

SPA
TREATMENT
LIST

The name "Sonas" comes from the Gaelic word for "happiness", a true reflection of the mind-set created within Sonas Spas at Crerar Hotels. Experience feelings of well-being and bliss with a sumptuous treatment at any of our spas, every time.

For further information on Sonas Spas at Crerar Hotels please visit www.crerarhotels.com/spa_hotels or call 0870 950 6282 to make a hotel booking.



DECLÉOR
PARIS

CRERAR TREATMENTS

These treatments are available in selected hotels, please contact reception for details.

WAXING

Eyebrows	£7
Upper Lip	£5.50
Chin	£5.50
Upper Lip & Chin	£10
Underarms	£7.50
Bikini	£8 - £12
Full Leg	£20
Half Leg	£12.50
Chest (for men)	£18
Back (for men)	£18

MASSAGE



Deep Tissue Massage
1 hr £45 30 mins £30

A deep, remedial massage incorporating techniques to treat fatigued muscles, sports injuries and boost circulation. Ideal pre and post exercise.

Hot Stones Massage
1 hr 15 mins £60 Full Body
40 mins £35 Half Body

Concentrates on areas of tension and stress using hot volcanic stones to ease the aches and soothe muscular strain.

Swedish Massage
1 hr £45 Full Body
30 mins £25 Half Body

Deep stimulating massage relieving stress and tension.

Indian Head Massage
40 mins £30

A wonderfully relaxing treatment is provided through manipulation of the scalp, face, upper back, shoulders and upper arms. Stress and tension are released and a feeling of mental calmness is created.

Aromatherapy Massage
1 hr £47 Full Body
30 mins £25 Half Body

Essential oils from flowers, fruits and other plants are blended to your specific requirements and used in a relaxing massage.

Reflexology Massage
55 mins £40

Uses pressure on the soles of the feet to stimulate and detoxify the body creating a sense of wellbeing.

SPECIALIST

Ear Candles
40 mins £30

Ear candles have a purely physical function. A light suction action and the movement of the flame create a vibration of air in the ear candle, generating a massage-like effect on the eardrum.

Rasul Mud Room
£40 per couple

Mud therapy is bursting with minerals to cleanse and purify the skin leaving it soft and moisturised.

Reiki

1 hr £90 45 mins £45

Reiki is a system of natural healing which can be done with hands on or above the body. This treatment is given fully clothed and is gentle and non-invasive.

EYES



Eyebrow Tint	£6
Eyelash Tint	£9
Eyebrow Shape	£6

NAILS

File & Polish	£15
Manicure	£20
Pedicure	£23
Luxury Manicure	£25
Luxury Pedicure	£28

FINISHING TOUCHES

Make Up Lesson	£30	60 mins
Wedding Day Make Up	£35	
Full Body Spray Tan	£25	
Evening / Special Occasion Make Up	£25	

To book your spa treatment please enquire at reception, or dial "0" from any in-house hotel telephone.

DECLÉOR TREATMENT MENU



Decléor Facial Treatments for Women

Decléor Aromassage 1hr £45

Let your therapist's trained fingers soothe and relax your entire face, combining localised, gentle pressure with light sweeping strokes.

Decléor Aromaplastie 1hr £50

This multi-active, 100% natural treatment is tailored to every skin type, with your therapist selecting products to rebalance your skin's concerns.

Decléor Aroma Expert Facials 1hr £60

Choose from Purify, Nourish, Soothe, Essential, Radiance & Lift.

These targeted treatments provide an expert response to the needs of all skin types. Every Aroma Expert treatment offers a concentrate of highly targeted essential oils and plant extracts.

PURIFY – An intense balancing treatment with purifying essential oils of ylang ylang and tea tree that immediately leave your skin clearer, more luminous and refined.

NOURISH – With essential oils of Roman camomile, angelica and geranium, this treatment immediately replenishes lost moisture and reinforces the skin's barrier function, enabling it to combat harsh external aggressions.

SOOTHE – Using natural essential oils of rose, neroli and petit-grain, this wonderful calming treatment brings immediate comfort to stressed skin. The epidermis is soothed and re-balanced leaving the complexion smooth and cool.

ESSENTIAL – For an instant and long term response for thirsty skin, hydra force combines fruit powder and flower syrup which works in synergy to boost and restore moisture balance, revealing a luminous and radiantly beautiful complexion.

RADIANCE – This intensive treatment incorporates vitamin C and harnesses white-bright complex to reduce the appearance of pigmentation and brighten the entire complexion.

LIFT (Expression Wrinkle Smoothing Facial for Age 30 +) – This incredible facial uses the latest innovation and natural ingredients to produce an immediate action on expression lines, preventing the premature appearance of wrinkles. It combines the professional solutions of the powder and water of youth to reveal smooth, hydrated and luminous skin.

LIFT (Experience Lifting Intensifier Facial for Age 40 +) – Re-stimulate your skin with this deeply reviving facial. Fine lines and wrinkles that become more obvious with age are softened and the skin is flooded with moisture to ensure the complexion appears naturally radiant and youthful.

LIFT (Excellence Age Defying Facial for Age 50 +) – Utilising cutting edge skin care development, this incredible treatment restores facial volume with innovative "lipo-filling" technology. Wrinkles appear to be plumped from within and the contours of the face appear reshaped.



Decléor Facial Treatments for Men

Decléor Relaxing Aromatic Facial 1hr £55

From your hairline to your neckline, your therapist will soothe and relax you, filling your skin with renewed energy.

Decléor Express Cleansing Facial Treatment 30 mins £30

This holistic treatment offers deep cleansing and exfoliation and combats daily aggressions such as shaving.

Decléor Deeply Energising Facial Treatment 1hr 15 mins £65

This tension relieving aromatherapy treatment can be individually tailored to meet the needs of all skin types, combining massages to the back, face and shoulders with specific face masks to suit your skin type.

Decléor Eye Treatments

Decléor Vital Eyes 45 mins £35

Keep eyes sparkling and slow the signs of time, stress and fatigue with this incredibly relaxing and targeted treatment. Eyes become clearer, fine lines and wrinkles are smoothed and shadows and puffiness are eliminated.

Decléor Alpha and Refining Facial 45 mins £40

This treatment will restore a natural glow and leave your skin softer, smoother and more radiant.



Decléor Body Treatments

Decléor Aroma Body Massage 1hr £55 1hr 30 mins £70

From the tips of your toes to the tension points of your scalp, your therapist's trained fingers ease, soothe and relax every part of your body, combining massage with acupressure.

Decléor Aroma Enveloppement 1hr £55

A rich creamy mask with plant extracts is chosen according to your needs and applied all over your body. Enjoy the pleasure of a heated blanket and massage while your mask is on.

Decléor Tranquility Scalp Massage 30 mins £30

Drift into deep relaxation while all traces of tension are gently eased from scalp, décolleté, neck and shoulders with soothing essential oils to enhance the calming experience.

Decléor Cleansing Back Treatment 45 mins £35

A unique diagnostic massage combined with deep cleansing, purifying and balancing essential oils to decongest, hydrate and restore clarity in your skin.

Decléor Aroma Back Relief 30 mins £30

Stresses are dissolved with deep massage and a stimulating aromatic mask with essential oils for ultimate relief.

Decléor Perfect Anti-Cellulite Treatment 1hr £55

Blitz cellulite with this ultra-smoothing targeted treatment. Thighs, hips and bottom are noticeably refined even after one treatment.

Decléor Perfect Legs Treatment 45 mins £35

The perfect antidote for tired, aching legs, this instantly refreshing and invigorating treatment will put the bounce back in to your step.

Decléor Perfect Firming Treatment 45 mins £35

Perfect for the bust, stomach or any localised area in need of firming. Zesty butter with extracts of lemon and mango will tone, strengthen and condition slack skin as well as skin suffering from stretch marks.

Decléor Sumptuous Mother-To-Be Treatments

1hr 15 mins £55

These carefully tailored treatments are designed to meet individual needs at each stage of your pregnancy focussing on maintaining suppleness, increasing tranquillity and rebalancing complexion problems.



Decléor Sunless Tanning and After Sun Repair Treatments

Decléor Sunrise 1hr 30 mins £55

Exquisite preparation for the sun – this treatment combines Atlantic and Dead Sea salts with essential oils and calendula petals to gently exfoliate the surface of your skin.

Decléor Sunset 1hr 30 mins £55

Created to replenish and soothe sun-exposed skin from top-to-toe, this treatment will prolong your tan, prevent peeling and saturate your skin with a much needed moisture boost.

Decléor Body Treatments for Men

Decléor Aromassage 1hr £55

Pure aromatic balms diffuse their relaxing, stimulating, detoxifying or toning benefits deep into your skin while expert massage techniques soothe muscular tension and stiffness.

Decléor Re-Generating Detox* Treatment 1hr £65

This intensely relaxing treatment uses re-mineralising spice powder and heated blanket to encourage the skin to eliminate impurities, leaving the skin more refined and energised.

Decléor Re-Activating Flow Treatment 1hr £65

This stimulating treatment uses the powers of essential oils, massage and a heated blanket to significantly boost flagging energy, immediately revitalising the entire body.

Gift vouchers and Decléor products are available to buy now at every Sonas Spa.

* Recommended in conjunction with a healthy diet and exercise programme.

