



BODYSPA

BELFAST





WELCOME TO BODYSPA

A sanctuary for tailored wellness and rejuvenation...

Nestled within Crowne Plaza Belfast, BodySpa offers a peaceful escape designed for relaxation and renewal.

In exclusive partnership with TEMPLESPA, a results-driven skincare brand inspired by Mediterranean living, our expert therapists deliver a carefully curated range of treatments. Combining natural botanicals with advanced formulations, TEMPLESPA products are designed to restore balance, boost wellbeing, and leave you feeling revitalised inside and out.

Escape the demands of everyday life and immerse yourself in a space where relaxation meets transformation. With a commitment to excellence, each visit is a personalised journey, inviting you to prioritise self-care and embrace a holistic approach to wellness.





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Its all about the face

Prescription & skin boosting facials



My Kinda Skin - 30 / 60 mins

Bespoke Prescription Facial

£55 / £85

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp, massage. You will feel amazing, and your skin will look so, so good.

Champagne and Truffles Deluxe Treatment - 60 mins

The Crème De La Crème of
Radiance Facials

£95

A luxury facial that combines our award-winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. You will have something to celebrate.





All About The Glow - 30 / 60 mins
Vitamin C Radiance Facial Workout
£60 / £95

This advanced skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

We like to call this the facial gym power hour!

Light Relief - 75 mins
CBD Wellbeing Facial
£100

This soothing de-stress facial includes our tranquil face massage using Light Relief CBD skin booster oil leaving your skin comforted, hydrated, and looking radiant, followed by a tension relieving massage to the arms, neck and shoulders, you will feel totally chilled.



Mediterranean Marinade - 30 / 60 mins
A Calming Facial
£55 / £85

A luxurious facial to help soothe and calm the effects of fatigued, delicate, or stressed skin. The secret is in our cooling, calming marinade mask, gentle lymph draining and oh so tranquil face massage.





Mediterranean Massages

Probably the best massage
you'll ever experience

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Drift Away - 30 / 60 / 90 mins
Relaxing Full Body Massage
£60 / £85 / £110

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away... zzzzzz!



Work It Out - 30 / 60 / 90 mins
Detoxing / Muscle Workout Massage
£60 / £85 / £110

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage.

Then we perform a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a workout – working on knots, tensions and tightness to help the detox process. Detox-licious!

Stress Not - 30 / 60 / 90 mins
CBD Massage
£65 / £90 / £115

This calming anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed stones leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm STRESS NOT naturally eases muscle stiffness and calms busy minds... giving you a moment of blissful respite.



Feeling Good - 30 / 60 / 90 mins
Energising Aromatherapy Massage
£60 / £85 / £110

This revitalising power massage uses our vibrant and joyful aromatic oil inspired by the zest of Mediterranean Citrus groves. Bergamot, Sweet Orange, Lemon, and cooling Mint working alongside our invigorating massage movements designed to combat fatigue and encourage circulation. You will be left feeling re-energised and at ease. Your 90-minute experience includes an exceptional radiance facial. Guaranteed to put a spring back into your step and your skin!

New Beginnings - 60 mins
Pregnancy Massage
£85

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed.

The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too.



A close-up photograph of a woman lying down, her head tilted back, with a therapist's hands gently cradling her head and neck. The lighting is warm and soft, creating a relaxing atmosphere. The woman has blonde hair and is wearing a brown towel. The therapist's hands are positioned on either side of her head, with fingers resting on her forehead and temples.

Bodyspa Signature Massages

Swedish Massage - 30 / 60 / 90 mins

Relaxing Full Body Massage

£55 / £85 / £105

A Swedish massage is a popular and widely practiced form of therapeutic massage, rooted in centuries of Swedish tradition.

It involves a combination of various techniques, such as long, gliding strokes, kneading, friction, tapping, and gentle stretching, applied to the body's muscles and soft tissues.

The goal of a Swedish massage is to promote relaxation, reduce muscle tension, and improve circulation, all while providing a soothing and comforting experience. It is often considered a gentle and calming form of massage, guiding the recipient on a journey of rejuvenation and serenity.

Deep Tissue Massage - 30 / 60 mins

£55 / £85

A deep tissue massage is a therapeutic massage technique that targets the deeper layers of muscles and connective tissues in the body. Unlike a Swedish massage, which primarily focuses on relaxation and superficial muscle tension, a deep tissue massage applies more intense pressure and specific techniques to address chronic muscle pain, tension, and adhesions (knots) in the muscles.

This technique can be beneficial for individuals with conditions like chronic pain, muscle injuries, postural problems, and limited mobility. It aims to break up adhesions, release muscle tension, and improve blood flow to the treated area.

Himalayan Salt Hot Stone Massage - 60 mins

£85

A Himalayan salt hot stone massage is a therapeutic and luxurious spa treatment that combines the benefits of hot stone massage with the unique properties of Himalayan salt.

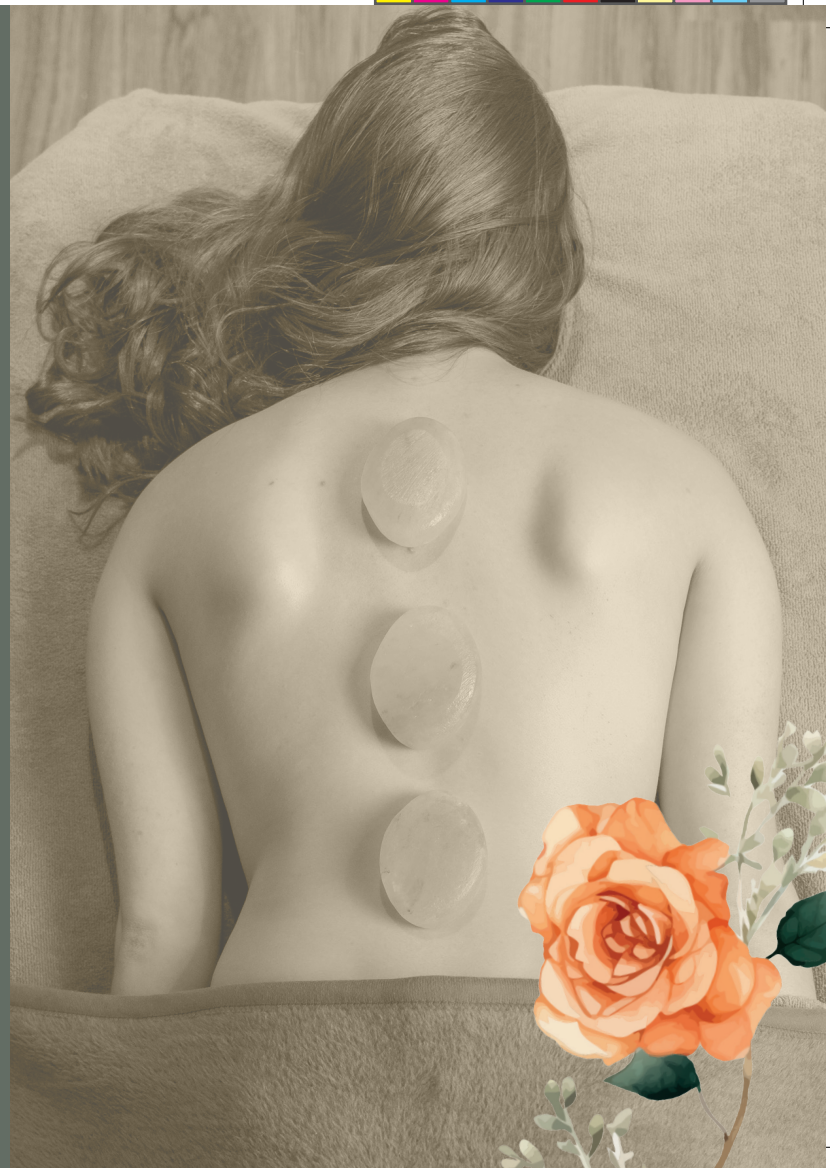
Advocates of Himalayan salt stone massage claim that the treatment can provide a range of benefits, including improved circulation, detoxification, reduced muscle tension, and stress relief. The salt's natural minerals, including potassium, magnesium, and calcium, are thought to be absorbed through the skin, potentially offering additional therapeutic effects.

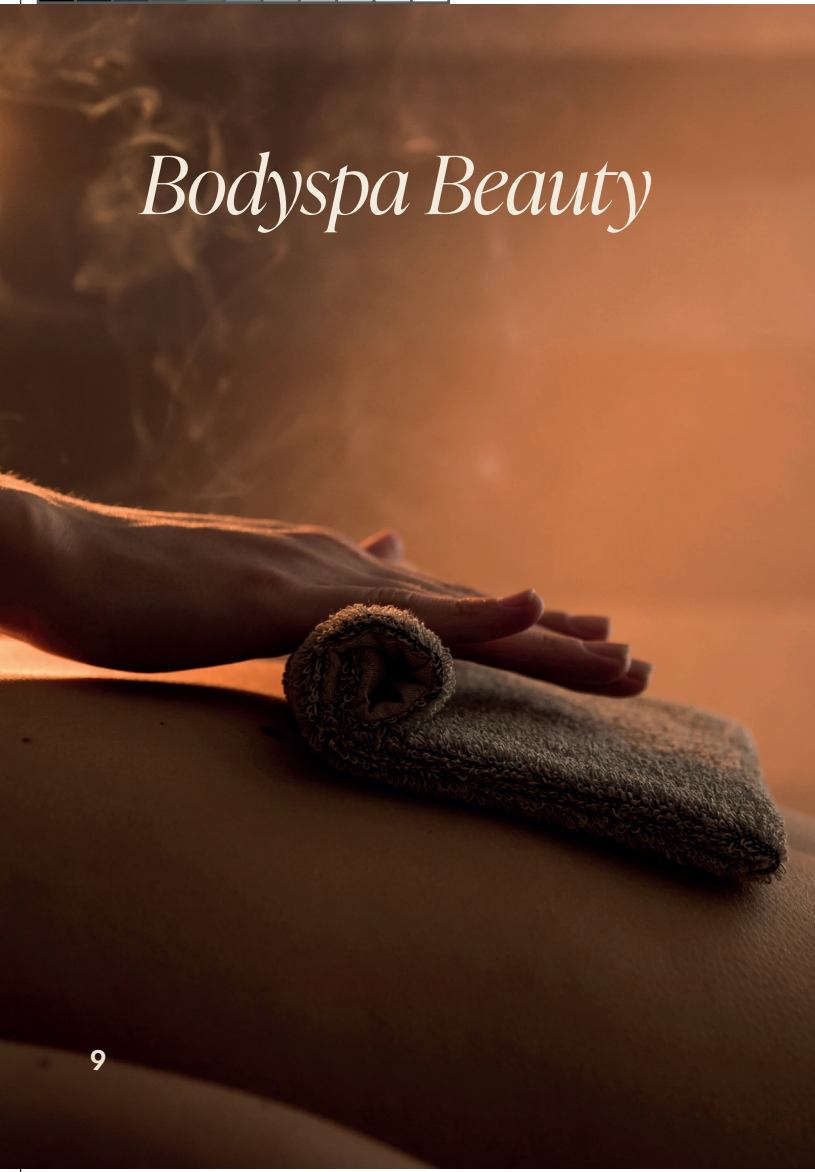
Indian Head Massage - 30 mins

£50

An Indian head massage, also known as a Champissage or Shiroabhyanga, is a therapeutic massage technique that originates from traditional Indian Ayurvedic practices. Indian head massage is known for its ability to reduce stress, relieve headaches, improve scalp and hair health, and enhance mental clarity. It is a soothing and rejuvenating experience that is often used in the context of holistic health and wellness practices.

During an Indian head massage, the recipient typically sits in a chair fully clothed, and the therapist uses a combination of gentle and firm techniques to manipulate and knead the muscles in the targeted areas.





Bodyspa Beauty

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WAXING

Eyebrow Wax

£15

Lip Wax

£10

Lip & Chin

£18

Forearm

£23

Half Leg

£25

Full Leg

£35

Underarm

£18

Bikini Standard

£25

Back, Chest and Shoulders

£55

(Male Waxing & Pricing available on request)

EYE LASHES & BROWS

BodySpa Eye Package - 30 mins

£40

Breathe life back into your eyes with this
rejuvenating eye package - Eyelash tint,
Eyebrow tint & wax





Side Orders

TEMPLESPA SIDE ORDER TREATMENTS

15 mins - £25

A Little More? Delightful Treats to add to any treatment

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of options to add onto your main treatment. These can be added to any facial, massage or body treatment.

Replenishing Eye Ritual

Purify & Balance Foot Ritual

Hydrate & Soothe Hand Ritual

**Relax & Restore Hot Stone
Neck & Shoulder Massage**



TEMPLESPA MASK UPGRADES

15 mins - £25

Having a massage? Why not upgrade your treatment today with one of our results-driven, skin transforming masks? The results will astound you.

CHOOSE FROM

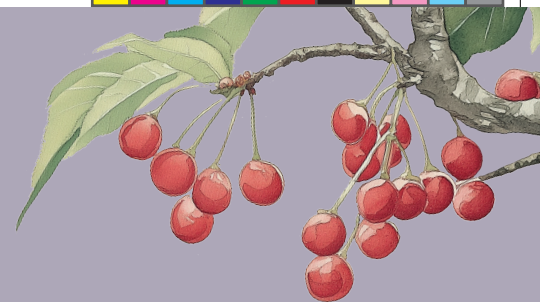
Trufflesque

Hydrating Radiance Mask

A power packed anti-ageing radiance masque clinically proven to boost hydration and improve skin after one application.

Quench

Creamy anti-ageing face mask that's intensely hydrating soothing and skin brightening.





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