

Spa Treatment Menu



*Hand*PICKED
— HEALTH CLUBS & SPAS —

Face

ELEMIS and [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

ELEMIS Pro-Collagen Age Defy Facial	55 minutes	£75
[comfort zone] Sublime Skin Active Lift Facial	55 minutes	£75

Skin Solutions Facials

ELEMIS Superfood Pro-Radiance Facial	55 minutes	£75
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Skin Specific/Prescriptive Facials

(Tailored by your therapist)

[comfort zone] Recover Touch Facial	55 minutes	£75
[comfort zone] Remedy Facial	55 minutes	£75
[comfort zone] Active Purenness Facial	55 minutes	£75
[comfort zone] Hydramemory Facial	55 minutes	£75
[[comfort zone] Express Facial	25 minutes	£50

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	£75
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Skin Solutions Technology Facials

ELEMIS BIOTEC Radiance Renew Facial	55 minutes	£75
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Massage

[comfort zone] Aromasoul Elements Massage	55 minutes	£75
[comfort zone] Tranquillity Pro-Sleep Ritual	55 minutes	£75
ELEMIS Freestyle Deep Tissue Massage	55 minutes	£75
ELEMIS Freestyle Deep Tissue Massage	40 minutes	£65
Traditional Full Body Massage	55 minutes	£75
[comfort zone] Tranquillity Back Ritual	25 minutes	£50
ELEMIS Freestyle Deep Tissue Massage	25 minutes	£50
Traditional Back Neck & Shoulder Massage	25 minutes	£50

Combination Treatments

ELEMIS Face and Body Couture Touch	110 minutes	£135
ELEMIS Face and Body Couture Touch	55 minutes	£75
Face & Body Combo Treatment	55 minutes	£75
Body Scrub & Massage Combo Treatment	55 minutes	£75
Fingers and Toes Combo Treatment	55 minutes	£55

Heat Treatments

ELEMIS Poultice-Powered Muscle Release	55 minutes	£83
ELEMIS Deeper than Deep Hot Stone Massage	55 minutes	£83
ELEMIS Deeper than Deep Hot Stone Massage	40 minutes	£75
Hot Stones Upgrade	15 minutes	£15

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

Rookery Hall Hotel & Spa

Main Road, Worleston, Nantwich, Cheshire CW5 6DQ

T 01270 615604

E rookeryhall@handpicked.co.uk

Central Reservations 01642 706634 or 0845 458 0904*

handpickedhotels.co.uk/rookeryhall

*Calls cost 5p per minute plus your provider's access charge.

Body: Scrubs & Wraps

ELEMIS Body Nectar Nourishing		
Frangipani Wrap	55 minutes	£75
[comfort zone] Himalayan Salt Ritual	55 minutes	£75
[comfort zone] Tranquillity Pro-Sleep Ritual	55 minutes	£75
ELEMIS Intensely Cleansing Salt Scrub		
Lime and Ginger or Frangipani	25 minutes	£50

Pregnancy

ELEMIS Peaceful Pregnancy Massage	55 minutes	£75
[comfort zone] Pregnancy Facial	55 minutes	£75

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

For Men

[comfort zone] Total Pure Performance Facial	55 minutes	£75
[comfort zone] Total Anti-Ageing		
Performance Facial	55 minutes	£75
Traditional Full Body Massage	55 minutes	£75
Traditional Back Neck and Shoulder Massage	25 minutes	£50

Speciality Treatments

Indian Head Massage	25 minutes	£50
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Hands & Feet

Luxury Pedicure	70 minutes	£55
Classic Pedicure	55 minutes	£50
Luxury Manicure	55 minutes	£50
Classic Manicure	40 minutes	£45
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	£60
GEL Removal and Manicure*	70 minutes	£55
GEL Pedicure	55 minutes	£55
GEL Manicure	40 minutes	£50
GEL Shape and Polish	25 minutes	£35
GEL Removal	15 minutes	£20

*Removal only includes Jessica Geleration

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HOTELS