



# HALE

COUNTRY CLUB  
& SPA

The Spa 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.

# THE FACE : HYDRAFACIAL®

## HYDRAFACIAL®

**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 **£105** / Non-members **£125\***

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

|                                  |            |
|----------------------------------|------------|
| Pigmentation booster             | <b>£40</b> |
| Dermabuilder age-defying booster | <b>£40</b> |
| Acne scarring                    | <b>£40</b> |



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

## FACE AND NECK TIGHTENING

### 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 **£115** / Non-members **£135\***

### 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 **£170\***

### 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 discolouration and dryness for a refreshed and smooth texture.

This includes our Soprano skin tightening treatment which smooth 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 **£150** / Non-members **£170\***



## THE FACE : ESPA

### ESPA 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 **£115** / Non-members **£145\***

### ESPA MINDFUL FACIAL

**80 minutes**

A blend of naturally advanced formulas and warm herbal poultices deeply cleanse, hydrate and rejuvenate your skin while calming your mind. You'll feel negative energies drift away as you're guided through breathing and visualisation techniques, while long, lifting strokes of warm poultices tone your skin and sculpt your facial contours.

Completed with a soothing scalp or hand and arm massage, you'll emerge relaxed and radiant with beautifully smooth, nourished skin.

Members **£110** / Non-members **£150\***

### ESPA INSTANT RADIANCE FACIAL

**90 minutes**

Brighten and revitalise with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges, and your natural glow is restored.

Includes: skin analysis with Skin Vision™ lamp, triple cleanse (including deep brush cleanse), exfoliation, steam and extraction (if required), Tri-Active™ Regenerating Resurface and Brighten Mask, age-defying Rose Quartz crystal massage, professional Lifting and Smoothing Mask and scalp massage.

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

### ESPA NATURAL FACE LIFT

**80 minutes**

This specialised facial offers a complete approach to skin health, using cutting-edge technology to detoxify, invigorate, sculpt and relax your skin. Stimulating jade rollers used with powerful age-defying techniques inspired by Japanese Kobido give instant results – leaving skin firm, lifted and beautifully radiant.

Includes: Skin analysis with SkinVision™ lamp; double cleanse; steam; facial massage inspired by Japanese Kobido; stimulating jade rollers; sculpting and lifting massage techniques; lifting and smoothing mask and scalp massage.

Members **£110** / Non-members **£145\***

### ESPA 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 **£80** / Non-members **£110\***

### 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 **£80** / Non-members **£110\***

### ESPA INNER BEAUTY FACIAL

**60 minutes**

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

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

Members **£80** / Non-members **£110\***

### 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 **£80** / Non-members **£110\***

### ESPA EYE LIFT

**25 minutes**

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

Includes: skin analysis with Skin Vision™ lamp, cleanse, exfoliation to face and eye contour, eye contour massage and firming eye mask.

Members **£40** / Non-members **£60\***

## THE FACE : ELEMIS

### ELEMIS BESPOKE HOLLYWOOD FACIAL

**120 minutes**

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. Then we use the pioneering Elemis BIOTEC machine, alongside the Elemis unique Skin Lift Touch, to work with your skin's natural bioelectric field and boost its natural cellular energy. This switches your skin back on, leaving you with a Hollywood-style glow.

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

Members **£170** / Non-members **£200\***

### ELEMIS SUPERFOOD PRO RADIANCE FACIAL

**60 minutes**

This superfood-rich facial is designed to enhance your skin with a combination of zinc, magnesium, potassium, vitamin A and E. Together they create a powerful boost of nutrients to awaken tired and lacklustre skin. A wonderfully energising mask, it's perfect for detoxing skin and nourishing deeply to leave skin looking and feeling smoother, plumper, and more radiant.

Members **£80** / Non-members **£110\***

### ELEMIS BIOTEC: BESPOKE FACIAL

**60 minutes**

This BIOTEC skin treatment is completely personalised to you. Your therapist will help you choose three of the following five possible options to best suit your skin needs: light therapy, ultrasonic peeling, microcurrent, galvanic and oxygen therapy. Combining hands-on treatment with innovative technology, this facial will help your skin feel energised and revitalised.

Members **£80** / Non-members **£110\***

### ELEMIS STEAM AND EXTRACTION

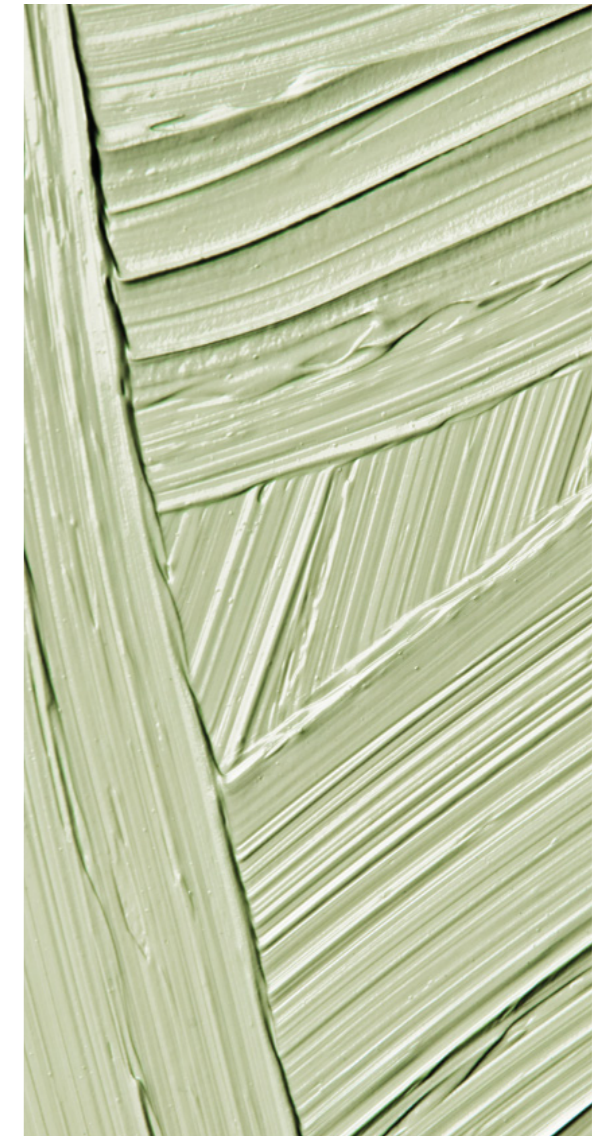
**30 minutes**

This complete deep cleansing treatment will eliminate blackheads and congested pores, leaving your skin feeling fresh and clean.

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

Members **£45** / Non-members **£80\***

*\*Use of facilities not included with this treatment*



## THE FACE : SKINCEUTICALS

### 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 **£90** / Non-members **£110\***

### 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 **£105** / Non-members **£125\***

### 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 **£105** / Non-members **£125\***



## THE BODY

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

## THE BODY : ESPA

### ESPA FACE AND BODY RITUAL

**120 minutes**

Immerse yourself in this luxurious head-to-toe ritual. Starting with a blissful foot soak, the treatment is followed by a relaxing full body massage with your choice of warm essential oils as part of your personalised sensory journey. You'll then be treated to a specially formulated ESPA facial to deeply cleanse, exfoliate, purify and revitalise your complexion. All completed with an exquisite scalp massage.

Includes: full body massage; double cleanse; exfoliation; facial massage; bespoke mask and scalp massage.

Members **£160** / Non-members **£210\***

### ESPA INNER CALM MASSAGE

**60 or 90 minutes**

Quiet your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: breathwork, full body aromatherapy massage and scalp massage with Rose Quartz Crystals.

Members **£80** / Non-members **£120\***

### ESPA MINDFUL MASSAGE

**80 minutes**

Calm your mind and escape the pace of everyday life with this holistic, deeply relaxing and clarifying experience. Based on the concept of mindfulness, the treatment starts with breathing and visualisation techniques to help relax the mind, release physical or emotional anxieties.

Metamorphic zones on your feet are then massaged to help re-balance and ground before a soothing, therapeutic massage continues up the body to promote positivity to the mind. All completed with a re-energising scalp massage using warm rose quartz crystals.

Members **£110** / Non-members **£150\***



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



## THE BODY : ESPA

### 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 **£80** / Non-members **£110\***

**90 minutes**

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

### ESPA THAI POULTICE MASSAGE

**60 minutes**

In this traditional treatment, Thai-style stretches and gentle rocking prepare your body for a combination of warm poultice and hands-on massage. It promises to relax, cleanse and revitalise both mind and body for an overall feeling of well-being.

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

### 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 **£80** / Non-members **£110\***

### 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 **£90** / Non-members **£120\***

### 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 **£45** / Non-members **£65\***

## THE BODY : ESPA

### ESPA SALT AND 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 **£45** / Non-members **£65\***

### 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 **£45** / Non-members **£65\***



## THE BODY : LAVA SHELL

### HOT LAVA SHELL FACE AND BODY RITUAL

**120 minutes**

Feel your stresses melt away with this relaxing Lava Shell experience. Combined with hands on massage, heated Lava Shells are worked over pressure points all over the body, easing aching tension. This deeply relaxing massage is followed by a radiance boosting facial. Delicate smaller shells are used to gently massage the face, neck and décolleté to tone the skin and increase circulation. This head to toe heat experience will leave you floating and radiant.

Includes: full body massage; double cleanse; exfoliation; facial massage; bespoke mask scalp massage

Members **£175** / Non-members **£215\***

### 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\***

### HOT LAVA SHELL ABDOMEN TREATMENT

**30 minutes**

This natural colonic treatment is ideal for anyone suffering from IBS and bloating. When gently massaged in the abdominal area, the heated Lava Shells help stimulate the body's natural systems, eliminating toxins and relieving discomfort.

Members **£45** / Non-members **£65\***

## THE BODY : ELEMIS

### ELEMIS THOUSAND FLOWER DETOX WRAP

**60 minutes**

Using deeply nourishing Green Tea Balm, this nutrient-rich wrap promotes powerful detoxification and ultimate skin health. It helps stimulate the elimination process and restore the body's natural balance – leaving you feeling refreshed and revitalised.

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

Members **£80** / Non-members **£110\***

### ELEMIS TARGETED TIGHTENING TONER

**60 minutes**

Clinically proven to reduce the appearance of cellulite after just one treatment, this powerful blend of massage and detoxifying clay work together to tone and tighten hips, thighs, abdomen, back and arms.

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

Members **£80** / Non-members **£110\***



# THE BODY : MODERN ALCHEMY

## ARANI LUNA SHANTI

**90 minutes**

PATH | MOON | PEACE

Influenced by the power and symbolism of the full moon, this deeply meditative journey is defined by the fluid circularity of its massage movements.

Beginning with a foot bathing ceremony that uses healing basalt magma stones, feet are gently cleansed with The Grounding Crystals while The Anointing Oil is smoothed onto your hands in slow circles, softening the skin as you slowly inhale its soothing aromatic.

Using the curvature of the Kansa wand - a time-honoured Indian tool believed to calm the nervous system - cycles of infinity flow over the body creating a hypnotic rhythm that brings peace to your mind, freeing you from thoughts and feelings that no longer serve you.

The purifying scent of sage signals the end of your journey, slowly bringing your awareness back to your surroundings leaving you feeling blissfully relaxed and liberated.

Members **£160** / Non-members **£190\***

## SARANI LUNA SHAKTI

**90 minutes**

PATH | MOON | POWER

This invigorating journey is influenced by the symbolism of the new moon, a lunar phase representing an awakening of the spirit that invites us to plant new desires and intentions.

After a cleansing foot bathing ceremony using basalt magma stones and The Grounding Crystals which fills the air with a soothing aromatic, attention moves to the rest of the body.

The Anointing Oil smooths and nourishes the skin, while swift massage movements flow from your left side to your right, balancing your energy centres. The long linear strokes and firm pressure work on the base of the muscle tissue to release tension with an intensity that's enhanced by Green Jade rollers - a crystal venerated for centuries for its empowering properties.

The purifying scent of sage signals the end of your journey, slowly bringing your awareness back to your surroundings leaving you feeling uplifting and revitalised.

Members **£160** / Non-members **£190\***

## SARANI LUNA SAMATA

**90 minutes**

PATH | MOON | BALANCE

The start of this transformative journey is marked by placing a moonstone in your palm. Channelling the moon's energy to encourage emotional equilibrium, this crystal symbolises the reassuring rhythm of the lunar cycle and the natural flow of night and day.

Cleansing begins with a foot bathing ceremony using The Grounding Crystals. The Purifying Polish is then applied to your whole body with a fluid symmetry that's deeply harmonising for the skin and the mind. The creamy balm transforms into a smoothing exfoliator while you are gently massaged in even figure of eight movements to ease tension and release the scrub's soothing aromatic blend.

After showering and changing into a warm pair of cotton pyjamas, the massage moves to your feet using a Kansa Bowl and The Nourishing Balm. Then, allowing energy to flow to your head, deep strokes move across your scalp, jawbone and behind your ears.

Finally, the focus travels to your third eye with a soothing Shirodhara treatment. The steady flow of warm oil streaming onto your forehead is renowned for its powerful effect and creates a profound sense of comfort and unity.

The purifying scent of sage signals the end of your journey, slowly bringing your awareness back to your surroundings leaving you feeling greater clarity and balance.

Members **£160** / Non-members **£190\***



## PACKAGES AND SIGNATURE TREATMENTS

Whether you're looking for a full day or half-hour experience, our spa has it all. Choose from day packages and luxurious couples retreats, to holistic therapies, signature treatments for men and special therapies for mothers-to-be.

## HOLISTIC TREATMENTS

### THIRD EYE RITUAL

**60 minutes**

Free your mind of stress with this deeply soothing treatment. It all starts with realignment and focusing on pressure points on your body. As you unwind, you'll be guided through a peaceful meditation. Nourishing warm oil is then gently and continuously poured onto your third eye, forehead and scalp with the continual flow of oil relaxing the mind and inducing a blissful hypnotic state.

A scalp massage with the nourishing oil will strengthen and hydrate your hair, while a pressure-point facial massage will send you into deep relaxation. It's an ideal way to relieve headaches and ease disruptive sleep patterns.

Members **£80** / Non-members **£110\***



### 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 **£80** / Non-members **£100\***

### 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 **£45** / Non-members **£65\***

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Price per person, unless stated otherwise.

# SPA EXPERIENCE DAYS

## 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 Champagne Lounge.

### **120 minutes (choose one treatment)**

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

### **60 minutes (choose two treatments)**

- ESPA personalised facial
- ESPA deep tissue massage
- ESPA Hale signature massage
- 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
- Elemis BIOTEC Facial (if available)
- Elemis thousand flower body wrap
- 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 **£195** / Non-members **£230\***

## 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 Champagne Lounge.

### **Choose one 60 minute treatment:**

- ESPA personalised facial
- ESPA deep tissue massage
- ESPA Hale signature massage
- 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
- Elemis BIOTEC facial (if available)
- Elemis thousand flower body wrap
- 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 **£105** / Non-members **£140\***

## 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 Champagne Lounge.

### **Please request our Couples Suite to experience your treatments together.**

- ESPA personalised facial
- ESPA deep tissue massage
- ESPA Hale signature massage
- 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
- Third eye ritual

Members **£105** / Non-members **£140\* 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 Champagne 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 **£70** / Non-members **£90**

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## PREGNANCY CARE

### HEALING HOUR

**60 or 90 minutes**

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 **£80** / Non-members **£110\***

**90 minutes**

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

### MELLOW MAMMA

**60 minutes**

This soothing full body massage targets everything from lower back pain and swollen ankles to general 'heaviness' and tension. Your expert therapist will carefully work with specific aching muscles and areas of discomfort – all combined with pure and safe active formulas that nourish and boost the skin's natural elasticity.

Members **£80** / Non-members **£110\***

### ELEMIS BIOTEC: SKIN SOOTHER

**60 minutes**

Achieve exquisitely smooth skin with this treatment rich in frankincense and natural anti-inflammatory willowherb.

Your skin is gently infused with oxygen to encourage cellular restoration, balance and structural strength – while red light therapy (RLT) is used together with calming antioxidants to improve cell communication and the skin's natural ability to repair itself.

Members **£80** / Non-members **£110\***

### ESPA PRE-NATAL RELAX AND RESTORE

**60 or 90 minutes**

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.

Members **£80** / Non-members **£110\***

### THE SMOOTHIE

**30 minutes**

Rejuvenate your skin and clear your mind in preparation for your special arrival. This gentle but effective treatment will exfoliate, while a nourishing application of massage oil will add hydration and elasticity for beautifully smooth skin.

Members **£45** / Non-members **£65\***

### COOL MAMMA – SOOTHING FOOT RITUAL

**30 minutes**

Sit back, relax and sink your feet into a mineral-rich bath to exfoliate and cleanse before soaking up a lower-leg and foot massage to help with circulation, water retention and the tiring effects of pregnancy.

Members **£45** / Non-members **£65\***



## FOR HIM

### ESPA STRENGTH AND RESILIENCE MASSAGE

**90 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 **£115** / Non-members **£145\***

### 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 **£80** / Non-members **£110\***

### ELEMIS BIOTEC: SUPERCHARGE FACIAL

**60 minutes**

De-stress, de-age and de-fatigue your complexion while activating your skin's natural dynamism. A combination of ultrasonic peeling, steam and galvanic current will work together to cleanse quickly, deeply and effectively.

Members **£80** / Non-members **£110\***

### 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 **£55** / Non-members **£75\***

### HOT LAVA SHELLS BACK AND LEGS

**45 minutes**

A massage targeted to areas of built-up tension on the back and back of the legs. Using tiger-striped clam shells as a massage tool, the self-heating Lava Shells warm the muscles, ease tension and deliver complete relaxation.

Members **£70** / Non-members **£90\***

### 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.

**£40**

### GENTLEMEN'S CLUB HAND AND NAIL CARE

**30 minutes**

Treat your hands to an exfoliation to remove dry skin, cuticle conditioning and grooming, and trimmed and shaped nails.

All completed with a hand massage to recondition your skin.

**£40**

\*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.



## 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**

### 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**

### FILE AND POLISH

**30 minutes**

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

**£25**

### GEL OVERLAY HANDS OR FEET

**45 minutes**

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

**£40**

### GEL OVERLAY HANDS AND FEET

**60 minutes**

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

**£60**

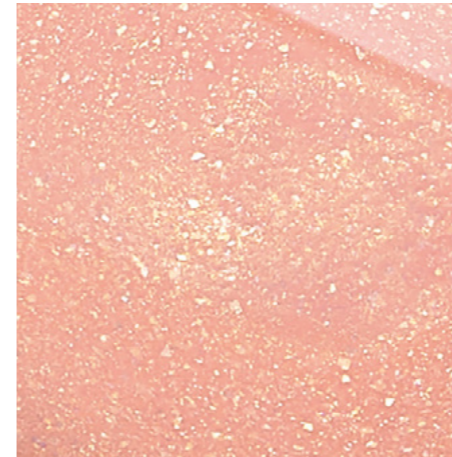
### EXISTING REMOVAL

**20 minutes**

Involves the removal of Jessica or CND gel polish.

**£15**

## NAIL ENHANCEMENTS



### JESSICA GELERATION

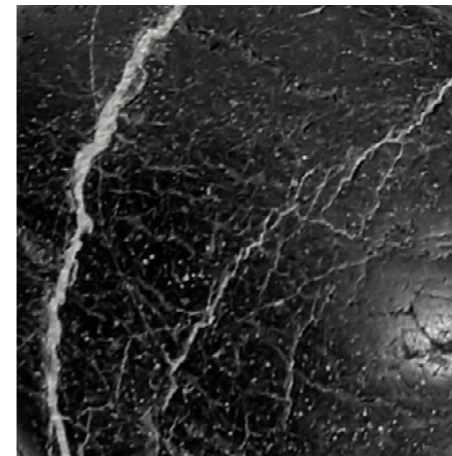
Includes the application of a long-lasting protective gel polish to give weak, bitten or problem nails the chance to grow beneath the high gloss shine.

**£15**

### HOT STONE MANICURE OR PEDICURE

Upgrade your manicure or pedicure with a hand or foot massage using therapeutic hot stones to soothe and relax.

**£15**



### HEATED MITTENS/BOOTIES

This treatment includes the application of a luxurious hydrating mask to moisturise and soften your skin. The use of thermal mittens promotes even deeper penetration of the mask, perfect for increasing circulation or relieving stiff, painful joints.

**£15**



### INTENSIVE PARAFFIN WAX

Includes the application of warm wax to your nails, hands and wrists to moisturise and soften your skin.

**£15**



## BROWS AND LASHES

### HD BROWS AND NOUVEAU ENHANCE: LVL

**1 hr 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**

### 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 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**

### EYELASH AND EYEBROW TINTING

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

|                          |            |
|--------------------------|------------|
| Eyelash and eyebrow tint | <b>£30</b> |
| Eyelash tint             | <b>£20</b> |
| Eyebrow tint             | <b>£15</b> |

### 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 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 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**

## WAXING

### LYCON WAXING

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



## 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.

### SPRAY TAN

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

**£30**

### INVISI SPRAY TAN

Achieve a light, medium or dark glow with no guide colour, so you'll leave the spa looking the same as you arrived.

**£30**



## 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.

|   | <b>SINGLE<br/>TREATMENT</b> | <b>COURSE<br/>OF 10</b> |
|---|-----------------------------|-------------------------|
| Upper lip   | £50                         | £450                    |
| Chin  | £50                         | £450                    |
| Lower face: sideburns/cheeks and chin   | £110                        | £990                    |
| Nipple  | £65                         | £585                    |
| Hands or feet   | £70                         | £630                    |
| Neck  | £90                         | £810                    |
| Stomach centre line   | £65                         | £585                    |
| Beard   | £135                        | £1,215                  |
| Bikini (high leg)   | £75                         | £675                    |
| Extended bikini line  | £100                        | £900                    |
| Hollywood/Brazilian   | £145                        | £1,305                  |
| Underarms   | £75                         | £675                    |
| Forearms  | £100                        | £900                    |
| Full arm  | £150                        | £1,350                  |
| Half leg  | £150                        | £1,350                  |
| Full leg  | £220                        | £1,980                  |
| Full back (includes shoulders)  | £220                        | £1,980                  |
| Upper/lower back  | £125                        | £1,125                  |
| Chest   | £135                        | £1,215                  |
| Buttocks  | £135                        | £1,215                  |
| <br>  |                             |                         |
| Female full body<br><i>Including: full arm, full leg, underarm, back,<br/>stomach, hands, feet, bikini high leg</i> | £850                        | £7,650                  |
| <br>  |                             |                         |
| Male full body<br><i>Including: full arm, full leg, underarm,<br/>back, chest, hands, feet</i>                      | £900                        | £8,100                  |

# THE SPA INFORMATION

## OPENING TIMES

Monday – Thursday: **9am – 9pm**

Friday: **9am – 8pm**

Saturday: **9am – 6pm**

Sunday: **9:30am – 6pm**

## 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.

## 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.

## 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.**

## 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.**

## 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.

## 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.**

## 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.**

