

The Ocean Rooms Spa

Birmingham

The Ocean Rooms Spa
Hilton Birmingham Metropole
National Exhibition Centre
Birmingham
B40 1PP

0121 780 6359
Hotel extension - 6359

AVEDA



Elemis

www.theoceanrooms.com

The Ocean Rooms Spa

I left the worried world behind me
And life slipped up that hill
Let relaxation find me
In a beauticians skill
Pampered and luxuriously
Perfected and treated with such care
All my whims had I selected
My beauty laid out bare
And life it seemed just that much brighter
Amid the doom and gloom
My mind it felt so much lighter
When I left The Ocean Rooms

Kenneth McCracken

Welcome

When you enter the Ocean Rooms Spa, let your worried minds be left behind. We welcome each and every spa guest with soft, fluffy Hilton bath robes and cosy slippers. Melt away with a Flora herbal tea before or after your treatment.

You are invited to enjoy the LivingWell Health Club wet area facilities, consisting of swimming pool, sauna, steam room and jacuzzi complimentary for 2 hours before your treatment, if you would like to enjoy the facilities for longer or would like to add access to the gymnasium, please note that a fee of £7 must be paid. Please note: clients who are having nail or waxing treatments, will not have access to facilities or robes and slippers.

10% off for all Hotel residents

All treatments on this page include 2 hours complimentary use of our facilities, robes and slippers. For information please refer to page 1

The Ocean Rooms Spa Aveda

Ocean Rooms Aveda Spa Facial
approx 30 minutes **£35**

Aveda spa facial tailor made by your spa therapist for all your skin concerns.

Ocean Rooms Aveda Spa Facial
approx 1 hour **£65**

Aveda spa facial tailor made by your spa therapist for all your skin concerns.

Ultimate Spa Facials

Elemental Nature Spa Facial with Botanical Skin Resurfacing
approx 1 hour **£65**

This spa facial is ideal for dry, dehydrated skin or for skin that just needs a boost. Our botanical skin resurfacing is a natural alternative to micro-dermabrasion without leaving your skin red and irritated whilst achieving the same results. The tourmaline crystal exfoliator is applied to the skin and then buffed off to leave skin feeling smooth and radiant. The tourmaline range is also good for reducing the appearance of fine lines, decreasing pore size and significantly enhancing radiance in the skin.

Enbrightenment Spa Facial
approx 1 hour and 30 minutes **£85**

With Perfecting Plant Peel. This spa facial is perfect for skin that needs rejuvenating and brightening. This treatment is combined with our perfecting plant peel to enable deep exfoliation and to target any areas of pigmentation to leave the overall skin tone more even and with visibly improved radiance. Lavender and Rose Geranium Oils help to soothe, soften and smooth the skin, leaving the skin with an improved texture and appearance.

Green Science Lifting and Firming Spa Facial
approx 1 hour and 30 minutes **£85**

With Perfecting Plant Peel. This spa facial has been developed to help improve the appearance of fine lines by firming, toning and smoothing the texture of the skin. Our specialised massage helps to increase the circulation to the face and neck area to renew collagen production and firm the skin. This specialised massage will leave your skin feeling invigorated whilst our cactus formula will work on hydrating your skin helping to create overall radiance. Your skin will be exfoliated using our perfecting plant peel thermal masque. This treatment works to retexture your skin by exfoliating dull skin cells, smooth lines and refine pores to leave the overall tone of your skin more even and youthful. This treatment offers the benefits of a 30% glycolic peel but with reduced redness and irritation.

Elemental Nature Spa Facial for Self Renewal
approx 1 hour and 30 minutes **£85**

This head to toe experience is designed for ultimate relaxation and skin rejuvenation. After cleansing and exfoliating with the products best suited for your skin type. A relaxing hand massage will be carried out to help you unwind. Thereafter your décolleté, arms, neck and face will be massaged. A specialised facial massage will be included focusing on Ayurvedic massage techniques, pressure points and lymphatic drainage to leave your skin feeling refreshed and revitalised. After a relaxing scalp massage your feet will be massaged combining pressure point reflexology to clear toxins and bring your body back into balance.

All treatments on this page include 2 hours complimentary use of our facilities, robes and slippers. For information please refer to page 1

Luxury Spa Facials

Radiant Skin Spa facial approx 1 hour

£65

Ideal for all skin types, especially prior to a special occasion, as it leaves your skin glowing. This spa facial encourages skin renewal and cell turnover through exfoliation, masque and moisturising using Aveda's unique tourmaline charged products. Skin will have an overall more even texture and an enhanced radiance due to the tourmaline crystal in our tourmaline charged products.

Enbrightenment Skin Brightening Spa Facial approx 1 hour

£65

Using Aveda's plant technology and Asian inspired massage techniques, you will be deeply relaxed as our products including mulberry, lavender and rosemary, work on leaving your skin with a noticeable luminosity. Our innovative brightening products will help to reduce the appearance of hyper pigmentation and leave the tone of the skin more even.

Green Science Lifting and Firming Spa Facial approx 1 hour

£65

A combination of Aveda's plant technology and signature 5 phase massage make this unique treatment ideal for lifting and firming skin. Argon oil and cactus formula help to moisturise the skin and smooth any fine lines. Glucosamine anti-oxidants and peptides help to visibly improve the firmness of the skin and strengthen the skins barrier function. Aveda's active ingredients are proven to lift and firm the skin and reduce fine lines. A course of three treatments are recommended to get the full benefits.

Elemental Nature Spa Facial approx 1 hour

£65

The goal of our elemental nature spa facial is to restore balance to the skin based on your elemental nature to personalise the skin with products and oils. Relax and unwind whilst your skin is cleansed, toned, exfoliated and massaged using Aveda's therapeutic massage techniques. At each visit your elemental nature will be focused on to restore your skin and suit your individual needs.

All treatments on this page include 2 hours complimentary use of our facilities, robes and slippers. For information please refer to page 1

Aveda Body Treatments

Aqua Polish
approx 30 minutes £35

Invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, we use a specially selected blend of Aveda Dead Sea Salts and Chakra oil. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Rosemary and Mint Body Scrub
approx 30 minutes £35

Surrender yourself to the refreshing unique aroma of Rosemary and Mint Sea Salts. Your body is exfoliated with Aveda body mitts and replenished with our Rosemary and Mint body lotion.

Rosemary Mint Awakening Body Wrap
approx 1 hour £65

Surrender yourself to the refreshing unique aroma of Rosemary and Mint Sea Salts. Your body is exfoliated with Aveda body mitts and replenished with our Rosemary and Mint body butter. Whilst you are wrapped up a scalp and foot massage relieves tension, filling your whole body with a deep sense of relaxation and exhilaration.

Caribbean Body Scrub
approx 1 hour £65

A body exfoliation ritual to invigorate and revitalise the body;. After light body brushing, an exotic blend of Aveda's Dead Sea Salts, Sugar Cane, Ginger root, Avacado and Coconut oils scrub is applied, skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless. Drift away with a sumptuous pressure point face and scalp massage.

Caribbean Therapy Body Wrap
approx 1 hour and 15 minutes £75

For detoxifying and nurturing mind, body and soul. This healing treatment restores the energy balance, enjoy the moisturising power of natural butters infused with mango, cocoa and aloe aromas, first your body is exfoliated top to toe then continue to melt away with a luxurious Chakra balancing warm oil oriental scalp massage whilst your body is cocooned in the detoxifying seaweed wrap.

Calming and Soothing Scrub
approx 1 hour and 30 minutes £75

This relaxing exfoliation treatment will leave you feeling calm and soothed with the aroma of Clove and Rose. Your skin will feel soft and polished after your exfoliation and smooth and nourished after an application of our hydrating formula. Your body will be massaged soothing aching muscles. An uplifting yet relaxing scalp massage will finish your treatment.

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Aveda Detox Body Treatments

Detoxifying Seaweed Wrap
approx 1 hour

£65

This detoxifying body wrap is ideal before a special occasion and to give your body a total detox. Your skin will be exfoliated prior to your seaweed masque being applied. The exfoliating seaweed masque will hydrate and smooth your skin whilst detoxifying your body. Whilst your masque is activating a rejuvenating scalp and foot massage will be carried out. As your masque activates it will help to tone and smooth your body.

Ocean Spa Packages

The Ocean Spa Face and Body Ritual
approx 1 hour and 30 minutes

£85

This blissfully relaxing 90 minute treatment package incorporates an Aveda spa facial, our ocean rooms full body massage and warm oil Chakra balancing oriental scalp massage.

Aromatic Chakra Balancing Back, Face and Scalp
approx 1 hour and 30 minutes

£85

Harmonise mind, body and soul with an Aveda spa facial and warm oil Chakra balancing oriental scalp massage. Finished with your preferred ocean rooms back massage for a truly holistic treatment.

Ocean Spa for Women/Ocean Spa for Men
approx 2 hours

£105

Two hours dedicated to you, starting with a 60 minute Aveda spa facial and a warm, Chakra balancing oil oriental scalp massage finished with our ocean rooms aromatic deeply relaxing full body massage.

Pre/Post Flight Detox
approx 2 hours

£105

An exotic blend of thai massage, a 30 minute Aveda spa facial and aqua polish salt scrub to re energise your body before or after a long journey.

Ocean Spa Indulgence
approx 5 hours

£235

Life Saving back, 60 minute Aveda spa facial, Rosemary and Mint Awakening wrap, Luxury Thermal manicure and luxury thermal pedicure.

All treatments on this page include 2 hours complimentary use of our facilities, robes and slippers. For information please refer to page 1

Back, Neck and Shoulder Massage

Aromatic Chakra Balancing Massage

approx 30 minutes

£35

Drift away with this sumptuous aromatic hot oils massage. Your spa therapist will be using a medium pressure which will help rebalance your mind, body and soul.

Serenity

approx 30 minutes

£35

Using warming ginger, mandarin and orange oil lie back and drift away with this light soothing harmonising massage.

Swedish

approx 30 minutes

£35

This intensive lymphatic drainage massage helps eliminate toxins using a cocktail of moves including hacking, beating, cupping and pounding to alleviate muscular tension and body fatigue.

Deep Tissue

approx 30 minutes

£38

Deep tissue massage is designed to relieve severe tension in the muscles. Your specialist trained therapist will use specific massage techniques to focus on your target areas. Breaking down knots, stretching tight muscles and draining toxins. Using specially blended Aveda detoxifying oils.

Thai Fusion Massage

approx 30 minutes

£38

Thai massage is a mixture of both relaxing and energising sensations, using multiple specialist movements. A mixture of stretching and manipulating the muscles, these Eastern techniques will leave you feeling ten times taller. For a truly unique spa experience.

Russian

approx 30 minutes

£38

This massage was devised by the Russian school of massage to give the deepest massage suited to those who feel they have severe tension build of knots and severe muscle of fatigue. 30 minutes dedicated to your aches, pains and strains. Not for the faint hearted.

All treatments on this page include 2 hours complimentary use of our facilities, robes and slippers. For information please refer to page 1

Full Body Massage

Aromatic Chakra Massage

approx 1 hour

£65

Drift away with this sumptuous aromatic hot oils massage. Your spa therapist will be using a medium pressure which will help rebalance your mind, body and soul.

Serenity

approx 1 hour

£65

Using warming ginger, mandarin and orange oil lie back and drift away with this light soothing harmonising massage.

Swedish

approx 1 hour

£65

This intensive lymphatic drainage massage helps eliminate toxins using a cocktail of moves including hacking, beating, cupping and pounding to alleviate muscular tension and body fatigue.

Deep Tissue

approx 1 hour

£68

Deep tissue massage is designed to relieve severe tension in the muscles. Your specialist trained therapist will use specific massage techniques to focus on your target areas. Breaking down knots, stretching tight muscles and draining toxins. Using specially blended Aveda detoxifying oils.

Thai Fusion Massage

approx 1 hour

£68

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Russian

approx 1 hour

£68

This massage was devised by the russian school of massage to give the deepest massage suited to those who feel they have severe tension build of knots and severe muscle of fatigue. 30 minutes dedicated to your aches, pains and strains. Not for the faint hearted.

All treatments on this page include 2 hours complimentary use of our facilities, robes and slippers. For information please refer to page 1

Hot Stone Therapy Massage

Aromatic Oriental Scalp Massage
approx 30 minutes

£35

Using warmed aromatic oils drift away with this hypnotic massage.

Thai Foot and Leg Therapy
approx 30 minutes

£38

30 minutes dedicated to your tired feet and heavy legs, working on your target areas to release unwanted tension and muscle fatigue.

Back, Neck and Shoulder Aromatic Stone Therapy
approx 45 minutes

£50

This aromatic warming and soothing massage will help realign your chakras, work on your emotional centres and soothe your soul. Your back will be massaged top to toe using multiple warm basalt stones for a truly holistic spa experience.

Life Saving Back
approx 1 hour

£65

A full hour dedicated to your back using a blend of hotstones, russian, swedish and deep tissue massage moves finished off with a soothing aromatic massage to wind down your muscles. Suitable for the most stressed back.

Luxury Aromatic Stone and Leg Therapy
approx 1 hour

£65

An hour dedicated to your over stressed feet and legs to soothe your muscles and melt away any aches and pains. Using a blend of hotstones and soothing aromatherapy massage.

Luxury Aromatic Oriental Scalp Massage
approx 1 hour

£65

Working from your finger tips and finishing on the ends of your hair relax with this truly peaceful massage, using warmed aromatic oils.

Full Body Aromatic Stone Massage
approx 1 hour and 15 minutes

£75

This aromatic warming and soothing massage will help realign your chakras, work on your emotional centres and soothe your soul. Your body will be massaged top to toe using multiple warm basalt stones for a truly holistic spa experience.

Life Saving Body
approx 1 hour and 15 minutes

£85

Using a blend of hotstones, russian, Swedish and deep tissue massage moves finished off with a soothing aromatic massage to wind down your muscles. Suitable for the most stressed bodies.

All treatments on this page include 2 hours complimentary use of our facilities, robes and slippers. For information please refer to page 1

Spa For Men

Man Kind Spa Facial
approx 1 hour

£65

This spa facial begins with an introductory back, neck and shoulder massage to soothe and relax aching muscles. This is followed by a deep cleansing facial to purify, Detox and revitalise dull and lifeless skin. Thereafter a facial massage is carried out using hot towels to open pores and soothe skin.

Ocean Spa for Men
approx 2 hours

£105

Two hours dedicated to you, starting with a 60 minute Aveda spa facial and a warmed oil Chakra balancing oriental scalp massage, finished with our Ocean Rooms deeply relaxing full body massage.

Waxing for Men

Eyebrow Wax

£10

Chest Wax

£25

Back Wax

£25

Spa Escape Packages

Ideal for small or large groups and especially hen parties as these following packages include 2 hours use of the health club facilities either before or after your treatment and rental of robes and slippers, if your party requires more than 2 hours in the leisure facilities an you can upgrade to the full day for an additional £7 per person, choose from one of the below:

- * Aromatic Chakra Balancing Back, Neck and Shoulder massage
- * Serenity Back, Neck and Shoulder massage
- * Thai Hand and Nail Ritual
- * Thai Foot and Nail Ritual
- * Aromatic Oriental Scalp Massage
- * Aqua Polish
- * Thai Foot and Leg Therapy
- * 30 minute Aveda spa facial

30 minute package

£35

* choose from one of the above

60 minute package

£65

* choose from two of the above

90 minute package

£85

* choose from three of the above

Half Day Spa Packages

All of the following package treatments include full day entrance to the leisure facilities, robes and slipper rental and our spa lunch served in the Caley bar or Chisolms restaurant, choose from the following packages;

Ocean Escape Half Day Package

approx 2 hours

£135

30 minute Swedish Back, Neck and Shoulder Massage, 30 minute Aqua Polish scrub and 60 minute Aveda spa facial.

Oriental Beauty Half Day Package

approx 2 hours

£135

Starting with our 60 minute invigorating Thai Infusion Full Body Massage and finishing with the relaxing 60 minute Carribean Body Therapy Wrap.

Ocean Detox Half Day Package

approx 2 hours

£135

Starting with the Detoxifying Seaweed Wrap ideal for tired, heavy legs and water retention, finishing with a 30 minute detoxifying Aveda spa facial and warmed Chakra balancing oil aromatic oriental scalp massage.

Ocean Revive Half Day Package

approx 2 hours

£135

Luxury Thermal Manicure and 60 minute Aveda spa facial.

Mummy Bliss half day package

approx 2 hours

£135

Full body massage, 30 minute Aveda spa facial and body exfoliation using mama mio maternity products.

Full Day Spa Packages

All of the following package treatments include full day entrance to the leisure facilities, robes and slipper rental and our spa lunch served in the Caley bar or Chisolms restaurant, choose from the following packages;

Eastern Day Spa Package

approx 3 hours

£185

Escape your day to day and relax in peaceful surroundings, starting with our specialty Thai Fusion Full Body Massage, 30 minute Thai Hand and Nail Ritual and 30 minute Thai Foot and Nail Ritual and finishing with the Aveda Carribean Therapy body wrap to truly nourish your skin and give you inner peace and tranquility.

The Ocean Beauty Spa Package

approx 3 hours

£185

Revive tired, dull skin with a 60 minute Aveda Spa Facial, finishing your spa experience with a luxury thermal manicure and luxury thermal pedicure.

The Indonesian Spa Package

approx 3 hours

£185

Completely drift away with this truly mind melting spa experience starting with our Aromatic Chakra Balancing Full body massage, 60 minute Aveda spa facial and finishing with the Aveda Rosemary Mint Awakening Body Wrap.

The Invigorating Spa Package

approx 3 hours

£185

Re energise your senses with our Swedish Full Body Massage, and Aveda's invigorating Caribbean Body Scrub and finishing with a stimulating luxury thermal pedicure.

Mummy Bliss full Day Package

approx 3 hours

£185

Full body massage, 30 minute Aveda spa facial, body exfoliation using mama mio maternity products and a luxury thermal pedicure for tired, heavy legs and feet.

Holistic Journey

approx 4 hours 30 minutes

£250

Full Body Aromatic Stone Massage 60 minute Aveda Spa facial, Rosemary and Mint Awakening Body Wrap, Thai hand and nail ritual, Thai foot and nail ritual.

Ocean Rooms Spa Elemis

Elemis Spa Facials
approx 30 minutes

£35

Elemis spa facial tailor made by your spa therapist for all your skin concerns.

Ocean Rooms Elemis Spa Facial
approx 1 hour

£65

Elemis spa facial tailor made by your spa therapist for all your skin concerns.

Advanced Anti Ageing Spa Facials

Tri-Enzyme Resurfacing Spa Facial
approx 1 hour

£65

Peel away the years for smoother, more radiant skin. This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment*, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.

Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

Visible Brilliance Spa Facial
approx 1 hour and 15 minutes

£75

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just 1 treatment*. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

Pro-Collagen Quartz Lift Spa Facial
approx 1 hour and 15 minutes

£75

This anti-wrinkle facial is clinically proven to reduce the number of wrinkles by up to 94%* and improve skin firmness by up to 57%*, after just one treatment.

The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.

Skin Solutions Spa Facials

Modern Skin Spa Facials

approx 1 hour

£65

Designed for skin challenged by modern living.

Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum.

The results: remineralised, rebalanced and renewed skin.

Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

Oxygen Skin Calm Spa Facial

approx 1 hour and 15 minutes

£75

Pure soothing heaven for sensitive skin.

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask, impregnated with Absolute SkinCalm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

S.O.S. Purifying Spa Facial

approx 1 hour and 15 minutes

£75

A purifying treatment for congested skin.

A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

Skin Specific Spa Facials

Fruit Active Glow Spa Facial

approx 1 hour

£65

Bring back the glow to a lifeless complexion.

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Exotic Moisture Dew Spa Facial

approx 1 hour

£65

Treat your skin to a moisture boost.

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Herbal Lavender Repair Spa Facial

approx 1 hour

£65

For perfect restoration of skin balance.

Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Elemis Face and Body Therapy

Face and Body Sensation
approx 1 hour

£65

The perfect treatment duo.

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind.

You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance:

- Pro-Collagen Quartz Lift Facial
- Tri-Enzyme Resurfacing Facial
- Visible Brilliance Facial
- Skin IQ+ Men's Facial

Absolute Spa Ritual
approx 2 hours

£105

The ultimate skin and body therapy for maximum results.

Choose from one of the unique Elemis Advanced anti-ageing or Skin Solutions Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results!

Total Time Out
approx 2 hours

£105

Complete skin, body and lifestyle solutions.

Select either the anti-ageing Elemis Skin IQ+ or the deep cleansing Elemis Urban Cleanse facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Total Time Out

Elemis Body Therapies

Exotic Lime and Ginger Salt Glow
approx 30 minutes

£35

Invigorated, cleansed and polished to perfection.

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Luxury Exotic Lime and Ginger Salt Glow
approx 1 hour

£65

Invigorated, cleansed and polished to perfection.

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless. Incorporating a pressure point face and scalp massage.

Exotic Coconut Rub and Milk Ritual Wrap
approx 1 hour

£65

Pure sensuality to enliven the senses.

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

Exotic Frangipani Body Nourish Wrap
approx 1 hour

£65

For immediate softness and suppleness.

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Elemis Detox Body Therapies

Body Sculpting Cellulite and Colon Therapy approx 1 hour

£65

Redefine and smooth your silhouette.

Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results.

A detoxifying Fennel and Birch peel off body mask is applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

Aromaspa Seaweed Massage approx 1 hour and 15 minutes

£75

Combining the richness of the sea and aromatherapy, this detoxifying treatment starts with a warm body mask and comforting wrap. Relax as your body decongests, easing aches, fatigue and muscle spasm while you receive a foot and scalp massage. Continue with a personalised massage focusing on the stress points of the body - neck, shoulders and back of the body. The benefits of this massage last upto 5 weeks. Choose from muscle ease or cellulox body wraps.

Ocean Spa Packages

The Ocean Spa Face and Body Ritual approx 1 hour 30 minutes

£85

This blissfully relaxing 90 minute treatment package incorporates an Elemis spa facial, our ocean rooms full body massage and warming, exotic frangapani oriental scalp massage.

Aroma Spa Back, Face and Scalp approx 1 hour 30 minutes

£85

Harmonise mind, body and soul with an Elemis spa facial and aroma spa scalp massage. Finished with your preferred ocean rooms back massage for a truly holistic treatment.

Ocean Spa for Women / Ocean Spa for Men approx 2 hours

£105

Two hours dedicated to you, starting with a one hour Elemis spa facial and a warming, exotic frangapani oil oriental scalp massage finished with our ocean rooms deeply relaxing full body massage.

Pre/Post Flight Delight approx 2 hours

£105

An exotic blend of thai massage, a 30 minute Elemis spa facial and lime and ginger salt glow to re energise your body before or after a long journey.

Ocean Spa Indulgence approx 5 hours

£235

Life Saving back, one hour Elemis spa facial, Frangapani wrap, Luxury Thermal manicure and pedicure.

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Back, Neck and Shoulder Massage

Aroma Spa Massage
approx 30 minutes

£35

Drift away with this sumptuous aromatic hot oils massage. Your spa therapist will be using a medium pressure which will help rebalance your mind, body and soul.

Serenity
approx 30 minutes

£35

Using warming Japanese camellia oil lie back and drift away with this light soothing harmonising massage.

Swedish
approx 30 minutes

£35

This intensive lymphatic drainage massage helps eliminate toxins using a cocktail of moves including hacking, beating, cupping and pounding to alleviate muscular tension and body fatigue.

Deep Tissue
approx 30 minutes

£38

Deep tissue massage is designed to relieve severe tension in the muscles. Your specialist trained therapist will use specific massage techniques to focus on your target areas. Breaking down knots, stretching tight muscles and draining toxins. Using Elemis specially selected muscle ease massage oil.

Thai Fusion Massage
approx 30 minutes

£38

Thai massage is a mixture of both relaxing and energising sensations, using multiple specialist movements. A mixture of stretching and manipulating the muscles, these Eastern techniques will leave you feeling ten times taller. Using Elemis specially selected muscle ease massage oil. For a truly unique spa experience.

Russian
approx 30 minutes

£38

This massage was devised by the Russian school of massage to give the deepest massage suited to those who feel they have severe tension build of knots and severe muscle of fatigue. 30 minutes dedicated to your aches, pains and strains. Using Elemis specially selected muscle ease massage oil. Not for the faint hearted.

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Full Body Massage

Aroma Spa Massage

approx 1 hour

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£68

This massage was devised by the Russian school of massage to give the deepest massage suited to those who feel they have severe tension build of knots and severe muscle of fatigue. An hour dedicated to your aches, pains and strains. Using Elemis specially selected muscle ease massage oil. Not for the faint hearted.

All treatments on this page include 2 hours complimentary use of our facilities, robes and slippers. For information please refer to page 1

Hot Stone Therapy Massage

Aroma Spa Oriental Scalp Massage
approx 30 minutes

£35

Using warmed aromatic frangapani oils drift away with this hypnotic massage.

Thai Foot and Leg Therapy
approx 30 minutes

£38

30 minutes dedicated to your tired feet and heavy legs, working on your target areas to release unwanted tension and muscle fatigue.

Back, Neck and Shoulder Aroma Stone Therapy
approx 45 minutes

£50

This aromatic warming and soothing massage will help realign your chakras, work on your emotional centres and soothe your soul. Your back will be massaged top to toe using multiple warm basalt stones for a truly holistic spa experience.

Life Saving Back
approx 1 hour

£65

A full hour dedicated to your back using a blend of hotstones, russian, swedish and deep tissue massage moves finished off with a soothing aroma spa massage to wind down your muscles. Suitable for the most stressed back.

Luxury Aroma Stone Foot and Leg Therapy
approx 1 hour

£65

An hour dedicated to your over stressed feet and legs to soothe your muscles and melt away any aches and pains. Using a blend of hotstones and soothing aromatherapy massage.

Luxury Aroma Spa Oriental Scalp Massage
approx 1 hour

£65

Working from your finger tips and finishing on the ends of your hair relax with this truly peaceful massage, using warmed aromatic frangapani oils.

Full Body Aroma Stone Massage
approx 1 hour and 15 minutes

£75

This aromatic warming and soothing massage will help realign your chakras, work on your emotional centres and soothe your soul. Your body will be massaged top to toe using multiple warm basalt stones for a truly holistic spa experience.

Life Saving Body
approx 1 hour and 15 minutes

£85

Using a blend of hotstones, Russian, Swedish and deep tissue massage moves finished off with a soothing aroma spa massage to wind down your muscles. Suitable for the most stressed bodies.

All treatments on this page include 2 hours complimentary use of our facilities, robes and slippers. For information please refer to page 1

Spa For Men

Skin IQ + Facial

approx 1 hour and 15 minutes

£75

Anti-ageing and super boosting for tired, stressed and dehydrated skin. Helping to calm irritation and minimize the signs of ageing, this facial is the ultimate overhaul for male skin. Incorporating the NEW Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-ageing treatment protects against the harsh effects of shaving and environmental damage.

Urban Cleanse Facial

approx 1 hour and 15 minutes

£75

Deep cleanse and complete skin detox.

This super-grooming facial decongests the skin, works overtime to eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Spa Escape Packages

Ideal for small or large groups and especially hen parties as these following packages include 2 hours use of the health club facilities either before or after your treatment and rental of robes and slippers, if your party requires more than 2 hours in the leisure facilities an you can upgrade to the full day day for an additional £7 per person, choose from one of the below:

- * Aroma Spa Back, Neck and Shoulder massage
- * Serenity Back, Neck and Shoulder massage
- * Thai Hand and Nail Ritual
- * Thai Foot and Nail Ritual
- * Aroma Spa Oriental Scalp Massage
- * Lime and Ginger Salt Glow
- * Thai Foot and Leg Therapy
- * 30 minute Elemis spa facial

30 minute package

£35

* choose from one of the above

60 minute package

£65

* choose from two of the above

90 minute package

£85

* choose from three of the above

Half Day Spa Packages

All of the following package treatments include full day entrance to the leisure facilities, robes and slipper rental and our spa lunch served in the bar, choose from the following packages;

Ocean Escape Half Day Package

approx 2 hours

£135

30 minute Swedish Back, Neck and Shoulder Massage, 30 minute Exotic Lime and Ginger Salt Glow and 60 minute Elemis Modern Skin Facial.

Oriental Beauty Half Day Package

approx 2 hours

£135

Starting with our 60 minute invigorating Thai Infusion Full Body Massage and finishing with the relaxing 60 minute Exotic Frangipani Body Nourish Wrap.

Ocean Detox Half Day Package
approx 2 hours £135

Starting with the Cellutox Aroma Spa Ocean Wrap ideal for tired, heavy legs and water retention, finishing with a 30 minute detoxifying Elemis Spa facial.

Ocean Revive Half Day Package
approx 2 hours £135

Luxury Thermal Manicure and 60 minute Elemis Fruit Active Glow facial.

Mummy Bliss half day package
approx 2 hours £135

Full body massage, 30 minute Elemis spa facial and body exfoliation using mama mio maternity products.

Full Day Spa Packages

All of the following package treatments include full day entrance to the leisure facilities, robes and slipper rental and our spa lunch served in the Spa or the Lounge, choose from the following packages;

Eastern Day Spa Package
approx 3 hours £185

Escape your day to day and relax in peaceful surroundings, starting with our speciality Thai Fusion Full Body Massage, 30 minute Thai Hand and Nail Ritual and 30 minute Thai Foot and Nail Ritual and finishing with the Elemis Exotic Coconut Rub and Milk Ritual Wrap to truly nourish your skin and give you inner peace and tranquility.

The Ocean Beauty Spa Package
approx 3 hours £185

Revive tired, dull skin with the Elemis Fruit Active Glow Facial, finishing your spa experience in our Nail Boutique with a luxury thermal manicure and luxury thermal pedicure.

The Indonesian Spa Package
approx 3 hours £185

Completely drift away with this truly mind melting spa experience starting with our Aroma Spa Full body massage, Elemis Moisture Dew facial and finishing with Elemis Exotic Frangipani Body Nourish Wrap leaving your skin glowing from top to toe.

The Invigorating Spa Package
approx 3 hours £185

Re energise your senses with our Swedish Full Body Massage, refreshing Luxury Exotic Lime and Ginger Salt Glow and finishing with a stimulating luxury thermal pedicure.

Mummy Bliss full Day Package
approx 3 hours £185

Full body massage, 30 minute Elemis spa facial, body exfoliation using mama mio maternity products and a luxury thermal pedicure for tired, heavy legs and feet.

Holistic Journey
approx 4 hours and 30 minutes £250

Full Body Aromatic Stone Massage, one hour Elemis Spa facial, Elemis Exotic Frangipani Body Nourish Wrap , Thai hand and nail ritual, Thai foot and nail ritual.

All treatments on this page include 2 hours complimentary use of our facilities, robes and slippers. For information please refer to page 1

Mama Mio

Spa Treatments for Supermums

Making babies is a stressful business both physically and mentally. It is the perfect time for a girl to check out of reality and into a spa. Mam's Touch is our special programme of skin salvation; indulgent spa treatments designed to take you through every stage of your nine months stretch. Remember, take good care of yourself and find joy in your amazing achievement. Happy Mama = Happy Baby

Mini Mummy
approx 1 hour **£65**

This package includes a back, face and scalp treatment to treat your skin needs and revitalise your senses using Aveda or Elemis and Mama Mio products.

Lighten Up
approx 1 hour **£65**

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. They don't call it a maternity marathon for nothing.

4th Trimester Healing Hour
approx 1 hour **£65**

Your baby is here and you are in need of a little rejuvenation? This restorative massage treatment helps your body realign as you remember how to be one person again. Sometimes new mothers need a little mothering too! This is the perfect present for new mamas.

Yummy Tummy
approx 1 hour 30 minutes **£85**

This is a facial for your tummy, because it's your tummy that needs the attention to maximise skin strength, health and elasticity. Combined with the luxury of an upper back, neck and head massage to ensure it is a full-on stress banishing treat.

Mellow Mama
approx 1 hour 30 minutes **£85**

A completely relaxing full body massage using our safe but effective pre-natal techniques to relax those specific lower back muscles that are carrying that beautiful bump.

The Ocean Mummy
approx 1 hour 30 minutes **£85**

This pregnancy package is an indulgent full top to toe treat for mums to be, including a full body massage and facial using a blend of Aveda or Elemis and Mama Mio products to treat your skin.

The Ocean Rooms Nail Boutique

Allow 30 minutes drying time and for pedicures bring open toed shoes.

Spa Manicure
approx 45 minutes **£25**

Your hands will feel truly nourished, pushing back your cuticles and filing your nails, with a vast choice of colours. For ultimate protection and nail nourishment.

Champagne Spa Manicure
approx 45 minutes **£32**

Your hands will feel truly nourished, pushing back your cuticles and filing your nails, with a vast choice of colours. For ultimate protection and nail nourishment. Enjoy with a refreshing glass of champagne.

Luxury Thermal Manicure
approx 1 hour **£35**

Taking pampering to a new level, including cuticle work, nail shaping and massaging your hands to leave you feeling truly pampered.

Luxury Champagne Manicure
approx 1 hour **£42**

Taking pampering to a new level, including cuticle work, nail shaping and massaging your hands to leave you feeling truly pampered. Enjoy with a glass of champagne.

Spa Pedicure
approx 45 minutes **£25**

Your feet will feel truly nourished, pushing back your cuticles and filing your nails, with a vast choice of colours. For ultimate protection and nail nourishment.

Champagne Spa Pedicure
approx 45 minutes **£32**

Your feet will feel truly nourished, pushing back your cuticles and filing your nails, with a vast choice of colours. For ultimate protection and nail nourishment. Enjoy with a refreshing glass of champagne.

Luxury Champagne Pedicure
approx 1 hour **£42**

Taking pampering to a new level, including cuticle work, nail shaping and massaging your feet to leave you feeling truly pampered. Enjoy with a glass of champagne.

Luxury Thermal Spa Pedicure
approx 45 minutes **£25**

Your feet will feel truly nourished, pushing back your cuticles and filing your nails, with a vast choice of colours. For ultimate protection and nail nourishment.

Little Miss Manicure/Pedicure
approx 45 minutes **£25**

Designed for children. A taster manicure/pedicure with a vast choice of polish colours. Served with a glass of non-alcoholic fruit cocktail.

Thai Hand and Nail Ritual
approx 30 minutes £25

Combining Thai massage with lemongrass and lime products to uplift and ease the pain of tired, overworked hands and nails.

Thai Foot and Nail Ritual
approx 30 minutes £25

Combining Thai massage with lemongrass and lime products to uplift and ease the pain of tired, overworked feet and nails.

you can add canapes to the champagne manicures and pedicures for £6 extra

Professional Make up
approx 30 minutes £25

Bridal Make up
approx 1 hour £40

Bridal Make up Trial
approx 1 hour £40

Spray Tan
approx 30 minutes £25

Waxing for Women

Lip or Chin £10

Eyebrows £10

Underarm £10

Bikini (pant line) £10

Lip and Chin £15

Half leg £16

Bikini High Leg £15

Arm £19

Three Quarter Leg £20

Full Leg £23

Brazilian Hot Wax

This hot wax is designed for those areas sensitive to waxing. The oil protects the skin and substantially reduces any pain.

Underarm £11

Brazilian £25

Sunset Strip (by request) £29

Bermuda (by request) £29

Hollywood (by request) £35

Eye Tinting Treatments

A 24 hour advanced patch test is required for all tinting treatments.

Eyebrow Tint
approx 10 minutes £11

Eyebrow Wax/Shape
approx 10 minutes £11

Eyelash Tint (includes eyebath)
approx 30 minutes £17

Eyelash Touch Collection - all the above
approx 45 minutes £30

For the ultimate spa experience, Gift Vouchers are available to purchase in the spa or may be ordered by telephone.

Spa Opening Hours

Monday: 9am - 8pm
Tuesday: 9am - 8pm
Wednesday: 9am - 8pm
Thursday: 9am - 8pm
Friday: 9am - 8pm
Saturday: 8am - 8pm
Sunday: 8am - 8pm

Non-residents are welcome

Bookings

Please book in advance to avoid disappointment.
Debit/credit card details will be taken at the time of your booking.
All bookings must be paid at time of booking.

Please arrive at the spa 15 minutes prior to your treatment to fill out a medical consultation form, as your health is our main concern, we advise you to call the spa prior to making any bookings to speak to one of our spa supervisors if you have been or are receiving any medical care or on any medication within the last 5 years, that may restrict or prevent your spa treatment. We reserve the right to refuse clients as your health and well being is our main concern.

As a five star spa, we pride ourselves in providing the best care and treatments for our clients. There are car parking spaces available within the hotel car park for our guests at a fee.

Cancellation policy

A 50% charge will be applied if 24 hours notice of appointment cancellation is not given.

Contact Details

Telephone - 0121 780 6359
Hotel residents dial extension - 6359

www.theoceanrooms.com

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B40 1PP

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