

SILVERLAKE • DORSET



HURRICANE SPA

TREATMENT MENU



Welcome to Hurricane Spa

An exceptional, tranquil sanctuary where stress-free indulgence and relaxation is experienced from the moment you arrive. A place to escape the everyday, whether with friends and loved ones, or having time to oneself. All just a few minutes' walk from your front door, a spa exclusively for you to enjoy during your stay with us.

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Your Wellness, Naturally

GAIA is the ancient goddess of nature “Mother Earth” and Mother
GAIA is a healing Goddess.

It’s believed that true wellness requires us to return to the cradle of
mother nature and live in accordance with natural laws, but in modern
times this has become increasingly difficult.

The desire to look after yourself can take many forms with fitness
being a key ingredient to your wellness naturally. It is about movement,
whether that is slow or fast paced, maintaining balance. GAIA believes
in nurturing yourself and total wellness.

GAIA provides the time and the space to focus
on your wellness, naturally...

GAIA PACKAGES



NURTURING

“A Little Me Time”

60 minutes £99.00

The ideal package for the person short on time. Enjoy our GAIA Bespoke back, neck & shoulder massage, followed by our GAIA Jade Express Facial. This will leave you with a relaxed body and mind, bringing you back into the present moment!



The Beaumont Bliss

2 hours 15 minutes £154.00

Your GAIA journey starts with our foot nourish. This will include nail preparation, an exfoliation, foot soak followed by a bespoke massage and then your chosen nail colour applied. Your journey continues with the Jade Healing Massaging Facial. GAIA'S natural skincare products are softly massaged deep into the skin leaving your skin rejuvenated and glowing.

Choose your finish either with OPI Infinite Shine or Gel Colour (additional £10.00)

GAIA PACKAGES

The Total Indulgence

2 hours 30 minutes £207.50

The ultimate in luxury and relaxation. This treatment starts with GAIA's therapeutic back cleanse, exfoliation and mud mask. Moving on to a hot stone back massage using one of GAIA's oils. Your GAIA journey will continue with the Jade Facial. Products will be softly massaged deep into the skin, finishing with GAIA's Indian Head Massage, alleviating muscular aches on stressed areas.

GAIA Awakening Journey

60 minutes £99.50

90 minutes £124.50

An energising experience, helping to renew and radiate positivity for the mind and body. The Awakening Journey helps revitalise the skin with a salt and oil exfoliation, either on the back, neck, and shoulders (60 minutes) or full body scrub (90 minutes) removing dead skin cells to reveal refreshed soft skin. The Awakening Journey continues with a bespoke massage, tailored to suit your needs, to help awaken the body and boost circulation leaving you feeling refreshed and uplifted.



GAIA Balancing Journey

60 minutes £99.50

90 minutes £134.50

Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium to the mind and body. The journey centres around a hot stone massage, using warm volcanic stones to soothe aches and pains, relieving muscle tension. The Balancing Journey continues with a nurturing Jade facial, known as the healing stone, the Jade crystal wands help to relieve tension in the muscles, encourage blood flow, and help eliminate fine lines. With a choice of 60-minutes and 90-minute journeys, you'll leave feeling restored and emotionally balanced.

GAIA Calming Journey

60 minutes £97.50

90 minutes £134.50

A truly tranquil experience, the Calming Journey has been developed to offer complete relaxation and peace within. Your journey will begin with a serene back, neck, and shoulder massage to ease muscle tension and calm the mind and body. This is followed by either a Scalp Massage (60 minutes) or Indian Head Massage (90 minutes) which includes a facial cleanse, tone, and a beautifully relaxing facial massage, focusing on pressure points to relieve tension. Both journeys include a hand and arm massage, helping to release stress and find total relaxation.

BALANCING



GAIA RITUALS

GAIA Total Holistic

120 minutes £167.00

A deeply therapeutic ritual to release tension and stress bringing the mind and body into harmonious balance. Using advanced GAIA and Lomi Lomi techniques, originating from Hawaii, the body is exfoliated followed by an application of our nourishing GAIA mud. Once showered, a GAIA blend of your choice is poured warmly onto the body for a muscle easing massage. The GAIA rejuvenating face treatment will complete this ritual leaving a natural feeling of wellbeing, whilst skin is left smooth and replenished.

GAIA Crystal Therapy

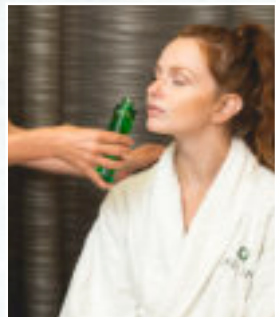
120 minutes £167.00

The ultimate goal of crystal healing is to bring the whole body back to a state of pure unconditional love. This treatment is personalised using crystals to discover which chakras are blocked and includes meditation, full body massage, facial using jade wands and a nurturing scalp massage. Aftercare, product advice and a crystal prescription will be recommended by your therapist.

GAIA Raindrop Ritual

120 minutes £167.00

Raindrop therapy is a healing technique using pure essential oils. It combines aromatherapy oils and soothing massage to bring total balance, harmony and body wellness mentally, physically and emotionally. Techniques are used through the massage to release toxins and lymph, boosting the immune system and bringing the body back to natural alignment. Ritual includes full body massage using the purest essential oils used as droplets to the back, spine and feet, a face cleanse and a nurturing scalp massage.



EXCEPTIONAL



A close-up photograph of a woman lying on her back on a dark grey towel. Her eyes are closed, and she has a serene expression. Her face is covered in a thick, white cream. Two hands are gently cupping her face, with fingers resting on her cheeks and jawline. The lighting is soft and warm, highlighting the texture of the cream and the woman's skin. The background is dark and out of focus.

HEALING

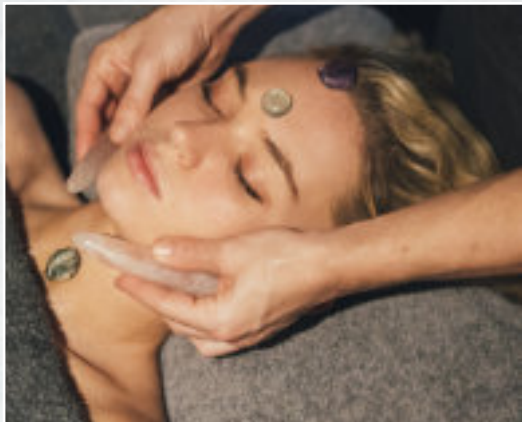
GAIA FACE

GAIA Jade Facial

30 minutes £54.50

60 minutes £89.00

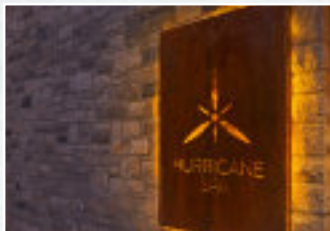
This healing massaging facial will leave your skin feeling rejuvenated and glowing. GAIA's natural skincare products are softly massaged deep into the skin, using healing, Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.



Gaiyoga Facial

90 minutes £125.50

As much as we know exercising our body is good for us well it is the same for the face. Using a stimulating workout for the face with a combination of advanced lifting massage technique, lymphatic drainage and the power of nature this facial increases muscle tone and volume so the skin becomes tauter with more definition and exceptional results.



GAIA Equilibrium Facial

60 minutes £99.00

There is a link between our skin, our identity and our sense of self-worth. Using a powerful combination of anti-inflammatory plant ingredients along with balancing chakra crystals woven throughout the treatment which lend their energetic and healing benefits, bringing the mind and body back to a state of equilibrium.



GAIA MASSAGE

GAIA Bespoke Massage

30 minutes £49.50

60 minutes £77.50

90 minutes £99.00

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients, combined with highly therapeutic techniques such as Swedish, Deep Tissue and Aromatherapy to relax the body and mind, bringing you into the present moment.

GAIA Hot Stone Massage

30 minutes back, neck & shoulder £52.50

60 minutes full body £83.50

90 minutes full body & scalp £104.00

A therapeutic back, neck and shoulder, full body or full body and scalp massage using our specially blended GAIA oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, helping you to unwind and feel rejuvenated. Choose from the GAIA oils, Awakening, Balancing and Calming.

GAIA Harmonious Ritual

60 minutes £99.50

90 minutes £130.00

A specialised treatment incorporating aromatherapy oils, rhythmic massage and advanced massage techniques that focus on breathing whilst applying pressure points and deep tissue massage to boost circulation, ease aches and pains and leave you feeling balanced and grounded, ease aches and pains and leave you feeling balanced and grounded.

GAIA Poultice Massage

60 minutes £93.50

This massage uses herbal compresses that have healing and soothing properties. All the herbs used are grown naturally and are part of the blend that makes GAIA. Aromatic herbs and spices have been used for centuries for various ailments and treatments as they help to increase the flow of chi (energy).

GAIA Indian Head Massage

40 minutes £55.00

GAIA's Indian head massage is a treatment combining massage on the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress throughout the mind and body.



LIBERATING





G R O U N D E D

GAIA BODY

GAIA Restorative Massage

60 minutes £88.00

Experience a therapeutic back cleanse, followed by exfoliation with GAIA's own unique body scrub, before GAIA's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones using one of the GAIA oils; Awakening, Balancing or Calming.

GAIA Salt and Oil Scrub

40 minutes £57.00

Liberate your skin with our nourishing salt and oil scrub treatment. Your body is awakened with natural sea salt, peppermint and lemongrass, to gently buff the skin, boosting circulation and leaving a natural glow. This refreshing treatment will leave a natural feeling of wellbeing, whilst the skin is left smooth and replenished.

GAIA Mud Cocoon

90 minutes £115.00

Enjoy this protective cocooning treatment and emerge awakened. You will experience whole body, face and scalp therapy in this indulgent treatment, including a sea salt exfoliation and natural mud and clay mask. Completing this nurturing treatment is our Awakening Body Cream, with nourishing coconut oil and shea butter.

MOTHER GAIA PRE AND POST NATAL TREATMENTS



Mother GAIA

60 minutes £88.00

90 minutes £124.00

A beautifully gentle, relaxing treatment, perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed massage, focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored.

The Beaumont Bump Pre Natal GAIA Massage and Jade Facial

120 minutes £166.50

Enjoy two soothing GAIA treatments in this special package. Your treatment will begin with the Mother GAIA nurturing treatment. Safely enjoy a moment of absolute relaxation and well-being with your baby-to-be, followed by the GAIA Jade Facial, leaving your skin feeling glowing.

GAIA HAND AND FOOT NOURISH

GAIA Hand Nourish

60 mins £49.50

Your GAIA Therapist will invite you to select a blend of aromas that suits how you feel in that moment enabling you to receive both a personalised experience, and one that immerses you into rejuvenation from the very beginning. Relax your hands with GAIA'S natural ingredients to soothe dry skin and nourish the nail bed, encouraging strong healthy growth. Each GAIA product shares a secret ingredient – the GAIA Elixir, a crystal elixir that links back to ancient wellness traditions. The intention of this elixir is to aid emotional balance.

Relax with an exfoliation, followed by a bespoke massage with your personalised blend, to leave you feeling Awakened, Balanced or Calmed. Your therapist will finish this ritual by prepping your nails and applying your chosen nail colour.

'notice how relaxed your whole being feels after receiving treatments the GAIA way'

Choose your finish with either OPI Infinite Shine or Gel colour (additional £10.00).



GAIA Foot Nourish

75 mins £69.50

Your GAIA Therapist will invite you to select a blend of aromas that suits how you feel in that moment, enabling you to receive both a personalised experience, and one that immerses you into rejuvenation from the very beginning. Relax your feet with GAIA'S natural ingredients to soothe dry skin and nourish the nail bed, encouraging strong healthy growth. Each GAIA product shares a secret ingredient – the GAIA Elixir, a crystal elixir that links back to ancient wellness traditions. The intention of this elixir is to aid emotional balance.

Relax with an exfoliation, followed by a bespoke massage with your personalised blend, to leave you feeling Awakened, Balanced or Calmed. Your therapist will finish this ritual by prepping your nails and applying your chosen nail colour.

'walk lightly on the earth'

Choose your finish with either OPI Infinite Shine or Gel colour (additional £10.00).

Express Manicure

30 minutes £29.50

In a rush, but still a need a quick way to de-stress? The OPI Infinite Shine Express Manicure is perfect. Featuring essential OPI ProSpa products and techniques in a condensed service that doesn't sacrifice on a premiere experience.

Express Pedicure

30 minutes £29.50

Quick, effective and oh-so relaxing. This OPI Infinite Shine Pedicure features essential OPI products to provide a spa pedicure experience without increasing service time.

For a longer lasting finish, why not add gel polish? Rich, highly pigmented, chip-resistant polish, offering an extremely long lasting shine. An additional £10.00 charge will be applied for this service.

LAVA SHELLS



Lava Shell Relax Body Massage

30 minutes Back, neck & shoulder £57.00
60 minutes Full body massage £89.00

The indulgent and truly pampering Lava Shells Relax Body Massage offers an idyllic treatment, combining the warmth of the shells with deeply relaxing massage techniques, to create a sense of balance to the entire body and mind. During the massage, the shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress, followed by a wonderfully tranquil massage on the back, neck and shoulder area, to ease away all tension, knots and stress. An unforgettable and sublime experience.

TEEN TREATMENTS

Totally Teen Facial (8-18 years old)

30 minutes £49.50
45 minutes £63.00

This treatment is tailor-made to meet the needs of every skin type. This facial includes eye and skin cleansing, deep exfoliation, and the application of a customised mask, complete with serums and moisturisers to meet your child's individual requirements. The skin's freshness, comfort and evenness will be restored.

Totally Teen Massage (15-17 years old only)

30 minutes Back, neck & shoulder £47.50
60 minutes Full body massage £67.50

Child or Teen Express Manicure or Pedicure

20 minutes £21.00

A parent or guardian must complete a consultation form on the child's behalf.

WAXING AND TINTING



Waxing

Lip or Chin	£12.00
Lip and Chin	£21.00
Eyebrows	£14.00
Half Leg	£24.00
Full Leg	£37.00
Full Leg and Bikini	£46.00
Bikini Line from	£18.00
Underarm	£18.00
Forearm	£23.00

Men's Waxing

Back	£29.50
Chest	£29.50

Lash Lift and Tint Treatment

£49.50

The Lash Lift is the spa equivalent of a push-up bra for your lashes. The treatment instantly gives them lift, separation and extra definition. A patch test is required at least 24 hours prior to your first treatment.

Eyelash and Eyebrow Tinting

A patch test is required at least 24 hours prior to your first treatment of tinting.

Eyebrow Tinting £16.50

Eyelash Tinting £22.00

Eyelash and Eyebrow Tinting £34.00

YOUR TIME WITH US

Spa Bookings

For reservations and all enquiries please contact us on +44 (0)1305 819 909 or email silverlaketherapies@gmail.com

It is highly recommended that you book in advance.

Spa Arrival

We ask politely that you arrive 15 minutes prior to your treatment time to complete a full consultation form. Please disclose any relevant medical conditions.

It is vital that mothers-to-be advise us when booking, as some treatments will not be suitable for pregnant women. Many treatments are only permitted after the first trimester (12 weeks onwards).

Please be aware that late arrival may result in your treatment duration being shortened.

Cancellation Policy

We require a notice period of 24 hours for all treatments. A 50% charge will be made for bookings cancelled with less than this notice period and a full charge will be made for missed appointments.

WE VERY MUCH LOOK
FORWARD TO
WELCOMING YOU.

HURRICANE SPA

Telephone: +44 (0)1305 819 909

Email: silverlaketherapies@gmail.com

www.silverlakedorset.com

Opening Times

Treatments available Monday - Sunday.
Times will vary during low and high season.

Mobile Phones

During your time with us, we would very much appreciate it if you could help us to maintain a certain level of quietness, therefore we ask that you avoid using your mobile telephones.

The Gift of Relaxation

Treat someone special to the joy of a spa gift. Gift vouchers can be purchased over the phone with our receptionist and either sent by post or email. Our vouchers are valid for twelve months from the day of purchase.





HURRICANE
SPA

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