

# Welcome to Chakra Spa

If you're looking for a tranquil haven to escape reality, you've come to the right place. Our treatment menu is designed with relaxation in mind using only the finest products from Caudalie and The Natural Spa Factory.

## Facials

For all your skincare needs we have the ideal facial treatment for you. Performed using Caudalie products which are packed with essential oils and uses vinotherapie, they are well known for using extracts from grapes and grapevines to truly pamper your skin.

### PREMIER CRU FACIAL | 55 minutes | £100

The ultimate facial in global anti-ageing treatments that will lift, moisturise, smooth, plump and even the skin with its innovative techniques, this facial combines a technical massage alongside dermal rollers to stimulate the production of collagen and elastin within the skin. Paired with a Hydrogel mask to tighten and lift the face and jaw it will leave you feeling firmer, smoother and with a radiant glow.

### RESVERATROL FACIAL | 55 minutes | £95

A facial specifically created for skin that lacks firmness, contour, and vitality featuring a stimulating facial massage that firms and redefines the contours of the face. This facial features a thermal mask that gives instant toning and lifting to your face leaving you re-sculpted radiant and youthful.

### VINOSOURCE FACIAL | 55 minutes | £80

A deeply moisturising facial that uses essential oils to massage and rejuvenate lacklustre, tired skin. This facial gently cocoons the skin and restores moisture levels to a healthy and glowing complexion once more.

### VINOPERFECT FACIAL | 55 minutes | £80

A unique facial treatment specifically tailored to correct the complexion, restoring radiance and vitality to the skin. Using a gentle peeling action to restore an even complexion and reduce skin pigmentation. This is a must-have treatment for tired, dull and uneven complexions.

### MENS FACIAL | 55 minutes | £80

A facial treatment designed especially for men to deep clean, exfoliate and hydrate the skin. A facial massage performed with a beautifully blended oil to soften the skin after shaving or hydrate and smooth your beard!

### TASTER FACIAL | 25 minutes | £57

A shorter facial perfect for a quick boost to your skin. Whether you are new to facials, wanting to try Caudalie or in need of a quick pick me up facial then this could be the one for you!

## Rituals

Choose from one of our signature ritual treatments to fully submerge yourself in the Chakra Spa Experience. Our rituals have been carefully curated by our experienced spa team to combine some of our favourite treatments and leave you in complete zen.

### RESTORE RITUAL | 55 minutes | £95

A treatment designed to completely restore the mind and body. A welcome touch ritual combining a back exfoliation and back massage to soothe any tired, achy muscles, followed by a deeply relaxing and hydrating facial, finished with a scalp massage.

### REVIVE RITUAL | 55 minutes | £95

A treatment designed to revive even the most tired and achy hands and feet. This treatment focuses on reviving tired hands and feet with an exfoliation, mask and massage treatment.

### REFRESH RITUAL | 55 minutes | £95

A treatment designed to refresh the mind. A cooling eye treatment to refresh tired eyes combined with a tranquil scalp massage which will transport you into a place of pure relaxation.

### RADIANCE RITUAL | 55 minutes | £95

A treatment designed to leave you radiant from head-to-toe. This treatment combines a full-body exfoliation and a brightening facial to leave your skin absolutely glowing.

## Body Treatments - Massage

Whether you are looking for a bit of relaxation or to relieve tired, achy muscles and destress from everyday life then we have the perfect massage treatment for you.

### MUSCLE MELTING HOT STONES MASSAGE

This deep tension releasing massage uses hot Balsalt stones that melt away knots and focuses on the build-up of muscle tension due to the stresses of life.

**25 minutes | £62**

**55 minutes | £95**

**85 minutes | £135**

### BESPOKE BODY MASSAGE

A hands on Swedish massage tailored to your individual needs to melt away all the knots and tension and leave you feeling totally relaxed.

**25 minutes | £57**

**55 minutes | £85**

**85 minutes | £125**

### HEAVENLY HEAD, NECK & SHOULDER MASSAGE | 25 minutes | £52

Drift into a state of deep relaxation with a soothing massage of your scalp, neck and shoulders leaving you feeling totally re-energized.

## Speciality Treatments

### REFLEXOLOGY | 55 minutes | £80

This Ancient holistic treatment focuses on using pressure on specific parts of the feet that work in line with the body to relax, detoxify and rebalance the mind and body. It can also be used to alleviate problems such as migraines, back pain and digestive issues.

### BUMP AND YOU PREGANCY MASSAGE | 55 minutes | £85

A specialist massage designed for you and your baby bump to relax and unwind during the second and third trimester, focusing on your aches and fluid retention this massage uses a vitamin E packed oil to soothe the itch and stretch of pregnancy skin.

## Scrubs and Wraps

Treat your body to a rejuvenating body scrub or encapsulate your skin with a soothing wrap - guaranteed to leave you feeling totally refreshed!

### REJUVENATING BODY SCRUB | 25 minutes | £52

A full body exfoliation that gently removes dry, dead skin cells leaving the skin smooth and responsive, the treatment is finished in a way that leaves your skin feeling hydrated and invigorated

### THE SPA INFUSED WRAP | 55 minutes | £85

Our detoxifying wrap will increase circulation; help remove toxins and reduce fluid retention. Perfect after a long flight, stressful working week or for a total pick-me-up.

## Finishing Touches

For all your finishing touches to pamper you entirely, from nails to waxing.

### Nails

#### ULTIMATE MANICURE OR PEDICURE | 50 minutes | £40

The ultimate treat for your hands or feet. We start by shaping the nails, tidying the cuticles, exfoliating dry skin before using a deeply nourishing mask and massage routine to truly pamper the hands/feet. Finished with a gorgeous splash of colour!

#### MENS MANICURE OR PEDICURE | 25 minutes | £30

A deeply conditioning hand or foot treatment designed with men in mind. We begin with a soak to soften any hard cuticles, tidy the cuticles, exfoliating dry skin before using a deeply nourishing mask and massage routine to truly pamper the hands/feet. Finished with a buff to the nails for healthy looking hands or feet.

#### THE QUICK FIX MANICURE OR PEDICURE | 25 minutes | £30

The perfect quick fix nail treatment – get beautiful nails in a hurry! We start by shaping the nails, tidying the cuticles and them finishing with a gorgeous splash of colour!

#### GELISH UPGRADE | 10 minutes | £10

Upgrade any manicure or pedicure treatment to a gel finish for instantly dry, smudge proof long wearing polish (bookable on top of a manicure or pedicure).

#### GEL POLISH REMOVAL | 20 minutes | £15

The removal of gel polish

### Tinting

#### EYEBROW TINT\* | £15

#### EYELASH TINT\* | £22

\*Patch test required 24 hours before treatment time – or within the past 6 months with us.

### Waxing

Waxing is available please visit our website for prices.

## Spa Day and Spa Breaks

Our treatments are incredible, but sometimes you need to take some time out to feel truly refreshed!

Why not extend your visit with a rejuvenating spa day or spa break? Head to our website to discover our current range spa experiences, which include use of our spa facilities, treatments, dining and more!

## Give the gift of luxury!

Whatever the occasion, a Chakra Spa gift voucher makes the perfect gift. Choose from a range of treatments, spa days and breaks or simply an amount. Visit our website where the ideal present is only a few clicks away.



CHAKRA  
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## Treatment Menu



CHAKRA  
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CROWNE PLAZA®  
AN IHG® HOTEL  
FELBRIDGE-GATWICK

Chakra Spa | At Crowne Plaza Felbridge – Gatwick  
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chakra-spa.co.uk

We're very social! Follow us, like us, tag us.

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