

Spa Treatment Menu



*Hand*PICKED
— HEALTH CLUBS & SPAS —

Face

ELEMIS and Ishga 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

ELEMIS Pro-Collagen Age Defy Facial 55 minutes £79

Skin Solutions Facials

ELEMIS Superfood Pro-Radiance Facial 55 minutes £79

Ishga Facial 55 minutes £79

Ishga Express Facial 25 minutes £47

Skin Specific Facials

(Tailored by your therapist)

ELEMIS Skin Specific Facial 55 minutes £79

ELEMIS Skin Specific Facial 25 minutes £47

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 55 minutes £79

Skin Solutions Technology Facials

ELEMIS BIOTEC Radiance Renew Facial 55 minutes £79

Massage

ELEMIS Freestyle Deep Tissue Massage 55 minutes £79

Traditional Full Body Massage 55 minutes £79

Ishga Invigorating Massage 55 minutes £79

ELEMIS Freestyle Deep Tissue Massage 25 minutes £47

Traditional Back Neck & Shoulder Massage 25 minutes £47

Ishga Express Massage 25 minutes £47

Combination Treatments

ELEMIS Face and Body Couture Touch 55 minutes £79

Ishga Face & Body Combo Treatment 55 minutes £79

Body Scrub & Massage Combo Treatment 55 minutes £79

Fingers and Toes Combo Treatment 55 minutes £55

Heat Treatments

ELEMIS Deeper than Deep Hot Stone Massage 55 minutes £85

ELEMIS Deeper than Deep Hot Stone Massage 40 minutes £79

Body: Scrubs & Wraps

ELEMIS Body Nectar Nourishing Frangipani Wrap 55 minutes £79

ELEMIS Intensely Cleansing Salt Scrub Lime and Ginger or Frangipani 25 minutes £47

Ishga Salt and Oil Scrub 25 minutes £47

Pregnancy

ELEMIS Peaceful Pregnancy Massage 55 minutes £79

ELEMIS Pregnancy Facial 55 minutes £79

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

For Men

ELEMIS High Performance Skin Energiser Facial 55 minutes £79

ELEMIS Freestyle Deep Tissue Massage 55 minutes £79

Traditional Back Neck and Shoulder Massage 25 minutes £47

Speciality Treatments

Indian Head Massage 40 minutes £53

Hands & Feet

Luxury Pedicure 70 minutes £55

Classic Pedicure 55 minutes £45

Luxury Manicure 55 minutes £45

Classic Manicure 40 minutes £35

Shape and Polish for Toes 25 minutes £28

Shape and Polish for Fingers 25 minutes £28

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 £55

GEL Pedicure 55 minutes £55

GEL Manicure 40 minutes £45

GEL Removal 30 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