



P
Pebbles
Spa & Leisure Club

Cavendish Hotel
Mezzanine Floor

Grand Parade Eastbourne East Sussex BN21 4HD
Tel: 01323 436882 or extension 514 Fax: 01323 410 941

Email: pebbles@cavendishhotel.co.uk
www.cavendishhotel.co.uk

Contents

Page 2	Club and Spa Facilities, About the Products
Page 3	Facial Treatments & Spa Sensation Body Wraps
Page 4	Spa Sensation Body Massages & Pre/Post Natal Treatments
Page 5	Manicures, Hand Treatments and Pedicures
Page 6	Eye Treatments, Hair Removal and Make up
Page 7	Mens Sensation Treatments

Terms and Conditions

Please arrive at least 5 minutes before your treatment is due to begin. Clients are responsible for arriving at their appointment on the correct day and the correct time. Late arrives will have the length of the treatment shortened in order to finish the treatment at the correct time.

Payment is due on the day of your appointment. A deposit maybe required for larger bookings and group bookings.

Single bookings

Cancellations must either be in writing or by telephone directly to a member of staff at least 24 hours before the appointment time. Cancellations within 24 hour prior to the appointment will result in a 50%-100% cancellation charge depending on if we have managed to re-book the space.

Group/large bookings

A refund of your deposit (less 10% administration fees) will be given if cancellations are made at least 7 days before the booking. Cancellations within 7-3 days prior to the appointment will result in the loss of the full deposit. Cancellation made up to 2 days before the booking will result in 100% cancellation charge for the complete day.

All treatments involve a consultation. If you have any health concerns please contact your GP prior to arrival for advice and/or a letter of consent. Alternatively please contact our Therapist for assistance.

Prices are correct from January 2011

Club and Spa Facilities

Pebbles Leisure Club offers guests a tranquil space to unwind with its sauna, aromatherapy rooms, treatment room and for those more active individuals, a well equipped gym.

The Sanctuary includes a Monsoon Shower with jet shower head, an Aromatherapy Room, a Sauna and Relaxation area.

The Gym includes rowing, cycling, running, elliptical strider machines and free weights.

Use of the Sanctuary and Gym is free of charge for our guests. For non-residents, the cost is £5.00 per hour. Please book your hourly session at Pebbles reception.

The Treatment Rooms offers a relaxed environment where you can enjoy a wide range of luxury treatment by our fully qualified therapists.

Pebbles Spa Days are available. We have packages to suit hen parties, bridal and groom, honeymoon, mums to be, mums whom what some me time, everyday essentials for men and women who want to recharge and relax. For more details please ask for our packages price list. Group bookings are welcome.

All areas must be booked to avoid disappointment

Open 7 days a week. Please check when booking for times.

About the Products

Baden-Baden, the world famous spa town, with its palatial baths and thermal springs, has been the home of BIODROGA for more than forty years. Research, development and manufacture in the Company's own Baden-Baden laboratories guarantee consistent and outstanding product quality.

Inspired by nature and in complete harmony with the world of holistic cosmetology, BIODROGA offers outstanding skin and body care products, with a predominantly biological basis, dermatology tested and targeted to the skins needs. The interaction of high quality substances, biotechnological ingredients and natural aromas offers a new vitality and balance.

Facial Treatments

Pebbles Classic

£40.00

55 mins

A prescriptive facial treatment, designed to balance and moisturize your skin. Our therapist will choose skin specific formulas and cream masks to meet your skins personal demands.

Golden Caviar

£45.00

90 mins

A luxury facial utilizing extract of caviar to boost the skins moisture levels and protects against environmentally induced signs of ageing. Pores are refined with our special skin peel and the result is beautifully balanced silky soft skin.

Alpha Energizing Facial

£45.00

90 mins

This exceptional facial treatment is designed to prevent the premature skin ageing process. Magical results are delivered thanks to the uniquely stimulating effect of green coffee extract and our vitalising massage technique which combine to give your skin an 'Energy kick'!

Royal Aquamarine Micro-Dermabrasion

£50.00

75 mins

This is a 'hands on' micro-dermabrasion facial, designed to smooth the surface of your skin and reduce the appearance of fine lines, wrinkles and sun damage. An acupressure and lymphatic drainage massage using natural quartz crystals ensures your skin is calm and clear.

Royal Aquamarine Crystal Massage

£50.00

60 mins

A relaxing facial using natural quartz crystals to massage the face, neck and shoulder. Leaving your skin calm and clear with an unforgettable feeling of wellness and sense of happiness that is more than skin deep.

Firming Phyto-stem Cell Treatment

£50.00

90mins

Anti-Age Cell Formula together with the combination of the Biodroga signature massage treatments interact to bring out the best in your skin. The active ingredients, including PhytoCellTec™ a plant extract from a rare apple who's skin does not wrinkle, are selected to act as a 'fountain of youth', perfectly complimented by the special lifting effect of the mask. Your skin will look plumper, younger and your complexion even and radiant.

Age Performance Treatment

£50.00

90mins

Specifically designed for mature skin using the latest biotechnical ingredients; the result is firmer, supple and radiant skin. This luxury treatment includes a back, head and neck massage, an aromatic foot wrap, AHA peel and a unique combination of three specialized masks to firm and moisturise.

Spa Sensation Body Wraps

Fitness Wrap

£70.00

110 mins

Remove those unwanted inches instantly! Your silhouette will look slimmer and firmer after you have experienced the benefits of marine algae. Body wrapping employs the principals of osmosis and purifies, detoxifies and smooths your skin both visibly and measurably. Relax and enjoy a royal aquamarine lymphatic drainage massage, using natural quartz crystal wands to complete the detoxifying process while the wrap takes effect.

The Fitness Wrap is an ideal support for your diet; perfect after pregnancy or just to help you get into that little black dress!

Nourishing Milk and Honey treatment

£55.00

60 mins

Leaves the skin firm yet velvety soft Reveal firm and velvety soft skin in 1 hour with this luxurious body treatment. A Full body scrub with Salt crystals, followed by our Milk and Honey pack insures your skin metabolism is activated and skin that is normally dry and dehydrated is reborn. Elasticity is improved and body contours are firmed. A cocktail of active ingredients will restore balance and hydrate.

Firming Aroma Algae Treatment

£55.00

60 mins

After a full body scrub using our unique salt scrub, our unique blend of aromatherapy oils and marine algae combine to increase the body's microcirculation. Water retention is reduced and the heavy feeling in the legs and problem areas are minimized. The results are immediately noticeable, clarifying, smoothing and firming your body contours.

During the resting phase you will enjoy our royal aquamarine lymphatic drainage massage, using natural quartz crystal wands to complete the detoxifying process.

Shaping Cellulite Treatment

£55.00

60mins

The battle for smoother, more even skin goes on. This is a wonder weapon against cellulite. Includes a dry body brush, AHA peel and application of the pack to your problem area (hips, thighs, buttocks, tummy or upper arm), enjoy a relaxing back massage with our specially blended aromatic oil while the treatment takes effect.

Pure Cashmere and Silk Treatment

£55.00

60mins

This exclusive body treatment begins with an Ayurvedic Garshan-massage, performed with natural silk gloves. Your skin is gently cleansed and wrapped in our luxurious cashmere body pack. While your skin drinks in nourishment, relax with our head and ear massage. Precious silk powder caressed into the skin completes an unforgettable experience, which will leave your body feeling re-hydrated and silky smooth along with an even and flawless appearance; ideal for even the most sensitive skins.

Spa Sensation Body Massages

Body Massage

£50.00

60 mins

Whether you need relaxation or your aches and pains remedied, this is a fabulous way to do just that.

Full Body Massage

£60.00

90 mins

Forget life's stresses as you indulge in this head to toe massage, leaving you in a complete state of relaxation. (Includes face and scalp massage)

Back, neck and shoulder massage

£30.00

30 mins

Aromatic oils

£3.00

Add a choice of two aromatic oils to the three massages above so you can enjoy the ultimate massage experience.

Balancing Aroma Treatment - Energising

£60.00

75mins

This body scrub and Swedish massage; using our blend of energizing oils will restore your energy levels and promote well-being.

Balancing Aroma Treatment – Relaxing

£60.00

75mins

This body scrub and relaxing massage; using our blend of relaxing oils will help to restore calmness and natural balance.

Balancing back Treatment

£35.00

40mins

A stress and congestion reducing scrub followed by a soothing Back neck and should massage will help you feel revitalized and refreshed.

Pre/Post Natal Treatments

Great Expectations

£55.00

60mins

After making you comfortable according to your wishes, you will enjoy a gentle back scrub, warm herbal poultice massage on your lower back and a relaxing back massage using our special stretch mark control care with Inca Inchi oil, with is highly concentrated Omega-3 fatty acids. Your feet and legs are then treated to a lymphatic drainage and reflex zone massage to ease away the heavy feelings associated with pregnancy. Finally, zone out completely with a head and neck massage.

After the event £65.00 75 mins
A full 75 minutes devoted to caring and firming your body. After a full body salt and essential oil scrub, we target the areas that you feel need attention with special body masks for the tummy and upper body. Feet and legs are treated to a lymphatic drainage and reflex zone massage and you certainly will drift away with a head massage before being reunited with your bundle of joy.

The new mums retreat: £95.00
Purchase both the Great expectation and After the event treatments together for an expecting mother to enjoy before and after her birth

Manicures

With all colour manicures you will receive your 8ml bottle of nail polish Free. Please note this excludes a French finish.

Pit stop manicure £15.00 20 mins
When time is short! Quick cuticle work, nail shape and paint and you're ready to go.

Personalised manicure £35.00 60 mins
For nails need a bit of extra TLC!
If your nails are not as perfect as you would like them to be then this is the manicure for you. Silk proteins, calcium and keratin are fed to your nails while you enjoy a gentle skin peel and relaxing hand massage.

Pebbles SPA Manicure - total indulgence £45.00 75 mins
A wellness treatment for hand and nails.
Feast your hands on exotic edible plant extracts from tropical Asia. Our treatment includes warm milk & orchid hand bath, an invigorating lemon sugar hand peel, and an intensive hand mask with orchid extract. Your nails will be fed with natural plant ingredients and sealed. Treatment includes a warm oil pour and relax zone massage.

Hand Treatments

Age Defying Hand Treatments £40.00 60 mins
An anti ageing 'facial' for your hands
Don't let your hands give away your true age! An intensive but gentle papaya enzyme peel is followed by marine collagen lifting serum and massage with tightening Q10 hand cream to protect against free radicals. Cuticle work is included if required. Mature skin will appear visibly younger and fresher immediately. Concludes with a Colour finish if required. Perfect for wearers of artificial nails.

Pedicures

With all colour pedicures you will receive your 8ml bottle of nail polish Free. Please note this excludes a French finish

Toe Tidy £15.00 15 mins
When colour is all you need...
Quick cuticle work, nail shape and paint and you're ready to go.

The Classic Pedicure £30.00 45 mins
The essential pick me up for frazzled feet!
Sit back and enjoy a therapeutic bubbly foot bath with foot and leg exfoliation. Your cuticles and toe nails will be expertly tidied and any rough skin buffed smooth. Nails can be finished with either natural buffing or a colour of your choice.

Pebbles SPA Pedicure

£45.00

90 mins

The total wellness treatment for the feet and toe nails.

Feast your feet on exotic edible plant extracts from tropical Asia. After bathing in bath salts with dried Hibiscus flowers, an invigorating massage with sugar cane foot scrub follows. Peppermint foot butter will melt away any rough skin. While you enjoy a cooling Spearmint foot pack you will be treated to a relaxing head massage. Warm Water Lilly massage oil is drizzled over your legs and a sumptuous reflex zone massage begins. Your nails will be fed with natural plant ingredients and sealed. Almond foot lotion completes this truly indulgent experience.

Please enquire about our seasonal pedicure.

Eye Treatments

Eyezone Treatment

£25.00

30mins

Enjoy the effects of an acupressure massage and special eye mask in the eye zone for amazing results. Puffy eyes and wrinkles are instantly reduced leaving your eyes bright and refreshed. Have on its own or add the treatment to your facial or body treatment for great results.

Crystal Massage eye treatment

£25.00

30 mins

A relaxing pressure point eye massage to relive stress and help reduce dark circles and fine lines. Includes eye compresses to sooth and refresh.

Eyelash tinting

£12.00

Eyebrow tinting

£12.00

Eyelash and eyebrow tinting

£20.00

Eyebrow shaping

£12.00

Please note that a patch test must be carried out at least 24 hours prior to your first eyelash or eyebrow tinting appointment with us.

Hair Removal

Lip or chin wax

£10.00

Lip and chin wax

£15.00

Under arm wax

£12.50

1/2 leg wax

£15.00

3/4 leg wax

£18.50

Full leg wax

£25.00

Bikini Line wax

£15.00

Full Leg and Bikini Line wax

£30.00

Make up

Bridal Make-up

£35.00

Make your day extra special with the finishing touches. A bridal make-up trial must be carried out to ensure you get your perfect look.

Bridal Make-up Trial

£45.00

This trial will include a facial cleanse and moisturize. A colour consultation and a trial application of the make-up to be worn on the day.

Special Occasions Cleanse and Make-up

£35.00

Make-up Lesson

£40.00

This includes step by step application for the perfect finish. Giving advice on colours to suit you.

Men's Sensation Treatments

At Pebbles spa and leisure Club we welcome both men and women to enjoy our professional and luxurious treatments. In this section you will find treatments tailor made to suit the needs of our male clients. However if this isn't what you are looking for you are welcome to select any of the treatments in this brochure.

Quick Refresher Treatment

£45

60mins

A refreshing facial treatment for men who are short on time. Your skin will be treated to cleanse, relaxing massage and moisture boost. A relaxing head massage concludes the facial, leaving your skin feeling regenerated.

Men's Vitality Treatment

£55

90mins

New energy and refreshing relaxation with intensive pampering care. Enjoy our intensive care treatment. Commencing with a back massage, your skin will be relaxed and treated to your pure collagen fleece to refine and vitalize your skin. A relaxing foot massage is included in this pampering facial, this is pure pleasure for any man.

Include an eyebrow grooming to your facial for only an extra £5.00

Balancing back Treatment

£35.00

40mins

A stress and congestion reducing scrub followed by a soothing Back neck and should massage will help you feel revitalized and refreshed

Aroma foot maintenance

£28.00

45 mins

Stay light on your feet!

Sit back, relax and enjoy a therapeutic bubbly foot bath with foot and leg exfoliation. Your cuticles and toe nails will be expertly tidied and any rough skin buffed smooth. Then relax while your legs and feet enjoy an aromatic foot massage to suit your mood. °Your toe nails are buffed to a natural shine with citrus oil.

Executive manicure

£25.00

30 mins

Get a grip; don't let things slip!

Well groomed hands are a sure measure of your confidence, Your hands and nails will look a million dollars after we have softened, buffed and massaged them.

Hair removal

Back wax

£20.00

Chest wax

£30.00

Back and Chest wax

£45.00

Eyebrow grooming

£9.50

All treatments in this brochure are available for both men and women.