

The  
Spa

Rowton Hall

## Babor Facials

### **Introductory Facial**

**30mins** **£30.00**

A tailor made facial based on one of our highly active facial treatments customised to the needs of your skin

### **Argan Calming Repair for sensitive skin**

**60mins** **£60.00**

Precious Argan oil rejuvenates skin cells. It floods the skin with moisture and protects the collagen fibre which promotes elasticity in the skin. Leaves the skin visibly smoother, fresh and toned

### **Moisture Intense for dehydrated skin**

**60mins** **£60.00**

The combination of active ingredients such as pomegranate extract in moist intense cream and moist vitality fluid actively improves the moisture levels deep in the skin and delivers a hydrated, healthy complexion

### **Skin Perfection for combination skin**

**60mins** **£60.00**

Ideal for stressed, blemished and combination skins. Garden cress extracts flushes out environmental toxins from the skin and pores. Leaving the skin surface with a more refined appearance

### **Intense Repair for dry skin**

**60mins** **£65.00**

This is a Intensively moisturising facial. White lupin proteins regenerate the skins protective barrier and stimulate the formation of natural oils leaving the skin nourished, soft and supple

### **Luxury Cinderella Dream - the magical facial**

**60mins** **£65.00**

This heavenly facial uses unique active ingredients in mimical control to work on those wrinkles and frown lines leaving your complexion relaxed, younger, firmer and radiant. Perfect for a special occasion

### **Champagne Indulgence for all skin types**

**60mins** **£65.00**

The secret of this luxurious facial is precious fine white wine yeast which helps the skin regenerate naturally and leaves it looking thoroughly revitalised

### **HSR Power Lift – the ultimate anti aging facial**

**75mins** **£75.00**

This skin energising facial uses our luxury lifting HSR range with it's special active complexes to visibly reduces the signs of aging and improve elasticity and cell regeneration. Amazing results

### **Add Ons**

#### **Sensational Eyes**

**25mins** **£20.00**

Active complexes help to drain, brighten and firm eye area while reducing the appearance of fine lines and wrinkles

#### **Ampoule Crash**

**10mins** **£15.00**

Infuse the skin with ampoules containing highly active ingredients. The skin will absorb the products much better and therefore enhances the overall effect of any of our facials

## Body Treatments

### **Khanya of Africa Massage**

**60mins** **£70.00**

Enjoy this wonderful full body treatment based on African traditions and with exotic sweet marula oil to revitalise the body and restore balance.

### **Scentao of Asia Hot Stones**

**60mins** **£70.00**

Experience a unique face and body treatment using hot stones and Shiatsu massage techniques. This deeply relaxing anti stress complex of Green Tea, Gingseng, and Gingko has fantastic benefits for both skin and soul.

### **Shadiva of India Massage**

**60mins** **£70.00**

Enjoy a body massage with warm oil which rids the body of toxins and revives your senses. The precious massage oils contain extracts of ginger lily and neem which moisturises nourishes and strengthens the skin

### **Firming Algae Ritual**

**60mins** **£65.00**

Revitalise and remineralise your body. The algae detoxifies, firms and nourishes the skin leaving it feeling silky soft and looking healthy

### **Volcanic Heat Ritual**

**60mins** **£65.00**

Stimulate your circulation and detox your body by helping to eliminate metabolic waste. Using volcanic rock powder, which is rich in minerals and trace elements, this treatment warms the muscles to aid relaxation

### **Cleopatra Milk Ritual**

**60mins** **£65.00**

After a full body salt peeling you will be cocooned in a luxurious milk pack to hydrate and pamper the skin. Leaving you totally relaxed and your skin as soft as silk

### **Ultimate Herbal Body Ritual**

**75mins** **£80.00**

Top to toe treatment using a special blend of Sage, Rosemary and Lemon balm herbs. This treatment will relax the body and pamper the senses

### **The Real Aromatherapy Massage**

**60mins – Full Body Massage** **£60.00**

**30mins – Back Massage** **£30.00**

Ease away everyday stresses and strains and bring body and mind back into balance with our carefully blended aromatherapy oils and our Swedish and Neuromuscular massage techniques.

### **Reflexology**

**45mins** **£40.00**

Reflexology is the ancient art of Chinese Foot Massage that is now the modern way of giving the body a chance to relax, revitalise and heal itself.

### **Head Massage**

**30mins** **£35.00**

An acupressure scalp massage will improve circulation, increasing blood and oxygen supply to the scalp and reducing stress and mental fatigue

## Mens Treatments

### Mens Introductory Facial

**30mins** **£30.00**

A tailor made facial based on our Energy release facial, highly active facial treatments customised to the needs of your skin

### Energy Release Facial

**60mins** **£60.00**

This is a specially designed facial for men and gives the skin renewed strength and vitality. Siberian ginseng regenerates, taurine protects and hops acts as an anti-inflammatory to swiftly calm any redness and irritation. This facial will deeply cleanse and the soothe your skin, leaving you feeling refreshed and re-energised

### Aromatherapy Balance Facial

**45mins** **£45.00**

Ideal for men and women this facial is designed for normal to oily skin type. Uses the nourishing properties of orange flower to smooth and revitalize skin texture, encouraging skin renewal

### Energy Release Back Treatment

**40mins** **£45.00**

This deeply cleansing back treatment includes a rich therapeutic mud exfoliation to remove dry dull skin followed by an energising back massage; to leave you feeling thoroughly relaxed

### The Real Aromatherapy Massage

**60mins – Full Body Massage** **£60.00**

**30mins – Back Massage** **£30.00**

Ease away everyday stresses and strains and bring body and mind back into balance with our carefully blended aromatherapy oils and our Swedish and Neuromuscular massage techniques

### De-Stress Muscle Release

**60mins - Full Body Massage** **£60.00**

**30mins - Back Massage** **£30.00**

A deep and intensive full body massage designed to work tense and tired muscles. Involves intensive deep tissue techniques to warm and ease the body with stretching and drainage to release and disperse

## Pregnancy Treatments and Day Packages

### **The Real Nurturing Body Massage**

**60mins** **£60.00**

Rest at leisure as your body is soothed and your skin is pampered with the nourishing properties of Rose Oil. This massage is designed to answer the developing needs of mother and baby

### **Rose Hydrating Cocoon**

**60mins** **£55.00**

Treat yourself to total bliss and relaxation during your pregnancy. After gently exfoliation, your skin is smoothed over with rich, nourishing creams from top to toe while you lie in a comfortable fragrant cocoon

### **Renew Rose Leg & Foot Refresher**

**30mins** **£30.00**

Ease away the physical stresses and strains on your legs and feet while you are carrying extra weight during pregnancy. A soothing treatment to lower legs, ankles and feet encourages effective circulation

### **Renew Rose Radiance Facial**

**45mins** **£55.00**

Anti aging facial. Ideal if your skin is dry and sensitive also during and after pregnancy. Our Renew Rose facial softens, moisturises and nourishes the skin using natural rose, leaving your skin hydrated and glowing

### **Simply You Retreat** **£105.00**

This package has been designed with wellness in mind, the perfect way to simply relax and unwind

- Babor Introductory facial
- Jessica Manicure
- 30 min Aromatherapy massage

### **Heavenly & Pampered Spa Day** **£135.00**

Give yourself the opportunity to truly indulge with our Heavenly and Pampered Spa Day

- Renew Rose Facial
- Choice of any Babor Body Ritual
- Either a Jessica manicure or pedicure

### **The Perfect and Precious Retreat** **£180.00**

This spa package involves four of our luxury spa experiences

- Choice of any Babor facial
- The Real Aromatherapy Massage
- Jessica Manicure
- Jessica Pedicure

All spa days include full use of health club facilities and a spa light lunch in our health club



**The original and most advanced computer aided face toning treatment available, backed by 20 years of medical research and used by many famous people to re educate muscle fibres and improve skin texture. Results are apparent after one treatment with softening of lines and wrinkles and lifting of the face.**

**Non surgical face lift**

**1 hour £40.00**  
**Course of 10 £340.00**

Micro-current technology is used to tone, lift and re-educate the facial muscles whilst softening lines and wrinkles

**Non surgical face lift**

**30mins £25.00**  
**Course of 5 £115.00**

This treatment works to open the eye area, reduce dark circles and focus on toning and smoothing the lines around eye socket.

**Face up Microderabrasion**

**30mins £38.00**

Microderabrasion will reduce skin imperfections such as skin discolouration, wrinkles, age spots and scars. Your complexion will be clearer, smoother and your skin will be firmer

**Leg and buttock lift (with electro-cellulite massager)**

**30mins £30.00**  
**Course of 10 £270.00**

This treatment will lift and tone the legs and buttocks, stimulate the circulation, improve lymphatic drainage and soothe tired and aching muscles.

**Stomach lift**

**45mins £30.00**  
**Course of 10 £270.00**

This treatment will lift and tone stomach muscles, stimulate the circulation, improve lymphatic drainage and soothe tired and aching muscles

**Bust lift**

**45mins £30.00**  
**Course of 10 £270.00**

This treatment will lift and tone the bust, stimulate the circulation, improve lymphatic drainage and soothe tired and aching muscles

**Anti aging hand treatment**

**30mins £35.00**  
**Course of 5 £175.00**

This treatment firms and regenerates loose skin on hands giving them a more youthful appearance.

## Finishing Touches

### Jessica Treatment Manicure

45mins - Standard Polish	£30.00
50mins - French Polish	£35.00

### Jessica Super Deluxe Manicure

60mins - Standard Polish	£55.00
65mins - French Polish	£60.00

### Jessica Treatment Pedicure

45mins - Standard Polish	£30.00
50mins - French Polish	£35.00

### Jessica Super Deluxe Pedicure

60mins - Standard Polish	£55.00
65mins - French Polish	£60.00

### St Tropez-- Cream Application

Full body	£35.00
Half body - Two parts	£17.50

Achieve a natural looking golden glow without dangerous sun exposure from the world renowned St. Tropez product range. Lasts 7-10 days.

### Le Remedi Anti ageing Hand Treatment

30mins	£30.00
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### Face Design Make up lesson

40mins	£40.00
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### Make up Application

40mins	£35.00
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### Bridal Make up (includes trial)

£60.00
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### Waxing and Tinting

<b>Full leg wax</b>	40mins	£24.00
<b>Half leg wax</b>	25mins	£18.00
<b>Back / chest wax</b>	30mins	£24.00
<b>Bikini wax</b>	10mins	£12.00
<b>Under-arm wax</b>	10mins	£12.00
<b>Lip wax</b>	10mins	£7.50
<b>Chin wax</b>	10mins	£7.50
<b>Lip and Chin wax</b>	20mins	£14.00
<b>Eyebrow shape/wax</b>	10mins	£10.00
<b>Eyebrow tint</b>	10mins	£9.00
<b>Eyelash tint</b>	10mins	£11.00

## GELeration

by Jessica Nails

**Long lasting Manicure, Discover the strength of Jessica with the beauty of a gel polish**

GELeration File and Gel colour	£20.00
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GELeration Manicure	£35.00
GELeration French Manicure	£40.00

GELeration Pedicure	£35.00
GELeration French Pedicure	£40.00

## The Spa At Rowton Hall Experience

Our experienced therapists will be pleased to discuss your needs with you and introduce you to our exceptional range of treatments, suitable for both men and women. We look forward to welcoming you and showing you around our luxurious hideaway

### **Making a booking/ Cancellations**

To secure your booking we take a non-refundable 50% deposit. If you are using a gift voucher, the folio number will be required to confirm the booking. We reserve the right to charge your card with any outstanding money owing which is not settled at the end of your visit.

### **Contra-indications**

There are some contra-indications to some treatments and facilities. Treatments are carried out subject to the completion of our consultation form. If you have any special requirements for example first twelve weeks of Pregnancy, Heart Conditions, Diabetes, High/Low Blood Pressure, Epilepsy, Arthritis/Rheumatism or any Allergies etc you should seek medical advice prior to your visit. You may need a doctors note.

### **Gift Vouchers**

All Gift Vouchers are valid for 6 months from the date stated on the voucher. Gift vouchers cannot be refunded or be replaced if lost or stolen

### **Your Appointment**

Please arrive 15 minutes prior to booking where you will be given a robe and slippers and asked to fill in our consultation form. We recommend you wear minimal jewellery, please remove all items and secure in the lockers provided.

To preserve the tranquil environment at The Spa we would kindly request that all mobile phones are switched off during your time with us. All valuables are left at your own risk, Rowton Hall does not take any responsibility for lost or stolen property. For medical and legal reasons the spa has a minimum age of 16 years and above for the facilities and treatments. (On request children under 16 may be able to use facilities if accompanied with a adult)

There will be an additional charge of £10.00 per person on individual bookings to use the facilities if your booking is under £80.00. This charge does not apply to spa day packages

Whilst every effort is made to ensure the smooth running of the spa, ongoing maintenance and refurbishment may result in some of the facilities being withdrawn at short notice. All facilities are subject to availability