

BE WELL
THE SPA

**TREATMENT
MENU**

be-well.org.uk





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| WELCOME

Welcome to Be Well the Spa – your sanctuary of affordable luxury, where every moment is designed to elevate your wellbeing.

At Be Well The Spa, we invite you on a journey of rejuvenation and renewal. Let the historic elegance of York Hall, combined with the modern luxuries of our spa, lift your spirits and restore your mind and body with every visit.

| THE TREATMENTS



HYDRAFACIAL TREATMENTS

Experience ultimate skin rejuvenation with our innovative HydraFacial treatments. This non-invasive, multistep procedure combines cleansing, exfoliation, extraction, hydration, and antioxidant protection, resulting in clearer, more radiant skin.

Using advanced Vortex-Fusion Technology, HydraFacial deeply cleanses and nourishes your skin, infusing it with serums rich in antioxidants, peptides and hyaluronic acid, improving the skin and leaving you with an immediate glow.



| HYDRAFACIAL EXTRAS

1. Signature HydraFacial | 30 mins

Revitalise your skin with our quick 30-minute Signature HydraFacial session that cleanses, exfoliates, and hydrates your skin, leaving a fresh, glowing complexion. Ideal for those seeking a boost in a short amount of time.

2. Deluxe HydraFacial | 45 mins

Enhance your skincare routine with our Deluxe HydraFacial. For 45 minutes, experience deep cleansing and hydration, along with specialised serums to address targeted skin concerns, leaving skin visibly refined and rejuvenated.

3. Platinum HydraFacial | 60 mins

Experience ultimate skincare with the Platinum HydraFacial. This comprehensive 60-minute treatment includes lymphatic drainage to detoxify and reduce puffiness, along with a booster tailored to your skin's needs. Designed to target hyperpigmentation and fine lines.

Enhance any HydraFacial treatment with a 15-minute upgrade or booster. This add-on provides an extra dose of targeted serums to further customise and optimise your results, ensuring your skin looks and feels its best.

HydraFacial perk lip | 15 mins

Perfect for those with dry lips in need of added colour and volume. Gently exfoliates, hydrates and plumps.

HydraFacial perk eye | 15 mins

A booster is infused around the eye leaving visibly brightened, toned and firmer skin.

Light therapy | 25 mins

Professional-strength LED light therapy converts into cellular energy to soften full face wrinkles and calm acne and inflammation.

Facial lymphatic drainage | 15 mins

Lymphatic therapy helps remove impurities from the skin to lift and contour while reducing the appearance of puffiness.

Our extras can be a stand-alone treatment or added to any of our facials.

| ELEMIS

Selected for their superior skincare, Elemis is a trusted British brand, known for its scientific innovation and quality. Crafted in advanced laboratories, Elemis products protect, restore, and renew skin health.



ELEMIS BODY TREATMENTS

4. Elemis targeted toning body treatment | 50 mins

A blend of minerals and seaweed combined to target cellulite. Paired with a sculpting massage to promote smoother and tightened skin.

5. Elemis body scrub (exotic lime & ginger or frangipani) | 35 mins

Elemis body scrub gently exfoliates, removing dead skin cells and promoting new cell growth. It leaves your skin smooth, ready to absorb nourishing oil.

6. Elemis thousand flowers detox body wrap | 50 mins

A body treatment that uses nutrient-rich peat to help purify and hydrate your skin, leaving it feeling refreshed and nourished.

7. Elemis men's body wrap: Active body concentrate muscle ease body mask | 50 mins

Perfect for relaxing muscles and rejuvenating skin, this treatment provides deep hydration and relief for an active lifestyle.



| ELEMIS FACIALS

Globally renowned, hands-on facial treatments that use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives.



| ELEMIS FACIALS

- 8. Elemis expert touch nourish facial | 25 or 50 mins**
Boost skin radiance with our triple-cleanse facial. A blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.
- 9. Elemis expert touch reveal facial | 25 or 50 mins**
Powered by patented Tri-Enzyme Technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.
- 10. Expert touch renew facial | 25 or 50 mins**
Improve skin firmness, whilst reducing the look of fine lines and wrinkles with clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks more hydrated, lifted and firm.
- 11. Elemis pro-collagen age defy | 25 or 50 mins**
Tackles fine lines and wrinkles with the clinically proven, age-defying benefits of marine charged padina pavonica and Red Coral.



| BE WELL THE SPA TREATMENTS



| FACIALS

12. Lift and contour Tuina face massage | 25 mins

Using traditional Chinese Tuina techniques to sculpt, lift and tone the face, this massage promotes a renewed and youthful appearance.

| BODY

13. Men's back scrub | 15 mins

Ideal for men seeking smooth and refreshed skin, this back scrub exfoliates and cleanses.

14. Coffee full body scrub-energising | 35 mins

This full body scrub uses invigorating coffee grounds to exfoliate and energise your skin, promoting a clearer complexion.

15. Aches and pains: Feet and hands paraffin therapy | 50 mins

For targeted relief, this specialised treatment includes a massage targeting the feet and hands to soothe tired muscles and joints. After the massage, a nourishing paraffin mask is applied for enhanced relaxation and relief.

16. Aches and pains: Feet and hands paraffin mask | 25 mins

This treatment includes a brief massage and focuses on the application of the nourishing paraffin mask to alleviate discomfort and promote relaxation.

| BODY

17. Deep tissue massage | 25 mins or 50 mins

Tailored for active individuals, our deep tissue massage provides immediate relief using firm pressure to target muscle tension and to promote deep relaxation.

18. Aromatherapy full body massage | 25 mins or 50 mins

Using gentle massage techniques with healing essential oils, this soothing massage calms the mind, relaxes the body, and restores balance to your senses.

19. Hot stone massage | 25 mins or 50 mins

Heated stones are placed on key body points to reduce tension and promote deep relaxation. Combined with traditional massage techniques, this treatment relaxes and soothes muscles.

20. Hot bamboo massage | 25 mins or 50 mins

Smooth bamboo sticks are used to knead tension, promoting deep muscle relaxation and revitalisation. This unique technique enhances blood circulation, leaving you feeling renewed.

21. Head, neck, and shoulder massage | 25 mins

Relieve tension and stress with our targeted upper body treatment on key areas of tension, restoring balance to your upper body. Perfect for a quick pick-me-up during a busy day.

22. Pregnancy massage | 50 mins

Our tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Essential oils formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

| EXPRESS TREATMENTS 15-25 MINS

23. Theragun muscle relief treatment | 20 mins

Utilising percussive therapy, this 20-minute innovative Theragun technique targets muscle tension to soothe, relieve and enhance recovery.

24. Foot massage | 25 mins

Treat your feet to 25 minutes of pure bliss. Focused on relieving tension and promoting circulation in the feet.

25. Express stress relief massage | 15 mins

Unwind in 15 minutes with targeted treatment on key tension areas to provide rapid relaxation. Perfect for a busy day.

26. Express Dead Sea mineral mud cocoon (self-mud removal) | 15 mins

Envelope your body in nutrient-rich Dead Sea mud, known for its detoxifying, hydrating, and anti-inflammatory properties. After our therapist applies the mud and cocoons you, enjoy improved skin texture and revitalisation, with the convenience of self-mud removal in our private, well-equipped area.



| PACKAGES

Our packages offer the flexibility to tailor your spa experience to your preferences. Choose from a variety of treatments and enhance your relaxation with access to our thermal spa facilities. Whether you have a little time or a lot, we have the perfect package for you.



| OPTIONAL EXTRAS

27. Ultimate retreat package

- Any two 50-minute treatments from the menu (excludes HydraFacial).
- Includes two-hour thermal spa experience.
- Complimentary use of spa robes, towels and slippers.
- Access to lounge area with refreshments (tea, infused water, and light snacks).

28. Pamper package

- Any two 25-minute treatments from the menu (excludes HydraFacial).
- Includes two-hour thermal spa experience.
- Complimentary use of spa robes, towels and slippers.
- Access to lounge area with refreshments (tea, infused water, and light snacks).

29. Party package (minimum of 4 people)

- 25-minute treatment from the menu (excludes HydraFacial).
- Includes two-hour thermal spa experience.
- Complimentary use of spa robes, towels and slippers.
- Access to lounge area with refreshments (tea, infused water, and light snacks).
- 10% off additional treatments booked.

Guided meditation or yoga session

Customisable spa gift bag

| DISCLAIMER

Health concerns

Please let us know prior to your treatment of any health or wellbeing concerns. If you are pregnant, please notify us at the point of booking so we can advise on treatments that are safe during pregnancy. We reserve the right to cancel treatments if we deem it unfit to proceed.

Spa etiquette on the day

To maintain the serene ambience of the spa, and in respect to our other guests, we ask you not to use your mobile phone or take any photographs while using our facilities. Be Well The Spa is a facility for guests aged 16 and above.





BE WELL THE SPA

-  0207 364 3200
-  bewellthespa-bethnalgreen@towerhamlets.gov.uk
-  York Hall Leisure Centre, 5 Old Ford Road, London, E2 9PJ

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