



**SANCTUARY**  
SPA COVENT GARDEN

## SPA IN THE CITY

# Relax, pamper & indulge

Experience a touch of the famous ladies only day spa with one of these pampering express 15 minute treatments from The Sanctuary, Covent Garden.

### BRIGHTENING FACIAL

15 Minutes

A dreamy and relaxing mini facial using the Sanctuary Spa's fabulous Skincare range. The treatment begins with a cleanse and tone, followed by a wonderful facial massage using The Sanctuary's 100% natural Radiance Boosting Facial Oil. The massage includes the neck, shoulders and décolleté providing the ultimate nourishment for tired and dehydrated skin. The Sanctuary Spa Brightening Eye Gel is then applied and the treatment concludes with either The Sanctuary Spa Pro Collagen Youth Serum or for a natural, sun-kissed glow, Sunshine Spa Moisture Lotion with SPF15, which provides instant colour and builds to a gradual tan.

### SOOTHING HEAD, NECK & SHOULDER MASSAGE

15 Minutes

Recline, unwind and de-stress with this wonderfully pampering massage using a choice of The Sanctuary Spa's three new Signature Body Butters each with their own unique, exotic fragrance. Choose from Mestizo which is simply bursting with fruity fragrances evocative of Brazilian rainforests, Kuan Jin with its mix of Chinese inspired florals and crushed pearls or Zibu which uses marula oil that is sourced using fair trade principles.

### LUXURIOUS HAND MASSAGE

15 Minutes

Time on your hands is never better spent with this gorgeous Sanctuary hand treatment. Nails are filed and cuticles tidied after an application of The Sanctuary Spa nourishing Nail and Cuticle Oil with protective white tea extract and moisturising sweet almond oil. This is followed by an extremely soothing massage to hands and forearms using the fragrant Sanctuary Spa Hand Cream with SPF15 to protect from premature ageing.

### REVIVING FOOT TREATMENT

15 Minutes

Rest and treat your feet during this wonderful Sanctuary experience. After a refreshing spritz of the Sanctuary Spa Cooling Leg and Foot Spritzer, Nail and Cuticle Oil is applied to soften hard skin. A wonderful massage is then performed to feet and lower legs using The Sanctuary Spa Skin Softening Foot Soufflé. You will simply float away with the gorgeous fragrance of the calming Lavender Essential Oils as the treatment concludes with nail and cuticle shaping.

To book your treatment contact [SanctuarySpa@idinfo.com](mailto:SanctuarySpa@idinfo.com)

Please state your name, contact number, preferred day and treatment.

A confirmation email will be sent to you within 48hrs. All treatments are subject to availability.