





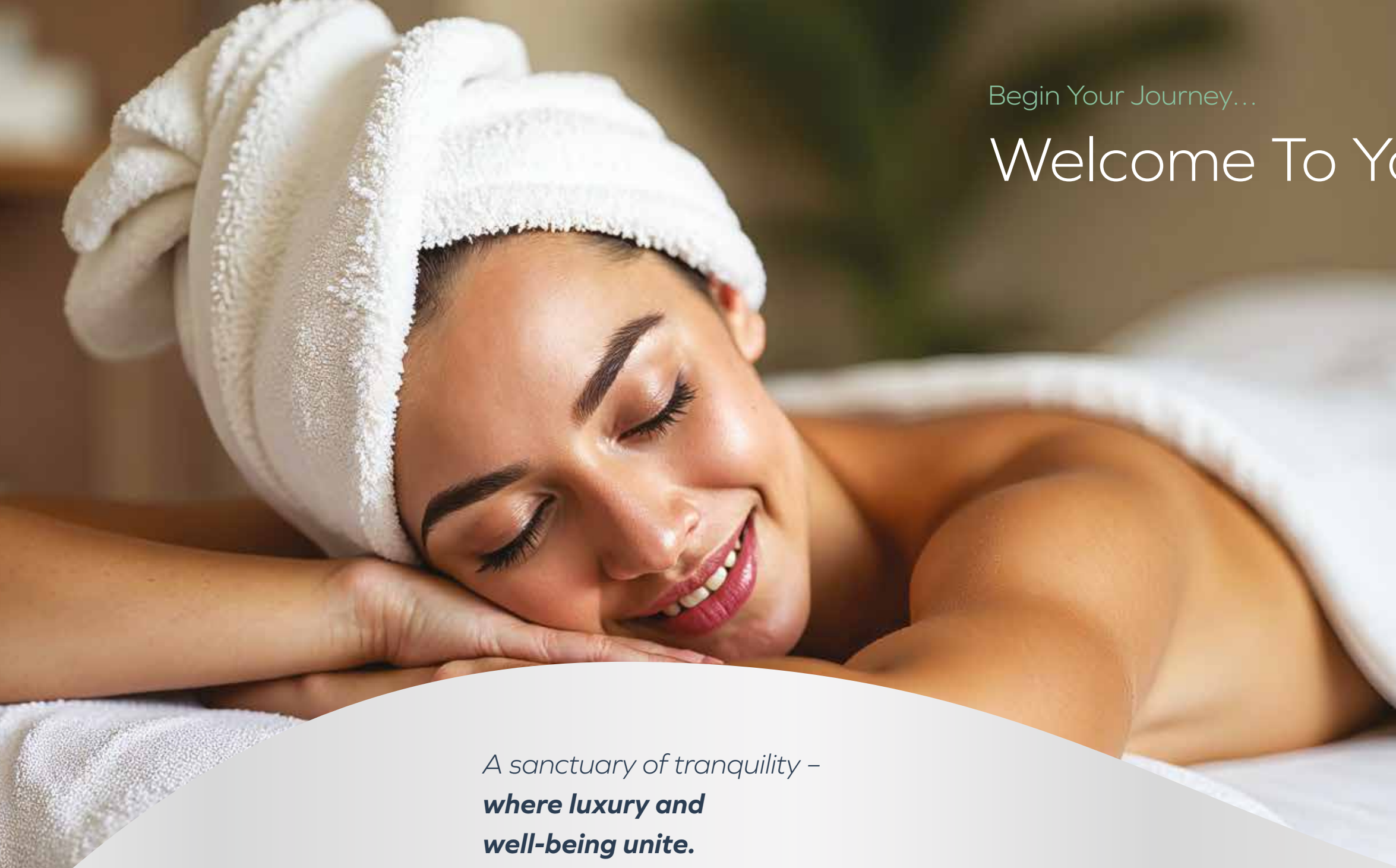
*A hidden gem within
Chester – **step beyond
the ordinary.***



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Escape the everyday and discover a world of relaxation at Your Chester Spa. Explore our menu and begin your journey to total rejuvenation.

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A woman with her eyes closed and a gentle smile is lying down, resting her head on her hands. She has a white towel wrapped around her head like a headband. She is partially covered by a white towel. The background is softly blurred, suggesting an indoor spa setting with warm lighting.

Begin Your Journey...

Welcome To Your Chester Spa

A Personalised Luxury Journey

Nestled within the historic Roman walls of Chester, Your Chester Spa is a boutique five-star retreat where relaxation is redefined. Here, you design your own spa journey blending expert treatments with indulgent hydrotherapy and tailored self-care.

With a carefully curated selection of world-class products and a team of highly skilled therapists, every visit is an invitation to unwind, rejuvenate and restore.

*A sanctuary of tranquility –
**where luxury and
well-being unite.***

A Spa Unlike Any Other

From the moment you arrive, you are immersed in a world of calm. Your experience begins with a personal consultation, followed by a journey of relaxation and indulgence that is entirely tailored to you.

- **Six Treatment Rooms** – Private sanctuaries designed for ultimate relaxation
- **Hydro Jacuzzi Pool** – Soothing, muscle-relaxing hydrotherapy
- **Italian Steam Room & Sauna** – Detox and restore
- **Sensory Aroma Shower** – A multi-sensory experience for total relaxation
- **Dry Float Therapy** – All the benefits of a waterbed massage without the water
- **Virtual Reality Destination Experience** – A first-of-its-kind immersive escape designed to transport your mind to the most serene and breathtaking locations on earth
- **Relaxation Zone** – A quiet, tranquil space to unwind and reset

Build your own spa journey with our half-day escape or if you are short on time choose a single treatment from our extensive menu.

*An exclusive retreat where innovation meets indulgence – **redefining the spa experience.***



We take health and wellbeing seriously. Your Chester Spa sits within the same building as Your Chester GP, where private GP memberships are available. Ask us about our hand picked associates including a physiotherapist, dietitian, specialist diabetes nurse and more.



Your Spa Journey

Half-Day Spa Escape £195

Consisting of three and a half hours - select your one-hour treatment plus your half-hour treatment from our full menu (CACI treatments and Beauty Essentials are charged separately – see pages 8-16) during your personalised consultation. You will also have access to Salus per Aquam and the relaxation zone during your allocated time.

Your Spa Journey Begins

Upon arrival, you'll be welcomed with a refreshing drink as you settle into the serene surroundings. Your experience starts with a personalised consultation, where our expert therapists will guide you through our sensory sampling carts, allowing you to touch, smell and explore our luxurious products before selecting the perfect treatments.

A Spa Experience Designed Around You

Slip into a fluffy robe and spa slippers before stepping into your sanctuary of relaxation. Your spa journey includes 'Salus per Aquam' (Health Through Water), featuring: Hydro Jacuzzi Pool, Italian Steam Room & Sauna, Sensory Aroma Shower and Dry Floatation Therapy.

A Moment of Calm & Rejuvenation

Following your treatments, retreat to our Relaxation Zone, where you can meditate, listen to soothing music, or immerse yourself in our Virtual Reality Destination Experience – transporting you to peaceful landscapes across the world. Before you leave, your therapist will provide expert aftercare advice and if you wish, you can browse our curated selection of spa products. Our dressing area is available for you to freshen up, complete with styling tools should you wish to prepare for onward plans.

Available 7 Days a Week

- Morning: from 9:30 am – 1:00 pm
- Afternoon: from 1:30 pm – 5:00 pm
- Twilight: from 5:30 pm – 9:00 pm (Thursdays & Fridays)

Available for private booking, contact us to find out more.

Enhance **Your Spa Experience**

Concierge Service Available – We can arrange lunch, dinner, or shopping experiences to complement your spa visit – please contact the spa reception.



Facial Treatments

Each treatment is designed to elevate your wellness and provide visible results.

60 Minute Treatment **£95**

- **It's All About The Glow** – This advanced-skin transforming Temple Spa facial gives instant and visible results for firmer feeling and brighter, healthy-looking skin. Your complexion is transformed thanks to the intelligent active ingredients boosted by Vitamin C and our Glycolic Acid complexes.
- **My Kinda Skin** – We analyse your skin and prepare a tailored Temple Spa treatment just for you, followed by a signature shoulder and scalp massage.
- **Le Grand Classique** – Iconic luxury five step deep detoxification of the skin. Gentle exfoliation eliminates dull skin with a combination of plant based scrub and AHA-BHA peeling solution. This experience features 5 essential oils of Yon-Ka Quintessence, the perfect alchemy of aromatic essential oils.
- **Time Resist** – This Yon-Ka treatment acts as a youth reactivator, utilising smoothing and wrinkle-filling active ingredients. This ritual combines the time resist activating formula with a highly concentrated peel and a sensory tightening mask.
- **Calmessence** – Designed for delicate and reactive skin, this Yon-Ka treatment harnesses the power of plant-based active ingredients to reduce redness, calm irritation and restore comfort. The Sensibiotic complex works to strengthen the skin's defences, leaving it feeling refreshed, soothed and beautifully balanced.
- **Nutrilissance** – A personalised Yon-Ka treatment for dry skin, Nutrilissance deeply nourishes with Inca Inchi oil, soothes irritation and restores the skin's natural defences. This protective and hydrating treatment helps prevent flaking, improves suppleness and leaves the skin soft, radiant and shielded from external aggressors.
- **Vitamine-C25 Anti-Ageing Facial** – A powerful anti-ageing and radiance-enhancing Yon-Ka facial, designed to smooth fine lines, even skin tone and restore a youthful glow. Combining a 30% Glycolic Acid Peel with the antioxidant power of 25% Vitamin C, reduces pigmentation, brightens and refines skin texture.
- **Bespoke Facial** – Your therapist will expertly select products for your requirements as identified during your consultation. Includes an in-depth facial and décolleté, scalp and shoulder massage with age defying techniques.

Fire & Ice Optional Add On 15 mins **£35**

Using heated stones to massage across the décolleté and into the shoulders and scalp and ICE strokes promoting lymphatic drainage sends you into complete relaxation.

*Advanced skincare –
where science and luxury
create the perfect glow.*





The Art Of Massage

Our expertly crafted massage treatments and designed to rejuvenate both body and mind.

60 Minute Treatment **£95**

- **Drift Away** – A relaxing aromatherapy Temple Spa full body massage formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away.
- **Work It Out** – Detoxifying, deep tissue Temple Spa massage. Using the ingenious Work It Out Muscle-Tox Oil with full body brushing to stimulate circulation to improve lymph drainage. Followed by a deep tissue, body boosting massage with muscle-fitness techniques and movements to untangle knots and ease tension.
- **Aroma Sculptant** – A holistic wellbeing massage that combines relaxation and revitalisation using bamboo. The Yon-Ka treatment deeply nourishes the skin and stimulates the circulation, leaving the body feeling invigorated and the skin firmer.
- **Aroma Energy** – By combining fluid movements and targeted pressure, this Yon-Ka treatment releases energy blockages, promoting a deep sense of well-being. Designed to nourish the skin and rebalance the body.
- **Aroma Luxe Massage** – A relaxing massage designed to soothe muscular tension, calm the mind and nourish the skin, providing a rejuvenating escape from daily stresses. Using gentle, enveloping movements and exclusive Yon-Ka techniques, it offers deep relaxation.
- **Body Focus Point Massage** – Using Deep tissue techniques with oils and aromatherapy blends chosen with you – guided by your therapist.

Reconnect mind and body with expert touch –
the ultimate relaxation experience.

Hot Stones Optional Enhancer

15 mins **£25**

Enhance your treatment with the soothing warmth of heated stones for deeper relaxation.

All About Your Zen

Find your inner calm with our deeply relaxing zen-inspired treatments, each designed to restore balance, release tension and promote total wellbeing.

60 Minute Treatment **£95**

- **Touch Therapy** – A beautifully gentle yet deeply restorative massage, tailored to your individual needs. This soothing, nurturing treatment is cancer-friendly and suitable for everyone seeking a moment of pure relaxation and comfort.
- **Reflexology** – Discover the ancient art of reflexology, where subtle crystals and blockages in your feet reveal areas of tension and imbalance. Through therapeutic foot massage, pressure points are activated to encourage natural healing and deep relaxation.
- **Take Me East** – Inspired by traditional Eastern techniques, this Indian Head Massage focuses on the neck, shoulders, scalp and face, using rhythmic movements to ease tension, improve circulation and calm the mind. A deeply meditative experience – prepare to drift into serenity.



*Holistic therapies – **where tradition and tranquillity come together for ultimate relaxation.***



Mind & Body Experiences & Rituals

60 Minute Treatment **£95**

- **Body Detox Wrap** – This heavenly Temple Spa treatment starts with lymphatic body brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage.
- **Menopause Wellbeing Treatment** – The gentle, caring Temple Spa massage uses a combination of Himalayan salt stones with hydrating and soothing skincare to support stress and relief, increase energy and positively boost your mood. Rhythmic stretches and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.
- **A Walk In The Forest Experience** – A complete sensory escape by Yon-Ka, combining a sea salt and seaweed scrub for deep exfoliation, followed by an invigorating massage using sculpting bamboo techniques to the legs. This ritual wraps the body in a cocoon of relaxation, releasing muscular tension while stimulating blood circulation for visibly more toned and revitalised skin.
- **CBD Sleep Therapy Experience** – Discover our Yon-Ka ultimate wellness ritual to restore restful sleep and relieve tension. Start with a relaxing foot bath and concentrated emulsion inhalation, followed by a back massage stimulating nine key energy points. Next immerse yourself in a cocooning facial treatment with the application of hot stones to areas of tension, deep

cleansing and a personalised spray of Quintessence. Then enjoy a relaxing CBD serum massage and a double application of masks for hydrated revitalised skin.

- **Asian Fusion Experience** – A fusion of luxurious Indian Head massage with added Japanese scalp techniques using relaxing oils and a Japanese Head Spa waterfall – feel the tension in your head, neck and shoulders melt away
- **Centurion Fire and Ice Experience** – Our signature back and shoulder massage with the stimulation of heated stones and ice massage. This experience includes an exfoliating back scrub with deep or light massage techniques. Hot stones massage across the décolleté, through your hair and scalp warming and relaxing your muscles. Ice massage revitalises and awakens your tired body.
- **Seasonal Signature Treatment** – Experience our specially curated spa experience that rotates between three exclusive therapies. Each combining the power of massage, aromatherapy and an exfoliating body scrub, followed by a refreshing shower to leave your skin feeling renewed and radiant. Ask your therapist for details of this month's chosen treatment.



*Revitalising rituals - **where powerful treatments and soothing experiences restore balance and well-being.***

Top To Toe Enhancer

30 mins **£60**

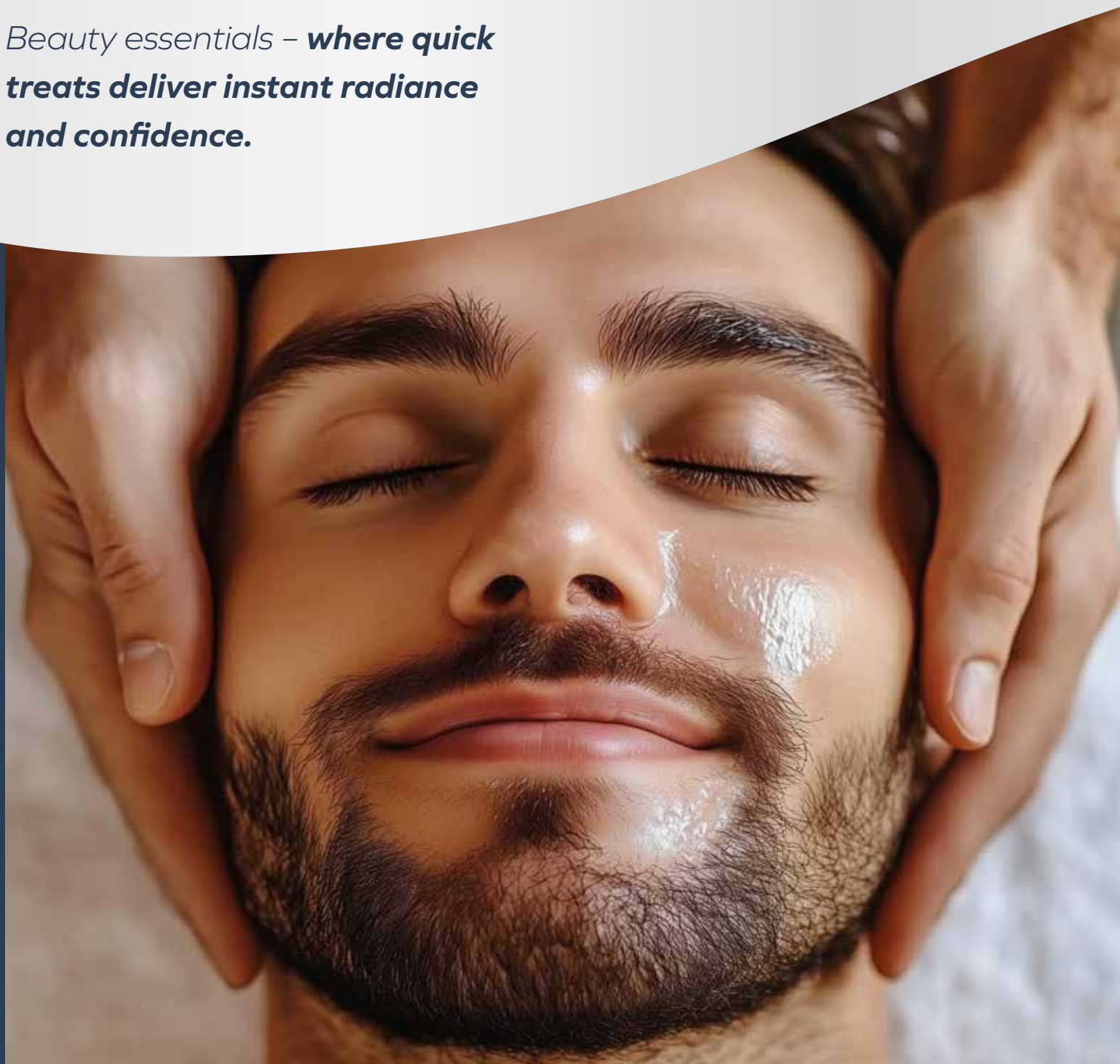
Exfoliate the lower legs, followed by heated booties and a scalp massage

Beauty essentials – **where quick
treats deliver instant radiance
and confidence.**

30 Minute Treats

30 Minute Treatment **£70**

- **Crown & Glory – Scalp, Neck, and Shoulder Massage**
– Release tension with a soothing scalp, neck and shoulder massage that targets stress points, leaving you relaxed and refreshed.
- **Lovely Legs & Feet – Leg Exfoliation, Massage and Cooling Balm** – Exfoliate, massage and cool your legs and feet for a refreshing treatment that revitalises tired muscles and smooths the skin.
- **Face Refresh – Express Facial for Instant Radiance** – Quickly restore radiance with a cleansing and hydrating facial, leaving your skin refreshed and glowing in no time.
- **Let's Get Beard – Beard Conditioning, Facial Cleanse, Exfoliate and Moisture Infusion** – Cleanse, exfoliate, and condition your beard for softness, with a moisture infusion to leave your skin smooth and refreshed.



Beauty Essentials

From brows to nails, we offer expert grooming and beauty treatments to leave you looking flawless.

- Beautiful feet Pedicure with Gel Polish (60 minutes) – **£95**
- Beautiful Hands Manicure with Gel Polish (60 minutes) – **£95**
- Mii Brow Shape & Tint – **£50**
- Revitalising Scrub & Mii Full Body Tan – **£60**
- Mii Gel Nails (Hands or Feet) – **£50**
- Gel Removal – **£15**
- Mii Body Tan & Scrub – **£60**
- Waxing (Lip & Chin) – **£20**

CACI – Synergy Flex

CACI International has been a leader in non-surgical facial toning and skin rejuvenation for over 30 years. Trusted by celebrities and skincare experts worldwide, CACI treatments deliver clinically proven, non-invasive results for all skin types.



At Your Chester Spa, we offer the latest CACI Synergy Flex system, featuring S.P.E.D® Dual Action Technology for simultaneous skin rejuvenation and facial toning. Clinically proven to reduce wrinkles by up to 75% and improve skin elasticity by up to 88%, this advanced system delivers visible, long-lasting results.

Discover CACI at Your Chester Spa – the ultimate non-surgical facelift.

*CACI Synergy Flex – **where cutting-edge technology and expert care redefine your beauty.***



Signature Treatments

- **CACI Signature Non-Surgical Facial Toning (60 minutes) – £90**
A non-invasive facial using microcurrent impulses and LED light therapy to lift, firm and smooth fine lines, leaving your skin youthful and radiant.
- **CACI Synergy Advanced Non-Surgical Facial Toning (90 minutes) – £135**
Combines facial toning with advanced exfoliation to brighten skin, plump fine lines and redefine contours for a smoother, firmer appearance.
- **CACI Synergy Purifying (45 min) – £65**
Deep cleansing, LED light therapy and exfoliation target breakouts and uneven skin tone, leaving your complexion clear and refreshed.
- **CACI Skin Calm (30 min) – £40**
A gentle, anti-inflammatory treatment with LED light therapy and a soothing gel mask to reduce redness and rehydrate sensitive skin.
- **CACI Gentleman's Facial (45 min) – £65**
A tailored treatment for male skincare concerns, combining deep cleansing, microcurrent toning and LED therapy to refresh and revitalise the skin.



Elevate your results – **advanced CACI treatments for lasting lift and radiance.**

Express Treatments

- **CACI Wrinkle Revolution (30 minutes) – £40**
A needle-free alternative to fillers, targeting fine lines and wrinkles for instant plumping and smoothing.
- **CACI Lip Booster (15 minutes) – £25**
Enhance your pout and soften top lip lines with this quick-fix treatment.
- **CACI Skin Confidence (30 minutes) – £40**
Uses microcurrent and LED therapy to help fade scars and stretch marks.
- **CACI Hydratone (15 minutes) – £35**
A deeply hydrating treatment with a cooling gel mask, microcurrent rollers and LED light therapy to restore moisture and firmness.
- **CACI Re-Energise & Renew (15 minutes) – £30**
Infuses skin with microcurrent energy to smooth wrinkles, brighten complexion and boost collagen production.

Express treatments can be booked alone or as add-ons.

Advanced Treatments

- **CACI Eye Revive (30 minutes) – £45**
Targets fine lines, puffiness and dark circles, lifting and firming the delicate eye area.
- **CACI Electro Cellulite Massage (30 minutes) – £40**
Sculpts and tones the thighs and buttocks, improving circulation and reducing cellulite.
- **CACI Jowl Lift (15 minutes) – £40**
Lifts and firms sagging jowls, defining the jawline with microcurrent and LED light therapy.
- **CACI Hand Rejuvenation (30 minutes) – £40**
A conditioning treatment to smooth lines, boost hydration and restore youthful hands.
- **CACI Micro-Touch Facial (45 minutes) – £65**
Combines microcurrent and hands-on massage to sculpt, lift and deeply relax facial muscles.

Advanced treatments can be booked alone or as add-ons.

Synergy Flex Treatments

- **CACI Synergy Flex Facial (60 minutes) – £120**
A next-level non-surgical facial, using microcurrent and Gua Sha techniques to sculpt, tone and define facial contours while boosting circulation and lymphatic drainage.
- **CACI Microcurrent Gua Sha (45 minutes) – £70**
A fusion of advanced technology and holistic therapy, enhancing lymphatic drainage, circulation and facial sculpting for a refreshed, lifted look.



Our Exclusive Brands

At Your Chester Spa, we have carefully selected only the finest products for our treatments.

- **Yon-Ka Paris** – A world-renowned Parisian skincare brand, founded in 1954, using expert aromatherapy techniques and the finest natural ingredients for extraordinary results.
- **Temple Spa** – An award-winning British brand inspired by Mediterranean wellness, blending natural ingredients and essential oils for deeply nourishing results.
- **CACI Non-Surgical Treatments** – A leader in advanced skincare technology, delivering clinically proven lifting and firming results. This brand is renowned for the non-surgical facelift – using non-invasive micro currents to tone and improve texture.

Every treatment is designed using products that have been chosen for their quality, composition and ability to deliver exceptional skincare benefits.

*Luxury and exclusivity –
**experience the finest spa
brands on your wellness journey.***

Your Private Spa Experience

For those looking for a more exclusive retreat, Your Chester Spa offers private hire for individuals or groups.

- **Corporate Wellness Packages** – Perfect for executive relaxation.
- **Bridal & Special Occasions** – A bespoke experience for you and your guests.
- **Exclusive Twilight Spa** – Private use of the spa for an intimate, luxurious evening.

We take care of every detail so that your experience is seamless, relaxing and indulgent.



Located in the **heart of Chester**,
surrounded by beautiful restaurants,
wine bars, hotels and boutique shops.

How To Find Us

Your Chester Spa is perfectly positioned
for a complete day of indulgence.

We are situated on Northgate Street, close to
the Northgate Bridge.

For full details on how to find us and
information about parking, please visit our
website.

Your Chester Spa
Centurion House,
77 Northgate Street,
Chester,
CH1 2HQ

01244 575 888
www.yourchesterspa.co.uk



Your Time. Your Relaxation. Your Chester Spa.



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