

sunrisejade

SPA TREATMENT MENU

POWERED BY
ELEMIS
LONDON



WELCOME TO THE JADE SPA

The Jade Spa, powered by ELEMIS, is the essence of peace and tranquillity. Their renowned treatments and therapeutic products have been specifically designed with you in mind, offering a unique experience by using powerful massage sequences and the most potent actives available in the world.

Our SPA offers a relaxing experience of self indulgence where you can relinquish the pressures of daily life, unwind and restore the natural balance and vitality of well being.

It's all possible when you surrender to the Jade spa experience.



ELEMIS PREGNANCY

ELEMIS Peaceful Pregnancy Massage 60 minutes €95

This unique pregnancy massage is a profoundly nurturing and tranquil oasis. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby. Only nurturing aromatics are imparted along with wisdom, empathy and respect.

ELEMIS Peaceful Pregnancy Face & Body Experience 2 hours € 155

Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

ELEMIS MASSAGE COLLECTION

ELEMIS Warm Up/Cool Down Deep Tissue Massage

30/60/90 minutes €55/95/125

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Your Therapist will select an aromatic oil according to your concerns; muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching but so much more nurturing.

ELEMIS Garden of England Rose Restore Relaxing Massage

30/60/90 minutes €55/95/125

Take a walk in an English rose garden with this lavishly hydrating body massage. The unique trio of Rose, Camellina and Poppy Seed Oils maintain and restore elasticity, whilst encouraging skin renewal. The skin is anointed with nourishing oils whilst a nurturing Rose Balm and bespoke massage comfort the skin, and ground the spirit. Skin is left exquisitely moisturised, intensely supple and deliciously scented.

ELEMIS Hot Stone Massage

60/90 minutes €95/125

Nothing gets into the centre of the muscle like a hot stone. Bathed in the intensely moisturising Frangipani Monoi Body Oil, a curated range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with the added bonus of intensely hydrated skin.

ELEMIS Frangipani Head & Scalp Massage with Back Massage

60 minutes €90

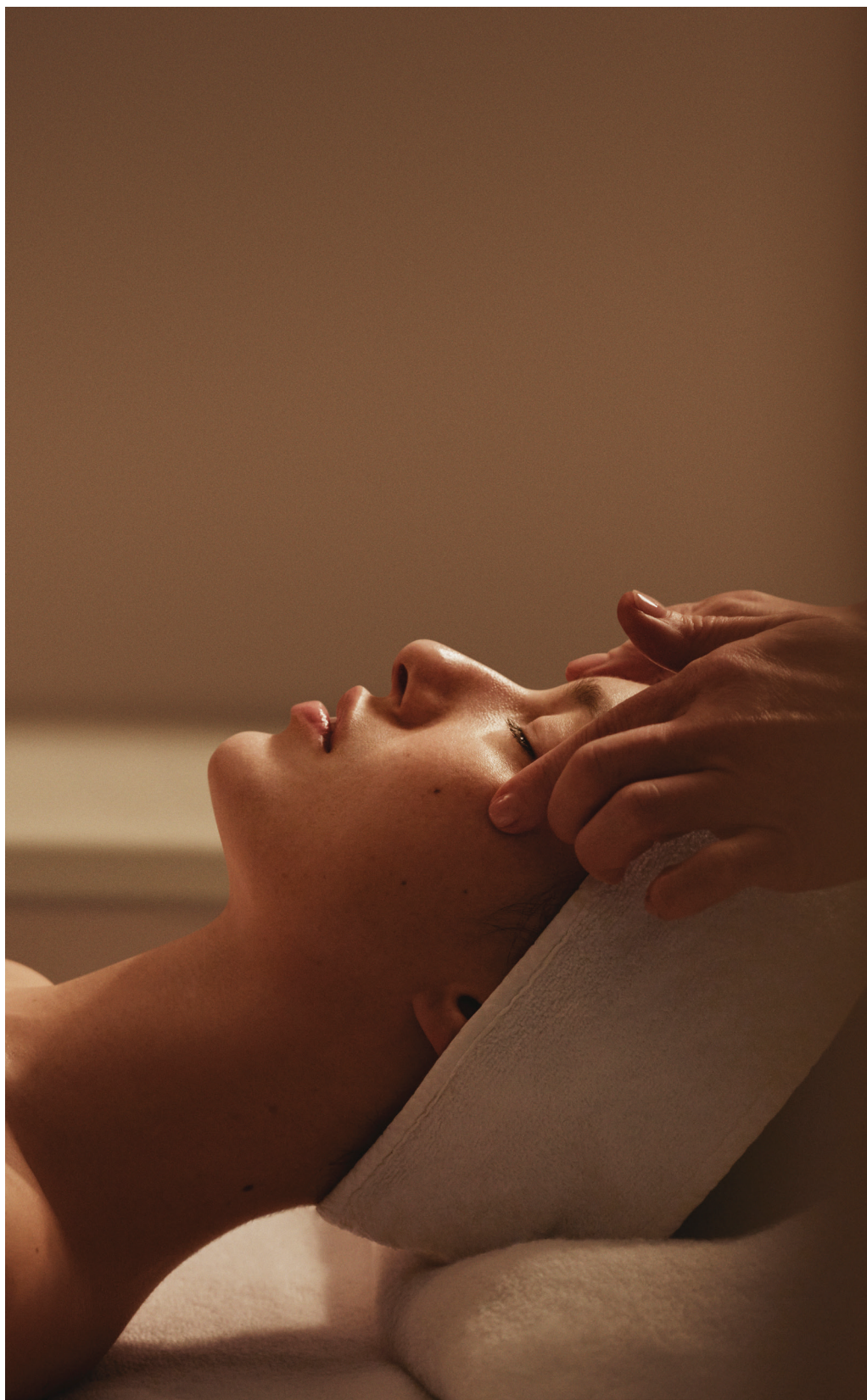
This scalp Massage is so blissful it should be illegal. Tension is dissolved using a combination of the ancient Chinese healing massage Tui Na and Japanese Shiatsu, while Indian and Thai kneading invigorates and clears your head. Added bonus the amazing Frangipani Monoi Head & Scalp Mask.

ELEMIS BODY THERAPY

ELEMIS Targeted Toning Tightener

30/90 minutes €55/€110

Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Choose a localised treatment for 30 minutes: Arms, Hips & Thighs or Abdomen



PRO-GLOW HANDS-ON FACIALS

ELEMIS Define Facial 75 minutes €150

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin.

ELEMIS Reveal Facial 60 minutes €130

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 Renew Facial 30/60 minutes €70/130

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 Nourish Facial 30/60 minutes €60/120

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.

SIGNATURE TREATMENTS

JADE STONE ROLLER FACIAL MASSAGE 30 minutes €50

Indulge in this booster facial that includes cleansing, exfoliation and a complete facial massage with our Jade Stone Roller whilst we layer the Award-Winning ELEMIS Superfood Facial Oil, which includes all the necessary vitamins & minerals for a healthy complexion. Connect with earth's precious stones and necessary extracts and give your skin a healthy 'smoothie' in an instant.

ADD-ONS

* Can be added on any treatment

LED Phototherapy 30/45 minutes €30/50

ELEMIS Feast Your Eyes Add-On Treatment 15 minutes €30

Give puffy eyes their marching orders with this instantly reviving eye treatment. A warm Rosewood compress and intensive eye mask rehydrate, soothe and lift, while you zone out with a de-stressing hand & arm massage. See the world through new eyes



COUPLE'S PACKAGES

Monoi Oil Lovers 60 minutes €165 (for both)

Full Body Deep Tissue Massage with Frangipani Monoi Body Oil that transports you to the French Polynesian. Infused with Tiare Flowers that are considered to be the Flowers of the Gods.

Crown to Base Rejuvenation 2hours €340 (for both)

Full Body Massage of Choice, 60 minutes & ELEMIS Expert Touch Facial 60 minutes

SPA LIFESTYLE PACKAGES

Travel Detox Massage 2hours €170

- ELEMIS Warm Up/Cool Down Deep Tissue Massage with Cellutox Oil and Extra Body Brush 60mins
- ELEMIS Targeted Toning Tightener Slimming & Cellulite Treatment 60mins

Anti-Ageing Retreat 2 days €280

First day:

- ELEMIS Expert Touch Facial 60 minute
- ELEMIS Targeted Toning Tightener Slimming & Cellulite Treatment 30 minutes

Second day:

- ELEMIS Eper Define Facial 60 minutes
- ELEMIS Targeted Toning Tightener Slimming & Cellulite Treatment 30min



ELEMIS

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JADE SPA ETIQUETTE

General

- The Spa and its environs are strictly NO SMOKING areas.
- We do not allow mobile phones in the Spa areas, please leave them switched off in your locker. This is the time for your body and mind to release the worries and stresses of the day.
- Please conduct all conversations at levels consistent with a relaxing Spa environment.
- The Spa & its facilities are open to persons aged 16 and over.
- Shower towels can be found in your lockers, please do not take shower towels outside.
- Please leave all items of value in your locker. The Spa is not responsible for loss of or damage to a guest's personal belongings.
- Always shower before using pool facilities and between sauna and steam rooms. A robe & slippers should be worn in all spa areas.
- Swimwear is compulsory in the Steam Room, Sauna and pool areas.
- A towel should always be placed on sauna and steam room benches between you and the bench.
- Please do not leave toiletries in showers or wet vanity areas.
- Shaving is permitted in the male changing rooms. However, please ensure that wet vanity areas are left clean. Razors should not be placed in any of the waste bins and shaving is strictly prohibited in the saunas and steam rooms.
- Please do NOT add oils or other products to the sauna bucket water without first speaking to a member of staff.
- Please ensure that you drink plenty of fluids to rehydrate after use of the sauna and steam rooms.
- Please place all used towels in the baskets provided.
- Food & drink should not be brought into the Spa for consumption during your visit. Refreshments are available in the relaxation areas and the Hotel Restaurant.
- All guests will be required to complete and sign a health & lifestyle questionnaire upon arrival, prior entering to the spa facilities.
- If you have a gift voucher please remember to bring this with you on the day to hand to Reception
- All facilities are subject to availability.



ELEMIS
PRO-COLLAGEN
SKIN PROTECTION
FLUID SPF 50
Broad Spectrum SPF-50
Sunscreen
SPF-50 large spectre
Crème solaire
© PA++++

40 ml e
1.3 US fl.oz.

When Taking a Treatment

- Please arrive in good time to enjoy the facilities and ensure that you are ready to be collected by your therapist at the allotted time. TIME LOST THROUGH LATE ARRIVAL WILL RESULT IN A SHORTENED OR AMENDED TREATMENT BEING OFFERED WITHOUT REFUND.

- Underwear or suitable swimwear should be worn in the treatment room and during treatments. For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping will be used at all times.

- During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care is our greatest concern and priority.

- If you have a particular injury or physical condition, please explain it to the therapist.

They can suggest appropriate adjustments to the treatment for your comfort and enhancement.

- There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you.

If you are quiet they will be too.

- We hope you enjoy this interlude of pampering and relaxation.

- Your comments are always welcome.

Spa Tours

- Spa Tours are by appointment only and can be conducted outside of the Spa's operating hours.

Cancellation Policy

- Please note 24 hours' cancellation notice is required for all bookings and services otherwise, 50% of the total treatment price will be charged. Credit card details may be required in order to confirm a booking.



SUNRISE JADE HOTEL

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