



SPA ON THE BRECK

www.spaonthebreck.co.uk



Step out of your world
and into ours



This brochure
is also available for
download on our website.
Visit spaonthebreck.co.uk

Welcome to Spa on the Breck

Please take a look at the wonderful experiences we have to offer, from our revitalising Spa Journey to a wide range of beauty treatments.

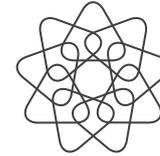
Make time for you and your wellness and let our experienced therapists and beauty technicians make you feel fresh, renewed and rejuvenated once again.

YMCA Member Benefits

Clients with a valid YMCA membership will receive up to 20% off their Spa Journey and up to 10% off their spa and beauty treatments, including pamper days and retail beauty products.

Explore the Collection...

4-5	Spa Journey	14	Spa for Men
6-7	Day Spa Packages	15-16	Spa Beauty
8-13	Spa Treatments	17	Spa Make-up



SPA ON THE BRECK

Opening Times

Monday & Tuesday	10am–6pm
Wed, Thurs & Friday	10am–8pm
Saturday & Sunday	10am–5pm

Opening times may be subject to change.
For treatment times, please visit spaonthebreck.co.uk

Peak Times

Thursday–Sunday

Off-Peak Times

Monday–Wednesday

18	Spa Gift Vouchers & Juice Bar
19	Spa Essentials

The Spa Journey

Take your body and mind on a revitalising holistic journey. Each of the journey's ten unique treatments work together in turn to refresh and relax you, for a purifying experience like no other.



Monsoon Shower

Let 50 litres of water wash over you, preparing you for two hours of uninterrupted bliss.



Aromatherapy Room

Feel the gentle warmth around you as you experience the infusion of natural aromatherapy essences.



Foot Spa

Sit back and relax on a heated seat, letting bubbles gently massage away the tension in your feet and ankles.



Spa Pool

Treat your whole body in the pool. Experience a gentle air jet massage, or work on aching muscles with a deeper body jet massage.



Ice Fountain

Cool your body down with crushed ice, stimulating circulation, as well as your lymphatic and immune systems.



Steam Room

Let the gentle warmth of steam, infused with natural essences totally relax your mind and body.



Salt Steam Room

Breathe in the natural sea salt vapours to clear the mind and feel invigorated, while steam soothes and restores your skin.



Sauna

Experience an intense dry heat to induce muscle relaxation while deeply cleansing your body.



Heated Relaxation Bench

Savour the experience and relax here a while for deep warmth to the whole body.

And repeat...



Pre-booking advised

Please wear suitable swimwear. Robes, towels and flip flops are provided.

AN UNRIVALLED JOURNEY AND EXPERIENCE LIKE NO OTHER



Spa Journey Prices:

Peak Times
2 Hours: £18

Off-Peak Times
2 Hours: £17

Upgrade your Spa Journey for £10

Receive full use of our Germaine de Capuccini products whilst you enjoy your journey.

Products include: Eye Makeup Remover, Facial Cleanse, Exfoliator, Baobab Hair Oil, Facial Toner, Rosehip Oil, Hydrating Face Cream and a splash of Perfume or After Shave.

Plus, if you purchase any of the products, your £10 will be redeemed off the full price.

Day Spa Packages

De-stress Mid-week Treat

The Mid-week Retreat Pamper Day has been carefully designed to offer you a relaxing, revitalising visit and is available Monday - Wednesday subject to availability on booking.

A luxurious towel, robe and flip flops are provided alongside access to our two hour Spa Journey; featuring 10 unique treatments.

Also provided on this sumptuous Pamper Day is a relaxing, nourishing Baobab Oil Scalp Massage and our Royal Jelly De-stress Facial with hot stones.

Access to our relaxing Juice Bar area and a complimentary glass of bubbly will be provided on arrival.

£59

Add Afternoon Tea for an additional £12pp

Couple's Retreat

The Couple's Retreat Pamper Day has been carefully designed to offer you a relaxing and revitalising visit.

A luxurious towel, robe and flip flops are provided alongside access to our Spa Journey; featuring 10 unique experiences.

Also included is access to the relaxing Juice Bar, a light lunch and a complementary glass of bubbly each on arrival.

Plus, choose one of the following treatments each:

- Germaine de Capuccini Aromatic Full Body Massage.
- Germaine de Capuccini Spa Prescriptive Facial.*

£130

*Why not upgrade to our 1 hour Vitamin C+ facial for an extra £15?

Signature Pamper Day

Experience our relaxing two hour Spa Journey, featuring its 10 unique experiences of relaxation.

Also included in our Signature Pamper Day is a robe, towel and flip flops. A glass of bubbly will be provided on arrival and a light lunch is included.

Plus, choose one of the following luxury 90 minute treatments:

- Shine Bright- Intense Anti-ageing Illuminating Black Diamond Facial and Manicure.*
- Relax and revitalise - Tranquil Baobab Oil Body and Scalp Ritual.

£100

*Why not upgrade for an extra £10 to a Deluxe Manicure or Gel Nails?

Spa on the Breck Bespoke Day

Experience our relaxing two hour Spa Journey on our Bespoke Pamper Day.

Included in the package is a robe, luxury towel and flip flops. A glass of bubbly on arrival and a light lunch will also be provided.

Plus, build your own choice of treatments by selecting 3 from the following list:

- Nourishing Baobab Scalp Massage
- Taste of Germaine Facial (30 minutes)
- File and Paint on either hands or feet*
- Hand Massage
- Foot Massage
- Timexpert Eye Treatment.

£80

*Why not upgrade to Gel Polish for an extra £10?

Simply Spa Retreat

The Simply Spa Retreat Pamper Day has been carefully designed to offer you a relaxing and revitalising visit.

This simple pamper day starts with a glass of bubbly on arrival. A luxurious towel, robe and flip flops are provided alongside access to the relaxing Spa Journey.

Then, enjoy Afternoon Tea in the relaxing Spa Lounge.

Why not add a treatment of your choice? Select a treatment from the menu or ask one of our team who will advise on the right choice of treatments to suit you.

£29

Mother to Be

The Mother to Be package is designed for those during pregnancy to escape and enjoy a relaxation day.

Your package includes a light lunch and 3 of the following treatments:

- Back, neck and shoulder
- Mini Facial
- File and Polish for hands or feet
- Hand Massage
- Foot Massage
- Scalp Massage

£80

Exclusive Hire - Bubbles & Bubbles

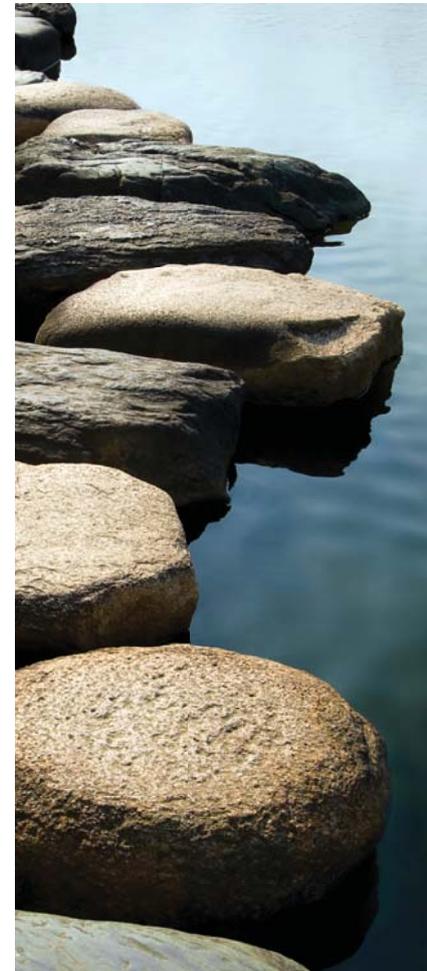
Spa on the Breck is the perfect venue for any occasion. Sit back and relax in the Juice Bar with a nice glass of bubbles.

Immerse yourself and feel the benefits of our Spa Journey, featuring its 10 unique experiences. Exclusive treatments also available.

Hire of Spa on the Breck is available for a maximum of 30 guests.

Starting from £300

Why not upgrade for £15pp to include a 15 minute taster treatment such as a Hand Massage, Foot Massage, Scalp Massage, Roll & Lift treatment or Mini Facial cleanse?



Spa Treatments by Germaine de Capuccini

GERMAINE^{DE}CAPUCCINI

The premium products offered by Germaine de Capuccini are found in the most exclusive salons and spas throughout the world. A combination of natural ingredients and cutting edge technology means Germaine de Capuccini produces some of the most influential professional spa therapies in the beauty industry.

Facial Treatments

Spa Prescriptive Facial

A relaxing anti-ageing facial commencing with a warm pinda pressure point massage that is sure to leave your face and head fresh, clear and radiant, whatever your age or skin type.

60 min | £45

Upgrade your Spa Prescriptive Facial and choose 1 of the following for an additional **£10**:

Collagen Renewal - an intense Collagen Facial, using hydrolysed Collagen that fills, firms and hydrates the skin. The facial upgrade also includes our Roll and Lift Massage Wand for instant plumping and skin revitalisation.

Black Diamond - an exceptional mask that combines minerals and crushed diamonds for instant luminosity through the power of diamonds!

Purexpert Facial

Purexpert can treat your skin according to hormonal changes such as acne breakouts and over production of oil. A deeply renewing exfoliation treatment followed by a serum and mask with red clay, willow extract and mandula.

60 min | £50

Royal Jelly De-stress Facial with Hot Stones

A facial treatment targeting the signs, fatigue and stress that can daily affect the appearance of the skin. This treatment includes a hot stone facial massage, combined with the powerful healing effects of Royal Jelly to improve sallow and tired skin, affected by change in condition.

45 min | £45

Teen Treatments

Enjoy a pampering treatment designed especially for you.

Mini Facial

Luxurious facial using GdC skincare products to provide a deep cleanse, exfoliation and a relaxing facial massage. All teens must be accompanied by an adult aged 18+, giving you the perfect excuse for a pampering of your own.

30 min | £26

Mini Manicure and Pedicure

Give your hands and feet some much needed TLC with a mini manicure or pedicure.

15 min each | £15 each

Reflexology

Reflexology

A thoroughly relaxing 45 minute treatment. Reflexology is based on the theory that different points on the feet correspond to different areas of the body. Our fully trained therapist will recognise problematic areas by working on specific points and encouraging stimulation of the body's own healing system, thus restoring balance.

45 min | £30

Advanced Anti-Ageing Facial Care

Vitamin Boost C+ A.G.E.

Studies show that glycation or excess sugar can lead to skin ageing. This advanced treatment is based on pure vitamin C combined with Ume extract and works to combat the effects of glycation to leave skin looking radiant once again.

60 min | £60

AOX Peel

An effective anti-ageing peel with an anti-oxidising action that effectively addresses the visible effects of ageing skin, while ensuring maximum tolerance and safety. The treatment offers a spectacular improvement to wrinkles, dark spots and uneven tone. Skin is revitalised, renewed and looks younger, softer and more luminous.

45 min | £45

Upgrades

For an enhanced experience and effect, add an upgrade treatment to your chosen facial.

Timexpert Intensive Eye Therapy

Renew and refresh tired eyes and work against wrinkles and expression lines. Pro-Collagestine-Fill and Micro-Dermoxine (exclusive to Germaine de Capuccini) increases collagen production and neutralises the effects of facial micro tensions.

As a facial upgrade
15 min | £20

Alone
30 min | £32

Nourishing Baobab Scalp Massage

A nourishing and moisturising neck and scalp massage utilising the benefits of ethically sourced Baobab seed oil. A highly effective stress relieving experience ideal to add to any face or body treatment.

As a facial upgrade
15 min | £20



COME WITH US ON A JOURNEY
OF PURE RELAXATION



Massage

Aromatic Elements Massage

An aromatherapy massage designed to suit your needs and mood.

Choose from one of our 5 pre-blended oils. Your therapist will then use specific movements to target your concerns:

- **Fire:** A warming, relaxing massage blended with lavender, sandalwood and Ylang- Ylang to help calm, sooth and alleviate anxiety.
- **Earth:** An anti-cellulite massage working on the contours of the body and targeting the stomach area to aid congestion, using the essential oils of Cedarwood and Juniper.
- **Metal:** A revitalising massage using Lemon, Lime and Nutmeg to uplift the mind and body.
- **Wood:** A stimulating massage using the essential oils of Mint, Sage and Cinnamon to help improve circulation.
- **Water:** A massage to help with rehydration and regeneration. The massage will also assist with fluid retention in the legs using Geranium, Patchouli and Coriander.

60 min | £55

30 min | £32

Tranquil Top-to-toe Baobab Oil Ritual

Created from the organic seed of baobab extracted from the tree of life, this superfood delivers an excellent nourishing and firming body massage and exfoliation. Combined with 4 natural oils rich in amino acids and vitamins, including apricot and carrot oil.

A truly wonderful aroma and excellent for very dry skin conditions. The ritual commences with a full body exfoliation, followed by full body and scalp massage before completing your experience with our Love Your Legs energising leg gel.

90 min | £85

Deep Heat

Treat tension and aches in the neck, back and shoulders, utilising an expert massage therapist and self-heating gel.

30 min | £30

Mediterranean Candle Massage

A warming full body massage. Choose one of our Mediterranean inspired massage candles: Lavender, Olive or Citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

60 min | £65

Love Your Legs

Our baobab energising treatment is perfect for tired, achy legs. It starts with exfoliation, followed by a massage and finishes with a touch of dreamy leg gel, leaving you feeling radiant and walking on air.

30 min | £30

Hot Stone Therapies by Spa on the Breck

Our hot stone back and full body massage use heated massage stones to gently ease tension, improve circulation, relieve stress and relax muscles.

Back - 30 min | £30

Full body - 60 min | £50

Mummy Massage

Take the weight off your feet and cherish this special time with a full body massage. Enjoy a warm pinda massage around the shoulders and scalp, working down the spine to ease away tension. Collagen cream firms and tones the skin, in addition to targeting stretch marks.

60 min | £50

Nourishing Baobab Oil Scalp Massage

A relaxing and nourishing massage for the hair and scalp using ethnically sourced baobab oil designed to ease the tension and stress that can accumulate in the scalp and neck, whilst nourishing and revitalising the hair.

30 min | £30

Added to a facial 15 min | £20



Gift Vouchers

Give the gift
of relaxation

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Body Exfoliation

Baobab Oil and Seed

Enjoy the wonderful aromas and textures of baobab seeds, oil and shells with this deeply moisturising and softening body exfoliation.

30 min | £35

Wrap

Universal Contour Wrap

Our natural Contour Clay Solution draws out toxins, while the specialist wrapping technique actively compresses soft fatty tissues. This creates a guaranteed instant inch loss, firming and sculpting your body. This is not a water loss treatment.

2 hours | £65

Course of 3 is highly recommended and could result in a full size dress loss - £150



Spa for Men

Enjoy a range of treatments designed specifically with you in mind.

Facial Care

The Classic Facial for Men

Whatever your age or your skin type, we will provide you with a treatment designed to suit your needs. Includes a highly relaxing facial and scalp massage to leave your skin feeling fresh and clear.

60 min | £50

Men's Spa Day

Enjoy a two hour Spa Journey featuring 10 unique experiences, with robe, luxurious towel and flip flops. Enjoy a light lunch and a complement of specially designed spa treatments including:

- Stress Buster
- Facial

75 min | £80

Massage

Stress Buster

A treatment designed to target tension in the back and neck and scalp, combining Deep Heat therapy, utilising an expert massage and self heating gel. Warm pindas and optional ritual stick will also be used to target and release tension.

45 min | £45

Hot Stone Therapies

Our hot stone back and full body massage uses heated massage stones to gently ease tension, improve circulation, relieve stress and relax muscles.

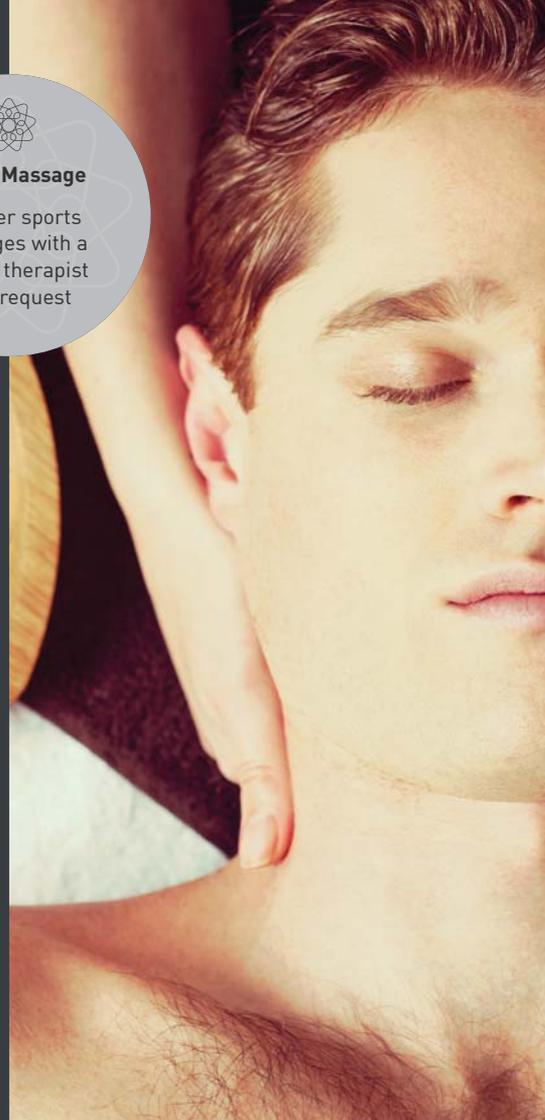
Back - 30 min | £30

Full body - 60 min | £50



Sports Massage

We offer sports massages with a trained therapist upon request



Beauty Essentials by Jessica

Nails, Hands and Feet

Spa on the Breck is proud to offer a range of treatments by Jessica, a world leading cosmetics brand endorsed by celebrities and VIPs across the globe.

GEleration Gel Nails by Jessica

GEleration is not only gentle on your nails, it protects them as they grow. A beautiful high gloss mirror finish lasting 2-4 weeks.

45 min | £25

Gel Hands and Feet

£35

Manicure

Your Jessica manicure will begin with a relaxing hand and arm massage, before your therapist refines delicate areas around the nails. Then enjoy the filing, shaping and polishing of your nails in a colour of your choice.

45 min | £20

Deluxe Manicure by Jessica

Experience a relaxing hand and arm massage, including a Jessica exfoliation and mask, whilst enjoying the relaxing heat of our specially prepared hand mitts. Your technician will then refine delicate areas around the nails before filing, shaping and polishing them in a colour of your choice.

60 min | £32

Pedicure

Take the weight off your feet in our treatment chair. Your Jessica pedicure will commence with a massage to your feet, ankles and lower legs. Moving to your toes, our therapist will refine the delicate skin around the nail, before shaping and polishing to the colour of your choice.

45 min | £20

Deluxe Pedicure by Jessica

Experience a relaxing foot, ankle and lower leg massage, before enjoying a soothing Jessica exfoliation and mask treatment. Moving to your toes, our therapist will refine the delicate skin around the nail, before shaping and polishing to the colour of your choice.

60 min | £32



Waxing and Tanning

For smooth, glowing skin all year round, choose from our range of waxing and spray tan treatments.

Weekend/Holiday Wax Package
Half Lower Leg, Bikini, Under
Arm and Eyebrow Shape
60 min | £38

Under Arm
15 min | £8

Full Leg and Bikini
60 min | £30

Lip or Chin
15 min | £7

Full Leg
45 min | £25

Lip and Chin
15 min | £10

Half Lower Leg
15 min | £17

Eyebrow Shape
15 min | £8

Bikini
15 min | £11

Male waxing treatments
include back, arms,
chest and legs
From £7

Brazilian with Hot Wax
30 min | £20

Kissed by Mii Spray Tan
25 min | £15

Hollywood with Hot Wax
30 min | £25

Eyes

Spa on the Breck's experienced beauty therapists offer a wide selection of treatments for the case and definition of the eyes.

Eyelash Tint
30 min | £10

Eyebrow Tint
50 min | £7

Lash and Brow Tint
30 min | £16

Shape, Brow and Lash Tint
30 min | £20

Party Lashes
45 min | £18



Gift Vouchers

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of relaxation

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Make-up by Mii

Whatever the occasion may be, having your make-up applied professionally will make you look and feel like a million dollars. Whether you would like a glamorous look, dramatic look or something more subtle, Mii make-up is the perfect choice for any event. It will create a flawless look designed around you, durable for the duration of the event and provides you with the image you desire.

Why not have your make-up applied professionally for your special prom night? Make-up can be applied to give a very natural look or to give a more sophisticated look. We can also match the colour of your dress to your make-up.

Using Mii make-up will work with you to make you look beautiful for this very special occasion.

Prom Make-up or Special Event Make-up from £25

Weddings

It's your special day and with that you can expect to be the star of all the photographs and videos. So, it's safe to say your make-up needs to match the occasion!

Our make-up artist will give you a 1 hour trial a few weeks before your big day to ensure that the right colours are chosen and that you know how the finished result will look.

**Trial cost
£35**

On the day of the wedding, come with a cleansed, exfoliated and moisturised face and allow 1 hour for our make-up artist to apply the planned make-up.

Can't make it to us? Call us for a quote on a home visit.

**Bride Wedding Make-up
From £45**

Bespoke Bride to Be Package

A Bespoke Bride to Be Package can be discussed with our Beauty Therapists prior to your big day. This can include any of the following:

- Facial
- Spray Tan
- Gel Hands and Feet
- Bridal Waxing, Full leg, Hollywood or Brazilian, Under Arm, Eyebrow Shape and Tint, Eyelash Tint
- Party Lashes

Price dependent of treatments



Spa Gift Vouchers

Give the gift of relaxation. Our Gift Vouchers make the perfect present for any occasion and can be purchased for specific treatments, experiences or pamper days. Vouchers can be redeemed for any amount against any item listed. Vouchers have an expiry date of six months from date of issue.

Call 01253 887157

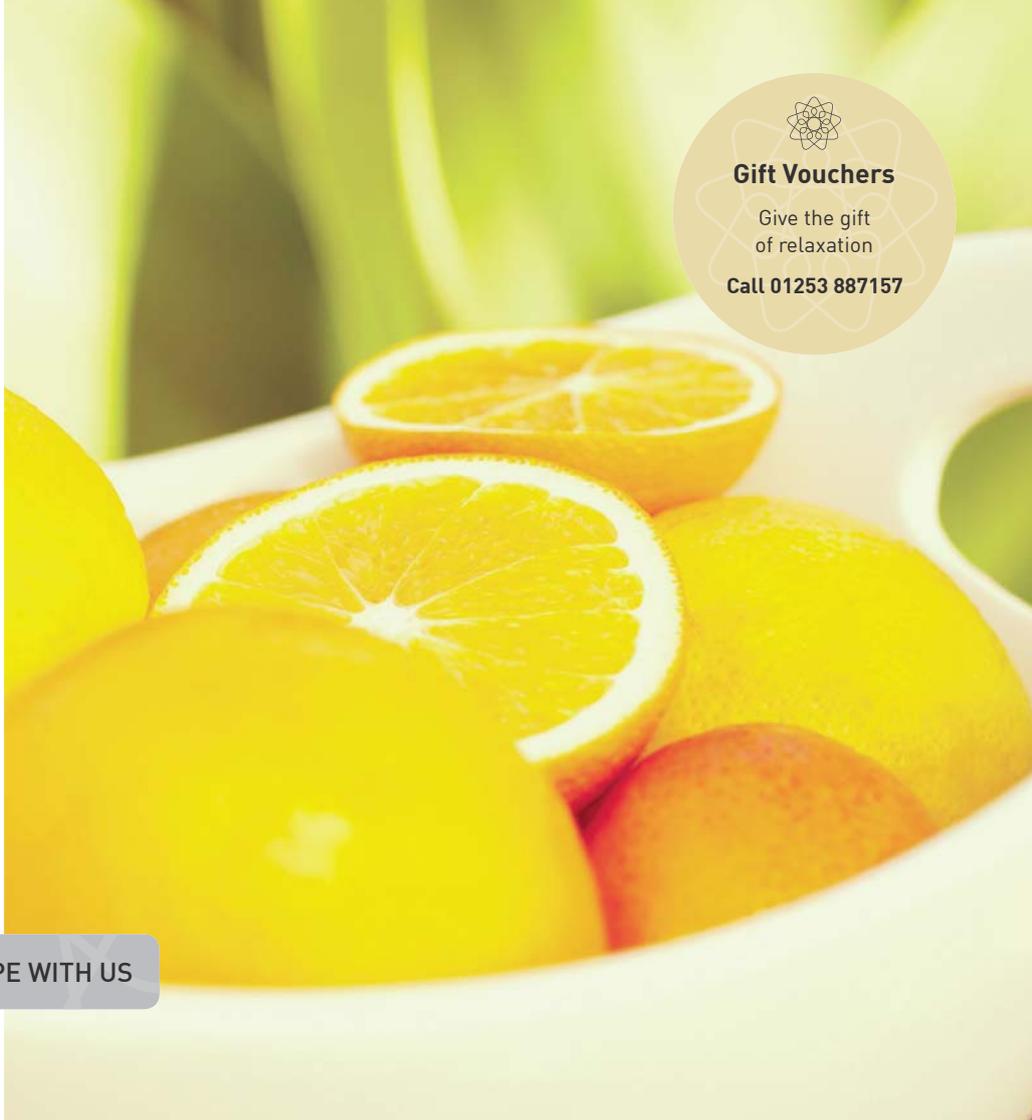
Spa Juice Bar

Relax a while longer with drinks and a bite to eat in the Spa Juice Bar.

For lunch, choose from a selection of salads, sandwiches, paninis and more; or enjoy a beautifully prepared afternoon tea.

Celebrate with a prosecco, sip a cold beer or refresh your body further with a juice.

Visit spaonthebreck.co.uk for the full menu.



ESCAPE WITH US

Spa Essentials

Spa on the Breck Etiquette

- Suitable swimwear must be worn in the Spa Journey. Robes, towels and flip flops are provided.
- Lockers are located in the changing rooms (refundable £1 required)
- No mobile phones in the spa area. We will ask customers to switch their phones to silent.

Bookings

- We recommend pre-booking all treatments to avoid waiting times and checking availability.
- Booking requests can be carried out on the website or directly via phone at 01253 887157.
- 50% payment is required when booking spa day packages and any treatments over £50

Cancellations

- Please cancel or amend your booking at least 24 hours in advance to avoid charges.
- Cancellations made within 24 hours of the appointment will be part refunded (50%).
- Refunds cannot be given for non-attendance.

Treatment Times

- Please arrive at least 15 min before your appointment time. Late arrivals may lead to a shorter treatment or the need to re-book.
- Your consultation, treatment prescription and post-relaxation are included in the listed treatment times.
- Treatment times listed are approximate.

Health Conditions and Pregnancy

- Some spa treatments may not be suitable for those with certain health conditions. Please inform us of any condition on the client profile supplied upon arrival. The information you provide will ensure you receive appropriate treatment information from our therapists. It may be that an alternative treatment is recommended.
- Spa on the Breck reserves the right to refuse treatments and entry into the Spa Journey on the grounds of matters concerning health and safety for you and other clients.
- We do not advise using the Spa Journey during pregnancy; our specially designed Mum to Be treatments and pamper days may be more suitable for you.

Car Parking

- Free car parking is available outside Spa on the Breck and YMCA Poulton Health and Fitness Centre.

Teens Aged 14–17 Years

- Under 14s are not permitted into Spa on the Breck.
- Spa on the Breck is an adult environment and is licensed to serve alcohol. All teens aged 14–17 must be accompanied by an adult aged 18+. Two teens per adult is permitted.
- 14–17-year-olds are not permitted to use the Spa Journey.

Information for People with Disabilities

- We aim to ensure our services are as accessible as possible for everyone.
- Accessible change, toilet and shower facilities are available inside the centre.
- We are committed to understanding and meeting your individual needs wherever we can and therefore request that you inform us of any particular requirements you may have or adjustments you may need upon booking, in order to assist us in providing you with the best experience.

Spa Rewards

- With every appointment you attend we will build rewards for you to enjoy even more time inside Spa on the Breck.
- You will be rewarded with a complementary Spa Journey after every six journeys.
- Receive 10% discount after every six beauty treatments.

Spa on the Breck

YMCA Poulton Health and Fitness Centre
Breck Road, Poulton-le-Fylde, Lancashire, FY6 7HJ

Tel: 01253 887 157

www.spaonthebreck.co.uk

Find us on:

