

# The Spa



## Rowton Hall

### Babor Facial Treatments

The BABOR facial achieves outstanding results through the use of tailored skincare products and special advanced treatment techniques. 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 Discovery Facial

**25 minutes** **£40.00**

Feel like magic in minutes. A deep cleanse, exfoliation facial massage and moisturiser will leave your skin visibly healthy and glowing. The perfect quick-fix facial for instant results and radiant skin.

#### SKINOVAGE Facial

**55 minutes** **£65.00**

After a thorough skin analysis using BABOR's unique Rich Vitalizing Mask, your beauty therapist will create your very own bespoke facial for results you can both see and feel. Wonderful massage techniques optimise the skin's ability to absorb active ingredients while bringing your body back into perfect balance and harmony.

#### HSR® Lifting Extra Firming Facial Treatment

**60 minutes** **£75.00**

A luxurious facial treatment developed to combat the main targets of skin aging. This effective facial uses highly active HSR® products in combination with special massage movements that focus on deep muscle relaxation, decongestion and detoxification. The treatment lifts, tightens and tones the skin, resulting in a long lasting lifting effect.

#### Collagen Infusion Facial

**60 minutes** **£75.00**

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

**20 minutes** **£35.00**

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

Little enhancements with big results, to be incorporated within a selected facial

#### Ampoule Crash

**10 minutes** **£20.00**

saturate the skin with moisture and nutrients leaving it feeling soft and smooth in just minutes.

#### Algae Peel Mask

**15 minutes** **£20.00**

A cooling peel-off mask to refresh and invigorate tired skin. Packed full of algae extracts, this mask firms the skin while smoothing out fine lines and wrinkles for an intensively moisturized, fresh, rosy glow.

### Just for Men

#### BABOR MEN Energy Release Face

**25 minutes** **£40.00**

A facial that deeply cleanses the skin removing all impurities from its surface. Tired and dull skin is vitalised, strengthened and takes on an energised complexion.

#### Aromatherapy Associates Refinery Facial <sup>AA</sup>

**55 minutes** **£65.00**

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.



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.

#### Non Surgical Face Lift

**60 minutes** **£50.00**

**Course of 10** **£450.00**

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

#### Non Surgical Eye Lift

**30 minutes** **£35.00**

**Course of 10** **£315.00**

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

#### Face up Micro Dermabrasion

**30 minutes** **£40.00**

Micro Dermabrasion is used to treat and reduce skin imperfections such as: skin discolouration, wrinkles and scars. It removes imperfections and impurities, and at the same time micro pulses massage the skin, stimulating and toning the skin tissue, improving circulation and making each treatment very relaxing. The results are visible after just one treatment. The complexion is clearer, smoother and the skin firmer.

## 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.

### Sea Salt-oil Peel

25 minutes

£40.00

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 an oil 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.

### Detoxifying Body Wrap

55 mins

£65.00

This effective body treatment involves deep exfoliation to remove impurities and redness, for a smooth, refined and even complexion. Natural untreated mineral mud from deposits in Germany's Eifel region is used in this warming wrap to promote the metabolic process in the skin's cells. Combined with a thermo lotion that stimulates the skin's circulation and relaxes and eases tight muscles, your skin is left stimulated whilst muscles feel soothed and relaxed. The treatment is finished with a soothing application of Vitamin ACE body cream.

### Shaping Crème Wrap

55 minutes

£65.00

Deep nourishment, hydration, firming and Anti-Ageing are achieved through this body treatment. The treatment begins with a deep Firming Body Peel, followed by a Soft Crème Pack: An intensive crème pack containing nutrient rich almond oil to smooth and soften the skin. Used in combination to enhance your emotions with either ENERGIZING, RELAXING, BALANCING or SHAPING.

### Vitamin Pack Treatment

55 minutes

£65.00

Starts with a luxurious full body salt scrub exfoliation to remove all dead skin cells followed by an Anti-Aging Vitamin Pack: A firming, skin-strengthening anti-aging pack containing powerful vitamins A, C and E to improve skin firmness and elasticity.

### Babor Energy Release Back Treatment

40 minutes

£55.00

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.

## Body Massages

### Babor Sensory Journey Massage

Full Body	55 minutes	£65.00
Back Massage	25 minutes	£40.00
Head Massage	25 minutes	£45.00
Back including Head	40 minutes	£55.00

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.

A massage tailored to your needs through a combination of your chosen nourishing BABOR SPA massage oil – balancing, energising, and relaxing. This massage helps to soothe tired muscles. Relax and unwind as you are taken on a sensory journey.

### Babor Hot Stone Massage

Full Body	55 minutes	£75.00
Back	25 minutes	£45.00

Experience a unique 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 BABOR SPA massage oil chosen by you. Leave any stress behind and let the calming aroma envelope you.

### The Ultimate Aromatherapy Associates Massage <sup>AA</sup>

Full Body	55 minutes	£70.00
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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 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.

## Hand and Feet Treatments

**Jessica File and Polish**  
15 minutes £25.00

**Jessica Express Manicure**  
Includes file, cuticles and polish  
25 minutes £30.00

**Jessica Treatment Manicure**  
Includes file, cuticles, massage and polish  
40 minutes £35.00

**Jessica Deluxe Manicure**  
Includes file, cuticles, massage, hand mask, hot mittens and polish  
50 minutes £50.00

**Jessica Express Pedicure**  
Includes file, cuticles and polish  
25 minutes £30.00

**Jessica Treatment Pedicure**  
Includes file, cuticles, massage and polish  
45 minutes £38.00

**Jessica Deluxe Pedicure**  
Includes file, cuticles, massage, foot mask, hot booties and polish  
55 minutes £55.00

## GELeration

Long lasting Manicure and Pedicure. Discover the strength of Jessica with the beauty of a gel polish

**GELeration Manicure**  
Includes file, cuticles and gel polish  
45 minutes £40.00

**GELeration Pedicure**  
Includes file, cuticles and gel polish  
45 minutes £40.00

**GELeration Removal** £15.00

## Babor Face Design Makeup

**Babor Make up Application**  
40mins £40.00

**Bridal Babor Make up (includes trial)**  
£75.00



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.

**St Tropez Spray Tan** £20.00  
**St Tropez Express Spray Tan** £25.00

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

## Finishing Touches

**Full leg wax** 40mins £26.00

**Half leg wax** 25mins £20.00

**Back / chest wax** 30mins £25.00

**Bikini wax** 15mins £14.00

**Under-arm wax** 15mins £14.00

**Lip wax** 10mins £10.00

**Chin wax** 10mins £10.00

**Lip and Chin wax** 20mins £16.00

**Eyebrow shape/wax** 10mins £12.00

**Eyebrow tint** 10mins £10.00

**Eyelash tint** 20mins £15.00

## Pregnancy Treatments

### **Aromatherapy Associates Pregnancy Massage <sup>AA</sup>** **55 minutes £70.00**

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 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 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.

### **Aromatherapy Associates Pregnancy Skin Nourisher <sup>AA</sup>** **55 minutes £65.00**

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.

### **Aromatherapy Associates Pregnancy Leg and Foot Refresher <sup>AA</sup>** **25 minutes £40.00**

Ease away the physical stresses and strains on your lower 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. 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 mask 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.

### **Aromatherapy Associates Rose Pregnancy Facial <sup>AA</sup>** **55 minutes £65.00**

More than a facial, this is a facial experience. Cleansing, toning, exfoliation and rejuvenating facial massage and application of a hydrating mask are topped and tailed with a relaxing scalp massage and a silky, soft layering of creams and oils.

## 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. The remaining 50% will be taken on day of arrival. Cancellations not made within 24 hours of the day of booking will be automatically charged the remaining balance

**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 fourteen weeks of Pregnancy, Heart Conditions, Diabetes, High/Low Blood Pressure, Epilepsy, Arthritis/Rheumatism, Cancer or any Nut or other 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 £20.00 per person on individual bookings to use the facilities if your booking is under £80.00 per person. 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

Please be aware we have an aqua aerobics class running every Wednesday at 12.30pm to 1.30pm in the pool area. Spa guest are welcome to participate

