



Aztec Spa

Torquay





Relax, Refresh, Revive...

Welcome

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 OPI 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.



Facials

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

ELEMIS EXPERT™ Touch Facials

50 mins **£92** | 30 mins **£55**

Hands-on facials tailored to your skin. Products are applied using a combination of ancient and modern massage techniques to deliver a profoundly effective facial experience.

ELEMIS EXPERT™ Touch Renew Facial

HYDRATE, LIFT & FIRM

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

ELEMIS EXPERT™ Touch Reveal Facial

RESURFACE, SMOOTH & GLOW

Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

ELEMIS EXPERT™ Touch Nourish Facial

CLEANSE, REBALANCE & REVIVE

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

ELEMIS LED Mask Therapy

40 mins **£61**

SOOTHE & RESTORE BALANCE

Includes a scalp, hand & arm massage OR a foot & leg massage whilst wearing the LED mask. The ELEMIS LED Light Therapy Mask uses eight different types of light to help soothe troubled skin and restore balance. Your therapist will advise on the right type of light for your skin.

Add the ELEMIS LED Mask to any treatment - 20 mins £22



ELEMIS EXPERT™ Tech Facials

POWERED BY BIOTEC

50 mins **£96** | 30 mins **£63**

These next generation facials combine proven aesthetic technology to help stimulate tired skin for accelerated results.

ELEMIS EXPERT™ Tech Radiance Revive Facial

REBALANCE, NOURISH & GLOW

Revive tired skin with our advanced Ultrasonic Peel technology teamed with Oxygen Infusion to plump and Galvanic to nourish leaving your skin rebalanced, nourished and radiant.

BIOTEC TECHNOLOGY: Ultrasonic Peel for glowing skin - Oxygen Infusion to plump the skin - Galvanic technology to restore the skin

ELEMIS EXPERT™ Tech Smooth + Polish Facial

RESET, RESURFACE & BRIGHTEN

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic to nourish, revealing bright, polished and smooth skin.

BIOTEC TECHNOLOGY: Ultrasonic Peel for glowing skin - LED Light Mask to re-energise the skin - Galvanic technology to restore the skin

ELEMIS EXPERT™ Tech Lift + Rejuvenate Facial

RENEW, PLUMP & TONE

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate & Oxygen Infusion to plump. Skin will appear renewed, toned and lifted.

BIOTEC TECHNOLOGY: Ultrasonic Peel for glowing skin - Microcurrent to lift the skin - Oxygen Infusion to plump the skin

To book call **01803 400190**

ELEMIS EXPERT™ 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



LED MASK

Uses 8 different types of light to help soothe troubled skin and restore balance



Body Massage

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

Traditional Swedish Massage

Full body | 60 mins **£67**

Foot & Leg | 30 mins **£50**

Back, Neck & Shoulder | 30 mins **£50**

Targeted to ease the aches and pains of specific problem areas.

Indian Head Massage | 30 mins **£58**

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

ELEMIS EXPERT™ Deep Tissue

Tension-Ease Massage

Full body | 60 mins **£89**

Back, Neck & Shoulder | 30 mins **£61**

This full body massage is tailored to ease tension and target deep-seated muscle knots.

ELEMIS EXPERT™ Transformative

Hot Stone Massage | 60 mins **£98**

| 30 mins **£61** A deep massage incorporating heated volcanic stones. Warm Frangipani Monoi Body Oil soothes aching muscles.

ELEMIS EXPERT™ Peaceful

Pregnancy Massage | 60 mins **£100**

A tranquil and restorative massage Aromatics, safely formulated for use during pregnancy, are selected for optimum wellbeing.

ELEMIS Couture Touch

120 mins **£147** | 60 mins **£76**

Hands-on TOUCH facial with a personalised Deep Tissue Tension-Ease Massage or Transformative Hot Stone Massage

ELEMIS Couture Technology

120 mins **£152** | 60 mins **£88**

A turbo-charged facial and Deep Tissue Tension-Ease Massage or Transformative Hot Stone Massage.

ELEMIS EXPERT™ Body Ritual Immerse yourself in luxury with these tailored treatments.

CLEANSING SALT SCRUB | 30 mins **£60**

Warm oil is dripped sparingly over the body, Frangipani Salt Glow cleanses & polishes the skin.

CLEANSING SALT SCRUB AND FRANGIPANI BODY WRAP | 60 mins **£70**

Invigorate and bring vitality to the body. After an invigorating salt glow treatment, your body is cocooned in this comforting wrap.

Aztec Get Up & Glow

90 mins **£126** | 60 mins **£95**

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

Sports Massage | 60 mins **£92** | 30 mins **£65**

Targeted sports massage

Reflexology | 60 mins **£58** | 30 mins **£45**

Restore balance and promote well-being using gentle pressure to the feet.

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.

OPI Express Manicure

Natural or colour finish | 30 mins **£35** / French polish | 35 mins **£38**

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 premier experience.

OPI Pamper Manicure

Natural or colour finish | 50 mins **£54** / French polish | 55 mins **£57**

The crème de la crème of manicures. Benefit from unparalleled exfoliation, moisture and protection, while enjoying foot massage techniques.

OPI Express Pedicure

Natural or colour finish | 30 mins **£35** / French polish | 35 mins **£38**

Quick yet effective, featuring essential OPI ProSpa products for a spa pedicure experience.

OPI Pamper Pedicure

Natural or colour finish | 50 mins **£54** / French polish | 55 mins **£57**

Includes callus softening, exfoliation, moisture and protection along with extended foot massage techniques.

File and Polish

Natural or colour finish | 20 mins **£18** / French polish | 25 mins **£22**

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 **£27** / French polish | 45 mins **£30**

Removal & colour | 60 mins **£33** / Removal & French | 65 mins **£36**

Removal only | 20 mins **£13**

Add OPI
Gel to your
manicure or
pedicure for
just £16

To book call **01803 400190**

Spa Days

Escape and take some time for yourself with one of our excellent value spa days. **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. Robe and footwear are provided with Aztec Relax, Aztec Refresh and Aztec Revive packages.

Aztec Relax

Monday – Thursday **£93**

Friday – Sunday **£108**

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 EXPERT™ Touch 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 the following 30 minute treatments:

- ELEMIS EXPERT™ Touch Facial
- Indian Head Massage
- Traditional Swedish Foot & Leg Massage
- OPI Express Manicure
- OPI Express Pedicure

Add another treatment from the list above for only **£32**

Aztec Refresh

Monday – Thursday **£132**

Friday – Sunday **£147**

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 EXPERT™ Touch Facial
- OPI Express Manicure
- OPI Express Pedicure
- Indian Head Massage

Suitable for pregnancy*

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

- ELEMIS EXPERT™ Touch Facial
- OPI Express Manicure
- OPI Express Pedicure
- Indian Head Massage

Aztec Revive

Sunday – Friday **£215**

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 EXPERT™ Peaceful Pregnancy Massage **plus one of the following:**

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

Aztec Fire & Ice Luxe

Monday – Thursday **£55**

Friday – Sunday **£65**

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 includes dinner, bed & breakfast and choice of treatments.

Find out more at **tlh.co.uk**



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

Spa Days prices are per person.



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 hydropool
- Herbal sauna
- Finnish sauna
- Aroma steam room
- Drench bucket
- Ice fountain
- Shower experience
- Heated loungers
- Zen relaxation area

To book call **01803 400190**



| 60 minute session | Weekend Price Sat & Sun | Midweek Price Mon – Fri |
|---|----------------------------|----------------------------|
| Fire & Ice Experience | £26pp | £24pp |
| Fire & Ice Experience for two | £47 | £42 |
| Fire & Ice Experience if booked with a spa treatment* | £18pp | £16pp |

Please note: You cannot return to the Fire & Ice zone once your session has ended. Last admittance Monday to Thursday 4.40pm & Friday to Sunday 6.00pm *Offer price available when a minimum of £25pp is spent on an individual Spa treatment.

Finishing Touches

Waxing

| | | | |
|-----------------------------|---------|--|-----|
| Full leg | 45 mins | | £35 |
| Full leg and regular bikini | 60 mins | | £38 |
| Three quarter leg | 40 mins | | £29 |
| Half leg | 30 mins | | £26 |
| Half leg and regular bikini | 45 mins | | £35 |
| Regular bikini or underarm | 15 mins | | £19 |
| Upper lip or chin | 15 mins | | £14 |
| Forearm wax | 30 mins | | £23 |
| Back or chest | 30 mins | | £29 |
| Back and chest | 60 mins | | £36 |

Eyes

| | | | |
|------------------------|---------|--|-----|
| Eyebrow shape or tidy | 15 mins | | £15 |
| Eyelash tint | 20 mins | | £18 |
| Eyebrow tint | 15 mins | | £15 |
| Eyelash and brow tint | 30 mins | | £24 |
| Eyebrow shape and tint | 30 mins | | £25 |

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

To book call **01803 400190**



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 and Pools: Tuesday to Friday – 7.00am – 9.00pm (Last admittance at 8.30pm); Saturday to Monday – 7.00am – 7.00pm (Last admittance at 6.30pm).

Spa: Open daily from 9.00am to 6.00pm.

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 £13 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
tlh.co.uk
aztec@tlh.co.uk



We're social, join us on



#TLHhotels