

Aztec Spa

Relax, Refresh, Revive...

www.tlh.co.uk/aztec-spa

TLH Leisure Resort 
Torquay

June 2018

Relax, Refresh, Revive...

Imagine a place where you can escape completely from your day-to-day routine. Take it easy, be pampered and do whatever you choose. There's so much more to enjoy when you visit our luxury Aztec Spa at TLH Leisure Resort.

Aztec Spa

The minute you open the doors to our Aztec Spa, you know that you have stepped into a very special place. Give yourself up to the tranquil surroundings and let our experienced therapists indulge you with a wide range of treatments to relax and refresh body, mind and soul. The Aztec theme with its lush greenery and carved stonework will take you to another world.

Make the Most of Your Day

Take your time to relax and completely unwind - extend your visit to the Aztec Spa by booking the following:

Aztec Falls – enjoy our luxury indoor pools, sauna, Jacuzzi and steam room£10

Aztec Gym – workout in our state-of-the-art gym£6

Aztec Club – Memberships are available for unlimited use of our swimming pools and gym. Please ask for more details.

Aztec Bistro

Treat yourself to lunch before or after your visit to the Spa, or why not book an evening meal at the end of your day. Our Aztec Bistro is open daily from 10am serving hot & cold drinks, light lunches and evening meals. Evening dining times may vary according to season. **Call 01803 400145 to book a table.**

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ELEMIS

DEFINED BY NATURE, LED BY SCIENCE

ELEMIS professional spa-therapies are world-renowned and are available in only the most exclusive spas and salons

across the globe. Each spa-therapy has been developed by a specialised team, using extensive clinical and scientific studies to ensure every treatment shows real results. Using powerful treatment-led formulations, the therapies combine massage sequences for face and body, with the most dynamic actives available in the world today.

Younger looking hands and feet are now achievable with manicures and pedicures by O.P.I. This exciting range of professional care exfoliates, revitalises, renews and protects hands and has been clinically proven to help postpone the signs of ageing, leaving skin feeling softer, smoother and younger-looking.

O.P.I

Aztec Spa Team

Our ELEMIS professional therapists are all highly experienced and have been specialist trained to provide all of the treatments available in our Aztec Spa. Relax in the knowledge that you are in skilled hands and enjoy the ultimate in pampering. One visit to the Aztec Spa just won't be enough.

Spa Days

Escape and take some time for yourself with one of our excellent value spa days. There's something to suit everyone and no matter which you choose, you can use our stunning Aztec leisure facilities and spa relaxation area to help you relax, refresh and revive.

All our spa days include:

- Exclusive Spa relaxation area
- 25 metre indoor pool and family fun pool
- Sauna, steam room and Jacuzzi
- Use of robe, towel and footwear

Call today on 01803 400190 to book your Aztec Spa Days
See our website or call our reservations team on 01803 400500



Aztec Sunrise 9am – 12.30pm

Sunday – Thursday £45 • Friday & Saturday £55

Enjoy our leisure facilities, relax with a luxury spa treatment and finish with lunch in the Aztec Bistro.

Choose one of the following 30 minute treatments:

- ELEMIS Anti-Ageing Mini Facial
- Swedish Back, Neck and Shoulder Massage
- ELEMIS Salt Scrub
- OPI Express Manicure
- OPI Express Pedicure

Add another treatment from the list above for only £20

Aztec Indulgence 1pm – 4pm

Sunday – Thursday £45 • Friday & Saturday £55

Enjoy our leisure facilities, relax with a luxury spa treatment and finish with afternoon tea in the Aztec Bistro.

Choose one of the following 30 minute treatments:

- ELEMIS Anti-Ageing Mini Facial
- Swedish Back, Neck and Shoulder Massage
- ELEMIS Salt Scrub
- OPI Express Manicure
- OPI Express Pedicure

Add another treatment from the list above for only £20

Twilight Treat 5pm – 9pm Monday to Friday £45

Relax with a luxury spa treatment of your choice. Make the most of our leisure facilities and enjoy a glass of bubbly and nibbles afterwards in the relaxation area.

Choose one of the following 30 minute treatments:

- ELEMIS Deeper than Deep Hot Stone Massage - Back and Back of Legs
- ELEMIS Anti-ageing Mini-facial
- Swedish Foot & Leg Massage
- Swedish Back, Neck & Shoulder Massage

Add another treatment from the list above for only £20

Aztec Luxury Spa Day for Him/Her Sun to Fri £99

Totally unwind with our full day spa package. Make the most of our leisure facilities and enjoy lunch in the Aztec Bistro.

Choose from one of the following: Swedish Back, Neck and Shoulder Massage **or** ELEMIS Deeper than Deep Hot Stone Massage - Back and Back of Legs.

This is followed by an ELEMIS Skin Solution Facial **and** OPI Express Manicure or Pedicure.

Facial Treatments

ELEMIS Advanced Anti-Ageing Facials

ELEMIS Pro-Collagen Age Defy

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica.....

60 mins £65

ELEMIS Dynamic Resurfacing Precision Peel

This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone

60 mins £65

ELEMIS Pro-Definition Lift & Contour

Restore the architecture of your face with potent plant actives. For a profoundly, sculpted youthful effect

60 mins £65

ELEMIS White Brightening Pigment Perfector

Illuminates and brightens for a naturally more even complexion.....

60 mins £65

ELEMIS Skin Solutions Facials

ELEMIS Super Food Pro-Radiance

Energise and detoxify stressed, dull skin with a nutritional superfood boost. Leaves skin, plumper, radiant and lit up with good health.....

60 mins £60

ELEMIS Sensitive Skin Soother

Reduce the appearance of redness and protect against daily stresses with a treatment that incorporates soothing massage. Skin is left comfortable and calm.....

60 mins £60

ELEMIS Anti-Blemish Mattify & Calm

Mattify and combat oil and shine whilst restoring micro-circulation. A deeply detoxifying treatment which leaves skin bright and clear

60 mins £60

For Men

ELEMIS High Performance Skin Energiser

The hard-working facial for ageing, dehydrated skin and tired eyes.....

60 mins £60

All facials are available for 30 mins £40

ELEMIS BIOTEC Facials

BIOTEC is a professional unique machine consisting of 5 advanced bio-electric technologies built into one machine to work in perfect synergy with the skins natural bio-electric field.



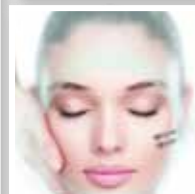
Get more from your ELEMIS facial with BIOTEC technology. Upgrade any ELEMIS anti-ageing facial to a BIOTEC facial for only £5.

All BIOTEC facials 60 mins £70 30 mins £45

BIOTEC Eye Reviver Tighten the delicate eye area with targeted technology.....**30 mins £30**

Book a course of 6 facials and only pay for 5

All facials and massages include pre-treatment consultation and professional home care advice.



Massage Treatments

Exhilarate your whole body's sensory system with our complete range of massage treatments.

Traditional Swedish Massage

Targeted to ease the aches and pains of specific problem areas **55 mins £46 30 mins £33**

Traditional Swedish Foot & Leg Massage

Targeted to ease the aches and pains in the muscles of the feet and legs **25 mins £33**

Indian Head Massage

Using a fragrance-free oil and traditional Indian techniques, this treatment contains relaxing movements to relieve aches and pains **40 mins £40**

ELEMIS Freestyle Deep Tissue Muscle Massage

With specifically blended massage oils, tailored to suit your individual needs **60 mins £60 30 mins £40**

ELEMIS Couture Touch

ELEMIS hands-on TOUCH facial with a personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage **60 mins £55 120 mins £85**

ELEMIS Couture Technology

Time to switch your skin back on with this turbo-charged facial and massage combination ... **60 mins £60 120 mins £95**

ELEMIS Deeper Than Deep Hot Stone Massage Get deep into the muscle with Balinese stones selected to address exactly what you need. Skin is intensely moisturised with Frangipani Monoi Body Oil **70 mins £72 30 mins £42**

ELEMIS Peaceful Pregnancy Massage

A gently nurturing, specially formulated massage for mothers-to-be that deeply relaxes **90 mins £80**

All facials and massages include pre-treatment consultation and professional home care advice.

Body Treatments

ELEMIS Body Scrubs

ELEMIS Lime & Ginger Cleansing Salt Scrub/ Frangipani Monoi Body Salt Scrub

This exotic exfoliation ritual will deeply cleanse, polish and soften your skin to perfection, whilst invigorating and revitalising your whole body **30 mins £35**

ELEMIS Body Wraps

ELEMIS Exotic Frangipani Body Nourish Wrap/ Exotic Sweet Orchid Nourish Wrap

This exotic, aromatic wrap provides ultimate radiance and glow giving immediate softness and suppleness to the entire body **60 mins £49**

ELEMIS Garden of England Rose Restore

Hydrating massage and micro wrap, this unique trio of Rose, Camelina and Poppy seed oils leaves skin moisturised, supple and delicately scented **60 mins £49**

ELEMIS Hot Mineral Body Boost

An exceptional conditioning and re-invigorating body treatment performed on the revolutionary Amber and Quartz Crystal Bed **60 mins £49**

ELEMIS Detox/Cellulite

ELEMIS Thousand Flower Body Detox Wrap

This nutrient-rich detox wrap helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated **60 mins £52**

ELEMIS Targeted Toning Tightener

A powerful blend of massage and detoxifying clay for targeted toning and improved circulation **90 mins £75**

Manicures

OPI Express Manicure In a rush but still need a quick way to de-stress? This Express Manicure features essential OPI ProSpa products and techniques in a condensed service that doesn't sacrifice on a premiere experience.

Natural or colour finish **30 mins £25** French polish **35 mins £28**

OPI Signature Manicure Experience the quintessential OPI ProSpa products combined with a relaxing massage and acupressure.

Natural or colour finish **40 mins £30** French polish **45 mins £33**

OPI Pamper Manicure The crème de la crème of manicures, you will benefit for unparalleled exfoliation, moisture and protection, while enjoying a combination of massage and acupressure techniques.

Natural or colour finish **60 mins £40** French polish **65 mins £45**



Pedicures

OPI Express Pedicure Quick yet effective, this Express Pedicure features essential OPI ProSpa products to provide a spa pedicure experience.

Natural or colour finish **35 mins £25** French polish **40 mins £28**

OPI Signature Pedicure OPI ProSpa products soak, exfoliate and smooth callused feet. Massage and acupressure techniques reduce stress and tension.

Natural or colour finish **50 mins £30** French polish **55 mins £33**

OPI Pamper Pedicure

Soothe, relax and pamper with this ultimate pedicure experience. Includes callus softening, exfoliation, moisture and protection along with extended massage and acupressure to leave you feeling relaxed and renewed.

Natural or colour finish **60 mins £40** French polish **65 mins £45**

CND Shellac

The original and only Power Polish™ that delivers flawless wear, superior colour and mirror shine with zero dry time and no nail damage. Can last up to 2 weeks.

Shellac Colour	40 mins £20
Shellac French	45 mins £23
Shellac Removal and Colour.....	60 mins £25
Shellac Removal and French.....	65 mins £28
Shellac Removal only	20 mins £7

File and Polish – Fingers or Toes

An express file and polish, finished with the OPI polish of your choice or the classic French look.

Natural or colour finish **20 mins £12** French Polish **25 mins £15**

Add CND Shellac to your manicure or pedicure for only £10.

Please remove nail/gel polish prior to nail and gel polish treatments. We regret we are unable to remove gel or Shellac applied by another salon.

Finishing Touches

Waxing Treatments

Full leg	45 mins	£24
Full leg and regular bikini	60 mins	£27
Three quarter leg	40 mins	£19
Half leg	30 mins	£16
Half leg and regular bikini	45 mins	£24
Regular bikini or underarm	15 mins	£10
Upper lip or chin	15 mins	£8
Forearm wax	30 mins	£14
Back or chest	30 mins	£17
Back and chest	60 mins	£24

6 waxing treatments for the price of 5

Essential Eye Care

Eyebrow shape or tidy	15 mins	£9
Eyelash tint	20 mins	£11
Eyebrow tint	15 mins	£9
Eyelash and brow tint	30 mins	£16
Eyebrow shape and tint	30 mins	£17

St. Tropez Airport Spray Tan

The ultimate spray tan for that year-round holiday glow.

Full body – 15 mins **£20**

Half body – 15 mins **£15**

Express Tan (Full body) – 15 mins **£25**

Aztec Spa - All you need to know

Opening hours

Club, Gym, Pools.....7am – 9pm
Spa..... Mon - Fri 9am – 9pm;
Sat 9am – 6pm; Sun 10am – 6pm

Arrival

Please check in 15 minutes prior to your appointment time at the Aztec Spa Reception. This allows you to complete a short medical questionnaire. Please note that as a courtesy to all our clients a prompt appointment schedule is adhered to. Late appointments may not be honoured and unfortunately cannot be refunded. Treatments which start late will still finish at the appointed time, so other guests are not inconvenienced.

Health concerns

If you have any medical conditions, are pregnant or breast feeding or have allergies, injuries, skin complaints, cancer treatment (past or present) or infections, please discuss with the Aztec Spa Reception (and doctor where necessary) prior to making your booking as this may affect your treatment choice.

TLH Gift Vouchers
A GIFT FOR ANY OCCASION

The TLH Gift Vouchers website is live with a selection of gift vouchers. Take a look at www.tlh.co.uk/aztec-spa



Booking policy

Full payment is required when making your appointment in order to secure your booking.

Cancellation policy

100% cancellation charge will be incurred for any treatments cancelled less than 24 hours in advance.

Treatment times

Treatment times listed in our brochure include consultation and aftercare advice. Waxing and eye care treatments are approximate timings.

Spa attire

Throughout treatments, the body will be modestly covered at all times. Disposable underwear is available upon request. If you wish to use the pool and other leisure facilities remember to bring appropriate footwear, clothing and swimwear to make the most of your visit. Lockers are provided in our Spa changing rooms, we cannot be held responsible for the loss of any items left behind. Robe and flip-flops will be provided for body treatments. Robe and flip-flops are available to hire from the Aztec Spa Reception.

Children

Children under the age of 13 are not allowed in the Spa. We do have a limited range of treatments for young people aged 13–16 years, when accompanied by a parent or guardian. We regrettably cannot accommodate babies in the treatment rooms. Please give us a call so we can advise.



Aztec Spa

For Aztec Spa information & booking
please call: 01803 400190

Find us at the heart of Torquay



We're social,
join us on



#TLHhotels
www.tlh.co.uk/aztec-spa



TLH Derwent • TLH Victoria • TLH Carlton & TLH Toorak Hotels
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Internal telephone for Aztec Spa – enquiries and bookings: Ext 1920