



# THE SPA

*AT HALE COUNTRY CLUB*



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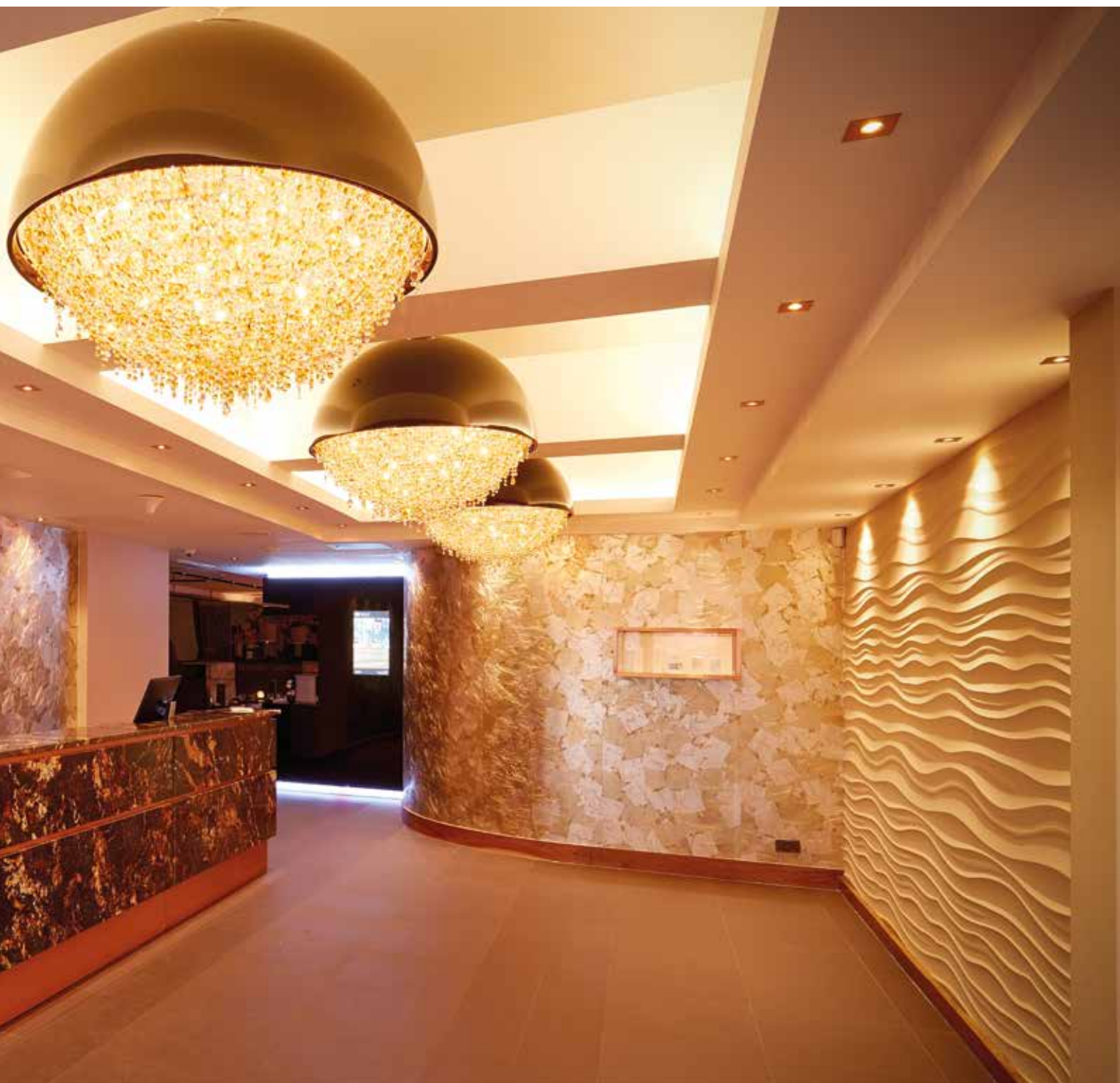
Restore your vitality in a tranquil idyll.  
Surrender your mind and body to  
ultimate indulgence. Ease tension,  
alleviate stresses and simply make  
the most of your me-time.

The Spa at Hale Country Club is like nothing you have experienced before.  
It's the place to forget about all the stresses and worries of the world.  
The place to relax, unwind, and rest in absolute bliss. The place to indulge,  
the place to treat yourself, the place for total tranquillity.

With stunning treatments, unique pampering options, a sublime thermal  
suite and an abundance of exquisite personal touches, our spa is waiting  
for you.

**Step into a world of bliss with us today.**







THE TRE

Surrender your mind and body  
to ultimate indulgence. Ease tension,  
alleviate stresses and simply make  
the most of your me-time



## TREATMENT SUITES



**Rejuvenate, replenish, and transform your body and your mind.**

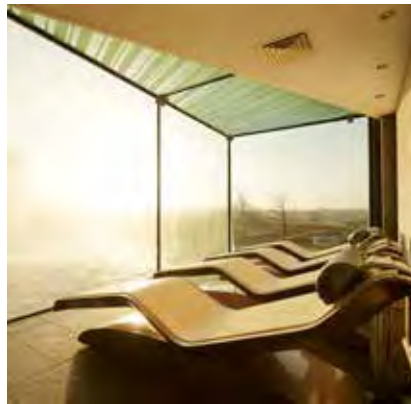
Enter our treatment suites and leave the hustle and bustle of the world behind you. De-robe, lie back, and drift off into a heavenly feeling of relaxation. Sensational surroundings set the mood in our fully equipped rooms, with luxurious fabrics, tranquil décor and a soothing atmosphere to help you truly unwind.

Our expert therapists will personalise your treatments to your exact requirements, using aromatherapy oils, luxurious creams, hot stones and unique techniques from around the globe to free your body and mind from stress, worry and tension. With our incredible range of treatments for every part of the body, you're spoilt for choice.



**Release all your tension and lose yourself in the moment.**

With cascading water, breathtaking background landscapes, the Wellness pool is a chance to lie back, relax and restore your vitality.

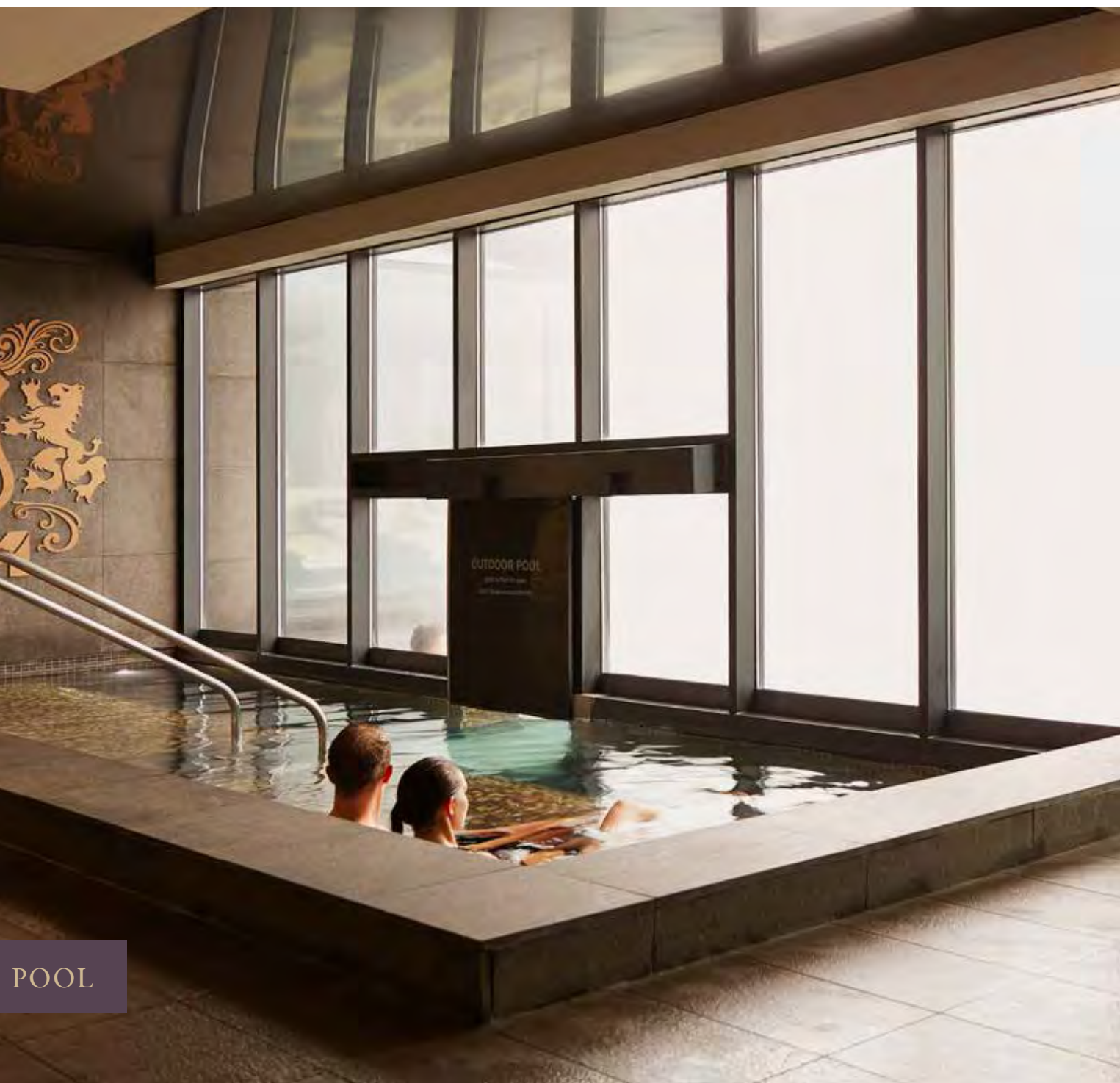


Heated to an indulgent 38 degrees, our wellness pool is the crowning piece of ultimate relaxation at The Spa at Hale Country Club. Restoration is front and centre, whilst tranquillity rules the day, as you just sit back and enjoy. Experience the submerged benches indoors, or meander through the door and swim outside. When you're ready, you can release all your tension with soothing jets and bubbles.

Close your eyes and float away to somewhere blissful, or admire the setting sun over the Cheshire hills from our stunning rooftop Jacuzzi.



THE WELLNESS



POOL



## THE THERMAL SUITES

Bring your senses to life. Invigorate and energise with hot and cold.

The perfect way to enhance your spa experience and take your relaxation further, indulge and invigorate in our sensational thermal suite. Indoor or outdoor, dry or wet, whichever room you choose our thermal suites will warm your body, soothe aching muscles, and help you unwind in complete bliss. Each is specially designed to open up your lungs, your pores and your head, cleansing and rejuvenating every part of you.

Take a dip in our incredible wellness pool, kick back in the Zen Steam Room, or wile away some time in our stunning sauna.







## The Thermal Journey

1. Open the door to the Hemlock Sauna and feel the intense warmth that emanates from within, beckoning you to enter. Three tiers of benches encircle a stunning central fire piece, that fills the sauna with the invigorating dry heat that encourages perspiration. Sit back as your pores cleanse and your body eliminates toxins.
2. Inhale the uplifting mandarin fragrance in the Zen Steam Room, designed to providing a calming and balancing environment for your body and your mind. In private tranquillity, relax your muscles and unwind, as the soothing steam improves circulation and eases any inflammation you might have.
3. Combining the powerful experiences of both hot and cold, the Fire & Ice steam room is a unique thermal treatment that will refresh and revitalise your entire body. Lie back and let the steam relieve your stress and aid relaxation. Then grab a handful of ice from the centre to stimulate your senses and improve your circulation, energising you for the day ahead.
4. Draw in all the benefits of sea air whilst remaining relaxed and in total bliss in our entrancing salt cave. With warm, salt infused steam to invigorate your skin and lungs, toxins will be drawn out, muscles and joints will be soothed, and a state of deep tranquillity will be induced in just a few sensational minutes.



SPA EXPERIENCE DAYS  
& TREATMENTS



## SPA EXPERIENCE DAYS

### BABOR Luxury Ocean Experience

The Sea Creation facial with full body sensory massage

180 mins

Indulge your skin with SeaCreation; a unique experience of green caviar and algae extract, brought to you from the deep depths of the ocean. The Sea-Telligent Complex found in BABOR's exclusive SeaCreation range, delivers the most magical skincare ritual, with truly effective anti-aging results.



Beginning with a massage tailored to your skin's needs, you choose a BABOR SPA massage oil to balance, energise or relax both mind and body. This massage aids fatigue whilst soothing tired muscles. This unique luxury treatment then evolves into a facial treatment where you're submerged in a journey of SeaCreation. This is the ultimate Skin experience.

#### **This package includes:**

3 course lunch & a glass of champagne.

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## The Serene Escape

A half day to relax in the spa, includes a face or body treatment of your choice, light lunch and refreshments. (Choice of one treatment)

**60 mins**

- Personalised Facial
- Deep Tissue Massage
- Tranquillity Hour (25 min back, neck and shoulder & 25min facial)
- Men's Muscle-ease Massage (Back and back of legs)
- Men's Personalised facial
- Elemis Bio-tech Facial (if available)
- Personalised Body Wrap
- Mellow Mamma Maternity Massage (prenatal treatment)
- Mamma Mio's Healing Hour (prenatal treatment)
- Reflexology (if available)
- Jessica Deluxe Manicure
- Jessica Deluxe Pedicure



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## Day Time Indulgence

A full day to relax in the Spa includes:  
Face or body treatment of your choice.  
Light lunch and refreshments.  
(Choice of one treatment)

**120 mins**

- Hot Lava Shell Face and Body Ritual
- Thai Poultice Ritual
- Babor Reversive Face and Body
- Stress Buster

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## The Twilight Package

(Monday - Friday, 5pm onwards)

A four hour relaxing experience in the spa, including a face or body treatment of your choice. Dinner and refreshments.  
(Choice of one treatment).

**30 mins**

- Face and Eyes Refresher
- Steam and Extraction
- Biotech Taster
- Reviving Back Massage
- Tension Release Scalp Massage
- Salt and Oil Scrub
- Lucky Legs

## SIGNATURE TREATMENTS

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### Babor Sea Salt Cream Wrap

60 mins

A holistic spa experience for the body, mind and soul. Includes a sea-salt exfoliation followed by a Soft Crème Mask; an intensive cream containing nutrient rich almond oil to smooth and soften the skin. Includes a scalp massage.

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### ESPA Hero Treatment

90 mins

#### Hot stone back, face and scalp treatment

Renowned as our 'Hero' treatment and loved by all; this experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone. This includes a back exfoliation, a hot stone back, neck and shoulder massage, and an hours facial incorporating a scalp massage.

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### ESPA Tranquility Hour

60 mins

A deeply soothing tension relieving back massage combined with a personalised skin booster facial creates the perfect hour of tranquility.

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### ESPA Salt and Oil Scrub

30 mins

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

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### Hopi Ear Candles

45 mins

Hopi Ear Candles are an ancient therapy which helps to improve circulation and lymphatic flow and drainage in the head and neck area therefore helping with the treatment of sinusitis, rhinitis, hayfever, frequent flyers, excessive ear wax and many more.

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### Reflexology

60 mins

Reflexology is a therapy using the pressure points on the feet, which correspond to all parts of the body. Reflexology is also used to restore and maintain the body's natural equilibrium and encourage healing.

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### Third Eye Ritual

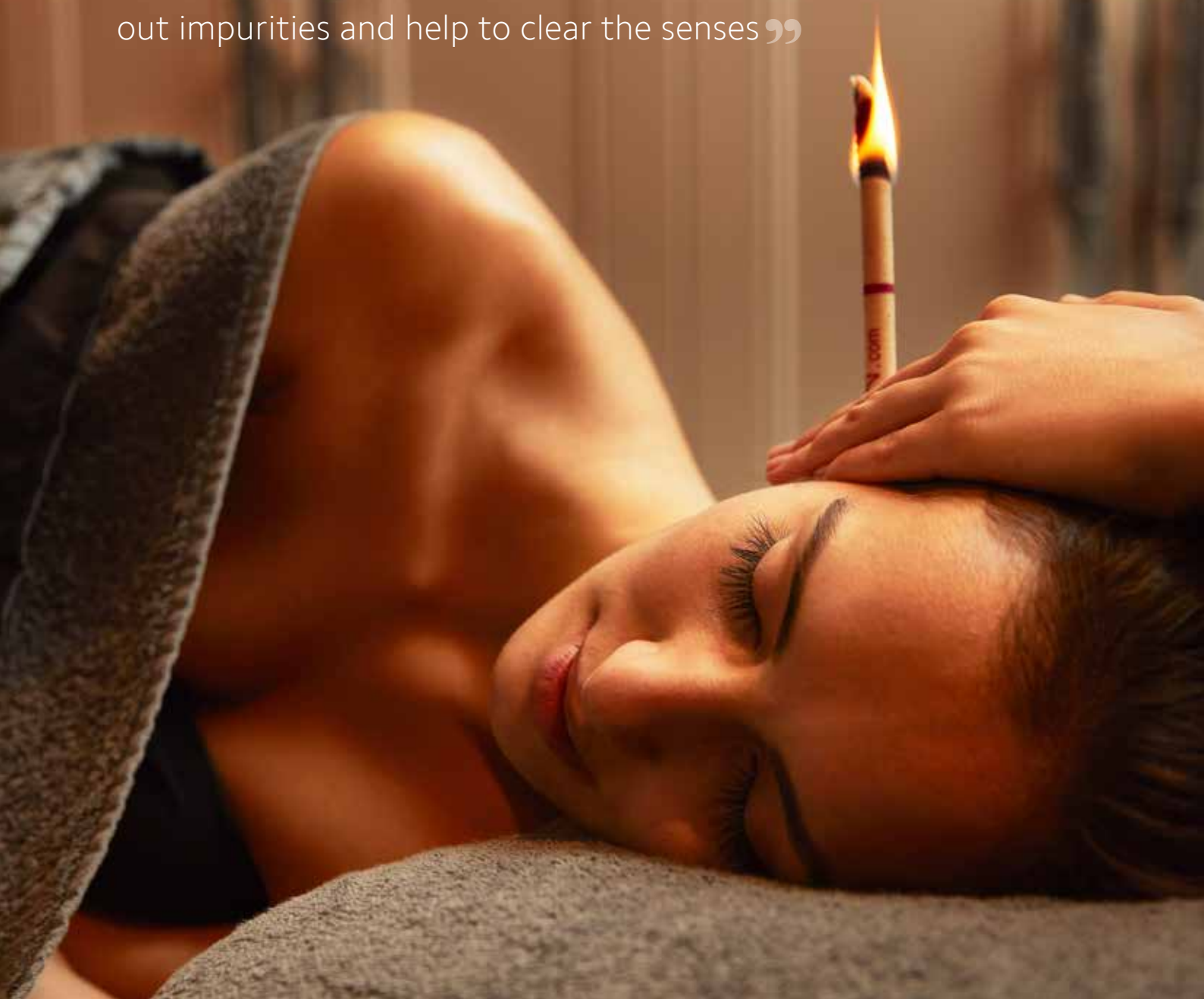
A unique treatment to induce sleep and a stress free mind

60 mins

Commencing with a consultation, nourishing warm oil is gently and continuously poured onto the third eye, forehead and scalp. The continual flow of oil relaxes the mind, inducing a hypnotic relaxed state. The scalp is then massaged with nourishing oil to strengthen and nourish the hair. This treatment is ideal for pure relaxation, relieving headaches, and easing sleeping patterns.



“ All natural candles, from the Hopi Indian tribe, draw out impurities and help to clear the senses ”



“355 exotic herbs and spices,  
combine to give you an incredible  
massage experience”



All massage therapies are suitable for both women, and men.



## MASSAGE THERAPIES

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### Babor Sensory Journey Massage

60 mins

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

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### ELEMIS Freestyle Deep Tissue Massage

60 mins

Your therapist will select aromatic oil according to your concerns, whether it be muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

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### Hot Lava Shell Massage

60 mins

A unique massage using self-heating lava shells which are expertly guided over the body to deliver a personalised treatment. A deep lava shell massage is perfect to relieve muscle tension, or a light touch will deliver general relaxation.

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### Hot Lava Shell Face and Body Ritual

120 mins

This Spa favourite, melts away tension with a unique top to toe warm lava shell massage. Hydrating oils nourish the skin, whilst the self-heating lava shells are expertly guided over the body to deliver a personalised treatment. A signature facial restores radiance and a soothing scalp massage provides a final tranquil touch.

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### Thai Poultice Massage

60 mins

Gentle Thai style stretches and rocking prepare the body for a combination of warm poultice and hands on massage. Designed to relax muscles, cleanse and revitalise both mind and body leaving an overall feeling of wellbeing. Includes: Gentle Thai style Stretches, Warm Herbal Poultice and Hands on Massage.

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### Bamboo massage

60 mins

This holistic therapy combines mystical Asian traditions, with tropical flowers, warm bamboo massage, for a journey through the Malaysian road. A warm bamboo massage encompassing various techniques including stretching, rolling and pressurising. Bamboo Massage is great for stress relief, is sculpting to the muscles and provides a firm comforting pressure.

# MASSAGE THERAPIES

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## Purva Karma Four Handed Massage

120 mins

The ultimate indulgent experience for those who find it difficult to unwind. A unique treatment starting with a welcome foot ritual, a body exfoliation and facial cleanse. Two therapists then connect to commence the four handed, tension releasing body massage. Using long, sweeping movements, this treatment features the pouring of warm oil and use of hot volcanic stones, finishing with a balancing and soothing therapeutic head massage to achieve relaxation and total bliss.

**Includes:** Foot Ritual – Body Exfoliation and Facial Cleanse – Four-Hand Massage with Hot Stones – Head Massage.

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## Hot Stone Therapy

45 or 60 mins

An indulgent massage using nourishing oils to soothe tired aching muscles.

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## Back, Neck and Shoulder Massage

30 mins

A targeted massage on back and shoulders, head, or legs.

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## Thai Poultice Ritual

120 mins

A traditional foot ritual cleanses the feet in preparation for a full body salt and oil exfoliation. This is followed by gentle Thai style stretches, warm herbal poultices and hands on massage perfectly designed around your concerns, to deeply soothe muscular aches, purify and moisturise the skin. A personalised facial completes this indulgent total body experience.

**Includes:** Foot Cleansing Ritual, Salt & Oil Scrub, Gentle Thai style Stretches, Warm Herbal Poultice and Hands on Massage, Personalised Express Facial.



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## Hot Lava Shell Massage

45 mins or 60 mins

A unique massage using self-heating lava shells which are expertly guided over the body to deliver a personalised treatment. A deep lava shell massage is perfect to relieve muscle tension, or a light touch will deliver general relaxation.

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### **Tension Relief Scalp Massage**

30 mins

The aim of this treatment is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

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### **ESPA Mindful Massage**

80 mins

Unwind a busy mind, escape the pace of everyday life and emerge feeling focused, with a sense of renewed positivity.

This holistic, deeply relaxing and clarifying experience works on the concept of mindfulness, focusing on both mind and body to help the guest reduce stress and 'be more in the present'.

The therapist first skillfully guides you through breathing and visualization techniques to help relax the mind and release physical or emotional anxieties.

The metamorphic zones on the feet are then massaged to help rebalance and ground, before a soothing, deeply therapeutic massage is continued up through the body to promote positivity to the mind, finishing with a re-energising scalp massage using warm rose Quartz crystals.

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### **Aromatherapy Massage**

90 mins

A relaxing massage using essential oils individually blended for general well-being and to treat a variety of conditions.

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### **Hale Sleep Therapy**

80 mins

This sleep inducing treatment begins with a guided meditation to relax the mind. Your therapist will use hot stone placements on the body to warm the muscles and balance the body. Lavender inhalations prepare your body for complete relaxation.

A sensory facial massage is then performed and warm oil is drizzled onto the third eye into the scalp for a deeply nourishing scalp massage. After an hour of bliss your therapist will let you continue to relax and drift off into a 20 minute sleep to complete your treatment.

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### **Hot Lava Shell Abdomen Treatment**

30mins

This is a natural colonic treatment and ideal for anyone suffering from IBS and bloating. Heated lava shells massage the abdominal area to stimulate the body's natural systems, eliminating toxins and reduce bloating.

## BODY SPECIFIC THERAPIES

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“To aid muscle relaxation, warm oil is used in all of our massage treatments, maximising results”



### DOCTOR BABOR Body Cellulite Wrap Draining and Re-Mineralising Treatment

60 mins

Lymphatic massage techniques will reduce water retention, stimulate the discharge of waste products and restore the firmness and elasticity of the connective tissue. Effectively smoothes the skin surface and reduces the appearance of dimples.

### BABOR Detoxifying Body Wrap

60 mins

This effective body treatment involves deep exfoliation removing impurities and redness, for a smooth, refined and even complexion. A volcanic clay peel is used to deep cleanse the skin and stimulate the circulatory system to help detoxify and remineralize the body. We then apply a thermo-mineral clay pack to relax and ease tense muscles before finishing with a soothing massage application of Vitamin ACE body cream.

### ELEMIS Thousand Flower Detox Wrap

60 mins

Omega-rich Green Tea seed oil is massaged into the skin followed by the thousand flower, vitamin-packed, super nutritious earth wrap encouraging the body to surrender its toxins, followed by a deeply relaxing facial massage and scalp massage to detoxify the face and relax the mind. A nourishing Green Tea balm, rich in minerals, proteins and Omegas - the superfoods of the skin - is the final touch, leaving you feeling completely reinvigorated and the body firing on all cylinders.

### ELEMIS Targeted Toning Tightener

60 mins

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and back and arms. Clinically proven to reduce the appearance of cellulite after just one treatment.





## FACIALS

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### Hydrafacial

60 mins

The unique Hydra Facial philosophy of Skin Health for Life is about not just improving the appearance of the skin, but truly restoring youthful, healthy skin. HydraFacial® produces immediate and instantly visible improvements to the skin that you can see and feel after every visit which is why many people choose to have regular treatments and make it an essential part of their beauty regime.

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### ELEMIS Superfood Pro-Radiance

60 mins

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health.

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### Radiance Booster

30mins

This tailor-made facial is designed as a taster. We aim to target your facial concerns and give you an insight to each brand.

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### Steam and Extraction

30 mins

A thorough, deep cleansing treatment that will eliminate blackheads and congestion, leaving the skin feeling 'squeaky clean'.

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## **Elemis BIOTEC**

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Visibly healthy, nourished and energised skin.

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## **Elemis BIOTEC: Line Eraser**

60 mins

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating, clinically proven facial.

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## **Elemis BIOTEC: Firm-a-Lift**

60 mins

Rediscover the architecture of your skin with this ground-breaking blend of massage sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

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## **Elemis BIOTEC: Anti-Pigment Brightener**

60 mins

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

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## **Elemis BIOTEC: Skin Resurfacer**

60 mins

This revolutionary clinically proven facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

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## **Elemis BIOTEC: Sensitive Skin Soother**

60 mins

Activators rich in Frankincense and natural anti-inflammatory Willowherb, the skin is infused with oxygen to encourage cellular restoration, perfect balance and structural strength. Red light therapy operates in harmony with calming anti-oxidants to improve cell communication and the skin's natural ability to repair itself. The result is serene, smooth and sensational.

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## **Elemis BIOTEC: Blemish Control**

60 mins

A thorough treatment of ultrasonic vibration, massage, steam and galvanic currents to decongest and exfoliate. A powerfully anti-oxidant, anti-bacterial activator containing Salicylic acid and inflammation-reducing Iris soothes and smoothes whilst light therapy helps balance and clear the complexion, speeding up recovery.

# FACIALS

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## Hollywood Facial

120 mins

This intense facial combines the unique hydra facial and the technology driven Biotec machine to give you the ultimate result facial.

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## BABOR ReVersive Facial

60 mins

In the Re-Youth Complex, active ingredients Telovitin, Agicyl, Epocyl and Luminol act in synergy to develop dramatic and visible results while achieving skin rejuvenation. This, combined with a 10% AHA peel, visibly reduces the appearance of fine lines and wrinkles while brightening the complexion for increased radiance and luminosity.

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## BABOR Ampoule Infusion Facial with a Balancing Touch Massage, incorporating Hot and Cool Therapy

60 mins

BABOR bring you a sumptuous treatment that's truly unique. An opulent head massage that both lifts the spirits and detoxifies the mind, followed by a cleansing and exfoliation experience to prepare your skin for maximum pure, active ampoule absorption. Pure plant extract ingredients from a single ampoule application leave the complexion at its most hedonistic state. This specialised skin specific treatment culminates with a balancing touch massage, incorporating hot and cool therapy to refresh both body and mind.

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## BABOR Sea Creation Facial

80 mins

Luxury that goes more than skin deep. Treat your skin to a luxurious journey of the deep sea. In each phase of the lavish SeaCreation treatment, you will feel the innovative, highly effective ingredients from the depths of the ocean begin to saturate your skin step by step, magically creating perfect radiance with a youthful glow. The SeaCreation treatment – highly concentrated serum is applied with a tiger conch followed by an exclusive cream that is massaged into your skin with heated obsidian stones and cool coral stones, followed by two intensive-action face massages leaving your skin looking firmer, smoother and more youthful.

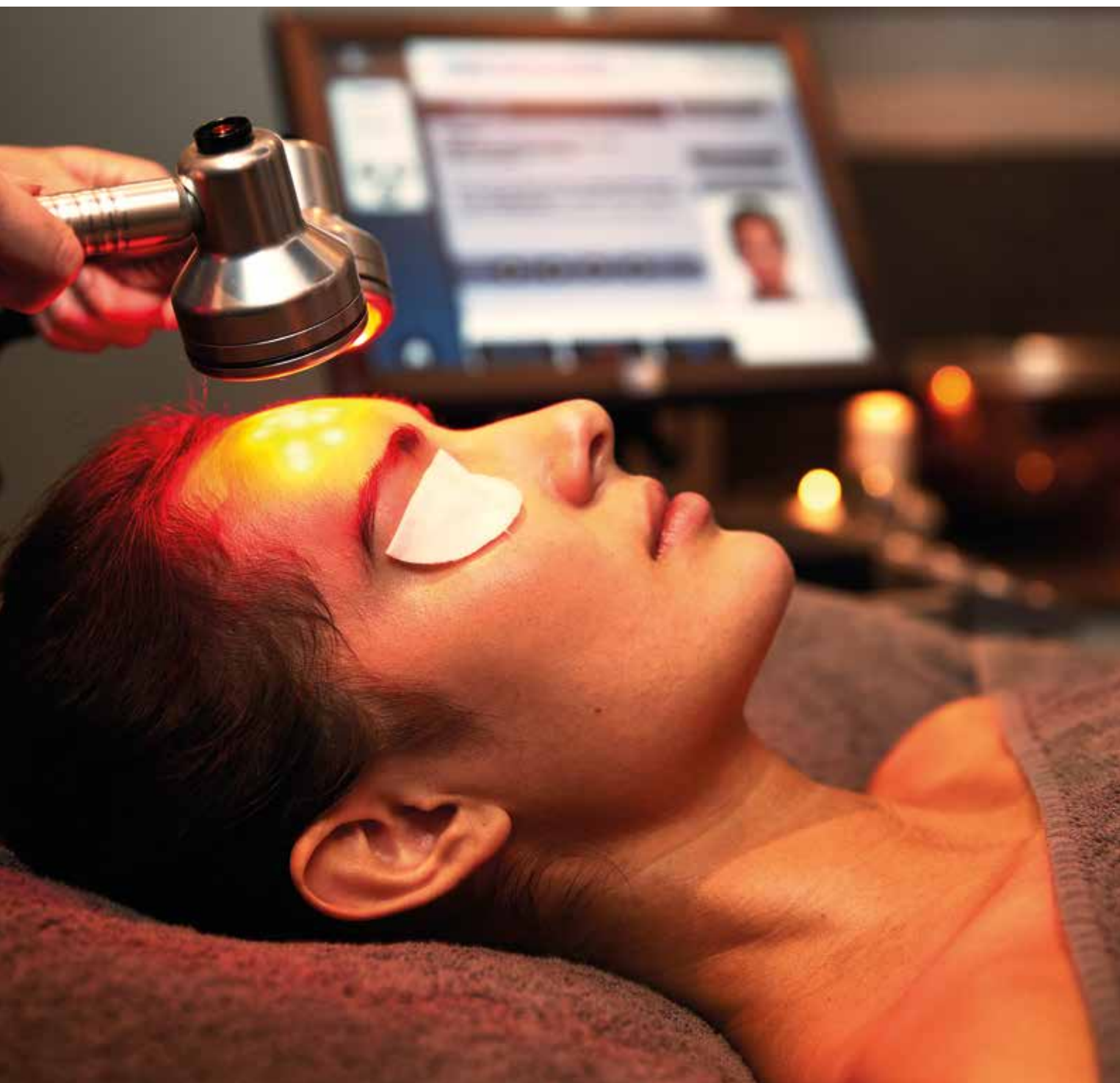
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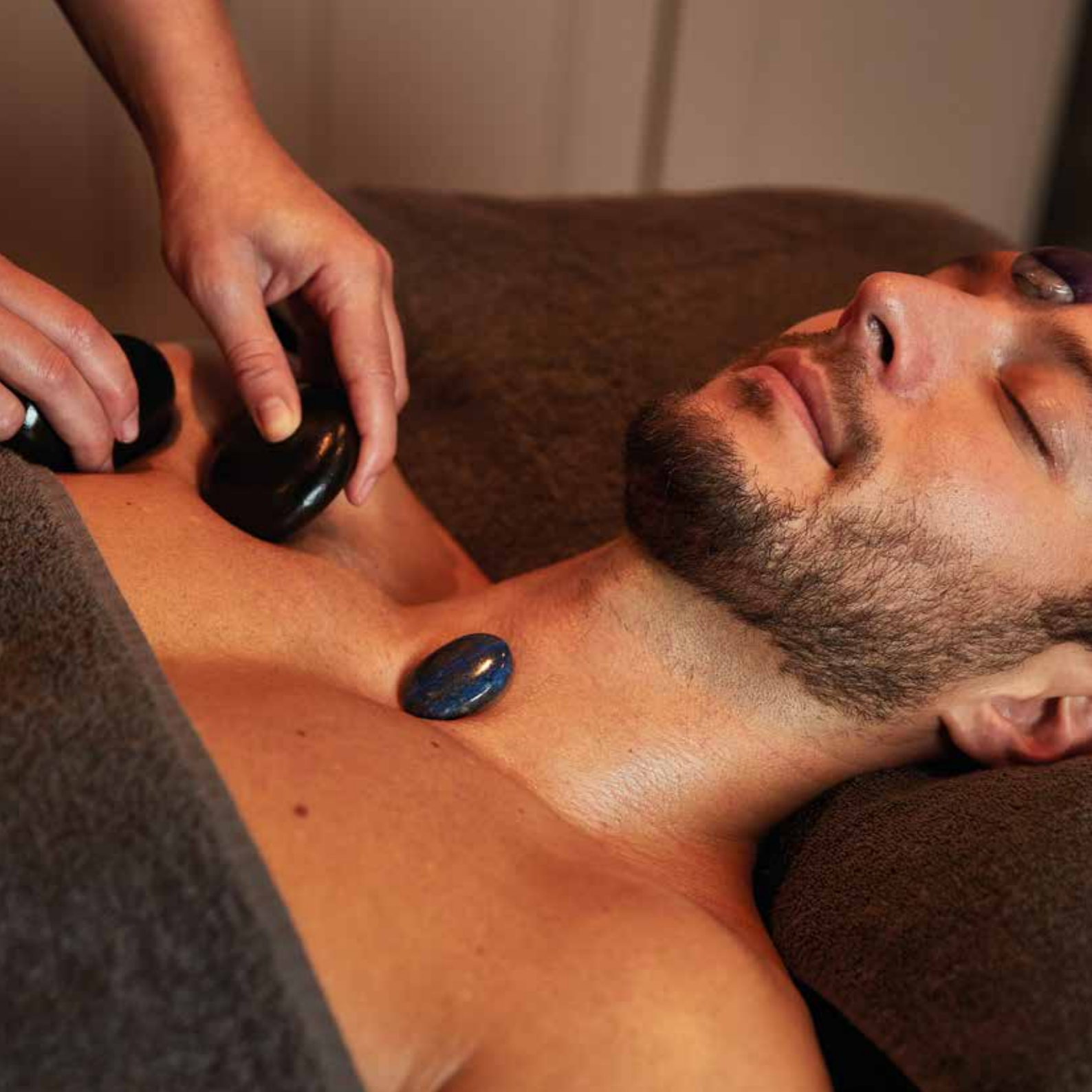
## ESPA Mindful Facial

80 mins

Naturally advanced formulas and warmed herbal poultices unite with therapeutic hands to deeply cleanse, hydrate and rejuvenate skin, while also calming a busy mind. Feel negative energies fade as your therapist expertly guides you through breathing and visualisation techniques, before long, lifting strokes using warmed poultices sculpt and tone the facial contours while nourishing the skin. Finishing with your choice of a soothing scalp massage or hand and arm massage, you emerge feeling relaxed, nurtured and with beautifully smooth, radiant and nourished skin.







## TIME FOR MEN

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### Elemis BIOTEC: Supercharge Facial

60 mins

The facial to de-stress, de-age and de-fatigue the male complexion whilst activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.



### Stressbuster

120 mins

Ideal for those suffering with stress related tension from business pressure, travel and fast-paced lifestyle. Includes a gentle skin cleanse involving skin brushing and body exfoliation followed by a full body massage with hot stone and scalp massage. Gentle stretching leaves our body feeling soothed, revitalised and de-stressed.

### Hot Lava Shells Back and Legs

45mins

A deep tissue massage using heated lava shells focussed on the back and the legs. Strained muscles, knots and stress points are worked upon with deep tissue massage to provide immediate relief.

### Muscle-ease Massage

45 mins

A condensed massage, targeting tension related headaches and neck strain. Entirely focused to your needs, effective stretching movements loosen and restore suppleness and motion to tight limbs, stiff joints and knotted muscles.

### Gentlemen's Club Hand and Nail Care

30 mins

Hands are exfoliated to remove dryness and massaged with treatment creams, cuticles are conditioned and groomed and nails are trimmed and shaped.

### Executive Footcare for Men

45 mins

A relaxing foot and leg treatment. Hard skin is removed, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy and toenails will be perfectly shaped.

# MAMA MIO PREGNANCY CARE

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## PRE AND POSTNATAL TREATMENT

Our treatments are designed to relieve areas prone to stress and tension during pregnancy while nourishing the skin and relaxing the mind. Pre and Post pregnancy treatments can relieve swollen, puffy legs, tone, firm and nourish parched itchy skin, aid weight loss and restore energy levels. Suitable from the second pregnancy trimester and after birth or surgery.

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### The Smoothie

30 mins

Rejuvenate your skin and clear your mind in preparation for your pending arrival. This treatment will exfoliate your skin oh-so-gently (but effectively) followed by a moisturizing application of massage oil to hydrate and elasticize your skin leaving you with skin to rival your baby's bottom.

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### Lucky Legs

30 mins

A mineral-rich foot soak, exfoliation (optional) and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. While you sit back and relax, we massage your hands and cuticles too. They don't call it a maternity marathon for nothing!

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### Mellow Mamma

60 mins

A full body massage that soothes lower back pain and swollen ankles to general 'heaviness' and tension – your expert therapist carefully targets areas of discomfort and aching muscles. Pure and safe active formulas bring nourishing comfort, boosting skin's natural elasticity.

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### Healing Hour

60 or 90 mins

This top to toe treatment begins with a relaxing foot soak and scrub, then, your therapist will commence with a tension relieving back massage, a gorgeous purifying facial, a soothing scalp massage, a 'tummy rub' to nourish your bump and the treatment is completed with massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying your little one.



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gettyimages

Aurelie and Morgan D

## JESSICA FINISHING TOUCHES

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### Jessica Prescriptive Manicure with Thermal Heated Mittens

60 mins

Jessica's Prescriptive Manicure with the luxurious added benefits of Thermal Heated Mittens for deeper penetration of oils and creams. This treatment choice is excellent for increasing circulation or relieving stiff, painful joints.

### GEleration Gel Overlay Manicure

45 mins

Includes hand exfoliation, massage, cuticle care & nail shape, finished with Jessica's GEleration gel polish.

### ZenSpa Pedicure Deluxe

75 mins

Jessica's ZenSpa pedicure with the luxurious added benefits of thermal heated booties, for deeper penetration of oils and creams. Excellent for increasing circulation, relieving stiff and painful joints.

### File and Polish

30 mins

### Add on Jessica Gel

20 mins

### Existing GEleration Removal

20 mins

Removal of existing GEleration only.

### Tanning

20mins

Vita Liberata uses an organic solution with a choice of tanning strength. This is perfect for all skin types and creates a bold and natural look. After tanning it is advisable to wear loose fitting, dark clothing.



# ENHANCE YOUR EYES

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## Nouveau Lash Extensions

90mins

Extend lash extension applications are specifically designed to give you noticeably thicker and longer lashes. Individual, ultra-fine lash extensions are professionally applied and bonded to your natural lashes. A combination of silk and synthetic materials creates an extension that's shiny and glossy yet perfectly shaped and curved – just like a natural lash.

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## Nouveau Lash Maintenance

45 mins

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## Nouveau ENHANCE: LVL

45 mins

LVL stands length, Volume and Lift. It's a stunning alternative to eyelash extensions and has been designed to dramatically enhance the client's natural eyelashes.

The treatment involves lifting, rather than curling the lash, and usually incorporates a tint. Together with the lift, this creates the fabulous illusion of longer, thicker lashes.

(Please note tinting and LVL lashes will require a patch test before your first treatment. HD brows will require a patch test before every treatment)



## ENHANCE YOUR EYES

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### HD Brows\*

45mins

The High Definition Brows procedure itself is an eyebrow shaping treatment incorporating tinting, waxing and threading to design and create a shape to suit your face. On average clients will have this treatment every 4 weeks.

Your technician will suggest a re-growth programme or just a maintenance programme as well as home care advice to keep the desired shape.

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### EyeLash and Eyebrow Tinting

Perfect to enhance your eyes, and save the need for make up.

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### EyeLash and Eyebrow Tint

30 mins

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### EyeLash Tint

20 mins

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### Eyebrow Tint

15mins

## WAXING

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### Waxing

Our waxing treatments use premium hot and warm Lycon wax, delivering superior results. This product uses the finest natural ingredients to provide a skin conditioning treatment while removing short stubborn hairs & preventing redness and stinging.

- Eyebrow Wax
- Lip or Chin Wax
- Lip and Chin Wax
- Cheeks Wax
- Half Leg Wax
- Full Leg Wax
- Bikini Tidy
- Extended Bikini Wax
- Brazilian Bikini
- Hollywood Bikini
- Full Arm Wax
- Underarms Wax
- Hand or Feet Wax
- Back or Chest
- Nostril Wax

# LASER HAIR REMOVAL

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## Laser hair removal

If you wish to book for a laser hair removal appointment, please note, all our consultations are complimentary. The therapist will talk through prices and how many sessions may be required. Now there's an easy way of eliminating unwanted hair.

Laser hair removal is a safe, virtually painless method of removing unwanted hair. It works by focusing a laser beam at the base of the hair follicle, halting hair growth. It's the perfect solution for men and women.

## How does the 'Soprano' system work?

The Soprano XL utilises an 810nm diode laser to offer "Pain-Free Hair-Free" permanent hair reduction. The energy from the light is selectively absorbed by the melanin (the pigmentation in the hair) which causes the hair shaft and follicles to heat up. This gradual heating causes the cells responsible for hair growth to be destroyed. The surrounding skin and tissue remain undamaged.

## How is the treatment carried out?

A thin layer of gel is applied to the area for treatment to ensure the optimal transmission of light onto the skin. It also has a cooling effect. The hand piece is placed onto the skin, using the DualChill mechanism to actively cool the skin prior to treatment to ensure client comfort. The hand piece is constantly in motion when treatment is in progress to gradually heat the skin, making the treatment virtually pain free. During treatment you must wear protective eye goggles.

## Does it work on all hair colours?

Black and very dark hairs are the most effectively treated due to the large concentration of melanin in these hairs, which gives optimal absorption and conversion of light energy to heat. Fair hair has less melanin, so less heat is produced with less certainty of permanent destruction of the hair follicles. Grey (white) hair has almost no melanin and cannot be effectively treated.

## Does it work on all skin types?

Unlike traditional IPL systems, the Soprano laser achieves results on all skin types, even dark skinned individuals. The epidermis (upper layer of the skin) also contains melanin and the concentration increases when the skin is exposed to UV light. It is therefore advisable not to have treatment if you have 'active' melanin (have been exposed to sunlight or fake tans in the past 4 weeks) to avoid possible side effects.

## Does it hurt?

The sweeping motion of the laser ensures that the skin is only gradually heated, and intermittently cooled throughout. This reduces the pain and ensures the client has a more comfortable treatment, which is sometimes likened to the sensation experienced during hot stone massage.

# LASER HAIR REMOVAL

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## **Does the client need to shave prior to treatment?**

Hair should be shaved just prior to treatment. As the treatment relies on the heating of the melanin in the follicles, tweezing, waxing or bleaching should not be carried out. By avoiding epilation or waxing for 4 weeks before treatment, it can be ensured that as many follicles as possible contain a hair and thus can be destroyed by the light.

## **Why do hairs “grow” after treatment?**

The hair follicles are destroyed by the heat but the hairs remain in the follicles. These will fall out after 1-3 weeks as the epidermis is renewed and ‘pushes’ them out. Between treatments, hair will continue to grow as a new growth cycle kicks in ready for the next treatment.

## **What are the side effects?**

Immediately after treatment, a slight reddening of the skin is often noted and a red ring and some swelling (oedema) around each follicle. These end points indicate that sufficient heating of the follicles has taken place. However they are not always seen but many individuals have successful treatment results even without the post-treatment signs. Most of these described skin reactions usually disappear within hours to a few days. Very rarely hyperpigmentation, hypopigmentation or blistering may occur.

## **How many treatments are necessary?**

Only hair in the active growth phase can be effectively treated. The number of hairs in this phase varies from 10-70%. The length of the growth cycle also varies. After the first treatment, most patients get significant reduction in hair density. Treatment sessions are recommended every 4-6 weeks. The number of sessions needed varies, but the usual number is 6-10.

## **How do I prepare for treatment?**

You should avoid tanning and must not use any fake tan 6 weeks ahead of and during the entire treatment period, to avoid excessive discomfort and damage from light absorption in the epidermis. Immediately after the treatment the skin is particularly sensitive to UV light, and strong sunlight should be avoided for 1-2 weeks.

## **How long does treatment take?**

A facial treatment usually takes 15 minutes, whereas both legs or an entire back can take from 1 to 2 hours.

## **Is permanent hair removal possible?**

As the technology is only a few years old we do not know for definite how long the treatment is effective, but it seems to be very long term.

## ADDITIONAL INFORMATION

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### Helpful hints

For Spa Experiences bring bathing attire for use in the thermal spa rooms. Robes, towels and footwear are provided. Lockers are provided for your personal items, however please be aware we accept no responsibility for loss of items on the premises. We love to hear your feedback - please feel free to speak to a therapist about any aspect of your visit.

### Etiquette

Please arrive at least 15 minutes before your appointment. Treatments can only take place after completion of the appropriate forms. Late arrival may result in a reduction of treatment time.

All of our treatments are inclusive of consultation. Please note that thermal suites are only available for ages 16 and above.

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone free zone.

Members of Hale Country Club with an established account get an exclusive discount on all treatments at The Spa; please enquire at Reception for more details.

### Bookings

You can make a reservation either by phone, or email:

**Telephone: 0161 904 5930**

**Email: [thespa@halecountryclub.co.uk](mailto:thespa@halecountryclub.co.uk)**

To ensure your preferred time and service is available we recommend you book in advance. A credit card may be required at the time of booking.

### Gift vouchers

An ideal gift for someone special. Vouchers are available for any monetary amount or treatment. Please call in or telephone to purchase a voucher.

### Cancellation policy

All treatments moved or cancelled within 48 hours will incur a 50% charge. Failure to arrive for a treatment will incur a 100% charge.

Time spent using the facilities will depend on the treatment you have booked.

- 3 hours when booking a half hour treatment.
- 4 hours when booking an hours appointment
- 5 hours when booking a two hour appointment
- 6-8 hours when booking a Spa Experience Day.

Please note the use of the facilities is inclusive of your treatment time.

Time spent using the facilities after your allocated time will result in an extra charge payable on the day.



THE SPA  
AT HALE COUNTRY CLUB

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