

Sanook Signature Collection

Urban Bliss

£150 for 135 minutes

Pure primeval pampering! A luxurious Full Body Hot Stones Massage followed by a Prescriptive Facial tailor made to your skin's needs and requirements.

High Maintenance

£210 for 195 minutes

Total body overhaul for instant all over perfection. Includes complimentary use of the sauna and heated pool followed by Full Body Exfoliation of your choice, Full Body Massage of your choice, Prescriptive Facial finishing off with a Shape and Polish for fingernails and toenails.

Sugar 'n' Spice

£75 for 60 minutes

Sugar, spice, and all things nice! The perfect body polish and muscle-melting sugar wrap, infused with cinnamon, cloves, ginger and sandalwood. Lie back and be layered in this fragrant mixture, which is renowned for polishing the skin to gleaming, spice-scented perfection! To transport you to another level of bliss, the treatment includes a deeply relaxing back, shoulder and head massage and use of the indoor heated swimming pool and sauna.

Tropical Paradise

£90 for 60 minutes

Melt into tropical bliss with an invigorating all over sugar scrub. Ideal to slough off those unwanted dead skin cells, leave your skin feeling silky smooth and supple. Travel to paradise with a deeply relaxing 30mins massage using sweet smelling essential oils. Top off this beach-themed package with a fresh fruit platter and non-alcoholic fruit punch in our in-house Bar.

Pure Heaven for 2

£190 for 60 minutes

Enjoy a scrumptious Traditional Afternoon Tea in the Carnaby Restaurant. Then make your way down to Sanook Spa for your Slice of Pure Heaven.

Choose from a 60mins Prescriptive Facial which is tailor made and especially adapted for the needs and requirements of your skin. OR

A 60mins Massage of your choice to enhance total relaxation, your mood and improve your overall body performance.

Romancing the Stones for 2

£190 for 60 minutes

Butter up your love with a 30mins Blissful Cocoa Butter Hot Stones Massage. This Massage will target the back, neck, shoulders and the feet - all the Best Bits!!! This will then be followed by a fabulous 30mins express facial.

The Perfect Pick Me Up

£100 for 90 minutes

Indulge in a truly pampering treat with this series of mini treatments. This includes a Shape and Polish of your choice both on the fingers and toes. It will be followed by your choice of a 30mins Massage or a 30mins Express Facial. Choose your style of Massage from Aromatherapy, Swedish or Deep Tissue. This facial will be tailor made to the needs and requirements of your skin using products to suit your skin type.

Waxing available on request

Spa Etiquette

Opening Times

We are open Monday to Sunday 10.00am to 7.00pm with the last treatment beginning at 5:30pm. All visits to Sanook Spa are by appointment in advance however we may be able to accommodate late minute bookings subject to availability. Use of the swimming pool, sauna and fitness room are also by appointment only, to ensure complete privacy and relaxation for each and every guest. For in-house guests the use of these facilities is complimentary and booking is not compulsory. To book please call Sanook Spa on extension 563.

Reservations

Reservations can be made directly with Sanook Spa by dialling 563. Treatments can be added to your house account or paid for directly at the spa reception. We also require your name, room number, telephone number in order to reconfirm appointments when necessary. We may also ask you medical questions to ensure the treatment you have requested is appropriate.

What to wear and where to change

Sanook Spa provides each guest with a robe and slippers as well as changing facilities with lockers, a shower, vanity area and sauna. Guests who wish to use the swimming pool and sauna will need to bring appropriate swimwear with them. We politely request that guests respect the ethnic, religious and cultural beliefs of others by maintaining modesty whilst using the spa's facilities. Professional draping is maintained throughout all treatments to ensure privacy, however all male guests are requested to wear undergarments during any body treatment.

Your safety

Each spa guest will be required to complete a questionnaire prior to treatment detailing existing health conditions and previous treatment history. Please alert your therapist if you have high blood pressure, disabilities, diabetes or are pregnant or breastfeeding.

Inappropriate behaviour including the consumption of alcohol or drugs will not be tolerated.

Cancellation Policy and Appointment Change

We operate a 24 hour cancellation period and appointment change policy. If you do not cancel any booked appointment or contact us to re-schedule an appointment at least 24 hours prior to your confirmed appointment time, we may charge the 100% full payment of the treatment to be cancelled/rescheduled as we may be unable to resell the allotted time to another Guest.

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 @hotelcourthouse



Spa Treatments





La Sultane de Saba®

Spa Rituals

La Sultane de Saba unleashes the secrets of precious rituals and recipes that date back to the time of the Queen of Sheba. Discover the power of natural ingredients which are used to create magnificent fragrances and decadent textures. When combined with these effective rituals from around the world, your mind and body will be transported, and your senses indulged, in a journey of pure relaxation and wellness.

Consultations are carried out before treatments. Those treatments indicated with © allow clients to select their preferred fragrance and 'journey' (where each fragrance encompasses it's own set of benefits).

Body Rituals

La Sultane Skin Softening Signature©

90min £120

Transport yourself to the fragrant souks with this truly Arabian experience and full top to toe treatment.

Using all the traditional techniques as used in the Parisian Spas, the body and face is deeply cleansed and exfoliated using the black soap and eucalyptus oil with kessa mitt. Then a warm signature blend is drizzled over the body for a full deep-relaxing massage. A skin renewing face, neck and scalp massage concludes this delightful experience and skin is left looking youthful and positively radiant.

La Sultane Muscle Melt Massage©

30min £50/55min £90/75min £110

Using La Sultane's rich signature blend of warm oil and melted shea butter, a full body massage is given to offer deep relaxation and relieve tension. Taking a choice of oil, the warm mixture is gently drizzled over the entire body and an intensive muscle relaxing massage is performed using deep massage moves and flowing techniques to leaving your muscles soothed and mind and body relaxed.

Add hot stones £20

Sanook Massage

Aromatherapy

25min £40/45min £60/55min £80

Wonderfully soothing and scented - selected oils and specialised massage.

Swedish

25min £45/45min £65/55min £85

Classic, gentle movements which relieve stress and promote wellbeing.

Deep tissue

25min £50/45min £70/55min £90

For those who need a little more attention on tension spots.

Head, Neck and shoulder massage

25min £40

Hand and foot massage

25min £40

Add hot stones £20

La Sultane Back Cleanse Smoothie©

45min £50

This is a wonderful taster treatment to thoroughly cleanse and exfoliate the back. Black soap with eucalyptus is used for a traditional, deep-cleanse exfoliation - packed with vitamins to nourish the skin whilst the antiseptic property of the eucalyptus clears the pores. Following with a tension-relieving massage to soothe muscles in those hard to reach areas. Finishing with a Rassoul clay cleansing mask leaving the skin clean and clear.

La Sultane Smoothing Salt Glow©

25min £40

A full body exfoliation using fragranced mineral salts in oil to remove dead skin and boost circulation. The green tea and ginger is a great fragrance for this to make it a truly energising and circulation boosting experience. An essential treatment for healthy, silky-smooth skin.

La Sultane de Saba Hand Ritual©

45 min £40

La Sultane de Saba Foot Ritual©

45 min £50

A 7-step traditional ritual to transform the hands/feet into tip top shape. With a cleansing and nail whitening treatment, complete exfoliation, buffing and tidying before slipping into a relaxing hand/foot massage followed by an intense softening and nourishing warm honey, rose & ginger wrap.

Application of polish 15min add £10

Facials

La Sultane Signature Facial

60min £85

A customised facial featuring all the traditional techniques as used in the Parisian Spas. This La Sultane signature is a powerful deep-cleansing and nourishing facial.

The products are selected based on skin type to ensure maximum benefits. Starting with a deep black soap and eucalyptus steam to deeply cleanse pores and purify skin. A facial massage helps circulate and tone the skin before applying a 2-part layered mask based on skin type, which draws out impurities, balances sebum levels and nourishes the skin. The mask is peeled off leaving skin noticeably cleansed, toned with a youthful radiant glow!

Mini Radiance Facial

30min £50

A mini version of the signature facial featuring the key techniques used in the Parisian Spas. This facial treatment will brighten, rejuvenate, and balance all skin types. Perfect for those on the go or new to the spa treatments.

La Sultane de Saba Cleopatra's Gold Facial

60min £95

A superb facial experience harnessing the powers of pure gold, caviar and honey! This vitamin rich facial is packed with amino acids and oligo-elements to assist in the skin's defense to anti-ageing and brings tone and luminosity to the complexion.

La Sultane Repairing Argan Facial

60min £85

This 'liquid gold' facial uses the highly effective argan oil taken from the Moroccan argan tree. Renowned for its powerful anti-oxidants, vitamin E and essential fatty acids - this is great for healing, encouraging skin cell regeneration and smoothing the skin. A complete and effective facial including a deep head and neck massage to leave you feeling totally relaxed and your complexion noticeably smoother and glowing.

