

WELLBEING BROCHURE

FERMAIN VALLEY
HOTEL
ST PETER PORT, GUERNSEY



FERMAIN VALLEY HOTEL

The tranquil surroundings of the Fermain Valley Hotel create an environment in which to completely revive the mind and body. Inside, contemporary design and a choice of luxurious treatments will leave you in a state of pure relaxation.

Unwind with us.



FACILITIES AT A GLANCE:

- Indoor swimming pool
- Treehouse spa treatment room
- Peaceful gardens

SPA EXPERIENCES

Whether it is with close friends and family, or you would simply enjoy some time to yourself, get away from it all with a spa experience – a true indulgence.

Treatment and Afternoon Tea Treat*

Choose a 55-minute treatment from a selection of the six options below, plus enjoy afternoon tea in the Valley Tea Rooms.

Face & Body Combo

Dermalux Light Therapy Facial

Environ Essential Facial

Comfort Zone Luxury Facial

Tree House Manicure with heated mitts

Tree House Pedicure

£99 per person

*Please note that use of the pool and heat facilities are not included with this package.



FACIALS

Whether you are looking for glowing skin for a special occasion or you need a complete skin overhaul, below are a selection of the most pioneering facial techniques and relaxing treatments offering the most impressive results.

Touch Facials

ELEMIS treatments use touch as a powerful diagnostic tool. The products are applied using a combination of ancient and modern massage techniques from around the world.

Anti-Ageing Facials

ELEMIS EXPERT™ Touch Renew Facial Hydrate, Lift & Firm

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

55 minutes - £90

Skin Specific/Prescriptive Facials

ELEMIS EXPERT™ Touch Nourish Facial Cleanse, Rebalance & Revive

Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

55 minutes - £90

ELEMIS EXPERT™ Touch Reveal Facial Resurface, Smooth & Glow

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother and renewed.

55 minutes - £90

ELEMIS EXPERT™ Touch Express Facial

For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions. For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect.

25 minutes - £60

FACIALS

ENVIRON Essential Technology Facials

Environ's pioneering dual electro-sonic technology sets the benchmark for professional skin care treatments. Low-frequency sonophoresis together with pulsed iontophoresis in combination with Environ's professional skin care products, help deliver more of what skin needs where it needs it most - making a real lasting difference to your skin, for life. Environ do not test on animals and are cruelty-free however please inform us if you would like only vegan friendly products to be used during your facial.

ENVIRON Essential Moisture Boost Facial

Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting moisturised, glowing-looking skin.

85 minutes - £130

55 minutes - £90

ENVIRON Essential Comfort Calm Facial

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin feeling soothed with a healthy radiance.

85 minutes - £130

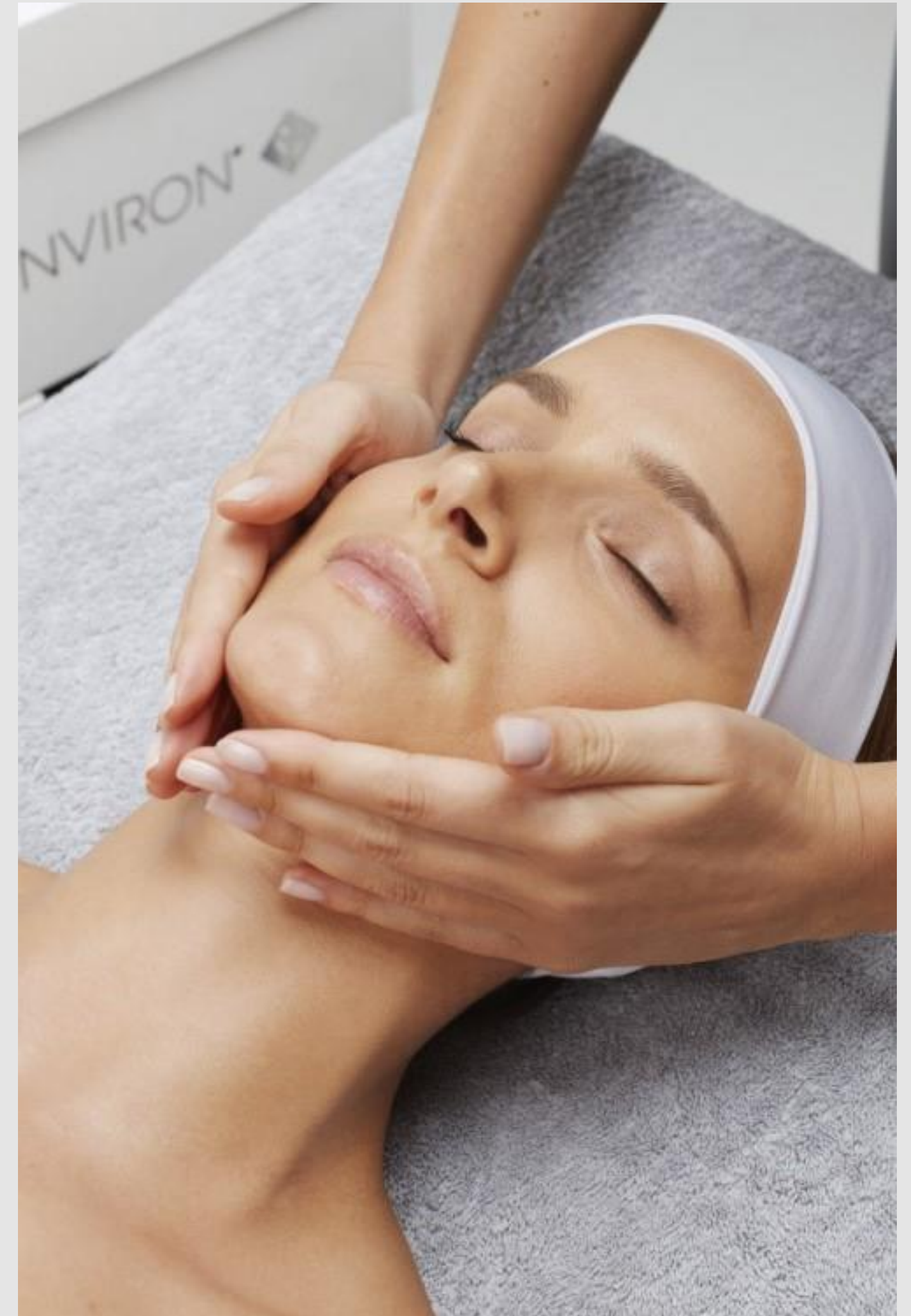
55 minutes - £90

ENVIRON Essential Radiance Reveal Facial

A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients results in flawless, radiant-looking skin.

85 minutes - £130

55 minutes - £90





MASSAGE

Our massage treatments are perfect for deep relaxation or for targeting tense areas. Our expert therapists utilise the latest products from leading brands to enhance your experience.

Full Body, Face and Scalp Massage

A traditional massage designed to ease tension, relieve stress and promote a general state of well being. Includes a face and scalp massage.

70 minutes - £110

Full Body 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.

55 minutes - £90

Back, Neck & Shoulder Massage

A deeply therapeutic massage focusing on the aches and pains of the back and eliminating tension knots in the shoulders.

25 minutes - £60

ELEMIS EXPERT™ Deep Tissue Tension-Ease Massage

Renewed, Focused & Grounded

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused

55 minutes - £90

25 minutes - £60

**Treatment time includes a medical /skin consultation and set up

BODY TREATMENTS

Rituals, Scrubs & Wraps

Tree House Spa - Signature Combo Treatment

Unwind with our favourite treatment. The Tree House treatment consists of back brushing, back scrub, back massage and a fully personalised facial.

85 minutes - £130

HEAT TREATMENTS

Lava Shell Relax Massage

This massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind.

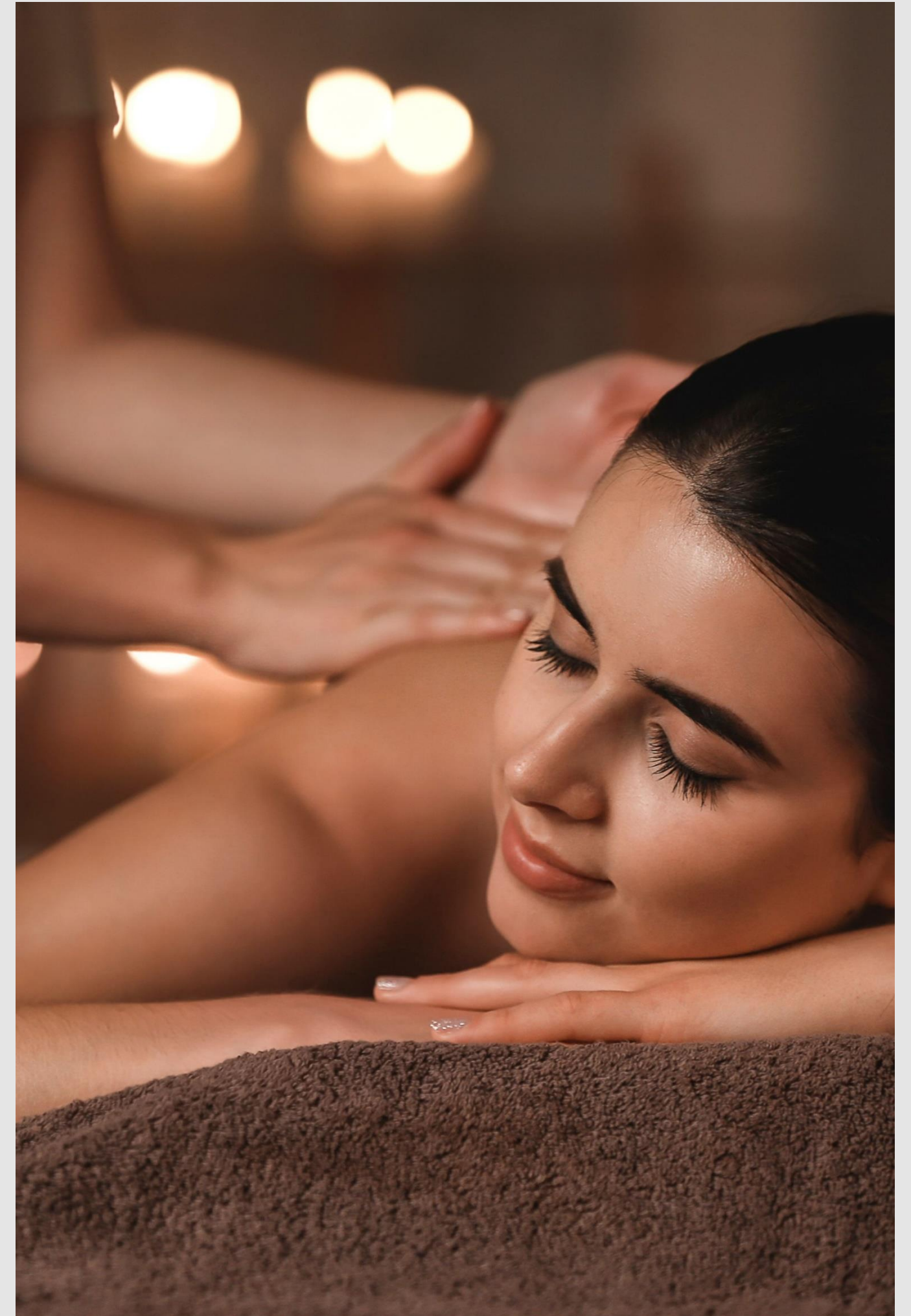
55 minutes - £105

Lava Shell Relax Back Massage

The warmth of the Lava Shells allows deep relaxation in this bespoke back massage treatment. The shells glide over the back to warm and relax muscles.

25 minutes - £75

**Treatment time includes a medical /skin consultation and set up





PREGANCY TREATMENTS

Indulge in our nurturing prenatal treatments, designed to soothe and relax expectant mothers with revitalising massages and pampering experiences at the hands of our expert spa therapists.

Pregnancy Massage

Take some time for yourself before your baby arrives and enjoy a luxurious full body massage, using only organic massage oils suitable for pregnancy.

Suitable for all mothers-to-be from 13 weeks of pregnancy.

55 minutes - £90

**Treatment time includes a medical /skin consultation and set up

COMBINATION TREATMENTS

The Tree House Spa - Full Body Massage & Luxury Facial Combo Treatment

This treatment includes a deeply relaxing and stress melting back, neck and shoulder massage followed by a luxury facial individually tailored to your own skin needs leaving your skin hydrated, visibility bright and smooth. Our luxury facial includes: cleanse, tone, facial massage, exfoliation and mask.

115 minutes - £165

Tree House Spa - Signature Combo Treatment

Unwind with our favourite treatment. The Tree House treatment consists of back brushing, back scrub, back massage and a fully personalised facial.

85 minutes - £130

The Tree House Spa - Luxury Facial & Back, Neck, Shoulder Massage Combo Treatment

This treatment includes a deeply relaxing and stress melting back, neck and shoulder massage followed by a luxury facial individually tailored to your own skin needs leaving your skin hydrated, visibly bright and smooth. Our luxury facial includes: cleanse, tone, facial massage, exfoliation and mask.

85 minutes - £130

The Tree House Spa - Full Body Massage & Express Facial Combo Treatment

This treatment includes a relaxing full body massage which will be focused on the areas where you are suffering from aches, pains and tensions followed by an invigorating prescriptive facial to include a cleanse, tone, exfoliation and mask leaving your skin glowing and hydrated.

85 minutes - £130

The Tree House Spa - Face & Body Combo Treatment

The perfect pick me up facial which includes a cleanse, tone, exfoliation and mask combined with a classic neck, back and shoulder massage. This massage incorporates traditional techniques to help relieve muscular tension in common stress-prone areas.

55 minutes - £90



HANDS & FEET

Tree House Classic Pedicure

A pedicure including hard skin removal, skin softening exfoliation and relaxing foot and leg massage make this pedicure the perfect pick me up for your feet. This treatment includes a shape and polish of the toenails, with a beautiful colour of your choice. Please bring open toe shoes to wear after your pedicure.

55 minutes - £55

Tree House Classic Manicure

A manicure includes shaping of the nail, cuticle maintenance, hand exfoliation and a relaxing hand and arm massage then to finish a polish is applied. This treatment includes a shape and polish of the fingernails, with a beautiful colour of your choice.

40 minutes - £50

Upgrade with Luxury Hand/Foot Mask with Heated Mitts/Booties

Great for very dry, cracked hands or feet in need of some extra TLC.

Luxury Pedicure - Hydrating Hand Mask with Heated Mitts
Luxury Pedicure - Hydrating Foot Mask with Heated Booties

Add 15 minutes - £20

Varnish Only

For those looking for a professional varnish. (Nail preparation must be completed pre-appointment).

15 minutes - £20

Please bring open toe shoes to wear after your pedicure.

Gel Nails

Bio sculpture gel is a bespoke treatment to help the natural nail stay healthy and encourages nail growth. Our gel manicures last for up to 3 weeks and maintain the high gloss shine. Bio Sculpture products are completely vegan and cruelty free.

Gel Manicure **55 minutes - £65**

Gel Pedicure **55 minutes - £60**

Gel Removal **25 minutes - £20**

*Removal of soft gels only i.e brush on gels/soak off gels. We are not able to remove hard gels or acrylics requiring specialist equipment. If unsure we recommend that you call the spa direct prior to making a booking.

Eyes

Eyelash Tint, Eyebrow Tint & Shape: **40 minutes - £40**

Eyelash and Eyebrow Tint: **25 minutes - £30**

Eyelash Tint: **25 minutes - £25**

Eyebrow Tint & Shape: **25 minutes - £25**

Eyebrow Tint: **10 minutes - £15**

Please note that patch tests are required for tinting and LVL treatments a minimum of 24 hrs before your appointment. All of our brow and lash treatments are completely vegan and cruelty-free.

Waxing

Full Leg Brazilian/Hollywood Chest: **30 minutes - £35**

Back: **30 minutes - £35**

Half Leg: **30 minutes - £35**

Full Arm: **30 minutes - £35**

Forearm: **25 minutes - £30**

Upper Lip and Chin: **15 minutes - £25**

Chin: **10 minutes - £15**

Under Arm: **10 minutes - £15**

Bikini: **10 minutes - £15**

Eyebrows: **10 minutes - £15**

Upper Lip: **10 minutes - £15**



GIFT VOUCHERS

We offer a wide range of spa gift vouchers perfect for her, for him or for them. Visit the spa reception to create and purchase tailored and personalised vouchers for your loved ones, as well as beautiful gift sets.

You can also discover gift experiences online at

handpickedhotels.co.uk/giftvouchers

Spa monetary gift vouchers from £25

Spa treatment gift vouchers from £90

FERMAIN VALLEY HOTEL

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HOTELS