

THE Spa

BODY THERAPY

MASSAGE

HOT STONE MASSAGE - *This signature treatment uses a combination of heated stones, Declor body balm and therapeutic massage techniques.*

40mins (back of the body only) £55.00
1hr 20mins (including face) £100.00

BODY MASSAGE - *A traditional body massage designed to ease tension, relieve stress and promote a general state of well being.*

50mins £65.00

BACK, NECK AND SHOULDER MASSAGE - *To alleviate the specific areas of stress and tension, aches and pains.*

25mins £39.00

DECLOR AROMA MASSAGE FOR THE FACE - *Consisting of neck, shoulder, face, scalp and arm massage.*

50mins £60.50

AROMA MASSAGE FOR THE BODY - *Combining relaxing massage to de-stress & replenish together with your chosen Declor body balm provides a genuine sense of well being. Choose from Relax, Detox, Flow or Tonic.*

50mins £66.50

1hr 20mins (includes face and scalp) £93.50

DECLOR EXTREME COMFORT - *providing all the benefits of the Aroma Massage including a pleasant & relaxing body mask to restore luminosity.*

1hr 20mins £91.00

DECLOR TRANQUILITY HEAD MASSAGE - *A relaxing scalp, face and neck massage*

25mins £39.00

BODY TREATMENTS

AROMA BODY ENVELOPMENTS - *These treatments are the ultimate treat for your body for a total transformation. A true cocoon of effectiveness.*

55mins £75.00

AROMA DETOX - *to refine and drain toxins*

AROMA FLOW - *to boost and energise*

AROMA RELAX - *to soothe and nourish*

AROMA TONIC - *to tone, firm and provide anti-ageing benefits*

SUMPTUOUS MOTHER TO BE (maternity treatment) - *Carefully tailored to help prevent stretch marks, reduce water retention, re-store comfort and re-balance.*

1hr £77.00

DECLOR PERFECT LEGS - *For legs that long to feel light, a refreshing treatment composed of exfoliation, massage and an ice effect mask.*

40mins £62.50

DECLOR PERFECT SLIM - *Designed to target those vulnerable areas to reduce cellulite, water retention and drain away toxins.*

50mins £75.00

At the spa we provide an escape, a place of peace and tranquility to help balance and re-energise your mind, body and soul.

Reebok

SPORTS CLUB

THE BODY BUFF - An exfoliating treatment to leave the body soft and smooth, ideal pre-holiday or special occasion.

25mins £39.00

RED ISLAND RITUAL - A luxurious exfoliation with fruit seeds & spices followed by a delightful relaxing massage, a treatment inspired by the island of Madagascar.

55mins £62.50

ENDERMOLOGIE - A cellulite treatment that is the only treatment of its kind which has been approved by the FDA. It improves the appearance of cellulite where diet and exercise alone cannot, by working on the fatty deposits collected in specific areas.

35mins £61.50

Course of 14 recommended over 7 weeks £799.50

WELLNESS & COMPLIMENTARY THERAPIES

To enhance our members well being these therapies will be expanded according to our members' wants, desires and needs. Please enquire at the Spa reception for more information and prices

SPORTS MASSAGE

25mins £42.00 50mins £69.00

1hr 25mins £105.00

THAI MASSAGE - It is recommended to wear loose comfortable clothing

25mins £39.00 50mins £65.00

SHIATSU MASSAGE - It is recommended to wear loose comfortable clothing

25mins £39.00 50mins £65.00

REFLEXOLOGY

25mins £39.00 50mins £65.00

MATERNITY MASSAGE (Pre & Post natal)

50mins £72.00 1hr 20mins £107.50

ACUPUNCTURE/FACIAL REJUVINATION ACUPUNCTURE

45mins £65.00

OSTEOPATHY

25mins £58.00 50mins £116.00

PHYSIOTHERAPY

25mins £56.00 50mins £112.00

PODIATRY/CHIROPODY

30mins £70.00

COUNSELLING £95.00

HYPNOTHERAPY £145.00 £180.00 (first treatment)

TEETH WHITENING Please enquire at spa reception

LASER HAIR REMOVAL Please enquire at spa reception

AESTHETIC REJUVINATION TREATMENTS

Spa opening hours

Mon-Fri 8am-8pm, Sat 9am-6pm, Sun 10.30am-6pm

Spa: 0844 558 1329 | 020 7970 0912 | reebokclub.co.uk

CANCELLATION POLICY We operate a 24hr cancellation policy to cancel or reschedule appointments, otherwise a 100% fee will apply.

NON-MEMBERS are welcome within the Spa, however a 5% additional charge applies to all treatments. Courses are available on selected treatments. Please enquire with spa reception for your tailor made spa experience. All prices and treatments are correct at the time of print and are subject to revision without notice.