



*Beautifully designed, the new Britannia Spa is a modern, elegant oasis of tranquillity. Featuring an extensive menu, the spa boasts six treatment rooms, a heated lap pool, sauna, steam room, ice bath, relaxation room, Jacuzzi, gym, infrared cabin and much more.*

*Experience the ultimate in relaxation and rejuvenation for the body and mind.*



## Britannia Spa Opening Hours:

Sauna, Steam, Pool & Jacuzzi  
7:00am to 10:00pm

Fitness  
Open 24 hours a day

Spa treatments  
8:00am to 8:00pm  
(treatments may be available outside  
these hours, upon request)

Children access to the pool  
9:00am to 11:00am



# Index

Britannia Signature Treatments	4
Britannia Facials	6
Britannia Beauty Essentials	12
Britannia Pedicure & Manicure	15
Britannia Gentlemen's Spa	19
Britannia Body Massages	23
Britannia Body Wraps & Scrubs	31
Britannia Kids & Teens Treatments	34
Spa Packages	39
Spa Etiquette / House Rules	43





# Britannia Signature Treatments

## Body & face renewal

Pamper yourself with a unique head-to-toe treatment. A destressing massage with an aroma oil of your choice will release all tensions and make you instantly relax. A tailor-made facial will complete your Britannia Spa experience.

110 min  
kr 2295,-

## Stress busting back massage

A combination of targeted techniques using the elbow and underarm which effectively releases knots and soothes tight muscles, cupping glasses and warm Fango (mineral mud) will leave your back relaxed and relieved.

75 min  
kr 1695,-





# Britannia Facials

- **ELEMIS TOUCH ANTI-AGING**

*Tackle lines and wrinkles with the clinically-proven age-defying benefits of marine-charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.*

## Dynamic Resurfacing Precision Peel

This highly potent contour resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone.

50 min  
kr 1295,-

25 min  
kr 795,-

## Pro-Collagen Age Defy

Special massage techniques, combined with proven anti-aging formulations to energise and rejuvenate the skin, leaving a firmer more youthful looking appearance.

80 min  
kr 1695,-

## Pro Definition Lift & Contour

Restore the architecture of your face with potent plant actives. For a profoundly, sculpted youthful effect.

50 min	25 min
kr 1295,-	kr 795,-

### ▪ ELEMIS TOUCH SKIN SOLUTIONS

## Hydra Boost

This super-nourishing, anti-oxidant rich treatment helps provide continuous hydration and moisturisation to leave skin feeling nourished, smooth and supple.

50 min	25 min
kr 1295,-	kr 795,-

## Superfood Pro-Radiance

Energise and detoxify stressed, dull skin with a nutritional superfood boost which leaves your skin, plumper, radiant and lit up with good health.

50 min

kr 1295,-

## Sensitive Skin Soother

Reduce the appearance of redness and protect against daily stresses. Skin is left comfortable and calm.

50 min

kr 1295,-

## Anti Blemish Mattify & Calm

Mattify and combat oil and shine whilst restoring micro-circulation. A deeply detoxifying treatment, which leaves your skin bright and clear.

50 min

kr 1295,-

■ **ELEMIS TECHNOLOGY ANTI-AGING**

## Biotec Line Eraser

A powerfully rejuvenating clinically-proven facial treatment that effectively irons out wrinkles and fills out lines.

80 min	50 min	25 min
kr 2195,-	kr 1795,-	kr 795,-

## Biotec Firm & Lift

A ground-breaking blend of massage and sculpting galvanic technology for a contoured complexion that is remarkably lifted.

80 min	50 min	25 min
kr 2195,-	kr 1795,-	kr 795,-

## Biotec Skin Resurfacer

For a refined, even skin tone, a revolutionary facial that uses an ultrasonic peel, massage, and light therapy, resulting in the smoothest skin imaginable.

80 min	50 min	25 min
kr 2195,-	kr 1795,-	kr 795,-

■ **ELEMIS TECHNOLOGY SKIN SOLUTIONS**

## Biotec Sensitive Skin Soother

Oxygen infusion and red-light therapy improve the skin's ability to repair itself. Calmness is restored and skin is soothed.

80 min	50 min
kr 2195,-	kr 1595,-

## Biotec Radiance Renew

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions for radiant, visibly brighter skin.

80 min	50 min
kr 2195,-	kr 1595,-

## Biotec Eye Treatment

Tighten the delicate eye area with targeted technology.

25 min	during treatment
kr 795,-	kr 595,-

## Biotec Neck Treatment

Dramatically increase firmness and elasticity in your neck and bust area.

25 min	during treatment
kr 795,-	kr 595,-





# Britannia Beauty Essentials

## ▪ EYEBROWS, EYELASHES & WAXING

*Only available in combination with a facial treatment*

Upper lip waxing	kr 295,-
Chin waxing	kr 295,-
Eyebrow tint	kr 395,-
Eyelash tint	kr 495,-
Eyebrow & eyelash tint	kr 795,-

▪ **WAXING**

*Available as single treatment*

Half arm waxing incl. hands	kr 695,-
Full arm waxing incl. hands	kr 795,-
Under arm waxing	kr 495,-
Chest waxing	kr 795,-
Back waxing	kr 795,-
Half leg – lower incl. knees, feet & toes	kr 795,-
Half leg – upper	kr 895,-
Full leg incl. feet	kr 1295,-
Bikini line waxing	kr 595,-
Brazilian waxing	kr 795,-





# Britannia Pedicure & Manicure

- **MANICURE**

## Express Manicure

Shaping of nails and nail polish of your choice.

25 min

kr 895,-

## Classic Manicure

Our nail treatment includes shaping of nails, cuticle care and a nourishing hand massage.

50 min

kr 1195,-

## Luxury Manicure

An indulging treatment which is going to leave your hands renewed and nourished. Our luxury manicure includes a softening exfoliation, shaping of nails, cuticle care and a nourishing hand massage.

75 min

kr 1395,-

### ▪ **PEDICURE**

## Classic Pedicure

Our pedicure treatment includes a relaxing herbal bath for your feet, hard skin removal, shaping of nails, cuticle care and a relaxing foot massage.

50 min

kr 1295,-

## Luxury Pedicure

A pampering treatment which is going to leave your feet feeling totally relaxed and renewed. Our luxury pedicure treatment includes a relaxing herbal bath for your feet. During the bath the therapist will gently massage your neck followed by a softening exfoliation, hard skin removal, shaping of nails, cuticle care and finished by a relaxing foot massage.

75 min

kr 1495,-

*Complete your manicure or pedicure with a polish or gel polish of your choice (only in combination with a Pedicure or Manicure)*

Shellac	kr 195,-
Nail polish	kr 125,-
Gel polish removal	kr 195,-





# Britannia Gentlemen's Spa

- **ELEMIS TOUCH**

## High Performance Skin Energiser de Luxe

The hard-working facial for ageing, dehydrated skin combined with scalp and foot massages.

80 min

kr 1695,-

50 min

kr 1295,-

## Dynamic Resurfacing Precision Peel

This highly potent contour resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone.

50 min

kr 1295,-

25 min

kr 795,-

- **ELEMIS TECHNOLOGY**

## Biotec Supercharger for Men

High performance facial for men to help de-grease, de-age and calm a stressed, dehydrated skin.

50 min  
kr 1595,-

## Biotec Eye Treatment

Tighten the delicate eye area with targeted technology.

25 min	during treatment
kr 795,-	kr 595,-

- **MANICURE & PEDICURE**

## Gentlemen's Manicure

This restorative men's treatment includes shaping of nails, cuticle care and a nourishing hand and underarm massage.

50 min  
kr 1195,-

## Gentlemen's Pedicure

Designed specifically for gentlemen, this pedicure refreshes and cleans the feet in moments. The treatment includes herbal salt soak, exfoliation, hard skin removal, cuticle care and a relaxing foot massage.

50 min

kr 1295,-





# Britannia Body Massages

## ▪ INDIVIDUAL TREATMENTS

*In room massages are available on request for an additional fee of kr 595,- per person.*

## Deep Tissue Massage

The use of firm pressure to manipulate the deeper tissues in the body, including the muscles. This treatment focuses on reducing tension and can concentrate on particular areas of concern or encompass the whole body.

75 min incl.  
head & face  
kr 1695,-

50 min  
full body  
kr 1195,-

25 min  
legs or back  
kr 755,-

## Sport Massage

Sport massage is a type of bodywork geared toward participants in athletics. It is used to help prevent injuries, to prepare the body for athletic activity and maintain optimal condition, as well as helping athletes recover from workouts and injuries. Sports massage has three basic forms: pre-event massage, post-event massage, and maintenance massage.

50 min

kr 1195,-

## Physiotherapy Massage Combination

The combination of physiotherapy and massage can be performed either as a full body treatment or focused on a certain part of your body. It contains a series of physiotherapy techniques and manipulations specially tailor-made for your individual needs.

50 min

kr 1295,-

## Classic Physiotherapy

With physiotherapy the origin of chronic or acute musculoskeletal symptoms can be identified and treated. Physiotherapy is recommended if you are suffering from reduced mobility, acute pain, joint disorders or muscular pain.

50 min

kr 1295,-

## Kinesiotape

*Only available combination with a treatment.*

Kinesio Taping is a definitive rehabilitative taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion, as well as providing extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting.

kr 295,-

## Individual Massage

Whether your goals are recovering from sport injury or medical procedure, managing pain without medicine, reducing your stress level or simply relaxing, our therapist will advise you what treatment is best for you.

75 min

kr 1695,-

50 min

kr 1195,-

## Lymphatic Drainage

A gentle therapeutic treatment is an effective remedy to combat the build-up of lymphatic fluid and interstitial water retentions. According to prior agreement with your/a doctor this treatment is recommended after injuries, surgeries or accidents.

50 min  
full body

kr 1195,-

25 min  
partial massage

kr 755,-

## Thai Massage

Traditional Thai massage is an ancient healing system that combines targeted and broad acupressure, stimulation and manipulation of energy lines.

75 min

kr 1695,-

50 min

kr 1195,-

## Pregnancy Massage

An indulging treatment for mothers-to-be to help feeling relaxed and comfortable during pregnancy. Using specific techniques and positioning, to make sure you are relaxed and comfortable throughout whilst gently manipulating the muscles to ease any tension, pain or general aches whilst also improving circulation as well as physical and mental fatigue.

75 min

kr 1695,-

50 min

kr 1195,-

## Foot Reflexology

A powerful treatment based on the theory that all of the body's energy centres can be realigned using specific pressure points on the feet. Reflexology activates the nervous system to clear any blockages in corresponding areas of the body. Stress reduction with improved circulation encourages the body to return to normal functioning and promotes deep relaxation.

45 min

kr 1195,-

25 min

kr 755,-

*Please wear comfortable, loose clothes for the following treatments.*

## Shiatsu

Shiatsu is Japanese for finger pressure. The treatment involves applying pressure on the meridians (which are energetic channels running through the body) and working on the musculoskeletal system. The treatment awakes the body's potential to heal itself. Deep work induces a meditative state that encourages relaxation and reduces the effects of long-term stress, while superficial work focuses on stretching and relaxing muscles, releasing up joints and realigning the spine.

75 min  
kr 1795,-

50 min  
kr 1295,-

## Tuina

Tui Na, is a therapeutic form of massage and has been used in China for more than 5,000 years. Defined as “the ancient healing art of fingers and strength”, Tui Na is an effective treatment for a wide variety of conditions. This technique is very beneficial in reducing the pain of neck, shoulders, hips, back, arms, legs and ankle disorders. It is a very effective therapy for arthritis, pain, sciatica and muscle spasms. Other benefits of this massage therapy include alleviation of the stress related to disorders like insomnia, constipation, headaches and other disorders related to digestive, respiratory and reproductive systems.

75 min  
kr 1795,-

50 min  
kr 1295,-

■ **INDIVIDUAL & COUPLE TREATMENTS**

## Elemis Hot Mineral Body Massage

This powerful treatment is designed to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. A revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

50 min  
kr 1595,-

## Elemis Hydrating Rose Restore Massage

A calming and hydrating massage with a unique trio of Rose, Camelina and Poppy seed oils leave your skin exquisitely moisturised, delicately scented and intensely supple.

50 min  
kr 1495,-

## Swedish Massage

Ease muscular tension and alleviate aches and pains with a stimulating massage. Firm, targeted techniques effectively release knots and soothe tight muscles, leaving you relaxed and relieved.

75 min incl.  
head & face  
kr 1695,-

50 min  
full body  
kr 1195,-

25 min  
legs or back  
kr 755,-

## Head – Shoulder – Neck Massage

*This massage is highly recommended during pregnancy as it will be carried out lying on your back.*

Harmonising and balancing massage techniques release tensions in shoulders and neck. Carefully applied pressure on your head will instantly create a deep relaxation.

25 min

kr 755,-

## Aroma Relax Massage

Carefully applied pressure, slow and rhythmic strokes to your entire body and will immediately create a calming state of mind and body. This massage relaxes the muscles and especially the nervous system. A special warmed anti-stress massage oil helps remove all the tension in your body.

75 min incl.  
head & face

kr 1695,-

50 min  
full body

kr 1195,-





# Britannia Body Wraps & Scrubs

## ▪ **BODY SCRUBS**

*The skin is the body's largest organ and is constantly renewing itself. During this process, dead cells tend to accumulate on the surface, leaving your skin looking dull. Our luxury ELEMIS body scrubs followed by a massage with a warm oil will leave your skin extra smooth and with a positive glow.*

## Frangipani Monio Salt Scrub & Monoi Body Oil Massage

Mineral-rich salts and Hibiscus cleanse and exfoliate, while an infusion of exotic Tahitian Monoi Oil and Frangipani flowers seal in moisture. Suitable for sensitive skin.

50 min

kr 1595,-

## Lime & Ginger Salt Scrub followed by Japanese Camellia Body Oil Massage

A unique blend of Bergamot, Coconut and Sweet Almond oil combined with Lime & Ginger salt is going to leave your skin seriously soft and nourished. The light texture of Japanese Camellia Body Oil provides a high level of hydration.

50 min

kr 1595,-

### ▪ **BODY WRAP**

*Drift away while you are cocooned in a comforting foil wrap, the heat helps soothing the muscles, opening pores, detoxing your body or intensely moisturize and nourish your skin. All treatments include a relaxing foot massage or a de-stressing pressure point face and scalp massage.*

## Elemis Detox Anticellulite Wrap

This cleansing detox treatment helps to boost energy levels, regenerate tired skin by removing toxins, stimulate the process of toxin elimination and smooth the skin surface. Your detox wrap experience begins with a massage application of nourishing Green Tea seed oil, the properties of which include omegas and skin super-food proteins to stimulate the elimination of waste and toxins. Followed by an indulgent detox wrap, which nourishes the skin while alleviating it of unwanted toxins and free-radicals.

50 min

kr 1595,-





# Britannia Kids & Teens Treatments

- **TEENS – FROM THE AGE OF 12**

## Teen facial

For both boys and girls going through changes that affect skin appearance, our tailor-made facial is designed to accommodate all skin types. Includes: cleansing, exfoliation, gentle extraction if needed, relaxing face massage and a calming face mask.

50 min

kr 1145,-

## Teen Wellness Massage with warm Coconut Oil

20 min

kr 755,-

## Teen Manicure

Includes: Nail shaping, Nail Polish (if desired) & Hand cream.

25 min

kr 725,-

## Teen Pedicure

Includes: Nail shaping, Nail Polish (if desired) & Foot cream.

25 min

kr 725,-

## Chill Out Package for Teens

Wellness Massage & Manicure or Pedicure with nail polish.

45 min

kr 1332,-

### ▪ KIDS – UP TO 12 YEARS

## Kids' Facial

Includes: Gentle cleansing & exfoliation, face massage and mask.

25 min

kr 725,-

## Kids' Wellness Massage with organic Coconut Oil

20 min  
kr 755,-

## Kids' Wellness Massage with Chocolate Oil

20 min  
kr 755,-

## Princess Nails

Includes: Shaping of Nails, Nail Polish & Hand cream.

25 min  
kr 725,-

## Kids' Manicure

20 min  
kr 725,-

## Kids' Pedicure

Includes: Shaping of Nails, Nail Polish & Foot cream.

25 min  
kr 725,-

## Relaxing Package for Kids

Wellness Massage for Kids & Manicure or Pedicure

45 min

kr 1332,-





# Spa Packages

## Total Detox

Experience handpicked detox treatments. Leave feeling rejuvenated, relaxed and refreshed. Includes: Elemis Detox Anti Cellulite Wrap, Lymphatic Drainage, Hydra Boost Facial.

125 min

kr 3227,-

## Pregnancy Face & Body Experience

Designed for mothers-to-be, this luxurious package allows you to relax and enjoy targeted treatments. Includes: Pregnancy Massage, Elemis Hydra Boost Facial, Classic Pedicure, Express Manicure.

175 min

kr 4212,-

## Pampering Moments for Him

A perfect selection of treatments, to destress, renew and release tension. Includes: Elemis High Performance Skin Energizer for Men, Deep Tissue massage, Foot Reflexology.

125 min

kr 2920,-

## Pampering Moments for Her

Relax and recharge with a choice of nourishing and rejuvenating top-to-toe treatments. Includes: Elemis Pro Collagen Age Defy Facial, Swedish Massage, Classic Pedicure, Classic Manicure (nail polish is additional).

230 min

kr 4842,-

## Quick Renewal

Put time to good use with a quick renewal to ease tension, revive energy levels and breathe radiance into your skin. Includes: Elemis Biotec Line Eraser Facial, Head & Shoulder Massage.

50 min

kr 1395,-

▪ **BRITANNIA COUPLE TREATMENTS**

*Indulging treatments for couples who are in need of destressing and spending quality time together. Couples, best friends, sisters or mum and daughter, these treatments are for everyone who wants to share pampering experience with someone special.*

## Pampering Moments for Two: Aromatic Candle Massage

The soothing aroma of the candle will take you on a journey of senses. A massage combining warm essences and expert movements that will leave you rejuvenated. Pure and natural oils will awaken your senses and deeply nourish your skin.

50 min

kr 1495,-/per person

## De-stress Aroma Relax Massage for Two

Carefully applied pressure, slow and rhythmic strokes to your entire body and will immediately create a calming state of mind and body. This massage relaxes the muscles and especially the nervous system. A special warmed anti-stress massage oil help remove all the tension in your body.

75 min

kr 1695,-/per person





# Spa Etiquette / House Rules

*Britannia Spa is a wonderful place to relax and recharge your empty batteries. We kindly ask you to follow our spa etiquette to ensure that you and all other guests have a relaxing time at Britannia Spa.*

## Opening Times

Britannia Spa is open from 7:00am until 10:00pm.

Spa treatments are available from 08:00am until 8:00pm.

If you require an appointment outside of our operating hours, please call a member of our spa team and we will do the best to accommodate you.

## Public Areas

To allow all guests of the Britannia Hotel to enjoy a restful and pleasant holiday, we respectfully ask that you observe the following rules:

- Please adjust the volume of your conversations to the environment and turn off the sound of your mobile phone. We also kindly ask you not to use cameras in the spa, to ensure absolute privacy for all guests using the facilities.
- Please observe the basic rules for our swimming pool and spa area.
- Please do not reserve day beds with towels, bags, etc.

## Children Policy & Swimming Time

Children (0-15 years old). who are staying at the hotel, are welcome to use the pool at Britannia Spa every day from 9:00am – 11:00am. All children must be supervised by an adult at all times. Babies and toddlers must wear swim diapers at all times. Kids & Teen treatments are available every day from 8:00am – 8.00pm. If your child would like to use the pool in conjunction with their treatments please book an appropriate time slot.

## Payment

For bookings made by non-hotel guests, credit card details will be taken to secure the booking. All treatments and products will be charged to the credit card provided, unless we receive different payment instructions, by the end of your treatment.

## Cancellation Policy

Treatments cancelled less than 24 hours before the appointment time may be subject to a cancellation charge of up to 100% of the treatment cost.

## Every Moment is Precious

Late arrival may shorten your treatment time. Please arrive at Britannia Spa, ready for your treatment, ten minutes prior to your appointment. Please wear a bathrobe and slippers when entering our spa. If necessary we will provide you with suitable disposable underwear for your treatment.

## Special Health Conditions

Please inform our therapists and personal trainers about any health conditions prior to the beginning of your treatment, preferably at the time of making your reservation.

## Pregnancy & Nursing

Congratulations! There are certain rules for this most wonderful time. We have special treatments and we are happy to advise you on any suitable treatments you can enjoy even during pregnancy or following childbirth.

## Clothing & Use of the Spa

We kindly ask you to shower thoroughly before using the spa facilities. Bathrobes, towels and slippers are provided in the room for hotel guests and at the Britannia Spa Reception for external guests on arrival. Please enter the sauna, even the infrared cabin, with a towel to sit on. In the wet steam bath, the benches will be washed down beforehand with the hose, thus, there is no need for a towel to sit on here.

## Facial Treatments for Men

In order to obtain the best results from a treatment, we kindly ask you to shave and/or trim facial hair, a few hours before your appointment.

## Valuables

Britannia Spa offers lockable storage in the changing rooms and a bowl beside your treatment for valuables (wedding rings, watches, bracelets etc.). Britannia Spa and Britannia Hotel accepts no responsibility for loss of jewellery or valuables at any time.

## Miscellaneous

Please be advised of our no-smoking and no-alcohol policy in the entire Britannia Spa and health club facilities.

## Gift Vouchers

For the next special occasion make a precious gift to your family, friends or business partners and surprise them with a Spa experience at Britannia Spa. Vouchers are available for purchase from our online store or at Britannia Shop (see below).

## Spa at Home & Britannia Shop

To continue your spa experience at home and get the most out of your treatments we offer all our ELEMIS products at our shop. For more unique gifts please visit the Britannia Shop, which is located at Britannia Spa and one of our staff members will be there to assist you.

## Britannia Fitness

In our 200 m<sup>2</sup> fitness room you will find top-of-the-range, modern training facilities. We have a wide range of exercise equipment in addition to free weights, squat racks and other equipment for functional training. If you want a cardio workout you can choose between a range of treadmills, spinning bikes, crosstraining machines and rowing machines.

- Personal training in groups

Each week there will be several workouts in small groups with one of our personal trainers as an instructor. The group workouts are varied, dynamic and adapted to the needs of the group. Please contact the reception for timetable and registration.

- Personal training

Britannia Fitness also offers personal training one-to-one and packages including body analysis for those who want extra close follow-up. Please contact the reception for rates, more information and booking.

To optimise your performance during the workout you will find cold drinks, energy bars and fruits available.

*Britannia Fitness and Personal Training are reserved for members and hotel guests. The age limit for using the training facilities is 15 years.*