

THE  
QUAD  
SPA



## BEATITUDE

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The word beatitude means supreme happiness and this range has been created by beauty therapist and aromatherapist Rebecca O'Connor. This award winning range is 100% natural and uses only the finest and purest botanical ingredients. All Beatitude products deeply nourish and soothe the skin and actively promote relaxation and elevate well being.

## WELL BEING SPA PACKAGES

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With purchasing one of the Quad Health Club & Spa's well being Packages you are more than welcome to use the facilities before or after your treatment. However, please make note that access to the Quad Health Club & Spa facilities may not be gained before 12pm.

### Restore Package

£85

Pamper yourself, a loved one or friend with an extra special treatment package at Quad Health Club and Spa, Crowne Plaza London - Docklands. Enjoy two treatments which offer both relaxation and restoration and you will leave feeling revitalised.

You will enjoy:

Personalised express facial

25 MINUTES

Back, Neck and Shoulder massage

25 MINUTES

Full use of the health club facilities, Gym, Pool, Sauna, Steam room and Spa Pool.

Robe, slippers and towels provided.

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### Therapeutic Package

£85

Spoil yourself and let the Quad Spa relieve all the muscle tensions and stress you may have through our Ache Escape and Detox Treatment. Perfect for those wanting to get away from it all and feel calm and relaxed.

You will enjoy:

Ache Escape and Detox Treatment (without hot stones) is designed to relieve tight and stressed muscles using essential oils to relieve deep muscle tension.

55 MINUTES

Full use of the health club facilities.

Robe, slippers and towels are provided.

# WELL BEING TREATMENTS

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For any well being Treatment at the Quad Health Club & Spa you are able to upgrade your treatment for a value of £10 which includes:  
1x bathrobe & 1x pair of slippers

## Beatitude Supreme Happiness Treatment, Deluxe Aromatherapy Treatment & Full Body, Face and Scalp

£98 | 75 MINUTES

This deluxe treatment combines the very best of aromatherapy, hot stone therapy, Swedish, acupressure and deep tissue massage techniques that focus on your problem areas. After a full consultation your therapist will select the best treatment oil for your needs. The heavenly warm oil melts away any tension from tight and stressed muscles. Exquisite plant oils hydrate and feed the skin and the pure essential oils uplift and improve well being.

Your body, face and scalp receive intense nourishment and you will feel wonderfully relaxed yet uplifted and elated after this treatment. Robe, slippers and towels provided.

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## Ache Escape

£75 WITHOUT HOT STONES | 55 MINUTES  
£85 WITH HOT STONES | 55 MINUTES

A deeply stimulating massage treatment designed to release tight and stressed muscles. Using deep tissue massage techniques and neuromuscular techniques combined with essential oils this treatment has a warming effect to ease tight and aching muscles. Releases tension, soothes stressed muscles and leaves you feeling relaxed, calm and elated. Highly recommended for stress relief and for rejuvenation.

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## Perfect Peace

£70 WITHOUT HOT STONES | 55 MINUTES  
£80 WITH HOT STONES | 55 MINUTES

The perfect treatment to help you switch off and unwind. Designed to promote relaxation and to soothe tired and stressed muscles. Swedish massage techniques, acupressure points, aromatherapy and breathing exercises help to encourage a sense of calm and harmony. You are left feeling relaxed yet uplifted after this treatment.

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# WELL BEING TREATMENTS

## Fatigue Fighter

£75 WITHOUT HOT STONES | 55 MINUTES  
£85 WITH HOT STONES | 55 MINUTES

An uplifting body treatment that combines Swedish and neuromuscular techniques with aromatherapy oils to stimulate circulation, lymphatic drainage and ease tired muscles. The uplifting and cheering essential oils give this treatment a revitalising, reviving effect and is the perfect pick me up if you are feeling tired or jet lagged from a long flight or just in need of an uplift.

## Back, Neck and Shoulder Massage

£38 | 25 MINUTES

Swedish massage techniques release tension and soothe stressed tight muscles. Specialised techniques concentrate on specific areas of concern and you are left feeling relaxed and revived.

## Couples Massage

£170 | 55 MINUTES

Couples massage provides an excellent opportunity to receive a massage together with your spouse, friend or loved one. There are two tables and two therapists – one for each person to receive individualised treatment simultaneously. (Hot Stones not included)

Beatitude treatment\* clients have access to the swimming pool, spa pool, gym, changing rooms, lockers, relaxation room, poolside loungers, sauna and steam room. They are provided with a towel upon arrival and can enjoy complimentary herbal infusion tea and fruit.

\* Beatitude face or body treatments lasting more than one hour. For shorter treatments, a supplement will apply.

# WELL BEING FACIAL

CAUDALIE  
PARIS

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

## Express D-Vine Facial

£38 | 25 MINUTES

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



# WELL BEING FACIAL

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## Vinoperfect Radiance Facial

£75 | 55 MINUTES

The ideal treatment for skin lacking radiance and luminosity. After skin is gently cleansed, a bespoke massage with essential oils and small hot and cold basalt stones stimulates your skin's radiance. The deep-action peeling mask awakens the luminosity of your complexion. Caudalie's Vinoperfect collection adds the finishing touch to this treatment, leaving you looking rested and radiant.

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## Vinosource Anti-oxidant Hydrating Facial

£75 | 55 MINUTES

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

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## Vine[Activ] Detox Facial

£75 | 55 MINUTES

This facial is the perfect solution for those wishing to protect their skin from the ravishes of pollution and early wrinkles, whilst energizing your skin to deliver a healthy radiant glow. Incorporating a relaxing massage using Jade stones, this facial also combines the purifying properties of a pink clay, coffee & grape marc mask with our powerful antioxidant collection VineActiv, combining grape polyphenols, Vitamin E & Vitamin C for protection.



### Thalgo Marine Algae Wrap

£75 | 55 MINUTES

The original marine algae wrap, harnessing all the incredible benefits of seaweed; it activates circulation, increases metabolism, relieves aches and pains and can improve certain dry skin conditions. After a relaxing welcome massage and body exfoliation, Thalgo's patented seaweed wrap is applied, infusing its minerals, vitamins and micro-nutrients. Excellent for detox and general well-being.

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### Thalgo Merveille Arctique Spa Ritual

£115 | 90 MINUTES

Abandon yourself to the benefits of age-old Nordic rituals, in which soothing warmth and reviving freshness alternate to relax the body and release tension. Your body will feel relaxed from the heat from the massage inspired by deep tissue and Swedish massage combines with invigorating cold, using Thalgo's innovative massage balls, taking turns to calm the body and release tension.

The Merveille Arctique body treatment is inspired by Swedish Massage and Deep Tissue Massage techniques, delivering intense manoeuvres, warm kneading and stretching combined with Relaxing Ice Bubbles creating a heat exchange on the skin's surface. The treatment results in intense relaxation, release of muscle tension, and an overall feeling of harmony.



## Medical Conditions

Some of the treatments offered are not suitable for clients with certain medical conditions. At time of booking, please draw our attention to any of the following conditions: epilepsy, allergies, heart conditions, high/low blood pressure, scar tissue, varicose veins, skin conditions, diabetes, cancer, thyroid and recent surgery. We are unable to offer any treatments to Pre or Post Natal women.

## Children's Policy

Access to treatments, the spa, heat experiences and the gym are restricted to over 16's.

## Docklands Bar & Grill

The lounge and restaurant on the ground floor serves healthy breakfast, lunch and dinner options, plus a selection of herbal infusions and organic juices. Menu items can also be delivered to the spa. A complimentary selection of tea, coffee, herbal infusions, fruit and filtered water are available in the spa treatment lounge.

## Gift Vouchers

Spa gift vouchers can be purchased from the spa reception or online at [www.cpdocklands.co.uk](http://www.cpdocklands.co.uk). Please ask a member of the team for more information.

## Home Care & Retail Products

To continue your spa experience, we recommend that you follow a regimen at home using the products suggested during your treatment for optimal results. Please ask your therapist or the spa receptionists for more information.

## Valuables

Quad Club & Spa accepts no responsibility for loss of valuables at any time on the spa premises.

## Lost Property

All lost property found in Quad Club & Spa should be handed in at the club reception. Items not reclaimed within three months are donated to local charities. Liquids, undergarments, swimwear and hair brushes are disposed of after 24 hours.

## Car Parking

Parking is available to all Quad Health Club & Spa guests (subject to availability) at a charge of £3 per hour. You are able to make this payment via the parking machine located in the car park or at the Quad reception.

## Children's Times

Throughout the week and weekends the Quad Health Club & Spa has children's times. Please revert to the Quad reception to find out when these times are.

## Spa Opening Hours

Quad Club & Spa is open daily from 6am-10pm. Treatments can be scheduled between 9am and 8pm. Subject to availability.

## Scheduling an Appointment

To schedule an appointment, please contact our reception team who can guide you in choosing the perfect treatments. To ensure your preferred time and service is available, we recommend booking in advance. All spa treatments and packages will need to be guaranteed with a credit card at time of booking.

## Treatment Time

Your treatment time as advertised in the brochure includes a before and after care consultation as complimentary services.

## Arrival Time

Please allow sufficient time before your treatment to complete a spa consultation form and/or health questionnaire. Late arrivals may result in the scheduled time being reduced or not honoured. Cancellation charges will apply in the event of a no show or late cancellation.

## Cancellation Policy

Cancellations within 24 hours of booked treatment time incur a 100% cancellation charge. The credit card used to guarantee the booking will be charged.

## Spa Access

Clients who have scheduled a Beatitude treatment of 25 minutes or less, nail treatments or finishing services will be escorted directly to and from their treatment room and do not have access to any of the spa facilities. We are unable to offer any treatments for clients who require pre or post natal treatments.

## Spa Etiquette

To preserve the tranquillity of the spa we request that all clients switch off their mobile phones and leave them in their locker. We kindly request that clients keep noise to a minimum. All valuables are left at the owners risk and The Quad Club & Spa will not be held responsible for any losses or damage.

## Prices

All prices are quoted in GBP and are subject to change.





HEALTH & FITNESS

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