



THE SECRET GARDEN  
SPA

Welcome to The Secret Garden Spa at the Jubilee Hotel, based at the heart of Weymouth, on the beautiful seafront.

Our spa has been designed so that our guests leave feeling de-stressed and rejuvenated. This private location offers each guest time to relax and reconnect.

**Our Spa Facilities**

**SAUNA**

**When taking a sauna you feel the beneficial environment of heat. Sauna heat is wonderful at penetrating deep into the muscle and joint tissue to help alleviate stress. It promotes skin exfoliation and tissue toning as well as aiding circulation.**

**HOT TUB**

**A relaxing environment to unwind. Multiple hydrotherapy jets provide neck, shoulders, upper back and lower body massage as you relax in the warm waters. Promoting relaxation, pain relief and soothing over worked muscles.**

**Hot Tub & Sauna Sessions**

1 hr | £20 | 1 Person

1 hr | £40 | 2 Person

1 hr | £60 | 3 Person

1 hr | £80 | 4 + Person

We pride ourselves on using products that are ethically sourced and animal cruelty free

**MADE FOR LIFE**

A beautiful organic wellness range that nourishes the body from inside out. A British company with 100% organic certification for pure and clean lifestyle choices. Suitable for everyone; including guests living with cancer.

**MARGARET DABBS LONDON**

Also a renowned UK brand, focused on delivering results.  
Enjoy luxurious feet, hand  
and leg treatment's.

For bookings and enquires on all our treatments please contact:

**Reception Telephone:** 01305 773435

**E-mail:** [info@secretgardenspaweymouth.com](mailto:info@secretgardenspaweymouth.com)



## **Body treatments and Massage**

### **Swedish Massage**

£30 25 minutes / £60 55 minutes

This traditional and effective massage treatment uses slow relaxing techniques to soothe aching muscles, relieving tension while improving over all health and wellbeing.

### **Aromatherapy Massage**

£35 25 minutes / £65 55 minutes

This massage combines the power of pure essential oils with a specialised massage drawn from traditions from both East and West. A holistic treatment to ease away stresses and strains and bring the body, mind and spirit back into balance.

### **Deep Tissue/Sports**

£35 25 minutes / £65 55 minutes

An intensive massage that works deep into stiff, tight, aching muscles to instantly release pain and tension. For people with a busy or active lifestyle, jobs or recovering from injury, this treatment is tailored to the individual needs. Alleviate aches and pains while helping recovery and rebalancing the body.

### **Peaceful Pregnancy Massage**

£40 25 minutes / £70 55 minutes

We ensure the safe care of every client. Pregnancy massage is only available once the mum to be has passed her first trimester. Pregnancy massage assists in relieving discomfort, reducing stress, relieving mental and physical fatigue as well as improving circulation which in turn decreases swelling.

A massage is also a relaxing opportunity for the expectant mother to be pampered and nurtured.

### **Luxury Leg and Foot Massage**

£30 20 minutes

This foot and leg pampering massage helps over tired, over worked feet and legs refresh, to help you put your best foot forward and carry you through the day.

### **Tranquillity Head and Scalp Massage**

£30 20 minutes

Intensely relaxes to ease tension and aid sleep. This blissful scalp treatment incorporates a pressure point massage to banish tension and encourage a good night's sleep.

### **Hot Stones Massage**

£40 25 minutes / £70 55 minutes

Divine heated stones relax away muscle tension and strains. The most blissful way to soothe body and mind. Your personalised sensorial journey relies on the therapist's intuitive touch in harmony with smooth, heat-releasing stones. Individually shaped, these magical stones help release stress, soothe aches and rebalance energy levels.

### **Back, Neck and Shoulder Body Polish**

£35 25 minutes

A relaxing exfoliation and layering of rich nourishing products, to leave skin looking radiant and silky smooth.

## Facials

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### **Soothe & Nurture Made For Life Organics Facial**

£35 25 minutes

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant, includes a face and scalp massage to calm the mind and soul.

### **Signature Jubilee Made For Life Organics Facial**

£65 55 minutes

Tailored to your individual skin care needs, this signature facial uses 100% organic botanical ingredients, nourishing the body inside and out, focusing on skin health and total wellbeing.

## Hand and foot care

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### **Express Manicure**

£25 25 minutes

Simple stylish filing, shaping and buffing of the nails, finished with a high shine polish of your choice.

### **Luxury Manicure**

£50 55 minutes

Your nails are one of your most important accessories, so keep them beautiful with this luxury manicure. This manicure gives outstanding results with a wonderful creamy scrub and therapeutic hand and arm massage, your skin will be smoother and your hands nourished and polished to perfection.

### **Express Pedicure**

£25 25 minutes

Simple stylish filing, shaping and buffing of the nails, finished with a high shine polish of your choice.

### **Luxury Pedicure**

£55 75 minutes

Indulge yourself in our rejuvenating luxury Pedicure that will leave you feeling like you're walking on air. Using the combination of therapeutic warming massage and masque with heated boots, your skin will be smoother and your feet nourished and polished to perfection.

## Wellness Menu

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### **Hand on Heart Made for Life Organics Touch Therapy**

£65 55 minutes

Profoundly soothing rhythmic movements on the upper back, neck, shoulders and head are combined with a calming facial to form a sense of deep relaxation. Emerge with your inner balance and bodily synergy restored. Safe for those living with cancer.

### **Mindful Moments Made for Life Organics**

£35 25 minutes

Beginning with a nurturing meditation, this beautiful massage features a calming foot ritual and a head neck and shoulder massage.

## **Exclusive Jubilee Spa Packages**

### **Absolute Spa Ritual Package**

£90pp

Experience the pure decadence and stimulate your senses within our spa facilities, this Absolute Spa ritual includes our muscle melting aromatherapy back, neck and shoulder massage. Then Indulge in our Soothe & Nurture Made For Life Organics Facial, leaving your skin with a radiant glow.

Includes

choice of tea/coffee upon arrival.

1 Hr Spa facilities

Back, Neck, Shoulder Massage

Soothe & Nurture Facial

### **The Sunday Reset**

£65

Enjoy our Sunday escape, designed to help unwind those who are over-worked, over-tired and in need of a refresh and reset. This package includes our invigorating Back, Neck & Shoulder Massage, full use of Spa facilities and a heart warming homely Carvery Lunch at our Three Chimneys Restaurant.

Includes

1hr Hot tub & sauna

Tea/coffee upon arrival

Back Neck & Shoulder Massage

Carvery Lunch 1 Course meal

### **Time for Two Package**

£75pp

Reconnect together with our Time for Two package, a side by side massage for couples wanting to experience the benefit of this deeply rejuvenating treatment in the same room. As you unwind after spending some quality time in our Hot tub & Spa facilities.

Includes:

1hr Hot tub & Sauna

Full Body Massage for two

Glass of Fizz on arrival

### **Girls or Guys Getaway Package**

Please Call/Email for pricings designed around group size.

This secret escape is perfect for parties or pampering. Hens or Stags we have you covered, what better way to spend quality time with friends. Just want to unwind, catch up and talk or have something special you want to celebrate, then this is the package for you.

Minimum of 4 people required to book

includes:

1hr Spa facilities

Choice of either - Back, Neck, Shoulder Massage or

Soothe & Nurture Made For Life Facial.

Cocktail/A glass of Fizz/ Beer on Arrival

\*Deposits/ Treatment costs will be taken directly through the Hotel upon booking.

**Cancellation policy:** Any sessions/treatments cancelled less than 48hr or No Show of appointment time will be charged 50% of the overall treatment cost.