

KING ST  
TOWNHOUSE  
GYM & SPA

*Treatment Menu*

## A serene haven a stone's throw away from the hustle and bustle of Manchester.

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King Street Townhouse Gym & Spa is an impeccably crafted space, home to a spectacular Himalayan Salt Cave for immune-boosting benefits - perfect for relaxing before your treatments.

Here you will find a team of experts that offer an unrivalled choice of spa treatments with leading partners ESPA and HydraFacial, and the exclusive launch of Perricone MD facials in the UK. The treatment menu is complimented with a range of beauty treatments and the opportunity to extend your visit with a stay at King Street Townhouse Hotel.

The unique city spa features four treatment rooms, thermal suite, Eucalyptus steam room, ice fountain and heated loungers. The spa lounge complements the overall offering by serving light, nutritious refreshments.

Situated above the spa is the gym, featuring an advanced, innovative selection of fitness equipment for 360° well-being and fitness offering.

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ESPA  
BESPOKE



Exclusively available at  
King Street Townhouse Gym & Spa

## ESPA Signature Treatment

### Rebalance & Restore Ritual.

Relax... replenish... restore... with remarkable results. Tension is released, a busy anxious mind is quietened and the finest quality aromatherapy oils, combine with naturally occurring minerals of warm crystal salt stones, to help rebalance and neutralise the effects of modern lifestyle, leaving the body skin and mind re-balanced and radiant.

**Includes:** Back neck and shoulder massage with salt stones  
Salt stone foot massage | Rose quartz facial massage  
Scalp massage with Himalayan salt stones

£160 | 90 Minutes + 30 Mins in Salt Inhalation

[BOOK TREATMENT](#)

## ESPA Active Nutrients Glow from Within Facial

Brighten and refresh dull, lethargic complexions.

Packed with nutrient-rich active ingredients, the massage movements in this facial are guided by the body's meridian lines. This stimulates the lymphatic and circulatory systems to help boost the flow of blood and nutrients to the skin.

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**Includes:** Deep cleanse | Foreo (deep cleansing tool) | Exfoliation | Gua Sha facial massage  
Double mask | Scalp massage

£115 | 60 Minutes

BOOK TREATMENT

## ESPA Inner Beauty Facial

Brighten, hydrate and renew with this instant results facial.

For all of your facial needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

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**Includes:** Skin analysis with SkinVision™ lamp  
Triple cleanse | Exfoliation | Steam and extraction  
Facial massage | Personalised mask | Scalp massage

£110 | 60 Minutes

BOOK TREATMENT

## ESPA Natural Face Lift

Reveal visibly resilient, healthy-looking, youthful skin.

A specialised facial that is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

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**Includes:** Skin analysis with SkinVision™ lamp | Double cleanse | Steam | Japanese Kobido inspired facial massage | Stimulating Jade rollers | Sculpting & lifting massage techniques | Lifting & Smoothing Mask | Scalp massage

£170 | 90 Minutes

BOOK TREATMENT

# ESPA

LIGHT SALON TREATMENT

## LED + Nano Dermabrasion Tri- Active™ Treatment

A complete approach to skin health with our innovative Tri-Active™ LED facial treatment.

Designed to enhance your skin's own natural rejuvenation process and complement ESPA's naturally powerful formulations, the LED Light Treatment produces clinically proven results for a profound improvement in the skin's appearance, texture and tone.

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**Includes:** Skin analysis with Skin Vision™ lamp with personalised Tri-Active™ products | Cleanse & exfoliation with Nano Dermabrasion | Light Salon Enzymatic Mask with Scalp Massage | Light Salon LED Light Treatment with hand & arm massage | Facial massage | Tri-Active™ finishing products

£120 | 60 Minutes

[BOOK TREATMENT](#)

## LED + Nano Dermabrasion Active Nutrients Treatment

Restore radiance, refreshing your skin and mind to glow with vitality.

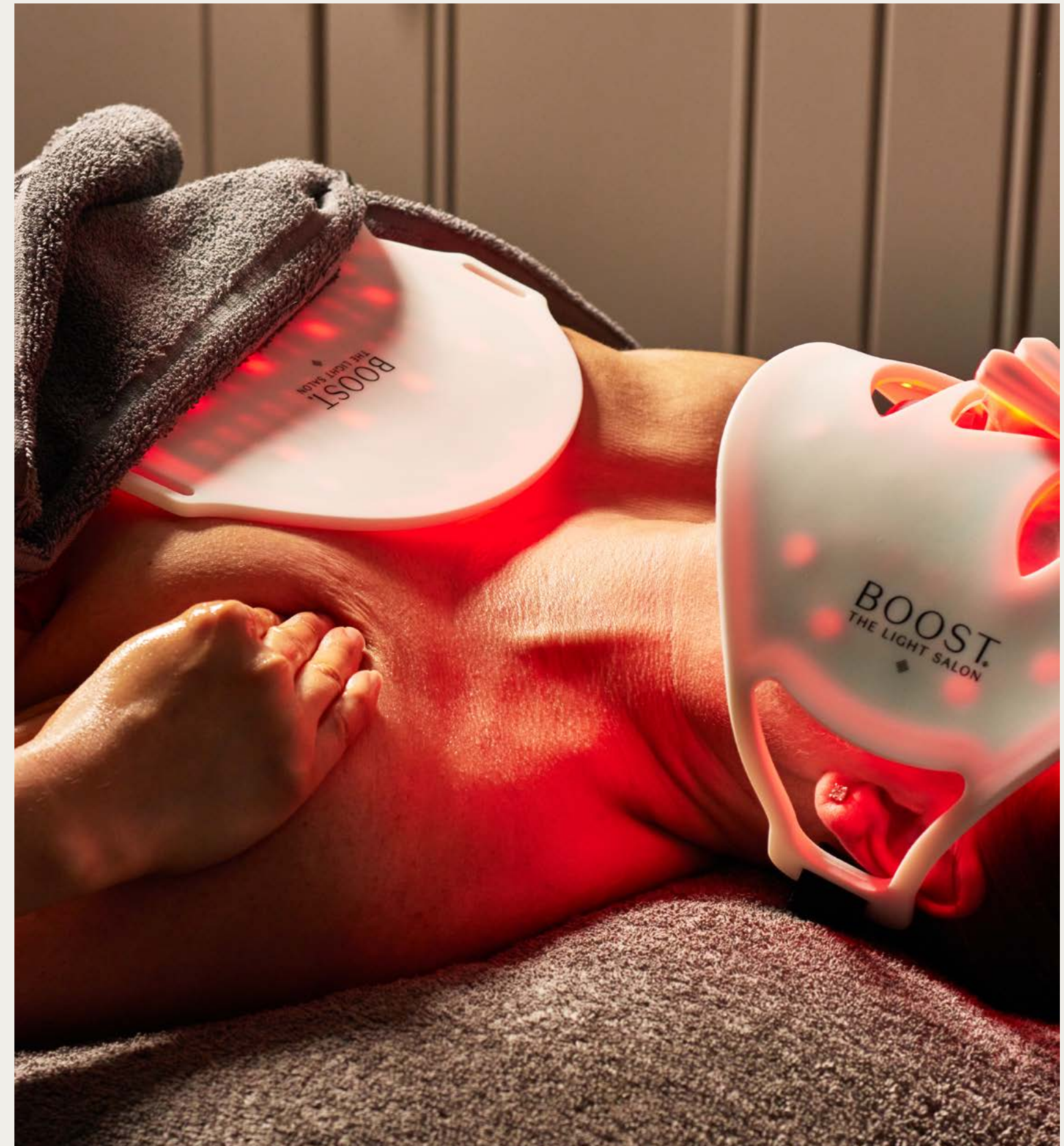
This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, nourishing your skin and your mind to glow with vitality. Dull, lethargic complexions are brightened and refreshed with the advanced nano-dermabrasion and LED smooth the skin's surface and renew the skin from a cellular level. Concentrating on your face, neck, décolleté and scalp to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity. The renewing element of clinically proven LED for visibly stronger, plumper and smoother skin.

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**Includes:** Skin analysis with Skin Vision™ lamp | Cleanse & exfoliation with Nano Dermabrasion | Light Salon Enzymatic Mask with Scalp Massage | Light Salon LED Light Treatment with hand & arm massage | Facial massage | Active Nutrients finishing products.

£120 | 60 Minutes

[BOOK TREATMENT](#)



# ESPA

MASSAGE

## ESPA Strength & Resilience Massage

Transform mind & body, release muscular tension and rediscover a sense of well-being with this resilience boosting massage.

Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

**Includes:** Yogic stretching | Reflex zone foot massage  
Back massage | Sinus release | Scalp massage

£170 | 90 Minutes

[BOOK TREATMENT](#)

## ESPA Hot Stone Massage

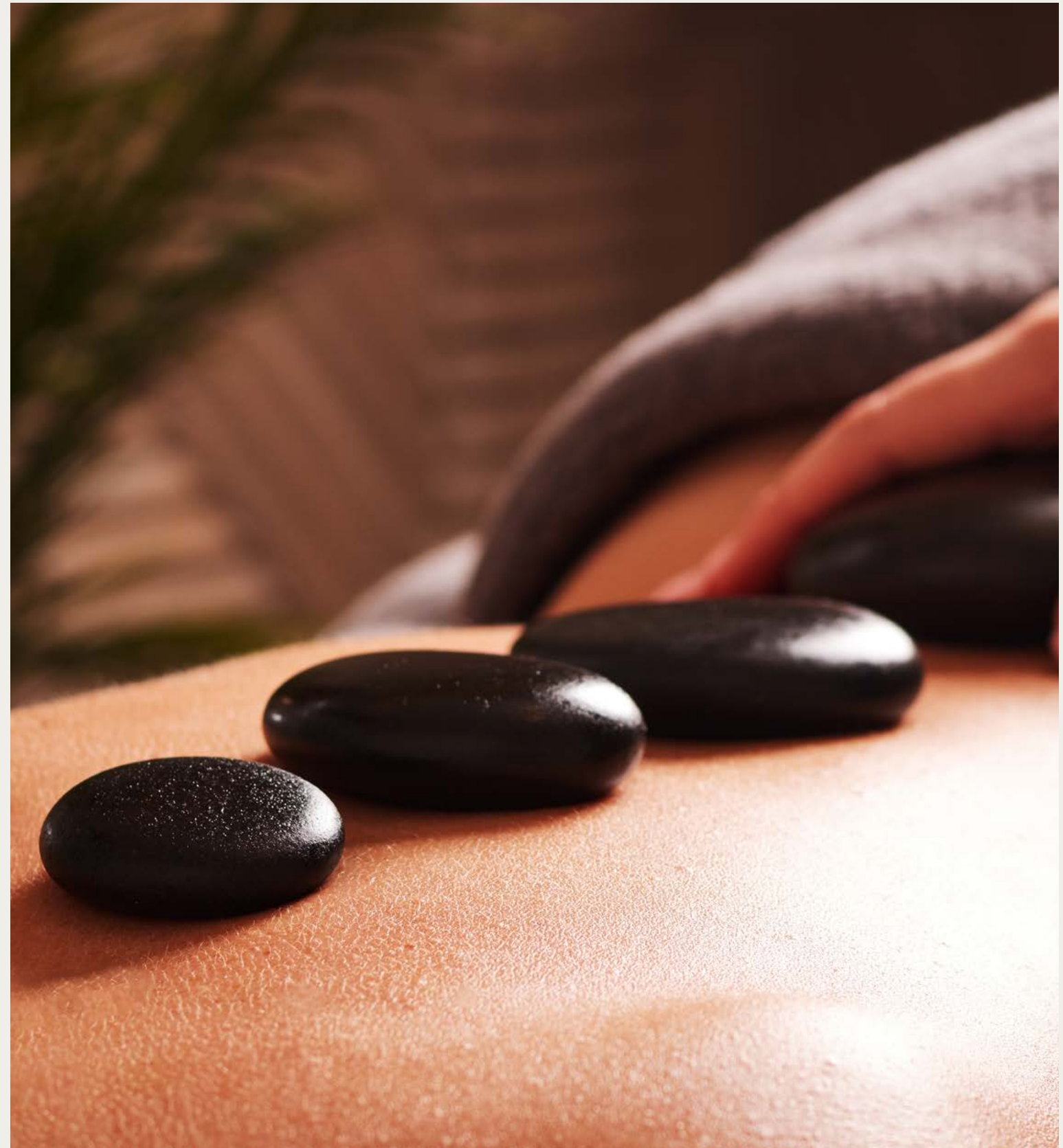
Discover lasting relaxation for mind and body with this aromatherapeutic treatment.

Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

**Includes:** Full body aromatherapy massage with  
Basalt Volcanic stones | Scalp massage

£110 | 60 Minutes  
£170 | 90 Minutes

[BOOK TREATMENT](#)



ESPA  
MASSAGE



## ESPA Deep Muscle Massage

Restore comfort, suppleness and movement with this intensely effective massage.

Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

**Includes:** Targeted massage | With or without hot stones  
Focussing on areas of concern | Scalp massage

£110 | 60 Minutes  
£160 | 90 Minutes

[BOOK TREATMENT](#)

## ESPA Mindful Massage

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience.

Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

**Includes:** Breath work and visualisation | Massage to metamorphic zones of the feet | Full body massage  
Scalp massage with warm Rose Quartz Crystals

£160 | 90 Minutes

[BOOK TREATMENT](#)

# ESPA

MASSAGE

## ESPA Positivity Massage

Unwind and escape the pace of everyday life, emerge feeling positive, self-confident and experience a renewed sense of optimism.

Experience total relaxation as an ESPA Expert helps calm both mind and body through guided breathing and visualisation. Areas on the feet are gently massaged using metamorphic techniques to rebalance and ground you, before a soothing massage is performed. Finishing with a re-energising scalp massage, using warm rose quartz crystals.

**Includes:** Breathwork and positivity visualisation  
Massage to metamorphic zones of the feet | Full body massage | Scalp massage with warm Rose Quartz Crystals

£160 | 90 Minutes

[BOOK TREATMENT](#)

## ESPA Inner Calm Massage

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience.

Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

**Includes:** Breathwork | Full body aromatherapy massage, Scalp massage with Rose Quartz Crystal

£100 | 60 Minutes

£150 | 90 Minutes

[BOOK TREATMENT](#)





ESPA  
SLEEP

Exclusively available at  
King Street Townhouse Gym & Spa

## ESPA Sleep Ritual

The definitive answer to a truly blissful night's sleep.

Quieten your mind and release physical tension and emotional anxieties with this tailor-made experience. Returning mind and body to a perfect balance, guided breathing and visualisation combine with deeply therapeutic massage to help clear the mind and promote an uninterrupted and blissful night's sleep.

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**Includes:** Breathing and visualisation techniques | Full body massage with hot stones | Therapeutic scalp massage

£160 | 90 Minutes

[BOOK TREATMENT](#)

# ESPA

BODY

## ESPA Salt & Oil Scrub

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

£65 | 30 Minutes

[BOOK TREATMENT](#)

## ESPA Back, Neck & Shoulder Massage

Ease tension where you need it most with this fast-acting de-stressing treatment.

Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

**Includes:** Massage to the back, neck and shoulders

£75 | 30 Minutes

[BOOK TREATMENT](#)



# ESPA

BODY

## ESPA Pre-Natal Relax & Restore

Nurture your changing body and calm your mind with this beautifully comforting treatment.

Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

**Includes:** Back exfoliation (if required)  
Focussed body massage | Scalp massage

£120 | 60 Minutes  
£170 | 90 Minutes

BOOK TREATMENT

## ESPA Body Wrap

Purify your body or deeply replenish your skin with this personalised body wrap.

Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

**Includes:** Skin brush | Body exfoliation  
Algae or mud wrap | Scalp massage

£110 | 60 Minutes

BOOK TREATMENT

## ESPA Back, Face & Scalp Treatment

Unravel tension, instantly boost your complexion and restore inner calm with ESPA's 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

£170 | 90 Minutes | 30 minutes salt inhalation

BOOK TREATMENT

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## ESPA Men's Personalised Facial

Deeply cleanse, hydrate and renew with ESPA's instant-results facial.

Tailored to your exact needs, TriActive™ formulas work immediately to purify and reawaken your skin while aromatherapy oils relax your mind. Skin looks clear, smooth and energised, while your inner calm is restored. Includes: skin analysis; double cleanse; exfoliation; facial massage; personalised mask and scalp massage.

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£110 | 60 Minutes

[BOOK TREATMENT](#)

## ESPA Muscle-Ease Massage

Focuses on your back and the back of your legs.

Using warm essential oils to reduce muscular tension and joint pain, this treatment is ideal for those who suffer with aching muscles and tightness in these key areas.

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£80 | 45 Minutes

[BOOK TREATMENT](#)

## ESPA Stress Buster

This treatment is ideal for easing the stresses that comes with work, travel and a busy lifestyle.

A gentle cleanse with skin brushing and body exfoliation is followed by a full body hot stone massage to warm and relax muscles. The session is completed with gentle stretching and a soothing scalp massage to leave you feeling calm, revitalised and stress-free.

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£180 | 120 Minutes

[BOOK TREATMENT](#)



Perricone MD

EXCLUSIVE PARTNER

## Introducing Perricone MD, a THG Experience exclusive.

For more than two decades, Perricone MD has been a holistic, three-tier skincare and wellness system.

This consists of diet, essential dietary supplements and potent topical skincare solutions backed by powerful ingredients, cutting-edge research and extensive clinical and consumer studies.

Created by Dr. Nicholas Perricone, world-renowned author of New York Times bestseller, *The Wrinkle Cure*, Dr. Perricone's seminal work challenged the prevailing norms of the skincare industry with its visionary approach to aging and introduction to the advantages of a healthy lifestyle.

Choose from a selection of result-driven facials, to experience the science behind healthy-looking skin with Perricone MD, all of which feature the brand's advanced topical skincare and a post-treatment supplement drink to replenish and hydrate from the inside out.



## Intensive Lifting & Firming Facial

Visibly and dramatically lifts and firms the look of sagging skin while promoting a more contoured appearance.

Our signature combination of lymphatic drainage and firming massage techniques work synergistically with **DMAE** and **peptides** to help instantly firm, lift and contour while improving the look and feel of skin elasticity.

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**Featured Ingredients:** Neuropeptides | Encapsulated Retinol | Acyl-Glutathione | Alpha Lipoic Acid (ALA) Alpha Hydroxy Acids (AHAs) | Copper Complex

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**Includes:** Super Berry with Acai Daily Supplement Powder Double Cleanse | Peel, Mask or Exfoliation (if required) Sheet Mask | Serum & Moisturise | Facial & Scalp Massage | Firming Eye Serum & Cream | Eye Contour Massage | Neck, Décolleté & Jaw Moisturise | Neck & Shoulder Massage

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**Available to Add-on:** [Smoothing Eye Lift](#)  
[Sculpt a New Jawline](#)

£85 | 60 Minutes

BOOK TREATMENT

## Brightening & Smoothing Facial

Features our proprietary Vitamin C Ester to minimize the look of uneven tone, discoloration, redness and dark spots.

This supercharged brightening and smoothing facial treatment features our proprietary **Vitamin C Ester** to minimize the look of uneven tone, discoloration, redness and dark spots whilst smoothing imperfections and targeting loss of elasticity. Includes lymphatic drainage and firming massage techniques to help deliver the look of collagen-rich skin so skin instantly appears radiant, brighter and firmer.

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**Featured Ingredients:** Vitamin C Ester | Vitamin E Ferulic Acid | Amino Acids

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**Includes:** Super Berry with Acai Daily Supplement Powder Double Cleanse | Peel, Mask or Exfoliation (if required) Serum & Moisturise | Facial & Scalp Massage | Firming Eye Serum & Cream | Eye Contour Massage | Neck, Décolleté & Jaw Moisturise | Neck & Shoulder Massage

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**Available to Add-on:** [Smoothing Eye Lift](#)  
[Sculpt a New Jawline](#)

£85 | 60 Minutes

BOOK TREATMENT

## Perricone MD Signature Treatment

This exclusive Signature Facial features the coveted Cold Plasma Plus+ Collection.

Formulated with the liquid crystal delivery system, this collection offers one-of-a-kind, powerful, multi-tasking products to address the most visible signs of aging on the face, eyes, neck, check and body.

**Vitamin C Ester**, **copper tripeptide** and **omega fatty acids** work together to visibly reduce dullness, uneven tone, uneven texture, discoloration, lines, wrinkles and a loss of firmness. The lymphatic massage technique helps to eliminate a build-up of toxins and excess fluid, promoting a more refined, youthful-looking complexion.

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**Featured Ingredients:** Liquid-Crystal-Delivery System | Vitamin C Ester Phospholipids | Copper Tripeptide | Encapsulated Caffeine Omegas 3, 6 and 9

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**Includes:** Super Berry with Acai Daily Supplement Powder | Double Cleanse | Peel, Mask or Exfoliation Serum & Moisturise | Facial & Scalp Massage | Firming Eye Cream | Eye Contour Massage | Neck, Decollete & Jaw | Moisturise | Neck & Shoulder Massage | Firming Hand Cream Hand Massage

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**Available to Add-on:** [Smoothing Eye Lift](#)  
[Sculpt a New Jawline](#)

£100 | 75 Minutes | Free Perricone MD Cold Plasma+ Hydrating Sheet Mask

BOOK TREATMENT

# Perricone MD

FACIALS

## Essential Hydration Facial

Nourish skin with essential moisture and antioxidants to promote youthful-looking and hydrated skin.

Featuring **Hyaluronic Acid** and **omega fatty acids**, this intensively hydrating facial treatment delivers a supple, smoother and plumper-looking complexion, helping to improve dry, dull or dehydrated skin.

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**Featured Ingredients:** Vitamin C Ester | Copper Tripeptide | Squalene | Omegas 3, 6 and 9

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**Includes:** Double Cleanse | Peel, Mask or Exfoliation (if required) | Serum & Moisturise | Facial & Scalp Massage

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**Available to Add-on:** [Smoothing Eye Lift](#)  
[Sculpt a New Jawline](#)

£85 | 60 Minutes

BOOK TREATMENT

## Refine & Rejuvenate Facial

Designed to smooth and diminish the look of fine lines, wrinkles and enlarged pores due to a loss of firmness.

With the power of our **Polyamine Growth Factor** and **Encapsulated Retinol**, this rejuvenating facial treatment delivers smoother looking skin. The lymphatic drainage massage will help eliminate toxins and excess fluid build-up, increase blood circulation and reduce puffiness for instantly younger, firmer-looking skin.

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**Featured Ingredients:** Polyamine Growth Factor Encapsulated Retinol | Hyaluronic Acid | Vitamin E

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**Includes:** Super Berry Supplement Blend | Double Cleanse | Peel | Mask or Exfoliation (if required) Serum & Moisturise | Facial & Scalp Massage

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**Available to Add-on:** [Smoothing Eye Lift](#)  
[Sculpt a New Jawline](#)

£85 | 60 Minutes

BOOK TREATMENT





# Perricone MD

TREATMENT ADD-ONS



## Smoothing Eye Lift

\*Add this service to any Perricone MD treatment

Featuring Perricone MD's most advanced sciences of **Acyl-Glutathione** and **neuropeptides**, this facial enhancement delivers a visible lifting effect while reducing the look of crepiness and wrinkles. Combined with our signature firming massage technique, eye area will instantly look firmer, smoother and more radiant.

£20

## Sculpt a New Jawline

\*Add this service to any Perricone MD treatment

Perricone MD's lymphatic drainage massage is paired with **DMAE** and **encapsulated caffeine** to help reduce excess fluid and toxins to reveal a visibly tighter, contoured and more sculpted neck and jawline.

£20

# hydracial

TREATMENTS

Beauty is a feeling, not a physical attribute and skincare doesn't need to be complicated.

For all faces, change is possible. HydraFacial results are both instant and lasting, and leave people emotionally charged. HydraFacial challenge the status quo and aim to turn the skincare industry upside down with their revolutionary techniques, products and philosophy.

## Platinum

HydraFacial Skin health for life is a 6 step facial delivered in one treatment in one hour, with each step enhancing the previous utilising each technology for a results driven medical grade facial.

**Includes:** Lymphatic drainage | Hydra dermabrasion (deep cleanse and exfoliation) | Glycolic peel Extractions hydration and light therapy for further rejuvenation

£130 | 60 Minutes

[BOOK TREATMENT](#)

## Personalised Platinum

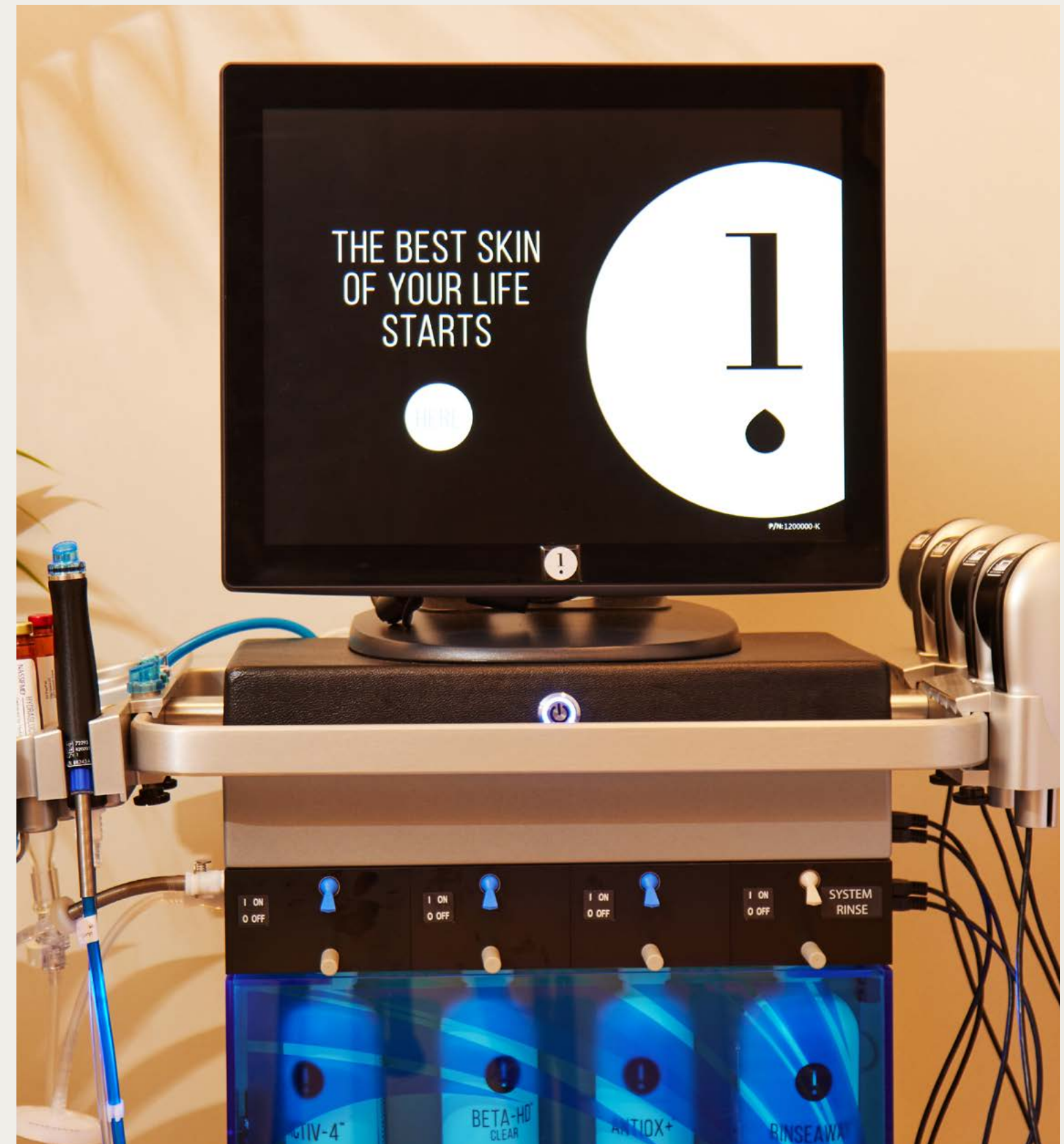
With Booster

HydraFacial personalised platinum is a 7step facial delivered in one treatment in one hour with each step enhancing the previous to utilise each technology for a results driven medical grade facial.

**Includes:** Lymphatic drainage | Hydra dermabrasion (deep cleanse and exfoliation) | Glycolic peel Extractions | Targeted skin booster | Hydration and light therapy for further rejuvenation

£170 | 60 Minutes

[BOOK TREATMENT](#)



## Tanning

Vita Liberata is the leading expert in luxury organic sunless tanning and skincare.

The collection provides real alternatives to sun exposure, featuring self-tanning products that have been formulated using organic extracts and innovative technologies to deliver the most natural radiance and skin nourishing results.

The manual tan application produces a smoother finish, whilst also allowing you to feel a lot more relaxed and indulged; you will receive a soothing massage whilst a luscious, cocoa-scented hydrating self-tan melts into your skin, giving you a medium tan that fades evenly over 10 days.

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**Key Ingredients:** Organic Aloe Vera | White Tea and Coffee Extracts are blended with Organic Glycerin and Hyaluronic Acid to deeply moisturise and smooth skin

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**After Tanning:** It is advisable to wear dark loose-fitting clothing. The colour of your tan will develop depending on your skin's melanin, meaning results may vary from person to person.

Hand Application Tan \_\_\_\_\_ £25 | 30 Minutes  
With Full Body Exfoliation \_\_\_\_\_ £55 | 60 Minutes

BOOK TREATMENT

## Nail Care

Signature Manicure \_\_\_\_\_ £50 | 60 Minutes

Luxury Manicure \_\_\_\_\_ £65 | 75 Minutes  
**Includes:** Heated Mittens or Hot Stones using OPI Pro Spa products.

Signature Pedicure \_\_\_\_\_ £50 | 60 Minutes

Luxury Pedicure \_\_\_\_\_ £65 | 75 Minutes  
**Includes:** Heated Mittens or Hot Stones using OPI Pro Spa products.

Gel Polish Hands or Feet \_\_\_\_\_ £40 | 45 Minutes  
Gel Polish Hands and Feet \_\_\_\_\_ £60 | 60 Minutes  
Existing Gel Removal \_\_\_\_\_ £15 | 20 Minutes

BOOK TREATMENT

## Waxing

Eyebrow \_\_\_\_\_ £10  
Lip or chin \_\_\_\_\_ £10  
Lip & chin \_\_\_\_\_ £15  
Underarm \_\_\_\_\_ £15  
Forearms \_\_\_\_\_ £18  
Half leg \_\_\_\_\_ £20  
Full leg \_\_\_\_\_ £40  
Bikini \_\_\_\_\_ £18  
Extended bikini \_\_\_\_\_ £20  
Brazilian \_\_\_\_\_ £28  
Hollywood \_\_\_\_\_ £33

BOOK TREATMENT

## Tinting

Eyebrow \_\_\_\_\_ £10  
Eyelash \_\_\_\_\_ £15  
Eyelash & Eyebrow Tint \_\_\_\_\_ £22

BOOK TREATMENT

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GYM & SPA PACKAGES

## Escape to wellness with our selection of carefully curated Day Spa Experiences.

Each experience includes use of all spa facilities, sauna, steam room, ice fountain, salt inhalation cave, relaxation areas and experience showers.

[EXPLORE SPA DAY EXPERIENCES](#)

KING ST  
TOWNHOUSE  
GYM & SPA

*Day Spa Experiences*



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*Escape to wellness with our selection of  
carefully curated Day Spa Experiences.*

Each experience includes use of all spa facilities, sauna, steam room, ice fountain, salt inhalation cave, relaxation areas and experience showers.

## Purity and Inner Calm

Just what you need to pause, reflect, and reset.  
A moment to yourself.

**Includes:**

Relaxation in the thermal spa facilities for 2 hours: including sauna, ice fountain, heated marble loungers, salt inhalation cave, steam room and experience showers.

Your choice of breakfast or lunch (See times)

**Choose from the following 60-minute treatments:**

- ESPA Inner Beauty Facial
- ESPA Inner Calm Massage
- ESPA Full Body Wrap
- ESPA Wellness Hour (30-minute facial & 30-minute back massage)
- Perricone MD Personalised Facial

£140 | Monday - Thursday  
£160 | Friday - Sunday

Upgrade to the À La Carte menu in the Tavern restaurant for £15pp (when booked by 20.30)

[VIEW THE À LA CARTE MENU](#)



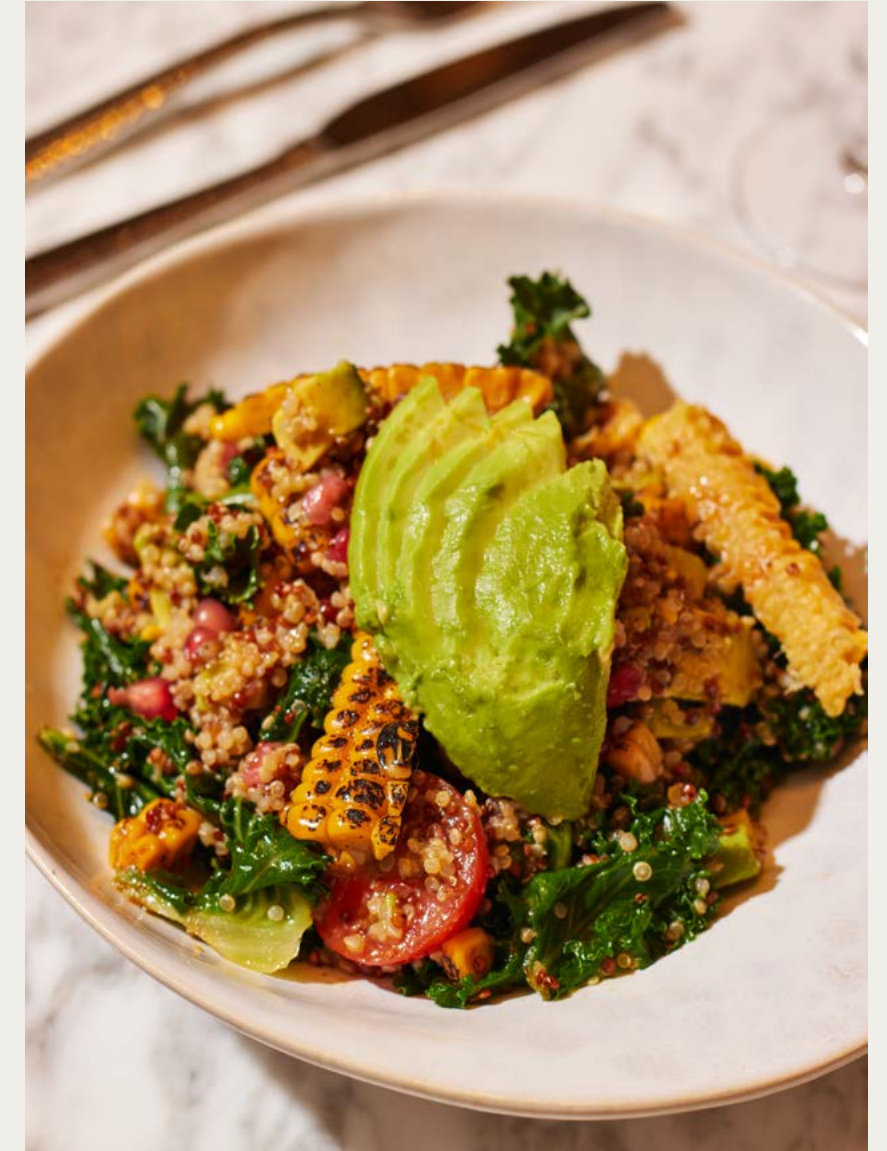
### Breakfast

**Includes:**

Morning drink  
Breakfast  
and a smoothie

Served from 7 - 11am in the Spa Lounge.

[VIEW BREAKFAST MENU](#)



### Lunch

**Includes:**

Two-course light lunch  
Glass of Laurent-Perrier Champagne  
(or non-alcoholic beverage)

Served from 12pm in the Spa Lounge.

[VIEW LUNCH MENU](#)



## Total Indulgence

Relaxation and pampering is the perfect gift to yourself or for those that matter the most.

### Includes:

Relaxation in the thermal spa facilities for 2 hours: including sauna, ice fountain, heated marble loungers, salt inhalation cave, steam room and experience showers.

Free Perricone MD Cold Plasma+ Hydrating Sheet Mask

Three courses with a glass of Laurent-Perrier Champagne or non-alcoholic beverage (served in the spa lounge from 11.30am) or breakfast and a hot drink, followed by a two-course light lunch after treatment

### Choose from the following 90-minute treatments:

ESPA Active Nutrients Facial + ESPA Back, Neck & Shoulder Massage

ESPA 90 Minute Hot Stone Massage

ESPA Positivity Massage

ESPA Strength & Resilience Massage

ESPA Back, Face and Scalp Treatment

Perricone MD Signature Facial & Back, Neck & Shoulder Massage

£170 | Monday - Thursday

£190 | Friday - Sunday

Upgrade to the À La Carte menu in the Tavern restaurant for £15pp (when booked by 20.30)

[VIEW THE À LA CARTE MENU](#)



## Sunrise Escape

The perfect way to revive your day, with some relaxation and rejuvenation.

### Includes:

Relaxation in the thermal spa facilities for 1 hour: including sauna, ice fountain, heated marble loungers, salt inhalation cave, steam room and experience showers.

One-course from our spa menu with a smoothie

Choice of one glass of mimosa, Champagne or spritz

### Choose from the following 30-minute treatments:

ESPA Back, Neck and Shoulder Massage

ESPA Introduction Facial

ESPA Salt and Oil Scrub

Personalised Hot Oil, Scalp Massage

Perricone MD Introduction Facial

£95 | Monday - Thursday

£115 | Friday - Sunday

Available only between 09:00 - 13:00

Upgrade to the À La Carte menu in the Tavern restaurant for £15pp (when booked by 20.30)

[VIEW THE À LA CARTE MENU](#)



## Sunset Escape

Spend an evening away from it all with a relaxing or revitalising 'pick me up'.

### Includes:

Relaxation in the thermal spa facilities for 1 hour: including sauna, ice fountain, heated marble loungers, salt inhalation cave, steam room and experience showers.

One course with a glass of Laurent-Perrier Champagne or non-alcoholic beverage (served in the spa lounge from 16:00-21:00)

### Choose from the following 30-minute treatments:

- ESPA Back, Neck and Shoulder Massage
- ESPA Introduction Facial
- ESPA Salt and Oil Scrub
- Personalised Hot Oil, Scalp Massage
- Perricone MD Introduction Facial

£95 | Monday - Thursday

£115 | Friday - Sunday

Available only after 16:00

Upgrade to the À La Carte menu in the Tavern restaurant for £15pp (when booked by 20.30)

[VIEW THE À LA CARTE MENU](#)



## High Time for Tea

Nothing compares to a relaxing day of massages and facials followed by an indulgent dessert-inspired tea.

### Includes:

Relaxation in the thermal spa facilities for 1 hour: including sauna, ice fountain, heated marble loungers, salt inhalation cave, steam room and experience showers.

Enjoy our sweet treats menu, an array of decadent desserts with a glass of Laurent-Perrier Champagne or non-alcoholic beverage (served in the spa lounge from 12:00-17:00).

### Choose from the following 30-minute treatments:

ESPA Back, Neck and Shoulder Massage  
ESPA Introduction facial  
Perricone MD Introduction Facial

£85 | Monday - Thursday

[VIEW THE CAKE & BUBBLES MENU](#)

Upgrade to the À La Carte menu in the Tavern restaurant for £15pp (when booked by 20.30)

[VIEW THE À LA CARTE MENU](#)



## Me to You Package

The much needed quality time you need with someone you care for, with the added elements of escape and calm.

### Includes:

Relaxation in the thermal spa facilities for 1 hour: including sauna, ice fountain, heated marble loungers, salt inhalation cave, steam room and experience showers.

Enjoy our sweet treats menu, an array of decadent desserts with a glass of Laurent-Perrier Champagne or non-alcoholic beverage (served in the spa lounge from 12:00-17:00).

### Choose from the following 45-minute treatments:

ESPA Hot Stone Massage  
ESPA Facial

### Prices per couple

£209 | Monday - Thursday  
£249 | Friday - Sunday

Upgrade to the À La Carte menu in the Tavern restaurant for £15pp (when booked by 20.30)

[VIEW THE À LA CARTE MENU](#)



## Our spa environment is one of relaxation and tranquillity.

Please respect all spa guests' right to privacy and serenity.

### Opening Times

#### Spa Treatments

Monday - Friday \_\_\_\_\_ 9am - 9pm  
Saturday & Sunday \_\_\_\_\_ 9am - 7pm

#### Spa Thermal Facilities

Monday - Sunday (7 days a week) \_\_\_\_\_ 7am - 9pm  
The Thermal Suite closes each day 15 minutes prior to the Gym & Spa closing.

#### Gym

Monday - Friday \_\_\_\_\_ 6am - 10pm  
Saturday & Sunday \_\_\_\_\_ 7am - 9pm

### Bookings

To make a reservation, please contact us via the following:

Telephone \_\_\_\_\_ 0161 667 0707  
Email \_\_\_\_\_ spa@kingstreettownhouse.co.uk

- To ensure your preferred time and service is available, we recommend you book in advance.
- A credit/debit card will be required at the time of booking as payment is taken in full in advance.
- In order to use the spa thermal facilities, guests must book a 90-minute + treatment.
- For treatments that are less than 90-minutes, guests can purchase a £30 access pass to the thermal facilities, hotel residents can also purchase for £20.

### Cancellation Policy

**\*Please note we require a payment in full to secure your booking.**

- If you need to re-arrange or cancel an appointment, we politely ask that you give us 48 hours notice. If you don't provide us with adequate notice, we won't be able to offer you a refund or a rescheduled appointment.

### Your Spa Environment

- Within our spa, it is one of relaxation and tranquillity. Please respect all Spa guests' right to privacy and serenity. In light of this, there are no mobile phones permitted in the spa area.
- We politely ask that you keep your voice to a whisper to maintain a relaxed atmosphere.

### Pregnancy

**Please note that some of our spa experiences may be unsuitable during pregnancy, so please do inform our team when booking.**

- We have specially designed treatments for pregnant women. Expectant mothers must be at least 12 weeks in order to book a spa treatment.
- We strongly advise against using the thermal areas during pregnancy, but do advise maximum use of the relaxation area and hot beds.

### Etiquette

- Please arrive at least 30 minutes prior to your appointment or spa experience to allow sufficient time to check in, change into your robe, and familiarise yourself with the spa. Treatments can only take place after you have completed the appropriate forms.
- As a courtesy to all our guests, we operate a prompt appointment schedule. A late arrival may mean that your treatment time is reduced.

### Important Information

**All prices may be subject to change without prior notice.**

- Treatments are only available for guests aged 16 and over.
- Please bring bathing attire for use in the thermal suite.
- Robes, towels and footwear are provided for spa day guests, hotel residents and any treatments that are over 90-minutes. Lockers are available for your personal items, however please be aware we accept no responsibility for loss of items on the premises.
- We reserve the right to withdraw the use of any facility at any time for essential maintenance.
- As we are a separate entity to the hotel, unless you are a hotel spa guest, you are not permitted to use the hotel facilities unless booked separately, this includes the hotel rooftop infinity pool.

### Medical Questionnaire

- Regular spa use can bring many health benefits, but it is important that you highlight any conditions, allergies, medication or injuries that may affect your choice of treatment when making your reservation.
- You will be asked on arrival to complete a questionnaire on your health and lifestyle so that we can give you the best and safest possible experience.

### Lost Property

- All lost property found on the premises should be handed in at reception. Items will be stored for three months, if they are not collected within this time they will be donated to local charities.
- Liquids, undergarments and hair brushes are kept for 24 hours only.

### Gift Vouchers

**Valid for 12 months.**

- An ideal gift for someone special, vouchers are available for monetary amounts, [spa experiences](#), [hotel packages](#) or treatments. These can be purchased in person or over the phone.

**Please note:** Gift vouchers are non-refundable and can only be redeemed within Kingstreet Townhouse Spa and Gym.