

ESPA



Core Treatment Menu

ESPA
NATURAL BEAUTY
INNER CALM

**PURIFYING
MICELLAR CLEANSER**

One-step cleanser for
clear, conditioned skin
Un nettoyage en une seule étape
pour une peau nette et revitalisée

ESPA
NATURAL BEAUTY
INNER CALM

**BALANCING
FOAM CLEANSER**

Foaming facial wash
to cleanse and purify

ESPA
NATURAL BEAUTY
INNER CALM

**HYDRATING
CLEANSING MILK**

Gentle cleanser to
soothe and hydrate
Nettoyant doux apaisant
et hydratant

ESPA
NATURAL BEAUTY
INNER CALM

**NOURISHING
CLEANSING BALM**

Comforting cleanser to soften and smooth
Nettoyant confortable qui adoucit et lisse la peau

ESPA
NATURAL BEAUTY
INNER CALM

**REFINING
SKIN POLISH**

Exfoliating exfoliator to refine and smooth
Exfoliant doux, adoucit et lisse la peau de près



The Club and Spa Bristol is a luxurious wellness destination nestled in the picturesque grounds of the Doubletree by Hilton, Cadbury House. Boasting a sophisticated and tranquil ambiance, our spa offers a haven for relaxation and rejuvenation. With a commitment to providing an unparalleled wellness experience, The Club and Spa Bristol combines state-of-the-art facilities with expertly crafted ESPA treatments to cater to the diverse needs of our guests.

From indulgent massages to invigorating fitness classes, The Spa's comprehensive offerings cater to both physical and mental well-being. The elegant surroundings and attentive staff ensure that guests are treated to a truly pampering escape, making The Club and Spa a premier destination for those seeking a perfect blend of luxury and wellness.

Restore and nourish holistically with this indulgent collection of personalised treatments from world-renowned spa experts, ESPA.

Results-focused facials, high performance body treatments, immersive massages, and signature rituals await. ESPA's treatments are here to nurture your body, calm your mind, and leave skin looking naturally beautiful.





ESPA

NATURAL BEAUTY
INNER CALM

DETOXIFYING
BATH & BODY OIL

Purifying aromatherapy oil to
soften the skin and soften skin
made of therapeutic purifying
oil from the sea at natural quality

ESPA

NATURAL BEAUTY
INNER CALM

DETOXIFYING
SALT SCRUB

Purifying body scrub to relax, exfoliate and soften
the skin made of natural purifying
oil from the sea at natural quality

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Facials

Reveal visibly radiant skin each day, cultivated from natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalised, results-focussed facial.

We use the latest innovative techniques paired with our powerful Tri-Active™ blends. Discover instant, long-lasting results – skin appears clear and glowing. Inner calm is restored to soothe the spirit and the senses.

ESPA Inner Beauty Facial: £70.00

55 minutes

Deeply cleanse, hydrate, and renew with this instantly refreshing facial. Tailored to your skin's precise needs, Tri-Active™ formulas transform your complexion instantly. Pure aroma-therapeutic oils envelop the senses and the spirit. Skin looks clear, quenched and naturally beautiful. Inner calm is blissfully restored.

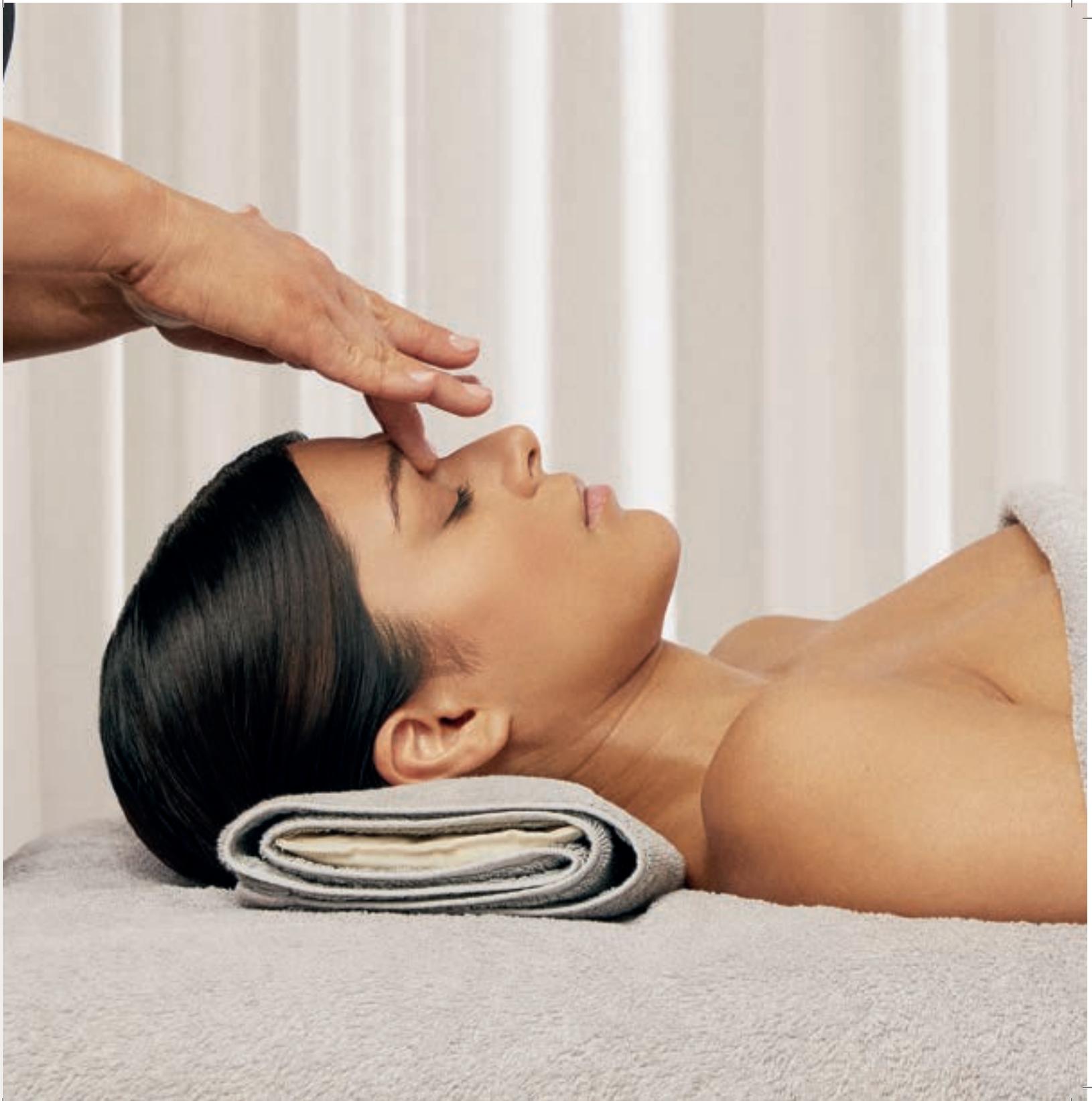
Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage.

ESPA Express Facial: £40.00

25 minutes

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, naturally active formulas cleanse, rebalance, and hydrate the skin. Pure essential oil aromatherapy soothe the senses, mind and spirit. This treatment leaves you looking radiant and feeling relaxed.

Includes: Skin analysis with Skin Vision™ lamp – double cleanse – exfoliation – personalised mask – scalp massage.





ESPA Active Nutrients Glow From Within Facial: £70.00

55 minutes

This supercharged treatment features a plethora of active nutrients to restore your radiance. Feed your skin and spirit, glow inside and out. Brighten and refresh dull, lethargic complexions with this glow-giving facial. This treatment harnesses the power of Gua Sha, a sweeping massage which stimulates the lymphatic and circulatory systems. In turn, this helps boost the flow of blood and nutrients to the skin.

Vibrant indulgence for the face, neck, scalp, and décolleté... This facial combines luxurious steaming, exfoliation, and multi-masking for optimal results. The body, mind, and spirit feel renewed and the skin glows with vitality and luminosity.

Includes: Skin analysis with Skin Vision™ lamp – cleanse & exfoliation (including Foreo) steam – Gua Sha facial massage – double mask – hand & arm Gua Sha massage, lifting massage techniques – Lifting & Smoothing Mask – scalp massage.

ESPA For Men

Our ESPA face and body treatments for men are tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

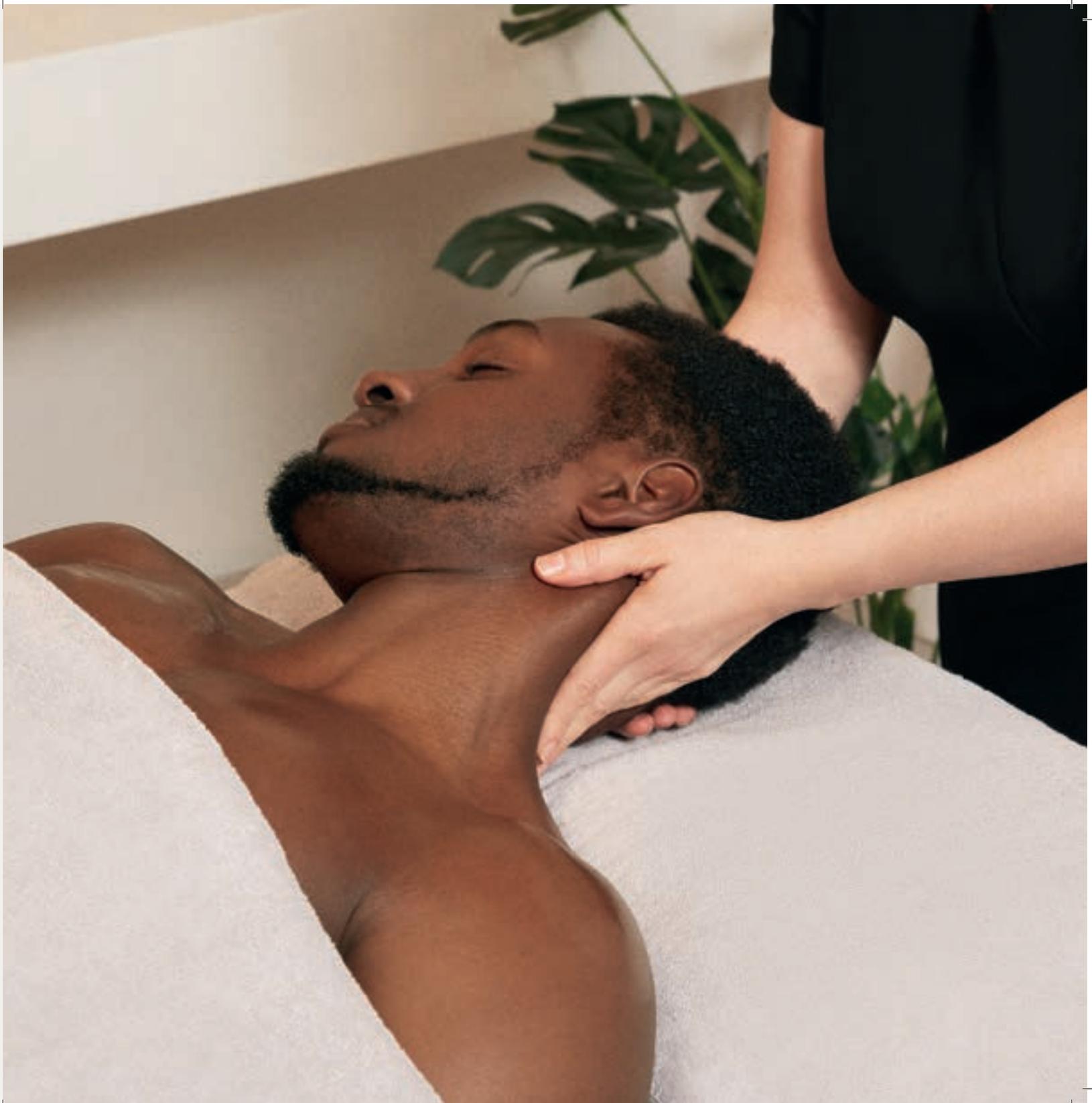
ESPA Deep Cleansing Facial: £70.00

55 minutes

Experience instant renewal with this deeply cleansing facial. This hydrating treatment is tailored to your exact needs, featuring our powerful formulas that work to purify and reawaken your skin. Enhanced with our sensorial essential oil aromatherapy, these luxurious and potent formulas cleanse and relax the skin and spirit. Discover purified skin that is re-energised, whilst your inner calm is restored.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage.

All other treatments are also suitable for men.





Massage

Rediscover inner and outer calm. ESPA addresses your individual needs with personalised luxurious techniques and natural formulas. We use holistic means, expertly executed, to provide a profoundly effective experience for the body, mind and spirit.

Muscular tensions are released, the senses are soothed, and you emerge energised with renewed focus and lasting serenity.

ESPA Inner Calm Massage: £75.00 / £90.00

55/80 minutes

Inner calm is yours with this soothing, serene massage. Quiet your mind, release tension, and nourish the skin with this holistic, restorative experience. Personalised to your physical and mental needs, this treatment features immersive aromatherapy blends to relax, cleanse or energise. Advanced massage techniques alleviate muscular pressure, soothe stress and evoke the feeling of profound relaxation. Discover balance and harmony both inside and out and reveal your natural beauty.

Includes: Breath work – full body aromatherapy massage – calming rose quartz crystal massage – scalp massage.

ESPA Back, Neck & Shoulder Massage: £55.00

25 minutes

Ease muscular tension with this powerful restorative treatment that comforts the body. Personalised to your unique needs, this targeted massage features immersive pure aromatherapy blends to soothe sore muscles, invigorate your body and calm your mind. Revive sore muscles and energise weary bodies.

Includes: Massage to the back, neck and shoulders.

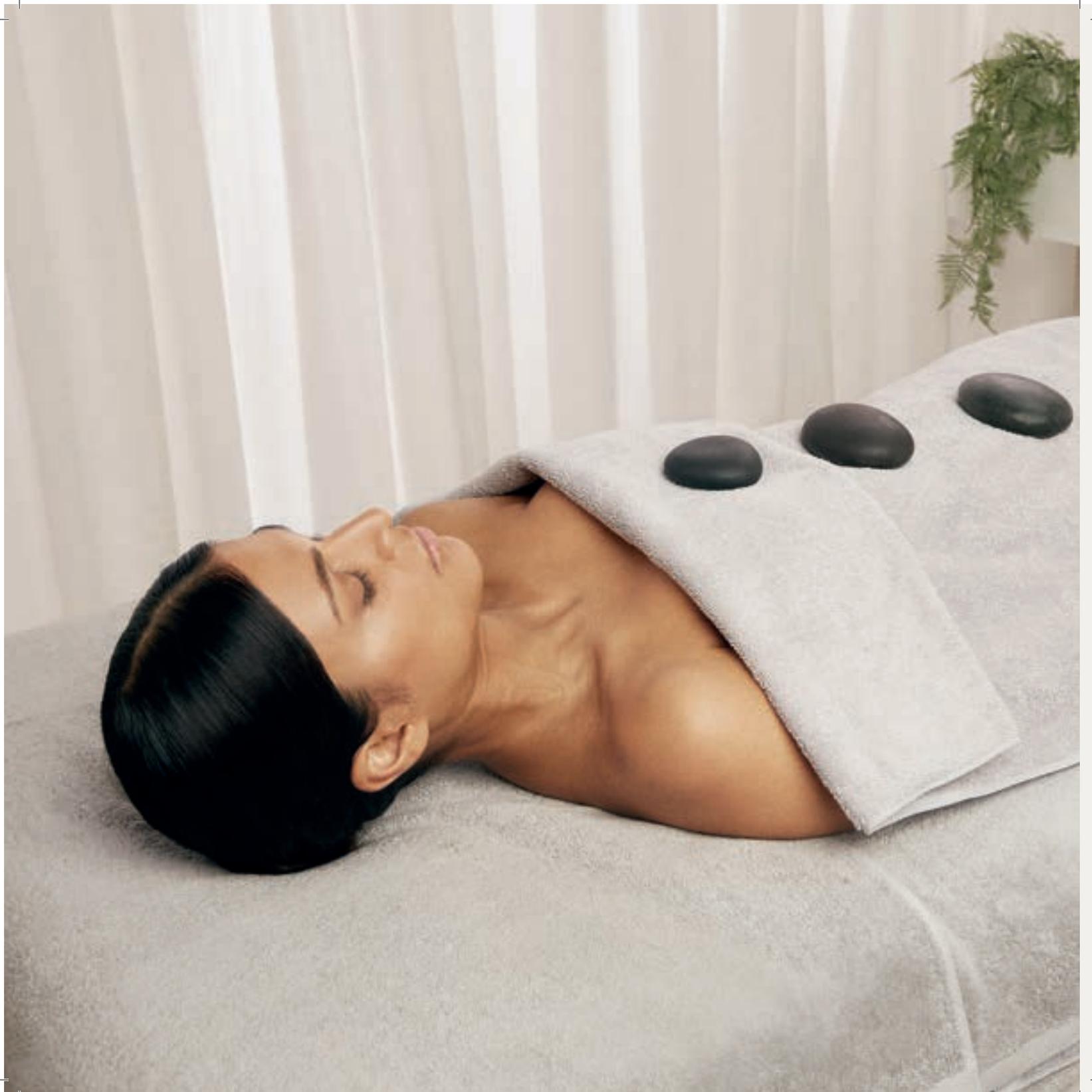
ESPA Hot Stone Massage: £80.00

55 minutes

Indulge in sensorial luxury with this intensive massage. Discover the grounding, mindful experience of hot stones. This immersive, tactile treatment unravels persistent muscular discomfort and tightness whilst encouraging the mind to recharge. Enhanced with pure essential aromatherapy oils for olfactory bliss, these expertly blended fragrances encompass you holistically to release stress and rejuvenate the senses, spirit and body.

Includes: Full body aromatherapy massage with hot stones – scalp massage.





Pregnancy Treatments

ESPA Pre-Natal Relax & Restore: £80.00

55 minutes

Nurture your changing body through every evolution. Calm your mind and relax your body with this personalised treatment. Composed to suit your individual needs and stage of pregnancy, ESPA indulges you with the purest most gentle formulas to smooth and nourish the skin. Precise, expert massage soothes tight, tender muscles and restores blissful relaxation.

Includes: Back exfoliation (if required) – focussed body massage – scalp massage.

Body Treatments

Guided entirely by your personal needs, expect instant and long-lasting results from these immersive, renewing rituals. Profoundly unique, they honour and employ nature's most powerful actives and oils – paired with innovative techniques from our expert therapists. The body feels rebalanced and skin's natural beauty is restored.

ESPA Back, Face & Scalp Treatment: £99.00

80 minutes

Unravel tension, boost your vibrance and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Includes: Back exfoliation – back massage with or without hot stones – Inner Beauty facial – scalp massage.

ESPA Salt & Oil Scrub: £40.00

25 minutes

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes: Skin brush – salt & oil full body exfoliation.

Invigorating Foot Treatment: £35.00

25 minutes

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

Includes: A refreshing exfoliation -deeply therapeutic foot and lower leg massage

Jessica Deluxe Pedicure: £50.00

55 minutes

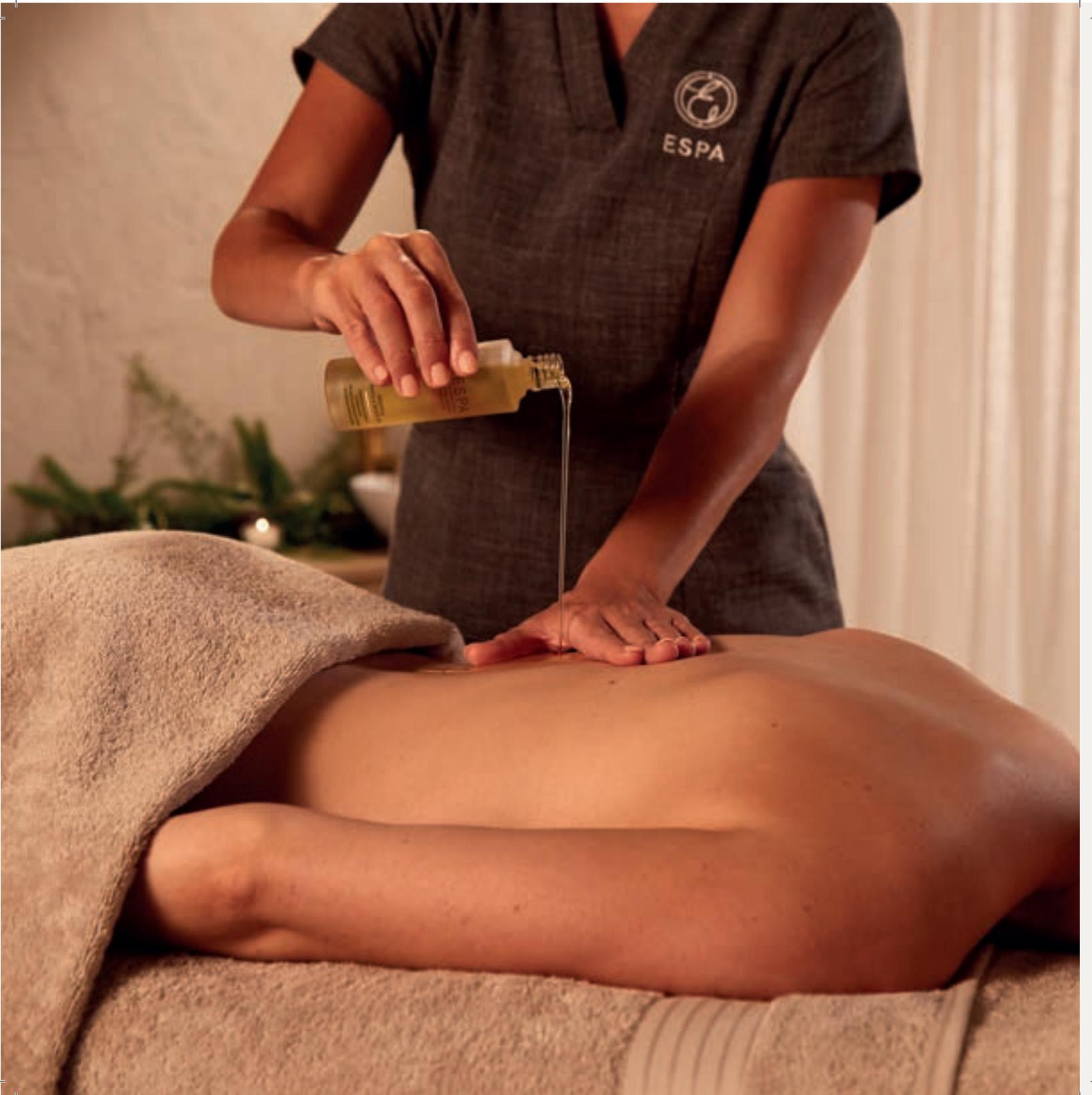
Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed & toe nails are shaped and perfectly polished.

Jessica Deluxe Manicure: £42.00

55 minutes

This treatment choice is excellent for increasing circulation or relieving stiff, painful joints. Nails are beautifully shaped and treated with a prescriptive base coat before finishing with the perfect polish.





Spa Packages

Whether you plan to stay for an entire day or just a few hours, our Spa Days encompass access to all spa resources, a complimentary robe and towel, a light lunch or Italian Afternoon Tea from our renowned Bardolino's Restaurant, accompanied by a glass of Sparkling Wine. Additionally, you have the opportunity to participate in our free Luxury Wellbeing Classes.

ESPA Relax Package: £50.00 Per Person

Refresh your mind, body & soul with pure bliss. Introducing, our Relax Package. This 4 hour package includes full use of all our facilities, towel & robe hire and a light lunch or Afternoon Tea with a glass of Sparkling Wine.

ESPA Restore Package: £69.95 Per Person / £129.95 for Two

Unwind and decompress with our Restore Package. This 4 hour package includes full use of all our facilities, towel & robe hire and a light lunch or Afternoon Tea with a glass of Sparkling Wine. Afterwards, experience our ESPA Sensory Journey as you relax and enjoy a 25 minute ESPA Back, Neck & Shoulder Massage.

ESPA Rejuvenate Package: £110.00 Per Person / £200.00 for Two

Renew and recharge your batteries with our ESPA Rejuvenate Package. This 4 hour package includes full use of all our facilities, towel & robe hire and a light lunch or Afternoon Tea with a glass of Sparkling Wine. Afterwards, experience our ESPA Sensory Journey as you relax and enjoy a 25 minute ESPA Back, Neck & Shoulder Massage and re-energize your skin with our ESPA 25 minute Express Facial.

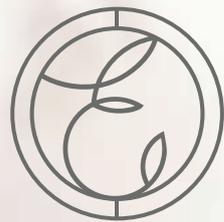
ESPA Serenity Package: £175.00 Per Person / £325.00 for Two

Indulge in ultimate bliss with our ESPA Serenity Package. This 4 hour package includes full use of all our facilities, towel & robe hire and a light lunch or Afternoon Tea with a glass of Sparkling Wine. Afterwards, experience our ESPA Sensory Journey as you relax and enjoy our 55 minute Inner Calm Massage then immerse yourself with the ultimate skin cleanse with our 55 minute ESPA Inner Beauty Facial.

ESPA Hero Package: £180.00 Per Person / £340.00 for Two

Embark on a journey to bliss with our unparalleled ESPA Hero Package, where every detail is crafted to create the ultimate oasis of relaxation and renewal. This 6 hour package includes full use all our facilities, towel & robe hire and a light lunch or Afternoon Tea with a glass of Sparkling Wine. Then surrender to the allure of tranquillity with our 80 minute ESPA HERO Treatment followed by our 25 minute ESPA Invigorating Foot Treatment.





ESPA



thespa.

AT CADBURY HOUSE