



Tempur mattress topped treatment beds offer the ultimate in luxury and relaxation.

name:

Royal Day Spa & Members Health Club

where:

12 Vale Road, Post Office Square Tunbridge Wells, Kent TN1 1BP
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e: reception@royal-dayspa.co.uk
w: www.royal-dayspa.co.uk

owner:

Shelly Murphy

manager:

Helen Conway

brands/equipment used:

Ren, Aromatherapy Associates, Mama Mio, Spa Rituals, Moor, Lava Shells from Shared Beauty Secrets, plus Micropigmentation, Lift and Oxy Machines.

The Royal Day Spa in Tunbridge Wells was opened in March 2004 by Spa consultant Shelly Murphy. With 20 members of staff, the Spa attracts between 100 - 200 clients per week, and offers a true oasis of calm and tranquillity right in the centre of this traditional Spa town. Shelly Murphy explains how this urban retreat has become an award-winning success...



The Ballroom is the ideal room for refreshments with cocooning floor cushions and tribal furniture.

salon spy

Clients visit The Bedroom before and after treatments - a snug, serene refuge.



Tell us about your Spa's ethos...

We have a Royal Mission: we endeavour to use organic, chemical free and locally produced products wherever possible, from the cordial in your glass to the creams replenishing your skin.

It is important to us that the cleaning products employed throughout the club are environmentally friendly and that the paper making up our brochure has been recycled. We aim to meticulously cater to the desires of our guests, in a manner that coincides with the needs of the natural world.

We believe that a Royal lifestyle should be comprised of natural materials.

What is important to you when choosing the products you use?

That they actually do benefit the person in the way they claim and don't have a side effect / down side. Nasty chemicals stabilising a lovely organic plant is counter productive in my eyes, so we make sure all products we use and sell don't do anything like this and are luxurious and work.

You have achieved a great deal since opening the business in 2004 (the Spa was recognised with a National Start Up Award, you won the area's Business Person of the Year in 2005 and achieved Day Spa of the Year 2009), how do you plan to continue this success?

I hope to launch our own range of products that tick all the boxes. This would enable us to reach a lot further afield by selling into other Spas and stores and sharing the mission with others, whilst educating the public on what it is they should and should not accept from their skin care.

Aside from the recognition of awards what has been your proudest achievement so far?

It would be training the team to be better than the average therapist, and always moving forward regardless of any circumstance. And watching customers realise the difference through being with us, that's really nice.

What's the best piece of advice you can offer to other aspiring Spa owners / managers?

Your intention is as important as your actions; this is something we teach all of our staff at the Royal Day Spa and it really makes the difference between a lovely experience and an average one.

salon treatment review:

On arrival, I was surprised that this red brick building could conceal such a gem of relaxation. The Spa has the benefit of being intimate enough to make you feel extremely special, but the discretion of its staff means you can drift away in the Moor Mud Jacuzzi, Rose Quartz Crystal Steam Room or Sauna feeling like you are in a world of your own.

The grey slate Dead Sea Salt swimming pool with subdued Moroccan-style lighting envelops you in calmness, and offers a refreshing alternative to traditional hydrotherapy pools.

My treatment of choice was the Lava Shell Ritual Massage, a 90-minute body massage in which my therapist used Tiger Clam Shells, sourced from the Philippines where they are a by-product of the local diet. The concept is not dissimilar to using hot stones as a massage tool, but instead of heating with hot water, the hollow shell is filled with a natural Lava Gel material and Lava Activator saline solution. This reacts with the natural minerals and causes an exothermic reaction, creating continuous heat for over an hour.

My therapist performed a number of different massage techniques, including using the smooth side of the shell followed by the edge for a deeper massage. The heat emitted from the shells was hot but gentle and the massage, which covered my arms, stomach, legs and back, warmed my muscles into a state of total relaxation. In fact, I think I can say this was the most soothing massage I have experienced for some time.



Guests can choose a Picnic Lunch or Afternoon Tea.