

# Spa Treatment Menu

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*Hand*PICKED  
— HEALTH CLUBS & SPAS —

## Face

### Touch Facials:

ELEMIS 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-Glow Smooth Facial 55 minutes £90

### Skin Specific/Prescriptive Facials

ELEMIS Pro-Glow Brilliance Facial 55 minutes £90  
ELEMIS Pro-Glow Resurface Facial 55 minutes £90  
ELEMIS Pro-Glow Renewal Facial 55 minutes £90  
ELEMIS Pro-Glow Express Facial 25 minutes £60

### Massage

ELEMIS Freestyle Deep Tissue Massage 55 minutes £90  
Traditional Full Body Massage 55 minutes £90  
ELEMIS Freestyle Deep Tissue Massage 40 minutes £75  
ELEMIS Freestyle Deep Tissue Massage 25 minutes £60  
Traditional Back Neck & Shoulder Massage 25 minutes £60  
Add Hot Stones to any massage 15 minutes £10

### Combination Treatments

Full Body Massage & Luxury Facial Combo 115 minutes £164  
Luxury Facial & Back Neck, Shoulder Massage 85 minutes £140  
Full Body Massage & Express Facial Combo 85 minutes £140  
Face & Body Combo Treatment 55 minutes £90  
Body Scrub & Massage Combo Treatment 55 minutes £90  
Massage & Shape and Polish Combo 55 minutes £90  
Fingers and Toes Combo Treatment 55 minutes £68

### Heat Treatments

ELEMIS Deeper than Deep Hot Stone Massage 55 minutes £100  
ELEMIS Deeper than Deep Hot Stone Massage 40 minutes £85

Add hot stones to any massage - 15 minutes £10

## Body: Scrubs & Wraps

ELEMIS Frangipani Body Nectar Nourishing Wrap 55 minutes £90  
ELEMIS Intensely Cleansing Lime & Ginger Salt Scrub 25 minutes £60  
ELEMIS Intensely Cleansing Frangipani Salt Scrub 25 minutes £60

## Pregnancy

ELEMIS Peaceful Pregnancy Massage 55 minutes £90  
ELEMIS Pregnancy Facial 55 minutes £90  
ELEMIS Pregnancy Express Facial 25 minutes £60

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

## Speciality

Reflexology 55 minutes £90  
Indian Head Massage 25 minutes £60

## Hands & Feet

Luxury Pedicure 70 minutes £60  
Classic Pedicure 55 minutes £55  
Luxury Manicure 55 minutes £55  
Classic Manicure 40 minutes £50  
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.*

## Gelation Nails

GEL Removal and Pedicure 70 minutes £70  
GEL Removal and Manicure 70 minutes £65  
GEL Pedicure 55 minutes £60  
GEL Manicure 40 minutes £55  
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. Please note that treatments do not include use of the gym, heat experiences and pool facilities.

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

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

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HandPICKED  
HOTELS