

The

ANA

Spa





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.

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 Packages

ANA WELLBEING SPA EXPERIENCE

Available 10am-4pm

Luxury spa day experience includes full use of the spa and gym facilities and a light lunch.

This package includes the following treatments:

- 50-minute full body massage or an indulgent body wrap
- 50-minute relaxing facial
- £10 voucher (*redeemable on the day to use towards products in the ANA Spa*)

Monday-Thursday £165.00 Friday-Sunday £175.00

GRACE & FAVOUR SPA EXPERIENCE

Four hour experience - Morning or Afternoon 9am-1pm or 1pm-5pm

Half day experience includes either the morning or the afternoon at the spa with full use of the spa and gym facilities plus light lunch.

This package includes 2 out of following treatments:

- Back, Neck and Shoulder Massage – 25 mins
- Express Facial – 25 mins
- File and paint on hands or toes – 25 mins.

Monday-Thursday £95.00 Friday-Sunday £105.00

TAKE THE AFTERNOON OFF – AFTERNOON TEA SPA EXPERIENCE

1pm-6pm spa experience, afternoon tea between 3pm & 5pm

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

Choose your treatment from those below:

- Facial – 50 mins
- ANA Spa Ritual – 50 mins

Monday-Thursday £105.00 Friday-Sunday £115.00

FIZZ WITH FRIENDS SPA DAY (FOR GROUPS OF 6 OR MORE)

9am-3pm or 1pm-7pm

Celebrate with friends and enjoy full use of the spa and gym facilities morning or afternoon. Your package includes a light lunch plus a glass of fizz each.

This package includes two of below treatments:

- Back, Neck and Shoulder massage – 25 mins
- Facial – 25 mins
- File and paint hands or toes– 25 mins

Monday-Thursday £115.00 Friday-Sunday £125.00

BRIDE TO BE

10am-4pm

At ANA SPA we have created a Bridal treat to help prepare you for your special day or to be enjoyed with friends. A full day of pampering at the ANA SPA includes full use of the spa and gym facilities, treatments from below and a light lunch plus a glass of fizz.

Choose any two of the following treatments:

- Indulgent Body Wrap – 50 mins
- Facial – 50 mins
- Manicure – 50 mins
- Pedicure – 50 mins

Monday-Thursday £175.00 Friday-Sunday £185.00

Spa Passes

Complimentary robe bundle hire, full use of our gym, Spa thermal suite and our relaxation lounge for up to 4 hours.

Monday-Thursday £35.00

Friday-Sunday £45.00

THE RASUL EXPERIENCE

40 minutes

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, 2 to 4 people.

£35 per person

Made by ANA

Treatments made by us, to adapt to your needs, relaxing the mind and body with our nourishing oils and cleansing scrubs.

ANA De-stress Back Neck and Shoulder	25 mins	£45.00
ANA Relax Express Facial	25 mins	£45.00
ANA Shoulder Neck And Scalp Massage	25 mins	£45.00
ANA Lower Leg And Foot Massage	25 mins	£45.00
ANA Relax Full Body Massage	50 mins	£75.00
ANA Total Body Care & Unwind	80 mins	£95.00

This top to bottom treatment will leave you feeling truly special. With our full body exfoliation, full body massage, finished with the perfect rejuvenating facial and scalp massage.

King Alf's Deep Muscle Release	50 mins	£80.00
Indulgent Body Wrap	50 mins	£75.00

Includes a full body skin brush, exfoliation and mud application with a sumptuous scalp massage to ensure a truly relaxation and revitalising experience

Ana Spa Rituals

Hands on treatment 45 mins with 5 min consultation.

ANA SPA RELAX

45 mins £69.00

Indulge as our experienced team look after you, in this truly relaxing experience. This ritual includes a medium Swedish massage to the hand, arm and shoulders. Followed by a tension relieving scalp massage and finished with a brightening cleanse, exfoliation and moisturise to the face and décolletage.

ANA SPA REFRESH AND REVITALISE

45 mins £69.00

Refresh and revitalise with an awakening head to toe treatment. Includes a full body Brush, full Body exfoliation to brighten and remove dead skin cells. Finished by a cleanse, tone and exfoliate of the face and neck to treat yourself with some well-deserved luxury. This treatment includes showering time.

ANA SPA PAMPER AND CARE

45 mins £69.00

A truly special treat for the hands and feet. A warm mitt cleanse, exfoliate and moisturise to the hands followed by a leg and foot massage, whilst relaxing in our spa treatment room on our heated beds. The treatment ends with a relaxing massage to the hands, arms and scalp to truly be pampered and relaxed.

ANA SPA DE-STRESS AND UNWIND

45 mins £69.00

After a long day, why not take time to destress and unwind with our indulgent back and face treatment. Our therapist will start with a back cleanse and exfoliation, followed by a mini back, neck and shoulder massage to sooth the stress away.... Followed by a cleanse and tone and a mask to the face, whilst the mask is working its magic, our therapist will massage your shoulders and scalp and then add moisturises to finish.

Please note all treatments are including changing time and consultation time.

Hands & Feet

File and Shape Manicure or Pedicure	25 mins	£28.00
Luxury Manicure with polish	55 mins	£55.00
Express Gel Manicure or Pedicure	40 mins	£35.00
Luxury Pedicure with polish	75 mins	£65.00
Gel Removal	20 mins	£15.00
To add gel to a luxury treatment	10mins	£10.00

Waxing

Waxing Half Leg Wax	25 mins	£25.00
Three Quarter Leg	35 mins	£30.00
Full Leg	45 mins	£38.00
Bikini	10 mins	£16.00
High Bikini	15 mins	£19.00
Upper Lip	10 mins	£10.00
Upper lip & Chin	15 mins	£15.00
Eyebrow Tidy	10 mins	£10.00
Underarm	15 mins	£15.00
Full Arm	25 mins	£25.00
Back Wax	25 mins	£35.00
Chest Wax	25 mins	£35.00

Eye Treatments

Eyelash Tint	25 mins	£25.00
Eyebrow Tint	10 mins	£15.00
Lash & Brow Tint	25 mins	£35.00

Make up

Make Up Make-Up	55 mins	£55.00
Bridal Makeover		£160.00.

Please note all treatments are including changing time and consultation time.

Elemis Treatments

FACE

PRO-GLOW RENEWAL FACIAL 50 mins £79.00
ELEMIS' signature triple cleanse facial provides hyper-focused re-surfacing and moisture boosting results to unlock a healthy, lit-from within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

PRO-GLOW SMOOTH 50 mins £79.00
This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

PRO-GLOW RESURFACE 50 mins £79.00
Transform the skin's texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion.

PRO-GLOW BRILLIANCE 50 mins £79.00
Awaken dull, lacklustre-looking skin with this radiance boosting facial for a visibly brighter, glowing complexion.

PRO-GLOW GENIUS FACIAL 75 mins £95.00
Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high performance facial sculpts, smooths, firms and illuminates the skin. All 5 BIOTEC upgrades are harnessed for maximum, multi-faceted rejuvenation after just one treatment. Includes BIOTEC: Ultra-sonic, Microcurrent, Galvanic, Light Therapy & Oxygen Infusion

SUPERCHARGE WITH ELEMIS BIOTEC 2.0 £10.00

BODY

FREESTYLE DEEP TISSUE MASSAGE

60 min £85.00

Your therapist will select an aromatic oil according to your concerns, including muscle pain, stress relief, relaxation, or balance. The flowing massage works deep into the tension, encouraging optimum circulation.

FRANGIPANI BODY NECTAR NOURISHING WRAP

60 min £85.00

The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic.

FRANGIPANI INTENSELY CLEANSING SALT SCRUB

30 mins

£50.00

Fragranced salt gently sloughs away dead skin cells, encouraging the regeneration of new cells. This luxurious treatment reveals a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

PEACEFUL PREGNANCY MASSAGE

75 mins £95.00

This intuitive, restorative and relaxing massage for mothers-to-be deeply hydrates skin that is expanding to accommodate a growing baby. Aromatics are specially selected for optimum wellness and deep calm..

Please note all treatments are including changing time and consultation time.

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. From £35 per person for a non hotel resident. Available Monday-Thursday, Friday-Sunday limited availability (Pre booking required subject to availability). Includes full use of the facilities and a complimentary towel, 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 during their time at the ANA Spa.

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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