

revive Spa...



revive

welcome to revive Spa...

Escape the pressures of modern day life, and relax in pure tranquillity.

With our relaxing atmosphere, high quality treatments and products, you will find it easy to unwind.

Please read on to find all the information about our treatments and spa days.

We look forward to seeing you soon,

Sarah Lee

Sarah Lee
revive Spa Manager

contents...

welcome	page 1	elemis exotics	page 11
revive Spa is a special place...	page 4	body therapy	page 12
revive Spa breaks at Crowne Plaza Reading	page 6	tanning	page 13
face and eyes	page 7	eyelash tinting	page 13
face and body	page 9	nails	page 14
massage	page 10	hair removal	page 15
		hot waxing	page 16
		spa packages	page 17

opening hours...

Monday - Friday	9.00am - 9.00pm
Saturday - Sunday	9.00am - 8.00pm
Bank Holidays	10.00am - 6.00pm

Please note that 24 hours notice is required to cancel an appointment, failure to provide this notice will result in a 50% charge of the booked treatments value. All prices listed are subject to review. We recommend that you confirm the price upon booking your treatment.



revive Spa is a special place...

...where guests and visitors alike can relax and unwind in tranquil surroundings, in the safe hands of qualified and highly experienced therapists.

Our philosophy is simply to provide pampering luxury in a beautiful, peaceful environment. **revive** provides the perfect setting for a full range of treatments carried out by friendly and highly trained therapists, allowing you to wind down, unknot and de-stress yourself completely.

We use some of the world's best skincare systems and products, including British brand Elemis and St Tropez, to provide both contemporary and traditional treatments for men and women.

Enjoy a whole body aromatherapy massage with blended oils for total relaxation, a Elemis facial treatment to rejuvenate and oxygenate fatigued skin or a Jessica manicure including a luxurious hand and arm massage.

Why not soothe away the stresses of the day in our steam and sauna rooms or sink into our warm bubbling spa bath for a real escape from the busy world.



revive Spa breaks at Crowne Plaza Reading...

Everyone needs some “*me time*” once in a while and at revive Spas, we take chilling out as seriously as working out!

If you need to escape from everyday life or you are looking for somewhere to spend the weekend with your friends, we have the ultimate weekend of relaxation and pampering in store for you!

Check in, slip on your fluffy bathrobe and head for heaven! Enjoy Elemis deep tissue back massages, taster facials, body glow treatments or nail tidy and varnish as your spa break begins.

Spend the afternoon swimming in the crystal clear waters of the pool, lazing in the bubbling spa or relaxing poolside, with a selection of glossy magazines.

The next day, choose from a healthy or hearty breakfast and enjoy a late check out – we guarantee you will return to normality feeling relaxed, refreshed and **revived!**

Visit revivehealthclubs.co.uk for more details.

face and eyes...

Visible Brilliance Facial - 1 hour 15 minutes

£72.00

With revolutionary results, this anti-aging facial instantly firms, rejuvenates and plumps the skin, whilst helping to reduce dark circles.

Moisturisation levels of the skin are proven to increase by up to 61% and skin elasticity by 40% after just one treatment.

Pro-Collagen Quartz lifting Facial - 1 hour 15 minutes

£75.00

This advanced anti-ageing facial is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just one treatment.

Tri-Enzyme Resurfacing Facial - 1 hour

£72.00

Clinically proven to visibly resurface by up to 75% and increase skin smoothness up to 32% after just one treatment. Targets uneven skin tone, superficial scarring and fine lines, for younger looking skin.

(24 hour patch test required)

Skin Solutions Facials - 1 hour 15 minutes

£65.00

Choose from Oxygen Skin Calm to restructure delicate and sensitive skin, or SOS Purifying Facial to regulate and balance oil rich skins.

Modern Skin Facial - 1 hour**£62.00**

Bursting with anti oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins caused by environmental and lifestyle stresses. The results reveal a clearer, radiant and more balanced skin.

Skin Specific Facial - 1 hour**£54.00**

Skin is deeply cleansed and stimulated by eastern massage techniques. A choice of Fruit Active Glow, Exotic Moisture Due or Herbal Lavender Repair to suit your skins needs.

Taster Facial - 30 minutes**£33.00**

This introductory facial provides a quick and instant pick-me-up for any occasion.

Men's Skin IQ + Facial - 1 hour 15 minutes**£65.00**

This treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh ageing effects of frequent shaving, environmental pollution and constant travel.

Men's Urban Cleanse Facial - 1 hour 15 minutes**£65.00**

This facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralises impurities. Fast acting ingredients reduce sensitivity.

face and body...

Face and Body Sensation - 1 hour

£70.00

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial.

Absolute Spa Ritual - 2 hours

£106.00

Japanese Skin Calm Facial or SOS Purifying Facial and the powerful effects of the Elemis deep tissue massage are combined in this two hour treatment of pure relaxation with dramatic results.

Total Time Out For Men - 2 hours

£106.00

This treatment combines the dynamic and immediate tension relief of the Elemis deep tissue massage, with either the Elemis skin IQ, or Urban cleanse facial.

Nurturing Mother to be Massage - 1 hour 30 minutes

£70.00

Specialist positioning on our unique Elemis beanbag will ensure the ultimate in comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

massage...

Swedish Full Body Massage - 1 hour	£54.00
Deep Tissue Full Body Massage - 1 hour	£57.00
Aroma Stone Therapy Massage - 1 hour 15 minutes	£80.00
Swedish Back Massage - 30 minutes	£33.00
Deep Tissue Back Massage - 30 minutes	£38.00
Back, Neck, Shoulder and Scalp Massage - 45 minutes	£41.00
Leg Massage Blitz - 30 minutes	£33.00
Face and Scalp Massage - 30 minutes	£33.00
De-stress Scalp Massage - 30 minutes	£33.00

elemis exotics...

Exotic Coconut and Milk Bath Ritual Wrap - 1 hour

£57.00

Warmed milk bath is poured over you entire body before being cocooned in a comforting a wrap. This opulent therapy is great for smoothing and softening, combined with a pressure point facial massage and de-stress scalp treatment.

Exotic Frangipani Body Nourish Wrap - 1 hour

£57.00

Aromatic Tahitan coconut and frangipani flowers are soaked together to produce Monoi which is poured over the body, then cocooned in a foil wrap. Drenches skin with moisture and provides ultimate radiance, vitality and all over body glow.

Exotic Lime and Ginger Salt Glow - 45 minutes

£44.00

After light skin brushing, warm oil is dripped luxuriously all over your body, before an application of the exotic lime and ginger salt is applied. Your skin is deeply cleansed, and moisturised, leaving it glowing and vibrant.

body therapy...

Body Sculpting and Colon Therapy - 1 hour

£59.00

This treatment targets stubborn cellulite and sagging skin, for visible, rapid results. A peel off body mask is applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth the skin whilst stimulating the circulation and reduce fluid retention.

Aromaspa Body Wrap - 1 hour 30 minutes

£65.00

Combine the riches of the ocean with the power of essential oils to detox or relieve muscle tension.

A warm Aromatherapy seaweed mask is applied to your body before you are cocooned in a comforting foil wrap. You will also be treated with a face and scalp massage for total relaxation.

Body Glow Treatment - 30 minutes

£33.00

This treatment includes Elemis body brushing, full body exfoliation and an application of a deep nourishing moisturiser. Ideal before or after a holiday.

Back Cleansing Treatment - 45 minutes

£38.00

This treatment is like treating your back to a facial. Your back will experience, deep cleansing, exfoliation, nourishing treatment mask and a relaxing back massage.

tanning...

St Tropez Lotion Tan

Indulge yourself with the richest looking tan in the most luxurious way.

Full Body Tan - 1 hour 30 minutes

£52.00

Half Body Tan - 45 minutes

£29.00

St Tropez Spray Tan - 30 minutes

£32.00

The quickest way for an instant, healthy glow.

eyelash tinting...

Eye Lash Tint - 30 minutes

£16.00

Eye Brow Tint - 15 minutes

£11.00

Combined Lash and Brow Tint - 30 minutes

£21.00

24 hour patch test required for all tinting

nails...

Jessica Nail Treatments

Deluxe Manicure - 1 hour 10 minutes	£33.00
Classic Manicure - 1 hour	£30.00
Deluxe Pedicure - 1 hour 10 minutes	£33.00
Classic Pedicure - 1 hour	£30.00
Nail Tidy and Varnish - 30 minutes	£18.00
Men's Classic Manicure - 45 minutes	£24.00
Men's Classic Pedicure - 45 minutes	£26.00

Jessica GELeration

Deluxe GELeration Gel Overlay Manicure	£46.00
GELeration Gel Overlay Manicure	£36.00
GELeration Gel Shape and Polish	£31.00
GELeration Refresh Manicure with Coloured Gel	£26.00
ZenSpa Pedicure with GELeration	£46.00
Existing Gel Removal (<i>prior to a GELeration Manicure or Pedicure</i>)	£16.00

MINX

MINX nails	£30.00
------------	--------

hair removal...

At **revive** we use the Australian bodycare waxing system which incorporates the healing and antiseptic properties of tea tree oil.

Full Leg Wax - 45 minutes	£26.00
Three Quarter Leg Wax - 45 minutes	£23.00
Half Leg Wax - 30 minutes	£20.00
Bikini Wax - 15 minutes	£11.00
Underarm Wax - 15 minutes	£11.00
Eyebrow Wax - 15 minutes	£11.00
Lip and Chin Wax - 15 minutes	£11.00
Chest or Back Wax - 30 minutes	£20.00
Chest and Back Wax - 45 minutes	£31.00
Forearm Wax - 30 minutes	£20.00
Hollywood Wax - 30 minutes	£26.00
Brazilian Wax - 30 minutes	£21.00

hot waxing...

Ideal for sensitive areas, hot wax is gentler with less pain and redness.

Eye Brow Wax - 15 minutes	£16.00
Lip and Chin Wax - 15 minutes	£16.00
Underarm Wax - 15 minutes	£16.00
Bikini Wax - 15 minutes	£16.00
Brazilian Wax - 30 minutes	£26.00
Hollywood - 30 minutes	£31.00

spa packages...

Our luxurious Spa Days are perfect to use as a gift for a loved one or even as a special treat for yourself.

All our Spa Days include a light lunch and use of the health club facilities. Relax by the pool, refresh your body in the sauna, steam room or spa bath. If you are feeling energetic, why not work out in our fitness suite. You will also receive a bathrobe, towel and magazine upon arrival to use at your leisure throughout your day.

To avoid disappointment we recommend that you book your Spa Day early, please be aware that a non-refundable 50% deposit will be required upon booking your Spa day.

ultimate revive...

Treatments include:

Elemis Skin Specific Facial
Classic Manicure

Elemis Deep Tissue Massage
Classic Pedicure

Price per person £167.00

express heaven...

Treatments include:

Elemis Body Glow Treatment
Elemis Taster Facial

Elemis Back Massage
Jessica Nail Tidy and Varnish

Price per Person £145.00

create your own...

Personalise and create your own package day by simply choosing any two treatments from the list below:

Elemis Back Massage

Nail Tidy on hands

Elemis Body Glow Treatment

De-stress Scalp Massage

Price per person £92.00

Elemis Taster Facial

Nail Tidy on feet

Face and Scalp Massage

bride to be...

Treatments include:

Elemis Visible Brilliance Facial

Deluxe Manicure

Elemis Facial Ritual Gift Pack to take home

Price per person £199.00

Swedish Back Massage

Deluxe Pedicure

men's grooming day...

Treatments include:

Elemis Total Time Out for Men

Price per person £160.00

Men's Classic Manicure or Pedicure

mother to be...

Treatments include:

Classic Pedicure

Price per person £130.00

Elemis Nurturing Mother to be Massage



revive

revive **Spa** at Crowne Plaza Reading
Caversham Bridge, Richfield Ave, Reading RG1 8BD
T 0118 925 9901 E readingspa@revivehealthclubs.co.uk
W revivehealthclubs.co.uk