



RICHARDSON SPA
CAUDALIÉ
PARIS

Richardson Hotel Spa's

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The Spa
at
the Grand

Spa & Leisure
@TheFalmouth

The Spa
@theMet
Massage & Beauty





Caudalie

Caudalie mood enhancing products are developed with a green ethos, 100% natural and created using vine and grape extracts from the Champagne, Bordeaux and Burgundy regions of France. Each blend is designed to sooth and revive the body and mind.

Unwind, de-stress and pamper yourself with a treatment from our luxurious range of facials, massages, and body treatments in one of our coastal Hotels. Each Spa Therapist is fully qualified in a range of Caudalie and other bespoke treatments, all designed to make you feel and look your absolute best.

Caudalie is our new product range here at the Spa, Caudalie is a multi-channel French skincare company, specialising in anti-ageing, skincare, body care, fragrance & masks. Ingredients are derived from the grapevine where the company was founded in 1995 by husband and wife: Mathilde & Bertrand.





Richardson Hotels Natural Beauty

The Richardson Hotel Natural Beauty Spas have united with Caudalie, a luxurious French skincare brand that delivers gorgeous textures and aromas whilst delivering exceptional results. Pure indulgence.

The Grand Hotel

The Grand Hotel's Natural Beauty Spa offers indulgent and relaxing treatments delivering exceptional results for all skin types. Our highly skilled therapists use the glamorous French Caudalie skincare brand, which combines the latest techniques with all of the benefits of their produce from the vineyards of Bordeaux.

For the complete experience, you should also take time to enjoy the stunning coastal views The Grand Hotel has to offer and, if there's time, treat your tastebuds to a delicious Afternoon Tea in our Compass Lounge or dine in the AA rosette restaurant, 1881.

The Falmouth Hotel

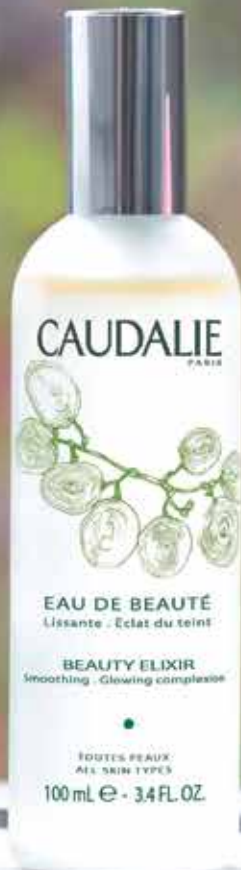
Spa & Leisure at Falmouth has two elegant, fully equipped treatment rooms offering facilities for personal pamper days, celebrations with your friends and family or simply to relax and rejuvenate. Located next to our Spa, our hidden away leisure facilities are a true sanctuary offering a gym, swimming pool, hot tub and an infra-red sauna.

Indulge in the beautiful coastal setting of The Falmouth Hotel with Castle Beach and the bay immediately opposite whilst luxuriating in the many treatments or packages our Spa has to offer.

The Metropole Hotel

The Metropole Hotel's Natural Spa Room is a perfect, tranquil place to escape and to indulge yourself in pure relaxation of professional treatments. Our highly skilled therapists will use the glamorous French Caudalie skincare brand that combines the latest techniques with all of the benefits of their produce from the vineyards of Bordeaux.

The Metropole Hotel is a natural choice for those looking to relax and unwind, located overlooking the beautiful Camel Estuary. Combine your visit with a treatment or two from our Natural Spa Room, a delicious Afternoon tea in our Brasserie or dine in the 2 AA rosette Harbour Restaurant. We'll leave you feeling truly pampered and restored.



Sheer Indulgence - £125 for 2

Includes: Full Afternoon tea for two

Choose one of the following 55 minute treatments

Divine Body Massage

55 minutes

This treatment incorporates the signature Caudalie massage, featuring the award-winning Divine Oil. Indulge in the floral, sun-kissed fragrance of Divine Oil, while compression techniques gently sooth tension and re-boost your energy. Your skin will be luxuriously softened, moisturised and wrapped in a delicate fragrant blend of roses, grapefruit, pink pepper, vanilla, cedar and white musk. Complete the treatment with an optional application of Divine Legs Tinted Body Lotion for an instant, sun kissed glow... truly divine!

Personalised Caudalie Facial

55 minutes

A treatment that deeply moisturises and leaves the skin feeling totally renewed. This treatment starts with a gentle cleansing of the skin. A massage with fresh grapes followed by a recovery essential oil massage that soothes any dryness. The application of an intensely moisturising mask and the Vinosource products restores moisture levels for a healthy, glowing appearance.

Relaxing & Nourishing Body Wrap

55 minutes

A deep nourishing treatment for the body. We begin with a Divine Scrub to exfoliate and remove the dead cells followed by an application of Divine Oil and Vine Body Butter for a deep moisture treatment. This is massaged into the skin, we then apply a wrap to cocoon the skin to boost hydration. This treatment includes a full scalp treatment for total relaxation.





Relax & Unwind - £60 per person

Includes: Traditional Cream tea

Choose two of the following 25 minute treatments

Express D-Vine Facial

Every Caudalie personalised facial includes a consultation, skin analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

Bespoke Massage

Relax and unwind with a massage to suit your needs, releasing tension or just to slip away into ultimate relaxation.

Mini Manicure or Mini Pedicure

Luxurious and invigorating massage and moisturising hand and foot treatment to stimulate the senses. Finishing with a pop of colour.

Divine Scrub

A glamorous scrub that gently exfoliates your body and helps you regain smooth, fresh skin thanks to brown sugar, grape-seed oil and Divine Oil. The application of the Nourishing Body Lotion combined with Divine Oil finishes off this treatment and leaves your skin luminous and lightly scented.

Upgrade any of your treatments in your Spa Package to a 55 minute treatment at £95 please request upon booking.



Pure Harmony - £95 per person

Includes: Champagne Cream tea

Choose three of the following 25 minute treatments

Express D-Vine Facial

Every Caudalie personalised facial includes a consultation, skin analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

Bespoke Massage

Relax and unwind with a massage to suit your needs, releasing tension and leaving you feeling totally refreshed.

Mini Manicure or Mini Pedicure

Luxurious and stimulating massage and moisturising hand and foot treatment to stimulate the senses. Finishing with a pop of colour.

Divine Scrub

A glamorous scrub that gently exfoliates your body and helps you regain smooth, fresh skin thanks to brown sugar, grape-seed oil and Divine Oil. The application of the Nourishing Body Lotion combined with Divine Oil finishes off this treatment and leaves your skin luminous and lightly scented

Upgrade any of your treatments in your Spa Package to a 55 minute treatment at £25 please request on booking.



Massage Treatments

Bespoke Back & Scalp Massage £40

40 minutes

Release tension, relax and unwind with this wonderful massage created to suit all skin types. Pure indulgence.

Divine Body Massage £55

55 minutes

A relaxing body massage featuring award winning Divine Oil, a combination of 4 exceptional plant oils. Your skin will be luxuriously softened, moisturised and wrapped in a delicate floral fragrance; a blend of roses, grapefruit, pink pepper, vanilla, cedar and white musk.

Fleur de Vigne Candle Massage £65

55 minutes

Under the glow of the soft light of a massage candle that melts into a warm oil, delicately scented with Fleur de Vigne (Grape Blossom), enjoy a unique and relaxing experience where all your senses will be indulged. Tension will be relieved and you will regain your energy.

Facial Treatments

Resveratrol Lift Facial £60

55 minutes - Firming , Lifting & Anti-wrinkle

Specially created for skin that lacks vitality and firmness. After skin is gently cleansed, a stimulating massage visibly firms and redefines the contours of your face. The application of a warming mask enhances the lifting effect of Caudalie's Resveratrol Lift products. The firming and lifting effects are immediate, your face is resculpted and radiant with youth.

Vinoperfect Radiance Facial £55

55 minutes - Complexion Correcting / Anti-dark spot

The ideal treatment for skin lacking radiance and luminosity. After skin is gently cleansed, a bespoke massage with essential oils and small hot and cold basalt stones stimulates your skin's radiance. The deep-action peeling mask awakens the luminosity of your complexion. Caudalie's Vinoperfect collection adds the finishing touch to this treatment, leaving you looking rested and radiant.

Vine Activ Facial £55

55 minutes - Anti-wrinkle & Glow activating

A burst of vitamins and energy for the skin! Created for clients who need a rescue from pollution, this anti-wrinkle and glow activating facial fights against the effects of hectic lifestyles and corrects the initial signs of ageing. The Vine Activ facial will leave your skin soft, refreshed and radiant with a beautiful glow.

Vinosource Hydrating & Nourishing Facial £55

55 minutes

A skin-renewing treatment to deeply moisturise the skin. This treatment starts with a gentle cleansing of the skin. A massage with fresh grapes followed by a recovery essential oil massage soothes dryness. The application of an intensely moisturising mask, and Vinosource products restore moisture levels for a healthy and glowing appearance.

Express D-Vine Facial £28

25 minutes - Instant Glow

Express facial for a burst of radiance in just 25 minutes. After a deep cleansing to exfoliate the skin, the application of a mask immediately boosts radiance. Your skin looks rested and your complexion's radiance is restored.

Caudalie Lift & Firm Eye Treatment £28

25 minutes - Lifting & Firming

This treatment is specifically designed to care for the delicate eye area. The techniques and products used deliver instant brightening, smooths lines and wrinkles and substantially reduces puffiness & dark circles. The Eye Contour is lifted and eyes enhanced.

Body Treatments

Crushed Cabernet Scrub & Treatment £55

55 minutes

The most popular scrub from our Spas. It contains grape-seeds, honey, brown sugar and 6 essential oils which will leave your skin radiant and perfectly smooth. The sculpting body treatment, together with Caudalie's Contouring Concentrate smoothes cellulite and reshapes your body. This is an ideal treatment for a slimming program or before exposure to the sun.

Contouring & Invigorating Body Wrap £75

55 minutes

A deep nourishing treatment for the body that will start with a Crushed Cabernet scrub to exfoliate the dead cells and then an application of Contouring Concentrate to help smooth cellulite and refine your body. This is followed by a Vine Body Butter wrap for a deep body moisture treatment. It includes a full scalp massage for total relaxation.

Relaxing & Nourishing Body Wrap £60

55 minutes

A deep nourishing treatment for the body that will start with a Divine scrub to gently exfoliate the dead cells, followed by an application of Divine Oil and Vine Body Butter for a deep nourishing body wrap. It includes a full scalp treatment for total relaxation.



Hands & Feet Treatments

Polished to Perfection

File & Polish	15 minutes	£12
Express Manicure	30 minutes	£28
Express Pedicure	30 minutes	£28
Gel Polish Manicure	30 minutes	£30
Gel Polish Pedicure	30 minutes	£35
Gel Polish Removal	15 minutes	£10
Gel Polish Add On	20 minutes	£15

Classic Manicure or Pedicure

45 minutes £35

Nails are filed and shaped followed by cuticle work and a full exfoliation. After a nourishing hand massage, the treatment is finished with a polish of your choice.

Upgrade your Classic Manicure or Pedicure to a luxury treatment. Add a 10 minute Hot Stones or Heated Mitts treatment for only £10!

Nail Art

Swarovski Crystals	£1 per crystal
Nail Designs	£1 per nail
French Polish	£3 per set
Rock Star Glitter Nails	£10 per set

Prices in addition to manicure or pedicure

Waxing

Smooth As Silk

Full Leg	45 minutes	£25
Half Leg	30 minutes	£17
Full Leg & Bikini	60 minutes	£29
Bikini/Underarm	15 minutes	£13
Back/Chest	30 minutes	£18
Arm	20 minutes	£15
Lip/Chin	15 minutes	£8
Lip & Chin	20 minutes	£15
*Brazilian	45 minutes	£25
*Hollywood	45 minutes	£28

*Exclusive to the Grand only.

Brows

Eyebrow Shape	15 minutes	£8
Eyebrow Tint	15 minutes	£8
Eyelash Tint	15 minutes	£11
Eyelash & Brow Tint	20 minutes	£15
*HiBrow	25 minutes	£25

*Exclusive to Metropole & Grand.



How to Spa

Booking

To book all treatments, please call the Spa direct.

Arrivals

We recommend that you arrive at least 15 minutes prior to your appointment time so we can ensure you are comfortable, prepared, and receive your full treatment time. Please note that late arrivals cannot receive an extension for their treatment time and the full treatment price will apply.

Medical Conditions

If you have any medical conditions or are in the first trimester of pregnancy, we advise you to consult a doctor before undertaking treatments. Please inform your therapist of any allergies that you suffer from or medication that you are taking as it may affect your course of treatment.

What to Wear

When arriving for a treatment, please wear loose clothing if possible. Towelling robes may be provided by your therapist. Appropriate swimwear is required whilst using the spa pool and surroundings. Gym attire and correct footwear must be worn in the gym.

We are Family-Friendly

Families and supervised children are welcome in the pool area - Children under 16 cannot use the hot tub. (No children between 12pm - 2pm at The Falmouth Hotel)

Valuables

Lockers are provided in the pool area (£1 deposit required) but is the responsibility of the individual to look after their own valuables. The spa does not accept responsibility for any lost valuables during spa treatments.

Rescheduling Your Experience

There is a 24 hour cancellation policy on spa treatments, please allow enough time to reschedule if you think you may not be able to make it, as no shows will be charged at the full amount. The cancellation policy for spa packages is 48 hours and a 100% deposit at the time of booking on all spa packages is required.

Discounts

We offer a 10% Emergency Services discount on all spa treatments (excluding packages)

Please ask about our Loyalty Scheme





CAUDALIE
PARIS

RESVERATROL [LIFT]

CRÈME CACHEMIRE REDENSIFIANTE
FACE LIFTING SOFT CREAM



Contact

The Spa at the Grand

Spa Enquires & Bookings: 01803 206031

General Enquiries: 01803 206031

spa.grand@richardsonhotels.co.uk

www.grandtorquay.co.uk

Seafront | Torquay | Devon | TQ2 6NT

Spa & Leisure @TheFalmouth

Spa Enquires & Bookings: 01326 312671 'Option 3'

General Enquiries: 01326 312671

spa.falmouth@richardsonhotels.co.uk

www.falmouthhotel.co.uk

Castle Beach | Falmouth | Cornwall | TR11 4NZ

The Spa @theMet *Massage & Beauty*

Spa Enquires & Bookings: 01841 532486 'Option 2'

General Enquiries: 01841 532486

spa.metropole@richardsonhotels.co.uk

www.the-metropole.co.uk

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RICHARDSON HOTELS

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THE METROPOLE HOTEL

Pride of Padstow



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