



# THE SPA

*Treatment Menu*

# THE SPA AT MARINE NORTH BERWICK

*The Spa at Marine North Berwick is a tranquil setting to reflect, unwind and take a bit of 'you' time.*

We've partnered with leading French skincare brand *Caudalie* – renowned for combining scientific techniques with active ingredients from their Bordeaux vineyards – to offer a gorgeous range of facial and body treatments.

Our dedicated team will assist you in creating a personal spa experience targeting your individual requirements, helping to bring equilibrium to both mind and body.

*Relax. Restore. Revive.*



# SIGNATURE TREATMENTS

## Marine Masters Massage

*Energising & Target Focused*

1hr £100    85min £120

Our Marine Masters Massage is designed to loosen up your swing and get your game on top form. This deep tissue massage uses advanced techniques to reach deep layers of muscle, releasing the fascia allowing muscles, tendons and joints to be energized, toned and more flexible.

## Marine Spa Winemakers Massage

*Sensorial & Energised*

1hr £100

This Caudalie signature treatment is based on the winemaking techniques of transforming the grapes into wine as the stress of the body is transformed into energy. A combination of manual massage and therapeutic kneading with a winemaker's stick will ease tensions and reduce stress throughout the body.

## The Couples Candle Massage

*Relaxing & Soothing*

1hr 15min £160

This massage is a signature Caudalie massage for Marine North Berwick.

Under the glow of the soft light of a massage candle that melts into a warm oil, delicately scented with Fleur de Vigne (Grape Blossom), the body is soothed and the mind calmed. This massage works from the head to the feet, relieving tension, soothing sore muscles and reduces stress. This treatment is completed in the dual massage room.

## Ultimate Face & Body Experience

*Tranquil & Uplifting*

2hrs £160

This treatment starts with a full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth, followed by a luxurious divine body massage to gently ease tensions. This is followed by a facial cleanse, exfoliation, and massage, then finishing with a Cranial Scalp massage for ultimate tranquility.

## D-Vine Back, Face & Scalp

*Indulgent*

1hr 30min £95

This luxurious Back, Face and Scalp Treatment starts with a cleansing of the back, followed by an exfoliation and a targeted back massage to ease away stress and tension. As your body is relaxed, we treat and hydrate your skin with a Caudalie facial to suit your wishes, finishing with a Cranial Scalp massage to calm your mind.

# FACIAL TREATMENTS

Developed from the unique combination of our patented grape and grapevine ingredients with the latest skincare techniques.

## Premier Cru Facial

*Ultimate Anti-aging*

1hr £120

This exceptional anti-aging facial will lift, moisturize, smooth, plump and even the skin with cutting edge innovative techniques and products from the Premier Cru Range. This advanced facial gives you results that are spectacular: wrinkles and fine lines are visibly reduced; the skin is smoother and firmer, and a radiant glow enhances the even complexion.

## Resveratrol Lift Facial Firming

*Lifting & Anti-wrinkle*

1hr £80

Specially created for skin that lacks firmness, contour and vitality. This facial uses the award-winning Resveratrol Lift range which visibly firms and redefines the contours of your face. This facial will boost your collagen production leaving your skin resculpted, firm and plump, with a glowing and radiant complexion.

## Vinoperfect Radiance Facial

*Radiance & Brightening*

1hr £75

Massage your way to a radiant and enlivened complexion. Using ingredients from the grapevine this facial will restore tired and uneven skin types, awaken the luminosity of the complexion, whilst inducing a feeling of wellbeing. Restore the vitality of your skin and discover your get up and glow.

## VineActiv Facial

*Anti-pollution, Anti-wrinkle & Healthy Glow*

1hr £75

A deeply energizing vitamin cocktail renews, energizes and protects the skin from the day-to-day environmental damage. This facial reduces the visual appearance of fine lines and wrinkles, smooths and protects the skin leaving your skin plumper, youthful and your complexion smooth.

## Vinopure Facial

*Purifying, Decongesting & Calming*

1hr £75

This treatment uses a blend of organic essential oils that purifies your skin, cleanses your complexion and helps regulate excess oil production. A skin cleansing treat that will help remove impurities and tighten pores to leave you with a mattified and soothed complexion.

## Vinource Hydrating & Nourishing Facial

*Nourish, Hydrate & Desensitise*

1hr £75

This treatment starts with a gentle cleansing of the skin. A massage with fresh grapes is followed by a restorative massage that soothes dryness and deeply hydrates. The application of an intensely moisturizing mask, and our Vinource products, restore moisture levels for a healthy, glowing appearance.

## Express D-Vine Facial

*Instant Glow*

30min £45

Specially designed for those who are time short, yet still want results. This express treatment is designed to give you a boost of radiance and leave your skin glowing and revitalised. Your skin's freshness, comfort and evenness are restored.

## Lifting & Firming Eye treatment

*Lifting & Firming*

30min £45

This treatment for the eye contour is perfect for those with tired eyes, especially when working at a computer. This treatment will massage your eye area with refreshing basalt stones followed by a nourishing mask to leave your eyes feeling, fresh, soothed, and revitalised.

# BODY TREATMENTS

## Crushed Cabernet Body Treatment

*Stimulates & Firming*

1hr £100

The indulgent body treatment incorporates one of the most popular scrubs from our Vinothérapie® Spas. This exfoliation technique regains your skin's radiance and softness, the Caudalie signature sculpting massage follows, using the Contouring Concentrate, which stimulates the systems of the body and encourages natural elimination of toxins.

## Divine Body Massage

*Relaxing*

1hr £100

This treatment incorporates our signature Caudalie massage, which your therapist will tailor to your individual needs. The massage combines flowing aromatherapy massage, which will induce relaxation, with deeper movements to ease tensions and leave you with a feeling of well-being.

## Contouring & Invigorating Body Wrap

*Stimulating & Illuminating*

1hr £89

This balancing and detoxifying treatment involves gentle exfoliation with our Crushed Cabernet Scrub, followed by application of our Contouring Concentrate, designed to help boost the metabolism and ease away tension it also speeds up the elimination of toxins. This is followed by an application of our Vine Body Butter and being wrapped to cocoon the body. This treatment includes a full scalp treatment for total relaxation.

## Relaxing & Nourishing Body Wrap

1hr £89

A deep nourishing treatment for the body. We will start with a full body exfoliation to remove the dead cells followed by an application of Thé des Vignes Oil and Vine Body Butter for a deep moisture treatment, massaged onto the skin and then wrap to cocoon the skin with hydration'. This treatment includes a full scalp treatment for total relaxation.

## Pre Natal-Massage

*Soothing & Relieving*

1hr £100

This gentle and enveloping massage, designed to support you through every stage in your pregnancy, 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-to-be.

## Cranial Massage

30min £45

The ultimate relaxation experience designed to induce deep relaxation, ease tension and stresses and soothe the whole body. This treatment uses deep massage across the head to increase well-being and help to rebalance the energies of the nervous system.

## Divine Back, Neck & Shoulder

30min £50

The massage combines flowing aromatherapy massage, which will induce relaxation, with deeper movements to ease tensions and leave you with a feeling of well-being.

# MANICURE & PEDICURES

## Prescriptive Manicure

45min

Phenom £40 GELeration £47

Nails are not alike... a treatment manicure which analyses and treats each nail for its specific nail type. The cuticles are cared for with oils and creams, the nail shape is perfected and treatment basecoats and colour are applied for the perfect finish until your next visit.

## Deluxe Manicure

1hr

Phenom £50 GELeration £57

The Jessica Prescriptive Manicure Including the Le Remedi Hand Treatment programme. A luxury and effective treatment for the hands including Hand Cleanse, Hand Silk Exfoliate, Hand Masque and Hand Renew Liposomes.

Hands will feel softer, smoother, firmer and more attractive.

## ZenSpa Pedicure

1hr

Phenom £50 GELeration £57

This is a luxury treatment resulting in softer, smoother legs and feet and finished with perfectly polished toes using products infused with lemongrass.

## ZenSpa Delux Pedicure

70min

Phenom £60 GELeration £67

The ZenSpa pedicure uses thermal heated booties for deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiff joints.

## Nail Shape & Polish for Fingers or Toes

30min

Phenom £30 GELeration £37

## GEL Removal

With a manicure or pedicure 30min £25

Without a manicure or pedicure 30min £20

GEL removal must be advised at the time of booking any nail treatment

# WAXING & TINTING

## Waxing

Eye brow 20min £10

Upper Lip 15min £10

Chin 20min £10

Half Leg 45min £20

Basic Bikini 30min £15

## Tinting

Eye brow Tint 20min £10

Eyelash Tint 20min £12

Lash & Brow Tint 30min £20

Brow wax & Tint 30min £18

Brow Wax & Tint with Lash Tint 45min £28

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