



WELCOME TO BODYSPA

A sanctuary for tailored wellness and rejuvenation...

Discover tranquillity and rejuvenation at BodySpa, nestled within Crowne Plaza Belfast. Our expert therapists are dedicated to curating a range of treatments, featuring the prestigious TEMPLESPA range, designed to elevate your well-being. Escape the demands of everyday life and immerse yourself in a space where relaxation meets transformation. With a commitment to excellence, each visit is a personalised journey, inviting you to prioritise self-care and embrace a holistic approach to wellness.

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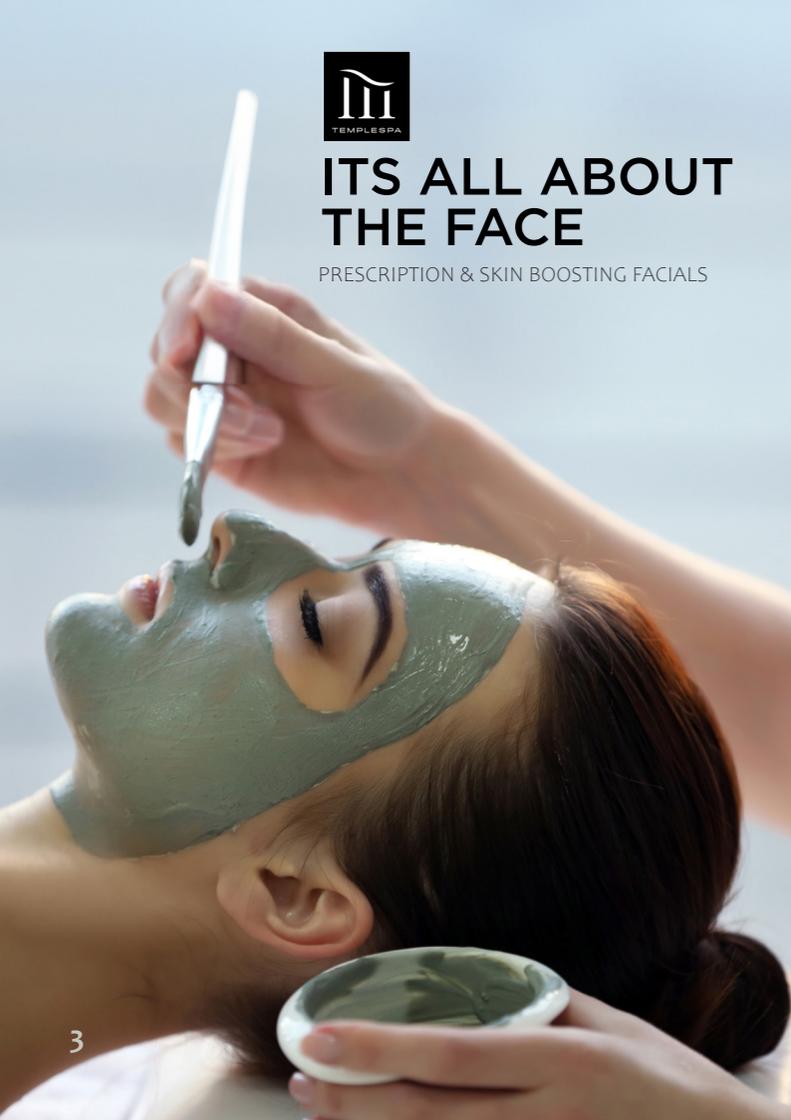
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ITS ALL ABOUT THE FACE

PRESCRIPTION & SKIN BOOSTING FACIALS



My Kinda Skin 60 mins Bespoke Prescription Facial £80

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp, massage. You will feel amazing, and your skin will look so, so good.

Champagne and Truffles Deluxe Treatment 60 mins The Crème De La Crème of Radiance Facials £85

A luxury facial that combines our award-winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. You'll have something to celebrate.

All About The Glow 60 mins Vitamin C Radiance Facial Workout £75

This advanced skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

We like to call this the facial gym power hour!

Go Guy 60 mins The Male Executive Treatment Men's Facial £80

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing massage. For the finale, a hot stone massage to the neck and shoulders.



Windows of The Soul 30 mins Anti-Ageing Eye Treatment £50

This results-driven eye treatment is designed to deliver speedy results for tired, dull and puffy eyes. A pressure points eye massage lifts, firms and smooths eyes preparing them for the application of WINDOWS OF THE SOUL; a lightweight anti-ageing cream to hydrate, reduce puffiness and treat dark circles.

Mediterranean Marinade 60 mins A calming facial £80

A luxurious facial to help soothe and calm the effects of fatigued, delicate or stressed skin. The secret is in our cooling, calming marinade mask, gentle lymph draining and oh so tranquil face massage.





MEDITERRANEAN MASSAGES

PROBABLY THE BEST MASSAGE YOU'LL EVER EXPERIENCE



Drift Away 30/60/90 mins
Relaxing Full Body Massage
£40/£70/£95

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away... zzzzzz!

Work It Out 30/60/90 mins
Detoxing / Muscle Workout Massage
£40/£70/£95

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage.

Then we perform a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a workout – working on knots, tensions and tightness to help the detox process. Detox-licious!

Stress Not 30/60/90 mins
CBD Massage
£45/£80/£105

This calming anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed stones leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm STRESS NOT naturally eases muscle stiffness and calms busy minds... giving you a moment of blissful respite.





BODYS SPA SIGNATURE MASSAGES



Swedish Massage 30/60/90 mins Relaxing Full Body Massage £40/£65/£90

A Swedish massage is a popular and widely practiced form of therapeutic massage, rooted in centuries of Swedish tradition. It involves a combination of various techniques, such as long, gliding strokes, kneading, friction, tapping, and gentle stretching, applied to the body's muscles and soft tissues.

The goal of a Swedish massage is to promote relaxation, reduce muscle tension, and improve circulation, all while providing a soothing and comforting experience. It is often considered a gentle and calming form of massage, guiding the recipient on a journey of rejuvenation and serenity.

Deep Tissue Massage 30/60 mins £45/£75

A deep tissue massage is a therapeutic massage technique that targets the deeper layers of muscles and connective tissues in the body. Unlike a Swedish massage, which primarily focuses on relaxation and superficial muscle tension, a deep tissue massage applies more intense pressure and specific techniques to address chronic muscle pain, tension, and adhesions (knots) in the muscles.

This technique can be beneficial for individuals with conditions like chronic pain, muscle injuries, postural problems, and limited mobility. It aims to break up adhesions, release muscle tension, and improve blood flow to the treated area.

Himalayan Salt Hot Stone Massage 60 mins £70

A Himalayan salt hot stone massage is a therapeutic and luxurious spa treatment that combines the benefits of hot stone massage with the unique properties of Himalayan salt.

Advocates of Himalayan salt stone massage claim that the treatment can provide a range of benefits, including improved circulation, detoxification, reduced muscle tension, and stress relief. The salt's natural minerals, including potassium, magnesium, and calcium, are thought to be absorbed through the skin, potentially offering additional therapeutic effects.

Indian Head Massage 30 mins £40

An Indian head massage, also known as a Champissage or Shiroabhyanga, is a therapeutic massage technique that originates from traditional Indian Ayurvedic practices. Indian head massage is known for its ability to reduce stress, relieve headaches, improve scalp and hair health, and enhance mental clarity. It is a soothing and rejuvenating experience that is often used in the context of holistic health and wellness practices.

During an Indian head massage, the recipient typically sits in a chair fully clothed, and the therapist uses a combination of gentle and firm techniques to manipulate and knead the muscles in the targeted areas.

SIDE ORDERS

A Little More? 15 mins per side order

Delightful Treats To Add To Any Treatment

£20

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of options to add onto your main treatment. These can be added to any facial, massage or body treatment.

Stressed Out?

Enjoy our hot stone neck & shoulder treatment.

Head Feel Heavy and Uptight?

You will love our sedating hot oil scalp massage.

Love your hands to be pampered?

Select our indulgent hand ritual.

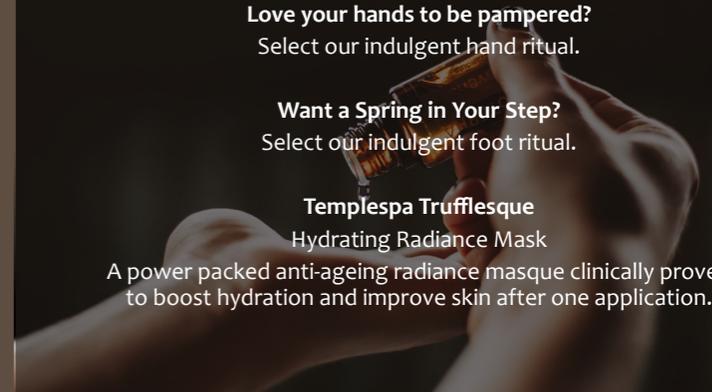
Want a Spring in Your Step?

Select our indulgent foot ritual.

Templespa Trufflesque

Hydrating Radiance Mask

A power packed anti-ageing radiance masque clinically proven to boost hydration and improve skin after one application.



BODYSPA BEAUTY



Waxing

Eyebrow Wax	£15
Lip Wax	£10
Lip & Chin	£18
Underarm	£18
Forearm	£23
Half Leg	£25
Full Leg	£35
Bikini Standard	£25
Bikini Strip (Brazilian)	£35
Bikini All Off (Hollywood)	£40
Back, Chest and Shoulders	£55

Threading

Eyebrow Thread	£20
Lip Thread	£12.50
Lip & Chin Thread	£23
Full Face Thread	£40



EYE LASHES & BROWS

Important - A patch test required 48hrs hours before any tinting/laminating appointment is made.



BodySpa Brows 60 mins £45

At BodySpa we offer professional brow treatments such as High-Definition Brows & Brow lamination. These treatments will transform the shape of your face leaving you with beautiful bespoke brows.

BodySpa Eye Package 30 mins £33

Breathe life back into your eyes with this rejuvenating eye package - Eyelash tint, Eyebrow tint & wax

