

# SPA BROCHURE

ST PIERRE PARK  
— HOTEL, SPA & GOLF RESORT —  
ST PETER PORT, GUERNSEY



# ST PIERRE PARK HOTEL

The tranquil surroundings of the Spa at St Pierre Park 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.

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## **FACILITIES AT A GLANCE:**

Swimming pool

Outside hot tub

Marble steam room

Dual aspect volcanic stone sauna

Experience showers

5 treatment rooms

Spa relaxation room

Cardio gym & stretch zone

Resistance and weight training zone

Group cycling area

Outdoor decked stretch zone

Range of classes available

Personal training

Tennis courts



# RESIDENTIAL SPA BREAKS

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

## Sumptuous Spa Break

For a really special experience enjoy a one night stay with dinner and breakfast included, plus a 55 minute treatment and either afternoon tea or a two course spa lunch.

### Choose from:

- Luxury Facial
- Full Body Massage
- Face and Body Combo (express facial + back, neck and shoulder massage)
- Classic Pedicure
- Luxury Manicure
- Body and Massage Combo (full body salt scrub + back, neck and shoulder massage)
- Pregnancy Facial
- Pregnancy Massage

Plus, either afternoon tea or a two course spa lunch

### April, May & October

Monday to Sunday from £232 per person\*

### June to September

Monday to Sunday from £261 per person\*

### November to March

Monday to Sunday from £214 per person\*

Treatment Duration: 55 minutes\*\*

Available Monday - Sunday subject to availability

## Captivating Spa Break

Switch off and relax with a one night stay including breakfast and an indulgent 55 minute treatment.

### Choose from:

Luxury Facial

- Full Body Massage
- Face and Body Combo (express facial + back, neck and shoulder massage)
- Classic Pedicure
- Luxury Manicure
- Body and Massage Combo (full body salt scrub + back, neck and shoulder massage)
- Pregnancy Facial
- Pregnancy Massage

### April, May & October

Monday to Sunday from £167 per person\*

### June to September

Monday to Sunday from £196 per person\*

### November to March

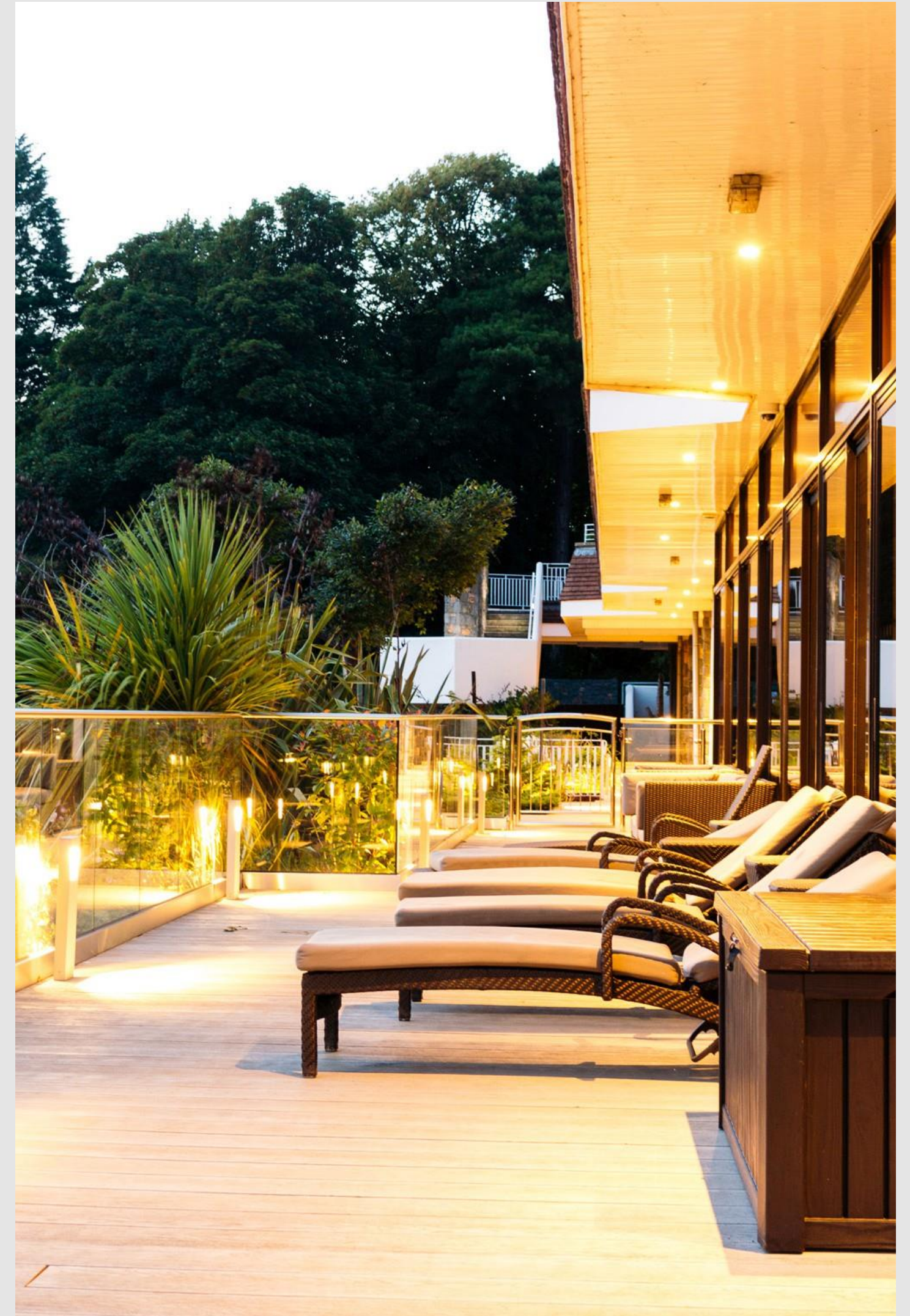
Monday to Sunday from £149 per person\*

Treatment Duration: 55 minutes\*\*

Available Monday - Sunday subject to availability

\*Price based on two people sharing a classic double or twin bedroom. Single occupancy supplements apply

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





# RESIDENTIAL SPA BREAKS

## Two-Night Revitalising Spa Break

Breathe in for two ... out for two..... And stay with us for two relaxing nights, more time to completely unwind, rest and reset. During your two night Revitalising Spa Break enjoy a peaceful 55-minute treatment, afternoon tea or a two course spa lunch, plus a selection of seasonal food and drink and full use of the hotel facilities.

### Choose from:

- Luxury Facial
- Full Body Massage
- Face and Body Combo (express facial + back, neck and shoulder massage)
- Classic Pedicure
- Luxury Manicure
- Body and Massage Combo (full body salt scrub + back, neck and shoulder massage)
- Pregnancy Facial
- Pregnancy Massage

Plus, either afternoon tea or a two-course spa lunch and a £39 allocation towards dinner per person

### April, May & October

Monday to Sunday from £317 per person\*

### June to September

Monday to Sunday from £376 per person\*

### November to March

Monday to Sunday from £281 per person\*

Treatment Duration: 55 minutes\*\*

Available Monday - Sunday subject to availability

\*Price based on two people sharing a classic double or twin bedroom. Single occupancy supplements apply

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

# SPA DAYS

Each of our specially curated spa days has been put together with you in mind. If you're seeking to relax, refresh or revive, we have the perfect experience. If any of these sound like the ideal way to treat someone special, why not purchase one as a gift voucher?

## Hand Picked 'Just For You' Spa Day

Our ultimate spa day experience, tailor made exactly to your preference. Two sumptuous hours of treatments from our spa brochure plus a breakfast basket, afternoon tea or spa lunch, a chilled glass of Champagne, full use of our spa facilities and a spa gift!

Arrive at the spa and enjoy your breakfast basket and refreshments. Let your very own 'Personal Spa Therapist' guide you through two hours of sumptuous treatments bespoke to your every need. Whether you're looking to feel relaxed and de-stressed or wanting to return refreshed and rejuvenated this is the perfect treat.

Your day will also include a traditional afternoon tea or our spa lunch - the choice is yours. And to top it all off, a glass of chilled Champagne and a spa gift (value £25) especially for you, so you can even continue your spa experience at home.

**Monday to Thursday from £200**

**Friday & Sunday from £225**

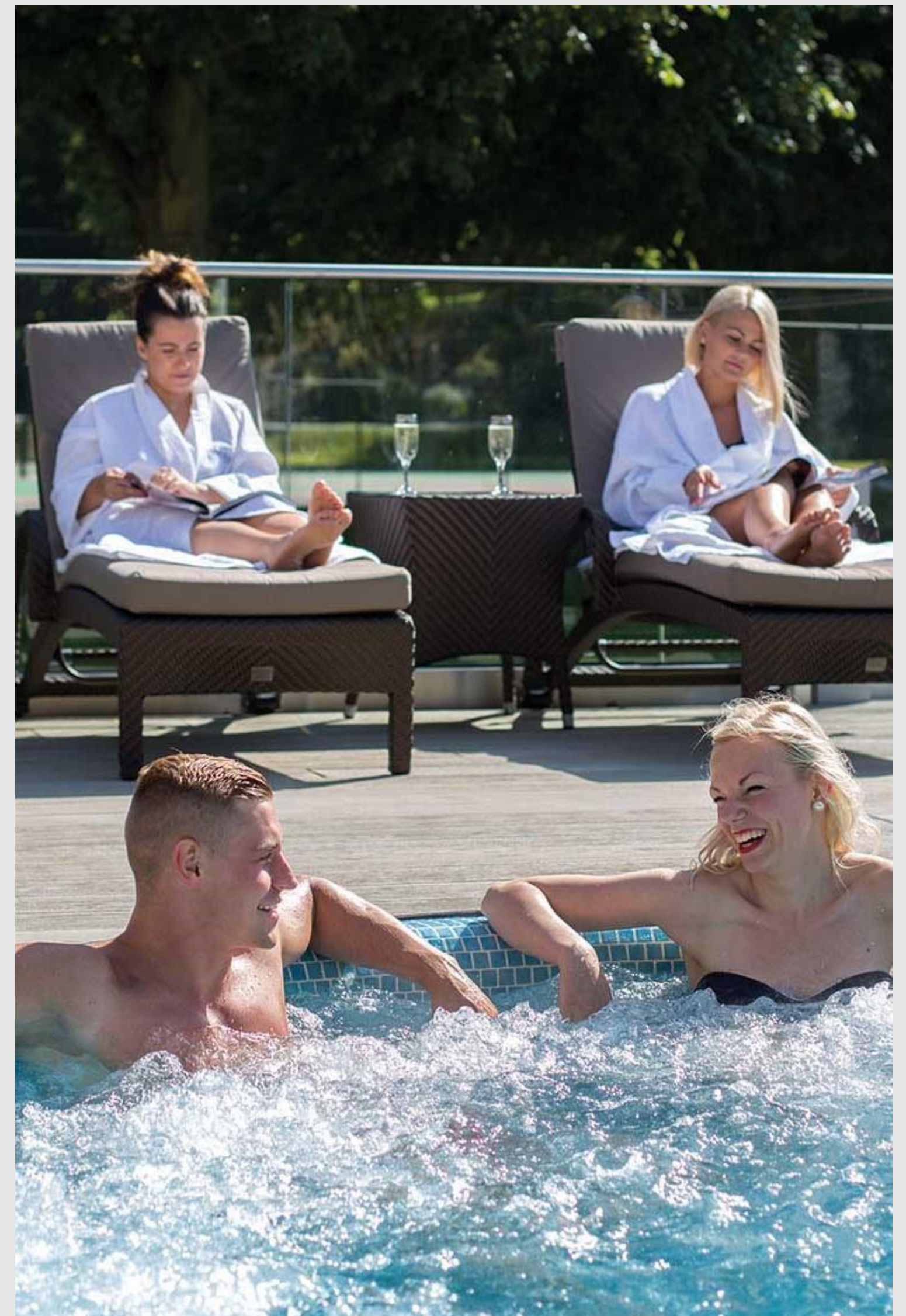
**Saturday from £240**

Available Monday - Sunday

Treatment Duration: 115 minutes\*\*

\*Customers will receive a personal call from the spa to plan and tailor-make their two hour treatment experience.

\*\*Treatment time includes spa consultation, & treatment





# SPA DAYS

Each of our specially curated spa days has been put together with you in mind. If you're seeking to relax, refresh or revive, we have the perfect experience. If any of these sound like the ideal way to treat someone special, why not purchase one as a gift voucher?

## Perfect Treat Champagne Spa Day

This spa day really is the perfect way to treat yourself or someone special. Enjoy your choice of two of our 'guests' favorite treatments plus afternoon tea or spa lunch, full use of our country house hotel spa facilities and a chilled glass of Champagne.

### Choose from:

- Luxury Facial
- Full Body Massage
- Face and Body Combo (express facial + back, neck and shoulder massage)
- Classic Pedicure
- Luxury Manicure
- Body and Massage Combo (full body salt scrub + back, neck and shoulder massage)

### And, one 25 minute treatment from the following options:

- Back, Neck and Shoulder Massage
- Express Facial
- Full Body Salt Scrub
- File and Polish for fingers
- File and Polish for toes

**Monday to Thursday from £150**

**Friday & Sunday from £175**

**Saturday from £190**

Available Monday - Sunday

Treatment Duration: 85 minutes\*\*

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

# SPA DAYS

## Pure Indulgence Afternoon Tea Spa Day

Choose a luxurious 55 minute treatment from a selection of six, as well as enjoying full use of our country house hotel spa facilities and a traditional afternoon tea or our spa lunch. The perfect day out!

### Choose from:

- Luxury Facial
- Full Body Massage
- Face and Body Combo (express facial + back, neck and shoulder massage)
- Classic Pedicure
- Luxury Manicure
- Body and Massage Combo (full body salt scrub + back, neck and shoulder massage)

Completed by either afternoon tea or our spa lunch

**Monday to Thursday from £135**

**Friday & Sunday from £150**

**Saturday from £160**

Available Monday - Sunday

Treatment Duration: 55 minutes\*\*

## Twilight Spa Experience

Relax and wind down in the latter part of the day with a 55 minute treatment of your choice, plus full use of our country house hotel spa facilities. This experience also includes a £20 food and drinks voucher to use at the end of your day in either the hotel bar or lounge.

### Choose from:

- Luxury Facial
- Full Body Massage
- Face and Body Combo (express facial + back, neck and shoulder massage)
- Classic Pedicure
- Luxury Manicure
- Body and Massage Combo (full body salt scrub + back, neck and shoulder massage)
- Pregnancy Facial
- Pregnancy Treatment/Massage
- Fingers and Toes Combo

**Plus** a £20 food and beverage voucher to use on the same day in the hotel bar and lounge.

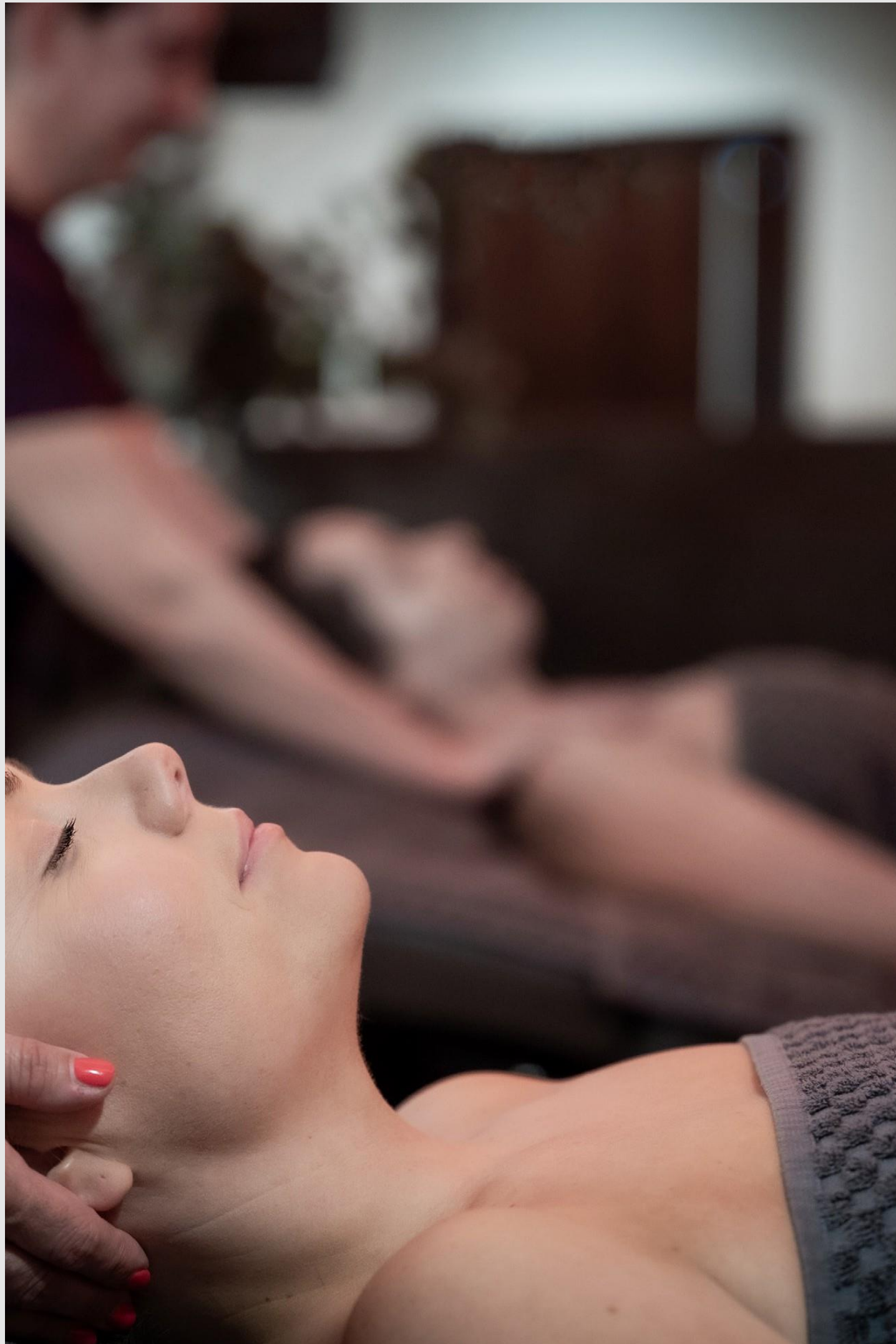
**Monday to Thursday from £120**

Treatments available Mon - Thurs between 3pm - 7pm

Treatment Duration: 55 minutes\*\*



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



# 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.

## 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

## Technology facials

ELEMIS BIOTEC facials use the pioneering innovation of the BIOTEC machine to switch the skin back on, increasing its natural cellular energy. Your therapist will advise you of the most suitable BIOTEC facial for your skin type.

## Anti-Ageing Technology

### **ELEMIS EXPERT™ Tech Radiance + Revive Facial Rebalance, Nourish & Glow**

Revive tired skin with our advanced Ultrasonic Peel, teamed with Oxygen Infusion to plump and Galvanic technology to nourish, leaving your skin rebalanced, nourished and radiant.

BIOTEC Technology:

Ultrasonic Peel for glowing skin

Oxygen Infusion to plump the skin

Galvanic technology to restore the skin

**55 minutes - £90**

## Skin Specific/Prescriptive Technology

### **ELEMIS EXPERT™ Tech Smooth + Polish Facial Reset, Resurface & Brighten**

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic technology to nourish, revealing bright, polished and smooth skin.

BIOTEC Technology:

Ultrasonic Peel for glowing skin

LED Light Mask to re-energise the skin

Galvanic technology to restore the skin

**55 minutes - £90**

### **ELEMIS EXPERT™ Tech Lift + Rejuvenate Facial Renew, Plump & Tone**

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted

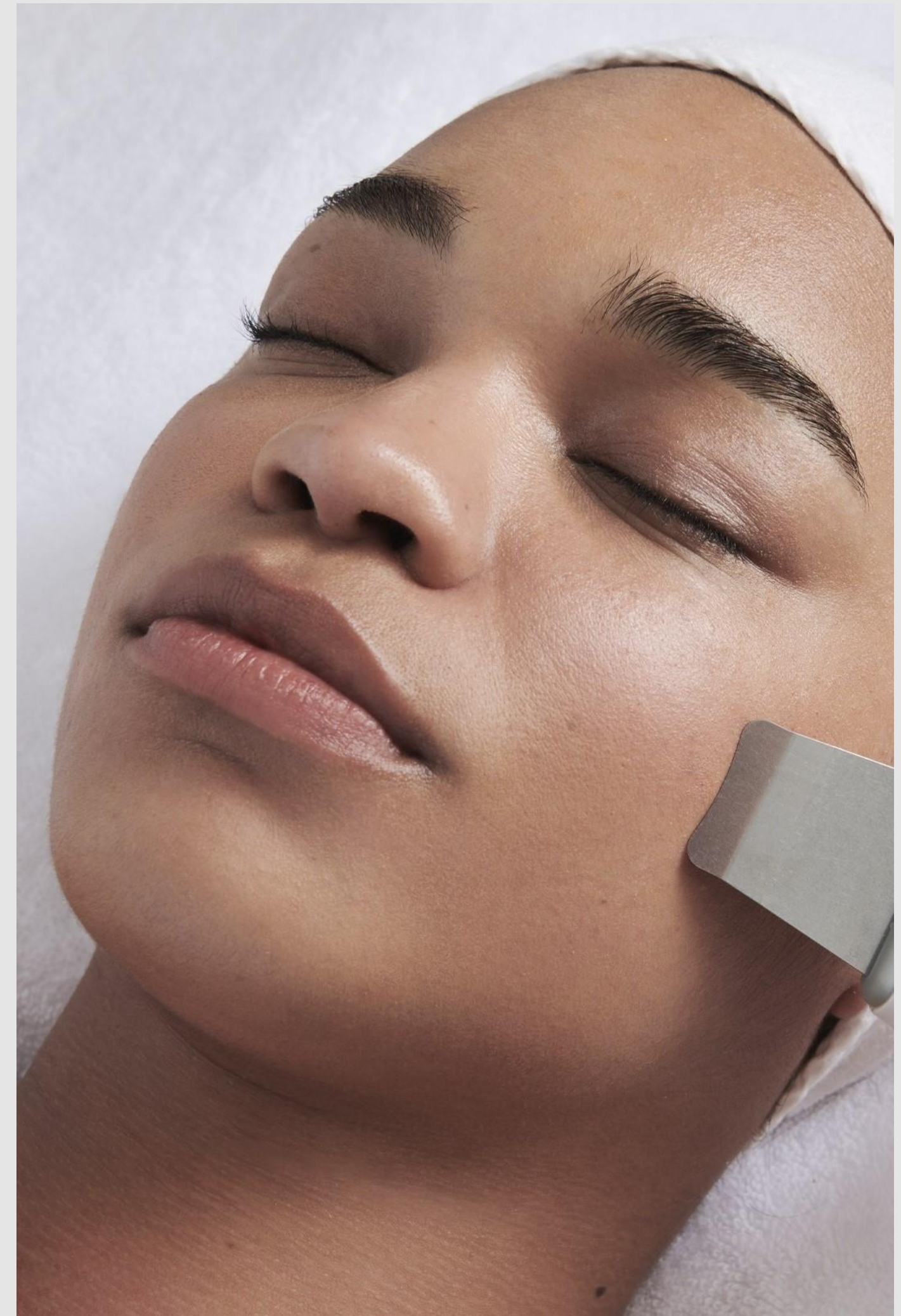
BIOTEC Technology:

Ultrasonic Peel for glowing skin

Microcurrent to lift the skin

Oxygen Infusion to plump the skin

**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.

## **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

**70 minutes - £114**

**55 minutes - £90**

**40 minutes - £75**

**25 minutes - £60**

## **Traditional Full Body Massage**

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

**55 minutes - £90**

## **Traditional 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**

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

# MASSAGE

## Holistic Wellbeing Massage

### OTO CBD Sleep Soundly Massage Treatment

Harness Tranquillity Combining the OTO signature scent of mandarin and ylang-ylang with high levels of CBD, the sleep-soundly whole-body massage rapidly reduces inflammation in the soft tissues. Warmed Himalayan salt stones harness the parasympathetic nervous system - responsible for recovery and stress reduction, while live sound helps identify imbalances in the body's energy field, releasing emotional heaviness. This treatment will renew the entire system holistically and encourage a full circadian rhythm reset.

**85 minutes - £150**

### OTO CBD Wellbeing Massage

Amplifying | Balancing | Focusing This unique sensory journey will leave you feeling refreshed and energised. The OTO signature CBD full body massage has been created to clear the mind, comfort your body and cleanse the spirit.

**70 minutes - £114**

### OTO CBD Express Bamboo Back, Neck and Shoulder Massage

Designed to ease tension and unravel tightness in tired muscles. This back, neck & shoulder treatment uses CBD oil infused with Bitter Orange, Grapefruit, and Juniper Berry, coupled with the OTO signature soundscape and a handcrafted bamboo roller to work on deep tissue. Physical stress will be reduced, and energy increased

**25 minutes - £70**

### FOCUS

containing **Ginger, Black Pepper and Frankincense**

### AMPLIFY

containing **Bitter Orange, Grapefruit and Juniper Berry**

### BALANCE

containing **Jasmine, Basil, Fragonia, Helichrysum and Roman Chamomile**

# HEAT TREATMENTS

## ELEMIS EXPERT™ Transformative Hot Stone Massage Soothe, Relax & Revive

This deeply transformative treatment incorporates heated volcanic stones that are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

**70 minutes - £124**

**55 minutes - £100**

**Add hot stones to any massage 15 minutes £10**

## ELEMIS Poultrice-Powered Muscle Release

Alleviate sore and aching muscles with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the Amber and Quartz poultrice to help ease away your tensions.

**55 minutes £100**

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

# BODY

## Rituals, Scrubs & Wraps

### **ELEMIS Intensely Cleansing Salt Scrub**

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. Choose between lime and ginger or frangipani.

**25 minutes - £60**

### **OTO CBD Body Jam Ritual**

OTO's signature scrub. Using our luxury Cleansing Jam body exfoliator, enriched with jojoba seeds to encourage the removal of dead skin cells and an added micro exfoliation with AHA fruit acids and hyaluronic acid. Your skin will not only glow, it will be deeply hydrated as the ingredients work to lift, firm and detox excess fluid from the body. A choice of OTO Sensitive, Focus, Amplify or Balance oil are added to enhance the sensory and CBD benefits for your energy and your skin.

**25 minutes - £70**

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

# SPECIALITY TREATMENTS

## **Reiki**

A Japanese healing treatment which is performed fully clothed and aimed at calming the mind and emotions, additional energy work is incorporated to promote healing for both body and spirit. Reiki channels energy to revitalise your body system, and can help to:

- Relieve stress and tension
- Balance the energy of the body
- Speed up healing after surgery
- Treat stress, anxiety and depression

**55 minutes - £90**

## **Reflexology**

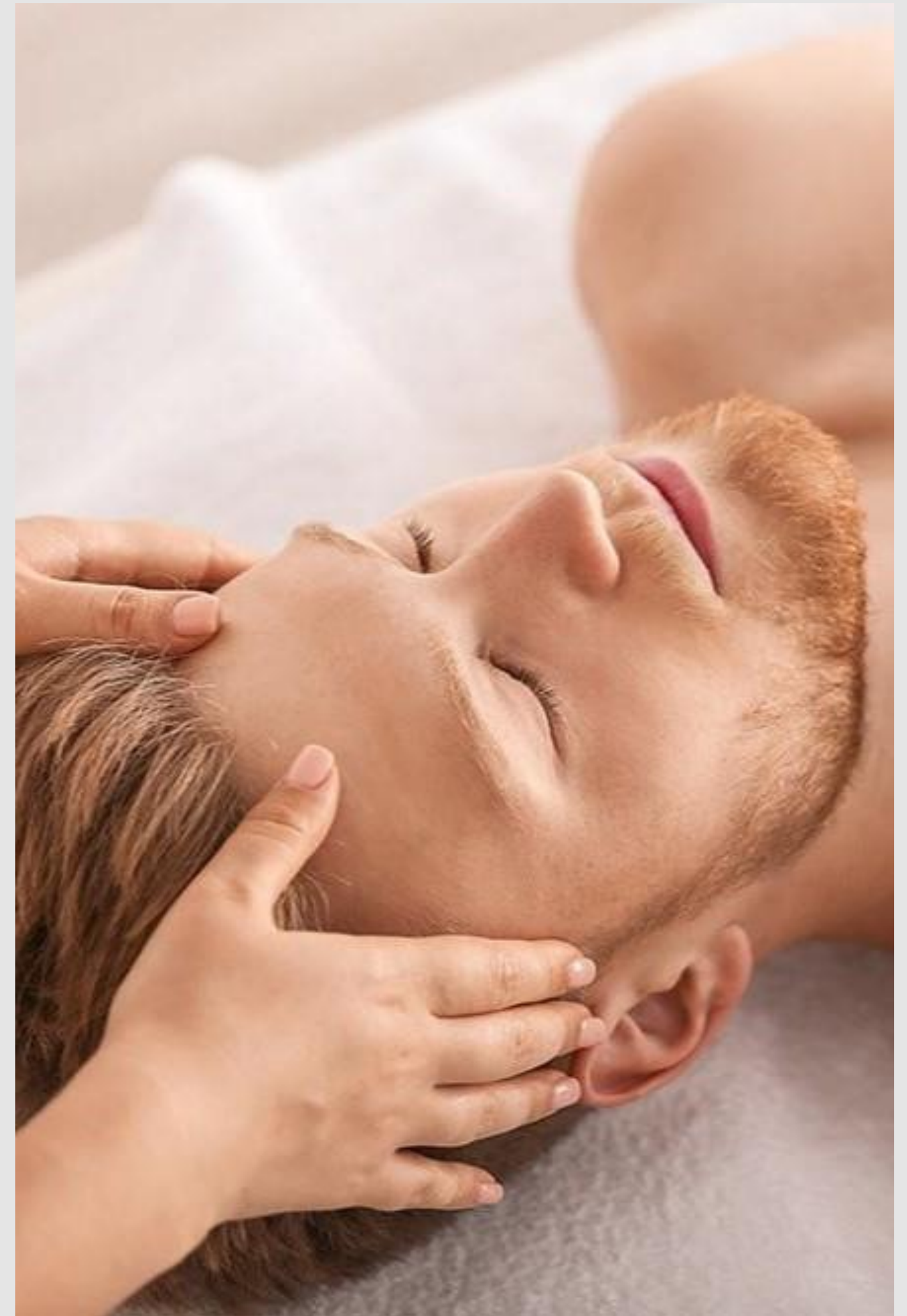
An ancient treatment that works on the key pressure points of the feet. Reflexology can help energise, relax and restore the body's balance.

**40 minutes - £75**

## **Indian Head Massage**

Stimulate the body and mind and help reduce the symptoms of tension by relaxing the muscles and alleviating emotional strain.

**25 minutes - £60**



# COMBINATION TREATMENTS

## **Full Body Massage & Luxury Facial Combo Treatment**

This treatment includes a deeply relaxing and stress melting full body 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 - £164**

## **Luxury Facial & Back, Neck, Shoulder Massage Combo Treatment**

This treatment includes a deeply relaxing and stress melting neck, back 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.

**85 minutes - £140**

## **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 - £140**

## **Face & Body Combo Treatment**

The perfect pick me up facial which includes a cleanse, tone, exfoliation and mask combined with a classic back, neck and shoulder massage. This massage includes traditional massage techniques to help relieve muscular tension in areas which are known to be the most common areas to retain the effects of stress.

**55 minutes - £90**

## **Body Scrub & Massage Combo Treatment**

A mixture of essential oils will exfoliate and moisturise the whole body, leaving the skin feeling refreshed and toned. This is followed by a classic back, neck and shoulder massage which incorporates traditional massage techniques to help relieve muscular tension in areas which are known to be the most common to retain the effects of stress.

**55 minutes - £90**

## **Massage and Shape & Polish Combo Treatment**

A classic back, neck and shoulder massage which incorporates traditional massage techniques to help relieve muscular tension as well as re-shaping of the nails and varnish. (fingers or toenails)

**55 minutes - £90**

## **Fingers and Toes Combo Treatment**

For those who are short of time, a quick pick-me-up to leave your fingers and toes perfectly groomed. This includes re-shaping of both the finger and toenails, plus varnish for well-maintained nails. Please bring open toe shoes.

**55 minutes - £68**

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



# PREGANCY

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.

## **ELEMIS EXPERT™ Peaceful Pregnancy Massage** **Nurture, Restore, Calm**

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester. Gently. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

Suitable for all 'mothers to be' from 13 weeks of pregnancy. Treatment time includes 10 minutes for relaxation and recuperation.

**70 minutes - £90**

## **Elemis Pregnancy Facial**

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester. Gently. A personally prescribed ELEMIS Touch Facial can be performed as advised by your therapist. Suitable for all 'mothers to be' from 13 weeks of pregnancy.

**55 minutes - £90**

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

# HANDS & FEET

## Luxury Pedicure

A deluxe pedicure with thermal booties for deeper penetration of oils and creams. Helping to soften cuticles, improve circulation and soothe stiff joints. 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.

**70 minutes - £60**

## Luxury Manicure

A deluxe manicure with thermal mittens for deeper penetration of oils and creams. Helping to soften cuticles, improve circulation and soothe stiff joints. This treatment includes a shape and polish of the fingernails, with a beautiful colour of your choice.

**55 minutes - £55**

## 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 - £50**

## Classic Manicure

This 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**

## Shape & Polish For Fingers

Nails are shaped and buffed and polish applied. The perfect nail maintenance treatment.

**25 minutes - £35**

## Shape & Polish For Toes

Nails are shaped and buffed and polish applied. The perfect nail maintenance treatment. Please bring open toe shoes to wear after your pedicure.

**25 minutes - £35**

## Gel Nails

The next generation in manicure and pedicure. A gel formula that is painted onto the nails giving strength, protection and long-lasting colour. Nails dry instantly.

**GEL Removal and Pedicure 70 minutes - £70**

**GEL Removal and Manicure 55 minutes - £65**

**GEL Pedicure 55 minutes - £60**

**GEL Manicure 40 minutes - £55**

**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 therefore strongly recommend you call the spa direct prior to making a booking



# 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.

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You can also discover gift experiences online at [handpickedhotels.co.uk/giftvouchers](https://handpickedhotels.co.uk/giftvouchers) Spa monetary gift vouchers from £25 Spa treatment gift vouchers from £60 Spa day gift vouchers from £120 Spa break gift vouchers from £198 per person

[Watch our spa FAQ video](#)

[Watch our spa day video](#)



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*Hand*PICKED  
HOTELS