

Spa Treatment Menu



*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

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| Ishga Facial | 55 minutes | £89 |
| ELEMIS Pro-Glow Smooth Facial | 55 minutes | £89 |
| Ishga Express Facial | 25 minutes | £55 |

Skin Specific/Prescriptive Facials

(Tailored by your therapist)

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| ELEMIS Pro-Glow Brilliance Facial | 55 minutes | £89 |
| ELEMIS Pro-Glow Resurface Facial | 55 minutes | £89 |
| ELEMIS Pro-Glow Renewal Facial | 55 minutes | £89 |
| ELEMIS Pro-Glow Express Facial | 25 minutes | £55 |

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

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| ELEMIS Biotec Pro-Glow Smooth Facial+ | 55 minutes | £89 |
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Skin Specific/Prescriptive Technology Facials

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| ELEMIS Biotec Prow Glow Brilliance Facial+ | 55 minutes | £89 |
| ELEMIS Biotec Prow Glow Resurface Facial+ | 55 minutes | £89 |

Massage

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| ELEMIS Freestyle Deep Tissue Massage | 70 minutes | £106 |
| ELEMIS Freestyle Deep Tissue Massage | 55 minutes | £89 |
| Traditional Full Body Massage | 55 minutes | £89 |
| Ishga Invigorating Massage | 55 minutes | £89 |
| ELEMIS Freestyle Deep Tissue Massage | 25 minutes | £55 |
| Traditional Back Neck & Shoulder Massage | 25 minutes | £55 |
| Ishga Express Massage | 25 minutes | £55 |

Heat Treatments

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| Ishga Hot Poultice Massage | 55 minutes | £99 |
| ELEMIS Deeper than Deep Hot Stone Massage | 55 minutes | £99 |
| ELEMIS Deeper than Deep Hot Stone Massage | 40 minutes | £82 |

Combination Treatments

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| Full Body Massage & Luxury Facial Combo | 115 minutes | £162 |
| Luxury Facial & Back Neck, Shoulder Massage Combo | 85 minutes | £134 |
| Full Body Massage & Express Facial Combo | 85 minutes | £134 |
| Body Scrub & Massage Combo Treatment | 55 minutes | £89 |
| Massage & Shape and Polish Combo Treatment | 55 minutes | £89 |
| Ishga Face & Body Combo Treatment | 55 minutes | £89 |
| Fingers and Toes Combo Treatment | 55 minutes | £62 |

Body: Rituals Scrubs & Wraps

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| [comfort zone] Himalayan Salt Ritual | 55 minutes | £89 |
| ELEMIS Frangipani Body Nectar Nourishing Wrap | 55 minutes | £89 |
| Ishga Marine Experience | 55 minutes | £89 |
| Ishga Seaweed Body Wrap | 55 minutes | £89 |
| ELEMIS Intensely Cleansing Lime & Ginger Salt Scrub | 25 minutes | £55 |
| ELEMIS Intensely Cleansing Frangipani Salt Scrub | 25 minutes | £55 |
| Ishga Salt and Oil Scrub | 25 minutes | £55 |

Pregnancy

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| Ishga Mother to be Pregnancy Massage | 70 minutes | £99 |
| Ishga Pregnancy Massage | 55 minutes | £89 |
| ELEMIS Peaceful Pregnancy Massage | 55 minutes | £89 |
| ELEMIS Pregnancy Facial | 55 minutes | £89 |

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

Speciality Treatments

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| Ishga Touch Therapy (inc 10 mins consultation) | 70 minutes | £89 |
| Bamboo Massage | 55 minutes | £89 |
| Indian Head Massage | 40 minutes | £72 |
| Rasul Mud Chamber | 40 minutes | £45 |

Hands & Feet

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| Ishga Luxurious Seaweed Hand Experience | 55 minutes | £89 |
| Ishga Luxurious Seaweed Foot Experience | 55 minutes | £89 |
| Luxury Pedicure | 70 minutes | £52 |
| Classic Pedicure | 55 minutes | £47 |
| Luxury Manicure | 55 minutes | £47 |
| Classic Manicure | 40 minutes | £42 |
| 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

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| GEL Removal and Pedicure | 70 minutes | £62 |
| GEL Removal and Manicure | 55 minutes | £57 |
| GEL Pedicure | 55 minutes | £52 |
| GEL Manicure | 40 minutes | £47 |
| 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

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*Hand*PICKED
HOTELS