



THE
SPA

at BRIGHTLIFE



ESCAPE TO THE SPA WITH A VIEW...

A holistic haven in the heart of the Manx countryside.

Surrounded by stunning undulating hills which can be seen from every aspect. Escape to a world away from the stresses of everyday life, to our haven of tranquility and peace.

It is our holistic approach to well-being that makes your time at our Spa an experience like no other. Our Brightlife Signature range, Elemental Herbology, **ila** Luxury Holistic and OTO CBD range of treatments are organic, luxurious and indulgent, but also health giving and good for the soul.

With facilities including a Hydropool, Sauna, Aromatic Steam Room, Quiet Lounge with complimentary teas & coffee and 5 bespoke treatment rooms, The Spa offers a unique and unrivaled experience in relaxation.

CHECK AVAILABILITY & BOOK ONLINE AT
WWW.BRIGHTLIFE.COM

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SPA RETREATS

Our Spa Retreats offer the perfect opportunity to escape from the hustle and bustle of daily life to the beauty and tranquility of The Spa.

Spend precious time with friends and family in the beautiful and luxurious surroundings of The Spa.

All retreats include use of all the Spa facilities, bathrobes, towels, spa slippers and complimentary herbal teas, coffee and mineral water.

DELUXE HALF DAY SPA RETREAT

Tuesday, Wednesday & Thursday

INCLUDES

1 x 1 hour Treatment
Use of spa facilities
Chef's Homemade Snack Box
Teas, coffee & water

£115 (with 1 hour treatment)

£160 (with 2 hour treatment)

£175 (with 2 x 1 hour treatments)

Lunch can be added on
Wednesdays & selected Thursdays
for an additional £25

INDULGENT DAY SPA RETREAT

Wednesday, Friday & Saturday

INCLUDES

2 x 1 hour Treatments
2 Course Buffet Lunch
All day access to spa facilities
Teas, coffee & water

£225 per person

OVERNIGHT SPA RETREAT

Available selected Fridays & Saturdays

INCLUDES

2 x 1 hour Treatments
1 Night Accommodation with Breakfast
3 Course Evening Meal
2 Course Buffet Lunch
Access to spa facilities until 17:30
Teas, coffee & water
Arrival time: 09:15
Check out & Departure time: 10:00

£335 per person

£25 Gift Certificate per person if sharing
accommodation

For session times, see page 32



SIGNATURE TREATMENTS

We have created a unique range of Brightlife Signature Treatments to promote a sense of relaxation and wellness. Using botanically sourced ingredients from The Natural Spa Factory. All the products are derived from nature using herbs, plants and flowers, and all are free from Parabens, SLS, MCI and Methylisothiazolinone.

Natural Spa Factory products are truly inspired by the seasons. The result is a collection of natural and beautiful products that inject goodness and wholesome nourishment into body and skin; boosting you from the outside in.

elemental herbology



ELEMENTAL HERBOLOGY

Elemental Herbology is a unique skincare and bodycare range that draws on plant-based beauty, and the five-element theory – an ancient philosophy which is the cornerstone of traditional Chinese medicine.

Five-element theory is the belief that all life is comprised of and ruled by the five elements of nature – wood, fire, earth, metal, water – and that these elements need to work in harmony to achieve a state of perfect equilibrium.

Believing your skin needs a balance of all the elements, and that balance depends on your skin type, your lifestyle, the season and a range of environmental factors, Elemental Herbology treatments use a mix of their range tailored to you, depending on what your skin needs to achieve balance

Elemental Herbology has the pursuit of good health, nutrition and wellness at its core. Their natural skin care products are packed with nutrients to help you discover your radiance and give truly visible results.



ilā HOLISTIC TREATMENTS

We welcome award-winning brand **ila** to The Spa at Brightlife.

An ancient Sanskrit word for Mother Earth, **ila** is a beyond organic skin and heart care brand which aims to do something very simple, but also completely revolutionary. **ila** is a range of highly potent & sacred products, which channel the raw remedial power of Nature, using her most ancient & purest sources of energy – plants, flowers, & herbs.

Proving that results-driven products & spa treatments can go hand-in-hand with the highest standards of natural & ethical integrity. Both **ila** products & treatments are designed to promote palpable biological & emotional change in those that experience them – both through touch & smell.

The holistic and ayurvedic philosophies incorporated in these treatments encourage wellbeing, health and mindfulness.



OTO CBD SPA & WELLNESS

We are delighted to introduce OTO CBD exclusively to The Spa at Brightlife. Offering a range of products and massages enhanced by the powerful healing properties of the highest quality CBD isolate.

From anxiety to sleep through to pain management and skin conditions, CBD (cannabidiol) is famous for its incredible ability to benefit almost every area of our lives. OTO Spa treatments are an immersive experience, designed to deliver the optimum effective amount of CBD in a single treatment. Through the power of CBD, these bespoke treatments have been carefully designed to bring you maximum balance and calm. OTO CBD products are always safe to use, whether on their own or in combination. Any CBD that your body does not need, it will naturally remove.

OTO sources the highest-quality essential oils, botanicals, scents and flavours from around the globe, blending them with pure CBD isolate to develop their potent and ground-breaking range of exquisite products.

The result is a holistic experience of regeneration and relaxation through your entire mind and body.



FOR THE BODY

SIGNATURE TREATMENTS

INFUSED FULL BODY MASSAGE

An indulgent full body massage giving you the choice of 3 different infused massage oils to suit your mood and personalise your experience. Easing away stress and tension, nurturing your mind, body and spirit and promoting a sense of wellbeing and deep relaxation.

1 hour - £65

AROMATIC HOT STONE EXPERIENCE

In this blissful massage experience, smooth heated basalt stones are incorporated into a soothing and aromatic full body massage, helping to melt away muscle tension and stress, stimulating blood circulation and promoting balance and peace.

1 hour - £65

WARM BAMBOO MASSAGE

Feel tension and stress roll away as our warm bamboo massage soothes and relaxes muscles. Slow, long flowing movements gently knead large areas to release knots and tension. Comparable to a deep tissue massage, the bamboo allows for a firmer pressure if desired.

1 hour - £65

WARM CANDLE WAX MASSAGE

Our gently scented organic candle slowly melts into a deliciously warm hydrating massage oil which is then smoothed into the skin using long, deep sweeping massage strokes, creating an unparalleled massage experience.

1 hour - £70

ELEMENTAL HERBOLOGY

TOTAL MASSAGE JOURNEY

An amazing experience including body brushing, body and scalp massage replicating the movements of the sea, combining both gentle and stimulating techniques. The ultimate 2 hour luxury treatment to relieve aches and pains.

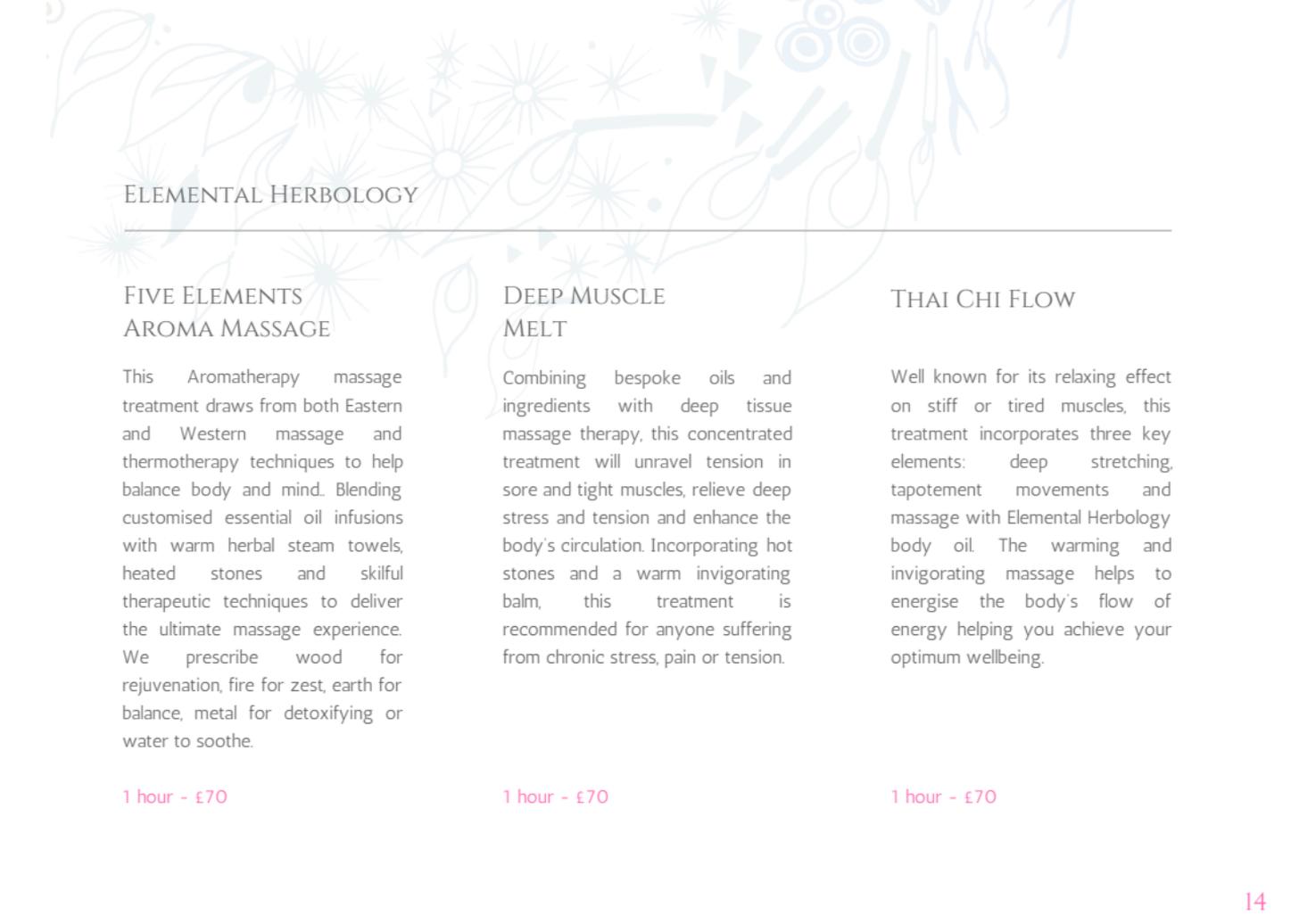
2 hours - £115*

TRANQUIL VOYAGE

Our complete top to toe relaxation journey, a full body massage using slow sweeping movements and finishing with a mini facial and soothing scalp massage. There couldn't be a more tranquil way to unwind and relax.

2 hours - £115*.

*If you wish to book one of our 2 hour treatments please advise at the time of booking as appointment times are limited and cannot always be guaranteed.



ELEMENTAL HERBOLOGY

FIVE ELEMENTS AROMA MASSAGE

This Aromatherapy massage treatment draws from both Eastern and Western massage and thermotherapy techniques to help balance body and mind. Blending customised essential oil infusions with warm herbal steam towels, heated stones and skilful therapeutic techniques to deliver the ultimate massage experience. We prescribe wood for rejuvenation, fire for zest, earth for balance, metal for detoxifying or water to soothe.

1 hour - £70

DEEP MUSCLE MELT

Combining bespoke oils and ingredients with deep tissue massage therapy, this concentrated treatment will unravel tension in sore and tight muscles, relieve deep stress and tension and enhance the body's circulation. Incorporating hot stones and a warm invigorating balm, this treatment is recommended for anyone suffering from chronic stress, pain or tension.

1 hour - £70

THAI CHI FLOW

Well known for its relaxing effect on stiff or tired muscles, this treatment incorporates three key elements: deep stretching, tapotement movements and massage with Elemental Herbology body oil. The warming and invigorating massage helps to energise the body's flow of energy helping you achieve your optimum wellbeing.

1 hour - £70



ilā

KUNDALINI BACK MASSAGE

A deeply powerful experience, ideal for emotionally exhausted souls, this nurturing treatment has an extraordinary restorative effect. Ancient marma therapy and warm chakra stones are placed on the back of the body, whilst sound healing and chakra balancing lift away your tension. Energy is released from the base of the spine, negativity is dissolved and the body is brought back to a state of balance.

1 hour - £75

KU NYE BODY MASSAGE

This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension. Warm crystals bring harmony from the tips of the toes, to the crown of the head.

1 hour - £75



OTO
SPA

BALANCE
CBD BODY OIL

300ML - 10.58 FL OZ - 300MG CBD

AMPLIFY

Designed to ease muscular tension and work on the deeper levels of the muscle, we use a bamboo roller as needed to deliver this. Chamomile will aid with any back pain and acts as an anti-inflammatory. CBD has many therapeutic properties in a massage, achieving muscular relaxation quickly, with the aim to balance homeostasis and ensure the body's response to stress is managed well. Combining the art of crystal with the use of red jasper, which has strong grounding energies.

1 hour - £80

FOCUS

This full body massage will nourish your body, revive your senses and bring you back into the "present". The warming scent of ginger has anti-inflammatory properties and can be soothing on digestive upset. Black pepper helps to boost the body's natural defenses and ease aching muscles. Frankincense can help calm a busy mind, reduce feelings of anxiety and improve concentration levels. Combining the art of crystal with the use of aventurine, which has harmonising properties.

1 hour - £80

BALANCE

The Beauty of balance is the aim with this full body massage experience. Take a breath, inhale and reset. Pause life for a moment and ensure you bring your whole self to this grounding experience. CBD helps achieve muscular relaxation quickly, with the aim to balance homeostasis and ensure the body's response to stress is managed well. Combining the art of crystal with the use of rose quartz, which has deep, inner healing properties.

1 hour - £80



SCRUBS & WRAPS

SIGNATURE

INFUSED BODY SCRUB

Our fragrant infused body scrubs are a great way to exfoliate your way to soft, smooth skin. The exfoliation action of the scrub allows for the easy absorption of your chosen fragrant infused oil used in the soothing massage following your scrub, making your skin appear more vibrant and youthful.

1 hour - £65

ELEMENTAL HERBOLOGY

ROSE HYDRATOR WRAP

To hydrate and soothe parched skin, a rich Rose and Neroli cream wrap is applied. Whilst cocooned, an aromatherapy scalp massage reduces tension using a blend of Rose Damask and Ylang Ylang for deep relaxation. We conclude with a relaxing full body application of aromatherapy oil to leave your skin nourished and deeply hydrated.

1 hour - £70

DETOX BOOSTER BODY WRAP

To reduce fluid retention, invigorate circulation and shift toxins a warm purifying Kaolin Clay infused with Rosemary, Grapefruit and Juniper Berry is applied. While the natural botanicals are activated a relaxing scalp and foot massage helps to release any tension. Concludes with a full body application of Detox Body Oil, followed by a circulation boosting serum, leaving you feeling warm, purified and revived.

1 hours - £70



FACIALS

ELEMENTAL HERBOLOGY

HOLISTIC FACIAL

This unique 50/50 treatment gives you the best of both worlds. Beginning with a back, neck and shoulder massage to untie the knots to the upper body, we then continue with a deep cleanse to the face, followed by a slow relaxing massage to the facial muscles and soothing head massage. A deeply relaxing experience that promotes a sense of harmony and leaves you with glowing skin.

1 hour - £70

REJUVENATING AGE SUPPORT FACIAL

This transformational facial addresses the key underlying causes of physiological ageing, incorporating a deep cleanse and AHA exfoliation followed by an extensive face, neck and décolleté massage using Rose Quartz rollers to sculpt and reduce puffiness. Acupressure massage is used to repair and revitalise the skin.

1 hour - £75



FIVE ELEMENTS FACIAL

Bespoke for each client, we tailor a facial treatment to harmonise the Five Elements and address key underlying concerns of the skin. This transformative facial combines healing botanicals, vitamins and marine extracts to feed the skin and restore equilibrium, while creating a more vibrant and healthy complexion. Incorporating deep cleansing, exfoliation, a luxurious facial massage and nourishment, this treatment replenishes the skin giving you immediate and long-lasting results. Includes a luxurious 20-minute face, neck and shoulder massage for the ultimate spa facial.

1 hour - £70

CLEAR CLEANSE FACIAL

Pollution, lifestyle and stress all contribute to congested and unbalanced skin. Our intensive skin detoxification facial includes a double mask of revitalising Aloe Vera and Cucumber followed by a mineral-rich clay mask, perfect for oily/congested skin.

1 hour - £70

MOISTURE REPLENISH HYDRATING FACIAL

Reduced skin hydration is one of the major causes of premature ageing. We utilize patented hydration technology to dramatically improve skins moisture content. The result is skin that is plumped, firmed, nourished and intensively moisturised. Ideal for dry, mature and exhausted skin.

1 hour - £70

RADIANCE & VITALITY SKIN BRIGHTENING

This skin brightening facial treatment uses a fermented black-tea known as the 'Elixir of Life' along with AHAs that work together to dramatically enhance the skins tone and texture. Perfect for reviving dull skin.

1 hour - £70



HEAD & FEET

SIGNATURE

FOOT & SCALP RITUAL

This is a deeply relaxing massage of the feet and lower legs, helping to reduce swelling and soften tired feet. Using pure and fine black volcanic sand for a deep, natural exfoliation. Perfect for foot ailments of all kinds. Includes a deeply relaxing scalp massage.

1 hour - £65

INDULGENT INDIAN HEAD RITUAL

Opens with a invigorating back scrub, followed by massage of the shoulders, upper arms, neck, scalp, face, and ears. Helps to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

1 hour - £60

JUST FOR THE MUM'S TO BE...

SIGNATURE

ACHING LEGS & FEET

A reviving and refreshing peppermint soak is used to soothe aching feet and hands. An invigorating scrub is then applied to help freshen the appearance of the skin. This treatment finishes with a relaxing massage to the legs, feet, hands and arms – helping to ease tightness and puffiness and aid the release of water retention.

1 hour - £65

ELEMENTAL HERBOLOGY

ME TIME FACIAL

The hormonal changes during pregnancy can cause your skin to break out, become dry or oily. This relaxing and cleansing facial will help to balance out hormonal skin. This light refreshing treatment uses natural and gentle ingredients, suitable for even the most sensitive of skins, leaving you feeling relaxed, refreshed and glowing.

1 hour - £70

PRE-NATAL WELLBEING MASSAGE

Developed specifically to address the body's needs during pregnancy, this treatment is the perfect remedy to ease an aching back, shift fluid retention, alleviate stretch marks and promote a state of calm and optimum well-being. Using an infusion of Mandarin, Rose and Lavender Flower, our pre-natal massage is a must for any mother-to-be.

1 hour - £70



FOR THE MEN

SIGNATURE

BACK NECK & SHOULDER MASSAGE*

A wonderfully soothing treatment, working directly with those specific areas that hold stress and tension to relieve pain and aid relaxation. Applying pressure on the soft tissue around your neck, shoulders and back reduces muscular tension and can benefit those suffering with headaches and migraine pain.

1 hour - £65

PURIFYING BACK TREATMENT*

This treatment is best described as a facial for the back. A thorough cleansing treatment for that hard to reach area. Includes deep pore back scrub, lymphatic massage and a detoxifying mask followed by an invigorating application of moisturiser for a therapeutic and rejuvenating treatment.

1 hour - £65

ELEMENTAL HERBOLOGY

GENTLEMENS' GROOMING FACIAL

This tailored facial treatment, uses Elemental Herbology's healing botanicals, vitamins and marine extracts to feed the skin and restore equilibrium. Incorporating deep cleansing, exfoliation, a luxurious face, neck and shoulder massage, this treatment replenishes the skin giving you immediate and long-lasting results. Concludes with hot steamed face towels to revive and refresh.

1 hour - £70

DEEP MUSCLE MELT*

Combining bespoke oils and ingredients with deep tissue massage therapy, this concentrated treatment will unravel tension in sore and tight muscles, relieve deep stress and tension and enhance the body's circulation. Incorporating hot stones and a warm invigorating balm, this treatment is recommended for anyone suffering from chronic stress, pain or tension.

1 hour - £70

*Also suitable for ladies



HOLISTIC RITUALS

SIGNATURE

HOPI EAR EXPERIENCE

A gentle and relaxing, non-invasive soothing treatment offering relief to any problems in the ear, nose and throat areas. This treatment calms the mind to combat stress and deeply relaxes all your senses. Concludes with a relaxing head and scalp massage.

1 hour - £60

REFLEXOLOGY

Massage on the reflex areas increases the circulation in your feet, enabling blood to distribute nutrients and dispose of toxins. By stimulating more than 7,000 nerves in the feet, reflexology encourages the opening and clearing of neural pathways.

1 hour - £60

REIKI WITH SCALP MASSAGE

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki can promote self-healing and balance. This is a non-invasive relaxing therapy suitable for anyone. Our reiki session ends with a soothing and relaxing scalp massage.

1 hour - £60

JENNIFER YOUNG

Beauty Despite Cancer

This range is completely free of plant oestrogens and is particularly beneficial for those who are currently undergoing or recovering from Cancer treatment.

Jennifer Young is an experienced microbiologist, qualified nutritional therapist, an associate member of the Royal Society of Medicine, and a qualified aromatherapist.

Our therapists have received specialist training to offer this very gentle and relaxing treatment which is offered to those living with, and beyond Cancer at a discounted rate.



JENNIFER YOUNG
As Unique as You

JENNIFER YOUNG ONCOLOGY FULL BODY MASSAGE

This bespoke massage is carefully adapted to suit your individual needs. Using 100% natural and organic oils this treatment is ideal for the most sensitive skins. Gentle massage brings harmony, promotes well-being and gives a sense of deep relaxation. Our specialist Therapists also include a gentle scalp massage, ensuring that your experience is pure indulgence from top to toe.

1 hour - £45

JENNIFER YOUNG HALF DAY SPA RETREAT

For those living with and beyond Cancer

INCLUDES

1 x 1 hour Jennifer Young Full Body Massage
Use of spa facilities
Snack platter
Teas, coffee & water

Session Times - page 32

Half Day Retreat - £75

Half Day Retreat with Lunch - £95

Full Day Retreat with Jennifer Young
Oncology Full Body Massage & Oncology
Facial using Elemental Herbology products -
£155



SESSION TIMES

Tuesday - Half Day Spa Retreat

Morning session

09:30 - 13:00

Afternoon session

13:30 - 17:00

Evening session

17:30 - 21:00

Wednesday - Half Day and Day Spa Retreats

Morning session

09:00 - 14:00 (with lunch)

Afternoon session

12:30 - 17:30 (with lunch)

Thursday - Half Day Spa Retreat

Afternoon session (lunch available on selected dates)

13:30 - 17:00

Evening session

17:30 - 21:00

Friday & Saturday - Day Spa Retreat

Full day with lunch and 2 x 1 hour treatments.

09:15 - 17:15

Overnight packages available on selected Fridays and Saturdays.

IMPORTANT INFORMATION

SPA RESERVATIONS

All spa retreats must be pre-booked and paid for in full at time of booking.

It is vital that mothers-to-be advise us when booking as some treatments will not be suitable for pregnant women.

No treatments are permitted within the first trimester (12 weeks). Use of the sauna and steam room are also not advised during pregnancy.

Cancellation within 48 hours/non-attendance will incur a 100% charge.

Treatment times for late arrivals will be reduced accordingly without reimbursement for the reduced treatment .

Our prices are subject to change. Please note that if you are using a Gift Certificate that has expired, you will be charged at our current prices at the time of making your booking.

Please be aware that the spa is for guests aged 16 and over.

WHAT TO BRING WITH YOU

Upon arrival you will be provided with a fresh robe, slippers and towel. All guests should bring swimwear. A change of swimwear is recommended, if you are on a full day spa and wish to have lunch in dry swimwear under your robe.

We recommend you bring your favourite magazines or a good book to read. Complimentary mineral water and herbal and fruit teas are available for you to enjoy during your visit.

Each of our spa sessions include a complimentary snack box. We kindly ask that you do not bring any food onto the premises.

We advise against the excessive consumption of alcoholic drinks prior to or during your visit to The Spa. Please note our Main House is a licenced premises. In line with Licencing Regulations any alcoholic beverages consumed in our Main house must be purchased from Brightlife.

The Spa itself is not licenced and guests are welcome to bring their own alcoholic beverages which can only be consumed in our Spa building and adjoining sun terrace. Alcoholic beverages should not be consumed outside of these areas.

Our spa and adjoining terrace are strictly non-smoking areas. We politely request mobile phones be switched to silent in all spa areas.

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WWW.BRIGHTLIFE.COM