

PRICE LIST

W E L C O M E

The ATLANTIC Spa is for people who are serious about looking after their skin and serious about looking after themselves.

A hidden gem where spa meets science meets skin. Our treatments are designed to deliver exactly what you need, when you need it; from day escapes to The Speed Spa.

Our ELEMIS therapists make it personal. They look. They listen. They tune in to you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and the ever-changing nature of your skin.

BODY TREATMENTS

FREESTYLE DEEP TISSUE MASSAGE

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation, or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

90-min **£90** | 60-min **£75** | 45-min **£60** | 30-min **£50**

SWEDISH MASSAGE

A Classic European massage using long strokes and kneading of the superficial layers of muscles. This soothing massage helps to relieve tension, improving circulation and flexibility.

90-min **£85** | 60-min **£70** | 45-min **£55** | 30-min **£45**

HOT STONE MASSAGE

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the bonus of intensely hydrated skin.

75-min **£90** | 60-min **£75** | 45-min **£65** | 30-min **£50**

INDIAN HEAD MASSAGE

Indian head massage techniques for treating scalp, face, neck, shoulders and upper arms. It Works on the areas of the body that are most affected by stress, however, while the treatment is just on the upper part of the body its effects are felt throughout the mind and body.

30-min **£45**



HOLISTIC MASSAGE THERAPY

CBD HOLISTIC MASSAGE

We have infused our Cannablissful CBD with three blends of essential oils to help you soothe, relax, and energise. This treatment, along with our highly qualified therapists, will rejuvenate even the tenderest body. Our CBD oil directly influences muscle, nerve pain, and inflammation.

90-mins **£95** | 60-mins **£75** | 45-mins **£65** | 30-min **£50**

LAVA SHELL MASSAGE

Lava Shell massage is a type of treatment that uses Tiger Clam shells as a massage tool. Releases minerals, including magnesium, this reduces the blood flow in the targeted areas helping to relieve inflammation, firm and regenerate the skin, boost circulation of blood and lymph, soothe aches and pains, reduce swelling, relieves water retention and ibs.

90-mins **£110.00** | 60-mins **£80.00**

CBD HEAD MASSAGE

The head is the most significant part of the body. It encompasses seven vital openings the eyes, ears, nose, mouth, and one principal opening, the crown of the head. There are also vital energy points over the entire head that connect to the brain and the mind (including the subconscious). This massage promotes deep relaxation and the release of tension, benefits memory, cognition, and alertness, brings clarity and strength to the senses.

30-min **£50**

CBD HEAD & FOOT MASSAGE

The head and feet have many powerful energy points connected to the brain and the rest of the body. These two very simple routines can invoke relaxation, restoration, and rejuvenation, all at the same time.

30-Minute Luxury Head Massage combined with a 30-minute Foot Massage

60-mins **£75**

FOOT MASSAGE

The feet hold many energy points linked to almost every part of the body. They connect us to the earth, providing stability and grounding, and, quite literally, bear the weight of the day. A foot massage is a great way to show appreciation and offer daily relief to this very deserving part of your body.

45-mins **£55**

BEST FOOT FORWARD

Take a load off with this foot- focused tension releaser. Lower legs and feet are thoroughly exfoliated and massaged. Feet are left nourished, soft and smooth.

30-min **£45**



NIRVANA BODY TREATMENTS

INDULGENT NIRVANA COCONUT OIL MASSAGE THERAPY

Relax, Balance & Energize.

Coconut Massage Oil therapy is part of a luxurious and restorative experience. The beautiful coconut oil has been used for centuries in Ayurveda because of its healing properties and positive results on the body and mind.

90-mins **£90** | 60-mins **£75** | 45min **£60** | 30min **£50**



THE INDULGENT NIRVANA CHOCOLATE OIL MASSAGE THERAPY

Chocolate Oil with cocoa and orange scents. It is a deep nourishing and moisturizing treatment which pampers the body and soul. Cocoa stimulates the production of endorphins in the brain and helps to combat anxiety and stress. The feel of chocolate on the skin and the rich natural scent creates a relaxing atmosphere.

90-mins **£90** | 60-mins **£72** | 45min **£60** | 30min **£50**

DE-STRESS LAVENDER HONEY AND COCONUT OIL MASSAGE

Spa Manager's recommendation. Awaking the senses through touch and aroma, this soothing Lavender Honey Oil Massage has a natural relaxing scent which promotes a sense of well-being. The calming lavender honey oil massage as part of our relaxing ritual when you need a fast-track to tranquility.

Our Lavender Honey massage it brings you into a world of serenity.

Book 60mins for a full body massage or the 90 mins if you would like to go to La La Land (60 mins full body massage and 30 mins head and foot massage).

90-mins **£90** | 60-mins **£75**

NIRVANA FACIALS

NIRVANA ANTI-AGING FACIAL

Restore the vitality of your skin! Recommend for mature skin, this anti-aging facial, stimulates collagen and cell renewal. Will help to improve the fine lines and wrinkles then followed by a face massage which will improve the skin tone and elasticity.

60- mins **£65**

HYDRATING ALOE VERA FACIAL

Recommended for dry skin. Aloe Vera has proven medicinal and skin care properties including stimulating collagen production, reducing inflammation, fighting bacteria, hydrating and tightening the skin.

Benefits: Acne/acne scars, sunburns, eczema, psoriasis, hydration, and Cell renewal.

60-mins **£65**

NIRVANA ANTI-AGING FACIAL

Restore the vitality of your skin! Recommend for mature skin, this anti-aging facial, stimulates collagen and cell renewal. Will help to improve the fine lines and wrinkles then followed by a face massage which will improve the skin tone and elasticity.

60-mins **£65**

NIRVANA DEEP CLEANSING FACIAL

When it comes to who should get a deep cleansing facial, the answer is you and everyone, man or woman, young or old. Almost any skin condition can receive and benefit from a deep cleansing facial. This cleansing helps rid the skin of unwanted build-up of oil, toxins, bacteria and all skin debris-all of which contributed to unwanted skin conditions like acne and premature aging. A great deep cleansing facial is vital to maintaining healthy and fresh-looking skin.

60-mins **£65**

NIRVANA ANTI-AGING LED THERAPY MASK

Restore the vitality of your skin! Recommend for all skin types., this anti-aging facial stimulates collagen and cell renewal. Will help to improve the fine lines, wrinkles, acne, and elasticity. This facial combined with a LED MASK will improve your skin.

LED Face Mask 7 Color Facial Light Therapy Mask contain

red light: anti-wrinkle, repairs damaged skin.

Blue light: minimize and cure acne, repair damaged skin.

Violet light: to heal and repair the acne scar.

White light: works on age spots, improvement of fine lines and sagging of the skin.

Green light: stress relief and effective seduction of lymphoid and edema.

Yellow light: improve coarse skin and wrinkles, redness.

75- min **£75**

MOTHER TO BE

PEACEFUL PREGNANCY MASSAGE

Massage for each stage of your pregnancy. Performed with high comfort, safety and relaxation, this unique therapy helps relieve back tension, swollen hands, and feet. Eases mind and lifts the spirits. Extend your treatment and add our specially formulated Facial to take care of all your skin's needs during pregnancy.

75-mins **£90**

PEACEFUL PREGNANCY FACE AND BODY EXPERIENCE

Reviving facial using a combination of massage and restoring actives to target changing skin needs during pregnancy. Combined with a peaceful massage that intuitively addresses tension, dehydration, and hormonal changes to restore and revive the body, this experience is pure bliss for mothers-to-be.

120-mins **£140**



FACE TREATMENTS

TOUCH / ANTI-AGEING

PRO-GLOW SMOOTH

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

60-mins **£90.00**

PRO-GLOW GENIUS

Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high-performance facial restores bounce and resilience whilst smoothing, firming, and illuminating the skin for maximum, multi-faceted rejuvenation in just one treatment.

75-mins **£115.00**

PRO-GLOW BRILLIANCE

Awaken dull, lacklustre-looking skin with this radiance-boosting facial for a visibly brighter, glowing complexion. For sensitive and blemished skin.

60-mins **£90.00**

PRO-GLOW RESURFACE

Transform the skin's texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion.

60-mins **£90.00**

PRO-GLOW RENEWAL

ELEMIS signature triple cleanse facial provides hyper-focused resurfacing and moisture-boosting results to unlock a healthy, lit-from within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

60-mins **£85.00**



TECHNOLOGY | ANTI-AGEING

BIOTEC PRO-GLOW SMOOTH+

This powerful anti-ageing facial utilises microcurrent pluses to help strengthen muscle memory whilst visibly smoothing the look of fine lines and wrinkles.

An Oxygen Infusion helps to plump out lines, restore elasticity and increase hydration, for a visibly youthful appearance. Includes BIOTEC: Ultrasonic, Microcurrent & Oxygen Infusion

60-mins **£135.00**

BIOTEC PRO-GLOW RESURFACE+

Transform the skin texture whilst minimising the look of uneven tone, pigmentation, enlarged pores and congestion for a renewed, stunningly

smooth complexion. A powerful combination of light therapy and rejuvenating Galvanic current leaves skin looking balanced with improved clarity. Includes BIOTEC: Ultrasonic, LED Light Therapy & Galvanic

60-mins **£135.00**

BIOTEC PRO-GLOW BRILLIANCE+

Awaken dull, lacklustre complexions with this radiance-boosting facial. A combination of Galvanic current, Oxygen Infusion and high potency

Actives energises the skin and replenishes moisture, for a visibly brighter, healthy appearance. Includes BIOTEC: Ultrasonic, Galvanic & Oxygen Infusion. For sensitive and blemished skin.

60-mins **£135.00**

BIOTEC PRO-GLOW CRYO2 SCULPT+

Harnessing the power of Cryotherapy to firm and depuff, this advanced sculpting facial helps to define contours, tone, and rejuvenate the skin, revealing a visibly lifted appearance. Includes BIOTEC: Ultrasonic, CryO2 & LED Light Therapy 7-in-1 Mask

75-mins **£135.00**

BIOTEC PRO-GLOW GENIUS+

Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high- performance facial sculpts, smoothes, firms and illuminates the skin. All 5

BIOTEC upgrades are harnessed for maximum, multi-faceted rejuvenation after just one treatment. Includes BIOTEC: Ultrasonic, Microcurrent, Galvanic, Light Therapy & Oxygen Infusion.

75-mins **£160.00**

FACE & BODY COMBINATIONS

COUTURE TOUCH

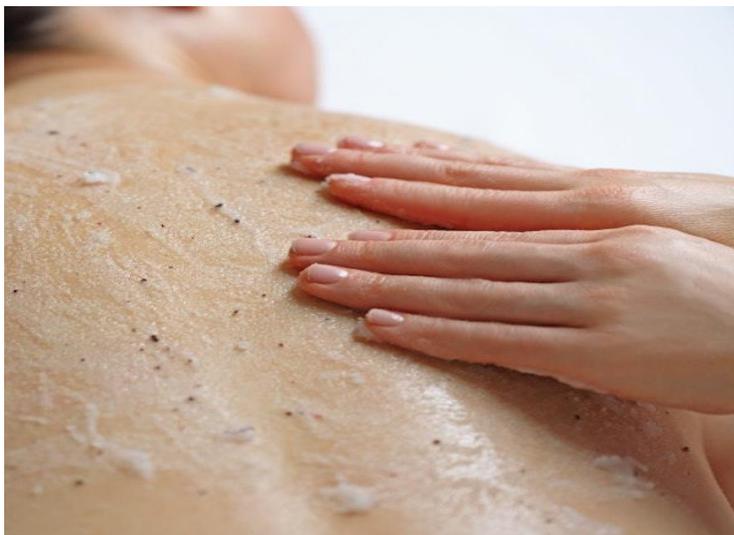
Condition your skin and muscles with this all-embracing experience. Combine any 30-minute or 1-hour ELEMIS hands-on TOUCH facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage. Deeper than Deep Hot Stone Massage or Swedish Massage.

90-mins **£95** | 60- mins **£80**

COUTURE TECHNOLOGY

Time to switch your skin on. Combine any 30-minute, 1 hour or 1 hour 30-minute ELEMIS TECHNOLOGY BIOTEC facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage, Deeper than Deep Hot Stone Massage or Swedish Massage.

75- mins **£95**



BODY WRAPS & SCRUBS

INTENSELY CLEANSING SALT SCRUB - LIME AND GINGER OR FRANGIPANI

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

45 mins **£55**

TIME OUT FOR MEN

FACE | TOUCH

HIGH PERFORMANCE SKIN ENERGISER

The hard-working facial for ageing, dehydrated skin, and tired eyes. It maximises cell regeneration, as steam and extraction decongest. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

60-min **£75**



HANDS & FEET

GENTLEMANS CLUB JESSICA MANICURE

For immaculate hands that make a good impression, this classic male manicure delivers complete hand, nail and cuticle maintenance. Including a tension relieving massage. Nails are buffed to remove ridges and imperfections.

30mins **£20**

GENTLEMANS CLUB JESSICA PEDICURE

A relaxing and grooming foot treatment. Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be groomed, and your toenails will be beautifully shaped and perfectly buffed.

45mins **£35**

NAIL TREATMENTS

JESSICA/MII GEL PEDICURE

Your nails will be filed and shaped and your cuticles groomed before being buffed and prepped for your favourite shade of Jessica polish. If you have existing gels to be removed, please advise us onbooking as we require extra time.

60 mins **£37**

JESSICA/ MII GEL MANICURE

60 mins **£30**

JESSICA LUXURY PEDICURE

60 mins **£48**

JESSICA LUXURY MANICURE

60 mins **£32**

FULL SET OF ACRYLICS

120- mins | from **£55**

FILE & POLISH TOES

20 mins **£20**

GEL MANICURE AND PEDICURE PACKAGE

1H 45 mins **£65**

JESSICA POLISH PEDICURE

45 mins **£30**

SOAK OFF

15 mins **£10**

WAXING

Full Leg Wax **£30**

1/2 Leg Wax **£25**

Abdomen Wax **£10**

Brazilian Wax **£25**

Hollywood **£30**

Bikini Wax **£20**

Lower Back **£17**

Bum Cheeks Wax **£25**

Bum Cheeks Wax (Full) - (Ladies only) **£30**

Lower Arm **£15**

Full Arm Wax **£20**

Lip/chin Wax **£8**

Lip & Chin **£15**

Brow Wax **£18**

Underarm Wax **£10**

Full Leg, bikini & underarm **£50**

1/2 leg, bikini & underarm **£45**

Full Leg, Hollywood & underarm **£55**

GROOMING FOR MEN

Back or Chest Wax **£25**

Shoulder Wax **£17**

EYES

Brow Shape **£10**

Eyelash Perm & Tint **£47**

Eyelash Perm **£40**

Eyebrow & Lash Tint with Brow Shape **£27**

Eyelash & Brow Tint **£25**

Eyelash Tint **£15**

Eyebrow Tint **£12**

Eyebrow Lamination **£40**

Eyebrow Lamination + tint

ABOUT YOUR VISIT

All sessions should be pre-booked. Bookings may require credit or debit details on booking.

To book please call +350 200 490 66 or you can email the spa directly on spa@atlanticsuiteshealthclub.gi.

Please arrive at least 10 minutes prior to your treatment start time. Late arrival may result in shorter treatment times.

The spa is an opportunity for clients to escape from their mobile phones. We ask that all phones are kept on silent.

