

# Rowton Hall

COUNTRY HOUSE HOTEL & SPA

## Babor Facial Treatments

The BABOR facial achieves outstanding results through the use of tailored skincare products and special advanced treatment techniques. Whether your skin is dry, lacking in lipids, sensitive, combination or ageing, we create a very special treatment which will leave your skin radiant, balanced and regenerated. This innovative and power-packed treatment uses products with Alpine stem cells, which will protect your cell's DNA, and OsmoTec, a catalyst that delivers active ingredients to the very heart of the skin cells for ultimate age prevention results.

### Express Facial

**25 minutes**

**£30.00**

If you are short of time, this treatment is perfect. A deep cleanse, exfoliation, massage and moisturiser will leave your skin visibly healthy and glowing.

### Totally Tailored Prescription Facial

**55 minutes**

**£55.00**

Our skin changes all the time, influenced by weather, health, hormones and stress. In this treatment your therapist will use a special rich, vitalizing mask to assess the condition of your skin, and will then select the most appropriate products with special active ingredients which will improve its health and vitality. So whether your skin is dry, sensitive, oily, in need of regeneration or blemished, we will create the perfect facial just for you.

### Luxury Lifting and Firming Facial

**60 minutes**

**£65.00**

This is a highly effective, yet thoroughly relaxing, anti-aging treatment. The three main causes of wrinkle formation are loss of elasticity, slowing down of metabolic activity in the tissue, and a hardening of the dermal matrix. Wrinkles and sagging can only be effectively combated if all three factors are influenced simultaneously, which is exactly what BABOR HSR products achieve with its three highly effective active ingredients of mutitendyn, liftolution and glycol-stop. Your skin will look smoother, your contours firmer and laughter lines not so prominent.

### Collagen Booster Facial

**60 minutes**

**£65.00**

We offer a serious infusion of collagen in this treatment. A combination of Collagen Booster fluids, Collagen Booster Cream and Collagen Mask makes it perfect if you have dry, tight, or sensitive skin. Using ultra-potent hyaluronic acid and collagen to boost the skin from the inside out and lock in moisture, it helps smooth out fine lines and wrinkles. The effect of this treatment is amplified with a thermo sculpting mask to seriously lift and reshape the facial contour. Results are excellent.

### Sensational Eyes

**25 minutes**

**£25.00**

Active complexes help to drain, brighten and firm eye area while reducing the appearance of fine lines and wrinkles

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## Babor Body Treatments

All the BABOR SPA body treatments will flood the skin with moisture and nutrients as well as protecting against premature skin aging. You will leave the Spa totally relaxed and with your skin looking radiant and healthy.

### Maritime Salt Body Scrub

25 minutes

£30.00

An exfoliation has great results on its own and also enhances the benefits of our massages and body treatments. We use fine grain, mineral-rich, sea salt mixed with a milky nutrient which removes dead superficial skin cells at the same time as stabilising moisture levels. Your skin will look brighter and you will certainly feel the difference.

### Hot Volcanic Treatment

55 minutes

£60.00

This wonderful wrap is a great detox for the skin and also helps to relieve tension in the muscles. Following a full body exfoliation, the hot mud, brimming with minerals is applied to the skin. While it is working its magic, you can enjoy either a hand or scalp massage. The treatment ends with a rich body butter massaged into your skin leaving it glowing soft and supple.

### Firming Cellulite Treatment

60 minutes

£70.00

Course of 10

£590.00

Over 80% of females suffer from cellulite and it does tend to get worse as we get older due to decreasing skin tone and collagen production. The good news is that if you follow a good regime of a good diet, exercise, body brushing, together with a course of cellulite treatments, then you should see an amazing difference.

### Cleopatra Nourishing Treatment

55 minutes

£60.00

After a full body salt peeling your skin will be covered in a luxurious milk protein pack to hydrate and pamper the skin. Whilst the products do their magic, you will enjoy a hand or foot massage. After removing the wrap we will massage in any product not yet absorbed and you will be left feeling totally relaxed and your skin will be as soft as silk.

### Energizing Treatment

55 minutes

£60.00

This wonderful treatment will leave your skin feeling exceptionally soft, moisturised and smelling gorgeous, thanks to the notes of mandarin and lime in the products. Starting with an exfoliation to remove surface cells and bring a new brightness to the skin, and followed by a luxurious wrap to nourish and hydrate,

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## Body Massages

### BABOR MASSAGES

55 minutes

The BABOR SPA massages offer a holistic, luxurious spa experience for the body, mind, and soul. Traditional methods meet modern techniques...combining the inherent power of centuries-old plants with new, modern findings in stem cell research.

#### ENERGIZING Lime Mandarin Massage

£60.00

Let your mind and body take on a new energy with this re-energizing massage. Enhance the feeling of well-being and let your senses be treated to the truly wonderful aroma of essences of bitter fresh lime and fruity mandarin.

#### RELAXING Lavender Mint Hot Stone Massage

£70.00

Experience a unique face and body treatment using hot stones and Shiatsu massage techniques. Let your mind and body relax with this calming massage. This unique experience focuses on the relaxation of the skin and the senses, by the use of the scented oil, fragranced with notes of lavender and mint. Leave any stress behind and let the calming aroma envelope you.

#### BALANCING Cashmere Wood Massage

£60.00

This holistic massage treatment using a luxurious oil with a warm, woody scent that wraps you in a sense of well-being. The therapeutic oil enhances the skin's natural protective function, leaving it smooth and supple. The result is a balanced, rested and restored feeling.

### AROMATHERAPY ASSOCIATES MASSAGE<sup>AA</sup>

For more than 30 years Aromatherapy Associates, a truly British brand, has been specialising in harnessing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments. Combined with their many years of experience as therapists they have seen first hand how essential oils have effectively enhanced the state of people's physical, mental and emotional wellbeing. Their renowned and award-winning products and treatments have transformed the aromatherapy experience into something highly effective yet luxurious and exceptional.

#### THE ULTIMATE AROMATHERAPY EXPERIENCE<sup>AA</sup>

Full	55 minutes	£60.00
Back	25 minutes	£30.00

This hero treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

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## Pregnancy Treatments

■ **ULTIMATE ROSE PREGNANCY MASSAGE<sup>AA</sup>** **55 minutes** **£60.00**

Feel nurtured and supported in a time of constant change. Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment.

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

■ **ULTIMATE ROSE POST PREGNANCY SKIN NOURISHER<sup>AA</sup>** **55 minutes** **£60.00**

Take a moment to nourish your body and soul with a deeply comforting, restorative treatment. Precious essential oil of damask rose enhances the loving emotions in mothers-to-be while contributing its skin cell renewing properties to expanding skin. Richly moisturising oils and creams are layered onto freshly exfoliated skin before being gently wrapped and left to deeply penetrate with the body's own heat. The essential oils work simultaneously on the physical, mental and emotional aspects of wellbeing.

■ **ROSE LEG AND FOOT REFRESHE<sup>AA</sup>** **25 minutes** **£30.00**

Ease away the physical stresses and strains on your legs and feet while you are carrying extra weight during pregnancy. A carefully selected combination of restorative oils deeply nourishes rough, dry feet to leave them feeling soft, smooth and comfortable. Rose supports cellular renewal and evening primrose oil helps soften dry cracked skin. Feet and lower legs are gently body brushed before soaking. A scrub of ground olive pits exfoliates dead skin cells and prepares the skin for the treat to follow. Heels are softened with rich natural oils. A hydrating rose gel is applied and the feet are wrapped to allow deep penetration of the oils. Layers of oils and creams are then massaged into the skin to deeply nourish.

■ **ULTIMATE ROSE PREGNANCY FACIAL<sup>AA</sup>** **55 minutes** **£55.00**

Ideal if your skin is dry and sensitive during and after pregnancy. Our Rose facial softens, moisturises and nourishes the skin using natural rose, leaving your skin hydrated and glowing

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## Gentlemens Treatments

### Babor Gentleman's Cleanse and Rebalance

25 minutes

£30.00

This treatment may not be long however the results are big. It is really important to regularly rid the skin of dead skin cells as otherwise the complexion can start to look rather dull. A deep cleanse, exfoliation and application of moisturiser will leave your skin looking much brighter and healthier.

### Babor Energy Release Back Treatment

40 minutes

£45.00

This deeply cleansing back treatment includes a rich therapeutic mud exfoliation to remove dry dull skin followed by an energising back massage; to leave you feeling thoroughly relaxed

### ■ THE REFINERY ESSENTIAL FACIAL<sup>AA</sup>

55 minutes

£55.00

A treatment suitable for all skin types, particularly dull skin looking for a deep cleanse. A deep cleansing and brightening facial that will leave skin looking clean, luminous and deeply hydrated with rich, invigorating essential oils and botanical extracts. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind.

### THE ULTIMATE AROMATHERAPY EXPERIENCE<sup>AA</sup>

Full 55 minutes

£60.00

Back 25 minutes

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With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

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The original and most advanced computer aided face toning treatment available, backed by 20 years of medical research and used by many famous people to re educate muscle fibres and improve skin texture. Results are apparent after one treatment with softening of lines and wrinkles and lifting of the face.

<b>Non Surgical Face Lift</b>	<b>60 minutes</b>	<b>£40.00</b>
	<b>Course of 10</b>	<b>£380.00</b>

Micro-current technology is used to tone, lift and re-educate the facial muscles whilst softening lines and wrinkles

<b>Non Surgical Eye Lift</b>	<b>30 minutes</b>	<b>£25.00</b>
	<b>Course of 5</b>	<b>£115.00</b>

This treatment works to open the eye area, reduce dark circles and focus on toning and smoothing the lines around eye socket.

<b>Face up Micro Dermabrasion</b>	<b>30 minutes</b>	<b>£38.00</b>
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Microdermabrasion will reduce skin imperfections such as skin discolouration, wrinkles, age spots and scars. Your completion



A St Tropez Spray tan gives you a fast flawless tan in a controlled environment. Now with Aroma guard fragrance technology which eliminates the tell-tale self-tan aroma by a minimum of 70%. The tan is applied and tailored by an expert and takes no more than 15 minutes to apply. You need to allow some time to prepare and dress.

<b>St Tropez Spray Tan</b>	<b>£20.00</b>
<b>St Tropez Express Spray Tan</b>	<b>£25.00</b>

<b>St Tropez Cream Application</b>	<b>£35.00</b>
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Achieve a natural looking golden glow without dangerous sun exposure from the world renowned St. Tropez product range. Lasts 7-10 days.

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## Hand and Foot Treatments

Jessica Treatment Manicure	Standard Polish	£30.00
	French Polish	£35.00
Jessica Super Deluxe Manicure	Standard Polish	£55.00
	French Polish	£60.00
Jessica Treatment Pedicure	Standard Polish	£30.00
	French Polish	£35.00
Jessica Super Deluxe Pedicure	Standard Polish	£55.00
	French Polish	£60.00
GELeration Manicure	Standard	£35.00
	French	£40.00
GELeration Pedicure	Standard	£35.00
	French	£40.00
Removal		£7.50

Long lasting Manicure, Discover the strength of Jessica with the beauty of a gel polish

## Finishing Touches

Full leg wax	40mins	£24.00		
Half leg wax	25mins	£18.00		
Back / chest wax	30mins	£24.00		
Bikini wax	15mins	£12.00	Babor Make up Application	40mins £35.00
Under-arm wax	15mins	£12.00	Bridal Babor Make up (includes trial)	£60.00
Lip wax	10mins	£7.50		
Chin wax	10mins	£7.50		
Lip and Chin wax	20mins	£14.00		
Eyebrow shape/wax	10mins	£10.00		
Eyebrow tint	10mins	£9.00		
Eyelash tint	20mins	£11.00		

## The Spa at Rowton Hall Experience

Our experienced therapists will be pleased to discuss your needs with you and introduce you to our exceptional range of treatments, suitable for both men and women. We look forward to welcoming you and showing you around our luxurious hideaway

### **Making a booking/ Cancellations**

To secure your booking we take a non-refundable 50% deposit. If you are using a gift voucher, the folio number will be required to confirm the booking. We reserve the right to charge your card with any outstanding money owing which is not settled at the end of your visit.

### **Contra-indications**

There are some contra-indications to some treatments and facilities. Treatments are carried out subject to the completion of our consultation form. If you have any special requirements for example first twelve weeks of Pregnancy, Heart Conditions, Diabetes, High/Low Blood Pressure, Epilepsy, Arthritis/Rheumatism or any Allergies etc you should seek medical advice prior to your visit. You may need a doctor's note.

### **Gift Vouchers**

All Gift Vouchers are valid for 6 months from the date stated on the voucher. Gift vouchers cannot be refunded or be replaced if lost or stolen. Please bring gift vouchers to your appointment or you will be charged for treatment.

### **Your Appointment**

Please arrive 15 minutes prior to booking where you will be given a robe and slippers and asked to fill in our consultation form. We recommend you wear minimal jewelry, Please remove all items and secure in the lockers provided.

To preserve the tranquil environment at The Spa we would kindly request that all mobile phones are switched off during your time with us. All valuables are left at your own risk, Rowton Hall does not take any responsibility for lost or stolen property. The spa has a minimum age of 16 years and above for the facilities and treatments. (On request children under 16 may be able to use facilities if accompanied with an adult)

There will be an additional charge of £10.00 per person on individual bookings to use the facilities if your booking is under £80.00. This charge does not apply to spa day packages

Whilst every effort is made to ensure the smooth running of the spa, ongoing maintenance and refurbishment may result in some of the facilities being withdrawn at short notice. All facilities are subject to availability