

# THE SPA

at  
The Old Government House

## PHYTOMER

As a pioneer of marine skincare, Phytomer represents a story of dedication to cultivating the purest sea ingredients from the northern French coast in Saint Malo. Now exclusive to Guernsey in our Spa.

### FACIALS

Phytomer facial treatments are distinguished by exclusive manual techniques, combined with avant-garde professional products at the height of biotechnological effectiveness for instantly visible and scientifically proven results.

#### HYDRA BLUE

Plumping Moisturising Treatment

30 minutes - £50/60 minutes - £75

Immerse yourself in a moisturising bath with record efficacy. The results are instant; your skin regains comfort and radiance. It is plumped up and rested.

#### CITYLIFE

Anti-pollution Skin Freshness Treatment

60 minutes - £80

Making the skin of city-dwelling women completely healthy with a personalised treatment for tired skin and uneven complexions. The skin is intensely hydrated, signs of fatigue are erased, the complexion is more even and the skin regains its freshness.

#### DOUCEUR MARINE

Comforting Soothing Treatment

60 minutes - £80

A veil of softness for sensitive skin and/or redness. This pampering treatment softens your skin and enhances its protection system for soothed and ideally hydrated skin.

#### EXTENDED YOUTH

Wrinkle Correction Firming Treatment

60 minutes - £90

Three key steps in ultra-effective treatment to resurface the skin, fill wrinkles and restructure the face. In a single treatment your wrinkles are visibly corrected, leaving your skin firm. You feel good and you look younger.

#### CYFOLIA ORGANIC RADIANCE

##### PLUMPING FACIAL

30 minutes - £55/60 minutes - £90

EcoCert certified. This exquisite treatment includes a soothing 30 minute massage using highly effective organic products to leave the face and eye contour glowing and moisturised.

#### ACNIPUR BLEMISH SOLUTION TREATMENT

60 minutes - £80

This targeted cleansing and mattifying facial treatment, with proven efficacy against blemishes, leaving the skin visibly healthier, fresher and cleaner.

#### PIONEER TREATMENT

Youth Revealing

75 minutes - £100

Discover a very original facial massage in an exceptional treatment with instantly visible results. The height of biotechnological effectiveness for firmer, smoother skin that glows with renewed radiance.

#### THE SPA EXCLUSIVE SIGNATURE TREATMENT

90 minutes - £130

Phytomer's Youth Revealing facial tones and redefines the facial contours, minimises the appearance of fine lines as well as relaxes and eases tension. A back and head massage is incorporated for ultimate relaxation.

#### EYE PERFECTION

Radiance Soothing Eye Treatment

30 minutes - £50

#### EXPRESS EYE PERFECTION ADD-ON

Radiance Smoothing Eye Treatment

15 minutes - £20

(as an add-on to any 60-minute facial treatment)

An ultra-comprehensive treatment for sparkling, young-looking eyes. Your eye contour area is smooth and rested.

#### RELAX BACK

Back Massage and self-heating mud application

15 minutes - £30

(as an add-on to any 60-minute facial treatment)

Offers a complete holistic care relieving tension and relaxing deeply

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## BODY TREATMENTS

Deeply holistic, Phytomer protocols offer comprehensive and relaxing care. Brand signature products accentuate treatments, prolonging the sensory experience and increasing effectiveness.

### SEA HOLISTIC

Relaxing and Radiance Massage for Face and Body  
75 minutes - £120

An ultra-relaxing treatment with its gentle warmth and aromatic scent of lavender flowers. A combination of light strokes, pressure and stretching, this very original body massage uses Thai-inspired sea boluses to eliminate tension knots one by one. The exfoliation with sea salt crystals restores your skin's natural softness and your face regains its radiance thanks to the Enhancing Moisturising Mask.

### MARINE BODY WRAP

Detoxifying, contouring and invigorating  
60 minutes - £80

This luxurious, indulgent, full body treatment includes an exfoliation, mask and cream application. Adapted to suit your needs, your body will be cocooned in a warm mask while you enjoy a scalp and eye massage.

### CHAMPAGNE OF THE SEA

Remineralising Relaxing Back Treatment  
45 minutes - £70

A relaxing massage of the back and scalp combined with detoxifying marine products

### SATIN SHIMMER

Salt Crystal Exfoliation  
45 minutes - £60

An exfoliation with sea salt crystals combined with a relaxing body massage for an express beauty treatment that leaves your skin soft and silky.

### SCULPT ZONE

Target Treatment for Abs/Buttocks/Thighs  
60 minutes - £95

An intensive localised treatment on the abdomen, buttocks and thigh area to beat your excess fat and cellulite in record time. With an express treatment or intensive programme, you get radical slimming results  
Intensive Course of Three Treatments - £255

### LEG REVIVAL

Leg Soothing Treatment  
45 minutes - £60

A targeted treatment to comfort and relieve tired and heavy legs. After an exfoliation a cooling mask is applied to the legs, followed by a wrap. This is ideal for those suffering from fluid retention, tight muscles and sore legs.

## HOLISTIC TREATMENTS

Holistic therapies aim to help restore balance, thus allowing the body to heal itself naturally.

### HOT STONE MASSAGE THERAPY

60 minutes - £100/90 minutes - £125

This is a speciality massage that uses soothing warm oils and warm basalt stones to relax and soothe an aching body, release stored tension and renew energy levels.

### BACK, NECK AND SHOULDER

#### HOT STONE MASSAGE

30 minutes - £50  
45 minutes - £65

### INDIAN HEAD MASSAGE

30 minutes - £45

This relaxing massage helps to stimulate the nerves in the head area. This assists with relaxation which, in turn improves mental and physical health. It also increases circulation, exfoliates the scalp and nourishes the hair.

### HOLISTIC HEAD MASSAGE

30 minutes - £40

Helps to relieve stress, anxiety and built up tension while increasing feelings of calm, peace and wellbeing.

### HAWAIIAN LOMI LOMI MASSAGE

60 minutes - £85

Described as one of the most beautiful massages in the world. With the use of energy work and long flowing strokes imitating the waves lapping over a calm ocean. This gentle, soothing yet deep massage leaves you feeling truly in harmony with yourself.

### REFLEXOLOGY

30 minutes - £40/45 minutes - £55

This original foot massage focuses on points of the feet which relate to specific parts of the body to heal and rebalance energy levels.  
the hair.

### HOT LAVA SHELL MASSAGE

60 minutes - £100  
90 minutes - £130

The unique lava shell massage provides deep relaxation. The heat from the lava shells ease away muscle tension, releases energy flow and restores a sense of balance to the entire body and mind.

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## BODY MASSAGE

### SWEDISH MASSAGE

A classic European massage using long strokes and kneading of the superficial layers of muscles. This soothing massage helps to relieve tension, improving circulation and flexibility.

#### FULL BODY

60 minutes - £95

90 minutes - £110

#### BACK NECK AND SHOULDER

30 minutes - £50

45 minutes - £60

### AROMATHERAPY MASSAGE

Using a blend of essential oils, aromatherapy massage is designed to treat the whole person and assist the body to balance and heal.

#### FULL BODY

60 minutes - £90

90 minutes - £110

#### BACK, NECK AND SHOULDER

30 minutes - £50

45 minutes - £60

### DEEP TISSUE MASSAGE

Submit your body to a vigorous workout of deep rhythmic pressure focused on relieving specific stress and muscle tone.

#### FULL BODY

60 minutes - £110

90 minutes - £140

#### BACK NECK AND SHOULDER

30 minutes - £60

45 minutes - £75

### MOTHER TO BE

(from second trimester only)

A completely relaxing pregnancy massage using safe but effective pre-natal techniques.

#### FULL BODY

60 minutes - £100

A course of 4 Full Body Massages - £360 (saving £40)

#### FOOT TREATMENT

30 minutes - £40

### LUXURIOUS FACIAL

60 minutes - £70

A luxurious facial which includes a treat for your arms and tummy. You will feel completely relaxed with an incredible sense of calm before your baby is born.

## TREATMENTS FOR MEN

### SKIN ESCAPE FOR MEN

60 minutes - £80

Enter a world dedicated to men. Choose a moisturising, youth, soothing or pollution-targeted treatment adapted to the specificities of male skin.

### HOMME ZEST

90 minutes - £95

A luxurious face and body treatment, specifically designed for men to relieve tension and stress. A subtle blend of relaxing serum and massage oil, along with an application of thermal mud along the spine provides total relaxation. This treatment is completed with an uplifting facial adapted to your skin type.

### NEW SKIN FOR MEN

#### PLUMPING MOISTURISING TREATMENT

60 minutes - £75

Intense hydration for dehydrated and dry skins, our marine ingredients will leave your skin soft, soothed and comfortable.

### NEW SKIN FOR MEN

#### WRINKLE CORRECTION FIRING TREATMENT

60 minutes - £80

This anti-aging facial treatment will plump lines and wrinkles, lift and firm the skin, leaving a youthful glow.

#### ANTI-POLLUTION TREATMENT

60 minutes - £75

Perfect for dull, sallow complexions in need of brightening, this oxygenating treatment will leave your skin brighter and revitalized.

#### GENTLEMEN'S HAND AND NAIL GROOMING

30 minutes - £30

For hard working hands in need of moisture and care, this manicure is designed to shape the nail, care for cuticles and soothe the skin with an indulgent massage.

#### GENTLEMEN'S LUXURY PEDICURE

60 minutes - £55

Complete restoration for those tired feet. Nails are groomed and the soles are smoothed and soothed. Complete with a relaxing lower leg and foot massage.

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## MANICURES AND PEDICURES

### EXPRESS SPA MANICURE

CND Vinylux – 30 minutes - £35

### ESSENTIAL SPA MANICURE

CND Vinylux - 60 minutes - £45

Shellac – 75 minutes - £65

French – 75 minutes - £75

Replenish and revitalise your hands with a luxurious manicure. This treatment includes cuticle care, shaping and massage. Complete the manicure with your chosen CND Vinylux or Shellac lacquer shade.

### LUXURY MANICURE

CND Vinylux - 75 minutes - £55

The ultimate indulgent hand treatment includes nail shaping, cuticle care, with a luxury hand exfoliation. After a hand massage and heated mitts your treatment will be completed with your choice of CND Vinylux lacquer shade.

### EXPRESS SPA PEDICURE

CND Vinylux – 30 minutes - £35

### ESSENTIAL SPA PEDICURE

CND Vinylux - 60 minutes - £50

Shellac – 75 minutes - £70

French – 75 minutes - £80

This treatment will restore and renew feet to silky smoothness. It includes cuticle care, shaping, soothing soak and relaxing massage with a finishing touch of CND Vinylux or Shellac nail lacquer.

### LUXURY PEDICURE

CND Vinylux - 75 minutes - £60

Paradise for the sole! Your feet will be soothed, exfoliated and hydrated. A mask is applied with warming boots for the ultimate treat. Also includes cuticle care and your choice shade of CND Vinylux nail lacquer.

## SHELLAC REMOVAL & FINISH

30 minutes - £25

## SPA ESSENTIALS

### WAXING

FULL LEG AND BIKINI	£40	FULL LEG	£35
HALF LEG	£25	THREE QUARTER LEG	£25
HALF LEG AND BIKINI	£30	UNDER ARM	£15
FOREARM	£15	FULL ARM	£20
BACK	£30	CHEST	from £30
LIP OR CHIN	£15	LIP AND CHIN	£25
EYEBROW	£15	FULL FACE	£30

### INTIMATE WAXING

BIKINI LINE - £20

EXTENDED BIKINI - £30

BRAZILIAN - £35

HOLLYWOOD - £40

### EYE ESSENTIALS

A patch test is required 24 hours prior to any tint treatment.

EYELASH TINT - £20

EYEBROW TINT - £10.00

EYELASH AND EYEBROW TINT - £22.50

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## SPA DAY EXPERIENCES

All packages include 60 minutes use of the Jacuzzi, Sauna, Steam Room, Gym and Relaxation Area

## FULL DAY EXPERIENCES

### FOREVER BLISSFUL

3 hours - £240

Includes:

30-minute steam session  
60-minute Swedish massage  
60-minute Hydra Blue facial  
30-minute manicure *or* pedicure  
Afternoon Tea

### TOTAL SERENITY

£385

Includes:

30-minute exfoliation  
90-minute Swedish massage  
60-minute Hydra Blue facial  
45-minute manicure  
45-minute pedicure  
2-course light lunch or Afternoon Tea

### DATE NIGHT

£325 per couple

Includes:

A glass of bubbles either with your treatment or with dinner.  
90-minute Swedish Massage  
3-Course Dinner chosen from our Chef's Choice menu  
Treat yourself and that someone special to some luxurious pampering in our Couples Room. The journey includes a relaxing dual Swedish Massage leaving you both feeling refreshed. End your experience with a 3-course dinner and a glass of bubbles.

Our Forever Blissful and Total Serenity packages are designed to relieve stress, detoxify, cleanse and purify or simply refresh and rejuvenate with finishing touches added to return you to the outside world feeling and looking your best.

## HALF DAY EXPERIENCES

### CLASSIC SPA TIME

£190

The perfect pick-me-up. Restore yourself from the stresses of everyday life.

Choose 3 treatments from:

30-MINUTE HYDRA BLUE FACIAL  
30-MINUTE SWEDISH BACK, NECK AND SHOULDER MASSAGE  
30-MINUTE HOLISTIC MASAGE  
30-MINUTE EXPRESS MANICURE  
30-MINUTE EXPRESS PEDICURE

Complete your experience with either Continental Breakfast or Deluxe Afternoon Tea

### MEN'S CLASSIC SPA TIME

£200

Let us help you unwind from the daily grind with a package of pure relaxation.

Choose 3 treatments from:

30-MINUTE DEEP TISSUE BACK MASSAGE  
30-MINUTE FOOT MASSAGE  
30-MINUTE FACIAL  
30-MINUTE EXPRESS MANICURE  
30-MINUTE EXPRESS PEDICURE

Complete your experience with a 2-course lunch chosen from our Chef's Choice menu with a glass of bubbles, a pint or a soft drink.

**SHOULD ANY OF OUR PACKAGES NOT SUIT YOUR NEEDS, OUR TEAM WOULD BE DELIGHTED TO DISCUSS A PERSONALISED PACKAGE FOR YOU.**

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## SPA ETIQUETTE

### NOISE

Our Spa environment is one of tranquillity and relaxation. Please respect all guests' right to privacy and serenity. Please maintain conversation at a considerate volume in all areas of the Spa.

### MOBILE PHONES

In consideration to other guests, we ask that cell phones and electronic devices are turned off during your visit and treatments. Mobile Phones may be left in lockers in the changing rooms.

### SMOKING

For the comfort and consideration of all our guests, a NO SMOKING policy is operated throughout The Spa and within the Hotel.

## SPA POLICY

### ARRIVAL TIME

Guests are requested to arrive at least **fifteen minutes** prior to the time their treatment is due to start in order to change, if desired, and to fill out a medical questionnaire. Late arrival will mean that your treatment time is reduced or unable to be honoured. We ask that groups of three or more arrive 15 minutes prior to the time of their booking.

All treatment times indicated include an allowance of 5 minutes for consultation, dressing and undressing.

All Spa treatments, with the exception of the 30-minute Back Massage, Manicures and Pedicures, begin with a Foot Ritual.

### CANCELLATION POLICY

Bookings cancelled within 24 to 48 hours of treatment time will be charged at 50% of the treatment cost. Bookings cancelled on the day or non-arrival will be charged at full price.

### DRESS CODE

Clients on Spa Days (both men and women) will feel most comfortable going into treatments with their robe over their swimwear. For those clients just having treatments, we respectfully request that underwear is worn for all treatments. Our therapists are trained to observe client modesty at all times. Swimwear is to be worn at all times in the sauna, steam room, Jacuzzi and relaxation area.

### PREGNANCY

Massage services will not be performed on a client who is within the first trimester of pregnancy or against medical advice.

### LOSS OR DAMAGE

We regret that we cannot be held responsible for any loss or damage to personal items. We strongly recommend that you keep all valuables with you during your scheduled appointment.

### RETURN POLICY

We will be happy to accept returns on **unopened** products purchased from The Spa within 30 days of purchase. All refunds are for SPA CREDIT ONLY for future purchases. No cash refunds will be given.

### BOOKING POLICY

A non-refundable booking fee of £30 for Half Day and £50 for Full Day Packages is required. Payment may be made in person or by credit/debit card over the phone by calling 01481 738679.

We strongly recommend that bookings are made well in advance to avoid disappointment. Appointments may be available at short notice however this is not guaranteed.

If you are not sure which treatment to have then it is advisable to book time with one of our therapists to discuss the best treatment to suit your needs.

### GRATUITIES

Gratuities are not included.

### THE SPA SHOP

A full range of products to maintain the benefits of your treatments are available. Please ask your therapist for more information.

### GIFT VOUCHERS

We offer gift vouchers for all occasions. Please ask the team for more information.

### RESERVATIONS AND ENQUIRIES

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