

TONIC FOR HANDS & FEET

Healing Hands

Hand therapy utilising an Organic scrub, Intensive Hydration Masque and massage with nourishing moisturisers. A warm towel wrap relieves tired hands and aids relaxation. Hands are noticeably softer and smoother with conditioned nails and cuticles. Includes a full manicure with polishes that are chemical free. Safe for Mums to Be.

Natural	45min
Nail Polish	60min
French Polish	75min

Feet Retreat

We do approximately 8000 steps per day! Time to treat your Feet with Intensive therapy including exfoliation and warm wrap to ease aching and tired feet. A Masque is applied liberally to heal and soften hardened skin. Feel invigorated with Foot Massage to soothe away tensions stored in the feet. Includes a full Pedicure with polishes that are chemical free. Safe for Mums to Be.

Natural	60min
Nail Polish	75min
French Polish	90min

TONIC ENHANCEMENTS

(choose any of these to further customise your treatments)

Aroma Steam Therapy

Surround yourself in vapours of steam infused with Aromatherapy oils to gently relax muscles, stimulate the immune system and clear sinuses. Increased circulation carries nutrients that enhance and revitalise the skin.

30min

Aromatic Foot Spa & Scrub

Relief for tired feet with Cypress, Patchouli and Lemon aromas to refresh and mineral salts that soften rough skin and soothe aching feet.

15min

Shirodhara

Based on Ayurvedic healing, deep relaxation is created by a scalp massage to stimulate circulation and draw nutrients and oxygen to the scalp, followed by a continuous stream of warm oil on the third eye to alleviate stress and anxiety.

30min

Refreshing Eye Treatment

A beneficial addition to any facial by soothing the delicate skin around the eye area as well as firming, nourishing and fortifying for an improvement in fine lines.

15min

Lash & Brow Enhancement

Enhance and beautify your eyes by giving your lashes and brows a healthy, sparkling look.

Brow Tint	15min
Lash Tint	20min

Waxing

Professional and Hygienic waxing for Lip, Chin, Eyebrow, Underarm Back, Chest, Legs and Bikini.

Makeup

Wedding and Special Occasions. Remember that special day with a glowing complexion and natural looking Makeup.

60min

SPA PACKAGES

Tonic for Indulgence (The Ultimate in Spa Experience) **7 Hrs**
Renewal of Self
Refreshing Eye Treatment
Mediterranean Body Ritual
Thermal Stone Massage inc Scalp
Healing Hands with Polish
Feet Retreat with Polish
A La Carte Lunch

Tonic for the Soul (Feel like a Queen) **5.5 Hrs**
Aroma Steam Therapy
Back, Neck & Shoulder Massage
Cleopatra Mud Wrap
Revitalise for Purity
Refreshing Eye Treatment
Feet Retreat with Polish
A La Carte Lunch

Tonic for Radiance (for Special Occasions & Weddings) **4 Hrs**
Mineral Salt Glow
Relaxation Massage inc Scalp
Healing Hands with Polish
Feet Retreat with Polish

Tonic for Mums To Be (The perfect gift for expectant Mums) **3.5Hrs**
Restore the Calm
Refreshing Eye Treatment
Back, Neck & Shoulder Massage
Feet Retreat with Polish
Shirodhara

Tonic for Tranquillity (for Relaxation & Nurturing) **3 Hrs**
Renewal of Self
Relaxation Massage inc Scalp
Shirodhara

Tonic for Vitality (Enliven Senses & Wellbeing) **2.5 Hrs**
Thermal Stone Massage inc Scalp
Mineral Mud Therapy
Revitalise for Purity

Tonic for Men (Relaxation for Men) **2 Hrs**
Thermal Stone Massage inc Foot Spa, Face & Scalp
Revitalise for Purity

Tonic for Relaxation (De-Stress) **2 Hrs**
Aromatic Foot Spa & Scrub
Relaxation Massage inc Scalp
Aqua Fresh Polish

TONIC *Spa*

DAY SPA & BEAUTY • TONIC FOR THE SOUL

SPA MENU

At THE HILLS LODGE
GRAND MERCURE HOTEL

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TONIC Spa

WELCOME

Tonic Spa, located within The Hills Lodge Boutique Hotel invites you to experience Pure Relaxation for Mind, Body and Soul. Your Wellbeing is very important to us and your time here is ensured to revitalise your spirits. *Tonic* means *Refreshing, Invigorating* and to *Restore tone and health to the body*, which is what our dedicated team of Therapists ensure by providing luxurious treatments with effective results utilising a Premium Product Range. Our Spa Philosophy is based on ancient and modern wellness rituals from around the globe. Every treatment is customised to your needs to give that personal touch and bring you back into balance for immediate results, long term benefits and enhanced wellness.

SPA ESSENTIALS

Gift Voucher

Tonic Spa Gift Vouchers are a wonderful way to say thank you to friends or work colleagues or treat the ones you love. Can be organised via email or over the phone and sent out the same day.

Bookings

Bookings are essential for all Spa Treatments. Credit Card details are required at the time of booking unless you have a Gift Voucher.

Spa Etiquette

Please keep mobile phones switched off during your visit and noise to a minimum to ensure a pleasurable experience for all our guests.

Arrival Time

Please arrive 10 min before your treatment time so that you can relax and enjoy a refreshment before your service. All guests are welcome to use the Pool before any treatment by notifying us at the time of booking and arriving 30 min prior to your appointment time. If you are late for your appointment, your treatment time may be shortened so as not to inconvenience other guests.

Health Considerations

Please notify us at the time of the booking if you are pregnant or have any medical conditions such as allergies, heart conditions or high blood pressure.

Spa Attire

You will be provided with a Robe, Slippers and Towels. Disposable undergarments are provided for body treatments and your privacy will be respected throughout your treatment.

Cancellations

Please allow 24 hours notice for cancellations or changes to your appointment time. If less than 24 hours notice is given this will incur a 50% cancellation fee. If no notice is given you will be charged 100% of your service booked.

TONIC FOR FACE

Renewal of Self

90min

An intensely luxurious treatment that immerses you completely into a tranquil state whilst hydrating and nourishing your skin with Booster Serums. Pressure point and Lymphatic Massage techniques are used to increase circulation and promote healthy skin. Aromatic Foot Spa soothes the feet, finishing with a nurturing Scalp Massage for an overall sense of wellbeing.

Restore the Balance

60min

A deep cleansing facial to purify Oily, Combination and Blemished Skins. Designed to clear congestion and restore skins natural balance.

Restore the Calm

60min

A personally customised treatment for Sensitive Skins that require gentle soothing for irritation, redness or dehydration, leaving skin feeling calm and hydrated.

Restore the Moisture

60min

Skin prone to dryness will love this infusion of plant extracts and anti-ageing ampoules, reducing the appearance of fine lines to leave skin soft, replenished and radiant.

Revitalise for Purity

30min

A perfect treat to purify the skin and bring it back to life, leaving you with a refreshed and revitalised texture.

TONIC FOR BODY MASSAGE

Relaxation Massage

This massage is suitable for everyone, including pregnancy, to reduce tension and restore wellbeing. A series of flowing effleurage and energy balancing techniques are used to ensure complete serenity and relaxation.

Full Body Massage including Aromatic Foot Spa, Face and Scalp Massage **90min**

Full Body Massage including Scalp Massage **60min**

Back, Neck and Shoulder Massage **30min**

Thermal Stone Massage

Melt away Muscle tension and toxins with smooth warm Volcanic Stones. Different sized stones will be alternated throughout the massage to improve circulation and deliver oxygen to the blood.

Full Body Massage including Aromatic Foot Spa, Face and Scalp Massage **90min**

Full Body Massage including Scalp Massage **60min**

Back, Neck and Shoulder Massage **30min**

Bodhi Stone Therapy

For a deeper massage, specially hand crafted stones are used to release muscular tension, soothe aches and increase flexibility.

Full Body Massage including Aromatic Foot Spa, Face and Scalp Massage **90min**

Full Body Massage including Scalp Massage **60min**

Back, Neck and Shoulder Massage **30min**

TONIC FOR BODY

Cleopatra Mud Wrap

90min

This blissful escape will see your stress and tension melt away with a Body Wrap to revitalise the skin, stimulating circulation and soothing muscles and joints. The therapeutic benefits of the Warm Mud will supply your skin with vital nutrients and much needed minerals to rebalance the pH, tighten pores and rid the body of toxins. Finishing with a nourishing body milk to soothe and hydrate skin. Aromatic footspa, face and scalp massage make this the ultimate spa experience.

Mineral Mud Therapy

60min

Detoxification

Treatment designed specifically for the elimination of toxins whilst regenerating new and healthier cells through increased circulation and purification. Utilising Steam Therapy to enhance the Mineral absorption, stimulating the immune system and aiding the detoxification of the skin.

Firm & Tone

The high mineral content of the Mud and Salts assists in removing impurities and toxins from the skin, leading to supple skin with an improvement in firmness and elasticity. The cool Mud also stimulates the synthesis of collagen and elastin fibres to assist with loss of tone and texture.

Hydration

For dry skins that may suffer from roughness, scaling or itchiness, this is the ideal treatment to put an abundance of nutrients and minerals back into the skin for increased softness and hydration. The use of Aloe Vera and plant oil extracts leave skin incredibly nourished.

Mediterranean Body Ritual

60min

Sea Salts polish and revitalise skin before the body is drenched in a special blend of Mediterranean Oil for extreme nourishment and Aloe Gel for healing and repairing of the skin. The body is kept warm and cocooned while you enjoy a comforting scalp massage.

Aqua Fresh Polish

45min

Full body exfoliation with a creamy combination of Mineral enriched Gel and Salts with the soothing and healing properties of Aloe Vera and Vitamin E. The skin is then hydrated with nourishing body moisturiser for a silky feel.

Mineral Salt Glow

45min

For radiant and luminous skin, Dead Sea Salts are combined with aromatic warm oils for a therapeutic and refining effect. Skin will feel noticeably softer and smoother, improving the skins moisture levels.

Tanning

30min

For a healthy looking tan with natural extracts that enhance the skins own pigment for a natural colour. Perfect treatment after Aqua Fresh Polish or Mineral Salt Glow.