

FOR THE BODY

Full Body Exfoliation **½ hour** **£30.00**

To remove dead skin cells and brighten the skin, to include a Full Body Exfoliation using the Descomask Body Scrub followed by an application of your chosen body cream.

Thalgomince Warm Body Wrap **1½ hour** **£55.00**

The perfect treatment to kick-start or maintain weight loss, or simply tighten and tone. With new Thalgomince LC24 Technology, this treatment incorporates a specialised massage to break down fatty deposits.

Marine Prelude **1 hour** **£50.00**

This ultimate exfoliation treatment is ideal for pre holiday, and it's the perfect preparation for a slimming or tanning program. Natural Marine Mud exfoliate and infuse the skin with beneficial minerals. Dead skin cells are eliminated and skin texture is smoothed and refined.



Aromatic Massage **25mins** **£30.00**
55mins **£45.00**

A relaxing body massage combining the deep pressure point work of Shiatsu Massage and the kneading sweeping movements of Swedish Massage. Choose from a range of Essential Oils for a personalised massage to either; tone and revitalise; activate the breakdown of fatty deposits; detoxify and eliminate excess water; or just too simply relax.

Thalgomince Pregnancy Pamper Treatment **1½ hour** **£55.00**

Delve into the comfort of this hydrating toning treatment, and prepare your skin for a new life. Marine Algae, Elastin and Wheat Germ Oil combine with Plant Extracts to strengthen skin tone and restore firmness. This treatment can be undertaken throughout pregnancy to improve elasticity and to reduce the appearance of stretch marks.

Ocean Memory **1¾ hours** **£80.00**

A journey to the origins of the ocean to replenish, regenerate and invigorate for a deep sense of renewal. To include a Full Body Exfoliation with Salt Flakes and Seaweed Petals. Followed by a massage with the Algae pouch and Aquatic Massage Oil. Then ending with a wrap with Tingling Algae Mousse.

Sea and Senses (Marine Hot Stones)

This is a complete purifying re-mineralising and relaxing treatment, using Volcanic and Marine Stones to evoke a floating sensation for the ultimate relaxation.

Face and Body **2½ hours** **£100.00**
Body **1¾ hours** **£60.00**
Face **1¾ hours** **£55.00**

Indoceane Complete Body Ritual **1¾ hours** **£75.00**

Thalgo has crossed the oceans to harness the serenity and relaxation powers of the orient. Creating a time vital relaxation ritual. To include a Full Body Exfoliation with the Sweet and Savoury Body Scrub, Body Massage with the luxurious Massage Oil ending with the Sublime Body Wrap.

Aromaceane **1¾ hours** **£55.00**

A unique and personalised body wrap combining Natural Marine Mud mixed with either Relaxing, Slender or Detox Pre-Blended Oils.

Micronised Marine Algae Wrap **1 hour** **£50.00**

Rich in Minerals, Vitamins and Micro Nutrients. This treatment activates circulation and increases metabolism, relieves aches and pains.

Opening Hours

Sun	10.00am - 2.00pm
Mon	10.00am - 6.00pm
Tues	10.00am - 6.00pm
Wed	10.00am - 6.00pm
Thurs	10.00am - 6.00pm
Fri	10.00am - 8.00pm
Sat	10.00am - 6.00pm

Closed Bank Holiday Mondays

Terms & conditions apply

Please contact the Spa staff for a copy of the terms and conditions.

Cancellations

24 hours notice is needed for cancellations. The treatment fee will be payable if insufficient notice is given.

Weekend appointments

All weekend appointments are to be pre-paid on booking.

Vouchers are available

These are valid for one year and must be produced at time of use.

Price list may change without notice

Treatments and opening times are correct at time of print.

These are subject to availability.

Please note that there may be medical reasons as to why a treatment cannot be carried out. If you feel this may apply please contact the spa prior to your treatment.




Hilton
Brighton Metropole

Metropole **SPA**


THALGO
LA BEAUTE MARINE


Hilton
Brighton Metropole

Kings Road, Brighton BN1 2FU
Hotel Tel: 01273 775432 **Spa Direct Line:** 01273 715030

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Hotel Tel: 01273 775432 **Spa Direct Line:** 01273 715030
Email: spa.brightonmet@hilton.com
hilton.co.uk/brightonmet

WEDDING PACKAGES

For The Bride **£155.00**

2 Weeks Prior	Trial Make-up
1 Week Prior	Eyebrow Shape, Eyelash Tint Aroma Essential - Facial
Prior To The Day	Manicure, Pedicure
The Wedding Day	Cleanse and Make-up

For The Groom **£145.00**

1 Week Prior	Ocean Facial for Men Marine Prelude
Prior To The Day	Men's Hand and Nail Grooming Full Body Aromatic Massage

WEDDING PARTY

For Her **£120.00**

2 Weeks Prior	Trial Make-up
Prior To The Day	Manicure Mini Pedicure
The Wedding Day	Cleanse and Make-up

For Him **£60.00**

Prior To The Day	Full Body Aromatic Massage Men's Hand and Nail Grooming
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Pre Holiday Pampering **£160.00**

Marine Prelude, Eyelash Tint, Eyebrow Shape, A Choice of an Aroma Essential Facial or Rebalancing Facial plus a Pedicure and Mini Manicure

Pre Natal Pampering **£125.00**

Thalgonince Pregnancy Pampering Treatment
Pedicure and Extreme Comfort Facial



Luxury Day (Excludes Saturdays) **£145.00**

Use of the sauna, steam room, spa and swimming pool, plus lunch served between 12.30 - 2pm, then choose from an Indoceane or Ocean Memory Treatment, plus a choice of a Rebalancing, Extreme Comfort or Aroma Essential Facial. You will also receive a Thalgo gift from The Spa.

Day Special (Excludes Saturdays) **£52.00**

Use of the sauna, steam room, spa and swimming pool, plus lunch served between 12.30 - 2pm, choose from the Purity Ritual Facial or the ½ hour Aromatic Massage.

Pamper Day (Excludes Saturdays) **£70.00**

Use of the sauna, steam room, spa and swimming pool, plus lunch served between 12.30 - 2pm, choose from a Marine Prelude or a Full Body Aromatic Massage or Micronised Marine Algae Wrap.

Beauty Day (Excludes Saturdays) **£110.00**

Use of the sauna, steam room, spa and swimming pool, plus lunch served between 12.30 - 2pm, then choose two of the following treatments: Micronized Marine Algae Wrap, a Full Body Aromatic Massage, Marine Prelude, Aroma Essential Facial or Cold Marine Facial

Top To Toe **£140.00**

Marine Prelude, Aroma Essential Facial, Manicure and Pedicure

Use of The Spa Facilities **£8.00**

(To include use of the swimming pool and spa)

To include use of the sauna, steam room and relaxation area on Saturdays, at least one treatment per person must be booked in order to use the facilities.

FOR THE FACE

Rebalancing Facial with Micronised Marine Algae **1 hour £40.00**

Ideal for combination, oily problem skin types, this anti - bacterial rebalancing treatment, featuring Thalgo's Patented Micronised Marine Algae. Your skin feels deeply cleansed, re-mineralised and beautifully matte.

Extreme Comfort Facial **1 hour £45.00**

A deeply moisturising and soothing treat for dry and fragile skin, this nourishing facial provides intensive comfort to dehydrated skin.

Fundamental Wrinkle Control Facial **1 hour £60.00**

A precision anti ageing facial, featuring unique Wrinkle Filler Strips, applied wrinkle by wrinkle to fill in fine lines and plump out wrinkles from within. Combined with a 'second skin' mask to drench the skin with Substance Initale Marine, a complex rich in Algae Extract, peptides and energising Plant Extracts. Intensely moisturised, wrinkles and fine lines are smoothed and 'de-created.'

Aroma - Essential Facial **1 hour £40.00**

Combining the purest Essential Oils, Plant Extracts and a Cool Marine Algae Mask, this facial is the ultimate in relaxation. Expression lines are softened, and tensions are relieved. Suitable for all skin types.

Collagen Velvet Facial **1 hour £55.00**

A luxurious treatment for moisture deficiency, fine lines and wrinkles.

To incorporate Eyes, Neck & Lips. **1½ hours £70.00**

Thalgo Prescription Facial **1 hour £40.00**

Tailored to suit your needs

Cold Marine Facial **1 hour £45.00**

Soothes and calms sensitive skin and reduces redness caused by broken capillaries.

Mens

Ocean Facial **1 hour £45.00**

BODY MASSAGE TREATMENTS

Full Body Swedish Massage with Thalgo Aroma-Blended Oils **55 mins £45.00**

Half Body Swedish Massage with Thalgo Aroma-Blended Oils **25 mins £30.00**

Reflexology **90mins £50.00**

Based on the idea that the reflex points on the feet relate to different parts of the body, reflexology can re-balance energy levels and restore the body to a harmonious state.

Indian Head Massage **25 mins £30.00**

A traditional Indian Massage incorporating scalp, face, neck, shoulders and upper arms, using a variety of different massage techniques.

Pregnancy Massage **55mins £43.00**

Suitable from 3 months of pregnancy onwards.

JESSICA HAND AND FOOT CARE

Manicure **60mins £25.00**

French **60mins £30.00**

Deluxe Manicure **75mins £35.00**

Zen Spa Pedicure **60mins £35.00**

Deluxe Zen Spa Pedicure **75mins £40.00**

Mini Manicure (file and revarnish) **30mins £18.00**

Mini Pedicure (file and revarnish) **30mins £18.00**

Mens Nail Grooming **30mins £18.00**

OTHER TREATMENTS

Eyelash Tint **£14.00**

Eyebrow Tint **£12.00**

Eyelash and Eyebrow Tint **£22.00**

Eyebrow Shape **£10.00**

Eyelash Perm **60mins £35.00**

Cleanse and Make-up **60mins £40.00**

Trial and on the day Cleanse and Make-up **90mins £65.00**

½ Leg Wax **£17.00**

Full Leg **£25.00**

Full Leg and Bikini **£32.00**

Under Arm or Bikini **£12.00**

Lip or Chin **£10.00**

Back or Chest **£18.00**

