



**Aztec Spa**

Torquay





# Aztec Spa

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.

## ELEMIS

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.

## O•P•I

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.

## Aztec Spa Team

Relax in the knowledge that you are in skilled hands and enjoy the ultimate in pampering from our experienced Spa therapists. One visit to the Aztec Spa just won't be enough.

## Aztec Spa Fire & Ice

Our Aztec Spa Fire & Ice suite is designed to stimulate all the senses with a series of hot and cold experiences.

Welcome



# Facials

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

## **ELEMIS Pro-Glow Renewal** | 50 mins **£83** | 30 mins **£48.50** **FOR A HEALTHY, GORGEOUS GLOW**

ELEMIS' signature triple cleanse facial provides hyper-focused resurfacing and moisture-boosting results to unlock a healthy, lit-from-within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

## **ELEMIS Pro-Glow Smooth** | 50 mins **£83** | 30 mins **£48.50** **THE ULTIMATE HIIT WORKOUT FOR YOUR SKIN**

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

## **ELEMIS Pro-Glow Resurface** | 50 mins **£83** | 30 mins **£48.50** **REVEAL STUNNINGLY SMOOTH SKIN**

Transform the skin's texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion.

## **ELEMIS Pro-Glow Brilliance** | 50 mins **£83** | 30 mins **£48.50** **YOUR RECIPE FOR RADIANCE**

Awaken dull, lacklustre-looking skin with this radiance-boosting facial for a visibly brighter, glowing complexion.



# ELEMIS Pro-Glow +

## ELEMIS Pro-Glow+ Facials

Combine five different technologies with existing ELEMIS facials to give you powerful results in a relaxing spa environment.

Each of our Pro-Glow+ facials use both traditional massage techniques alongside technology to deliver an exceptional experience your skin will thank you for.

Our therapists will discuss your treatment options with you so you can be sure you will experience the best Pro-Glow+ facial for your skin type.

**All Pro-Glow + Facials** | 50 mins **£87** | 30 mins **£55.50**

## ELEMIS Pro-Glow+ Tools



### ULTRASONIC

Uses a ceramic plate that vibrates 2700 times per second to lift dead skin and stimulate production of collagen



### MICROCURRENT

Microcurrent pulses lift and firm the skin to tighten muscles and contour the face



### GALVANIC

Uses positive and negative polarity from galvanic currents to open pores and draw out impurities



### O2 INFUSION

Cooling oxygen blasts are used to plump and hydrate the skin, targeting fine lines and signs of dryness



### LIGHT THERAPY

A combination of anti-bacterial blue light and re-energising red light therapy to deeply treat your skin



# Body Massage

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

## Traditional Swedish Massage

Targeted to ease the aches and pains of specific problem areas

Full body | 60 mins **£60**

Back, Neck & Shoulder | 30 mins **£44**

Foot & Leg | 30 mins **£44**

## Indian Head Massage | 30 mins **£52**

Using fragrance-free oil and traditional Indian techniques, guaranteed to relax you

## ELEMIS Freestyle Deep Tissue Muscle Massage

With specifically blended massage oils, tailored to suit your individual needs

Full body | 60 mins **£80**

Back, Neck & Shoulder | 30 mins **£55**

## ELEMIS Deeper Than Deep Hot Stone Massage | 60 mins **£91** | 30 mins **£55**

Get deep into the muscle with Balinese stones selected to address exactly what you need. Skin is intensely moisturised with Frangipani Monoi Body Oil.

## ELEMIS Peaceful Pregnancy Massage

| 60 mins **£91**

A gently nurturing, specially formulated massage for mothers-to-be that deeply relaxes

## ELEMIS Couture Touch

| 120 mins **£98** | 60 mins **£68**

Hands-on TOUCH facial with a personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage

## ELEMIS Couture Technology

| 120 mins **£115** | 60 mins **£79**

Switch your skin back on with this turbo-charged facial and Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage

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

| 30 mins **£53**

This invigorating exfoliation ritual will deeply cleanse, polish and soften your skin to perfection

## ELEMIS Exotic Frangipani Body Nectar Nourish Wrap | 60 mins **£63.50**

This exotic, aromatic wrap provides ultimate radiance and glow giving immediate softness and suppleness to the entire body

## Aztec Get Up & Glow

| 90 mins **£115** | 60 mins **£84**

A top to toe luxury treatment. 30 min body scrub - An exotic exfoliation ritual will deeply cleanse, polish and soften your skin to perfection. 30/60 min ELEMIS facial - Visibly refresh and brighten your skin with one of our Pro-Glow Facials

## Sports Massage

| 60 mins **£90.50** | 30 mins **£65.50**

Targeted sports massage

## Reflexology | 30 mins **£37** | 60 mins **£52.50**

Reflexology is a technique that applies gentle pressure to your feet or hands.

### OPI Express Manicure

Natural or colour finish | 30 mins **£31** / French polish | 35 mins **£34.50**  
In a rush but still need a quick way to de-stress? This Express Manicure offers a condensed service that doesn't sacrifice on a premiere experience

### OPI Signature Manicure

Natural or colour finish | 40 mins **£37** / French polish | 45 mins **£40.50**  
Experience the quintessential OPI ProSpa products combined with a relaxing massage and acupressure

### OPI Pamper Manicure

Natural or colour finish | 50 mins **£48.50** / French polish | 55 mins **£52**  
The crème de la crème of manicures. Benefit from unparalleled exfoliation, moisture and protection, while enjoying massage and acupressure techniques

### OPI Express Pedicure

Natural or colour finish | 30 mins **£31** / French polish | 35 mins **£34.50**  
Quick yet effective, featuring essential OPI ProSpa products for a spa pedicure experience

### OPI Signature Pedicure

Natural or colour finish | 40 mins **£37** / French polish | 45 mins **£40.50**  
OPI ProSpa products soak, exfoliate and smooth callused feet

### OPI Pamper Pedicure

Natural or colour finish | 50 mins **£48.50** / French polish | 55 mins **£52**  
Includes callus softening, exfoliation, moisture and protection along with extended massage and acupressure

### File and Polish

Natural or colour finish  
| 20 mins **£16**  
French polish  
| 25 mins **£19.50**

Fingers or Toes - an express file and polish, finished with the OPI polish of your choice or the classic French look

### OPI GEL

Natural or colour finish  
| 40 mins **£24**  
French polish  
| 45 mins **£27**  
Removal & colour  
| 60 mins **£29**  
Removal & French  
| 65 mins **£32**  
Removal only  
| 20 mins **£10**

## Manicures & Pedicures

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

Add OPI Gel to your manicure or pedicure for just **£14**



# Spa Days

Escape and take some time for yourself with one of our excellent value spa days. **Our spa days include:** a 60-minute Fire & Ice experience in our luxury adult-only facility, full use of our indoor pool complex, sauna, steam room & jacuzzi plus free use of the Aztec Gym. Robe and footwear are provided with Aztec Relax, Aztec Refresh and Aztec Revive packages.

## Aztec Relax

**Monday – Thursday £84pp**

**Friday – Sunday £96.50pp**

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 Pro-Glow Facial
- Indian Head Massage
- Traditional Swedish Back, Neck & Shoulder Massage
- Traditional Swedish Foot & Leg Massage
- OPI Express Manicure
- OPI Express Pedicure

### Suitable for pregnancy\* – choose one of following 30 minute treatments:

- ELEMIS Pro-Glow Facial
- Indian Head Massage
- Traditional Swedish Foot & Leg Massage
- OPI Express Manicure
- OPI Express Pedicure

**Add another treatment from the list above for only £27.50**

## Aztec Refresh

**Monday – Thursday**

**£120.50pp**

**Friday – Sunday £133pp**

Relax with a luxury spa treatment of your choice. Make the most of our leisure facilities and enjoy an afternoon tea in the Aztec Bistro.

Includes a Traditional Swedish Full Body Massage **plus one of the following 30 minute treatments:**

- ELEMIS Pro-Glow Facial
- OPI Express Manicure
- OPI Express Pedicure
- Indian Head Massage

### Suitable for pregnancy\*

Includes an ELEMIS Peaceful Pregnancy Massage **plus one of the following 30 minute treatments:**

- ELEMIS Pro-Glow Facial
- OPI Express Manicure
- OPI Express Pedicure
- Indian Head Massage

**Add another treatment from the list above for only £27.50**

## Aztec Revive

**Sunday – Friday £194pp**

Totally unwind with our amazing value full day spa package. Enjoy our leisure facilities and enjoy lunch and a glass of wine in the Aztec Bistro.

Includes a Traditional Swedish Full Body Massage, an ELEMIS Luxury Facial **plus one of the following:**

- OPI Pamper Manicure
- OPI Pamper Pedicure
- OPI Express Manicure & OPI Express Pedicure

### Suitable for pregnancy\*

Includes an ELEMIS Peaceful Pregnancy Massage **plus one of the following:**

- OPI Pamper Manicure
- OPI Pamper Pedicure
- OPI Express Manicure & OPI Express Pedicure

\*Use of Aztec Spa Fire & Ice is not recommended whilst pregnant.

## Aztec Fire & Ice Luxe

**Monday – Thursday £49pp**

**Friday – Sunday £59pp**

Indulge your senses in Aztec Fire & Ice for a full 60 minutes, and then treat yourself to lunch or an evening light bite and glass of bubbly in the Aztec Bistro.

## Overnight Spa Breaks

For total relaxation, book a Spa Break, based at the TLH Carlton Hotel. Includes dinner, bed & breakfast and choice of treatments.

Find out more at [www.tlh.co.uk](http://www.tlh.co.uk)







# Aztec Spa

## Fire & Ice

Indulge all your senses in our multisensory thermal suite.

This 60-minute luxury and bespoke adult-only experience is designed to be enjoyed with friends, loved ones or as a retreat for individuals who need some Zen in their lives.

Book as a standalone experience or as an addition to spa treatments.

- 8 person hydro-pool
- Herbal sauna
- Finnish sauna
- Aroma steam room
- Drench bucket
- Ice fountain
- Shower experience
- Heated loungers
- Zen relaxation area



60 minute session	Weekend Price Sat & Sun	Midweek Price Mon – Fri
Fire & Ice Experience	£25.00pp	£22.50pp
Fire & Ice Experience for two	£45.00	£40.00
Fire & Ice Experience if booked with a spa treatment*	£17.50pp	£15.00pp

Please note: You cannot return to the Fire & Ice zone once your session has ended. Last admittance 7.20pm \*Offer price available when a minimum of £20pp is spent on an individual Spa treatment.



## Aztec Spa Fire & Ice

### Celebration Package

The perfect way to celebrate. Exclusive private use of Aztec Fire & Ice followed by afternoon tea and 2 bottles of sparkling wine in the Aztec Bistro.

**Sunday – Thursday £37.50pp**  
**Exclusive Use £450**  
**Friday & Saturday £41.70pp**  
**Exclusive Use £500**  
based of 12 people

# Finishing Touches

## Waxing

Full leg	45 mins	<b>£31.00</b>
Full leg and regular bikini	60 mins	<b>£34.50</b>
Three quarter leg	40 mins	<b>£25.50</b>
Half leg	30 mins	<b>£23.00</b>
Half leg and regular bikini	45 mins	<b>£31.00</b>
Regular bikini or underarm	15 mins	<b>£16.00</b>
Upper lip or chin	15 mins	<b>£11.50</b>
Forearm wax	30 mins	<b>£19.50</b>
Back or chest	30 mins	<b>£25.50</b>
Back and chest	60 mins	<b>£32.00</b>

## Eyes

Eyebrow shape or tidy	15 mins	<b>£12.50</b>
Eyelash tint	20 mins	<b>£15.00</b>
Eyebrow tint	15 mins	<b>£12.50</b>
Eyelash and brow tint	30 mins	<b>£20.50</b>
Eyebrow shape and tint	30 mins	<b>£22.00</b>

A patch test is required 24 hours before any tint treatment.



# Aztec Spa Guide

**Age restrictions** Our Spa treatments, Spa Days and Fire & Ice Experience are only available to those over 18 years old. Children under the age of 18 are not allowed in the Spa. We regrettably cannot accommodate babies in the treatment rooms.

**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. 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.

**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.

## Opening Hours

**Club, Gym and Pools:** 7am – 9pm

**Spa:** Daily from 9.00am – 6.00pm and until 8.00pm on a Friday

## Aztec Spa Shop

We have a range of ELEMIS and OPI gift sets and products in our Aztec Spa Shop.

**Fire & Ice** Please do not book Fire & Ice if you have any medical condition that may be adversely affected by the use of the equipment within the facility, which includes several thermal experiences. Please be aware use of our facilities is at your own discretion.

**Treatment times** Treatment times include consultation and aftercare advice. Waxing and eye care treatments are approximate timings.

**Spa attire** If you wish to use the pool and other leisure facilities remember to bring appropriate footwear, clothing and swimwear. We cannot be held responsible for the loss of any items left behind.

**Inappropriate behaviour** The Aztec Spa holds the right to refuse any treatment if a client is physically or verbally abusive, or demonstrates inappropriate, aggressive or sexual behaviour. Such behaviour may result in the client being asked to leave and being charged for their full treatment.

**Swimming pool** Customers having a spa treatment can use our indoor pool facilities for £10 per person. We cannot be held responsible for the loss of any items left behind.

**Food & drink** Users are not permitted to take food into the Fire & Ice zone. Free drinking water is available.

## Gift Vouchers

Go to our [TLH Gift Voucher site](#) for a selection of vouchers, including spa treatments, afternoon tea and monetary options. The perfect gift!





# Aztec Spa

Information & booking  
**please call: 01803 400190**

[www.tlh.co.uk](http://www.tlh.co.uk)  
[aztec@tlh.co.uk](mailto:aztec@tlh.co.uk)

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#TLHhotels

