SPA GROUP PACKAGE

Lunch / Afternoon Tea

Celebrate in style with a relaxing group spa experience, including a 30-minute treatment of your choice, a glass of Prosecco, house wine or juice, and your choice of a two-course lunch from a selected menu or a traditional afternoon tea. Your experience also includes complimentary use of the indoor leisure facilities at our sister hotel, The Suncliff, and access to our outdoor pool during the summer months. Perfect for groups of 4 to 12 guests, our group packages are ideal for hen parties, birthday celebrations, including sweet 16s, and any special occasion.

Choose from one of the following treatments:

- Oceana Signature Back, Neck & Shoulder Massage
- Hot Stone Back, Neck & Shoulder Massage
- Express Facial
- Mum-to-Be Back, Neck & Shoulder Massage
- Head & Shoulder Massage
- Foot & Leg Ritual
- Express Manicure (normal polish)
- Express Pedicure (normal polish)

£87 per person

Terms & conditions apply. Group packages can be tailored on request, subject to availability.

Please note that robes and slippers are not provided; however, towels will be available for your use. Guests are welcome to bring their own robes and slippers. Suitable poolside footwear must be worn at all times.



DAY SPA OCEANA

TREATMENTS | BEAUTY | NAILS

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OCEANA HOTELS & RESTAURANTS

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Terms & Conditions apply

IMAGE SKINCARE *Age later.*

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gel BOTTLE



DAY SPA OCEANA

TREATMENTS | BEAUTY | NAILS

TREATMENT MENU

Restore balance to your mind & body

FACIALS

Oceana Signature Facial
Our signature facial is tailored to your skin's individual needs. Your therapist will customise the treatment using **Natural Spa Factory's Illuminate and Gold collections**, selecting the products best suited to your complexion. Combining glow-enhancing, nourishing and healthy anti-ageing ingredients, this luxurious treatment deeply cleanses, exfoliates and revitalizes the skin for visible, radiant results. A relaxing facial massage encourages circulation before a nourishing mask is applied, while a soothing scalp massage allows you to fully unwind. *Suitable for most skin types.*

55 mins **£75**

Signature Peel
Indulge in our Signature Peel, a luxurious treatment using **Image Skincare** products with Vitamin C, fruit enzymes, and hyaluronic acid to brighten, hydrate, and soothe the skin. This advanced peel gently exfoliates and resurfaces, revealing a smoother, radiant, and youthful-looking complexion Ideal for all skin types, it targets uneven texture, dullness, and fine lines, leaving your skin visibly lifted renewed and luminous.

55 mins **£89**

O2 Lift
Awaken and energise your skin with O2 Lift, a luxurious treatment using **Image Skincare** products that infuses oxygen and hydration to instantly refresh and illuminate. Smooth, plump and radiant, the skin appears balanced and revitalised.

30 mins **£45**
60 mins **£82**

BODY MASSAGES

Oceana Signature Massage
Our signature massage combines traditional Swedish massage techniques with carefully selected essential oils to promote relaxation and well-being. Using gentle pressure, kneading, and friction movements, this treatment helps relieve muscle tension, improve circulation, reduce stress, and encourage better sleep, leaving you feeling refreshed and rejuvenated.

25 mins **£38**
45 mins **£60**
55 mins **£68**
75 mins **£87**

Deep Tissue Massage
A focused massage designed to target chronic muscle tension and areas of tightness. Using slow, firm pressure and deep tissue techniques, this treatment helps release muscle knots, improve mobility, reduce discomfort, and promote faster recovery, leaving your body feeling restored and revitalized.

25 mins **£40**
45 mins **£65**
55 mins **£77**
75 mins **£95**

Hot Stone Massage
An invigorating massage using heated stones designed to melt away stress and soothe sore muscles. This ancient therapy will leave you feeling revitalised and utterly refreshed.

25 mins **£39**
45 mins **£65**
55 mins **£74**
75 mins **£89**

Mother to Be Massage
A gentle and nurturing massage specially designed for expectant mothers. Using safe, pregnancy-friendly techniques, this treatment helps relieve tension in the back, shoulders, and legs, reduce swelling, improve circulation, and promote relaxation, supporting comfort and well-being throughout pregnancy.

25 mins **£37**
45 mins **£49**
55 mins **£65**
75 mins **£85**

Back, Neck & Shoulders (25 mins) | **Back, Neck, Shoulders & Back of Legs** (45 mins)
Full Body (55 mins) | **Top-To-Toe** (75 mins)

HANDS & FEET

Express Manicure or Pedicure
Nail cut and file, cuticle tidy, finishing with hydrating moisturizer and nail polish or natural nail buff (please note that gel polish removal is not included)

30 mins **£25**
Extra £8 for gel polish application

Oceana Manicure*
Experience a rejuvenating spa manicure, with nail file, cuticle tidy, gentle exfoliation, soothing massage and the flawless application of polish or gel polish.

60mins
Normal Polish **£38**
Gel Polish **£43**

Oceana Pedicure*
Experience a rejuvenating spa pedicure, where your feet are treated to a soak, nail file, cuticle tidy, removal of hard skin, gentle exfoliation, soothing massage and the flawless application of polish or gel polish

60mins
Normal Polish **£40**
Gel Polish **£45**

***Upgrade to 75 mins for a luxurious treat by adding a mask for an extra £6**

BODY TREATMENTS

Body Scrub
Exfoliate and renew your body and face. Enjoy an energising shower after the scrub, followed by a rich cream application leaving your skin feeling silky smooth.

45 mins **£48**

Body Wrap
Experience a pampering session with our luxurious Body & Face Mask, leaving your skin feeling plump and refreshed. Also includes a Mini Indian Head Massage for additional relaxation while the mask works its magic.

40 mins **£40**

ADD ONS / EXPRESS TREATMENTS

A short, focused treatment that can be added to your main service or enjoyed on its own

Head & Shoulder Massage
A targeted treatment designed to ease tension in the head, neck, and shoulders while promoting relaxation and overall well-being.

30 mins **£36**

Foot & Leg Ritual
Therapeutic and pampering spa treatment that focuses on the feet and lower legs. It's designed to relax tired and achy feet while promoting overall well-being. This treatment is performed in a pedicure chair.

30 mins **£34**

Express Facial
A quick yet effective facial designed to refresh and revitalise the skin. This treatment includes cleansing, exfoliation, and hydration to leave your complexion clean, smooth, and glowing in minimal time.

25 mins **£32**

SPA DAY PACKAGES

Sweet Serenity

Enjoy the ultimate moment of relaxation with a 30 minute treatment of your choice, paired with a glass of prosecco or a hot drink and a bake of the day. Your experience also includes complimentary access to the indoor leisure facilities at our sister hotel, The Suncliff, subject to availability, or access to our outdoor pool during the summer months.

Choose from one of the following treatments:
- Oceana Signature Back, Neck & Shoulder Massage
- Hot Stone Back, Neck & Shoulder Massage
- Express Facial
- Mother to Be Back, Neck & Shoulder Massage
- Head & Shoulder Massage
- Foot & Leg Ritual

£40 per person

Me Time Treat

Indulge in some well-deserved time to yourself with a 55 minute treatment of your choice, paired with a glass of prosecco or a hot drink and a sandwich or toastie from our set menu. Your experience also includes complimentary access to the indoor leisure facilities at our sister hotel, The Suncliff, subject to availability, or access to our outdoor pool during the summer months.

Choose from one of the following treatments:
- Oceana Signature Full Body Massage
- Hot Stone Full Body Massage
- Oceana Manicure or Pedicure
- My Image Facial
- Body Scrub
- Mum to Be Full Body Massage

£75 per person

Combo Treat

Enjoy a 30-minute back massage and 30-minute express facial, both of which can be tailored and are perfectly suitable for mums-to-be, paired with a glass of prosecco or a hot drink. Your experience also includes complimentary access to the indoor leisure facilities at our sister hotel, The Suncliff, subject to availability, or access to our outdoor pool during the summer months.

£65 per person