

# Spa Treatment Menu

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*Hand*PICKED  
— HEALTH CLUBS & SPAS —

## Face

### Touch Facials:

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

[comfort zone] Sublime Skin Deluxe Lift Facial	70 minutes	£117
[comfort zone] Sublime Skin Active Lift Facial	55 minutes	£90
[comfort zone] Sublime Skin Double Peel Facial	55 minutes	£90
ELEMIS Pro-Glow Smooth Facial	55 minutes	£90

### Skin Specific/Prescriptive Facials

(Tailored by your therapist)

[comfort zone] Recover Touch Facial	55 minutes	£90
[comfort zone] Remedy Facial	55 minutes	£90
[comfort zone] Active Purenness Facial	55 minutes	£90
[comfort zone] Hydra Glow Facial	55 minutes	£90
ELEMIS Pro-Glow Brilliance Facial	55 minutes	£90
ELEMIS Pro-Glow Resurface Facial	55 minutes	£90
ELEMIS Pro-Glow Renewal Facial	55 minutes	£90
[comfort zone] Express Facial	25 minutes	£65
ELEMIS Pro-Glow Express Facial	25 minutes	£65

### 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 Pro-Glow Smooth Facial+	55 minutes	£90
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### Skin Specific/Prescriptive Technology Facials

ELEMIS Biotec Pro Glow Brilliance Facial+	55 minutes	£90
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### Massage

[comfort zone] Aromasoul Elements Massage	55 minutes	£90
[comfort zone] Tranquillity Pro-Sleep Ritual	55 minutes	£90
ELEMIS Freestyle Deep Tissue Massage	55 minutes	£90
Traditional Full Body Massage	55 minutes	£90
[comfort zone] Back Ritual	55 minutes	£90
ELEMIS Freestyle Deep Tissue Massage	40 minutes	£78
ELEMIS Freestyle Deep Tissue Massage	25 minutes	£65
Traditional Back Neck & Shoulder Massage	25 minutes	£65

### Combination Treatments

Full Body Massage & Luxury Facial Combo	115 minutes	£164
Luxury Facial & Back Neck, Shoulder Massage Combo	85 minutes	£145
Full Body Massage & Express Facial Combo	85 minutes	£145
Face & Body Combo Treatment	55 minutes	£90
Body Scrub & Massage Combo Treatment	55 minutes	£90
Massage & Shape and Polish Combo Treatment	55 minutes	£90
Fingers and Toes Combo Treatment	55 minutes	£68

### Heat Treatments

ELEMIS Poultice-Powered Muscle Release	55 minutes	£100
ELEMIS Deeper than Deep Hot Stone Massage	55 minutes	£100
ELEMIS Deeper than Deep Hot Stone Massage	40 minutes	£88
Hot Stones Upgrade	15 minutes	£10

### Body: Rituals Scrubs & Wraps

[comfort zone] Himalayan Salt Ritual	55 minutes	£90
[comfort zone] Tranquillity Pro-Sleep Ritual	55 minutes	£90
ELEMIS Frangipani Body Nectar Nourishing Wrap	55 minutes	£90
ELEMIS Intensely Cleansing Lime & Ginger Salt Scrub	25 minutes	£65
ELEMIS Intensely Cleansing Frangipani Salt Scrub	25 minutes	£65

### Pregnancy

ELEMIS Peaceful Pregnancy Massage	55 minutes	£90
[comfort zone] Pregnancy Facial	55 minutes	£90

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

### Speciality Treatments

Indian Head Massage	25 minutes	£65
Rasul Mud Treatment	40 minutes	£45

### Hands & Feet

Luxury Pedicure	70 minutes	£65
Classic Pedicure	55 minutes	£60
Luxury Manicure	55 minutes	£60
Classic Manicure	40 minutes	£55
Shape and Polish for Toes	25 minutes	£35
Shape and Polish for Fingers	25 minutes	£35

*Please bring open toe shoes to wear after your pedicure*

### Gel Nails

GEL Removal and Pedicure*	70 minutes	£75
GEL Removal and Manicure*	70 minutes	£70
GEL Pedicure	55 minutes	£65
GEL Manicure	40 minutes	£60
GEL Shape and Polish	25 minutes	£40
GEL Removal*	15 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*

**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. Treatments do not include use of facilities.

All prices include VAT at 20% and may be subject to change.

[handpickedhotels.co.uk/spa-termsandconditions](http://handpickedhotels.co.uk/spa-termsandconditions)

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HOTELS