Spaat the Grand Treatment List

Live confidently with the magic of sea minerals



# Head to Toe Massage (75 min) £100

Experience complete relaxation with our 75-minute full body massage. This treatment works from scalp to soles, easing tension, improving circulation, and soothing tired muscles. Using tailored techniques and nourishing oils, it melts away stress and leaves you feeling refreshed, rebalanced, and renewed.

#### Deep Tissue Massage (60 min) £80

Deep tissue massage is a type of massage technique which uses deep pressure. Combining slow strokes and notable finger pressure, the purpose is to release the tension and tightness held deeply in your muscles and your connective tissues.

#### Grand Full Body Massage (60 min) £75

A deeply relaxing 60-minute massage designed to ease tension and release stress throughout the entire body. Using personalised pressure and flowing techniques, this treatment soothes muscles, improves circulation, and leaves you feeling restored.

#### Leg & Foot Massage (45 min) £60

A lower leg and foot treatment to revive tired, worn out feet. With an invigorating lower leg and foot exfoliation and a massage focusing on your areas of tension, your lower legs and feet will be left feeling light as a feather.

#### Bespoke Back Massage (30 min) £50

A tailored massage designed to target your specific areas of tension. Relax as your therapist customises the treatment to suit your needs, leaving you feeling refreshed and restored.



# Deluxe Hot Stone Full Body Massage (75 min) £100

This treatment uses heated stones and expert massage techniques to ease tension, relax muscles, improve circulation, and relieve stress for a calming experience.

#### Deluxe Hot Stone Back, Neck & Shoulder (45 min) £65

A hot stone massage using heated stones to relax muscles, ease tension, and soothe soft tissues to your upper body.

#### Heated Back Massage (45 min) £60

Infrared light is the heat people feel when exposed to the sun. The skin naturally radiates infrared heat every day. Infrared light has shown immense health benefits, from pain relief to reducing inflammation.



#### ☆ Signature Sculpting Seaweed Facial (75 min) £85

Seaweed is for its detoxifying, oxygenating, re-balancing, hydrating, anti-aging, and renewing benefits. It promotes soft, smooth, and luminous skin and reduces signs of aging by improving skin tone and elasticity.

#### ☆ Ocean Glow Feel Good Facial (60 min) £75

Experience the power of the sea with Sea Magik. Featuring results-driven peel-off alginate masks, this seawater-infused facial is designed to leave you feeling uplifted and radiant.

#### Grand Total Detox Facial (60 min) £70

The detox treatment designed to increase hydration, improve elasticity and help smooth out age and stress related lines. We also provide a facial steam in this treatment.

#### Grand Deluxe Facial (45 min) £60

Our spa therapists examine and evaluates your skin type and condition. This multi-step process attempts to nourish and regenerate facial skin, making it appear healthier and younger.

#### Grand Hydra Express Facial (30 min) £50

A quick treatment to cleanse, exfoliate, and hydrate, leaving your skin fresh, smooth, and glowing — perfect for a quick refresh.



#### Enhanced Body Scrub & Wrap (75 min) £80

Our body wraps are created to enhance the health, exfoliation and appearance of skin, and/or reduce body measurements by exfoliating the body in a wrap.

#### ☆ Dead Sea Salt Brushing Skin Renewal (45 min) £60

The perfect preparation treatment to keep skin looking glowing, rehydrated and in good health this highly mineralised salt exfoliation treatment uses fine grain natural dead sea salt to slough off dead skin leaving a renewed and refreshed skin.



#### ☆ Hot Oil & Mud Seaweed Scalp Massage (45 min) £55

The tension in your head and neck muscles are released as the scalp is gently nurtured. Nourishing, hot seaweed scalp mud is applied to stimulate blood flow, oxygenation and nutrient delivery to the scalp while soothing and detoxifying.













SUSTAINABLE PACKAGING



**BRITISH MADE** 





# Full Leg (45 min) £40

Achieve smooth, hair-free legs with this comprehensive treatment.

# Half Leg (30 min) £30

Waxing for the lower or upper legs, leaving skin silky smooth.

Back or Chest (30 min) £30 Remove unwanted hair for a clean, groomed look.

# Underarm (30 min) £20

Quick and effective waxing for silky, hair-free underarms.

Lip or Chin (15 min) £20 Gentle waxing to remove unwanted hair and leave skin smooth.

# Eyebrow Wax (15 min) £20

Precise waxing to sculpt and tidy your eyebrows effortlessly.



To book please contact the spa or scan the QR code to book online. 01803 206001 🤝 spa.grand@richardsonhotels.co.uk O @THE\_GRAND\_TORQUAY ∽ www.grandtorquay.co.uk

🏠 Key: the star symbol on treatments are made and designed by Sea Magik. Subject to availability.



# Classic Manicure or Pedicure (75 min) £55

This treatment includes detailed nail shaping, cuticle care, exfoliation, and a deeply hydrating massage to nourish and revitalise. Finished with your choice of natural buffing or polish application, it's perfect for achieving beautifully groomed, healthy nails and soft, refreshed skin.

# Gel Polish Manicure (75 min) £55

This treatment includes nail shaping, cuticle care, and a hydrating hand massage. Choose from a wide range of gel polish colours for a glossy, chip-resistant finish that lasts up to two weeks, leaving your nails beautifully polished and ready for any occasion.

# Gel Polish Pedicure (75 min) £55

Treat your feet to our soothing gel pedicure. This includes nail shaping, cuticle care, and a relaxing foot massage to rejuvenate tired feet. Complete the experience with your choice of gel polish, ensuring a long-lasting, glossy finish that keeps your toes looking flawless and fabulous.

#### Express Manicure or Pedicure (45 min) £45

Treat your hands and feet to expert nail shaping, cuticle care, and a relaxing massage to hydrate and rejuvenate. Finished naturally, this treatment is perfect for a polished, clean look.



# Evebrow Tint (15 min) £15

Enhance your brows with a natural-looking tint.

#### Eyelash Tint (15 min) £15

Darken and define your lashes for a bolder, mascara-free look.

# Eyebrow Shape (15 min) £15

Expert shaping to define and frame your brows perfectly.

Patch tests will be required 48hrs before your treatment.



