



Escape from the outside world

ESPA at Hale Country Club is a place to relax, unwind and indulge. With an array of luxurious treatments and a sublime thermal suite, we have everything you need for an unforgettable experience.



| The Face

Restore and rejuvenate your skin with premium spa products and innovative techniques used by our expert therapists.

| ESPA Active Nutrients | Glow From Within Facial

60 minutes

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality.

Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

Includes: skin analysis with Skin Vision™ lamp, cleanse and exfoliation (including Foreo) steam, Gua Sha facial massage, double mask and hand and arm GuaSha massage.

Members **£85** / Non-members **£115***

| ESPA Intense | Regenerating Facial

60 minutes

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin.

Youthful radiance is awakened, and your skin is left feeling beautifully refined, soft and supple.

Members **£85** / Non-members **£115***

| ESPA Lift & Glow | Hollywood Facial

90 minutes

Harness the power of invigorating enzymes, rich super-fruits and hydrating electrolytes with ESPA active nutrients range, using a blend of hands-on methods and high-performance technologies, this facial is clinically proven to rejuvenate skin at a cellular level.

We start with a restorative HydraFacial® which produces immediate and instantly visible improvements that you can see and feel after every treatment. This switches your skin back on, leaving you with a Hollywood-style glow. This includes our Soprano skin tightening treatment which smooths fine lines and tightens loose skin on your face and neck with our pain-free, non-invasive laser treatment to improve the skin's laxity and appearance.

Use of the thermal suite or any heat facilities and sun exposure must be avoided for 24 hours post treatment.

Members **£155** / Non-members **£175***

SkinCeuticals

SkinCeuticals Hydraceuticals Facial

60 minutes

Revitalise your skin with the signature antioxidant treatment from SkinCeuticals and HydraFacial® a customised blend of pure, potent and high performance ingredients. For optimal results, the signature HydraFacial® 3-step system of 'cleanse – extract – hydrate' works with the SkinCeuticals 'prevent – correct – protect' approach. This unique process helps immediately improve the appearance of fine lines and wrinkles, skin firmness, texture, and pore congestion.

For the best results, we recommend a course of six treatments. A patch test is required. Use of the thermal suite or any heat facilities and sun exposure must be avoided for 24 hours post treatment.

Members **£120** / Non-members **£140***

SkinCeuticals Bespoke Facial

60 minutes

Featuring a selection of SkinCeuticals products, this bespoke facial will leave your skin beautifully radiant and rejuvenated. After your initial SkinScope analysis, your tailored treatment is formulated to address your skin and any concerns such as dehydration, discolouration, ageing, blemishes, redness, rosacea and a lacklustre complexion. Combined with a tailored at-home skincare routine, you can expect a healthy-looking, brighter and more radiant complexion with an improvement in the appearance of fine lines and premature signs of ageing.

Use of the thermal suite or any heat facilities and sun exposure must be avoided for 24 hours post treatment

Members **£120** / Non-members **£140***

SkinCeuticals Bespoke Facial Peel

60 minutes

Suitable for all skin types, this powerful gel peel promises to restore the healthy appearance of skin for a brighter, more radiant and refreshed complexion. Micro peel 30% treats advanced signs of photoaging, wrinkles and dullness. With protective antioxidants and key ingredients, glycolic acid and lactic acid, it works to improve mild discolouration and dryness for a refreshed and smooth texture.

For enhanced results, this treatment can be integrated with SkinCeuticals homecare products as part of your skincare routine.

Members **£135** / Non-members **£155***

Face & Neck Tightening

Skinceuticals Bespoke Facial Peel Including Laser

90 minutes

Suitable for all skin types, this powerful gel peel promises to restore the healthy appearance of skin for a brighter, more radiant and refreshed complexion. With protective antioxidants and key ingredients, glycolic acid and lactic acid, it works to improve mild discoloration and dryness for a refreshed and smooth texture.

This includes our Soprano skin tightening treatment which smooths fine lines and tightens loose skin on your face and neck with our pain-free, non-invasive laser treatment to improve the skin's laxity and appearance.

Members **£155** / Non-members **£175***

Soprano Laser Skin Tightening

60 minutes

Working to induce the formation of collagen to promote a youthful and refreshed look, infrared technology is used to heat the tissue deep below the skin's surface to further enhance the tightening effect and prepare the skin against future ageing.

Perfect for those looking to refine the appearance of their skin, Laser Skin Tightening is a virtually pain-free treatment and requires zero recovery time, with clients able to return to normal activities immediately. As a non-invasive treatment that's safe for all skin types, the treatment has been proven to reduce fine lines and signs of jowling or loose skin.

Members **£120** / Non-members **£140***

Hydrafacial®

| Hydra Tightening

90 minutes

This includes a 60 minute HydraFacial® treatment with the Alma laser skin tightening treatment combined.

The HydraFacial® philosophy of 'skin health for life' isn't just about improving the appearance of the skin, but truly restoring its health and vitality. It produces immediate and instantly visible improvements to the skin, which is why so many people make it a regular and essential part of their skincare regime, this includes our Soprano skin tightening treatment which heats up the water content of your skin, stimulating the collagen and causing it to contract and tighten.

Members **£150** / Non-members **£180***

Upgrade your HydraFacial® and tailor your treatment with award-winning super serums to address specific skin concerns:

Pigmentation booster	£40
Dermabuilder age-defying booster	£40
Acne scarring	£40

| Hydrafacials

60 minutes

The HydraFacial® philosophy of 'skin health for life' isn't just about improving the appearance of the skin, but truly restoring its health and vitality. It produces immediate and instantly visible improvements to the skin, which is why so many people make it a regular and essential part of their skincare regime.

We recommend a course of six treatments for the best results, and a patch test and consultation is required 48 hours before your session.

Use of the thermal suite or any heat facilities and sun exposure must be avoided for 24 hours post treatment.

Members **£120** / Non-members **£140***

Light Salon Treatment

LED + Nano Dermabrasion Active Nutrients Treatment

60 minutes

Restore radiance, refreshing your skin and mind to glow with vitality. This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, nourishing your skin and your mind to glow with vitality.

Dull, lethargic complexions are brightened and refreshed with the advanced nano-dermabrasion and LED smooth the skins surface and renew the skin from a cellular level. Concentrating on your face, neck, décolleté and scalp to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity. The renewing element of clinically proven LED for visibly stronger, plumper and smoother skin.

Members £95 / Non-members £125

Treatment includes:

- Skin analysis with Skin Vision™ lamp
- Personalised Tri-Active™ products
- Cleanse
- Exfoliation with Nano Dermabrasion
- Light Salon Enzymatic Mask with Scalp massage
- Light Salon LED Light Treatment with hand and arm massage
- Facial massage
- Tri-Active™ finishing products



| The Body

Relieve stress, soothe muscles, or simply unwind with our selection of massages designed to restore balance to your body.

| ESPA Body | Detox Wrap

60 minutes

Specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation. A complete body wrap of Marine Algae combined with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin.

For best results, we recommend a course of six treatments.

Members **£85** / Non-members **£115***

| ESPA Body | Nourish Wrap

60 minutes

A perfect treatment to replenish and soothe dry skin and restore equilibrium. A warmed blend of essential oils and deeply nourishing body cream are applied and the body cocooned in ESPA wrap to leave the skin soft, smooth and moisturized.

Includes: Skin brush, body exfoliation, detox algae or nourishing marine mud wrap, scalp massage.

For best results, we recommend a course of six treatments.

Members **£85** / Non-members **£115***

| ESPA Salt | & Oil Scrub

30 minutes

This therapeutic exfoliation combines sea salt with a selection of essential oils to enrich and nourish your skin, leaving it exquisitely soft and supple.

Members **£50** / Non-members **£70***

| ESPA Hale | Signature Massage

60 or 90 minutes

Soak up this full body massage featuring your own selection of warm aromatherapy essential oils – all part of your personalised sensory journey.

Tailored to you, this treatment is the perfect choice for ultimate relaxation and tension relief.

60 minutes

Members **£85** / Non-members **£115***

90 minutes

Members **£115** / Non-members **£145***

ESPA Deep Tissue Massage

60 minutes

Indulge in a full body, deep tissue massage using powerful essential oils to reduce stress and soothe aching muscles. Completely tailored to you, this treatment is the perfect way to release muscular tension and reduce pain.

Members **£95** / Non-members **£125***

ESPA Essential Tension Back Massage

30 minutes

A targeted back massage completely tailored to you. The aim of this treatment is to release the stress that has accumulated in the muscle tissue and release tension from the back, neck and shoulders. Deep tissue option available upon request.

Members **£50** / Non-members **£70***

ESPA Tension Release Scalp Massage

30 minutes

This incredibly soothing scalp, neck and shoulder massage helps relieve aches, pains and tightness in the scalp. By stimulating the flow of blood, lymph and oxygen in your upper body, it can be effective in clearing your sinuses, relieving eye strain, treating headaches and migraines, and easing stress for a better night's sleep. It's also a wonderful treatment for hair, encouraging growth and enhancing its texture.

Includes: neck, shoulder and scalp massage with a leave-in hair mask using ESPA's Hero Pink Hair and Scalp Mud.

Members **£50** / Non-members **£70***

| Hero Treatment

90 minutes

This hot stone back, face and scalp treatment is our much-loved 'hero' treatment. The experience includes: a back exfoliation; hot stone back, neck and shoulder massage and an hour-long facial with a blissful stress-relieving scalp massage.

Members £120 / Non-members £150*

| Tranquillity Hour

60 minutes

A Hale Spa favourite, this deeply soothing, tension-relieving back massage is coupled with a sumptuous skin radiance facial. This treatment combines the best of both worlds to create an hour of pure relaxation and tranquillity.

Members £85 / Non-members £115*



Treatment Enhancement

Add on to a Massage treatment for £10.

Hot Lava Shell Massage

60 minutes

Lava Shell massage is a type of heat treatment that uses tiger-striped clam shells as a massage tool. The self-heating Lava Shells are expertly guided over the body to relieve muscle tension, warm the muscles and deliver complete relaxation.

Members £95 / Non-members £125*

ESPA Hot Stone Therapy

60 minutes

Using warm aromatherapy oils and hot stones made from volcanic rock, this full body massage balances the body and relieves deep muscle tension. Heat from the stones gently relaxes the body in preparation for a blissfully relaxing massage.

Members £95 / Non-members £125*

An additional £20 surcharge is applicable for non-members Saturday – Sunday. Price per person, unless stated otherwise.



| Holistic Treatments

Our holistic therapies are non-invasive treatments, meticulously undertaken by our expert practitioners for guests of all ages. Purposefully designed to promote self-healing and feelings of rest, these leading treatments offer a natural alternative to some common ailments such as hay fever, headaches, disruptive sleep patterns and more.

| Chakra Balancing Ritual

60 minutes

Unblock your pressure points by balancing your body's energy centres. Unwind with a foot exfoliation to start before a relaxing back massage incorporating hot stones. Hot stones will also be placed on the front of the body to encourage the chakra release. The treatment will continue with a facial cleanse and hot oil pour to take you into a scalp massage to finish.

Members **£85** / Non-members **£115***

| Hopi Ear Candles

30 minutes

This ancient therapy helps to improve circulation, lymphatic flow and drainage in the head and neck area, helping to relieve conditions such as sinusitis, rhinitis, hayfever, frequent flyers, excessive ear wax and more.

Members **£50** / Non-members **£70***

| Reflexology

50 minutes

Using pressure points on your feet which correspond to all parts of your body, this therapy helps to restore and maintain your body's natural balance and promote healing.

Members **£85** / Non-members **£105***

For Him

Our carefully crafted list of male grooming treatments have been designed to energise and bust stress.

Executive Foot Care for Men

45 minutes

With this relaxing foot and leg treatment, hard skin will be removed, cuticles will be tidied, toenails shaped and your feet and legs massaged with a rich ultra-hydrating balm for a smoother feel.

Members and Non-members **£45***

ESPA Muscle Reviver

45 minutes

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored.

Includes: back massage, facial massage and scalp massage

Members **£60** / Non-members **£80***

ESPA Strength & Resilience Massage

60 minutes

Transform mind and body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

Includes: Yogic stretching, reflex zone foot massage, back massage, sinus release and scalp massage.

Members **£85** / Non-members **£115***

ESPA Deep Cleansing Facial

60 minutes

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

Includes: skin analysis with Skin Vision™ lamp, triple cleanse, exfoliation, steam and extraction (if required), facial massage, personalised mask and scalp massage.

Members **£85** / Non-members **£115***

| Pregnancy Care

Indulge in some pre or post pregnancy pampering with our specialised products and treatments. These assist in keeping skin supple while being deeply relaxing.

| ESPA Pre-Natal Relax and Restore

60 or 90 minute

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes: back exfoliation (if required), focused body massage and scalp massage.

60 minutes

Members **£85** / Non-members **£115***

90 minutes

Members **£120** / Non-members **£150***

| Serenity Hour

60 or 90 minute

Expect to be pampered from head to toe with a relaxing foot soak, tension-easing back massage, purifying facial, soothing scalp massage, and nourishing 'tummy rub' for your precious bump. All beautifully complemented with a lower-leg and foot massage to help with circulation, water retention and the tiring effects of carrying your baby.

60 minutes

Members **£85** / Non-members **£115***

90 minutes

Members **£120** / Non-members **£150***

| Spa Experience Days

Melt away your tensions and while away the hours with one of our relaxing spa day packages

| The Serene Escape

Leave the outside world behind for half a day and step into our relaxing Wellness Suite. Indulge in your choice of face or body treatment, and enjoy a light lunch and glass of prosecco from our world-class restaurant served in our luxury ESPA lounge.

60 minutes (choose one treatment):

- ESPA personalised facial
- ESPA deep tissue massage
- ESPA Hale signature massage
- ESPA Detox Body Wrap
- ESPA tranquillity hour
(30 minute back, neck and shoulder massage and 30 minute facial)
- Third eye ritual
- ESPA men's muscle-ease massage (back and back of legs)
- ESPA men's personalised facial
- Mellow mamma maternity massage (pre-natal treatment)
- Mama Mio's healing hour (pre-natal treatment)
- Reflexology (if available)
- Jessica Hale manicure
- Jessica Hale pedicure

Members **£125** / Non-members **£160***

| The Ultimate Escape

For some extra pampering, treat yourself to a full day of indulgence including a two-hour ritual of your choice, or two 60 minute treatments. Enjoy our Wellness Suite for the day, along with a light lunch and a glass of prosecco from our restaurant served in our luxury ESPA Lounge.

60 minutes (choose two treatments):

- ESPA inner beauty facial
- ESPA personalised massage
- ESPA Detox Body Wrap
- ESPA tranquillity hour (30 minute back, neck and shoulder massage and 30 minute facial)
- SPA men's muscle-ease massage (back and back of legs)
- ESPA men's personalised facial
- ESPA body wrap
- Mellow mamma maternity massage (pre-natal treatment)
- Mama Mio's serenity hour (pre-natal treatment)
- Reflexology (if available)
- Jessica Hale manicure
- Jessica Hale pedicure

120 minutes (choose one treatment):

- Hot Lavas Shell face and body ritual
- Thai poultice ritual
- Stress buster
- ESPA face and body ritual

Members **£215** / Non-members **£260***

Spa Experience Days

| The Couple's Retreat

Relax and unwind with someone special as you both enjoy a 60 minute treatment and use of our Wellness Suite for half a day. Also enjoy a light lunch and glass of prosecco from our restaurant served in our luxury ESPA lounge.

Please request our Couples Suite to experience your treatments together.

- ESPA personalised facial
- ESPA deep tissue massage
- ESPA Hale signature massage
- ESPA Detox Body Wrap
- ESPA tranquillity hour
(30 minute back, neck and shoulder massage and 30-minute facial)
- ESPA men's muscle-ease massage
(back and back of legs)
- ESPA men's personalised facial

Members **£125** / Non-members **£160*** per person

| The Twilight Hideaway

Available Monday – Thursday, 5pm onwards

Escape to a relaxing four-hour spa evening including a choice of one 30 minute treatment, and a two course dinner with a glass of prosecco from our restaurant served in our luxury ESPA lounge.

- ESPA optimal ProFacial
- ESPA essential tension massage
- ESPA tension release scalp massage
- ESPA salt and oil scrub
- Mama Mio – Mini Mama back or foot massage
- Hopi ear candles

Members **£85** / Non-members **£105***

*An additional £20 surcharge is applicable on a Friday. An additional £20 surcharge is applicable for non-members Saturday – Sunday. Price per person, unless stated otherwise.



| Essential Beauty

Enjoy all your essential beauty treatments with our expert therapists in our luxury spa setting.

Tanning

| Vita Liberata Tanning

Our professional collection offers a range of advanced organic spray tanning solutions to suit every skin tone. Infused with skin loving organic ingredients that nourish and care for your clients' skin, this fast-drying solution provides you with the most natural, healthy and radiant tanning result.

Key ingredients:

Organic Aloe Vera, White Tea and Coffee Extracts are blended with Organic Glycerin and Hyaluronic Acid to deeply moisturise and smooth skin.

After tanning, it's advisable to wear dark loose fitting clothing. The colour of your tan will develop depending on your skin's melanin, meaning results may vary from person to person.

£30

| Spray Tan

Achieve a light, medium or dark tan for a natural-looking sun-kissed, golden or bronzed glow.

£30

Waxing

| Lycon Waxing

60 minutes

For superior results, we use premium hot and warm Lycon wax for all our waxing treatments. With a combination of only the finest natural ingredients, it provides skin with a conditioning treatment while removing short stubborn hairs and preventing irritation.

Eyebrow wax	£15
Half leg wax	£20
Full leg wax	£40
Bikini tidy	£20
Extended bikini wax	£25
Brazilian or Hollywood bikini wax	£50
Full arm wax	£30
Underarms wax	£15
Lip and chin wax	£20
Hand, feet, nostrils, cheeks, ears upper lip, or chin wax	£15
Back or chest wax	£30

Jessica Nails

| Hale Manicure

60 minutes

Includes cuticle grooming, trimmed and shaped nails, hand massage to recondition the skin, and the application of a polish of your choice.

£50

| File & Polish

30 minutes

Includes shaping of the nails and the application of a Jessica polish.

£25

| Existing Removal

20 minutes

Involves the removal of Jessica gel polish.

£15

| Hale Pedicure

60 minutes

Jessica's ZenSpa pedicure includes: cuticle grooming; trimmed and shaped nails; hard skin removal; a soothing foot massage and heal repair cream to recondition the skin and the application of a polish of your choice.

£50

| Gel Overlay Hands & Feet

60 minutes

Includes cuticle care and nail shape, finished with Jessica's GELeration gel polish.

£60

| Gel Overlay Hands or Feet

45 minutes

Includes cuticle care and nail shaping, completed with the application of Jessica's GELeration gel polish.

£40

Nail Enhancements

| Jessica Geleration

Includes the application of a long-lasting protective gel polish to give weak, bitten or problem nails the chance to grow beneath the high gloss shine.

£15

Brows & Lashes

| HD Brows

45 minutes

This eyebrow treatment is so much more than just shaping and tinting. It's a bespoke eyebrow treatment that is totally tailored to you - our expertly trained stylists combine our waxing, tinting, threading and make up application for brows that suit you.

Our stylists work with you to create your perfect look, whether you wish to tame bushy brows or re-grow over plucked eyebrows.

A patch test is required.

This treatment is not suitable during pregnancy.

£40

| Nouveau Lash Maintenance

45 minutes

This follow-up treatment is recommended typically 3 to 4 weeks after your initial Nouveau Lash Extension, providing an infill to maintain the full lash effect you desire.

£45

| Nouveau Enhance: LVL

60 minutes

This stunning alternative to eyelash extensions has been designed to dramatically enhance the natural length, volume and lift of your eyelashes. The treatment involves lifting, rather than curling the lash, and typically incorporates a tint.

Together with the lift, this creates the illusion of longer, thicker lashes.

A patch test is required.

This treatment is not suitable during pregnancy.

£50

| Nouveau Lash Removal

20 minutes

The kind-to-skin formula carefully softens the bonds used to apply the individual lash extensions, and gently removes them, without damaging or pulling out your own eyelashes.

£15

| Nouveau Classic Lash Extensions

60-90 minutes

Our Extend treatment uses individual lash extensions to extend your natural lashes, giving you longer, fuller lashes for 4 – 6 weeks. This treatment creates a natural, flawless eye look and is the perfect treatment for anyone wanting to add depth and length to their natural lashes.

£85

| Eyelash & Eyebrow Tinting

This treatment is perfect for enhancing your eyes, and eliminates the need to apply make-up.

A patch test is required.

Eyelash & eyebrow tint	£30
Eyelash tint	£20
Eyebrow tint	£15

| HD Brows & Nouveau Enhance: LVL

1hr 45 minutes

This 2-in-1 treatment combines both eyebrow and eyelash treatments as listed separately in this section. A patch test is required.

This treatment is not suitable during pregnancy.

£80

Laser Hair Removal

Eliminate unwanted hair safely and virtually painlessly with laser hair removal. It works by focusing a laser beam at the base of the hair follicle to halt hair growth, making it the perfect solution for both men and women.

When you purchase 5 laser hair removal treatments, you'll receive one complimentary session.

Single Treatments

Upper lip	£35
Chin	£35
Cheeks	£60
Neck	£60
Stomach line	£50
Beard	£80
Bikini line	£80
Hollywood / Brazilian	£100
Underarms	£50
Forearms	£60
Full arm	£100
Half leg	£100
Full leg	£180
Nipple	£35
Full back	£160
Upper / lower back	£80
Chest	£80
Buttocks	£60

Female full body

Includes: full arm, full leg, underarm, back, stomach, hands, feet, bikini high leg

£490

Male full body

Includes: full arm, full leg, underarm, back, chest, hands, feet

£540



| Treatment Enhancements

Enhance your experience with our add-on treatments, perfect complements to elevate your spa indulgence.

Enhance Your Massage

| Nourishing Scalp Treatment

A warm nourishing oil rich in nutrients which stimulates hair growth and gives hair ultimate hydration (includes scalp massage).

£10

| Aching Muscle Body Balm

Instantly alleviate tension with this powerful yet soothing muscle balm. A powerful synergy for overworked, tired, aching muscles. Allow this balm to soak into your muscles to relieve any tension.

£10

| Hot Lava Shells

A unique relaxing enhancement for any massage. Using self-heating natural 'Tiger Clam Lava Shells'. The warmth from the shells is absorbed by the muscle, encouraging it to relax and release tension.

£15

| Tension Relief Foot Therapy

Indulge your heels and soles with a tension relieving foot massage using our deeply hydrating foot repair balm.

£10

| Hair and Scalp Mud Treatment

An intensive mineral-rich treatment mask that deeply conditions, to leave hair soft and smooth, and the scalp nourished (includes scalp massage).

£10

| Hot Stones

Tailor your massage with hot stones. The body is massaged with hot stones and the heat from them unravels persistent muscular tightness and discomfort as well as delivering ultimate relaxation.

£10

| Soothing Hand Therapy

Enjoy a deeply soothing hand and arm massage applied with our ultimate anti-ageing ESPA Tri-serum.

£10

Enhance Your Facial

| Rejuvenating Eye Treatment

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active formulas relaxes the mind while soothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

£10

| Nourishing Scalp Treatment

A warm nourishing oil rich in nutrients which stimulates hair growth and gives hair ultimate hydration (includes scalp massage).

£10

| Hair & Scalp Mud Treatment

An intensive mineral-rich treatment mask that deeply conditions, to leave hair soft and smooth, and the scalp nourished (includes scalp massage).

£10

| Rose Quartz Gua Sha Massage

Increases circulation and the production of anti-aging molecules, collagen, and elastin. Collagen helps to reduce wrinkles, and elastin helps to firm and tone the face. This increases circulation and helps with detoxification.

£10

Advanced Treatments

| Advanced LED + Hydrogel for the Face and Décolletage

Combining advanced LED to renew at a cellular level, and a hydrogel face mask for instant luminosity and hydration.

LED tricks the skin into thinking repair is needed, producing collagen, elastin, and hyaluronic acid. This process enables the skin to work more efficiently. Inflammation is reduced, allowing the skin to heal more effectively.

£20

| Soothing Nano-Dermabrasion

An exceptionally effective but gentle exfoliation treatment, which optimises the health of the skin and expertly refreshes the complexion.

£20

| LED Body Patch

LED can be used locally on any area that is to be treated with massage OR presenting stiffness, puffiness or pain..

LED stimulates blood flow and the lymphatic system, bringing fresh oxygen to the area whilst encouraging the effective removal of toxins.

£20

The Spa Information

Opening Times

Monday - Thursday	9am - 9pm
Friday	9am - 8pm
Saturday	9am - 6pm
Sunday	9:30am - 6pm

Bookings

To make a reservation, contact us at:

Telephone: **0161 904 5930**

Email: thespa@halecountryclub.co.uk

To ensure your preferred time and service is available, we recommend you book in advance. A credit/debit card will be required at the time of booking as payment is taken in full.

Helpful Hints

For Spa experiences, please bring bathing attire for use in the Thermal Suite. Robes, towels and footwear are provided. Lockers are available for your personal items, however please be aware we accept no responsibility for loss of items on the premises.

Cancellation Policy

If you need to re-arrange or cancel an appointment, we politely ask that you give us 48 hours notice. If you don't provide us with adequate notice, we won't be able to offer you a refund or a rescheduled appointment.

Please note: We do require a payment in full to secure your booking.

Double Treatment Room

Our double treatment room is ideal for couples or friends to share their treatment time together. Please request our Couples Suite when booking if required.

Pregnancy

We have specially designed treatments for pregnant women. Expectant mothers must be at least 12 weeks in order to book a Spa treatment.

Please note: Some of our spa experiences may be unsuitable during pregnancy, so please do inform our team when booking.

Etiquette

Please arrive at least 30 minutes prior to your appointment to allow sufficient time to check in, change into your robe, and familiarise yourself with the Spa.

Treatments can only take place after you have completed the appropriate forms.

As a courtesy to all our guests, we operate a prompt appointment schedule. A late arrival may mean that your treatment time is reduced.

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa guests' right to privacy and serenity. In light of this, there are no mobile phones permitted in the Spa area. We politely ask that you keep your voice to a whisper to maintain a relaxed atmosphere.

Please note: We reserve the right to withdraw the use of any facility at any time for essential maintenance. All prices may be subject to change without prior notice. Treatments are only available for guests aged 16 and over.

Medical Questionnaire

Regular Spa use can bring many health benefits, but it is important that you highlight any conditions, allergies, medication or injuries that may affect your choice of treatment when making your reservation.

You will be asked on arrival to complete a questionnaire on your health and lifestyle so that we can give you the best and safest possible experience.

Gift Vouchers

Valid for 12 months

An ideal gift for someone special, vouchers are available for monetary amounts or treatments. These can be purchased in person or over the phone.

Please note: Gift vouchers are non-refundable and can only be redeemed against treatments

