



RELAX & REVIVE

ESPA

Natural Beauty
Inner Calm



CAPTAIN'S CLUB
HOTEL & SPA



WELCOME TO THE CC SPA

CC Spa is the perfect place to unwind and get that little bit of time just for yourself. You can unwind before your treatment in our hydrotherapy pool and select one of our signature ESPA treatments in which to indulge.

Our expert therapists will not only provide you with a relaxing treatment experience but are also happy to help and advise you on any face and body products or one of our fantastic CND nail treatments.

CC SPA OPENING TIMES

Monday	08:00 - 19:00
Tuesday	08:00 - 21:00
Wednesday	08:00 - 19:00
Thursday	08:00 - 21:00
Friday	08:00 - 19:00
Saturday	08:00 - 19:00
Sunday	08:00 - 19:00

Times are subject to change



ESPA

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Restore and nourish in a complete sense with the inspired collection of personalised treatments from world-renowned spa experts, ESPA. Results-focussed facials, high performance body treatments, immersive massages, and signature rituals await, to nurture your body, calm your mind and leave skin looking radiant and naturally beautiful.

CND™

At CC Spa we use the 'best' products to help provide the 'best' treatments and our chosen nail brand is no exception. CND is the global leader in nail, hand and foot beauty, with their award-winning and innovative products CND ensures the hands and feet are left feeling pampered and rewarded. Choose between CND Shellac treatment or CND Vinylux polish for your manicures and pedicures.





FACIAL
TREATMENTS



Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and well-being needs, our ESPA Experts create a truly personalised, results-focussed facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting - skin looks clear, radiant and inner calm is blissfully restored.

ESPA INNER BEAUTY FACIAL

55 MINUTES £85

ULTIMATE ANTI-AGING

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes: Skin analysis with Skin Vision lamp - triple cleanse - exfoliation - facial massage - personalised mask - scalp massage.



ESPA EXPRESS FACIAL

25 MINUTES £50

COMPLEXION CORRECTING / ANTI-DARK SPOT

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Includes: Skin analysis with Skin Vision lamp

- double cleanse - exfoliation - personalised mask
- scalp massage.

ACTIVE NUTRIENTS GLOW FROM WITHIN FACIAL

55 MINUTES £85

FIRMING, LIFTING AND ANTI-WRINKLE

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck, and décolleté and combining steaming, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

Includes: skin analysis with Skin Vision lamp

- cleanse & exfoliation, double facial cleanse, mask and Gua Sha facial massage.



ESPA INSTANT RADIANCE FACIAL

85 MINUTES £110

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, tone, radiantly healthy-looking skin emerges, and your natural glow is restored.

Includes: Skin analysis with Skin Vision lamp
- triple cleanse (including deep brush cleanse)
- exfoliation Tri-Active Regenerating Resurface & Brighten mask - age-defying Rose Quartz crystal massage - professional Lifting & Smoothing Mask - scalp massage.

ESPA INTENSE REGENERATING FACIAL

55 MINUTES £85

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened, and your skin is left feeling beautifully refined, soft and supple.

Includes: Skin analysis with Skin Vision lamp
- triple cleanse - exfoliation - age-defying facial massage - mask - scalp massage.

ESPA EYE LIFT

25 MINUTES £50

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

Includes: Skin analysis with Skin Vision lamp
- cleanse - exfoliation to face and eye contour
- eye contour massage - firming eye mask.





SIGNATURE
TREATMENTS



Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced, and skin's natural beauty is restored.

ESPA BACK, FACE & SCALP TREATMENT - HERO TREATMENT

85 MINUTES/120 MINUTES £100/£130

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Includes: Back exfoliation - back massage with or without hot stones - Inner beauty facial - scalp massage.

ESPA LIFESAVING BACK TREATMENT

45 MINUTES £65

Back exfoliation with a back, neck and shoulder massage. A purifying mud mask is then applied. Followed by a lower leg massage.

ESPA BODY WRAP

55 MINUTES £80

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Includes: Skin brush - body exfoliation - algae or mud wrap - scalp massage.

ESPA SALT & OIL SCRUB

25 MINUTES £50

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes: Skin brush - salt & oil full body exfoliation.



MASSAGES

Rediscover inner calm and physical well-being. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed, and you emerge energised with renewed focus and lasting positivity.

ESPA INNER CALM MASSAGE

55 MINUTES £85

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse and energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: Breathwork - full body aromatherapy massage - scalp massage with Rose Quartz Crystals.

ESPA BACK, NECK & SHOULDERS MASSAGE

25 MINUTES £50

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

Includes: Massage to the back, neck and shoulders.

ESPA HOT STONE MASSAGE

55 MINUTES £90

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

Includes: Full body aromatherapy massage with hot stones - scalp massage.

ESPA SWEDISH MASSAGE

55 MINUTES £80

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Includes: Full body Swedish massage - scalp massage.

ESPA DEEP MUSCLE MASSAGE

55 MINUTES £85

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes: Targeted massage, focusing on areas of concern - scalp massage.

ESPA MUSCLE REVIVER

40 MINUTES £75

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored.

Includes: Back massage - facial massage - scalp massage.



INVIGORATING FOOT TREATMENT

25 MINUTES £50

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

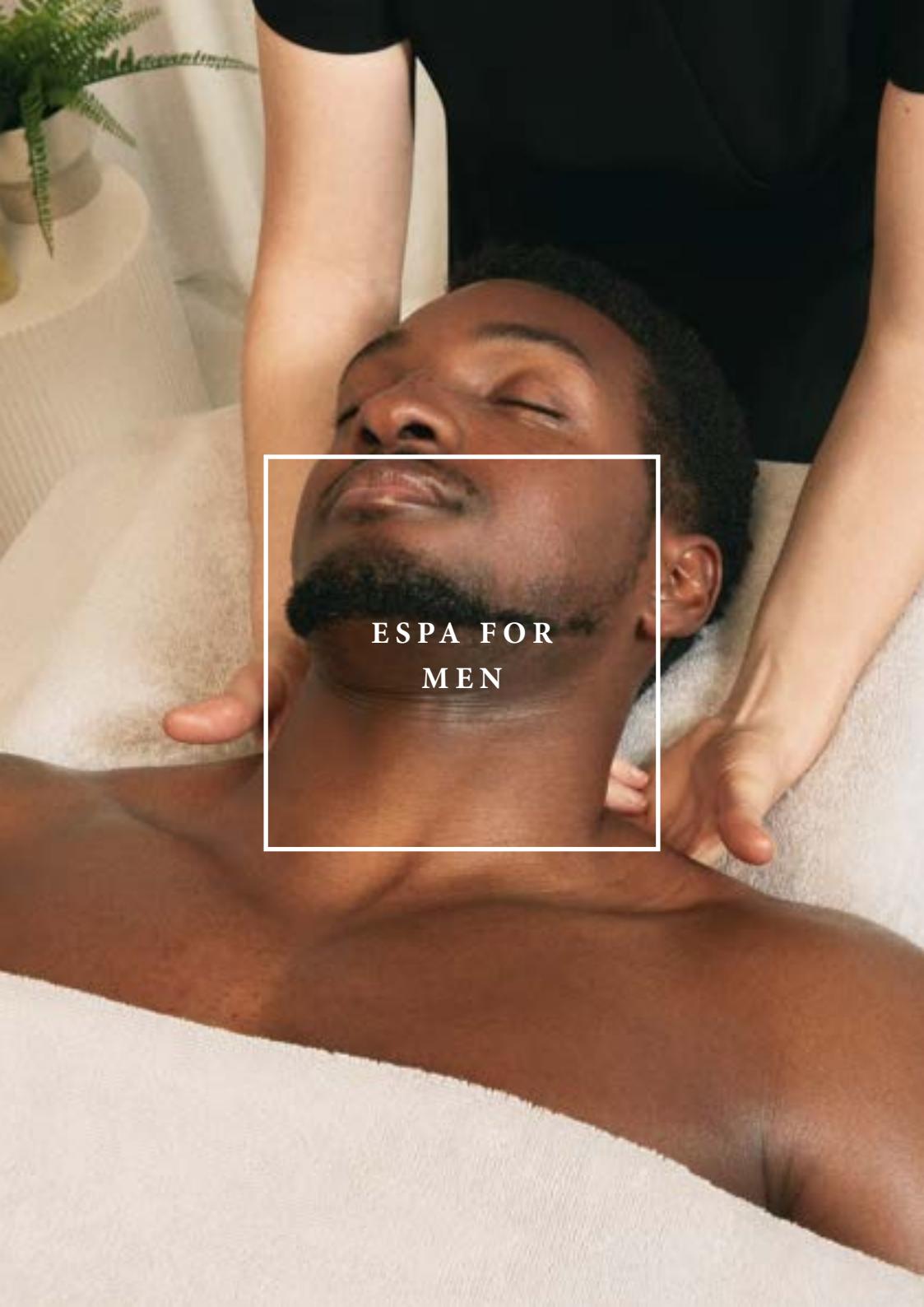
Includes: A refreshing exfoliation - deeply therapeutic foot and lower leg massage.

INDIAN HEAD MASSAGE

25 MINUTES £50

Feel your stress, aches and pains disappear with this wonderfully relaxing therapeutic experience. Head massage has been practised in India for over a thousand years and is renowned for relieving the anxiety that accumulates in the head, face and neck in everyday life. Indian head massage is a safe, simple yet effective therapy that also promotes hair growth.





ESPA FOR
MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure your experience the best physical and therapeutic benefits depending on your needs.

ESPA DEEP CLEANSING FACIAL

50 MINUTES £85

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

Includes: Skin analysis with Skin Vision lamp - triple cleanse - exfoliation - facial massage
- personalised mask - scalp massage.

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Includes: Back massage - facial massage
- scalp massage.





PRENATAL
TREATMENTS



PREGNATAL MASSAGE

55 MINUTES £80

This gentle full body massage soothes tension brought on by pregnancy, stimulates blood circulation and improves the skin's tone and elasticity. Safely enjoy a moment of absolute relaxation and well-being with your baby.

ULTIMATE PREGNATAL TREATMENT

85 MINUTES £105

Indulge all the senses with this signature body treatment. Have time out to relax and appreciate the joy of pregnancy with this top-to-toe treatment. Including a relaxing full body massage to dissolve the body of its extra stress and strains that pregnancy can cause. Includes: express facial and scalp massage.

* All Prenatal treatments only available beyond 12 weeks of pregnancy.





FINISHING
TOUCHES



In our Xpress and Rapid treatments we file and shape the nails, cuticle tidy, moisturise and paint with your chosen colour. Ideal for those clients that are on-the-go and want a quick fix.

In our Luxury treatments we take the hands and feet on a journey cradled in luxurious products, CND SPAMANICURE and CND SPAPEDICURE products exfoliate, refine and moisturise leaving your senses energised and your hands and feet fluffed, buffed and everything in between.



SHELLAC

XPRESS MANICURE – 45 MINUTES £45

XPRESS PEDICURE – 45 MINUTES £45

LUXURY MANICURE – 55 MINUTES £65

LUXURY PEDICURE – 55 MINUTES £65

The one, the only, CND Shellac. Renowned for its up to 14 day longevity and high shine finish. This exclusively professional nail care system delivers fantastic results. With a beautiful range of fashion-forward colours, and seasonal collections we've got it covered (even for the most fashionista clients!).

- Safe Shellac Removal
15 MINUTES £15
or free when having your shellac reapplied.

* Upon booking please inform us if you require a gel removal so extra time can be allowed.

VINYLUX POLISH

RAPID MANICURE – 25 MINUTES £35

RAPID PEDICURE – 25 MINUTES £35

LUXURY MANICURE – 55 MINUTES £55

LUXURY PEDICURE – 55 MINUTES £55

CND Vinylux is our polish of choice for our classic manicures and pedicures. The first ever long wear polish that fuses Keratin, Vitamin E and Jojoba oil with a chip resistant up to 7-day wear formula with a beautiful gel-like shine.



A close-up photograph of a woman lying down, receiving a facial massage. Her eyes are closed, and she appears relaxed. A white rectangular box is overlaid on the image, containing the text 'INDULGENCE PACKAGES'.

INDULGENCE
PACKAGES

ULTIMATE INDULGENCE

Weekdays £205pp | Weekends £215pp

- ⌚ Use of the hydrotherapy pool and sauna
- ⌚ Light lunch served with a glass of Champagne
- ⌚ 55 minute ESPA Facial
- ⌚ 55 minute Swedish Body Massage
- ⌚ Choose either the Luxury Manicure or Luxury Pedicure

Available 7 days a week, between 10:00 - 17:00

BUBBLY BRUNCH/ SPARKLING AFTERNOON TEA

£110pp (½ DAY SPA)

- ⌚ Use of the hydrotherapy pool and sauna
- ⌚ Brunch with a glass of Prosecco (10-2)
- ⌚ Or the Captains Club Full Afternoon Tea with a glass of Prosecco (2-6)

Choose two 25 minute treatments:

- ⌚ A back, neck and shoulder massage
- ⌚ An Express ESPA Facial
- ⌚ Invigorating foot treatment
- ⌚ A rapid manicure
- ⌚ A rapid pedicure
- ⌚ An Indian head massage

Available Monday - Friday - either 10:00 - 14:00 or 14:00 - 18:00

ADD HOT STONES TO ANY MASSAGE TREATMENT FOR JUST AN ADDITIONAL £5.

ESPA ESCAPE

Weekdays £170pp | Weekends £180pp

- ⌚ Use of the hydrotherapy pool and sauna
- ⌚ Light lunch with a glass of wine

Choose two 55 minute treatments:

- ⌚ ESPA Facial
- ⌚ Full Body Massage
- ⌚ Luxury Manicure
- ⌚ Luxury Pedicure
- ⌚ Luxury Shellac Manicure
- ⌚ Luxury Shellac Pedicure

Available 7 days a week - between 10:00 - 17:00

TRANQUIL TWILIGHT

£75pp

- ⌚ Use of the hydrotherapy pool and sauna
- ⌚ Cheese and wine poolside

Choose one from:

- ⌚ Back, Neck and Shoulder Massage
- ⌚ Express ESPA Facial
- ⌚ Indian Head Massage
- ⌚ Invigorating foot treatment

Available Tuesday's & Thursday's, 17:00 - 20:00

WHY NOT FINISH YOUR EVENING WITH DRINKS IN OUR QUAY BAR OR DINNER AT OUR CAPTAIN'S TABLE RESTAURANT? LET US KNOW AND WE'LL HAPPILY BOOK A TABLE FOR YOU.

TERMS AND CONDITIONS

Prices and treatments are subject to change.

BOOKING CONDITIONS

All bookings will need to be secured with full payment at time of booking.

Payments are non-refundable but will be transferred over to another booking for you if you change the date of the booking within 48 hours of your appointment.

TREATMENT TIMES AND ARRIVAL

In order for us to provide our clients with the best possible service, we request that you arrive 15 minutes prior to your appointment time. We regret that latecomers will incur the full fee for shortened treatment times.

CHILDREN

For health, safety, insurance and relaxation purposes children under the age of 16 years are not permitted in the spa at any time.

HYDROTHERAPY POOL & SAUNA

At CC Spa for health, safety (& relaxation) purposes our treatments and use of the Spa facilities are only permitted for guests 16+.

MEDICAL CONDITIONS

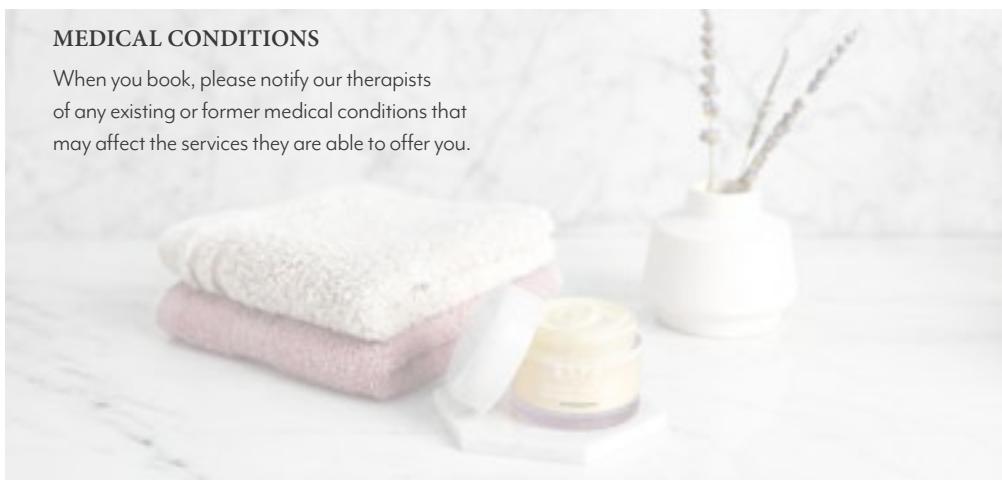
When you book, please notify our therapists of any existing or former medical conditions that may affect the services they are able to offer you.

For example:

- Cardiac conditions
- Diabetes
- Radiotherapy or chemotherapy for the treatment of cancer or if you have suffered with cancer in the last two years
- If you have undergone surgery in the last three months
- If you have ever had deep vein thrombosis (DVT)
- Skin allergies / sensitivity which may be aggravated by some of our massage products
- Pregnancy
- Some treatments may be unsuitable so you should consult your doctor prior to booking, if you are unsure please provide a doctors letter

CANCELLATION POLICY

All treatments and spa days cancelled with less than 48 hours notice will incur the full cost of treatment booked.





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