



TREATMENT MENU

Butlin's
SKEGNESS

The Spa is an **oasis of calm** where you can enjoy a little **'me time'** or **relax with friends.**

The Spa facilities are based upon the spa principles of warming, heating and cooling the body to leave you feeling rejuvenated, refreshed and revitalised.

We have developed a colour-coding system to help you decide which treatments are most suitable for you.

-  Suitable for heart conditions
-  Suitable for pregnancy (after 12 weeks)
-  Suitable for 13-17 year olds
-  Suitable for people on medication
-  Suitable for sensitive skin
-  Suitable for epilepsy






If you are undergoing treatment for cancer please speak to a member of our team who can advise the suitability of our treatments.







1.5 HOUR SPA EXPERIENCE £20 3 HOUR SPA EXPERIENCE £24





You will be provided with a locker, luxury robe, towel and a gift of towelling slippers for the duration of your session. Your spa experience includes full use of our spa facilities: **Hydro pool, sauna, bucket splash, fitness suite, crystal steam room, Atlantic storm shower, 20m swimming pool.**

Soft drinks, teas and coffees are also available free of charge during your session. 13-17 year olds are welcome to enjoy this experience but must be accompanied by an adult (18+) charges apply. We also have a disabled changing room and a walk-in wet room. Please note that our spa experiences vary depending on the break. Please ask at Reception.

TREATMENT PACKAGES







MOTHER-TO-BE PACKAGE (12 WEEKS+) £100
Mums-to-be need some careful pampering to ease aches and fatigue. **Treatments:** Essential Pedicure, Beautiful Beginnings Pregnancy Treatment, 2-hour spa experience.     







GIRLS-ONLY PACKAGE (13-17yrs) £56
Treatments: Teen file and polish (hands and feet) and Elegant Teen Facial.      







SLEEP THERAPY DREAM FACIAL (90 mins) £70
& FULL BODY MASSAGE
For ultimate relaxation enjoy the sleep therapy dream facial and body to deeply relax the mind and body.    





MINI TREATS







Perfect for young and old alike our mini treats are all **under 30 minutes and £30**







HYDRATED HANDS (25 mins) £30
A relaxing mineral spa treatment to rejuvenate and give a sparkle to tired hands, resulting in soft silky skin and healthy hands.      







FABULOUS FEET (25 mins) £30
A hydrating and nourishing foot treatment to improve dry skin, to help provide soft and supple skin and leave feet feeling revived.      





EXQUISITE EYES (25 mins) £30
Targeting the fine lines and wrinkles around the eye area, this treatment can assist in combating dark circles and puffiness.      





MINI MASSAGE (25 mins) £30
A relaxing and hydrating back massage to help relieve muscular tension, leaving soft, supple skin and a complete sense of calm.    

MINI FACIAL (25 mins) £30
A luxurious and relaxing Sea Magik mineral facial that helps to improve the texture of the skin to leave it soft and rejuvenated.      





MINI BODY SCRUB (25 mins) £30
A full body scrub and moisturise to remove dead skin and nourish all over.      





SCALP MASSAGE (25 mins) £30
A scalp and décolleté massage to help relieve tension and relax your mind.      






LEG MASSAGE (25 mins) £30
Designed to relieve leg muscle tension and stress, this relaxing massage will leave you feeling refreshed.    




CUCCIO DETOX FOOT SOAK (25 mins) £30
Made from a blend of herbal extracts and purifying magnesium sulfate crystals, this foot soak and massage increases circulation and flushes out toxins, leaving tired feet feeling refreshed.    




MASSAGES




TAILOR-MADE MASSAGE (35 mins) 2 areas **£35** (60 mins) 5 areas **£50**
Choose the areas of the body that need relaxing, and the pressure that you like and let your therapist help ease away stresses and strains.    





HEAVENLY BACK, SHOULDER & HEAD MASSAGE (45 mins) **£40**
A deeply relaxing massage designed to release tension and stress.    




INDIAN HEAD MASSAGE (45 mins) **£40**
Uses traditional techniques practiced in India thousands of years ago. Relieves stress, tension, fatigue, insomnia, headaches and sinusitis.     





COMFORT LOMI LOMI HAWAIIAN MASSAGE (back 45 mins) **£44**
(full body 90 mins) **£65**
This traditional Hawaiian treatment uses nourishing coconut oil and a combination of massage techniques to leave you feeling relaxed, your skin silky soft and your body and mind balanced.   

PEACE HOT STONES MASSAGE (back 45 mins) **£44** (full body 90 mins) **£65**
Hawaiian hot stones provide a deeper, more relaxing massage to relieve your aches and pains.   






TRANQUILLITY SHIATSU DEEP TISSUE MASSAGE (back 45 mins) **£44** (full body 90 mins) **£65**
A deeper massage based on the ancient Japanese art of shiatsu, Swedish massage techniques and sports massage.   

HOT SALT ROCK REVIVER (50 mins) **£50**
This is a deep-tissue back treatment which includes a comforting facial massage. Hot Himalayan salt rocks are used over stressed areas using a blend of organic eucalyptus and wintergreen to infuse warmth into tense muscles. Your face is cocooned in warm oil and a comforting massage helps to open airways and stimulate your senses.    

HOT HOT HOT BACK RITUAL (60 mins) **£58**
Hot, deep mud exfoliation, hot stone massage, hot mineral mud mask. The ultimate restful treatment that will leave you feeling warm, happy and ready for the perfect night's sleep.   




SLEEP THERAPY DREAM FULL BODY MASSAGE (60 mins) **£53**
Comforting rhythmical techniques which have been designed to deeply relax the mind and calm the body. Hot Himalayan Salt Rocks are used to remineralise, detoxify and balance.    





BEAUTIFUL BEGINNINGS PREGNANCY TREATMENT (12+ weeks) (90 mins) **£65**

Relax and revive your body during the precious months before giving birth. The treatment begins with a full body exfoliation, followed by a heavenly foot and leg massage, mini facial and scalp massage.     





2-IN-1 TREATMENTS





The ultimate spa experience at great value, **two elements** of spa therapy in just **one treatment**




ACHE-AWAY DEEP TISSUE MASSAGE AND REVIVE (35 mins) **£34**
Perfect for those suffering with aching muscles, this firm massage dissolves muscular tension, leaving you with soft, supple skin.   







SILKY SKIN FULL BODY EXFOLIATION & BACK MASSAGE (45 mins) **£40**
Relieves muscular tension and leaves the skin feeling smooth and deeply nourished.    

COMPLETE CALMNESS FACIAL & BACK MASSAGE (45 mins) **£40**
Relieves aches and pains, plus restores firmness in the face and enhances hydration.    

BEAUTIFUL BACK DEEP CLEANSE & MASSAGE (45 mins) **£40**
Designed to deeply cleanse and exfoliate your back, this treatment helps to remove dead skin whilst a back and leg massage will help to reduce muscular tension, leaving you completely relaxed with silky soft skin.    

SEASIDE SERENITY HAND & FOOT REMEDY (45 mins) **£40**
A relaxing foot and hand exfoliation followed by a mask to hydrate and nourish, leaving you feeling relaxed and nourished.    

AGE-AWAY FACIAL & EXFOLIATION (60 mins) **£47**
A unique anti-ageing mineral body exfoliation, scalp massage, and anti-ageing seaweed facial.    

RELAX AND REVITALISE (45 mins) **£40**
A mini facial and scalp massage incorporating a full cleansing and toning sequence, exfoliation to brighten the skin, nourishing mud mask finishing off with moisturiser.      

FACIALS

ELEGANT TEEN FACIAL 13-17yrs £30

A mini facial to cleanse, tone and exfoliate the skin, followed by a nourishing mud mask to suit the individual skin type.



EXPRESS ELEGANCE FACIAL (30 mins) £32

A mini-facial incorporating a full cleansing and toning sequence, exfoliation to brighten the skin, nourishing mud mask to suit the individual's skin type finishing off with moisturiser.



SLEEP THERAPY POWER NAP (30 mins) £32

This express facial uses therapeutic massage techniques that have been developed specifically to relax the body and mind to help you prepare for a good night's sleep.



SLEEP THERAPY DREAM FACIAL (50 mins) £55

This deeply relaxing sensory facial massage is formulated to relax your mind and body to help improve the length and quality of your sleep. A nourishing and anti-ageing facial oil with 'sleep-easy' massage techniques and organic lavender salt inhalation helps your mind and body wind down and induce a restful night's sleep.



RENEWED RADIANCE (60 mins) £45

A brightening facial targeted at tired, sallow skin. Using a specialised plastifying mask that is rich in active brightening and soothing agents, this treatment is excellent for those displaying signs of pigmentation or for anyone wanting immediate skin radiance, with the added benefits of toning.



BALANCED BEAUTY (60 mins) £45

A deep-cleansing facial perfect for those with an oily T-zone or combination skin.



NATURAL NOURISHMENT (75 mins) £53

DOUBLE MUD FACIAL

A hydrating facial for tired, dull and sallow skin. It begins with a welcome massage followed by a facial incorporating two mud masks to dramatically refine the skin's texture and deeply relax you.



YOUTHFUL YOU (75 mins) £54

A luxury anti-ageing facial that brings immediate results. Includes a unique peel-off mask of Dead Sea mud and seaweed that deeply hydrates and soothes skin.



PLANTOX ANTI-AGEING FACIAL (90 mins) £68

After your skin is cleansed, toned and polished to perfection, specialist manual techniques will be used in a three-phase massage journey to clear toxins from the skin, re-energise sluggish circulation and lift slackened contours. A mask using the miraculous 'Botox plant' hibiscus is applied to promote absolute luminosity and radiance.



PEEL & REVEAL £35

A refreshing and anti-ageing mini facial designed to reduce the appearances of fine lines and wrinkles. This treatment incorporates a cleansing balm, exfoliation, peel-off mask and smoothing serum.



BODY & MIND

HOPI EAR CANDLEING £32

A gentle, relaxing and non-invasive treatment devised on ancient natural therapy using ear candles to help address conditions such as excessive or compacted ear wax, glue ear, sinusitis, rhinitis, ringing in the ears, congestion from colds or flu, headaches and migraines.



INFINITE INDULGENCE (75 mins) £52

BLACK MUD ENVELOPMENT

This calming full body treatment nourishes the skin and relaxes aching muscles and joints. A full body exfoliation is followed by the application of warm Dead Sea mud and a heavenly scalp massage.



TROPICAL COCONUT ENVELOPMENT (75 mins) £52

This is a deeply nourishing treatment; your entire body is cleansed, polished and cocooned in a delicious blend of coconut, lychee and sweet almond oil, whilst your scalp is expertly massaged. After showering, warm shea body butter will be applied for ultimate hydration.



EYES

BROW TINT	£8	BROW TINT & SHAPE	£16
LASH TINT	£13	LASH & BROW TINT	£23
LASH & BROW TINT	£16	WITH BROW SHAPE	

A patch test must be carried out 24 hours before treatment

HANDS & FEET

FILE & POLISH	£15
JUNIOR FILE & POLISH <small>(12 yrs and under)</small>	£10
SHELLAC	£32
SHELLAC REMOVAL	£10
SHELLAC DUO <small>(hands and feet)</small>	£45
CUCCIO ESSENTIAL MANICURE OR PEDICURE	£29
File, cuticle care, massage of hand or foot and polish.	

TREAT YOURSELF TO BOTH FOR ONLY £50

CUCCIO DELUXE MANICURE OR PEDICURE £35

File, exfoliation, cuticle care, mask, massage of hand or foot, and polish.

TREAT YOURSELF TO BOTH FOR ONLY £65

WAX

FULL LEG	£26	LIP	£8
HALF LEG	£19	CHIN	£8
EYEBROW	£10	LIP & CHIN	£13



SPA POLICY

All spa bookings and treatments require full payment at the time of booking. Failure to attend or cancel your booking within 24 hours of your appointment will result in full payment. We advise to book treatments and spa reservations in advance as we do get very busy.

ARRIVALS

Please arrive 10 minutes before your treatment.

GIFT VOUCHERS

We have vouchers available for treatments or a specific amount, please ask at reception.

OPENING TIMES

The spa opening times vary by break so please ask at reception for the specific opening times for your stay.

For more information or to book

VISIT: [BUTLINS.COM/SPA](https://www.butlins.com/spa) CALL: 01754 614450

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