, researching & pioneering products with groundbreaking ingredients to meet the demands of today's consumers. The range consist of highly functional & sophisticated treatments. Only the finest, purest & most refined ingredients are used.

### Glycolic Back Treatment 45 min £55

*A deeply cleansing application of glyopeel removes impurities and smoothes skin. This treatment is complemented with a soothing scalp massage. Recommended for a problematic, congested skin.*

## Beauty Lab London Facials

A selection of highly prescriptive skin enhancing and conditioning therapies. Sensorially aromatic and skin replenishing. Circulatory boosting and radiance enhancing body exfoliation.

### Black Diamond 75 min £85

*Anti-Ageing & Glamorising for all skin types. Using a dazzling combination of black diamonds, mother of pearl and anti-ageing peptides. Visibly illuminates and plumps, reducing fine lines and wrinkles.*

### Anti-Ageing - Firms & Smoothes 60 min £75

*Aged & Prematurely Aged skin. Exclusive peptides and high performance plant extracts ease the appearance of fine lines, leaving the skin looking and feeling radiantly invigorated.*

### Glycolic - Resurfaces & Brightens 60 min £75

*Acne prone pigmented and dull skin. Targeting pigmentation age spots and sun damage. Glycolic is a unique resurfacing treatment, that utilises pomegranate enzyme for a softer, smoother and brighter skin.*

### Essential Facial 30 min £40

*Hydrates & Protect. Rich in collagen and Hawaiian sea algae, providing deep hydration and protection from free radicals and UV damage.*

## Hands and Feet

Luxury Manicure	75 min £65
Luxury Pedicure	75 min £65
Manicure	60 min £50
Pedicure	60 min £50
Mini Manicure	30 min £30
Mini Pedicure	30 min £30

### Jessica GELeration

Jessica Gel in non acrylic. It is applied like a polish and set by an LED lamp (it is not a form of nail extension). It can last between 3 to 4 weeks without chipping or peeling with a nail varnish finish.

GELeration Luxury Manicure	75 min £65
GELeration Manicure	60 min £60
GELeration Luxury Pedicure	75 min £65
GELeration Pedicure	60 min £55
GELeration Removal	30 min £20
With a Manicure or Pedicure	75 min £65

*Removal of the GELeration polish plus a new set*

## Grooming Essentials

### Waxing

Full Leg 60 min £35	Full Leg & Bikini 75 min £45
Half Leg 30 min £25	Half Leg & Bikini 60 min £35
Bikini 30 min £20	Under Arm 15 min £15
Lip Wax 15 min £10	

*Waxed skin should not be exposed to heat or water for 24 hours, therefore waxing should not precede use of our spa facilities.*

### Eyes

Eyebrow Shaping	15 min £15
Eyelash Tint*	15 min £15
Eyebrow Tint*	15 min £10
Eyelash & Eyebrow Tint*	30 min £20

*\*A patch test is required 24 hours before the treatment to ensure a non-allergic reaction.*

# Signature Treatments

## *Glycolic Back Treatment*

45 min £55

A deeply cleansing application of glycopeel removes impurities and smoothes skin. This treatment is complemented with a soothing scalp massage. Recommended for a problematic, congested skin.

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## *Intensive Back Treatment*

45 min £55

### *Intensive Back Treatment with Back Massage*

60 min £70

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

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## *Fredrick's Taster*

60 min £70

Sooth away the day with this refreshing back, neck and shoulder incorporating energising and stimulating massage to relieve stress and ease tired and stiff neck muscles and tense aching shoulders. Boost the benefits of your daily skincare with a deep cleansing pomegranate facial to power away dirt and impurities to keep skin free of grime and remove skin that's past its prime. Enjoy a scalp and hand massage whilst relaxing with a purifying mask.

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## *Traditional Moroccan Rasul Experience*

45 min £55 per person

The 'Rasul' is a traditional Moroccan body cleansing treatment taken in a private steam chamber. The mineral mud is self-applied to exfoliate, detoxify and condition the skin, whilst the steam inhalation benefits the respiratory system.

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## *Rasul Package*

75 min £85 per person

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

Sooth away the day with this refreshing back, neck and shoulder massage that is energising and stimulating. This will relieve stress and ease tired and stiff neck muscles and tense aching shoulders.

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## *Total Wellbeing*

2½ hours £165

Your treatment starts with an invigorating full body scrub to wake up your skin followed by a customised body zone massage to help relieve tight and aching muscles, ease tension, reduce stress and provide an overall sense of wellbeing. Complete the treatment with a luxurious aromatherapy Deep Cleansing Facial or Essential Rose Facial.





# Body Therapy

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

## *Enrich Body Treatment*

90 min £98

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 dry 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 feeling silky smooth.

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## *Body Booster Wrap*

60 min £75

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 to enhance the effects. Choose one of the essential oils: Revive, Renew or De-stress.

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## *Detox and Tone Body Experience Massage*

90 min £98

Detox, eliminate and tone: specially designed to target areas of cellulite. Gels and oils containing purifying pink grapefruit, sweet orange and mandarin with juniper berry and rosemary are massaged into the skin. A mud application to the lower body draws, firms and tones whilst pressures on the foot reflex points enhance natural drainage. The treatment finishes with an application of renew rose body cream.

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## *Body Splendor*

90 min £95

Your treatment starts with an invigorating full body scrub to wake up your skin followed by a customised body zone massage to relieve tight and aching muscles, ease tension and reduce stress. Providing an overall sense of wellbeing.

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## *Intensive Back Treatment*

30 min £45 or 60 min £70

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

# *Gift Vouchers*

Beautifully presented Spa Gift Vouchers are available for any treatment, package or monetary value and can be purchased at the Spa or the Hotel Reception.

