



BEYOND

NATURAL AND LUXURIOUS SPA TREATMENTS

THE SEA



The Spa@
The Grand



OUR SPA ADOPTS A TAILORED APPROACH TO YOUR HEALTH AND WELLBEING WISHES

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WELCOME TO THE SPA AT THE GRAND

BEYOND BRIGHTON'S vibrant seafront, pebbly shores, colourful energy and quirky vibes, escape to a haven of pure relaxation and indulgence. With luxury treatment rooms, sumptuous relaxation areas and a detoxifying thermal suite; revive, pamper and drift away to your feel-good state of mind, body and soul.

Our spa adopts a tailored approach to your health and wellbeing wishes. Our expert and welcoming team make it their priority to ensure your precious spa experience is uniquely memorable.

Our products from Natural Spa Factory stay clear of nasty chemicals and parabens, using products that are home-made and packed with natural ingredients, feeding the skin with lots of natural loveliness.

Fabulous treatments with surprise touches are all on the menu and staying true to our seaside setting, many experiences incorporate ingredients indigenous to the ocean as well as heightening the senses with a range of unique and regularly changing products and packages, inspired by the seasons.

ESSENTIAL INFORMATION

BOOKINGS

To avoid disappointment we suggest booking 2–3 weeks in advance for weekdays or 3–4 weeks in advance for weekends. We require each guest's full name, the lead guest's contact number, email address and debit or credit card details to secure bookings. This is due to a 48 hour cancellation policy being in place.

Please note that our treatments are carried out by both male and female therapists and should you have a preference please specify at time of booking.

GROUP BOOKINGS

When booking a package, please be aware that treatments cannot be split. For groups of 4 or more a non-refundable 50% deposit is required upon booking. The remaining balance is required a minimum of 14 days prior to arrival. A cancellation policy of 14 days for group bookings is in place.

SPA AMENITIES

We make it easier to enjoy our spa by providing you with fluffy towels, robes and slippers plus your own personal locker.

MEDICAL CONDITIONS AND PREGNANCY

At the time of booking we request that any guests with medical conditions or allergies (i.e. pregnancy, cancer) inform us. We can then advise you on what treatments are best suited, which will avoid any disappointment on the day. For safety and wellbeing reasons, we unfortunately cannot offer treatments to those within the first 12 weeks of pregnancy. Whilst we do not discriminate against customers suffering or in recovery from chronic or acute conditions, any treatments provided by the spa must be with the prior written approval of your medical professional confirming that the chosen treatments are approved.

TREATMENT TIMES

We require groups of 4 or more to arrive a minimum of 30 minutes prior to the first treatment booked. Individuals are required to arrive a minimum of 15 minutes prior to the first treatment booked. Due to high demand, failure to arrive on time may result in your treatment time being shortened or treatments being unable to go ahead.

PERSONAL BELONGINGS

We supply each guest with a secure locker, which we require you to place all personal belongings in for the safety and comfort of all guests in the spa.

ADULT ONLY

We are open to clients aged 18 years and over. Full spa terms and conditions are available to view in the spa.

**Please note that bringing in food or drinks to the spa is not permitted.



FACIAL TREATMENTS

Our facials use only the finest of Natural Spa Factory products.

SIGNATURE TREATMENT: GOLD CHAMPAGNE FACIAL

(55 minutes) £85

This truly luxurious facial combines ocean treasures; pearl and caviar with champagne extract. The caviar, rich in vitamins and amino acids (AHA's) intensifies the metabolism of the skin cells, the tiny pearl particles work on reducing fine lines by toning, firming and illuminating, the champagne extract targets skin cell renewal and the gold (23 carats) moisturiser helps to restore elasticity and tighten the skin. Includes a glass of bubbles.

ILLUMINATING FACIAL

(55 minutes) £82

Using ingredients rich in nectarine, honey and the multi-benefitting rice water, this facial aims to revitalise tired and dull skin, even skin tone and fade age spots. Suitable for those with sensitive skin, the illuminating products are packed with anti-oxidants to help protect the skin from everyday stresses. The results: a truly luminous effect, visibly reduced pores and skin that is wonderfully silky to touch.

BLENDED FACIALS

(55 minutes) £80

Work with our expert therapists in selecting a facial that is utterly bespoke to you. Select from a choice of nutrient-rich ingredients with our expert guidance, focusing on your individual skin needs, mood and preferences. Our ingredient choices evolve just as the seasons do, so each facial can be unique and the results surprising.



ENGLISH ROSE FACIAL

(70 minutes) £85

This unique facial is a wonderful treatment for the mind, body and soul. Using our Natural Spa Factory rose products to nourish and soothe the skin, we combine the rose quartz crystals to massage the face boosting circulation and promoting anti-ageing cell renewal. Rose quartz crystals symbolise love and harmony and these are placed on the heart to bring deep emotional healing and restore balance in your life.

MAN UP

(55 minutes) £80

The face is the mirror to the soul and with this men-minded facial you can relax, unwind and care for the skin with our specially formulated product range for men. We will transform your face from rough to smooth, helping to repair the damage caused by daily shaving, finishing with a luxury scalp massage for even the manliest of men.



BODY MASSAGE

Our choice of oils contain natural ingredients with anti-aging properties. Our expert therapists will work with you to select the perfect oil, each having its own unique properties and wonderful benefits. The choices evolve just as the seasons do, offering you something fresh, new and surprising each time.

BABY ON BOARD MASSAGE

(65 minutes) £70

Take time to relax and soothe during this exciting journey. This top-to-toe massage relieves any aches from the feet up to the scalp using specialised techniques to relax you and baby. Using gentle and safe products from the Bumps a Daisy pregnancy range, this massage aims to reduce the effects of water retention and aid a restful night's sleep ahead of your special arrival.

For safety and wellbeing reasons, we unfortunately cannot offer treatments to those within the first 12 weeks of pregnancy.

AROMATHERAPY MASSAGE

(55 minutes) £75

Soothe away the tensions of daily life. With the expert guidance of our therapists, choose from a range of oils, each offering their own distinct benefits. This personalised massage is focused on your individual needs allowing you to truly unwind, ready to face the day.

SHOULDER, NECK, SCALP AND FACE MASSAGE

(50 minutes) £65

Relieve the tension and drift away to a place of ultimate relaxation. This massage targets those areas that take the burden of life's stresses and will leave you feeling revitalised and ready to get back to your daily duties.

DEEP MUSCLE MASSAGE

(55 minutes) £80

Using specialised techniques to penetrate deep into the tissue, this massage is intensely relaxing, relieves deep set tension, increases blood flow and aids your body to remove toxins from sore and overworked muscles.

SPORTS THERAPY AND ACUPUNCTURE

Available on request.

HOT STONE MASSAGE

(65 minutes) £85

The combination of personalised oils and the heat of the hot stones help to relieve tense muscles allowing you to float away to a place of deep relaxation enriching mind, body and soul.

HOLISTIC

HYDROTHERM

(50 minutes) £80

Hydrotherm is a British design, and is the only massage system in the world that enables you to receive a supine massage, three dimensionally supported with warm water cushions.

INDIAN HEAD MASSAGE

(40 minutes) £50

Enjoy an ancient Indian head massage treatment for the shoulders, neck, head and scalp, followed by a soothing foot massage for a complete feeling of wellbeing from head to toe. This wonderful treatment helps to relieve sinus blockages, headaches and the tensions from everyday life. Total relaxation for the mind and soul.

HOPI EAR CANDLE

(55 minutes) £50

Using the centuries old Hopi ear candling technique, this soothing treatment will not only relax your mind and body but this holistic therapy will leave you feeling clear headed and rejuvenated. Perfect for relieving migraines, headaches, congestion, treating ear problems and removing ear wax build up.

Please note this treatment is not suitable for people with grommets, or perforated ear drums and should not be performed less than 48 hours prior to flying.

CRYSTAL REFLEXOLOGY

(50 minutes) £75

Crystal Reflexology is a deeply relaxing treatment working on the reflex points of the feet. This corresponds with organs and different parts of the body, to help relieve stress and anxiety. We use different types of gemstones to suit your needs and identify specific problems. This is an essential part of the treatment to treat a wide range of ailments including pain of all kinds. These gemstones combined with the foot reflexology brings wonderful healing energy, relaxation and a sense of well-being.

HAND OR FOOT REFLEXOLOGY

(50 minutes) including consultation £60

Adopting the ancient technique, this highly beneficial treatment is perfect for relieving stress and anxiety. Specialised thumb, finger and hand techniques help promote relaxation and feelings of general wellbeing and work towards triggering the body's healing process.

redmond spa factory
— — — — —
LIME &
LEWONGRASS
BODY SALT SCRUB

NO NASTY
INGREDIENTS,
JUST
NATURAL

BODY TREATMENTS

CHAMPAGNE MOMENTS

(80 minutes) £100

Combining ocean treasures pearl, caviar and champagne extract, this luxuriously pampering treatment will truly revitalise the skin from top to toe. A full body brush and scrub, renewing the skin's surface allowing the skin loving ingredients from The Natural Spa Factory Gold range to truly work their magic. Once buffed, enjoy a full body application of Gold Body Oil, our trained therapists concentrating on those areas of tension. Finish with an express gold champagne facial. The results: velvety, radiant and youthfully revitalised skin that will leave you feeling sublime. Includes a glass of bubbles.

'WRAP ME UP'

(55 minutes) £75

Hand pick your deeply nourishing wrap, with healing, slimming and anti-aging properties, our therapists are on hand to guide you on the best option for you. Our body masks are crammed with lots of lovely natural ingredients alerting the senses and lifting the mood. In the hands of the experts, see your skin transform to radiant and supple skin that's wonderfully soft to touch.

'SCRUB ME UP'

(50 minutes) £68

Choose from a selection of delightful salt or sugar scrubs fused with natural ingredients many good enough to eat, such as lime, lemongrass, seaweed and sweet orange, the list is endless and regularly refreshed. This luxury body treatment scrubs, buffs and stimulates circulation leaving your body feeling refreshed and invigorated with a silky finish.

WHISKY CHASER

(80 minutes) £100

For the morning after the night before, our men's whisky chaser treatment will revive and restore even the busiest of men with our whisky and honey salt and oil scrub to wash away the dirt and grime. Following this, wrap up in our ginger body wrap whilst our expert therapist soothes away the tension with a revitalising head massage. Then finish with our hot honey candle back massage, that will leave you feeling like a new man. Includes a glass of whisky after your treatment.

TREATMENT PACKAGES*

MEN ONLY

(80 minutes) £110

Pampering is something that all men love. This treatment will begin with a soothing back massage using heated oil working on areas of tension. Using our Men's Natural Spa Factory range, a deep cleanse and exfoliation on the face using the Argon oil scrub, finished with steamed hot towels. This is followed by cool eye patches and a relaxing head massage to de-stress and switch off the mind, an eye massage and, to finish, enjoy a relaxing manicure or pedicure.

PAMPER ME BABY

(90 minutes) £100

This wonderful treatment aims to relieve the strains of pregnancy as well as treating mum to be with some much deserved pampering and preening. Start with a soothing lower leg massage, followed by a wonderful facial both using carefully developed and pregnancy safe products from the Bumps a Daisy range. Following this, delight in a file and polish for the feet and hands. Our highly trained therapists are on hand to uniquely tailor this treatment to your specific needs, mood and wishes during this very precious time. Includes a soft drink.

For safety and wellbeing reasons, we unfortunately cannot offer treatments to those within the first 12 weeks of pregnancy.

FLOATING AWAY

(50 minutes) £95

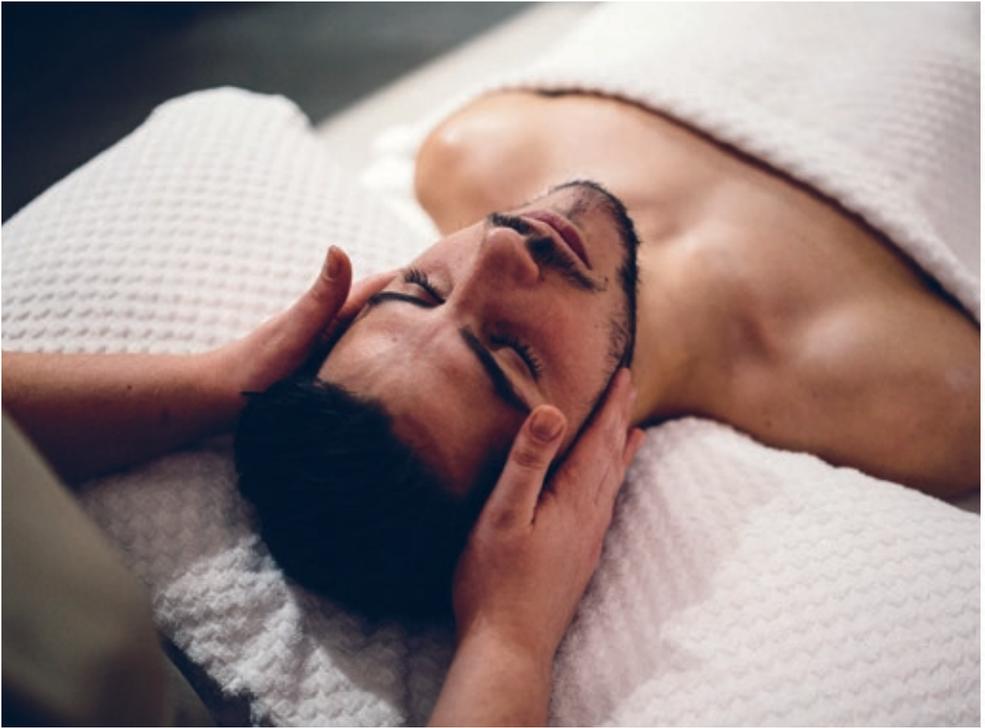
Includes a 25 minute back massage followed by a 25 minute facial. Designed with everyone in mind, from girly days out to couples time away or simply a sacred day of me-time, this wonderful package promises to relax, revive, rejuvenate and restore the soul. Includes a light lunch and a glass of bubbles.

VEG OUT

(65 minutes) £100

A deep cleansing, detoxifying treatment – 65 minutes of pure relaxation with a revitalising full body salt scrub, followed by a hot stone back massage to relieve tension, stress and aches and pains. Finish with an express facial for that beautiful, radiant glow to the skin. Includes a vegan platter.

*£10 supplement applies to all packages on Saturday, Sunday and bank holidays.
Membership credit cannot be used against the purchase of Spa Packages.
Cannot be booked in conjunction with any other offer. Subject to availability.



WE LISTEN
AND TAILOR
TO YOUR
WELLBEING
WISHES

TREATMENT PACKAGES (CONTINUED)*

TIME AWAY

(Couples Package 80 mins) £210

This perfect couples package is something everyone needs. Time away together is precious and this treatment will give you the deep relaxation you deserve. Starting with the back and legs our trained therapists will massage with hot stones to warm up the muscles and work on areas of tension. Followed by an Indian head massage, working the pressure points and meridian lines, we will finish the treatment with warm oil pouring over the third eye onto the scalp. Includes a glass of bubbles.

DESIGN YOUR TIME: YOUR DAY OF UNADULTERATED INDULGENCE

(Available Monday to Thursday 10am–5pm) £290

The ultimate treat ahead of a special occasion, a gift for a loved one or a 'guilt free' day of wonderful luxury pampering, simply because you deserve it. This package offers five sacred hours worth of treatments entirely of your choice. Start the day with a calming cup of herbal tea whilst mulling over the options with your very own personal therapist. This perfectly tailored spa day is all about your individual needs, mood and wellbeing wishes and is guaranteed to leave you feeling like a million dollars. Includes lunch and a glass of bubbles.

This package uses Natural Spa Factory products only.

FINISHING TOUCHES

Treat hands and feet to the pampering they deserve choosing from some delightful colours that will suit any season or occasion:

- Shellac manicure (60 mins) £50
- Shellac pedicure (60 mins) £50
- Shellac 'French' manicure or pedicure £5 supplement
- Shellac removal and nail care (25 mins) £22
- Natural Spa manicure (55 mins) £40
- Natural Spa pedicure (55 mins) £40

Waxing prices on request (subject to availability).



CARITA

Carita is a unique and highly prestigious range of skincare and beauty treatments that has its origins in the famous Parisian 'Maison de Beute', established over 70 years ago. Its expertise lies in its unique ability to combine extraordinary anti-aging benefits with results that are immediately visible and long lasting, ensuring all skin types are treated to perfection. A true before and after experience with sophisticated textures that give an immeasurable feeling of comfort and balance as they blend flawlessly into the skin and infusing it with life.

Carita treatments can be booked as a course. Our expert therapists can advise on skin care courses suitable for your individual needs. Please contact us to discuss prices and options for you.

LAGOON HYDRATION

(60 minutes) £95

This facial is specially designed for dehydrated and tired skin to give it a burst of moisture. Dive into Polynesian water with effective products rich in essential minerals that will immerse the skin in a bath of freshness, leaving it radiant and hydrated.

PRO LIFT FACIAL

(1 hour 30 minutes) £130

Reawaken the skin's youthfulness and recapture its vitality, with this instant non surgical face lift which leaves the facial contours firmer and even-toned, using specialist products of sweet clover and rose water around the eyes and lips. You will see the results are instant and remarkable.

PRO LIFT BOOSTER

(60 minutes) £95

This is the perfect follow up treatment to help maintain the results of the Pro Lift Facial. The effects of this relaxing facial are instant, the skin appearing lifted, firmer and brighter.

SCULPTING EYE LIFT

(40 minutes) £50

Caritas instant non-surgical eye lift. Targeting the eye area, plumping skin and boosting collagen production.

BOOK ANY THREE CARITA TREATMENTS (INCLUDING THE PRO LIFT FACIAL) AND GET A PRO LIFT BOOSTER FREE OF CHARGE*

*Three treatments must be booked in advance in order to qualify. Terms and conditions apply.



CARITA
PARIS



IDEAL
HYDRATATION

SÉRUM DES LAGONS
LAGOON SERUM

ACTIVATEUR
effet hydratant
moisturizing
HYDRATING