Spa Brochure

GRAND JERSEY

HOTEL & SPA

ST HELIER, JERSEY

The tranquil surroundings of **The Spa at Grand Jersey Hotel** creates 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

Gym

Spa pool

Sauna

Steam room

6 treatment rooms

Spa relaxation room

Manicure & Pedicure lounge

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

May to Sept 22

Monday to Sunday from £255 per person*

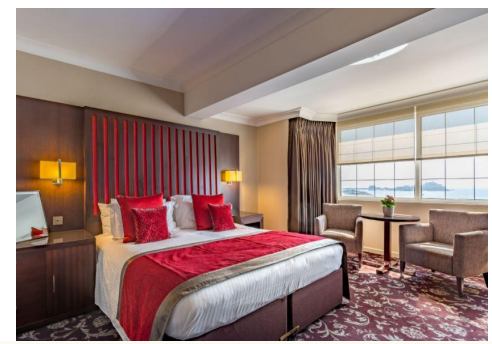
October 22 to May 23

Monday to Sunday from £204 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 spa consultation & treatment



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

May to Sept 22

Monday to Sunday from £198 per person*

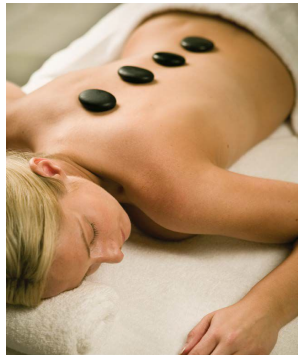
October to May 23

Sunday to Thursday from £147 per person*

Treatment Duration: 55 minutes**

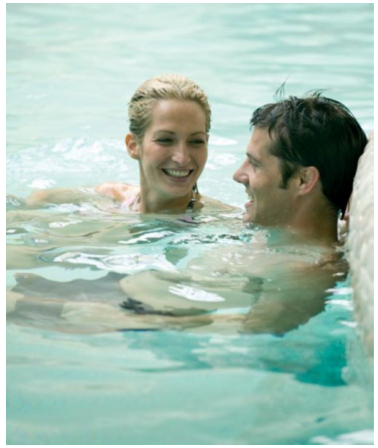
Available Monday - Sunday subject to availability

*Price based on two people sharing a Classic double or twin bedroom.
Single occupancy supplements apply
**Treatment time includes spa consultation, & treatment



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.



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.

May to Sept 22

Monday to Sunday from £390 per person*

October 22 to May 23

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 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?

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 £189
Friday & Sunday from £209
Saturday from £219
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

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' favourite' treatments plus afternoon tea or spa lunch, full use of our 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
Complete your day with a chilled glass of Champagne and either afternoon tea or our spa lunch.

Monday to Thursday from £144
Friday & Sunday from £164
Saturday from £174
Available Monday - Sunday
Treatment Duration: 85 minutes**

**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?

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 (back, neck and shoulder massage + full body salt scrub)
Completed by either afternoon tea or our spa lunch

Monday to Thursday from £115
Friday & Sunday from £125
Saturday from £135
Available Monday - Sunday
Treatment Duration: 55 minutes**
**Treatment time includes spa consultation, & treatment

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 + a back, neck and shoulder massage)
Pregnancy Facial
Pregnancy Treatment/Massage
Fingers and Toes Combo

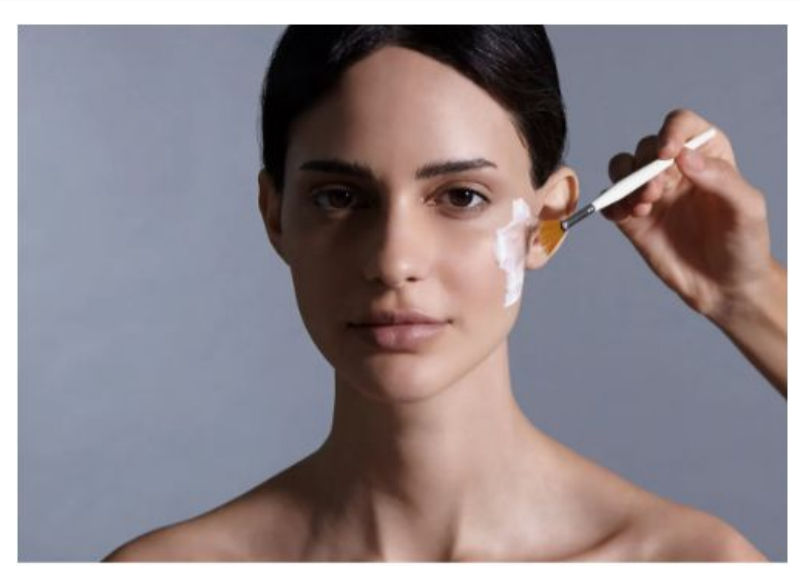
PLUS a £20 food and beverage voucher to use on the same day in the hotel bar and lounge.

Monday to Thursday from £105
Treatments available Monday - Thursday between 3pm - 7pm

+Treatment times available may vary from day to day - subject to availability at time of booking.
**Treatment time includes spa consultation, & treatment

Touch Anti-Aging 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.



[COMFORT ZONE] Sublime Skin Delux Lift Facial
Give your skin the boost of radiance and plumpness that it needs with an innovative double peel followed by a lifting mask for immediate rejuvenation. The Active-lift™ Massage, inspired by Kobido techniques, softens wrinkles and invigorates skin tone.
70 minutes - £112

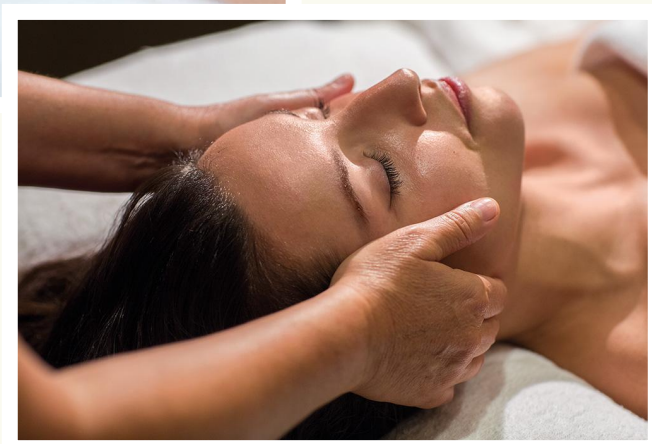
ELEMIS Pro-GLOW Smooth Facial
THE HIIT WORKOUT FOR YOUR SKIN
Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the pro collagen products used will leave your complexion looking firmer, supremely smooth and rejuvenated.
55 minutes - £94

[COMFORT ZONE] Sublime Skin Active Lift Facial
Powerful lifting facial targeting sagging cheeks, jowls, chin and neck for a visible rejuvenating effect. The advanced mask with ingredients that mimic the action of Botox helps to oxygenate skin cells and gives an instant firming effect. The result is beautifully nourished, illuminated, firmer and lifted skin.
55 minutes - £94

[COMFORT ZONE] Sublime Skin Double Peel Facial
This advanced facial offers a powerful combination of lactic acid with AHA and Vitamin C ideal for targeting uneven skin tone, fine lines, wrinkles and dullness. It safely and effectively removes the thickening layer of the epidermis, revealing an incredibly radiant, even complexion.
55 minutes - £94

Touch Skin Solution/Prescriptive Facials

ELEMIS and [COMFORT ZONE] 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



[COMFORT ZONE] Hydra Glow Facial

A dynamic fresh treatment made for anyone seeking visible immediate glow, hydration and vitality. Thanks to its unique combination of Lactic Acid for immediate renewal and glow, powerful concentration of Hyaluronic Acid for superficial and profound hydration, and the bioactive Prickly Pear extract from Regenerative Agriculture, we deliver instant hydration and radiance for a healthy dewy look.
55 minutes - £94

ELEMIS Pro-Glow Brilliance Facial

YOUR RECIPE FOR RADIANCE
Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.
55 minutes - £94

ELEMIS Pro-Glow Resurface Facial

RESURFACING FOR STUNNINGLY SMOOTH SKIN
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 - £94

ELEMIS Pro-Glow Renewal Facial

FOR GORGEOUS GLOWING SKIN
ELEMIS' signature deep cleansing skin wellness facial, showcasing prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.
55 minutes - £94

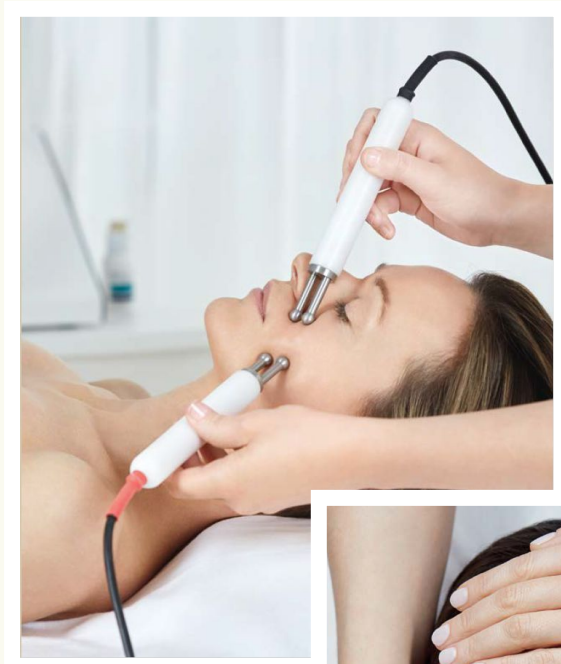
Elemis Pro Glow Express Facial

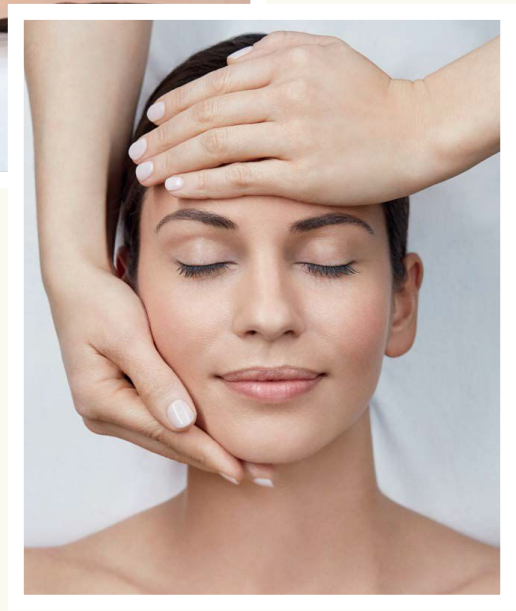
For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions. For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect.
25 minutes - £60

TREATMENTS

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 Biotec Pro Glow Smooth Facial+
THE ULTIMATE HIIT WORKOUT FOR YOUR SKIN
Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin.
Skin will appear more vibrant, with improved feeling of firmness and elasticity.
55 minutes - £94

Skin Specific/Prescriptive Technology

ELEMIS Biotec Pro Glow Brilliance Facial+
YOUR RECIPE FOR RADIANCE
Turn up the brightness with our double cleanse to melt away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.
55 minutes - £94

ELEMIS Biotec Pro Glow Resurface Facial+
RESURFACING FOR STUNNINGLY SMOOTH SKIN
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 - £94

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 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.
55 minutes - £94
40 minutes - £77
25 minutes - £60

[COMFORT ZONE] Body Active Massage
Intensive remodelling and firming massage with an innovative body mask. Its efficacy is boosted by an exclusive massage that combines the use of a Bamboo massage roller with Tui-Na techniques.
70 minutes - £112

[COMFORT ZONE] Aromasoul Elements Massage
The massage begins with a personalised selection from our unique collection of aromatherapy oils based on the ancient cultures of the Orient, Arabia, India or the Mediterranean.
55 minutes - £94

Traditional Full Body Massage
A traditional massage designed to ease tension, relieve stress and promote a general state of well being.
55 minutes - £94

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

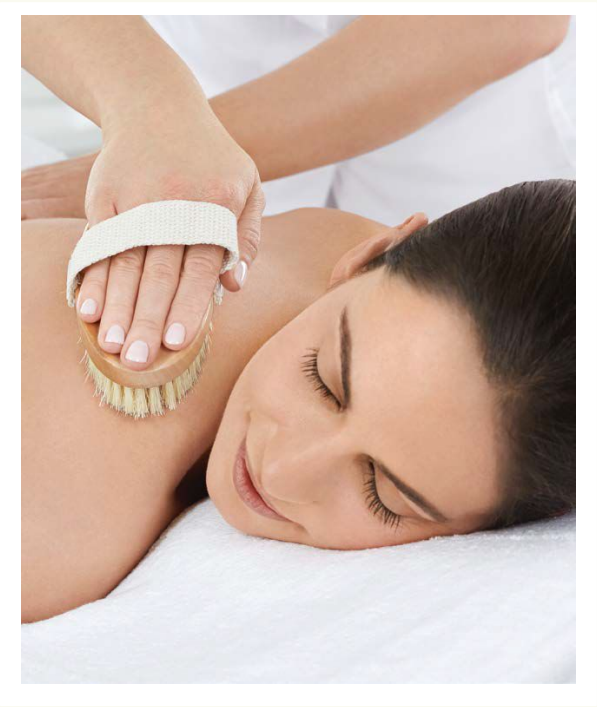
Heat Treatments

Elemis Deeper Than Deep 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 added bonus of intensely hydrated skin.
55 minutes - £104
40 minutes - £87

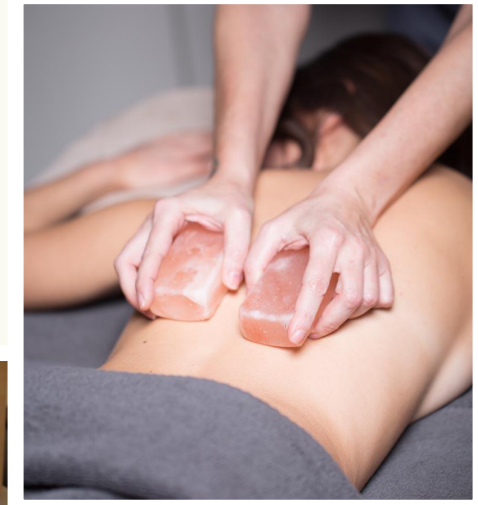
Body Treatments
Rituals, Scrubs & Wraps

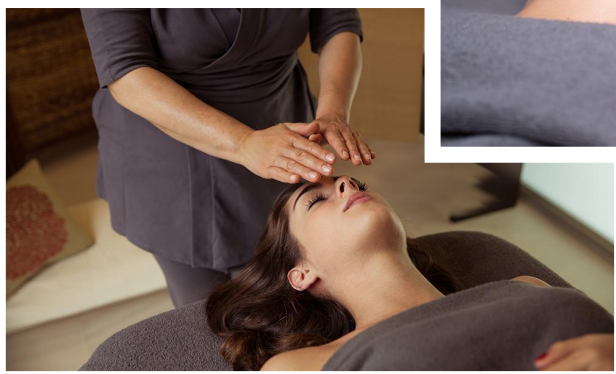
Elemis Frangipani Body Nectar Nourishing Wrap
The velvety texture of the monoi oil offers super-hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.
55 minutes - £94

[COMFORT ZONE] Himalayan Salt Ritual
An extraordinary ritual, beginning with body massage using warmed Himalayan salt blocks, which bestow relaxation, alleviating tension, stress and anxiety. An exhilarating salt scrub follows; a combination of the precious pink Himalayan salt crystals and aromatic oils to detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.
55 minutes - £894



Elemis Intensely Cleansing Salt Scrub
Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.
Choose between lime and ginger or frangipani.
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 - £171

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 - £141

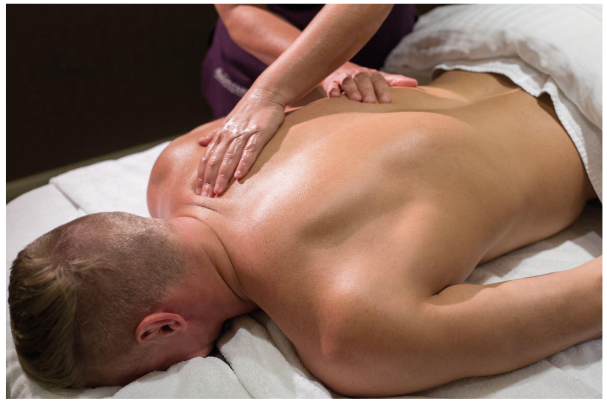
Full Body Massage & Express Facial Combo Treatment
This treatment includes a relaxing full body massage which will be focused on the areas where you are suffering from aches, pains and tensions followed by an invigorating prescriptive facial to include a cleanse, tone, exfoliation and mask leaving your skin glowing and hydrated.
85 minutes - £141

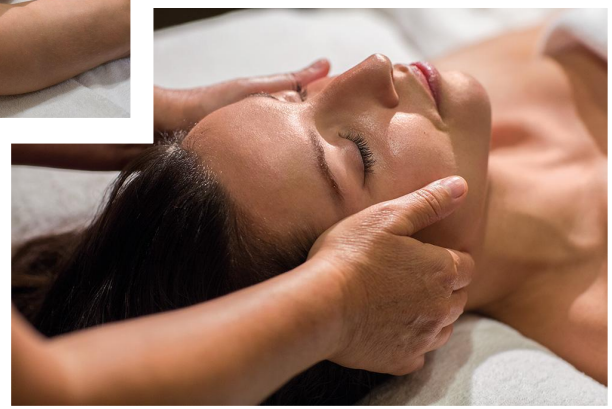
Face & Body Combo Treatment
The perfect pick me up facial which includes a cleanse, tone, exfoliation and mask combined with a classic back, neck and shoulder massage. This massage includes traditional massage techniques to help relieve muscular tension in areas which are known to be the most common to retain the effects of stress.
55 minutes - £94

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 areas to retain the effects of stress.
55 minutes - £94

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 - £94

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 - £63





Pregnancy Treatments

Elemis Peaceful Pregnancy Massage
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.
55 minutes - £94

.

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 - £94

Speciality Treatments

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 - £77

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

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 - £68

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 - £58

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 - £58

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 - £51

Shape & Polish For Fingers
Nails are shaped and buffed and polish applied. The perfect nail maintenance treatment.
25 minutes - £32

Shape & Polish For Toes
Nails are shaped, buffed and polish applied. The perfect nail maintenance treatment. Please bring open toe shoes to wear after your pedicure.
25 minutes - £32

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	**70 minutes - £70**
GEL Pedicure	**55 minutes - £60**
GEL Manicure	**55 minutes - £50**
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.

You can also discover gift experiences online at **handpickedhotels.co.uk/giftvouchers**

Spa monetary gift vouchers from £25

Spa treatment gift vouchers from £80

Spa day gift vouchers from £105

Spa break gift vouchers from £203 per person

Take a virtual tour
Watch our spa FAQ video
Watch our spa day video

Grand Jersey Hotel & Spa, St Helier, Jersey JE2 3QA
01534 722301 OR 01642 706634
enquiries.grandjersey@handpicked.co.uk
handpickedhotels.co.uk/grandjersey

HandPICKED
HEALTH CLUBS & SPAS