

Spa Treatment Menu



*Hand*PICKED
— HEALTH CLUBS & SPAS —

Face

ELEMIS and [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	£95
ELEMIS Pro-Collagen Age Defy Facial	55 minutes	£85
[comfort zone] Sublime Skin Active Lift Facial	55 minutes	£85
[comfort zone] /skin regimen/ Longevity Facial	55 minutes	£85
[comfort zone] /skin regimen/ Urban Detox facial	55 minutes	£85
[comfort zone] Sublime Skin Double Peel Facial	55 minutes	£85

Skin Solutions Facials

ELEMIS Superfood Pro-Radiance Facial	55 minutes	£85
[comfort zone] Hydramemory Facial	55 minutes	£85
[comfort zone] Remedy Facial	55 minutes	£85

Skin Specific Facials

(Tailored by your therapist)

ELEMIS Skin Specific Facial	55 minutes	£85
ELEMIS Skin Specific Facial	25 minutes	£55

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 Firm-a-Lift Facial (inc eyes)	85 minutes	£105
ELEMIS BIOTEC Firm-a-Lift Facial	55 minutes	£85

Skin Solutions Technology Facials

ELEMIS BIOTEC Radiance Renew Facial	55 minutes	£85
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Massage

ELEMIS Freestyle Deep Tissue Massage	55 minutes	£85
[comfort zone] Aromasoul Elements Massage	55 minutes	£85
Traditional Full Body Massage	55 minutes	£85
ELEMIS Freestyle Deep Tissue Massage	40 minutes	£75
ELEMIS Freestyle Deep Tissue Massage	25 minutes	£55
Traditional Back Neck & Shoulder Massage	25 minutes	£55

Combination Treatments

ELEMIS Face and Body Couture Touch	55 minutes	£85
Face & Body Combo Treatment	55 minutes	£85
Body Scrub & Massage Combo Treatment	55 minutes	£85
Fingers and Toes Combo Treatment	55 minutes	£59

Heat Treatments

ELEMIS Deeper than Deep Hot Stone Massage	40 minutes	£85
ELEMIS Deeper than Deep Hot Stone Massage	55 minutes	£95

Body: Scrubs & Wraps

ELEMIS Body Nectar Nourishing Frangipani Wrap	55 minutes	£85
[comfort zone] Tranquillity Pro-Sleep Ritual	55 minutes	£85
[comfort zone] Himalayan Salt Ritual	55 minutes	£85
[comfort zone] Aromasoul Ritual Scrub	25 minutes	£55
ELEMIS Intensely Cleansing Salt Scrub Lime and Ginger or Frangipani	25 minutes	£55

Speciality

Reflexology	40 minutes	£75
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Pregnancy

ELEMIS Peaceful Pregnancy Massage	55 minutes	£85
ELEMIS Pregnancy Facial	55 minutes	£85

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

For Men

ELEMIS High Performance Skin Energiser Facial	55 minutes	£85
ELEMIS Freestyle Deep Tissue Massage	55 minutes	£85
Traditional Back Neck and Shoulder Massage	25 minutes	£55

Hands & Feet

Luxury Pedicure	70 minutes	£55
Classic Pedicure	55 minutes	£49
Luxury Manicure	55 minutes	£49
Classic Manicure	40 minutes	£45
Shape and Polish for Toes	25 minutes	£30
Shape and Polish for Fingers	25 minutes	£30

Please bring open toe shoes to wear after your pedicure

Gelation Nails

GEL Removal and Pedicure	70 minutes	£65
GEL Removal and Manicure	70 minutes	£59
GEL Pedicure	55 minutes	£59
GEL Manicure	40 minutes	£49
GEL Shape and Polish	25 minutes	£35
GEL Removal	25 minutes	£20

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.

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HOTELS