

THE OLD GOVERNMENT HOUSE

THE SPA TREATMENT MENU

PHYTOMER

As a pioneer of marine skincare, Phytomer represents a story of dedication to cultivating the purest sea ingredients from the northern French coast in Saint Malo. Now exclusive to Guernsey in our Spa.

FACIALS

Phytomer facial treatments are distinguished by exclusive manual techniques, combined with avant-garde professional products at the height of biotechnological effectiveness for instantly visible and scientifically proven results.

HYDRA ORIGINAL

Plumping Thirst-Relief Facial with Organic Algae
For dehydrated to dry skin
30 minutes - £63/60 minutes - £95

A skincare essential that pairs moisturising performance with intense relaxation using organic ingredients, sense-awakening textures and a relaxing massage to leave skin soothed and glowing, plumped and rested.

MARINE BREEZE

Oxygenating and Revitalising Facial
60 minutes - £99

A treatment that concentrates all the sea's skincare benefits to detoxify and revitalise skin and treat it to a breath of fresh air. This triple action treatment eliminates signs of fatigue, brightens the complexion and re-hydrates skin.

COMFORTING SOOTHING FACIAL

Comforting Soothing Treatment
60 minutes - £99

A nurturing treatment that calms and strengthens the skin, reducing heat and redness leaving the skin comforted and soothed. The treatment finishes with cooling tools.

EXPERT YOUTH

Wrinkle Correction Treatment
60 minutes - £115

This anti-aging treatment targets signs of aging to leave the complexion smooth, plumped and rested.

CYFOLIA ORGANIC FACIAL

Radiance Plumping Treatment. Face & Eye Contour
30 minutes - £66/60 minutes - £115

This exquisite treatment focuses on 30 minutes of soothing massage of the face and eyes for the ultimate relaxing experience. The Cyfolia Organic range of products leave the face and eye contour hydrated and radiant.

OLIGOPUR

Deep Cleansing Facial Treatment
60 minutes - £100

A targeted treatment that effectively targets blemishes for clearer, healthier skin and a smoother, fresher complexion. Also available in an anti-aging version.

PIONEER TREATMENT

Youth Revealing
75 minutes - £127

Discover a very original facial massage in an exceptional treatment with instantly visible results. The height of biotechnological effectiveness for firmer, smoother skin that glows with renewed radiance.

SUPREME YOUTH PIONEER TREATMENT

Ultimate Facial Treatment. Face, Eye Contour,
Neck & Décolleté
90 minutes - £168

This deluxe treatment starts with a mini back massage and a warm mud compress on the spine for total relaxation. The facial targets signs of aging around the whole face, neck and décolleté including the eyes and lips. All aging concerns are treated - lines, wrinkles, loss of firmness, radiance and hydration. The complete anti-aging treatment.

EYE PERFECTION

Radiance Smoothing Eye Treatment
30 minutes - £63

A comprehensive, effective and relaxing treatment for beautiful eyes that sparkle with youth.

RELAX BACK

15 minutes - £40

A mini back massage and warm mud compress on the spine provides deep relaxation, the perfect start to any treatment.

(May be added to any 60-minute facial treatment)



The sister brand to Phytomer, Phytocéane takes you on a journey through nature using ingredients from exotic destinations. Bora Bora. Zanzibar. Brazil. Patagonia. Mexico and Japan

DESTINATION DUNES

With Organic Sand Lily for uneven skin tone and texture or pigmentation
60 minutes - £115

Restore your skin's original radiance with organic Sand Lily, like a stroll in the dunes, between land and sea. The complexion is radiant and luminous with more even skin tone.

DESTINATION EMERAUDE

Face and Body Ritual with Organic Green Tea
90 minutes - £140

Embark on a unique journey of the Emerald Coast in Brittany. A detoxifying, melt-into-the-skin Organic Green Tea massage balm and a rose granite hot stone massage combined with a facial makes the treatment an unforgettable wellness ritual which promotes profound relaxation.

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BODY TREATMENTS

Deeply holistic, Phytomer protocols offer comprehensive and relaxing care. Brand signature products accentuate treatments, prolonging the sensory experience and increasing effectiveness.

SEA HOLISTIC

Relaxing and Radiance Massage for Face and Body
90 minutes - £156

An ultra-relaxing treatment incorporating a taster facial, full body exfoliation followed by a massage with warm lavender boluses and a manual massage. The ultimate pampering treatment.

COMING SOON

OLIGOTHERAPY LYMPHATIC DRAINAGE

Body massage & wrap for water retention, poor circulation and tiredness

90 minutes

This massage incorporates specific movements to encourage lymph drainage and detoxification leaving the body feeling lighter and re-energised. A warm gel wrap follows to hydrate and strengthen the skin.

TRESOR WELLNESS

Absolute Serenity Massage

60 minutes - £127

Combining Ayurvedic-inspired techniques to awaken and circulate energy throughout the body for total wellbeing, leaving you relaxed and energised.

MARINE SCRUB

Salt Crystal Exfoliation

45 minutes - £75

A full body exfoliation with sea salt followed by an application of body milk for an express beauty treatment that leaves your skin soft and silky.

SCULPT ZONE

Target Treatment for Abs/Buttocks/Thighs

60 minutes - £120

An intensive localised treatment on the abdomen, buttocks and thigh area to smooth skin and reduce the appearance of cellulite combining exfoliation and a warm body mask.

Intensive Course of Three Treatments - £310

LEG REVIVAL

Leg Soothing Treatment for water retention, restless legs, tight muscles and cramps.

45 minutes - £75

A targeted treatment to comfort and relieve tired and heavy legs. After an exfoliation, a cooling mask is applied to the legs, followed by a wrap then moisturising. This is ideal for those suffering from fluid retention, tight muscles and sore legs or feet.

HOLISTIC TREATMENTS

Holistic therapies aim to help restore balance, thus allowing the body to heal itself

HOT STONE MASSAGE THERAPY

60 minutes - £127/90 minutes - £155

This is a speciality massage that uses soothing warm oils and warm basalt stones to relax and soothe an aching body, release stored tension and renew energy levels.

BACK, NECK AND SHOULDER

HOT STONE MASSAGE

30 minutes - £65

45 minutes - £81

INDIAN HEAD MASSAGE

30 minutes - £55

This relaxing massage helps to stimulate the nerves in the head area. This assists with relaxation which, in turn improves mental and physical health. It also increases circulation, exfoliates the scalp and nourishes the hair.

HOLISTIC HEAD MASSAGE

30 minutes - £52

Helps to relieve stress, anxiety and built-up tension while increasing feelings of calm, peace and wellbeing.

HAWAIIAN LOMI LOMI MASSAGE

60 minutes - £110

Described as one of the most beautiful massages in the world. With the use of energy work and long flowing strokes imitating the waves lapping over a calm ocean. This gentle, soothing yet deep massage leaves you feeling truly in harmony with yourself.

REFLEXOLOGY

30 minutes - £52

45 minutes - £70

This original foot massage focuses on points of the feet which relate to specific parts of the body to heal and rebalance energy levels.

THE BELLABACI MASSAGE

60 minutes - £130/90 minutes - £160

A modern treatment based on the ancient cupping therapy that achieves amazing medical and therapeutic results, including reducing cellulite, improving blood circulation and safely releasing toxins and inflammation from the body.

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BODY MASSAGE

SWEDISH MASSAGE

A classic European massage using long strokes and kneading of the superficial layers of muscles. This soothing massage helps to relieve tension, improving circulation and flexibility.

FULL BODY

60 minutes - £120

90 minutes - £138

BACK NECK AND SHOULDER

30 minutes - £63

45 minutes - £75

AROMATHERAPY MASSAGE

Using a blend of essential oils, aromatherapy massage is designed to treat the whole person and assist the body to balance and heal.

FULL BODY

60 minutes - £120

90 minutes - £138

BACK, NECK AND SHOULDER

30 minutes - £63

45 minutes - £75

DEEP TISSUE MASSAGE

Submit your body to a vigorous workout of deep rhythmic pressure focused on relieving specific stress and muscle tone.

FULL BODY

60 minutes - £138

90 minutes - £180

BACK NECK AND SHOULDER

30 minutes - £75

45 minutes - £99

MOTHER TO BE

(from second trimester only)

A completely relaxing pregnancy massage using safe but effective pre-natal techniques.

PHYTOMER PRENATAL MASSAGE

60 minutes - £120

A massage created for expectant mothers from the second trimester. This relaxing massage provides comfort, relieves tension and strengthens the skin using our Seatonic Stretch Mark Reducing Body Firming Oil. A course of 4 Full Body Massages - £435 (saving £45)

FOOT TREATMENT

30 minutes - £52

LUXURIOUS FACIAL

60 minutes - £100

A luxurious facial which includes a treat for your arms. You will feel completely relaxed with an incredible sense of calm before your baby is born.

TREATMENTS FOR MEN

NEW SKIN FOR MEN

A prescriptive facial for all skin types

60 minutes - £104

This tailor-made facial is designed especially for men. Products will be chosen for you according to your skin's needs. It can hydrate, soothe and calm, brighten or plump lines and wrinkles. This facial includes deep cleansing, exfoliation, massage of the face and eyes and a mask.

MARINE CALM

Body Exfoliation and Massage

90 minutes - £173

This treatment begins with a full body exfoliation with our Sea Salt Scrub followed by a relaxing massage working on areas of tension to leave you feeling pampered and relaxed.

MARINE ZEST

90 minutes - £120

A luxurious face and body treatment, specifically designed for men to relieve tension and stress. The treatment begins with a relaxing back massage followed by a warm mud compress along the spine followed by a pampering facial adapted to your skin type.

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MANICURES AND PEDICURES

EXPRESS SPA MANICURE

Nailberry - 30 minutes - £44

ESSENTIAL SPA MANICURE

Nailberry - 60 minutes - £57

Shellac - 75 minutes - £81

French - 75 minutes - £92

Replenish and revitalise your hands with a luxurious manicure. This treatment includes cuticle care, shaping and massage. Complete the manicure with your chosen Nailberry or Shellac lacquer shade.

LUXURY MANICURE

Nailberry - 75 minutes - £69

The ultimate indulgent hand treatment includes nail shaping, cuticle care, with a luxury hand exfoliation. After a hand massage and heated mitts your treatment will be completed with your choice of Nailberry lacquer shade.

EXPRESS SPA PEDICURE

Nailberry - 30 minutes - £44

ESSENTIAL SPA PEDICURE

Nailberry - 60 minutes - £63

Shellac - 75 minutes - £86

French - 75 minutes - £99

This treatment will restore and renew feet to silky smoothness. It includes cuticle care, shaping, soothing soak and relaxing massage with a finishing touch of Nailberry or Shellac nail lacquer.

LUXURY PEDICURE

Nailberry - 75 minutes - £77

Paradise for the sole! Your feet will be soothed, exfoliated and hydrated. A mask is applied with warming boots for the ultimate treat. Also includes cuticle care and your choice shade of Nailberry nail lacquer.

SHELLAC REMOVAL & FINISH

30 minutes - £32

NAILBERRY TREATMENT

30 minutes - £17

SPA ESSENTIALS

WAXING

FULL LEG AND BIKINI	£51	FULL LEG	£46
HALF LEG	£32	THREE QUARTER LEG	£35
HALF LEG AND BIKINI	£40	UNDER ARM	£20
FOREARM	£20	FULL ARM	£25
BACK	£40	CHEST	from £40
LIP OR CHIN	£20	LIP AND CHIN	£32
EYEBROW	£20	FULL FACE	£40

INTIMATE WAXING

BIKINI LINE	£25
EXTENDED BIKINI	£40
BRAZILIAN	£43
HOLLYWOOD	£52

EYE ESSENTIALS

A patch test is required 24 hours prior to any tint treatment.

EYELASH TINT	£25
EYEBROW TINT	£13
EYELASH AND EYEBROW TINT	£32

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SPA DAY EXPERIENCES

All packages include 60 minutes use of the Jacuzzi, Sauna, Steam Room, Gym and Relaxation Area

Our Forever Blissful and Relax & Unwind packages are designed to relieve stress, detoxify, cleanse and purify or simply refresh and rejuvenate with finishing touches added to return you to the outside world feeling and looking your best.

FOREVER BLISSFUL

£195

Includes:

30-minute steam or sauna session
60-minute Swedish massage
30-minute manicure *or* pedicure
Deluxe Afternoon Tea

RELAX & UNWIND

£250

Includes:

30-minute exfoliation
30-minute Swedish massage
60-minute Hydra Blue facial
Deluxe Afternoon Tea

CLASSIC SPA TIME

£210

The perfect pick-me-up. Restore yourself from the stresses of everyday life.

Choose 3 treatments from:

30-MINUTE HYDRA BLUE FACIAL
30-MINUTE SWEDISH BACK, NECK AND
SHOULDER MASSAGE
30-MINUTE HOLISTIC MASAGE
30-MINUTE EXPRESS MANICURE
30-MINUTE EXPRESS PEDICURE

Complete your experience with either Continental Breakfast or Deluxe Afternoon Tea

DATE NIGHT

£360 per couple

Includes:

A glass of bubbles either with your treatment or with dinner.
90-minute Swedish Massage
3-Course Dinner chosen from our Chef's Choice menu

Treat yourself and that someone special to some luxurious pampering in our Couples Room. The journey includes a relaxing dual Swedish Massage leaving you both feeling refreshed. End your experience with a 3-course dinner and a glass of bubbles.

MEN'S CLASSIC SPA TIME

£220

Let us help you unwind from the daily grind with a package of pure relaxation.

Choose 3 treatments from:

30-MINUTE DEEP TISSUE BACK MASSAGE
30-MINUTE FOOT MASSAGE
30-MINUTE FACIAL
30-MINUTE EXPRESS MANICURE
30-MINUTE EXPRESS PEDICURE

Complete your experience with a 2-course lunch chosen from our Chef's Choice menu with a glass of bubbles, a pint or a soft drink.

SHOULD ANY OF OUR PACKAGES NOT SUIT YOUR NEEDS, OUR TEAM WOULD BE DELIGHTED TO DISCUSS A PERSONALISED PACKAGE FOR YOU.

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SPA ETIQUETTE

NOISE

Our Spa environment is one of tranquillity and relaxation. Please respect all guests' right to privacy and serenity. Please maintain conversation at a considerate volume in all areas of the Spa.

MOBILE PHONES

In consideration to other guests, we ask that mobile phones and electronic devices are turned off during your visit and treatments. Mobile phones may be left in lockers in the changing rooms.

SMOKING

For the comfort and consideration of all our guests, a NO SMOKING policy is operated throughout The Spa and within the Hotel.

SPA POLICY

ARRIVAL TIME

Guests are requested to arrive at least 15 minutes prior to the time their treatment is due to start in order to change, if desired, and to fill out a medical questionnaire. Late arrival will mean that your treatment time is reduced or unable to be honoured. We ask that groups of three or more arrive 15 minutes prior to the time of their booking.

All treatment times indicated include an allowance of 5 minutes for consultation, dressing and undressing.

All Spa treatments, with the exception of the 30-minute Back Massage, Manicures and Pedicures, begin with a Foot Ritual.

CANCELLATION POLICY

Bookings cancelled within 24 to 48 hours of treatment time will be charged at 50% of the treatment cost. Bookings cancelled on the day, or non-arrival will be charged at full price.

DRESS CODE

Clients on Spa Days (both men and women) will feel most comfortable going into treatments with their robe over their swimwear. For those clients just having treatments, we respectfully request that underwear is worn for all treatments. Our therapists are trained to observe client modesty at all times. Swimwear is to be worn at all times in the sauna, steam room, Jacuzzi and relaxation area.

PREGNANCY

Massage services will not be performed on a client who is within the first trimester of pregnancy or against medical advice.

LOSS OR DAMAGE

We regret that we cannot be held responsible for any loss or damage to personal items. We strongly recommend that you keep all valuables with you during your scheduled appointment. Alternatively, they may be left in lockers in the changing room.

RETURN POLICY

We will be happy to accept returns on unopened products purchased from The Spa within 30 days of purchase. All refunds are for SPA CREDIT ONLY for future purchases. No cash refunds will be given.

BOOKING POLICY

A non-refundable booking fee of £30 for Half Day and £50 for Full Day Packages is required. Payment may be made in person or by credit/debit card over the phone by calling 01481 738679.

We strongly recommend that bookings are made well in advance to avoid disappointment. Appointments may be available at short notice however this is not guaranteed.

If you are not sure which treatment to have then it is advisable to book time with one of our therapists to discuss the best treatment to suit your needs.

GRATUITIES

Gratuities are not included.

THE SPA SHOP

A full range of products to maintain the benefits of your treatments are available. Please ask your therapist for more information.

GIFT VOUCHERS

We offer gift vouchers for all occasions. Please ask the team for more information.

RESERVATIONS AND ENQUIRIES

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