

WELLBEING BROCHURE

RHINEFIELD HOUSE

HOTEL

THE NEW FOREST, HAMPSHIRE



RHINEFIELD HOUSE HOTEL

The tranquil surroundings of the treatment rooms at Rhinefield House Hotel create an environment in which to completely revive the mind and body. Inside, contemporary design and a choice of luxurious treatments will leave you in a state of pure relaxation.

Unwind with us.

FACILITIES AT A GLANCE:

Outdoor swimming pool

2 treatment rooms

Gym

Tennis courts



FACIALS

Whether you are looking for glowing skin for a special occasion or you need a complete skin overhaul, below are a selection of the most pioneering facial techniques and relaxing treatments offering the most impressive results.

Touch Facials

ELEMIS 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 EXPERT™ Touch Renew Facial Hydrate, Lift & Firm

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

55 minutes - £100

Skin Specific/Prescriptive Facials

ELEMIS EXPERT™ Touch Nourish Facial Cleanse, Rebalance & Revive

Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

55 minutes - £100

ELEMIS EXPERT™ Touch Reveal Facial Resurface, Smooth & Glow

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother and renewed.

55 minutes - £100

ELEMIS EXPERT™ Touch Express Facial

For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions. For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect.

25 minutes - £70

COMBINATION TREATMENTS

Full Body Massage & Luxury Facial Combo Treatment

This treatment includes a deeply relaxing and stress melting full body massage followed by a luxury facial individually tailored to your own skin needs leaving your skin hydrated, visibility bright and smooth. Our luxury facial includes- cleanse, tone, facial massage, exfoliation and mask.

115 minutes - £180

Luxury Facial & Back, Neck, Shoulder Massage Combo Treatment

This treatment includes a deeply relaxing and stress melting neck, back and shoulder massage followed by a luxury facial individually tailored to your own skin needs leaving your skin hydrated, visibility bright and smooth. Our luxury facial includes- cleanse, tone, facial massage, exfoliation and mask.

85 minutes - £160

Full Body Massage & Express Facial Combo Treatment

This treatment includes a relaxing full body massage which will be focused on the areas where you are suffering from aches, pains and tensions followed by an invigorating prescriptive facial to include a cleanse, tone, exfoliation and mask leaving your skin glowing and hydrated.

85 minutes - £160

Face & Body Combo Treatment

The perfect pick me up facial which includes a cleanse, tone, exfoliation and mask combined with a classic back, neck and shoulder massage. This massage includes traditional massage techniques to help relieve muscular tension in areas which are known to be the most common areas to retain the effects of stress.

55 minutes - £100

Body Scrub & Massage Combo Treatment

A mixture of essential oils will exfoliate and moisturise the whole body, leaving the skin feeling refreshed and toned. This is followed by a classic back, neck and shoulder massage which incorporates traditional massage techniques to help relieve muscular tension in areas which are known to be the most common to retain the effects of stress.

55 minutes - £100

Massage and Shape & Polish Combo Treatment

A classic back, neck and shoulder massage which incorporates traditional massage techniques to help relieve muscular tension as well as re-shaping of the nails and varnish. (fingers or toenails)

55 minutes - £100

Fingers and Toes Combo Treatment

For those who are short of time, a quick pick-me-up to leave your fingers and toes perfectly groomed. This includes re-shaping of both the finger and toenails, plus varnish for well-maintained nails. Please bring open-toe shoes.

55 minutes - £70



MASSAGE

Our massage treatments are perfect for deep relaxation or for targeting tense areas. Our expert therapists utilise the latest products from leading brands to enhance your experience.

ELEMIS EXPERT™ Deep Tissue Tension-Ease Massage Renewed, Focused & Grounded

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused

55 minutes - £100

40 minutes - £85

25 minutes - £70

Traditional Full Body Massage

A traditional massage designed to ease tension, relieve stress and promote a general state of well being.

55 minutes - £100

Traditional Back, Neck & Shoulder Massage

A deeply therapeutic massage focusing on the aches and pains of the back and eliminating tension knots in the shoulders.

25 minutes - £70

Add hot stones to any massage for 15 minutes (£25)

**Treatment time includes a medical /skin consultation and set up

BODY TREATMENTS

Whether you're seeking a revitalizing boost or a relaxing escape, our body treatments offer the perfect blend of rejuvenation and indulgence, ensuring you leave feeling truly pampered.

ELEMIS Intensely Cleansing Salt Scrub

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Choose between lime and ginger or frangipani.

25 minutes - £70

HEAT TREATMENTS

ELEMIS EXPERT™ Transformative Hot Stone Massage

Soothe, Relax & Revive

This deeply transformative treatment incorporates heated volcanic stones that are worked into the body, persuading the muscles to relax with warm Frangipani Monoi Body Oil to soothe a tired mind and relieve aching muscles.

55 minutes - £115

40 minutes - £100

25 minutes - £85

SPECIALITY TREATMENTS

Reflexology

An ancient treatment that works on the key pressure points of the feet. Reflexology can help energise, relax and restore the body's balance.

55 minutes - £100

Indian Head Massage

Stimulate the body and mind and help reduce the symptoms of tension by relaxing the muscles and alleviating emotional strain.

25 minutes - £70



PREGANCY TREATMENTS

Indulge in our nurturing prenatal treatments, designed to soothe and relax expectant mothers with revitalising massages and pampering experiences at the hands of our expert spa therapists.

ELEMIS EXPERT™ Peaceful Pregnancy Massage **Nurture, Restore, Calm**

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester. Gently. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

Suitable for all 'mothers to be' from 13 weeks of pregnancy. Treatment time includes 10 minutes for relaxation and recuperation.

70 minutes - £100

Elemis Pregnancy Facial

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester. Gently. A personally prescribed ELEMIS Touch Facial can be performed as advised by your therapist. Suitable for all 'mothers to be' from 13 weeks of pregnancy.

55 minutes - £100

**Treatment time includes a medical /skin consultation and set up

HANDS & FEET

Luxury Pedicure

A deluxe pedicure with thermal booties for deeper penetration of oils and creams. Helping to soften cuticles, improve circulation and soothe stiff joints. This treatment includes a shape and polish of the toenails, with a beautiful colour of your choice. Please bring open toe shoes to wear after your pedicure.

70 minutes - £65

Luxury Manicure

A deluxe manicure with thermal mittens for deeper penetration of oils and creams. Helping to soften cuticles, improve circulation and soothe stiff joints. This treatment includes a shape and polish of the fingernails, with a beautiful colour of your choice.

55 minutes - £60

Classic Pedicure

A pedicure including hard skin removal, skin softening exfoliation and relaxing foot and leg massage make this pedicure the perfect pick me up for your feet. This treatment includes a shape and polish of the toenails, with a beautiful colour of your choice. Please bring open toe shoes to wear after your pedicure.

55 minutes - £60

Classic Manicure

This manicure includes shaping of the nail, cuticle maintenance, hand exfoliation and a relaxing hand and arm massage then to finish a polish is applied. This treatment includes a shape and polish of the fingernails, with a beautiful colour of your choice.

40 minutes - £55

Shape & Polish For Fingers

Nails are shaped and buffed and polish applied. The perfect nail maintenance treatment.

25 minutes - £40

Shape & Polish For Toes

Nails are shaped and buffed and polish applied. The perfect nail maintenance treatment. Please bring open toe shoes to wear after your pedicure.

25 minutes - £40

Gel Nails

The next generation in manicure and pedicure. A gel formula that is painted onto the nails giving strength, protection and long-lasting colour. Nails dry instantly.

GEL Pedicure 55 minutes - £65

GEL Manicure 40 minutes - £60

GEL Removal 25 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



GIFT VOUCHERS

We offer a wide range of spa gift vouchers perfect for her, for him or for them. Visit the spa reception to create and purchase tailored and personalised vouchers for your loved ones, as well as beautiful gift sets.

You can also discover gift experiences online at handpickedhotels.co.uk/giftvouchers

Spa monetary gift vouchers from £25

Spa treatment gift vouchers from £70

Overnight break gift vouchers from £247 per person

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HOTELS