



Sanook Spa
Courthouse Doubletree by Hilton
19-21 Great Marlborough St, London W1F7HL
Tel: 020 7297 5563 or Ext 563

Dermalogica Facials

Prescriptive Perfection Facial - £70 for 60 minutes

A tailor-made treatment facial especially adapted for the needs and requirements of your skin. Includes the exclusive 'face-mapping' technique for in-depth and accurate analysis of skin condition resulting in a highly targeted and effective all-round facial, great as a restorative pick-up or as part of a regular skin-care and facial program.

Radiant Brilliance Facial (Chromawhite) - £80 for 75 minutes

Accelerate brightening, improve skin tone, enhance skin clarity and create a fresher, healthier appearance with this effective treatment facial which aids in minimising the appearance of pigmentation and fine lines. Skin will glow for weeks!

Clean Sweep Facial (Medi Bac) - £80 for 75 minutes

Deep cleanse, balance and soothe oily and acne prone skin with this highly effective and potent facial treatment. Recommended as part of a regular program, the Clean Sweep Facial is designed to alleviate inflammation, improve skin clarity and reduce blemishes.

Turn Back Time (AgeSmart) - £80 for 75 minutes

Highly rejuvenating and firming, this maximum strength exfoliation treatment sweeps away surface debris and battles tell-tale signs of aging with a nourishing cocktail of potent vitamins, botanical extracts and hydroxy acids. Results in a fresher, more youthful appearance.

Side-order: Each £15 (only available to add on to existing treatment)

Relaxing head and shoulder massage

Lunch Hour Luxury - An incentive to get out of the office and into Sanook Spa!

'Restore' Express Facial - £ 40 for 30 minutes

A quick fix to freshen up the complexion – great before or after a big night out!

Stress Buster Massage - £40 for 30 minutes

Targets tight office-burdened muscles for instant and effective relief

Mini Manicure £30 for 30 minutes

Mini Pedicure £30 for 30 minutes

Intensive Focus (MicroZone) - Each £20 for 20 minutes

Flash Exfoliation

Firm, resurface, tone and brighten the skin with hydroxy acids and vitamin cocktail. The perfect pep-up for dull skin

Blackhead Relief

Zap unsightly blocked pores before they break-out!

Eye Rescue

Too many late nights? Give your eyes a revitalising boost.

Rapid Spot Clearing

A fabulous intensive deep clean for congested skin

Lip Renewal

Get a gorgeous kisser with this lovely plumping and conditioning treatment

Hand Repair

The first place to show signs of ageing – beat Mother Nature with this perfecting hand treatment

Men's Skin Fitness

Perfect for congested or shaving inflamed skin, keeps the gents looking sharp

Body Treats

***Massage**: 80 minutes £110 / 55 minutes £80 / 25 minutes £40**

Swedish Relaxation Massage

Classic, gentle movements to relieve stress and promote wellbeing

Deep Tissue Massage

Firm, fabulous and focused – for those that need a little more attention on tension spots

Aromatherapy Massage

Wonderfully soothing and scented – choose your favourite oils and drift into bliss

***Hot Stone Massage** – 75 minutes for £110**

The queen of all massages, heated polished stones and warm hands glide away your stress!

Head, Neck and Shoulders (30 minutes only) - £40

Head, Feet and Hands (30 minutes only) - £40

Dermalogica Body Therapies

(Ask your Therapist which one is right for you)

Mineral Salt Therapy – 30 minutes for £40

Hydro-Mineral Salt Scrub. Smooth away dulling surface debris and restore vital nutrients to tired skin.

Body Foliation Therapy – 30 minutes for £40

A Colloidal Oatmeal and Tapioca-based powder enriched with Rice Bran powder, Papain and Salicylic Acid, designed to gently exfoliate and smooth the body.

Power Recovery Therapy – 30 minutes for £40

An intense power pack of Soymilk and Colloidal-based powder that nourishes while hydrating and conditioning skin.

Nourishing Sea Mud Therapy – 30 minutes for £40

A Seaweed and Mineral-based powder that enhances detoxification while nourishing and smoothing skin.

Back Purifying Therapy – 45 minutes for £50

This relaxing treatment acts like a facial for the back. Beginning with a deep cleansing, followed by an exfoliation using Mineral Salt or Body Microfoliant to polish away dullness (extractions are performed if necessary). Lastly, a stress relieving massage with essentials oils and customised masque will leave you relaxed and your skin radiant.

Sanook Signature Collection

Urban Bliss - £150 for 135 minutes

Pure primeval pampering! A luxurious Full Body Hot Stones Massage followed by a Dermalogica 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, Dermalogica Prescriptive Facial finishing off with a Shape and Polish for fingernails and toenails.

Male Order - £140 for 120 minutes

Just for the gents. This includes the Back Purifying Therapy, a Full Body Deep Tissue Massage and the Men's Skin Fitness MicroZone Facial.

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 Two - £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 Dermalogica 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 Two - £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 'Restore Facial' using Dermalogica.

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 Dermalogica 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.

Beauty Basics

Nails

Spa Manicure -£45 for 60 minutes (includes polish)

Spa Pedicure - £50 for 60 minutes (includes polish)

Shape and Polish for Fingernails- £15

Shape and Polish for Toenails - £20

Spa Etiquette

Opening Times

We are open Monday to Sunday 10am to 7pm 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 short 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.

