





Welcome to the ANA Spa. The Spa that helps you make a lifestyle statement. The Spa that delivers a sense of inner peace and harmony, bringing a feeling of wellbeing and calm.

A unique pearl in the hotel, discover all that the ANA Spa has to offer including five tranquil and beautifully designed treatment rooms and a luxurious deep relaxation space. Sumptuous facilities are available for all spa guests - the wellness, hydrotherapy spa with energising bubble loungers and fluted massage cannon and a full thermal experience comprising a Himalayan Salt Sauna, Sensory Shower, Crystal Steam Room and Bubbly Foot Spa. For the more energetic, take a work out in the gym with the latest Matrix Fitness equipment or express yourself in one of the many classes available in the studio.

At the ANA Spa you will find an inspired collection of wellness treatments from the luxury British skincare brand ELEMIS. The team of experienced therapists will personalise your journey with hands on holistic treatments and for those wanting performance skin results, the Spa will be offering ELEMIS BIOTEC facials.

The ANA Spa is the perfect place to enjoy a special occasion with family or friends. Enjoy an overnight spa break and experience true relaxation, or treat yourself to a day of pure indulgence with one of our extensive spa days. Alternatively, if time is of the essence, just drop in for one of the luxury treatments and restore your vitality instantly.

The Spa lounge offers a range of delicious and healthy food choices, perfect to accompany any spa day or as a post workout treat. Guests can also enjoy the hospitality and delicious local produce available from the hotels Odyssey Restaurant, Bar and Pizzeria.

The team at the ANA Spa look forward to welcoming you very soon...

Spa Days

ANA Wellbeing Spa Experience - Full Day

Available between 10.30am - 5.00pm

Full day spa experience includes full use of the spa facilities and a two-course lunch in the spa.

This package includes the following treatments:

Full body massage or an indulgent body wrap 50 mins

Relaxing facial 50 mins

£10 ELEMIS voucher redeemable in the ANA Spa.

Grace & Favour - Half Day Spa Experience

Available between 10.00am - 2.00pm or 12.00pm - 5.00pm

Half day experience includes either the morning or the afternoon at the spa with full use of the facilities and a two-course lunch in our relaxing spa lounge.

This package includes any 2 of following treatments below:

Back, Neck and Shoulder Massage 25 mins

Facial 25 mins

Express Manicure or Express Pedicure 25 mins

Take The Afternoon Off - Afternoon Tea Spa Experience

Arrival from 1.00pm, afternoon tea served between 3.00pm and 5.00pm.

Take the afternoon off and enjoy an ELEMIS facial or body treatment with full use of the spa facilities. Perfect for a catch up with friends or a loved one. After your treatment enjoy a delicious afternoon tea in the spa lounge.

Choose one treatment from those below:

Facial 50 mins

ANA Spa Ritual 50 mins



Fizz with Friends

Available between 10.30am and 5.00pm

Celebrate with friends and enjoy full use of the spa facilities. Your package includes a two-course lunch in the spa plus a glass of fizz.

Choose from two of the treatments below:

Back, Neck and Shoulder massage	25 mins
Facial	25 mins
Express Manicure or Express Pedicure	25 mins



Facials

Express Elemis Facial

25 mins

Your therapist will select the most suitable facial range for your skin. Our personalized facial includes a consultation, Skin analysis, cleanse, exfoliation, facial massage, shoulder and scalp massage and finishes with an application of a booster moisturizer to suit your skin.

Pro-Glow Renewal Facial

50mins

For gorgeous glowing skin

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow.

In one treatment, skin looks visibly refreshed and rebalanced.

Pro-Glow Smooth

50mins

The hiit workout for your skin

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.

After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.



Pro-Glow Resurface

50mins

Resurfacing for stunningly smooth skin

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation.

Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

Pro-Glow Brilliance

50mins

Your recipe for radiance

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin.

A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

Pro-Glow Genius Facial

75mins

Your line-fighting superhero facial

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin.

Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking.

An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

Add on Supercharged with ELEMIS' BIOTECH for £10



BIOTEC Courses



To achieve the best results, we recommend a course of treatments although a single treatment is a great shot to the system. A course can consist of either five or ten 55 minute treatments, with a complimentary guest pass to try out our health club facilities on your first visit worth £35!

High Five Course – Five Sessions

Also includes a £10 home care voucher to spend on ELEMIS products on the day of visit at the ANA Spa.

Double the benefits: Ten Course - Ten Sessions

Also includes a £20 home care voucher to spend on ELEMIS products on the day of visit at the ANA Spa.



Body Experiences

De-stress Back Neck and Shoulder

25 mins

An incredible treatment that will melt away your tensions and restore balance. Your therapist will select essential oils to suit your mood and dissolve the stresses you've been facing, leaving you relaxed and refreshed for whatever comes next.

ANA Relax

55 mins

A truly blissful experience from head to toe using our aroma oils to totally relax the mind and body. This treatment uses only the best Swedish massage technique's to de-stress and unwind.

ELEMIS Intensely Cleansing Salt Scrub

45 mins

Boost your body with an invigorating body scrub treatment with fragranced Lime and Ginger or Frangipani salt scrub which will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Deep Muscle Release

55 mins

This deeply restorative treatment involves Swedish and crossmuscle fibre massage techniques to soothe an aching tired body. Your therapist will select essential oils for the maximum impact – such as black pepper, rosemary and ginger to disperse built-up lactic acid or lavender to act as a natural anti-inflammatory.

ELEMIS Thousand Flower Detox Wrap

55 mins

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated. With a mini scalp massage.

Lava Shell Relax, Restore, Rejuvenate Massages

55 mins

This unique thermal therapy uses self-heating shells that glide over your skin creating a sense of warmth and calm as your muscles unwind and you drift away. During the massage, the shells are worked over the body with the focus of the massage surrounding pressure points. Specific massage techniques on the back and shoulders ease away muscle tension; creating a sense of release and relaxation.



Men's Space

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin using the latest ELEMIS men's skin technology.

ELEMIS High Performance Skin Energiser 55 mins

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

ELEMIS BIOTEC Super-Charger for Men 55 mins

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

De-Stress Back Neck and Shoulder 25 mins

An incredible treatment that will melt away your tensions and restore balance. Your therapist will select essential oils to suit your mood and dissolve the stresses you've been facing, leaving you relaxed and refreshed for whatever comes next.

King Alf's Deep Muscle Release 55 mins

This deeply restorative treatment involves Swedish and crossmuscle fibre massage techniques to soothe an aching tired body. Your therapist will select essential oils for the maximum impact – such as black pepper, rosemary and ginger to disperse built-up lactic acid or lavender to act as a natural anti-inflammatory.

Men's back or chest wax 25 mins

Mums To Be

These thoroughly researched, and carefully formulated treatments have been designed to gently nurture and support a woman through the rich experience of pregnancy.

ELEMIS Peaceful Pregnancy Massage

85 mins

Performed on a supportive bolster that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage uses ELEMIS' unique blend of Japanese Camellia flowers and Almond oil to hydrate the skin, provide elasticity and suppleness as well as nourishing from head to toe. This treatment helps to prevent stretch marks during pregnancy for a body welcoming a new baby.

Lava Mama

75 mins

The indulgent and truly nurturing Lava Mama Body Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind. During the massage, the shells are worked over the back, neck and shoulder area to ease away all tension, knots and stress. This is followed by a wonderfully tranquil massage on the bump, palms, arms, feet and legs in slow deep moves to warm and de-stress.

The above treatments are subject to consultation and you must be past your first trimester.



Hands & Feet

Jessica Express Manicure or Pedicure

25 mins

Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish.

Jessica Luxury Prescriptive Manicure

55 mins

Enjoy a colourful moment to be pampered with the ultimate in hand and nail care treats from Jessica. A complete exfoliating and conditioning hand treatment, leaving hands noticeably silkier, smoother and firmer than before, complemented with all the benefits of the Jessica Express Manicure, with the option of having polish or gel application.

Jessica GELeration Manicure or Pedicure

40 mins

Jessica GELeration is the exciting new soft gel system that delivers a flawless finish whilst maintaining healthy nails underneath. This long-lasting gel dries in seconds... so take time and select one of this seasons colours to impress. Your treatment begins with cuticle work, a tidy of the nails and application of the gel.

Jessica Luxury Pedicure

75 mins

Relax back in our comfy pedicure spa thrones and enjoy Jessica's most luxurious Spa pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams. You will leave ready to strut your stuff with lots of colour and a bounce in your step. This pedicure can be finished with a choice of polish or gel of your choice.

GELeration Removal

15 mins

Full removal of existing Jessica GELeration





Waxing

Half Leg Wax	25 mins
Three Quarter Leg	35 mins
Full Leg	45 mins
Bikini	10 mins
High Bikini	15 mins
Upper Lip	10 mins
Upper Lip & Chin	15 mins
Eyebrow Tidy	10 mins
Underarm	15 mins
Full Arm	25 mins

Eye Treatments

Eyelash Tint*	25 mins
Eyebrow Tint*	10 mins
Lash and Brow Tint*	25 mins

** Patch test required at least 48 hours before*



Make-Up

Make-Up

55 mins

Whether you're looking to refresh your style or need expert tips for a special occasion, a touch of colour or full on glamour, a consultation with our make-up experts will help you discover the best ways to complement your natural beauty. You will not only leave looking fabulous but will even learn some tricks of the trade along the way. Then receive £10 worth of vouchers to create a collection of your new colours.

Bridal Makeover

The perfect start to your perfect day. Our team start by getting to know you with a visit to the spa for a consultation and then we choose a look that suits you. On your special day we will prepare your make up whilst you enjoy a glass of fizz. As part of the bridal make over we provide;

Full colour consultation, makeup lesson and trial makeover £50 retail voucher to spend on

Mii makeup at the ANA Spa

55 mins

Wedding day make up

55 mins

Bridal party

Only available when booking with the Bridal Makeover- see above. We can also look after your bridal party. For just an extra charge of £30 per person they too can have wedding day make up. To make it even more special, book our GlamourEyes Space for exclusive use on the morning of your wedding from 8.00am – 10.00am and celebrate with a bottle of Prosecco and selection of pastries for only £85. Start your day in luxury and style!

Bridal make up packages and hen parties can be booked as part of your wedding package. Please speak to a member of the events team for more information.

The Rasul Experience

A modern twist on this ancient Arabian thermal treatment, the ANA Spa have created a unique Rasul signature thermal experience. The Mud Rasul Suite is perfect to enjoy as a couple or as a fun treatment with a group of friends, up to 4 people. Start your therapy with exfoliating the skin all over your body with salts from the Dead Sea. Then apply the soft detoxifying Moroccan Mud in the anti-Room – this is the fun part! Once enveloped in mud, enter the Rasul, sit back and relax whilst the warm dry heat and steam allow the clay to draw out impurities to reveal new and glowing skin from head to toe. As the treatment comes to an end the steam will disappear to be replaced by a soothing, warm rain shower... don't be surprised if you relax into the experience and lose all track of time.

The treatment lasts for 40 minutes and is one of the most appealing spa treatments you can have.

Two Person Rasul Experience

40 mins

Group Rasul Experience for 4 people

40 mins





Visiting The Spa

We hope the following information is useful in planning your stay with us. We look forward to welcoming you to the ANA SPA.

Treatment Bookings

Please book your treatments in advance to avoid disappointment. Full pre-payment will be required to secure your treatment booking. All treatment timings include a verbal consultation with your therapist, time to change and some treatments may also include showering time.

SPA Facilities

Guests to ANA SPA can use the facilities for a charge of £25 per person for a hotel resident, subject to availability. £35 per person for a non hotel resident, only available Monday – Thursday, subject to availability. Pre booking required. Four hour pass, includes a complimentary towel and robe hire and slippers.

Group Bookings (two or more people)

We know that some of the most memorable experiences are with friends and we welcome group bookings. If you need any extras to make the day special – from champagne to flowers – please call us in advance and we can arrange them. To confirm group bookings, we require a full pre-payment deposit.

Gift Cards

Please ask our reception to arrange a gift card for your family and friends to select treatments as your present.

On the Day of Treatment

Please arrive at least 15 minutes before your treatment so you can complete a consultation form prior to your treatment. You will be welcomed by one of our team and given a tour of the spa facilities. Your therapist will specify what to wear for your treatment during your consultation and may provide robes and slippers.

Gym and Studio

Spa day and spa break guests are welcome to use the gym. Spa day and spa break guests are also able to join classes in the studio at an additional charge and subject to availability.

Health Concerns

We want you to enjoy your experience at ANA SPA and ask you to inform us of any health concerns when you first make your appointment e.g. pregnancy, allergies etc. This will allow us to recommend treatments that are most suitable for you. We will ask you to complete a short medical questionnaire to ensure that treatments are safe and appropriate.

ANA Spa Etiquette

To ensure a tranquil experience we request that mobile telephones are not used in the spa. The packages and treatments are subject to change and subject to availability. The Spa and Health Club are for over 18's only.

Cancellation Policy

Treatments and day spa bookings cancelled within 72 hours or non attendance will incur a 100% cancellation charge. Group bookings cancelled within 2 weeks or non attendance will incur a 100% cancellation charge. Bookings made within 72 hours of arrival will require full prepayment and will be fully chargeable in the event of cancellation or non attendance.

Accessibility

The hotel is fully accessible and offers several accessible parking spaces. The spa is also fully accessible via the lift adjacent to the hotel reception and features a fully accessible changing facility with direct access to the spa. For more information regarding accessibility please speak with a member of the spa team.

Please note the hydrotherapy spa does not have a hoist system.





The ANA Spa

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