



ESPA

Natural Beauty
Inner Calm

EST. 1866
The Imperial
TORQUAY

TREATMENT MENU

The Imperial Torquay, Park Hill Road, Torquay, Devon, TQ1 2DG
www.theimperialtorquay.co.uk/health-beauty



Indulge in simply blissful spa treatments by **ESPA** to **RELAX & REWIND**. Using only the very **PUREST** extracts, **ESPA** biochemists distil active ingredients into products that keep their promises, for instant, **LASTING RESULTS**, every day. Each one is an expression of their belief in the remarkable power of nature to **CALM**, **REFRESH & RENEW**.

ESPA FACIALS

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our **ESPA** Experts create a truly personalised, result-focused facial using the latest innovating techniques with our powerful **Tri-Active™** blends. Results are both instant and long-lasting, skin looks clear, radiant and inner calm is blissfully restored.

Instant Radiance Facial

85 mins

MON - THUR FRI - SUN
£110 £120

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges and your natural glow is restored

Intense Regenerating Facial

55 mins

MON - THUR FRI - SUN
£80 £90

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened and your skin is left feeling beautifully refined, soft and supple.

Active Nutrients Glow Facial

55 mins

MON - THUR FRI - SUN
£80 £90

This invigorating nutrient rich treatment embraces **ESPA**'s holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping **Gua Sha** massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin.

Inner Beauty Facial

55 mins

MON - THUR FRI - SUN
£80 £90

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, **Tri-Active™** formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

To book any spa treatment call our Reception on **01803 212 151**
or visit imperialtorquay.onejourney.travel

ESPA MASSAGES & BODY TREATMENTS

SIGNATURE TREATMENT

Ultimate Hero - Back, Face & Scalp Treatment

85 mins

55 mins

MON - THUR FRI - SUN

£110 £120

£85 £95

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best-restored, de-stressed and beautifully radiant.

Inner Calm Massage

55 mins

MON - THUR FRI - SUN

£80 £90

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored

Swedish Massage

55 mins

MON - THUR FRI - SUN

£80 £90

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Deep Muscle Massage

55 mins

MON - THUR FRI - SUN

£85 £95

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised. Includes a targeted massage, with or without hot stones, focusing on areas of concern, scalp massage

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ESPA MASSAGES & BODY TREATMENTS

Hot Stone Massage

55 mins

MON - THUR FRI - SUN

£85 £95

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

ESPA Body Wrap

55 mins

MON - THUR FRI - SUN

£80 £90

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

MOTHER-TO-BE

Prenatal Relax & Restore

55 mins

MON - THUR FRI - SUN

£80 £90

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin whilst expert massage soothes the tight, tender muscles and invokes a state of blissful relaxation.

This treatment can only be performed after the third month of pregnancy.

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BE NURTURED TREATMENTS
with
ESPA & AMETHYST TRUST

At The Imperial Torquay, we offer a specially adapted menu of **ESPA** treatments thoughtfully designed for guests who are recovering from illness, or immunocompromised, including those undergoing cancer treatment.

Our adaptable and customisable treatments allow our therapists to create bespoke experiences tailored to each guest's unique needs.

Be Nurtured Facial

60 mins

MON - THUR FRI - SUN
£80 £90

A relaxing, rebalancing and deeply nourishing facial combining advanced skin assessment, expertly tailored facial massage and bespoke selection of naturally advanced skincare.

Be Nurtured Massage

60 mins

MON - THUR FRI - SUN
£80 £90

A unique experience delivering just what body and mind need, this personalised massage concentrates on areas of concern to gently soothe tense muscles, relax the mind, boost spirit and help restore balance to the body - while gentle yet rich oils leave skin feeling nourished.

Be Nurtured Back, Face & Scalp

60 mins

MON - THUR FRI - SUN
£80 £90

An adaptation of our most popular and renowned ritual to soothe both mind and body. Relaxing and gently effective, this experience addresses the main areas of tension, the back, the face and the scalp - with a nurturing massage to help alleviate stress.



Our 'Be Nurtured' treatments are also available for guests who have undergone cancer treatment and are in remission for less than five years. A minimum 72 hour notice is required when booking these treatments and they are subject to availability.

ESPA MINI TREATMENTS

ESPA mini treatments are designed for you to enjoy when you are limited on time or simply want to complement your existing spa experience. Why not combine two mini treatments for that ultimate treat.

Express Facial

25 mins

MON - THUR FRI - SUN
£50 £55

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Back, Neck & Shoulder Massage

25 mins

MON - THUR FRI - SUN
£50 £55

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

Salt & Oil Scrub

25 mins

MON - THUR FRI - SUN
£50 £55

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Invigorating Foot Treatment

25 mins

MON - THUR FRI - SUN
£50 £55

This revitalising treatment for tired feet and heavy legs helps to reduce puffiness and soothes aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

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MANICURES & PEDICURES

Luxury Manicure

55 mins

MON - THUR	FRI - SUN
£50	£55

This luxury manicure includes exfoliation, mask, massage, cuticle care and thermal heated mittens for deeper penetration of oils and creams. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with a perfect polish.

Luxury Pedicure

55 mins

MON - THUR	FRI - SUN
£50	£55

This luxury pedicure includes exfoliation, mask, removal of hard skin, foot and leg massage and thermal heated booties for deeper penetration of oils and creams. Your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.

Mini Manicure

25 mins

MON - THUR	FRI - SUN
£40	£45

Hands and cuticles are conditioned and moisturised. Nails beautifully shaped and treated with a prescriptive basecoat, then completed with a perfect polish.

Mini Pedicure

25 mins

MON - THUR	FRI - SUN
£40	£45

Feet and cuticles are conditioned and moisturised. Nails beautifully shaped and treated with a prescriptive basecoat, then completed with a perfect polish.

Gel Overlay Manicure / Pedicure

75 mins

MON - THUR	FRI - SUN
£60	£65

With the health of the natural nail in mind, GELerations gel formula delivers a long lasting, flawless finish that dries in seconds and protects the natural nail. Nails are filed and shaped, cuticles are softened, the hands or feet are exfoliated and moisturiser applied, finishing with Jessica's GELeration polish of your choice.

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SPA DAY PACKAGES

REJUVENATE with our Spa Day Packages

Escape to The Imperial Torquay for a day dedicated to complete relaxation and rejuvenation. Our Spa Day Packages offer the perfect opportunity to unwind, recharge, and indulge.

Enjoy full access to our Leisure & Spa facilities, including the swimming pool, spa pool, steam room, saunas, and dedicated relaxation areas. Every element is thoughtfully designed to enhance your well-being and help you find inner peace.

Our rejuvenating packages feature blissful ESPA treatments from soothing facials and revitalising massages to full-body therapies—each tailored to leave you feeling refreshed and pampered from head to toe.

To complete your spa experience, savour a delicious two-course lunch in the Palm Court Lounge and Bar.

Whether you're treating yourself to a solo retreat or sharing the day with someone special, our Spa Day Packages offer the ideal escape to refresh both body and mind.

Scan for further details on our
indulgent Spa Day Packages



Give the gift of RELAXATION

From soothing ESPA treatments to tranquil spa days overlooking the bay, it's the perfect way to indulge someone special with calm, comfort, and coastal luxury.

Scan to order the perfect gift!



TERMS & CONDITIONS

GENERAL

The Imperial Torquay reserves the right to alter your treatment times on the day if necessary. We endeavour to inform you of any changes prior to your arrival. Please note that all treatment times include a health questionnaire, set up and your chosen treatment.

Please note that spa gift vouchers cannot be redeemed on this website. To redeem your voucher, please contact the spa directly, and they will be happy to assist you.

We kindly request that mobile phones are kept on silent or switched off in the Spa relaxation area.

No photography is permitted in the changing rooms and on poolside.

The Imperial Torquay will not be liable for damage, injury or consequential loss, however caused, to our customers, their property and belongings unless its solely due to the negligence of the Company, its employees or agents.

Offers cannot be used in conjunction with one another and are subject to availability.

ADVANCED BOOKING

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

CANCELLATION POLICY

Cancellations must be made no later than 48 hours prior to appointment. If your appointment has to be cancelled or amended within 48 hours of arrival, this will incur a full charge.

ARRIVAL TIME

We recommend that you arrive at least 15 minutes before your Spa appointment. This will allow you sufficient time to change and relax. Please note that late arrivals will not receive an extension for their scheduled treatments.

SPA MEDICAL CONSULTATION

At The Imperial Torquay your health and safety is our number one priority, so if you are currently living with any medical conditions, are currently pregnant or have any allergens please let us know prior to your arrival. In particular, we request that you draw our attention to any of the following conditions; cardio or respiratory conditions, high and low blood pressure, epilepsy, diabetes, pregnancy, skin conditions, cancer diagnosis, thyroid problems or recent operations. A full consultation will be completed with you before your treatment, but please note that if any contra-indications are found we may have to change or cancel your treatment.

USE OF FACILITIES

Please note that the use of our Leisure facilities is not included as part of a treatment only booking. This will be an additional charge and will be subject to availability on the day. Please check with the Spa Team prior to arrival if you wish to make use of the facilities.

PREGNANCY

Please note that we do not offer body treatments for women who are 1-12 weeks pregnant. We have specifically designed treatments for expectant women so please allow our Spa Team to guide you in selecting which treatments are most suitable for you. We do not recommend the use of the spa pool, sauna or steam room. If you need further guidance, please ask any member of the Spa Team.

ALLERGENS

Guests with nut allergies should consult medical advice if they are concerned about the use of ESPA cosmetic products.

Spa Days - Some of our food and drinks included in Spa Day packages may contain nuts and other allergens. Please speak to us before placing an order so that we can advise you on your choice. Our kitchens and bars handle all allergens and use shared equipment, so unfortunately, we cannot guarantee to be trace free. Our vegan recipes are prepared with vegan ingredients but these may still contain traces of all allergens.

THE AGE REQUIREMENT

The age requirement is 16 years and over for access to Spa treatments. Guests who are 16-17 years old should be accompanied by a person aged over 18 years.