



BODY THERAPY

MASSAGE

HOT STONE MASSAGE - *This signature treatment uses a combination of heated stones, Decleor body balm and therapeutic massage techniques.*

40mins (back of the body only) £54.00

1hour 20mins (including face) £98.00

BODY MASSAGE - *A traditional body massage designed to ease tension, relieve stress and promote a general state of well being.*

50mins £63.00

1hour 20mins £100.00

BACK, NECK AND SHOULDER MASSAGE - *To alleviate the specific areas of stress and tension, aches and pains.*

25mins £38.00

DECLEOR AROMA MASSAGE FOR THE FACE - *Consisting of neck, shoulder, face, scalp and arm massage.*

50mins £59.00

AROMA MASSAGE FOR THE BODY - *Combining relaxing massage to de-stress & replenish together with your chosen Decleor body balm provides a genuine sense of well being.*

50mins £65.00

1hour 20mins (includes face and scalp) £91.50

DECLEOR EXTREME COMFORT - *providing all the benefits of the Aroma Massage including a pleasant & relaxing body mask to restore luminosity.*

1hour 20mins £89.00

DECLEOR TRANQUILITY HEAD MASSAGE - *A relaxing scalp, face and neck massage*

25mins £38.00

BODY TREATMENTS

AROMATIC WRAP RITUALS - ANTI FATIGUE (flow) boosts and energises. **SILHOUETTE (detox)** refines, drains toxins. **INTENSE FIRMING (tonic)** tones and reshapes. *These treatments are the ultimate treat for your body for a total transformation.*

55mins £73.50

NATURAL MOTHERHOOD (maternity treatment) - *Carefully tailored to help prevent stretch marks, reduce water retention, re-store comfort and re-balance.*

55mins £75.50

DECLEOR PERFECT LEGS - *For legs that long to feel light, a refreshing treatment composed of exfoliation, massage and an ice effect mask.*

40mins £61.00

DECLEOR PERFECT SLIM - *Designed to target those vulnerable areas to reduce cellulite, water retention and drain away toxins.*

50mins £73.50

At the spa we provide an escape, a place of peace and tranquility to help balance and re-energise your mind, body and soul.

Reebok

SPORTS CLUB

THE BODY BUFF - An exfoliating treatment to leave the body soft and smooth, ideal pre-holiday or special occasion.

25mins

£38.00

RED ISLAND RITUAL - A luxurious exfoliation with fruit seeds & spices followed by a delightful relaxing massage, a treatment inspired by the island of Madagascar.

55mins

£61.00

ENDERMOLOGIE - A cellulite treatment that is the only treatment of its kind which has been approved by the FDA. It improves the appearance of cellulite where diet and exercise alone cannot, by working on the fatty deposits collected in specific areas.

35mins

£60.00

Course of 14 recommended over 7 weeks

£780.00

WELLNESS & COMPLEMENTARY THERAPIES

To enhance our members well being these therapies will be expanded according to our members' wants, desires and needs. Please enquire at the Spa reception for more information and prices

SPORTS MASSAGE

25mins

£42.00

50mins

£69.00

1hr 20mins

£105.00

DEEP TISSUE MASSAGE

25mins

£38.00

50mins

£63.00

1hr 20mins

£100.00

THAI MASSAGE - It is recommended to wear loose comfortable clothing

25mins

£38.50

50mins

£63.00

SHIATSU MASSAGE - It is recommended to wear loose comfortable clothing

25mins

£38.50

50mins

£63.00

LYMPHATIC DRAINAGE MASSAGE

50mins

£63.00

1hour 20mins

£100.00

REFLEXOLOGY

25mins

38.00

50mins

£63.00

MATERNITY MASSAGE (Pre & Post natal)

50mins

£70.00

1hr 20mins

£105.00

ACUPUNCTURE/FACIAL REJUVINATION ACUPUNCTURE

45mins

£63.00

OSTEOPATHY

25mins

£58.00

50mins

£116.00

PHYSIOTHERAPY

25mins

£56.00

50mins

£112.00

PODIATRY/CHIROPODY

30mins

£68.50

**COUNSELLING • HYPNOTHERAPY • TEETH WHITENING • LASER HAIR REMOVAL
AESTHETIC REJUVINATION TREATMENTS**

Spa opening hours

Mon-Fri 8am-8pm, Sat 9am-6pm, Sun 10.30am-6pm

Main: 0844 558 1329 | reebokclub.co.uk

CANCELLATION POLICY We operate a 24hr cancellation policy to cancel or reschedule appointments, otherwise a 100% fee will apply.

NON-MEMBERS are welcome within the Spa, however a 5% additional charge applies to all treatments.

All prices and treatments are correct at the time of print and are subject to revision without notice