

# 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 £89

### Skin Specific/Prescriptive Facials

(Tailored by your therapist)

ELEMIS Pro-Glow Brilliance Facial 55 minutes £89  
ELEMIS Pro-Glow Resurface Facial 55 minutes £89  
ELEMIS Pro-Glow Renewal Facial 55 minutes £89  
[comfort zone ] Remedy Facial 55 minutes £89  
ELEMIS Pro-Glow Express Facial 25 minutes £58

### 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 £89

### Skin Specific/Prescriptive Technology Facials

ELEMIS Biotec Pro Glow Brilliance Facial+ 55 minutes £89  
ELEMIS Biotec Pro Glow Resurface Facial+ 55 minutes £89

### Massage

ELEMIS Freestyle Deep Tissue Massage 55 minutes £95  
Traditional Full Body Massage 55 minutes £95  
ELEMIS Freestyle Deep Tissue Massage 25 minutes £58  
Traditional Back Neck & Shoulder Massage 25 minutes £58

### Heat Treatments

ELEMIS Deeper than Deep Hot Stone Massage 55 minutes £105  
ELEMIS Deeper than Deep Hot Stone Massage 40 minutes £89

### Combination Treatments

Full Body Massage & Luxury Facial Combo 115 minutes £162  
Luxury Facial & Back Neck, Shoulder Massage Combo 85 minutes £137  
Full Body Massage & Express Facial Combo 85 minutes £137  
Face & Body Combo Treatment 55 minutes £89  
Body Scrub & Massage Combo Treatment 55 minutes £89  
Massage & Shape and Polish Combo Treatment 55 minutes £89  
Fingers and Toes Combo Treatment 55 minutes £62

### Body: Rituals, Scrubs & Wraps

ELEMIS Frangipani Body Nectar Nourishing Wrap 55 minutes £89  
[comfort zone ] Tranquillity Pro-Sleep Ritual 55 minutes £89  
ELEMIS Intensely Cleansing Lime & Ginger Salt Scrub 25 minutes £58  
ELEMIS Intensely Cleansing Frangipani Salt Scrub 25 minutes £58

### Pregnancy

ELEMIS Peaceful Pregnancy Massage 55 minutes £95  
ELEMIS Pregnancy Facial 55 minutes £89  
ELEMIS Pregnancy Express Facial 25 minutes £58

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

### Speciality Treatments

Indian Head Massage 25 minutes £58

### Hands & Feet

Luxury Pedicure 70 minutes £68  
Classic Pedicure 55 minutes £58  
Luxury Manicure 55 minutes £58  
Classic Manicure 40 minutes £47  
Shape and Polish for Toes 25 minutes £32  
Shape and Polish for Fingers 25 minutes £32

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

### Gelation Nails

GEL Removal and Pedicure 70 minutes £73  
GEL Removal and Manicure 55 minutes £63  
GEL Pedicure 55 minutes £63  
GEL Manicure 40 minutes £52  
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*

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

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*Hand*PICKED  
HOTELS