

Spa 
by the Sperrins





WELCOME

Welcome to Spa by the Sperrins, nestled in the heart of the Sperrin mountains. It is a haven of peace and tranquility, offering a wide variety of holistic and beauty treatments. Decleor's holistic treatments are famous worldwide for their heavenly feel and simply stunning results.

Our mission is to treat the skin, body and mind, so you will leave us feeling completely relaxed and looking your best. We look forward to welcoming you at Spa in the Sperrins.

"It is nice finding that place where you can just go and relax"

-Moises Arias



TERMS & CONDITIONS

Spa arrival – We ask that you arrive at the spa 15 minutes prior to your scheduled appointment. Please understand that if you arrive late it limits the time of your treatment and will be charged in full. We reserve the right to alter timing for late arrivals. Please let us know at the time of booking if you have any ailments that you may have concerns with or any special requirements. If any member of the group is or could be pregnant they are not permitted to use the hot tub or sauna. Please advise at the time of the booking. Please be aware that the spa facilities cannot be used for 6 months post-surgery.

Cancellations Policy – We require 48hrs notice to change or cancel an individual/group booking. Full payment will be required for “No Shows”. Group bookings of 3 or more are required to pay a £20 per person deposit at the time of booking. Deposits are non-refundable. For all bookings for the spa a credit/debit card details are required to secure the booking.

Spa Environment – Our spa environment is one of relaxation and tranquillity. Please respect all spa guests’ right to privacy and serenity. Smoking is strictly prohibited. We would appreciate you turning your mobile phone off for the duration of your spa visit. Disposable underwear is provided for all guests and must be worn during treatment. Swimwear must be worn.

Valuables – We recommend that no jewellery be worn at the spa. The Spa accepts no responsibility for the loss or damage of valuables brought into the spa.

Age Requirement – The minimum age requirement for access to the spa is 16.

Gift Vouchers – Available to purchase at the spa. These are non-refundable and must be presented at the time of payment. Lost or stolen gift vouchers cannot be honoured.

Homecare – To continue your spa regime at home all spa products in treatments are available to purchase at reception on departure, your therapist will recommend products for home during your treatment.



Enhance your spa
experience by spending
time using our luxury facilities.
Enjoy 30 minutes exclusive use of
our indoor hot tub & unique cedar
wood barrel sauna prior to your
treatment.
Then unwind in our relaxation area
where you can enjoy complimentary
refreshments.
£20 per person when you avail
of a spa treatment

Decléor's holistic facials are famous worldwide for their heavenly feel and simply stunning results. Every treatment begins with the unique back diagnostic massage; utterly relaxing for you and a wonderful insight to your therapist into your overall state of health – and therefore your precise needs. The use of expert massage techniques and 100% pure, preservative-free Essential Oils address the demands of every single skin type to leave all complexions balanced, comforted and glowing with health.

FACIALS

Decléor Ultimate Vitamin Glow

Award winning vitamin facial to leave your skin visibly radiant - 60mins

Power-packed with vitamins and anti-oxidants, this award winning facial melts away stress. Combines a rebalancing Essential Oil elixir plus warm, decongesting mask for skin that's purified, perfectly replenished and glowing.

£50

Hydra Floral Anti Pollution

1hr 15mins

This super-hydrating facial quenches the thirstiest skin. Includes gentle exfoliation to smooth then a nutrient-rich mask to intensively rehydrate for skin that's supple and cashmere soft.

£60

Oxygenating Pure & Matt

Intensely balancing and detoxifying for visible clarity - 1hr 15mins

£60

Skin Soother

Desensitises and reinforces stressed, fragile and reactive skins - 1hr 15mins

Acting like a calming comfort blanket, this blissful treatment relieves stressed, angry skin. Power-packed with skin strengthening Essential Oils and including a skin-perfecting peel-off mask, it works immediately for clear, soothed and resilient skin.

£60

Aromatherapy Discovery Facial - Taster Facial

The effective rescue remedy for perfectly radiant skin - 30mins

Short of time? Discover why Decléor facials are world famous with this rescue remedy. Includes revitalising massage, Essential Oils and a gentle polish to wake-up tired skin leaving it fresh and radiant.

£30

DECLÉOR ADVANCED ANTI-AGEING FACIALS

Technologically advanced facials to fight every concern, each with precise and blissful rituals. Based on 40 years of skincare expertise and utilising the latest technological breakthroughs in anti-ageing care, they bring a new lease of life to maturing complexions, offering dramatic improvement in skin tone and clarity.

Yoga Lift

Ultimately effective anti-ageing facial leaving the skin plumper and firmer - 1hr 15mins

Energising but luxurious, specialised massage helps recharge skin tissues while an indulgent, collagen-rich mask infuses the complexion with skin-plumping nutrients. The skin's natural renewal process is kick-started

£60

Pilates Lift Experience

A Pilates session for the skin to help visibly lift, remodel and re-densify - 1hr 15mins

Inspired by pilates, delivers a natural lift to the face, whilst helping reshape the contours of the facial with a re-cushioning effect. The skin is left flawless, glowing with rosy youthfulness.

£60

Vital Eyes

Anti-ageing and visibly plumping for a smoother eye zone - 45mins

Put the sparkle back! Featuring restoring and intensively hydrating eye masks, this targeted treatment fights fatigue, quenches moisture loss and helps erase the appearance of wrinkles for a sparkling, rested eye zone.

£35

BODY TREATMENTS

Aromatherapy Body Massage

Heavenly full body aromatherapy treatments - 30, 60 or 90mins

Relax, refine, tone or stimulate with one of these tension-releasing, holistic treatments. Stresses and strains blissfully melt away and skin all over is left revitalised and velvety.

Back - 40mins - **£30** Full Body - 60mins - **£50**
Ultimate Full Body - 90mins - **£65**

Aromatherapy Warm Stone Massage

Divine heated stones relax away muscle tension and strains

Stimulate energy flow while soothing body and mind with this heavenly massage that uses the warmth of heated stones to ease every tension. Decleor's Aromatic Balms heighten the ecstasy and also supremely soften skin. Just heaven.

Back - 40mins - **£35** Full Body - 60mins - **£55**

Red Island Exfoliating Ritual

Massage and exfoliation combined in an exotic body treatment - 60mins

Inspired by the magical island of Madagascar, powdered Fruit Seeds and Spices are used to polish skin leaving it exceptionally soft. Includes mas sage with warm aromatherapy oils to de-stress and re-energise.

£45

Reflexology

60mins

An application of pressure to the feet, helping the body restore balance, relaxing both the mind and body.

£35

AROMA WRAP

Lemon & Mango Firm & Tone

Tightening, sculpting and smoothing - 60mins

A collagen-boosting wrap to erase imperfections and strengthen beautifully toned skin. Restores and moisturises skin all over for a smooth, firm and radiantly younger looking body.

£45



AROMA SOLUTIONS

Shorter on time but not on visible results, four targeted treatments tackle specific problem areas. One treatment is often all you'll need.

Cleansing & Purifying Back Treatment

Decongests and brightens for a beautiful back - 30mins

With a skin-brightening exfoliation to target spots, blemishes and dull skin, this facial for your back transforms congested skin, leaving it clear and strokeably soft.

£40

Tranquility Scalp

Intensively relaxes to ease tension and aid sleep - 30mins

Intensely de-stressing scalp treatment to banish tension and aid restful sleep. Power point massage includes Rosemary and Lavender Essential Oils to invigorate and calm leaving a feeling a pure serenity.

£30

PREGNANCY TREATMENTS

Radiant Mum To Be

Safe and nurturing pregnancy ritual, suitable for pregnancies over 12 weeks - 1hr 15mins

Relax while your highly trained therapist safely and gently treats your tummy, legs and face to a truly nurturing experience that helps reduce the risk of stretch marks, relieves 'heavy' legs and brightens skin.

£50

New Mum Indulgence Treat

Luxurious and pampering to regain balance after baby arrives - 1hr 30mins

Combining a divine body massage, tailor-made facial and soothing mask, this rejuvenating and relaxing treatment has been specifically created for the needs of new mums. Leaves skin perfected and strengthened... and you relaxed.

£50

ONLY FOR MEN

No-nonsense, highly effective treatments for men.

Intensive Energising Face Treatment

Kick-starts tired skin and minimises irritations - 60mins

Our fatigue-fighting, anti-ageing treatment reduces shaving bumps and irritation whilst re-invigorating skin. Skin is soothed, moisturised and looks re-invigorated.

£60

Express Energising Face Treatment

Time saving and face saving - 30mins

A high-speed solution to re-energise skin, this rejuvenating treatment recharges instantly to leave tired skin looking clearer and fresher. Job done.

£30



BEAUTY TREATMENTS

Eye Treatments

Patch test required 24hrs prior

Eyebrow Tint	£5
Eye Lash Tint	£7
Eye Package - <i>Eyelash Tint, Eyebrow Tint, Eyebrow Wax</i>	£15

Make Up

Make Up application	£20
Make Up with lashes	£25

Hair Removal

Eyebrow	£5	California	£15
Upper Lip	£5	Brazilian	£20
Chin	£5	Hollywood	£25
Underarm	£10	Half Leg	£12
Forearm	£10	¾ Leg	£15
Standard Bikini	£10	Full Leg	£20

Male Hair Removal

Back	£10
Back & Shoulders	£20
Back of Neck	£5
Chest	£10

Hand Treatment

File & Paint	£10
Mini Manicure - <i>Cuticles, Hand Cream, File & Paint</i>	£15
Deluxe Manicure - <i>Scrub, Cuticles, Mask, Hand & Arm Massage, File & Polish</i>	£20
Gel Polish	£20
Soak Off	£5

Feet Treatment

File & Paint	£10
Mini Pedicure - <i>Cuticles, Foot Cream, File & Paint</i>	£15
Deluxe Pedicure - <i>Scrub, Mask, Leg & Foot Massges, Cuticles, File & Paint</i>	£20
Gel Polish	£20
Soak Off	£5



PACKAGES

COUPLES ESCAPE

Time dedicated to you and your partner. Relax and enjoy some quality time together in our indoor hot tub and Cedar wood Barrel Sauna with bubbly and chocolates.

Choose from the following options:

Option 1:

90 minutes - £120 per couple:

1 hour exclusive use of the hot tub & sauna, followed by a 30 minute hot oil massage.

Option 2:

120 minutes - £150 per couple:

1 hour exclusive use of the hot tub & sauna, followed by a 60 minute hot oil massage.

TIME TOGETHER Max 5 people

Family and friends can relax and enjoy some quality time together in our indoor hot tub and cedar barrel sauna with bubbly and chocolates.

Choose from the following options:

Option 1:

60 minutes - £25 per person:

1 hour exclusive use of the hot tub & sauna

Option 2:

90 minutes - £60 per person:

1 hour exclusive use of the hot tub & sauna.

Choose 1 of the following 30 minute treatments:

- Back Massage
- Discovery Facial
- Tranquillity Scalp

Option 3:

120 minutes - £80 per person:

1 hour exclusive use of the hot tub & sauna.

Choose from 1 of these 60 minute treatments

- Full Body Massage
- Vitamin Glow Facial
- Taster Back Massage & Taster Facial

To finish spend some time in our relaxation room whilst enjoying complimentary herbal tea & sorbet.

