

Spa Treatment Menu



*Hand*PICKED
— HEALTH CLUBS & SPAS —

Face

[comfort zone] facial 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
[comfort zone] Sublime Skin Active Lift Facial	55 minutes	£95

Skin Specific/Prescriptive Facials

(Tailored by your therapist)

[comfort zone] Recover Touch Facial	55 minutes	£79
[comfort zone] Remedy Facial	55 minutes	£79
[comfort zone] Active Pureness Facial	55 minutes	£79
[comfort zone] Hydra Glow Facial	55 minutes	£79
[comfort zone] Express Facial	25 minutes	£55

Massage

Traditional Full Body Massage (inc. scalp)	70 minutes	£95
Traditional Full Body Massage	55 minutes	£79
[comfort zone] Aromasoul Elements Massage	55 minutes	£79
[comfort zone] Tranquility Pro -Sleep Ritual	55 minutes	£79
[comfort zone] Back Ritual	55 minutes	£79
Traditional Back Neck & Shoulder Massage	25 minutes	£55

Heat Treatments

Lava Shell Relax Massage	55 minutes	£89
Lava Shell Relax Back Massage	25 minutes	£65

Body: Rituals, Scrubs & Wraps

[comfort zone] Himalayan Salt Ritual	55 minutes	£79
[comfort zone] Tranquility Pro -Sleep Ritual	55 minutes	£79
Full Body Scrub	25 minutes	£55

Combination Treatments

Full Body Massage & Luxury Facial Combo	115 minutes	£145
Luxury Facial & Back Neck, Shoulder Massage Combo	85 minutes	£125
Full Body Massage & Express Facial Combo	85 minutes	£125
Face & Body Combo Treatment	55 minutes	£79
Body Scrub & Massage Combo Treatment	55 minutes	£79
Massage & Shape and Polish Combo Treatment	55 minutes	£79
Fingers and Toes Combo Treatment	55 minutes	£62

Pregnancy

[comfort zone] New Life - New Mum Treatment	55 minutes	£79
[comfort zone] Pregnancy Facial	55 minutes	£79
[comfort zone] Pregnancy Facial	25 minutes	£55

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

Speciality Treatments

Indian Head Massage	25 minutes	£55
Vita Liberata Spray Tan	25 minutes	£28

Hands & Feet

Luxury Pedicure	70 minutes	£57
Classic Pedicure	55 minutes	£47
Luxury Manicure	55 minutes	£47
Classic Manicure	40 minutes	£42
Shape and Polish for Toes	25 minutes	£32
Shape and Polish for Fingers	25 minutes	£32

Please bring open toe shoes to wear after your pedicure

Gelation Nails

GEL Removal and Pedicure	70 minutes	£62
GEL Removal and Manicure	70 minutes	£57
GEL Pedicure	55 minutes	£52
GEL Manicure	40 minutes	£47
GEL Shape & Polish	25 minutes	£37
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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