



emerge  
brighter



# perfecting

*your journey*

eforea spa at Hilton Bournemouth is a place like no other where you will reconnect with yourself and emerge brighter. Our Essentials and Escape Journeys feature both results-oriented and locally inspired therapies.

Signature to eforea spa are the Journey Enhancements, powerful mini treatments that are added to your existing services or enjoyed by themselves. These treatments have been specially designed for eforea and introduce guests to special, rarely experienced techniques from the most fabled spa cultures around the world.

## enhancements

A la carte and upgrade services are available for your head & face, shoulder, neck & scalp and feet.

## head & face

Find clarity. This illuminating experience draws from mystical practices of ancient Indian massage and powerful Thai therapies.

## shoulder, neck & scalp

Lighten your load. This deep relaxation experience draws from Chinese acupressure, modern science of trigger point therapy, and traditional methods of Swedish massage.

## feet

Ground yourself. This experience for the feet and legs, combines the richness of ancient Egyptian reflexology with spiritual concepts of Native American healers.

Enjoy true serenity with a 30 minute enhancement for £35, or book all three for £80. Spa day guests can upgrade their experience with an enhancement for just £28.

# essentials journey



## Elemis

The Pro-Collagen Marine Cream has been a bestselling Elemis product for 10 years. Its much loved fragrance of mimosa

and rose with its signature soft after-feel also delivers a beautiful base for makeup. Clinically proven to reduce the appearance

of wrinkles by up to 78% and increase hydration in the skin up to 45% in just 14 days. One is sold every minute around the world!

## face

### Pro-Collagen Quartz Lift Facial

75 MIN £70

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just one treatment. Helps to re-energise cell communication and rejuvenate skin.

### BIOTEC Triple-Tec Anti-Wrinkle Facial

60 MIN £73

The ultimate wrinkle-smoothing treatment to rejuvenate ageing skin.

### BIOTEC Micro Firm-a-Lift Facial

60 MIN £73

A super-lift facial to help firm and tighten cheeks, neck and jaw line.

### BIOTEC Blemish Control Facial

60 MIN £73

Deep cleansing, LED light therapy visibly clears and re-balances oily, blemish-prone skin.

### BIOTEC O2 Sensitive Skin Soothing Facial

60 MIN £70

A de-sensitising anti-redness therapy to soothe and calm delicate skin.

### BIOTEC Sonic Skin-Radiance Facial

60 MIN £73

Ultrasonic vibrations draw out impurities and exfoliate skin, whilst galvanic current helps to re-energise and restore moisture. Skin appears more radiant and luminous, whilst helping reduce dark circles around the eyes.

### BIOTEC Sonic Skin-Resurfacing Facial

60 MIN £73

A high-tech double peel with Ultrasonic peeling and light therapy reveal a noticeably smoother and even skin tone, minimising the appearance of blemish marks and fine lines.

## body

### Exotic Lime & Ginger Salt Scrub

45 MIN £40

After light body brushing, skin is deeply cleansed and enriching camellia oil is drizzled luxuriously over the body. You will feel your senses lifted and your body invigorated.

### Body Sculpting Cellulite & Colon Therapy

60 MIN £65

Redefine your silhouette using the clinically proven Elemis Body Sculpting System to target stubborn cellulite and sagging skin. Completed by a colon cleansing abdominal massage.

## massage

### Freestyle Custom Massage

60 MIN £62

Designed by you and your professional therapist, this massage uses a variety of techniques and pressures to relieve muscular tension and pain.

### Deep Tissue Muscle Massage

65 MIN £65

Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension with this powerful, customised sports massage.

## exclusively for men

### BIOTEC Super Charge Facial

60 MIN £70

A powerful trio of steam, ultrasonic peeling and galvanic current deep clean, exfoliate and power-up the high-potency plant actives to help reduce all visible signs of ageing.

## face

### Visible Brilliance Facial

75MIN £70

Moisturisation is clinically proven to increase by up to 61% and elasticity by up to 40% after just one treatment. Leaving your skin smooth, plump and radiant, this is the perfect pre-occasion treatment.

### Essence Facial

60MIN £58

A deep cleansing facial which will bring radiance back to lifeless complexions, combining bespoke massage techniques and a blend of exquisite aromas capturing the heritage of Elemis and Bournemouth with maritime oils.

## body & massage

### Elemis Exotic Frangipani Body Cocoon

90MIN £85

Drenching the skin with moisture to rehydrate and comfort, this exotic therapy provides ultimate radiance, vitality and all-over body glow. Treatment concludes with our signature body rocking technique and tea.

### Elemis Pine Warming Body Escape

60MIN £70

Enjoy a comforting foil wrap, pressure point facial massage and de-stressing scalp treatment, followed by a therapeutic massage. Complete with our signature body rocking technique and tea.

## signature treatments

### Bournemouth Bliss

90MIN £89

Inspired by our seaside location, muscle warming and detoxing seaweed is applied to legs and back, while your feet enjoy a pressure point foot massage. Drift away with a deep tissue back massage and facial which incorporates iconic Padina Pavonica seaweed, sheer bliss.

### eforea Ultimate Detox Combo

120MIN £110

Redefine your silhouette using the clinically proven Elemis Body Sculpting System to target stubborn cellulite and sagging skin. Completed by a colon cleansing abdominal massage.

### Aroma Stone Therapy

75MIN £72

Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation and a completely new body experience.

### Essence Massage

60MIN £62

Massage is a voyage of discovery, awakening the senses through touch and aroma. Using the power of real aromatherapy maritime oils and signature massage techniques to melt tension and harmonise the body.

### Elemis Face & Body Sensation

75MIN £72

Experience a sensational full body massage combined with a prescribed booster anti-ageing facial, and concluding with a signature foot cleanse and balancing tea to leave you relaxed and revived.

## exclusively for men

### Musclese Aroma Spa Ocean Wrap

75MIN £75

Ease aching, tense muscles cocooned in a comforting wrap, while being treated to a pressure point facial massage and de-stressing scalp treatment.



escape  
journey

Created especially for men



### Elemis

'Defined by Nature, led by science' something which Elemis take very seriously and

always formulate their products with this in mind. Elemis always take the purest extract,

highest concentrate and then develop in the lab to push the science to the limit.



# packages

All our packages include use of the spa facilities.

Package additions may be added and include afternoon tea, champagne, strawberries, gift pack, overnight bed and breakfast or dinner, bed and breakfast, and lunch with eforea On The Move. Just ask!

## **eforea On The Move**

**30MIN** £55

Your choice of one of the following: a signature massage, sole delight foot treatment, exotic hand treatment or exotic moisture cream facial.

## **eforea Indulgence**

**90MIN** £95

A half-hour signature massage followed by an exclusive half-hour exotic moisture facial, and then ending with an exotic, softening hand treatment.

## **eforea Escape**

**120MIN** £115

A comforting wrap using the renowned Frangipani Oil, followed with a signature massage, and then ending with a one-hour signature exotic moisture facial.

## hotel guests

Hotel guests may have complimentary use of spa facilities.

## **eforea spa and health club Hilton Bournemouth**

We can't wait to meet you. To get in touch with one of our team or to make an appointment, please call us or come and see us today and get to know a brighter version of yourself.

**phone** +44 (0)1202 200 180

**email** [bohtm\\_spa@hilton.com](mailto:bohtm_spa@hilton.com)

To purchase a gift certificate visit  
[www.eforeaspahealthclub.com](http://www.eforeaspahealthclub.com)



**eforea**<sup>TM</sup>  
SPA & HEALTH CLUB

### CANCELLATION POLICY

It is our aim to meet our guest needs wherever possible by offering a flexible appointment and booking system. To achieve this, we need to be able to maximise the availability of our treatment rooms, which are sometimes reserved by a guest who fails to make their scheduled appointment. To alleviate this and instigate an even more effective diary management, we have the following policy on cancellation or no-show. Less than 24 hours-notice, 100% of the retail price of the beauty/spa service or spa package.

### SPA ATTIRE & ETIQUETTE

Day Spa guests will be provided with robe, towel and slippers, swimwear is compulsory within the pool and thermal area. To preserve the serenity of eforea spa we kindly ask that our guests either silence or switch off all mobile devices please.

### ARRIVAL & SPA FACILITIES

We recommend you arrive at eforea spa reception at least 15 minutes prior to your scheduled appointment. If you are running late we ask that you contact us as soon as you can. Every effort will be made to honour your treatment time, however this may not always be possible.

### MINIMUM AGE

Minimum age is 16 for all spa treatments.

### GIFT CERTIFICATES

Our team will be delighted to help you select the perfect gift. Spa Gift Certificates can be purchased by telephone, in person or via our website.

### YOUR HEALTH

We advise that thermal and hydrotherapy experiences are not to be used by guests under 16, during pregnancy or under medical supervision of any kind. For all treatments if you are undergoing medical treatment or think you may be pregnant please advise at the time of booking as some of the treatments that are offered are not suitable for guests with certain medical conditions.

### SCHEDULING AN APPOINTMENT

It's easy to schedule an appointment. Simply contact us at the spa & health club reception on +44 (0)1202 200 180 and we can guide you on your selection. To ensure your preferred time and service is available we recommend to book in advance.

Pricing & services are subject to change and availability.