

# The Garden Spa

BY L'OCCITANE

TREATMENT BROCHURE

CLOSE YOUR EYES,  
YOU ARE IN PROVENCE...

*From the moment you enter THE GARDEN SPA BY L'OCCITANE, fragrances transport you to PROVENCE; the escape begins with scent. Prior to your treatment, you are greeted with a WELCOME RITUAL, a footbath performed with our SOOTHING FORMULA. Every gesture, EVERY INGREDIENT, every ritual is drawn from a page of the L'OCCITANE GRAND HERBARIUM, a resource of hundreds of ESSENTIAL OILS and NATURAL INGREDIENTS.*

*Your experience then takes you on a TRUE OLFACTORY JOURNEY, sequenced at every step by COMFORTING or ENERGISING AROMAS. The VOYAGE OF THE SENSES continues through gestures, SENSORIAL TEXTURES, relaxing music and the HERBAL TEAS inspired by PROVENÇAL TRADITIONS.*

*Just as PROVENCE is the land of beauty; THE GARDEN SPA BY L'OCCITANE is a SANCTUARY OF TRANQUILITY to refresh your senses and RETRIEVE PEACEFULNESS and INNER BALANCE.*

6

FACIAL  
TREATMENTS

8

MASSAGES

11

BODY SCRUBS  
& WRAPS

12

ADDITIONAL  
TREATMENTS

16

SPA DAYS &  
BREAKS

19

JESSICA MANICURES  
& PEDICURES

22

T&CS





## Facial Treatments

### IMMORTELLE DIVINE SECRET

90 Minutes

MON - THURS

£160

FRI - SUN

£170

An ideal firming treatment for the face and neck, as well as the décolleté area. This exceptional anti-aging facial combines the regenerating actions of seven natural active ingredients including organic immortelle essential oil and myrtle, with lifting and contouring massage techniques to help boost cellular youth and deeply rejuvenate the dermis. Leaving your skin more radiant and youthful, the result is divine; deep wrinkles seem relaxed, fine lines smoothed, face contour firmer and the décolleté smooth and satin-soft again. Skin looks glowing with youth!

### SHEA NOURISHING COMFORT

60 Minutes

MON - THURS

£125

FRI - SUN

£130

This treatment is designed to address the specific needs of sensitive skin: the sequence focuses on strengthening and protecting the skin, through intensively nourishing Shea formulas, a very gentle exfoliation and a cooling moment to soothe. As a result, skin is nourished, supple and enjoys long-lasting comfort. This treatment is also suitable for dry skin; for those concerned with dehydration, lack of softness and tired skin, its repairing and hydrating properties will bring long-lasting comfort and rejuvenation.

### SOURCE REOTIER

60 Minutes

MON - THURS

£125

FRI - SUN

£130

This facial features a ultra-hydrating face care range - Aqua Réotier for healthy-looking skin. Enriched with Réotier water, hyaluronic acid and glycerin, this facial helps recharge skin with water, leaving it glowing with moisture and softness. Your skin is refreshed and radiant, it feels more plump.

### RESET FACE & EYES

60 Minutes

MON - THURS

£125

FRI - SUN

£130

The combination of movements performed with Gua Sha crystals and our Immortelle Reset face & eye contour serums, both infused with Immortelle Essential Oil extracts, come together to work on dull complexion and accumulated signs of fatigue.



## Signature Treatments

### BATH PRIORY SIGNATURE

60 | 90 Minutes

MON - THURS

£130 | £165

FRI - SUN

£140 | £175

A combination of our ultimate classics - for those who like to discover everything but have limited time, this treatment is perfect. The relaxing massage specifically targets the neck, back and shoulders to help release tension and stress, followed by a nourishing Shea Comfort facial to make the skin glow. While the face mask works its magic, enjoy your choice of either a relaxing scalp massage or stimulating foot massage



## Body Massages

### SLEEP & RESET MASSAGE

60 | 90 Minutes

MON - THURS

£125 | £160

FRI - SUN

£130 | £170

Honoring the sleep cycle, this 90-minute massage uses unique rituals to prepare your body for a well-deserved sleep. The massage begins with guided breathing techniques using a special blend of essential oils designed to lull you into relaxation. The increasing intensity of movements on the whole body help remove negative energy and promote well-being from head to foot. A specific massage to unwind the mind and recover from accumulated fatigue! Tested by European Sleep Center – Accredited by Dr. Duforez

### RELAXING AROMACHOLOGY MASSAGE

60 | 90 Minutes

MON - THURS

£125 | £160

FRI - SUN

£130 | £170

Swedish effleurage strokes, Chinese acupressure and Balinese massage techniques come together to stimulate circulation, ease tension and relieve stress.

### DEEP TISSUE INTENSE RELIEF

60 | 90 Minutes

MON - THURS

£125 | £160

FRI - SUN

£130 | £170

This massage combines Hawaiian Lomi Lomi massage, acupressure points and gentle stretching. It eases muscular tension, with a focus on the back, shoulders and neck area. As a result, the whole body feels refreshed and deeply rebalanced. Ideal for sports men / women and travellers to quickly recover from a long journey or jet lag.

### ALMOND DETOXIFYING BALANCE

60 Minutes

MON - THURS

£125

FRI - SUN

£130

Inspired by Lymphatic Drainage massage techniques, this treatment boosts circulation and promotes elimination of toxins and excess water. The skin feels nourished, supple, firmer and smoother thanks to the almond supple skin oil, rich in omega six and three and camelina oil. As a result, your body feels lighter and invigorated.

### BLISSFUL COCOON FOR MUM-TO-BE\*

60 Minutes

MON - THURS

£125

FRI - SUN

£130

This exclusive massage specially designed for mums-to-be delivers enhanced relaxation and well-being. Based on the gentle effleurage movements of Swedish and Balinese techniques, more specifically applied on the back and legs, the massage releases tension and eases tight muscles. As a result, you will leave this cocoon of well-being deeply relaxed, calm and regenerated.

\*Massage can only be performed after the third month of pregnancy.





## BODY TREATMENTS

### Body Treatments

#### SHEA NOURISHING SCRUB & WRAP

60 Minutes

MON - THURS

£125

FRI - SUN

£130

This formula has been developed exclusively for L'Occitane spas and is recommended for dry skin, delicious textures eliminate dead cells, leaving skin perfectly prepared for the wrap, which is ideal repairing care for very dry, sun damaged or overworked skin. While the entire body soaks up the active ingredients that nourish (shea butter and grape seed oil), moisturise (honey extracts) and soften (Kaolin), a scalp massage will promote a feeling of pure relaxation and wellbeing.



## Mini Treatments

The following L'Occitane treatments are designed to complement and enhance your existing spa experience and cannot be purchased separately.

### RELAXING MESSAGE FOR THE BACK

*30 Minutes*

MON - THURS

**£65**

FRI - SUN

**£70**

This relaxing massage specifically targets the neck, back and shoulders to help release tension and stress.

### SHEA NOURISHING COMFORT FACIAL

*30 Minutes*

MON - THURS

**£65**

FRI - SUN

**£70**

This treatment is specially designed to address the specific needs of sensitive skin. The treatment focuses on protecting the skin, through intensively nourishing Shea formulas, a very gentle cleansing, and a cooling experience to soothe. As a result, skin is nourished, supple and experience long-lasting softness.

### MINI REVITALISING SCRUB

*30 Minutes*

MON - THURS

**£65**

FRI - SUN

**£70**

A soothing and stimulating texture combining sugar crystals and L'Occitane's signature blend of energising essential oils to gently remove dead cells and reveal smooth, fresh and luminous skin.









## Spa Days

### THE ULTIMATE INDULGENCE SPA RETREAT

£230

*Available Wednesday - Friday, arrival at 9.30am*

Escape to the Garden Spa by L'Occitane for a day dedicated to complete relaxation and restoration. Reconnect with nature in the haven of our gardens or rejuvenate in the calm of our spa and relaxation areas. Enjoy full use of swimming pool, thermal and relaxation areas, 2 hours worth of treatments and a two course lunch in the pantry served with champagne.

#### PACKAGE INCLUDES:

This indulgent spa retreat includes 2 hours of restorative spa treatments, choose 2 of the following treatments:

- Bath Priory Signature Facial & Massage
- Shea Nourishing Facial or Reset Face & Eyes
- Shea Nourishing Scrub & Wrap
- Luxury Mii Manicure or Pedicure

Full use of our Garden Spa facilities including robes, slippers and towels.

### RELAX, RESET & RESTORE SPA RETREAT

WED - FRI

SAT

£150

£160

*Available Wednesday - Saturday*

*9.30am - 1.30pm or 1.30pm - 5.30pm*

Escape to the Garden Spa by L'Occitane for a day dedicated to relaxation. Enjoy use of swimming pool, thermal and relaxation areas, a 60 minute treatment of your choice followed by a two course lunch in the pantry.

#### PACKAGE INCLUDES:

The Relax, Reset & Restore Spa Retreat includes one 60 minute spa treatment of your choice:

- Bath Priory Signature Facial & Massage
- Shea Nourishing Facial or Reset Face & Eyes
- Shea Nourishing Scrub & Wrap
- Luxury Mii Manicure or Pedicure

Full use of our Garden Spa facilities including robes, slippers and towels.

## Spa Days & Breaks

### MINI GARDEN SPA RETREAT

WED - FRI

£120

*Available Wednesday - Friday*

*9.30am - 1.30pm or 1.30pm - 5.30pm*

Escape to the Garden Spa by L'Occitane for a day dedicated to relaxation. Enjoy use of swimming pool, thermal and relaxation areas, a 30 minute treatment of your choice followed by a two course lunch in the pantry.

#### PACKAGE INCLUDES:

This Mini Garden Spa Retreat includes a 30 minute spa treatment of your choice:

- Relaxing Massage for the Back
- Shea Nourishing Comfort Facial
- Mini Revitalising Scrub

Full use of our Garden Spa facilities including robes, slippers and towels.

### RESTORATIVE GARDEN SPA BREAK

FROM £610 PER ROOM PER NIGHT

*Available Monday - Thursday*

Restore body and mind with our midweek one night spa escape. Reconnect with nature in the haven of our gardens or rejuvenate in the calm of our spa and relaxation areas. Spoil yourself with a luxurious treatment of your choice and enjoy time by the swimming pool and thermal areas. Indulge further with a three course dinner in our award winning restaurant and then curl up in a comfortable bed for a relaxing nights sleep, enjoying a full English or continental breakfast the following morning.

#### PACKAGE INCLUDES:

The Restorative Garden Spa Break includes one 60 minute spa treatment choice of the following:

- Bath Priory Signature Facial & Massage
- Shea Nourishing Facial or Reset Face & Eyes
- Shea Nourishing Scrub & Wrap
- Luxury Mii Manicure or Pedicure

Full use of our Garden Spa facilities including robes, slippers and towels. Three-course dinner in the restaurant with Full English or continental breakfast in the morning and a morning newspaper in your room. Free flexible cancellation with no prepayment required

Terms and Conditions apply

## Manicures & Pedicures

### MII LUXURY MANICURE

*60 Minutes*

MON - THURS

**£55**

FRI - SUN

**£65**

This luxury manicure includes exfoliation, mask, massage, cuticle care and thermal heated mittens for deeper penetration of oils and creams. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish.

### MII LUXURY PEDICURE

*60 Minutes*

MON - THURS

**£55**

FRI - SUN

**£65**

This luxury pedicure includes exfoliation, mask, removal of hard skin, foot and leg massage and thermal heated booties for deeper penetration of oils and creams. Your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.

### MII MINI MANICURE OR PEDICURE

*30 Minutes*

MON - THURS

**£40**

FRI - SUN

**£45**

File and repaint hands or feet. Nails are beautifully shaped, skin moisturised, completed with a perfect polish.









# Terms & Conditions

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## ADVANCED BOOKING

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

## CANCELLATION POLICY

Please provide at least 48 hours notice for treatment cancellations and 72 hours for Spa Day Packages to avoid being charged for your treatments.

## SPA ARRIVAL

We suggest you to arrive 60 minutes prior to your spa appointment if you wish to use leisurely time to relax and enjoy the hotel pool and facilities before your treatment. Otherwise if you prefer a quick escape from the urban environment, we suggest you to arrive 15 minutes prior to your appointment, which will allow you time to shower and change into comfortable robe. Please understand that late arrivals will not receive an extension on scheduled treatments.

## RESTORATIVE GARDEN SPA BREAK

†£610 price is per room, for one night, based on two adults sharing a Classic Room mid-week. This spa break package is subject to availability. We will reserve a table for dinner for you, should you prefer a specific time – please advise at the time of booking. This offer cannot be used in conjunction with any other offer. Stays in July to October will include a supplement of £70 per room per night.

## SPA DAY

All day packages are offered subject to availability. Lunch reservations should be made at the time of booking. Day packages cannot be used in conjunction with any other offer. Treatments include consultation time. Prices listed are per person.

## MEDICAL CONDITIONS

Some of the treatments that are offered are not suitable for guests with certain medical conditions. We request that you draw our attention to any of the following conditions at the time of booking: cardio or respiratory conditions, high or low blood pressure, epilepsy, diabetes, pregnancy, skin conditions, cancer diagnosis, thyroid problems, or recent operations. We have specially designed treatments for expectant women so please allow our spa team to guide you in selecting which treatments are most suitable for you.

## SPA TECHNOLOGY POLICY

The Garden Spa environment is one of relaxation and tranquility, we would therefore be grateful if you would please note that the Spa is a mobile phone, tablet or camera free area.

## LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your hotel room safe during your visit or request one of our spa concierge to place it in the Spa safe. For the protection of your clothing we also advise you wear the robe provided.

## RETURNS POLICY

You can exchange unopened products within 14 days of purchase if you have a receipt. We cannot exchange any opened products.



# L'OCCITANE

EN PROVENCE

*depuis 1976*



THEBATHPRIORY



BROWNSWORDHOTELS



THEBATHPRIORY

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ANDREW BROWNSWORD HOTELS