



# TREATMENT MENU

 **THE SPA**  
@ the chelsea  
harbour hotel



# WELCOME TO THE SPA @ MOTION HEALTH CLUB

Our exclusive spa is the ideal place to enjoy some ultimate 'me time'.

We have a wonderful selection of Caudalie treatments available including facials, massages, body treatments and deluxe pamper days.

Our spa team are always available to offer their advice on the very best treatments to suit you.

During your visit enjoy our heated pool, sauna and steam room and why not treat yourself to some of the fantastic Caudalie products that we have available to purchase and enjoy at home.

Whether you have stolen a few hours or a whole weekend to unwind from the stresses of everyday life, then a trip to our spa is time well spent. Give yourself the relaxation time you deserve and reinvigorate yourself at our Spa, book your appointment today.





## DISCOVER THE STORY

Caudalie is a most beautiful, glamorous French skincare brand, that combines the latest scientific techniques with the ancient secrets from their vineyards in Bordeaux. A Caudalie product delivers gorgeous textures and aromas that are a delight on the skin, whilst delivering exceptional results. Caudalie Vinotherapists are extensively trained to deliver the ultimate in luxurious, indulgent treatment experiences, which are globally recognised as a must have treatment experience.

### 1993 - THE ENCOUNTER

The founders Mathilde and Bertrand Thomas met professor Joseph Vercauteren, laboratory director of the Pharmacy University of Bordeaux, during the harvest at Château Smith Haut Lafitte. They discovered that grape seeds contain the most powerful antioxidants in the world.

### 1995 - POLYPHENOLS

In 1995 their first 3 products were launched, containing grape seed polyphenols (which still exist today!). At just 23 years old, they packed their bags and set out to show Pharmacists across France their creations. Impressed with the effectiveness of the products, they were given their first shot of success - and then, Caudalie truly began...

### 1997 - BEAUTY ELIXIR

The formula is inspired by the Queen of Hungary's elixir of youth. The unique, 100% plant-based formula, quickly became a cult classic; loved by celebrities, make-up artists and beauty junkies all around the world.

### 1999 - OUR FIRST VINOThÉRAPIE SPA

Exploring the family estate, where Caudalie first started, a hot spring 500 metres underground was discovered. This is how the first Vinothérapie Spa was created.

## 2001 – RESVERATROL

Grape vines can live for 100 years, thanks to the naturally produced resveratrol that helps the vine's natural defences and ability to regenerate. Mathilde and Bertrand were the first to patent this natural active ingredient with firming and anti-ageing properties.

## 2005 – VINIFERINE

This sap – as women working in the vines well know – fades dark spots on the hands and face and restores your skin's natural radiance. Professor Vercauteren identified and patented the molecule behind these incredible properties: Viniferine. This is how the Vinoperfect serum was first created and today, it is the No.1 best-seller around the world.

## 2006 – A PIONEER IN COSM-ETHICS

Cosm-ethics values were created in 2006. Mathilde is committed to offering the most natural formulas possible, whilst guaranteeing they remain both effective and luxurious.

## 2009 – PREMIER CRU

After 7 years of research and over 200 trials, Mathilde created the ultimate product that brings together the 3 exclusive patents, with some of the most effective anti-ageing active ingredients at their optimal concentration. Premier Cru was born, and today remains their most luxurious and powerful routine.

## 2012 – CAUDALIE JOINS 1% FOR THE PLANET

They began to dedicate 1% of global sales to funding reforestation projects. Since 2012, they have planted and protected over 4 million trees in all four corners of the world.

## 2012 – OUR FIRST BOUTIQUE SPA

The 1st boutique spa in New York was set up and there are now over 50 boutiques worldwide.

## 2015 – THE FRENCH BEAUTY SOLUTION

After spending 5 years in the United States, meeting thousands of women and really listening to their skin concerns, Mathilde launched her first book that shared her vision, beauty expertise and practical advice with, of course, a natural "French" beauty twist!

## 2018 – NEW VINERGY® PATENT WITH HARVARD

Mathilde and Bertrand had the immense privilege of meeting Dr. David Sinclair of Harvard Medical School in Boston. A true guru of longevity, he agreed to work alongside the team to patent a new molecule that tackles skin ageing. This new Vinergy® patent can be found in our Premier Cru Serum.

# CAUDALIE

# SPA DAY PACKAGES

Enjoy one of our relaxing spa days and you'll leave feeling destressed, relaxed and refreshed.  
Treatment choices can be found on page 8.

## TOTAL INDULGENCE AFTERNOON TEA AND FIZZ SPA DAY

£194pp

Your day of pure pampering will include:

- Full spa access
- Prosecco Afternoon tea served in the hotel
- Hot drinks during your day
- £10 off retail, redeemable on the day
- Two x 50-minute treatments of your choice

## ESCAPE & RELAX SPA DAY

£131pp

Your day of relaxation will include:

- Full spa access
- Light spa lunch served in the hotel
- Hot drinks during your day
- One x 50 minute treatment of your choice
- £10 off retail, redeemable on the day

## TIME OUT EXPRESS SPA DAY

£84pp

Your mini day of pampering will include:

- 3 hour spa and relaxation room access
- Hot drinks during your day
- One x 25-minute treatment of your choice
- £10 off retail, redeemable on the day

## BABY ON THE WAY SPA DAY

£131pp

Take some time out for you and your baby, your pampering will include:

- Full spa access
- Light spa lunch served in the hotel
- Hot drinks during your day
- Pre Natal treatment -50 minutes (12+weeks)
- £10 off retail, redeemable on the day

# OVERNIGHT SPA PACKAGES

Treatment choices can be found on page 8.

## TOTAL SPA GETAWAY

PEces from £446

Take time out to relax and unwind with this truly luxurious spa package.

Your escape includes:

- One nights' stay with dinner and breakfast for 2 people
- One 50 minute treatment each

## 2 NIGHT SPA WELLNESS ESCAPE PACKAGE

PEces from £598

This two-night package will allow you to benefit from the hotel facilities and surrounding areas while at the same time unwinding and rejuvenating in the spa.

Your Spa Wellness Package includes:

- Two nights' stay with breakfast and dinner included for two people
- Spa gift per room
- Two x 25-minute treatments per person per stay

## MINI REVIVE PACKAGE

PEces from £362

When you need to get away from it all, we have the perfect solution. We'll make sure you check out feeling revived, relaxed and ready to face the world again.

Your escape includes:

- One night's stay with dinner and breakfast for 2 people
- One x 25 minute treatments per person

## LONG WEEKEND SUNDAY NIGHT STAY

PEces from £288

This is the perfect way to extend your weekend, or a great way to extend your spa day. We'll make sure you check out feeling revived, relaxed and ready to face the world again.

Your escape includes:

- One Sunday night's stay with dinner or Afternoon tea and breakfast for 2 people
- 20% discount any pre-booked treatments

# PACKAGE TREATMENT CHOICES

## 50 MINUTE RITUALS BY CAUDALIE

### Caudalie Lifestyle

This luxurious body treatment incorporates a full body scrub from our Vinothérapie® Spas. You will then receive a body sculpting and lymphatic drainage massage , which stimulates the systems of the body and encourages natural elimination of toxins, invigorating your mind & body and as part of a slimming programme. Your skin will be left clean, refined and perfectly smooth.

### Caudalie Time Out

A choice of Caudalie 50 minute facials: Vino perfect radiance facial, vinosource hydrating facial or Vinopure purifying facial.

Specially designed to make you feel and look radiant in less than 1 hour. This facial includes full skin cleansing, deep exfoliation, while you relax with a customised mask , a hand and cranial scalp massage is completed This creates a moment of well-being by unblocking the energies of the nervous system. The experience is completed with serums and moisturisers to meet your individual requirements. Your skin's freshness, comfort and evenness are restored.

### Caudalie Relax in the City

The perfect treatment for time out in the city. Indulge in a divine crown to soul treatment. Begins with a soothing foot and leg cleanse followed by a relaxing foot and leg massage with pressure points. Next a Caudalie des vignes arm and shoulder massage and to finishing a neck and décolleté and scalp massage. This gentle and mindful therapy will leave you feeling calm, relaxed and balanced.

### Caudalie City Living

After a busy day, calm your mind and body with a relaxing back and neck massage followed by our skin specific express D-vine facial. This treatment will relieve tension and revitalise, leaving you feeling totally rejuvenated.

## 25 MINUTE EXPRESS TREATMENTS BY CHELSEA HARBOUR

### Moment of Tranquility

This relaxing Cranial Scalp Massage is the perfect remedy for tension and stress, it can also help lower blood pressure and improve circulation to the head and neck.

### Perfect Legs

This revitalising massage treatment is just what the doctor ordered following a day's shopping and sightseeing, allow the therapist to bring back your spring in your step, a perfect treatment for those who suffer with lower back pain.

### Express D-Vine Facial

Specially designed for men and women who are short of time, yet still want results. This express treatment is tailor made to meet the needs of every skin type. This facial includes eye and skin cleansing, deep exfoliation, the application of a customised mask, and a hand massage completes this moment of well-being.

### Bright Eyes

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. It starts with a delicate massage followed by the application of a hydrogel patch concentrated in red vine, horse chestnut and ivy leaf, the perfect lifting and firming eye treatment.

## SIGNATURE TREATMENTS/RITUALS

### D-VINE BACK FACE & SCALP TREATMENT

80 minutes     £126

This luxurious back, face and scalp treatment starts with a cleansing of the back, followed by exfoliation and a deep tissue back massage to ease away stress and tension. As your body is relaxed, we treat & hydrate your skin with a Caudalie facial to suit your wishes, finishing with a Cranial Scalp massage to calm your mind.

### D-VINE ULTIMATE FACE AND BODY

100 minutes     £157

This treatment starts with a full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth, followed by a luxurious Divine Body Massage. This is followed by a Facial cleanse, exfoliation, massage and finishes with a Cranial Scalp Massage for ultimate tranquillity.

### CRUSHED CABERNET SCRUB TREATMENT

25 minutes     £52

For those seeking a strong exfoliation with a slimming action look no further than the Caudalie crushed cabernet scrub. With an all natural formula this scrub smooths out cellulite and has a draining effect. The application of the Des Vignes body lotion combined with contouring concentrate, finishes off this treatment and leaves your skin luminous and lightly scented.



## FACIAL TREATMENTS

Our facial treatments were developed from the unique combination of our patented grape and grapevine ingredients, with the latest skincare techniques. In the hands of our therapists, you'll experience a full regimen of skincare treatments paired with relaxing massages for firmer, healthier, more beautiful skin.

### VINOPERFECT RADIANCE FACIAL COMPLEXION CORRECTING ANTI-DARK SPOT

50 minutes    £84

A unique facial treatment specifically designed to correct the complexion, restoring radiance and vitality to the skin.

Specifically created for tired, dull & uneven skin types, this is a must have facial treatment. Exceptional massage techniques with essential oils and small hot and cold basalt stones, awaken the luminosity of the complexion, inducing a feeling of wellbeing. A Radiance Peeling Mask is applied for a gentle peeling action to restore your complexion's even tone. The Vinoperfect Serum adds the finishing touch to this treatment, leaving you looking radiant, even and luminous.

### VINOSOURCE HYDRATING AND NOURISHING FACIAL

50 minutes    £84

A skin-renewing treatment to deeply moisturise the skin. This treatment starts with a gentle cleansing of the skin. A massage with fresh grapes followed by a recovery essential oil massage soothes dryness. The application of an intensely moisturising mask, and our Vinosource products restore moisture levels for a healthy, glowing appearance.

## RESVERATROL LIFT FACIAL FIRMING, LIFTING AND ANTI-WRINKLE

50 minutes     £84

Specially created for skin that lacks firmness, contour & vitality. After skin is gently cleansed, a stimulating massage visibly firms and redefines the contours of your face. The application of a warming mask enhances the lifting effect of Caudalie's Resveratrol Lift products. The toning and lifting effects are immediate, your face appears resculpted and radiant with youth.

## VINOPURE PURIFYING FACIAL

50 minutes     £84

For those with combination to oily skin. This treatment purifies your skin, cleanses your complexion and helps regulate excess sebum. A skin cleansing and face massage with essential oils and a Cyro-tool will help remove impurities and tighten pores. The Cyro-tool will have an anti-inflammatory action on the skin (and anti-dark circles on the eye contour).

Vinopure products, concentrated in active ingredients, will help mattify the complexion and bring radiance to skin.

## EXPRESS D-VINE FACIAL INSTANT GLOW

25 minutes     £52

Specially designed for men and women who are short of time, yet still want results. This express treatment is tailor made to meet the needs of every skin type. This facial includes eye and skin cleansing, deep exfoliation, the application of a customised mask, and a hand massage completes this moment of well-being. The experience is completed with serums and moisturisers to meet your individual requirements. Your skin's freshness, comfort and evenness are restored.

## LIFTING AND FIRMING EYE

25 minutes     £52

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. It starts with a delicate massage followed by the application of a hydrogel patch concentrated in red vine, horse chestnut and ivy leaf that smooth features, substantially diminishing dark circles and instantly reducing puffiness. The eye contour is lifted and the eyes enhanced.



## BODY TREATMENTS

### THE DE VIGNE BODY MASSAGE

25 minute/50 minutes      £52/£84

This treatment incorporates our signature Caudalie massage, using techniques to deeply relax both the muscles and mind. The Des Vignes fragrance captures the last dusk falling on the sweet grapevines in a sensual, powdery evening scent.

Combining subtle notes of honeyed ginger liqueur, neroli, orange blossom, white musk and jasmine in calming & sensual fragrance.

### FLEUR DE VIGNE CANDLE MASSAGE RELAXING AND SOOTHING

50 minutes      £84

This massage is a signature Caudalie massage, Under the glow of the soft light of a massage candle that melts into a warm oil, delicately scented with Fleur de Vigne (Grape Blossom), enjoy a unique and relaxing experience where all your senses will be indulged. Tension will be relieved, and you will regain your energy.

## CRANIAL MASSAGE

25 minutes      £52

Hand placement on the skull is designed to free energy blockages and promote relaxation. This massage simultaneously stimulates reactions in the whole body, helping to rebalance the energies of the nervous system.

## DEEP TISSUE MASSAGE

25 minute/50 minutes      £57/£89

Deep tissue massage instigates a greater tension relieving response than a classic massage by concentrating on posterior (deeper) muscles. It uses a mix of classic massage strokes, with increased pressure, typically following the muscle from insertion to origin. The aim is to reduce muscle tension by releasing knots and restoring elasticity. Deep tissue massage is also designed to increase blood flow to targeted muscles, kick-starting the body's natural healing process.

## INDIAN HEAD MASSAGE

50 minutes      £52

Ideal for any head, neck or shoulder tension. Includes a neck and shoulder massage, followed by a reviving scalp massage to improve circulation and to relax the body. Finishing with a soothing head massage using pressure points and drainage techniques to help ease headaches and sinus problems.

## BAMBOO MASSAGE

25 minute/50 minutes      £57/£84

This warm bamboo Massage involves working the soft tissue of the body, sculpting to the muscles and providing a firm comforting pressure, using various techniques including stretching, rolling and kneading.

## HOT STONE MASSAGE

25 minute/50 minutes      £57/£89

The most blissful way to soothe body and mind; stress doesn't stand a chance against this divine warm stone massage. Individually shaped, these magical stones help release tension, soothe aches and rebalance energy levels; the use of luxuriously melting aromatic balms ensure skin emerges soft as silk too.

## PRE NATAL-MASSAGE

50 minutes      £84

This gentle and enveloping massage with grape-seed oil soothes tension brought on by pregnancy, stimulates blood circulation and improves the skin's tone and elasticity. Safely enjoy a moment of absolute relaxation and well-being with your baby-to-be.



## WAXING AND FINISHING TOUCHES

Full leg	30 mins	£30	Lash Tint	£15
Full leg & bikini	60 mins	£40	Brow Tint	£15
½ leg	30 mins	£25	Lash, brow tint and brow shape	£35
½ leg & bikini	30 mins	£30		
½ leg, bikini & underarm	45 mins	£45		
Bikini	15 mins	£15		
Brazilian/Hollywood	30 mins	£30		
Forearm	30 mins	£25		
Underarm	15 mins	£12		
Eyebrows	15 mins	£10		
Lip	15 mins	£10		
Chin	15 mins	£10		
Back	15 mins	£15		
Chest	15 mins	£15		
Lip & Chin	30 mins	£15		
Back & Chest	30 mins	£30		

# SPA INFORMATION

## MEDICAL ADVICE

If you have had or are suffering from severe allergies, ill health or a particular medical condition, we ask that you inform us upon booking and speak with your GP prior to booking. All treatments are booked subject to medical status. We reserve the right to refuse treatment/s if we feel it is not in your best interest.

## PREGNANCY

Firstly, congratulations. Time to relax and unwind is very important, however if you are within your first 12 weeks, to protect you and your baby we are unable to offer any treatments.

At 12+ weeks you will find most of our treatments are suitable for you, and our therapists will ensure you are made comfortable throughout your treatment.

## CANCELLATION POLICY

We request that all packages, promotions and events are paid in full at the time of booking and are non-refundable.

Should you wish to cancel your booking and your request is made 48 hours prior to your arrival we will provide you with the option to rebook to an alternative date at no extra cost.

# YOUR BOOKING

- Treatments can be booked either by email, calling us on 020 7300 5011 or online at [www.motionhealthclubs.co.uk](http://www.motionhealthclubs.co.uk)
- Please arrive 15 minutes prior to your treatment time to guarantee that your treatment begins on time. This will allow you to be fully relaxed and have completed or updated your wellness questionnaire.
- On making your reservation, please advise us if you have any health concerns or if you may be pregnant so that we can guide you towards the best treatments.
- A swimming costume is obligatory when using our thermal suite. Underwear must be worn during treatments.
- Consultation is included in the treatment time. If you would like us to create a bespoke treatment plan during your stay, private spa consultations are available free of charge by appointment.
- For health and safety reasons, children under the age of 16 are not permitted in the thermal suite. Child and teenage treatments are available; please ask at reception for more information.
- We recommend you leave all valuables at home. We cannot be responsible for any missing items in the spa. Jewellery needs to be removed prior to treatments commencing.
- All treatments are subject to availability. Please contact the spa directly before making your booking. Spa facilities may vary per hotel; please contact the spa direct for more information.



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