



Verulamium ♦ Spa

ST ALBANS

CAUDALIE
PARIS

CLARINS
PARIS

J
JESSICA®

Escape to the VERULAMIUM SPA

Take time out for yourself at the Verulamium Spa. We are committed to delivering a personalised experience to meet your every need, whether you have 30 minutes or 3 hours, allow us to take care of you.

Choose from one of our of luxurious treatments using Caudalie and Clarins products or take advantage of our wide range of beauty services including Jessica manicures and pedicures, gel nails waxing, tinting and shaping.

Our facilities include 5 luxurious treatment rooms, couple's suite, as well as our beautiful heat and water oasis.

Access to the heat and water facilities is £25 per person, alternatively book any 80 minute treatment and receive complimentary spa use. Spa membership options are available from £25 per month, please speak to a spa host for more details.

Enjoy our treatment loyalty scheme – book any 5 treatments and receive the 6th treatment free of charge (Terms & conditions apply).



PAMPERING HANDS & FEET

JESSICA GELERATION HANDS

£35

JESSICA GELERATION FEET

£38

Gelation lasts up to 21 days without peeling, chipping or fading. A unique gel in a bottle, it is applied like a polish with a durable strength of gel.

JESSICA GELERATION APPLICATION ONLY

£25

JESSICA LUXURY MANICURE

55 minutes £30

A luxurious treatment that treats your individual nail type. This manicure leaves each nail shaped, polished and treated to perfection. Thermal mitts are used to ensure you feel completely pampered.

JESSICA LUXURY PEDICURE

55 minutes £35

This replenishing intensive treatment is the perfect remedy for hard working feet. Incorporating an exfoliation, massage and hot booties and then finished with the perfect polish.

JESSICA EXPRESS MANICURE

25 minutes £25

A tailored manicure that includes cuticle care, file and a perfect polish.

JESSICA PHENOM MANICURE

£32

JESSICA PHENOM PEDICURE

£38

Phenom delivers fast drying, chip resistant nails with exposure to natural light. No LED/UV lamps are needed. Phenom can be removed with nail varnish remover. For a longer lasting manicure that delivers mirror like shin.

JESSICA EXPRESS PEDICURE

25 minutes £25

A tailored pedicure to treat your individual nail type. It includes hard skin removal, cuticle tidy and a perfect polish.

THREADING

Eyebrow Thread	£12
Lip Thread	£8
Chin Thread	£8
Lip & Chin Thread.....	£14

SHAPING AND TINTING

Eyebrow Shape	£12
Eyebrow Tint.....	£12
Eyelash Tint	£13
Eyelash And Eyebrow Tint	£18
Eyebrow Shape & Tint.....	£18

WAXING

Half Leg Wax	£20
Full Leg Wax.....	£25
Bikini Wax	£16
High Bikini.....	£18
Half Leg/Bikini	£28
Full Leg/Bikini.....	£34
Brazilian Wax	£25
Hollywood Wax	£30
Half Leg/Brazilian Wax	£36
Full Leg/Brazilian Wax.....	£42
Half Leg/Hollywood Wax.....	£40
Full Leg/Hollywood Wax	£48
Lip Wax	£7
Chin Wax	£8
Lip & Chin Wax.....	£13
Underarm Wax.....	£10
Half Arm Wax	£15
Full Arm Wax.....	£20

If you would prefer hot wax to be used, an additional £5 is added to the treatment.

CLARINS MAKE UP LESSON

55 minutes £40 booking fee - redeemable against 4 or more Clarins make up products

Trying different colours and application techniques under expert guidance will help you achieve a fresh and flattering look. Whether its just new ideas you want or advice for a special occasion, let our makeup experts help you get the look you want.

CLARINS MAKE UP TO GO

25 minutes £25 booking fee - redeemable against 2 or more Clarins make up products

Going somewhere special or just want professional advice on different shades or looks, book in with our Clarins make up experts.

CLARINS TAN - SUN GLOW

25 minutes £25

The ultimate self tanning treatment for the face and body with an award winning self tanner and all over gorgeous, long lasting golden colour.

CLARINS TAN - SUN GLOW WITH EXFOLIATION

55 minutes £45

The ultimate self tanning treatment for the face and body with skin smoothing exfoliation, and a deeply pampering application of an award winning self tanner and all over gorgeous, long lasting golden colour.

CAUDALIE

Caudalie treatments are designed to indulge skin while providing visible results thanks to products renowned worldwide for their exceptional anti-oxidant properties. The natural brand based around the grape and the grapevine ensure optimum results whilst delivering luxurious textures, aromas and divine treatments.

0% parabens, mineral oils, sodium laureth sulphate and animal ingredients.

We recommend....

CAUDALIE'S SIGNATURE TREATMENT

1 hour 50 minutes - £120

The ultimate face and body experience, this treatment begins with a luxurious deep tissue back massage using the Divine Oil for indulgent relaxation. Your therapist will then personalise a Caudalie express facial to suit your skins requirements this includes the ultimate eye treatment which lifts and firms the eye area and finishes with a relaxing scalp massage. Indulge in this total face and body experience which will leave you relaxed, refreshed & radiant looking.



CLARINS

Clarins is a product that travels to the remote corners of the continent, in search of plants with the most powerful active ingredients to create treatments from the purest sources and of the highest quality.

We recommend....

CLARINS SIGNATURE TREATMENT

1 hr 50 minutes - £125

This treatment begins with a full body hot stone massage, using a pre-blended Clarins oil. This is followed by the Clarins Tri Active facial which begins with a bespoke consultation to ensure the correct facial treatment is performed. Each treatment will concentrate on your specific concerns. There is a choice of 6 facials. The treatment concludes with a relaxing scalp massage. Leave the spa feeling a new person.

There is a choice of 6 facials:

- Youth Activator
- Lift Line Smooth
- Radiance reviver
- Moisture replenisher
- Skin Healer
- Detox and shine stopper



ADVANCED SKINCARE FACIALS – CAUDALIE

VINOSOURCE ANTI-OXIDANT HYDRATING FACIAL

55mins - £55

Moisturises, Soothes & Hydrates: A skin renewing treatment to deeply moisturise the skin. This facial starts with a gentle cleanse, a massage using fresh grapes followed by a recovery essential oil massage that soothes dry skin. The application of an intensely moisturising mask, and our Vinosource treatments restore moisture levels for a healthy, glowing complexion.

POLYPHENOL C15 DETOX FACIAL

55 mins - £55

Anti-Oxidant, anti-wrinkle, protect: A burst of vitamins and energy for the skin! Created for clients who need a rescue from pollution this facial features products with two key ingredients: grape-seed polyphenols and vitamin C, to shield skin from free radicals and prevent future damage. After a thorough Cleansing and deep exfoliation, a detoxifying mask with pink clay, coffee and grape marc eliminates impurities and toxins. Your skin will look smooth & revitalised.

ANTI-AGEING EYE TREATMENT

25 mins - £30

This treatment works on lifting & firming the eye area. Wrinkles and fine lines are visibly smoothed. This treatment works on puffiness, dull & lifeless skin. The eye contour is left radiant with youth and vitality.

VINOPERFECT RADIANCE FACIAL

55 mins - £55

Radiance, anti-dark spots/pigmentation: The ideal treatment for skin lacking radiance and luminosity. After skin is gently cleansed, a massage with essential oils and hot and cold basalt stones stimulates your skin's radiance. The deep action peeling mask awakens the luminosity of your complexion. Caudalie's Vinoperfect collection adds the finishing touch to this facial, leaving you looking rested & radiant.

RESVERATROL LIFT FACIAL

55 mins - £60

Lifting & firming, anti-wrinkle: Specially created for skin lacking in radiance and luminosity. After the skin is cleansed a stimulating massage visibly firms and redefines the contours of your face. The application of the warming mask enhances the lifting effect of Caudalie's Resveratrol Lift skin firming products. The toning and lifting effects are immediate, your face appears resculpted.

EXPRESS D – VINE

25 mins - £35

Instant radiance booster: Express facial for a burst of radiance in just 25 minutes. The facial starts with a deep cleanse, exfoliation and a mask to boost radiance. Your skin looks rested, your complexion's brightness is restored.

Add on an eye treatment to any 55 minute Caudalie facial for £20

ADVANCED SKINCARE FACIALS – CLARINS

CLARINS TRI - ACTIVE FACIAL EXPERIENCE

1hr 10 mins - £65

Your therapist will begin each facial with a bespoke consultation to ensure that the correct facial treatment is performed.

Each treatment will concentrate on your specific skin concerns, using concentrates of active plant extracts and aromatic oils.

Choose from one of the following advanced facials:

- Youth Activator
- Lift Line Smooth
- Radiance Reviver
- Moisture Replenisher
- Skin Healer
- Detox & shine stopper

CLARINS PERSONALISED FACIAL

55 mins - £55

Treat your skin and allow your therapist to personalise this facial to suit your skin's concerns and needs.

Your therapist will do a thorough skin care analysis to ensure the correct products are used, the facial consists of a cleanse, tone, exfoliation, massage, mask and a moisturiser.

Your skin will feel revitalised and refreshed.

CLARINS RELAXING FACIAL

25 mins £35

An express facial that consists of a cleanse, exfoliation, application of mask, and a moisturiser.

Leaves skin looking and feeling radiant.

CAUDALIE BODY TREATMENTS

DIVINE BODY MASSAGE

55 minutes £60 / 80 mins £85

A relaxing body massage featuring our award winning Divine Oil, a combination of 4 exceptional plant oils. Your skin will be luxuriously softened, moisturised and wrapped in a delicate floral fragrance; a blend of roses, grapefruit, pink pepper, vanilla, cedar and white musk.

DIVINE BACK MASSAGE

25 Mins £38 / 40 mins £46

FLEUR DE VIGNE CANDLE MASSAGE

55 Mins £65 / 80 mins £85

This cocooning massage is a signature Caudalie massage, the ultimate in relaxing for the mind and body. Using our 'Fleur De Vigne fragrance' with an exquisite scent of grape blossom, bergamot, blackcurrant and sandalwood, compression and lissage techniques, you will be left feeling totally indulged, tension soothed away and energy re-booted.

FLEUR DE VIGNE CANDLE BACK MASSAGE

25 Mins £40 / 40 mins £50

DIVINE BODY EXFOLIATION

25 mins £35

It is an ideal "starter" for your treatments. Designed for indulgent pampering with mild exfoliation. This softening body scrub with brown sugar is combined with 4 exceptional plant oils to gently eliminate dead skin cells. Upon contact with water, the scrub transforms into a milk to leave your skin moisturised, soft silky and delicately scented. Ideal event for the most fragile, delicate of skins.

DIVINE BODY TREATMENT

55 mins £60

Designed for indulgent pampering with mild exfoliation. The softening body scrub with brown sugar combined with 4 exceptional plant oils to gently eliminate dead skin cells. This is followed by a 25 minute back, neck and shoulder massage, to ease away tension and stress. Your skin will feel pampered and de-stressed.

CRUSHED CABERNET EXFOLIATION

25 mins £35

It is an ideal "starter" for your treatments. To regain your skin's radiance and softness, we have developed this scrub with a base of grape-seed, honey, brown sugar and the essential oils of the Contouring Concentrate. The application of the Nourishing Body Lotion combined with our Contouring Concentrate completes this treatment and leaves your skin clean, refined and perfectly smooth. This is an ideal treatment for a slimming program or after being exposed to the sun.

CRUSHED CABERNET SCRUB & MASSAGE

55 mins - £55

Slimming: This body treatment begins with the most popular scrub from the Vinothérapie Spa. The scrub with grape-seeds, honey, brown sugar and 6 essential oils leaves your skin radiant and perfectly smooth. The sculpting body treatment, with the essential oils of Caudalie's Contouring Concentrate, completes this treatment to smooth cellulite and refine your body. This is an ideal treatment for a slimming program or before exposure to the sun.



CLARINS BODY TREATMENTS

Massage

CLARINS TRI ACTIVE BODY TREATMENTS

1 hour 10 minutes £65

Choose from a pampering shortcut to a body that is svelte, toned and silky smooth, a gleam like satin and is velvet to the touch or an all in one body boost. These treatments combine a top to toe exfoliation, massage tailored to suite your bodies needs and a unique body mask.

Choose from the following:

- Shaping
- Hydrating
- Firming

Leave the spa a brand new you!

Exfoliations

CLARINS BODY POLISHER

25 minutes £35

This treatment will help to make your skin look fresher, feel brighter by helping minimise the look of stretch marks and dark spots. An intensive double exfoliation will deeply cleanse and retexture to make your body feel super soft, supple and smooth.

CLARINS BODY POLISHER AND MASSAGE

55 minutes £60

This treatment will make your skin look fresher, feel brighter by helping minimise the look of stretch marks and dark spots. An intensive exfoliation will deeply cleanse and retextures to make your body feel super soft, supple and smooth. This is followed by a relaxing back, neck and shoulder massage and an application of moisturiser.

Pregnancy Treatments

CLARINS PRE-NATAL TREATMENT

55 mins £70

Pure indulgence for face and body, adapted to pre and post-natal stages of pregnancy and how you look and feel. Eases backache, fluid retention, stress, fatigue and tired legs, as well as improving skin tone and elasticity.

Afterwards, you'll feel energised and wonderfully relaxed, with baby-soft skin.



MASSAGES

SWEDISH MASSAGE

25 mins	£35
45 mins	£45
Full body 55 mins	£60
Full body 80 mins	£85

A massage concentrating specifically on areas of tension, allow your therapist to relieve muscle aches and pains, using an aromatherapy based oil.

DEEP TISSUE MASSAGE

25 mins	£40
45 mins	£50
Full body 55 mins	£70
Full body 80 mins	£90

Tense, aching muscles and busy minds can leave us feeling overwhelmed.

Deep tissue massage helps restore mobility and reduce muscular aches and pains while the base oil calm the mind aiding exercise recovery.

HOT STONE MASSAGE

25 mins	£45
45 mins	£55
Full body 55 mins	£70
Full body 80 mins	£90

Using pre-blended aromatherapy oils allow your body to surrender to the gentle heat of the volcanic stones that are massaged on to the body. A relaxing experience to make you feel like you are walking on air.

RELAXING SCALP MASSAGE

25mins £35

Allow time to escape with a calming and relaxing head massage. Your therapist will work on pressure points over the forehead and massage slowly and deeply across the head helping to ease built up tension and reduce stress.

COUPLE MASSAGE

Book a 55 minute couples massage for £70 per person and enjoy your day with use of the spa facilities.



MENS TREATMENT

Relax and unwind with a facial or massage

CAUDALIE MEN'S POLYPHENOL C15 DETOX FACIAL

55 mins - £55

Anti-Oxidant, anti-wrinkle, protect. A burst of vitamins and energy for the skin! Created for clients who need a rescue from pollution this facial features products with two key ingredients: grape-seed polyphenols and vitamin C, to shield skin from free radicals and prevent future damage. After a thorough Cleansing and deep exfoliation, a detoxifying mask with pink clay, coffee and grape marc eliminates impurities and toxins. Your skin will look smooth and revitalised

CLARINS MENS FACIAL

55 mins £55

A facial treatment individually tailored to suit your needs. Skin is cleansed and gently exfoliated while the face, neck and shoulders are massaged using your personalised blend of oils to treat your skin concerns.

DEEP TISSUE MASSAGE

25 minutes.....	£40
55 minutes.....	£70
1 hour 20 minutes.....	£90

Tense, aching muscles and busy minds can leave us feeling overwhelmed.

Massage techniques are used to help restore mobility and reduce muscular aches and pains while aromatherapy oils are used to reduce muscular tension and calm the mind aiding exercise recovery.

FULL BODY HOT STONES MASSAGE

25 minutes.....	£45
55 minutes.....	£70
1 hour 20 minutes.....	£90

Using your choice of pre-blended aromatherapy oils, your body will surrender to the gentle heat of the volcanic stones that are massaged on to the body.

A relaxing experience to make you feel like you are walking on air.

Grooming services for men

JESSICA MANICURE

25 minutes £25

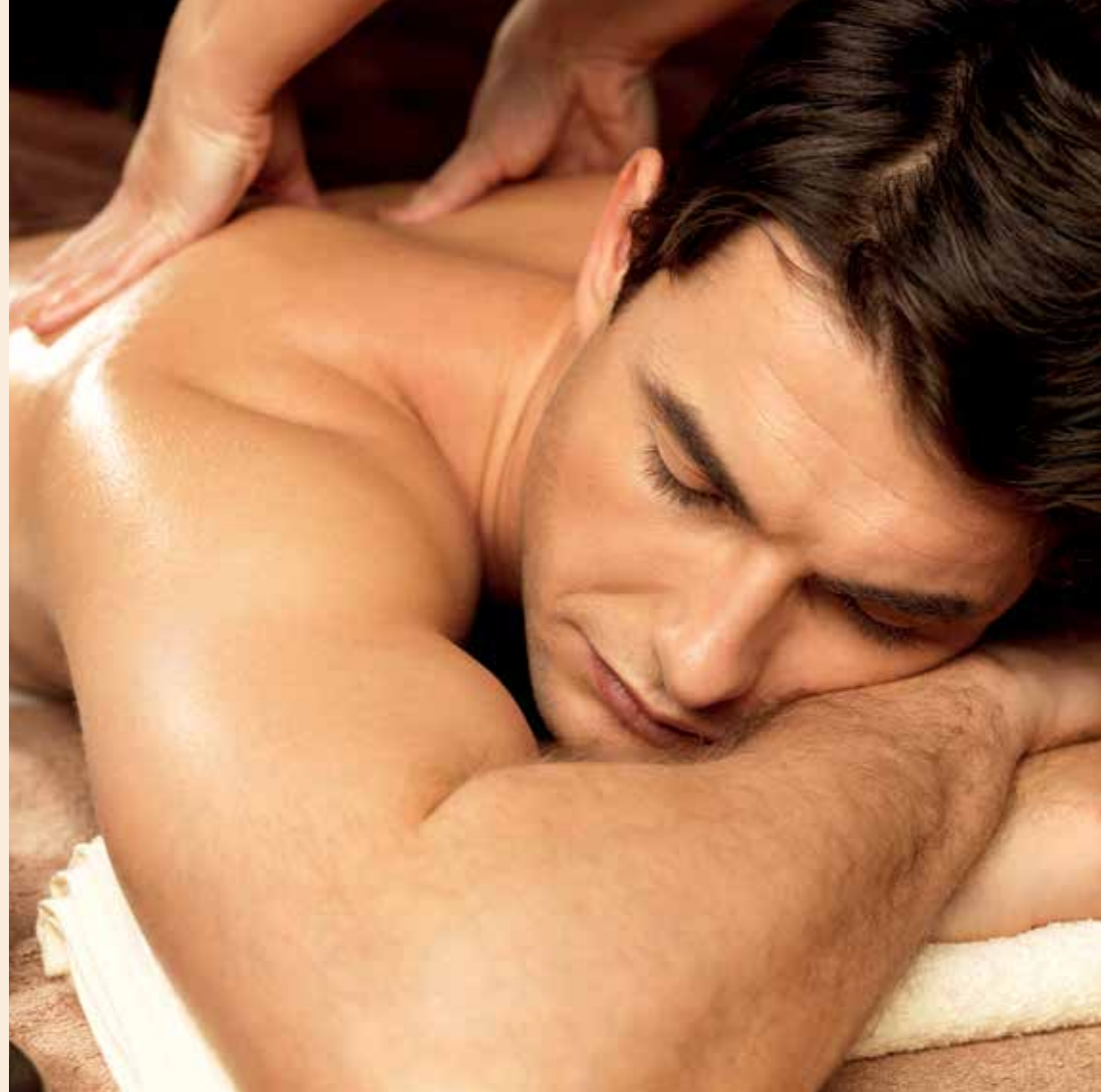
JESSICA EXPRESS PEDICURE

25 minutes £25

A tailored pedicure to treat your individual nail type. It includes hard skin removal, cuticle tidy, massage and finishes with a nail buff.

MENS WAXING SERVICE

Chest Wax.....	30 minutes	£25
Back Wax.....	30 minutes	£25
Eyebrow Wax.....	10 minutes	£12



SPA EXPERIENCES

SPA RELAX DAY

£45

- Full use of the facilities
- Use of swimming pool
- Use of gym
- Afternoon tea or light lunch

PAMPERING SPA DAY

£100

- 25 minute massage
- 25 minute facial
- Use of spa facilities
- Use of swimming pool
- Use of gym
- Light lunch

TOP TO TOE

£195

- 55 minute personalised facial
- 55 minute Swedish massage
- Luxury Manicure
- Luxury Pedicure
- Use of the spa facilities
- Use of Swimming Pool
- Use of gym
- Light lunch

MUM TO BE

£110

- 55 minute Clarins Pre-Natal massage
- 55 minute Luxury Pedicure
- Use of the spa
- Use of swimming Pool
- Use of gym
- Light lunch

MENS PACKAGE

£125

- 55 minute Clarins Mens personalised facial
- 55 minute hot stones massage
- Full use of the spa
- Use of the gym & swimming pool
- Light lunch

CELEBRATION PACKAGE

£65

- Choice of a 25 minute treatment
- Use of the spa facilities
- Light Lunch
- Additional £10 if you upgrade to Afternoon Tea

TWILIGHT PACKAGE

£65

- 40 minute back, neck and shoulder massage
- Use of spa facilities
- A glass of wine with your meal
- Monday - Friday 4pm - 9pm

If you can't find a package that suits your needs, please speak to a spa host and we can tailor make one for you. For more information please refer to the website.

EXCLUSIVE SPA EXPERIENCE

£145 per person, minimum of 10 people.

Exclusive use of the spa for you and your friends, whether its just a get together or a special occasion, enjoy the following:

- Exclusive use of heat and water oasis
- 40 minute treatment (Choice of Massage, facial, manicure/pedicure)
- Champagne reception
- Canapes and nibbles
- Complimentary robe, towel and slippers
- Relax room
- Sun terrace
- Available Saturday 6.30pm – 9pm



ENJOY YOUR VERULAMIUM SPA EXPERIENCE

In order for you to relax, unwind and enjoy your spa experience, please read our helpful tips to gain the most from your visit.

OPENING HOURS	MONDAY TO FRIDAY	SATURDAY	SUNDAY
Spa Opening Times	8am - 9pm	8am - 6pm	8am - 6pm
Treatments	9am - 8pm	9am - 6pm	9am - 6pm

ADVANCED BOOKINGS

To avoid any disappointment we strongly advise that you book all treatments in advance. Please contact our Spa Reservations Team on 01727 736087. Alternatively you can visit www.verulamiumspa.com to make an online booking enquiry.

ARRIVAL

In order for you to get the most out of your experience please arrive at least 10 minutes prior to your treatment to complete a consultation form and enjoy a welcome drink. Treatments that include use of the spa, we would recommend arriving at least 45 minutes prior to your treatment, to familiarise yourself with the spa surroundings. Please note treatments under 80 minutes or beauty treatments do not include use of the spa.

CANCELLATION

We operate a 24 hour cancellation policy to avoid a 100% charge or redemption from your gift certificate.

All packages and group bookings in the spa must be paid in full upon booking.

GIFT CERTIFICATES

Treat a loved one to a Verulamium Spa Gift Certificate. All certificates must be used within 12 months of purchase. Please contact our Spa Host Team with any enquiries. Please note that gift certificates are non-transferable and non-refundable.

HEALTH CONCERNS

Please notify our Spa Therapists if you have any special medical conditions, allergies or if you are pregnant. We do not recommend any treatments are carried out during the first trimester of pregnancy. We may require a doctors note or for you to complete a client disclaimer form to enable us to perform certain treatments where medical conditions are concerned. Heat and Water Oasis use will also be subject to health concerns.

SPA ETIQUETTE

We want you to feel comfortable during your spa experience, therefore we will provide you with spa robes, towels and slippers. Our therapists are trained to observe client modesty at all times, disposable briefs and boxers are available during treatments. Men are required to wear underwear at all times. Appropriate swim attire must be worn during the use of the heat and water areas.

LOSS OR DAMAGE

We strongly advise that no jewellery is to be worn at any time while relaxing within the spa area. We will not be held accountable for any loss or damage to jewellery or possessions. We would also recommend that no alcohol is consumed prior to your treatment. Water will be provided for you within the spa area. We want your spa experience to be as tranquil as possible, therefore we ask that no mobile phones be used while in the spa area.

AGE REQUIREMENTS

The minimum age for access in to the spa is 16. Beauty treatments will be available for those over 14 but must be accompanied by an adult at all times.

THE VERULAMIUM SPA OFFERS

Caldarium – The under seat heating provides a gentle dry heat treatment room.

The benefits include relaxing the muscles, gentle care and regeneration of the skin and hair, and detoxification of the body.

Laconium - The humidity is low, leaving the room feeling cooler than a traditional sauna, which allows a more relaxing and less intense experience. The benefits include stimulating the circulation and purifying and detoxifying of the body.

Kelo Sauna - A traditional sauna, the temperature is maintained between 80 – 100 degrees centigrade. The benefits include eliminating toxins from the body and relieving stress

Aroma Steam Room - An enclosed space with large amounts of high temperature steam. The benefits are rids the body of toxins, boosts the immune system and aids relaxation, ideal after a workout

Hydro Spa Pool - The temperature is kept at 32 degrees centigrade. The benefits include: helps the body to relax, aids rehabilitation following an injury or surgery.

Spa Bistro - Choose from a wide selection of hot and cold beverages, light meal options or afternoon tea.

Relaxation Area and Sun terrace – Complete your experience by relaxing in our tranquil and calm environment.



Verulamium ♦ Spa

S T A L B A N S



Provided by St Albans City and District Council.
Managed in partnership with Everyone Active

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