

# Spa Treatment Menu

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*Hand*PICKED  
— HEALTH CLUBS & SPAS —

## Face

### Touch Facials:

ELEMIS and Ishga 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

Ishga Facial	55 minutes	£95
ELEMIS Pro-Glow Smooth Facial	55 minutes	£95
Ishga Express Facial	25 minutes	£60

### Skin Specific/Prescriptive Facials

(Tailored by your therapist)

ELEMIS Pro-Glow Brilliance Facial	55 minutes	£95
ELEMIS Pro-Glow Resurface Facial	55 minutes	£95
ELEMIS Pro-Glow Renewal Facial	55 minutes	£95
ELEMIS Pro-Glow Express Facial	25 minutes	£60

### 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	£95
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### Skin Specific/Prescriptive Technology Facials

ELEMIS Biotec Prow Glow Brilliance Facial+	55 minutes	£95
ELEMIS Biotec Plow Glow Resurface Facial+	55 minutes	£95

### Massage

ELEMIS Freestyle Deep Tissue Massage	70 minutes	£119
ELEMIS Freestyle Deep Tissue Massage	55 minutes	£95
Traditional Full Body Massage	55 minutes	£95
Ishga Invigorating Massage	55 minutes	£95
ELEMIS Freestyle Deep Tissue Massage	25 minutes	£60
Traditional Back Neck & Shoulder Massage	25 minutes	£60
Ishga Express Massage	25 minutes	£60

### Heat Treatments

Ishga Hot Poultice Massage	55 minutes	£105
ELEMIS Deeper than Deep Hot Stone Massage	55 minutes	£105
ELEMIS Deeper than Deep Hot Stone Massage	40 minutes	£88

### Combination Treatments

Full Body Massage & Luxury Facial Combo	115 minutes	£173
Luxury Facial & Back Neck, Shoulder Massage Combo	85 minutes	£144
Full Body Massage & Express Facial Combo	85 minutes	£144
Body Scrub & Massage Combo Treatment	55 minutes	£89
Massage & Shape and Polish Combo Treatment	55 minutes	£95
Ishga Face & Body Combo Treatment	55 minutes	£95
Fingers and Toes Combo Treatment	55 minutes	£68

### Body: Rituals Scrubs & Wraps

[comfort zone ] Himalayan Salt Ritual	55 minutes	£95
ELEMIS Frangipani Body Nectar Nourishing Wrap	55 minutes	£95
Ishga Marine Experience	55 minutes	£95
Ishga Seaweed Body Wrap	55 minutes	£95
ELEMIS Intensely Cleansing Lime & Ginger Salt Scrub	25 minutes	£60
ELEMIS Intensely Cleansing Frangipani Salt Scrub	25 minutes	£60
Ishga Salt and Oil Scrub	25 minutes	£60

### Pregnancy

Ishga Mother to be Pregnancy Massage	70 minutes	£119
Ishga Pregnancy Massage	55 minutes	£95
ELEMIS Peaceful Pregnancy Massage	55 minutes	£95
ELEMIS Pregnancy Facial	55 minutes	£95

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

### Speciality Treatments

Ishga Touch Therapy (inc 10 mins consultation)	70 minutes	£95
Reflexology	55 minutes	£95
Bamboo Massage	55 minutes	£95
Indian Head Massage	40 minutes	£78
Rasul Mud Chamber	40 minutes	£45

### Hands & Feet

Ishga Luxurious Seaweed Hand Experience	55 minutes	£90
Ishga Luxurious Seaweed Foot Experience	55 minutes	£90
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	£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	£65
GEL Removal and Manicure	70 minutes	£60
GEL Pedicure	55 minutes	£55
GEL Manicure	40 minutes	£50
GEL Removal	30 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