

# Spa Treatment Menu

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*Hand*PICKED  
— HEALTH CLUBS & SPAS —

## Face

### Touch Facials:

ELEMIS and Comfort Zone hands-on facial treatments use touch as a powerful diagnostic tool, product is applied using a combination of ancient and modern massage techniques from around the world.

### Anti-Ageing Touch Facials

|  |            |      |
|--|------------|------|
| [comfort zone] Sublime Skin Deluxe Lift Facial | 70 minutes | £112 |
| [comfort zone] Sublime Skin Active Lift Facial | 55 minutes | £94  |
| [comfort zone] Sublime Skin Double Peel Facial | 55 minutes | £94  |
| ELEMIS Pro-Glow Smooth Facial                  | 55 minutes | £94  |

### Skin Specific/Prescriptive Facials

(Tailored by your therapist)

|                                   |            |     |
|-----------------------------------|------------|-----|
| [comfort zone] Hydra Glow Facial  | 55 minutes | £94 |
| ELEMIS Pro-Glow Brilliance Facial | 55 minutes | £94 |
| ELEMIS Pro-Glow Resurface Facial  | 55 minutes | £94 |
| ELEMIS Pro-Glow Renewal Facial    | 55 minutes | £94 |
| ELEMIS Pro-Glow Express Facial    | 25 minutes | £60 |

### Technology Facials:

ELEMIS BIOTEC facials use the pioneering innovation of the BIOTEC machine to switch the skin back on, increasing its natural cellular energy.

### Anti-Ageing Technology Facials

|                                       |            |     |
|---------------------------------------|------------|-----|
| ELEMIS Biotec Pro-Glow Smooth Facial+ | 55 minutes | £94 |
|---------------------------------------|------------|-----|

### Skin Specific/Prescriptive Technology Facials

|   |            |     |
|---|------------|-----|
| ELEMIS Biotec Pro Glow Brilliance Facial+ | 55 minutes | £94 |
| ELEMIS Biotec Pro Glow Resurface Facial+  | 55 minutes | £94 |

## Massage

|   |            |      |
|---|------------|------|
| [comfort zone] Body Active Massage        | 70 minutes | £112 |
| [comfort zone] Aromasoul Elements Massage | 55 minutes | £94  |
| ELEMIS Freestyle Deep Tissue Massage      | 55 minutes | £94  |
| Traditional Full Body Massage             | 55 minutes | £94  |
| ELEMIS Freestyle Deep Tissue Massage      | 40 minutes | £77  |
| ELEMIS Freestyle Deep Tissue Massage      | 25 minutes | £60  |
| Traditional Back, Neck & Shoulder Massage | 25 minutes | £60  |

## Heat Treatments

|   |            |     |
|---|------------|-----|
| ELEMIS Deeper than Deep Hot Stone Massage | 55 minutes | £99 |
| ELEMIS Deeper than Deep Hot Stone Massage | 40 minutes | £82 |

## Combination Treatments

|   |             |      |
|---|-------------|------|
| Full Body Massage & Luxury Facial Combo             | 115 minutes | £171 |
| Luxury Facial & Back, Neck & Shoulder Massage Combo | 85 minutes  | £141 |
| Full Body Massage & Express Facial Combo            | 85 minutes  | £141 |
| Face & Body Combo Treatment                         | 55 minutes  | £94  |
| Body Scrub & Massage Combo Treatment                | 55 minutes  | £94  |
| Massage & Shape & Polish Combo Treatment            | 55 minutes  | £94  |
| Fingers & Toes Combo Treatment                      | 55 minutes  | £63  |

## Body: Rituals, Scrubs & Wraps

|   |            |     |
|---|------------|-----|
| [comfort zone] Himalayan Salt Ritual                | 55 minutes | £94 |
| ELEMIS Frangipani Body Nectar Nourishing Wrap       | 55 minutes | £94 |
| ELEMIS Intensely Cleansing Lime & Ginger Salt Scrub | 25 minutes | £60 |
| ELEMIS Intensely Cleansing Frangipani Salt Scrub    | 25 minutes | £60 |

## Pregnancy

|                                   |            |     |
|-----------------------------------|------------|-----|
| ELEMIS Peaceful Pregnancy Massage | 55 minutes | £94 |
| ELEMIS Pregnancy Facial           | 55 minutes | £94 |

*Suitable for all mothers-to-be from 13 weeks of pregnancy.*

## Speciality Treatments

|                     |            |     |
|---------------------|------------|-----|
| Reflexology         | 40 minutes | £77 |
| Indian Head Massage | 25 minutes | £60 |

## Hands & Feet

|                            |            |     |
|----------------------------|------------|-----|
| Luxury Pedicure            | 70 minutes | £68 |
| Classic Pedicure           | 55 minutes | £58 |
| Luxury Manicure            | 55 minutes | £58 |
| Classic Manicure           | 40 minutes | £51 |
| Shape & Polish for Toes    | 25 minutes | £32 |
| Shape & Polish for Fingers | 25 minutes | £32 |

*Please bring open toe shoes to wear after your pedicure.*

## Gel Nails

|                         |            |     |
|-------------------------|------------|-----|
| GEL Removal & Pedicure* | 70 minutes | £70 |
| GEL Removal & Manicure* | 70 minutes | £70 |
| GEL Pedicure            | 55 minutes | £60 |
| GEL Manicure            | 55 minutes | £60 |
| GEL Removal*            | 30 minutes | £20 |

*\*Removal of soft gels only i.e brush on gels/soak off gels. We are not able to remove hard gels or acrylics requiring specialist equipment. If unsure we therefore strongly recommend you call the spa direct prior to making a booking.*

**Terms and conditions.** Please visit our website for further information on: Hand Picked spa booking terms and conditions. Opening and closing times. How to book and methods of payment. Cancellation policy. Health guidelines.

[handpickedhotels.co.uk/spa-termsandconditions](http://handpickedhotels.co.uk/spa-termsandconditions)

All prices may be subject to change.

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Central Reservations 01642 706634

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