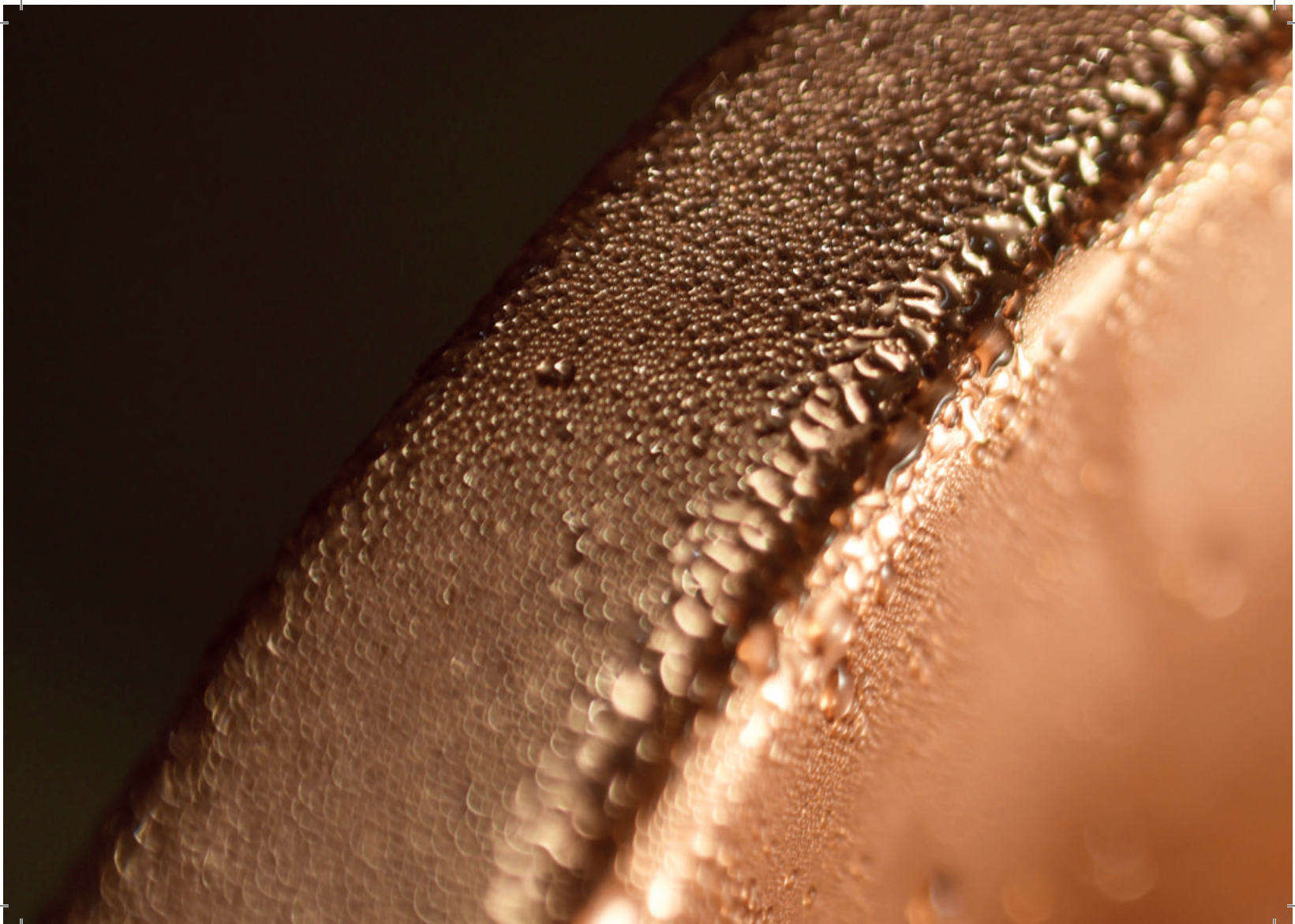




TRANQUIL

**SPA & BEAUTY**



# TAKE A DEEP BREATH

Tranquil Spa and Beauty offers a stunning complement of therapeutic and rejuvenating face and body care treatments, using only the best products with the finest ingredients.

If you are looking to recharge or relax, here at Tranquil Spa we can provide you with the perfect haven in which to experience the most incredibly unique sensations, where the mind, body & spirit converge to feel an unforgettable and deeply pleasurable experience.

Our team of experienced and highly qualified therapists will be happy to put together a treatment package designed specifically for your needs, and will be happy to offer you advice on your skin's requirements.

Your specialised Tranquil Spa Team will make it personal. They look. They listen. They tune in to you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and the ever-changing nature of your skin.





# Recharge, re-tune and re-connect with yourself

...in the calm and considered environment of our Thermal Spa Journey.

Enjoy up to 1hr 45 minutes of ultimate relaxation, taking in each of our finely tuned chambers to achieve total wellbeing.

## **Herbal Sauna**

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Dried herbs infuse the air to help you unwind and relax.

## **Salt Inhalation**

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The salt water atmosphere which is great for cleansing the skin and stimulating circulation.

## **Ice Chute**

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Ice flakes to cool, tone and refresh your skin.

## **Aroma Steam**

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To ease muscular tension and clear your mind.

## **Watermill Sauna**

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The first of its kind in the UK, this spacious sauna, with its hot dry heat, soothes aches and pains whilst detoxing.

## **Health Shower**

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Cool down and refresh.

In addition to your swimwear, please bring along 2 bath towels – 1 for use within the Thermal Journey and 1 to use within our changing facility afterwards. You are also able to bring along your own bath robe, slippers, and any shampoo/conditioner to wash your hair afterwards with if you would like to.

# SPA EXPERIENCE

# Relax and unwind

in the welcoming surroundings of Tranquil Spa.

Whether you are spending an hour or an afternoon with us, we'll make sure you achieve total wellbeing and leave feeling relaxed, rejuvenated and happy.

A man and a woman are relaxing in a wooden sauna. The woman, on the left, is wearing a red bikini and is sitting on a lower bench, looking up at the man with a smile. The man, on the right, is shirtless and wearing green swim trunks, sitting on a higher bench and looking back at her. The sauna has horizontal wooden slats and a warm, orange-toned light.

SPA DAYS

## Solely Spa Day

Relax and enjoy the Tranquil Thermal Spa Journey, which includes Herbal sauna, Ice chute, Watermill sauna, Salt inhalation chamber, Aroma steam room & Health shower. Relax in our exclusive Relaxation room and finish off your day with a delicious Afternoon Tea.

**Available Monday - Thursday Only**

£39 per person

## Girls' Night Out

Get the girls together for a glamorous night out, special event, or just to treat yourselves because you are so fabulous! Enjoy the Tranquil Thermal Spa Journey, followed by your choice of 30 min treatment, choose from:

- GELeration on hands or feet,
- Back massage
- Express facial

Finish off your day with a delicious Afternoon Tea & a glass of prosecco.

**Available Thursday & Friday Only**

£55 per person

## Re-vitalise

Re-charge and re-tune yourself with the Re-vitalise Spa Day. Enjoy the Tranquil Spa Thermal Journey accompanied by your choice of 60 or 90 min treatments, choose from:

- Full body scrub & Back massage (60 min)
- Full body scrub & Full body massage (including scalp) (90min)

Finish off your day with a delicious Afternoon Tea.

£69 per person (60 min treatments)

£89 per person (90 min treatments)

## Divine

The ultimate relaxation experience leaving you feeling just divine. Start your day with the Tranquil Spa Thermal Journey and then enjoy your choice of 90 min treatments. Choose from:

- Back massage & Full facial
- Full body massage & Express facial

Finish off your day with a delicious Afternoon Tea & a glass of prosecco.

£99 per person

## Unwind

Take your time and unwind in our Tranquil Spa Thermal Journey accompanied by a relaxing 30 min or 60 min treatment. Choose from:

- Back massage
- Express facial (30 min)
- Full body massage
- Full facial (60 min)

Finish off your day with a delicious Afternoon Tea.

£49 per person (30 min treatment)

£69 per person (60 min treatment)

## Perfect Pair

Treat someone you love to a wonderfully indulgent day of pampering. Begin with the Tranquil Thermal Spa Journey to relax and de-stress yourselves, followed by your selection of 90 min treatments. Choose from:

- Full facial & Back massage
- Full body massage & Express facial

Finish off your day with a delicious Afternoon Tea & a glass of prosecco.

£189 per pair







**Hire the Tranquil Spa Thermal Journey and Relaxation Room exclusively and be transported to the perfect haven in which to experience the most incredibly unique sensations.**

The perfect venue in which to celebrate a special birthday or occasion, or simply gather your loved ones together for some relaxing 'you' time. Re-connect and rejuvenate together.

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**Parties of less than 10 people, £320**

This is a standard rate which applies to all parties of less than 10 people. No refunds given.

**Parties of 10 people+ £25 per person**

Available during normal opening hours  
Mon - Sat. Full payment must be made  
2 weeks before your event date.

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Enjoy a light Afternoon Tea themed buffet served with a glass of prosecco each. Add more prosecco for £5 per person.

Receive a £5 discount off any treatments booked. Treatments are not included with the package, but can be booked and paid for in addition to the private hire rate.

Book for more than 10 people and one special guest receives a complimentary 30minute facial.

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## **Easy like a Sunday...**

Exclusive use of the Tranquil Spa Thermal Journey and Relaxation Room on Sundays .

**Choose either:**

10am - 12pm or 1pm - 3pm

**£150 for 2 hours** of total exclusive relaxation. Add an Afternoon Tea themed buffet for £10 per person and prosecco for £5 per person.

Please note treatments are not available on Sundays.

# EXCLUSIVELY YOURS



## Traditional

20

Releases tension and stress with a combination of techniques and pressures.

Back, neck and shoulder massage - 25 mins	£27.50
Full body massage - 55 mins	£40

## Hot Stone

20

Easing away any deep muscle tension with a combination of pressures, techniques and warm stones. The warmth from the stones helps to release any stored tension and back pain.

Back, neck and shoulder massage - 25mins	£29
Full Body - 60min	£50

## Indian Head

20

Focusing on the scalp, face, neck and shoulders, to relive symptoms of stress and anxiety. Pressure points will be used to help relieve tension.

40 mins	£35
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## ELEMIS Deep Tissue Massage

20

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.

Back - 30 mins	£28
Freestyle - 60 mins	£45.50

## Add-ons

Hand massage - 15 mins	£10
Foot massage - 15 mins	£10
Scalp massage - 15 mins	£10

**ELEMIS**  
DEFINED BY NATURE, LED BY SCIENCE

# MASSAGE



## Reflexology

20

The application of pressure to reflex points of the feet to bring balance and harmony to corresponding parts of the body.

45 mins £45

Add a hot foot soak £5

## Reiki treatment

20

Reiki helps to release energy blocks and restore balance to the mind, body, and spirit.

30 mins £30

60 mins £45

## Deep relaxing Aromatherapy Massage

20

The therapist will use a blend of essential oils to help your body feel relaxed and renewed.

Full body - 55 mins £45

Back only - 25 mins £30

## Pregnancy Massage

20

Blooming Marvellous  
Pre & Post massage

Full body - 50 mins £50

Back only - 25 mins £30

## Hopi ear candling and scalp and face massage

20

This holistic treatment is a natural therapy. Treating many conditions of the ear, nose, and throat area, releasing heat and essential oil aromas which helps soften wax and draws out excess fluid and impurities. This relaxing treatment includes drainage massage techniques and a scalp and face massage.

40 mins £30

# NATURAL THERAPIES





## **ELEMIS Body Nectar Nourishing Wrap**

20

The velvety texture of the frangipani scented Monoi Oil offers super-hydration, quenching thirsty skin. You are kept cocooned and warm whilst the mood-balancing aromatics and skin conditioning oils do their work.

60 mins

£42

## **ELEMIS Intensely Cleansing Salt Scrub**

20

Lime and ginger fragranced salt will gently sweep 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.

30 mins

£26

## **ELEMIS Frangipani Scrub**

20

This velvety mineral rich salt scrub gently cleanses and exfoliates, whilst an infusion of exotic Tahitian Monoi oil and Frangipani flowers seal in moisture and hibiscus flowers enrich the skin with vitamin C. Skin is left delicately fragranced and beautifully soft and nourished.

30 mins

£26

SCRUBS & WRAPS





## Dermaplaning

Dermaplaning is a new deep exfoliating skin treatment, designed to remove skin cells and fine facial hair. It promotes deeper product penetration boosting the effects of skincare products. It is also beneficial for reducing the appearance of acne scars. It is advised to have the treatment every 3-4 weeks to remove dead skin cells and dirt from the surface of your skin. It creates the perfect canvas for flawless make up application.

60 mins

£30

1 hr. 15 mins

Elemis mask included £35

## **ELEMIS Pro Collagen Age Defy**

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

60 mins

£50

## **ELEMIS Pro Definition Lift and Contour**

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

60 mins

£50

## **ELEMIS Dynamic Resurfacing Precision Peel**

Clinically proven to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

60 mins

£50

## **ELEMIS Superfood Pro Radiance**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

60 mins

£50

## **ELEMIS Sensitive Skin Soother**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

60 mins

£50

## **ELEMIS Anti Blemish Mattify and Calm**

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

60 mins

£50

**ELEMIS**  
DEFINED BY NATURE, LED BY SCIENCE



## Men

### ELEMIS High Performance Skin Energiser

20

The hard-working facial for ageing, dehydrated skin and tired eyes, maximising cell regeneration. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

60 mins

£50

### Add-ons

Eye Reviver - 15 mins

£10

# FACIALS





## ELEMIS BIOTEC Radiance Renew

20

This cellular boosting facial is perfect for a sluggish, dull complexion. With the use of the Ultrasonic peel to eliminate dead skin and impurities in the skin, while the rejuvenating Galvanic current will restore moisture for instantly clearer and brighter skin!

30 mins at £35 or 60 mins at £56

## ELEMIS BIOTEC Skin Resurfacer

20

This revolutionary facial will improve skin tone, blemishes and fine lines to completely transform the texture of the skin. Using the Ultrasonic peel to deeply exfoliate, massage and light therapy that will deliver a complexion that has never been smoother.

30 mins at £35 or 60 mins at £56

## ELEMIS Sensitive Skin Soother

20

An anti-redness treatment that will help to smooth and protect your skin, the oxygen infusion will deeply hydrate and encourage cellular restoration while the red light therapy and calming anti-oxidant will encourage the skins ability to heal itself. This is the only biotec that can be performed during pregnancy.

30 mins at £35 or 60 mins at £56

## ELEMIS BIOTEC Line Eraser

20

A clinically proven powerful facial that effectively irons out the wrinkles and fine lines from using Red and Blue light therapy alongside Micro current pulses

30 mins at £35 or 60 mins at £56

## ELEMIS Super-Charger for Men

20

The ultimate de-stress, de-age and de-fatigue for the male complexion, with Ultrasonic to deeply cleanse and exfoliate the skin.

30 mins at £35 or 60 mins at £56

*Unfortunately some health conditions restrict the use of Biotec Facials, including pregnancy, epilepsy and heart conditions, among others. Please discuss with your therapist before booking any treatments.*

**BOOK A COURSE OF 6 BIOTEC  
FACIALS FOR £250 SAVING £80**

**ELEMIS**  
DEFINED BY NATURE, LED BY SCIENCE

# BIOTEC FACIALS

## Waxing

20

We offer a vast range of waxing and tinting treatments at Tranquil Spa; including a specialised wax system in order to offer you the very best in comfort and quality.

Half lower leg wax - 25 mins	£22
Full leg wax - 40 mins	£27
Bikini line - 15 mins	£13
Chest or stomach wax - 20 mins	£18
Upper lip, chin or cheek wax - 10 mins	£9
Eyebrow wax - 15 mins	£9.50
Lower arm wax - 20 mins	£15.50
Under arm wax - 15 mins	£11.50
Back only wax - 30 mins	£18

## Tan

Bondi Sands Spray Tan	£20
Dawsylicious Spray Tan	£20

## Henna Brows

A new era in eyebrow tinting and design, Henna tint offers the perfect alternative to eyebrow tinting, without the use of ammonia or hydrogen peroxide. Normal eyebrow tinting colours the hair, but Henna colours both the hair & skin. Brow Tycoon Henna's 10 colours give the brows an amazing powdered tattoo effect that lasts 5-30 days. Henna is great for creating expressive eyebrows and camouflaging gaps. It's all plant based, so super vegan friendly! Patch test required at least 24 hrs prior to treatment.

1 hr	£30
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## Kalentin Lash Lifts & Vegan Lash Lifts

A lash lift is a great way to enhance your natural lashes. Perfect for holidays a lash lift gives you a semi-permanent curl and natural lift, enhanced with a tint for flawless results. There's no up keep like there is with extensions, perfect for a busy lifestyle. We also offer a vegan lash lift too, so there's less chemical use and it's all cruelty free.

1hr	£30
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## Tinting

20

Tinting will enhance the general appearance of your eyes and is particularly beneficial for people who have fair eyebrows.

Eye lash tint - 30mins	£13.50
Eyebrow tint - 15mins	£8.50
Lash and brow - 25mins	£15
Brow wax and Tint	£15
Patch test* - 5mins	FREE

# ESSENTIALS

\*must have 24hrs prior to treatment



## Lash Extensions

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Lash extensions are a semi-permanent application used to enhance length, curl, fullness, or thickness of natural eyelashes based on your own personal choice.

### Classic Lash Extensions

Classic individual lash extensions provide a ready to go mascara effect with extra length, definition, and curl. The most natural looking lash extension treatment.

1 hour 30 mins                      £35

### Hybrid Lash Extensions

Hybrid lash extensions will give you both volume and length, resulting in more of a wispy textured look. They are in between classic and Russian volume lashes.

2 hours                                      £45

### Russian Lash Extensions

Russian volume lash extensions are the fullest lash treatment, giving you both extra fullness, length, and curl for a more dramatic eye look.

2 hours 30 mins                      £55





# the Nail Bar

A trip to The Nail Bar is the perfect way to add those extra finishing touches to your pamper experience, making you feel fabulous from top to toe.

## Jesscia GELeration

Nails are filed and shaped and finished off with a Jessica GELeration polish.

45 mins £18.50

## Mii pedicure

45 mins £30  
with GELeration £35

## Manicure

45 mins £30  
with GELeration £35

## Artificial nails

75 mins £35

## Artificial nails infills

60 mins £28

## File and paint (hands or feet)

25 mins £12

## Jessica gel removal

Removal of existing GELeration only.

25 mins £8

## Acrylic soak off

£12

  
JESSICA®

zenspa  
PEDICURE

# Simply Spa Membership

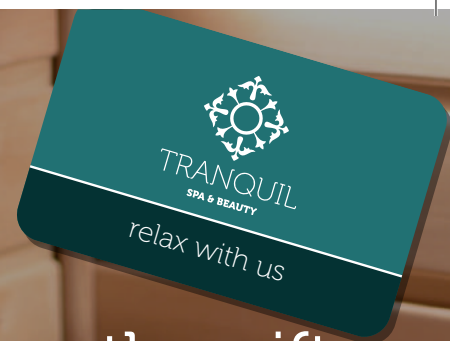


- Unlimited\* access to the Thermal Journey.
- Access to the swimming pool\*\*
- 20% discount on selected treatments, wherever you see the mark.
- 6 month minimum sign up

\*within the usage guidelines, booking in advance at times may be necessary.

\*\*Swimming access during public swim sessions only.

Sign up now via [lancaster.gov.uk/saltayrememberships](https://lancaster.gov.uk/saltayrememberships) or call 01524 582 916



## Give the gift of relaxation

**A gift voucher from Tranquil Spa truly is the perfect gift for any occasion.**

Why not treat that special someone with a spa experience, visit to The Nail Bar or indulge with a luxury treatment.

Let us look after you and make buying a gift an easy and pleasurable experience.

If you are unsure of the type of treatment or experience to buy, gift vouchers are also available from £10; giving your loved one the freedom to choose what they would like.

Alternatively, let our trained therapists help you select the perfect skincare or make up gifts from our range of products.

Our gift vouchers are valid for 1 year from the date of purchase so there is plenty time to book an ideal date or time.

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