

Spa  
Treatment  
Menu

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HandPICKED  
— HEALTH CLUBS & SPAS —

## Face

[comfort zone] treatments use touch as a powerful diagnostic tool. The products are applied using a combination of ancient and modern massage techniques from around the world.

### Anti-Ageing Facials

|  |            |      |
|--|------------|------|
| [comfort zone] Sublime Skin Deluxe Lift Facial | 70 minutes | £107 |
| [comfort zone] Sublime Skin Active Lift Facial | 55 minutes | £85  |

### Skin Specific/Prescriptive Facials

|   |            |     |
|---|------------|-----|
| [comfort zone] Hydra Glow Facial          | 55 minutes | £85 |
| [comfort zone] Luminant - 3 Bright Facial | 55 minutes | £85 |
| [comfort zone] Remedy Facial              | 55 minutes | £85 |
| [comfort zone] Express Facial             | 25 minutes | £55 |

### Massage

|   |            |     |
|---|------------|-----|
| [comfort zone] Aromasoul Elements Massage | 55 minutes | £85 |
| [comfort zone] Back Ritual                | 55 minutes | £85 |
| Traditional Full Body Massage             | 55 minutes | £85 |
| Traditional Back Neck & Shoulder Massage  | 25 minutes | £55 |

### Combination Treatments

|   |             |      |
|---|-------------|------|
| Full Body Massage & Luxury Facial Combo           | 115 minutes | £155 |
| Luxury Facial & Back Neck, Shoulder Massage Combo | 85 minutes  | £130 |
| Full Body Massage & Express Facial Combo          | 85 minutes  | £130 |
| Face & Body Combo Treatment                       | 55 minutes  | £85  |
| Body Scrub & Massage Combo Treatment              | 55 minutes  | £85  |
| Fingers and Toes Combo Treatment                  | 55 minutes  | £68  |

## Body: Scrubs ,Wraps & Rituals

|  |            |     |
|--|------------|-----|
| [comfort zone] Himalayan Salt Ritual         | 55 minutes | £85 |
| [comfort zone] Tranquillity Pro-Sleep Ritual | 55 minutes | £85 |
| [comfort zone] Full Body Scrub               | 25 minutes | £55 |

### Pregnancy

|   |            |     |
|---|------------|-----|
| [comfort zone] New Life - New Mum Treatment | 55 minutes | £85 |
| [comfort zone] Pregnancy Facial             | 55 minutes | £85 |

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

### Hands & Feet

|                              |            |     |
|------------------------------|------------|-----|
| Luxury Pedicure              | 70 minutes | £60 |
| Classic Pedicure             | 55 minutes | £55 |
| Luxury Manicure              | 55 minutes | £55 |
| Classic Manicure             | 40 minutes | £50 |
| Shape and Polish for Toes    | 25 minutes | £35 |
| Shape and Polish for Fingers | 25 minutes | £35 |

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

### Gel Nails

|                          |            |     |
|--------------------------|------------|-----|
| GEL Removal and Pedicure | 70 minutes | £70 |
| GEL Removal and Manicure | 70 minutes | £65 |
| GEL Pedicure             | 55 minutes | £60 |
| GEL Manicure             | 40 minutes | £55 |
| GEL Shape and Polish     | 25 minutes | £40 |
| GEL Removal              | 25 minutes | £20 |

\*Removal of Mii Gel Nails only

**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.

All prices include VAT at 20% and may be subject to change.

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

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