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MOTTRAM HALL

*Cheshire*

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PRICELIST

*Spa experience*

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# DISCOVER OUR SPA TREATMENTS

Other specific skin conditions can be treated.  
Please ask our team.

## ELEMIS FACE

### BIOTEC facial

£75 – 50 mins

The Treatment: A tailored electrical facial combining oxygen, light therapy, firming and toning micro-currents and an ultra sonic peel.

*The Reward: Younger-looking, firmer, resurfaced skin that looks more radiant.*

### Pro-collagen age defy facial

£75 – 50 mins

The Treatment: Lymphatic massage techniques and anti-ageing collagen combine to tackle fine lines and wrinkles.

*The Reward: The age-defying mask goes to work, leaving your skin with a firmer, lifted and more youthful look.*

### Pro-definition lift and contour

£75 – 50 mins

The Treatment: The Arjuna and Lupin-infused jowl and chin mask works on elasticity, for a profoundly, sculpted youthful effect. Whilst potent nutrients and stem cells found in Edelweiss and Tiger Grass help support the extra-cellular matrix.

*The Reward: The structure of the skin is boosted through a unique deep, muscle-toning massage from the scalp to the décolleté. The skin appears plumper and revitalised, creating a profoundly sculpted, youthful effect.*

### High performance men's facial

£75 – 50 mins

The Treatment: An anti-ageing booster for tired skin, which counteracts the effects of shaving and environmental damage. This is the ultimate overhaul for male skin.

*The Reward: Even if you've been burning the candle at both ends, your skin will feel boosted and rejuvenated, ready to face the world again.*

### Superfood pro-radiance facial

£45 – 25 mins

The Treatment: This amino active mask, rich in superfoods, minerals and trace elements, detoxes and nourishes stressed skin.

*The Reward: Superbly soft, deeply nourished skin, with lost moisture replenished.*

### Dynamic resurfacing facial

£75 – 50 mins

The Treatment: Pioneering precision layering of three targeted enzyme serums removes ageing skin to reveal younger-looking skin.

*The Reward: Powerful exfoliation reveals clean, smooth and radiant skin, with a new level of evenness and clarity.*



## ELEMIS FACE & BODY

### Couture touch

£75 – 50 mins

The Treatment: Hands-on touch facial with a personalised freestyle deep tissue massage or deeper than deep hot stone massage.

*The Reward: This uplifting treatment hydrates, relaxes and smooths.*

### Absolute spa ritual

£125 – 100 mins

The Treatment: Combining the best of our facial and body treatments, with a deep tissue massage and an Elemis facial personalised to your skin's needs.

*The Reward: This heavenly treatment will make you feel brand new: relaxed, with a glowing, lifted complexion.*

## ELEMIS MASSAGE

### Garden of England rose restore massage (Swedish)

£45 – 25 mins | £75 – 50 mins

£90 – 80 mins

The Treatment: Take a walk in an English rose garden with this lavishly hydrating light/medium pressure massage.

*The Reward: The unique trio of rose, camellina and poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.*



### Deeper than deep hot stones massage

£55 – 25 mins | £85 – 50 mins

£100 – 80 mins

The Treatment: Get deep into the muscle with Balinese stones selected to address exactly what you need.

*The Reward: Skin is intensely moisturised with Elemis frangipani monoi body oil.*

### Freestyle deep tissue massage

£45 – 25 mins | £75 – 50 mins

£90 – 80 mins

The Treatment: A dynamic blend of essential oils are rhythmically applied to the pressure points your body needs, using firm massage.

*The Reward: Tension is massaged away and aching muscles soothed, as your therapist tailors the treatment to your needs, applying relaxing deep pressure.*

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**The peaceful pregnancy massage**  
£85 – 50 mins

**The Treatment:** This unique pregnancy massage is profoundly nurturing and tranquil.

**The Reward:** Mothers-to-be are lulled and restored to optimum wellness.

## ELEMIS BODY

**Thousand flower detox wrap**  
£75 – 50 mins

**The Treatment:** This nutrient-rich detox wrap uses the deeply nourishing green tea balm to encourage super skin health and powerful detoxification.

**The Reward:** Helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

**Lime and ginger scrub**  
£45 – 25 mins

**The Treatment:** An exotic exfoliation ritual to invigorate and revitalise.

**The Reward:** Skin is left feeling deeply cleansed, polished and softened to perfection.

## NAIL CARE

**Jessica luxury manicure**  
£55 – 50 mins

**The Treatment:** A relaxing hand exfoliation, massage and moisturise including cuticle care and a nail shape.

**The Reward:** Your fingers will be finished perfectly with Jessica's great range of colour, or quick dry phenom or even long lasting gel polish – the complete treatment to ensure your nails are looking ready to go!



**Jessica express manicure**  
£25 – 25 mins

**Jessica gel manicure**  
£30 – 45 mins

**Jessica express pedicure**  
£25 – 25 mins

**Jessica gel pedicure**  
£30 – 45 mins



**Jessica luxury pedicure**

£55 – 50 mins

**The Treatment:** A luxury foot and leg treatment including a relaxing massage and moisturise.

**The Reward:** Your feet are tended to, cuticles and nails reshaped and any hard skin removed, before experiencing Jessica's great range of colour, quick dry phenom or even long lasting gel polish.

## BEAUTY

**Eyebrow shape**  
£13 – 10 mins

**Eyebrow tint**  
£15 – 15 mins

**Eyelash tint**  
£15 – 15 mins

**Lash and brow tint**  
£25 – 25 mins

**Waxing package**  
£30 – 25 mins | £55 – 50 mins

## EXPRESS SPA

**Tranquillity scalp massage**  
£45 – 25 mins

**Best foot forward**  
£45 – 25 mins

**Lift and firm eye treatment**  
£45 – 25 mins

**St. Tropez spray tan**

£25 – 25 mins

**The Treatment:** The ultimate faux tanning system, combining the speed of spray tanning with the skill of a therapist. A full body exfoliation the day before will give you the best results.

**The Reward:** A smooth, streak-free natural-looking tan. Fake a gorgeous golden glow, and everyone will think you've been abroad. We won't tell. Please be aware that a patch test is required 24hrs prior to having the treatment.



## SPA DAY PACKAGES



### ESCAPE SPA DAY

50 mins spa ritual, use of facilities, light lunch, robes, slippers, towels  
Mon-Thur £75  
Fri-Sun £85

### AFTERNOON TEA SPA DAY

50 mins spa ritual, use of facilities, afternoon tea, glass of Champagne, robes, slippers, towels  
Mon-Thur £90  
Fri-Sun £110

### DOUBLE UP SPA DAY

Any 50 mins spa treatment, plus any 25 mins spa treatment, use of facilities, light lunch, robes, slippers, towels  
Mon-Thur £115  
Fri-Sun £125

### SLEEP SPA DAY

80 mins deeper than deep hot stones massage, use of facilities, light lunch, robes, slippers, towels  
Mon-Thur £119  
Fri-Sun £129

### TIME SPA DAY

2 x 50 mins spa treatments of your choice, use of facilities, light lunch, robes, slippers, towels  
Mon-Thur £155  
Fri-Sun £175

## OUR SPA GUIDELINES

### Access

Between Manchester and Macclesfield, The Spa At Mottram Hall is easily accessible from north and south via the following motorways: M6, M56 and M60. The Spa At Mottram Hall is located within the hotel and easily accessible for our guests.

If you are taking a treatment of 50 minutes or more you will be offered a robe and slippers to change into, should you wish. Any guests taking express treatments will change as appropriate in the treatment rooms.

### Medical advice

Please inform us as early as possible of any medical matters or allergies. Please include these on your spa consultation form before your treatment.

### Pregnancy

We strongly advise against using the thermal areas during pregnancy, but we recommend our tailored pre-natal treatments for mummies-to-be.

### Scheduling an appointment

It is advisable to book treatments in advance, by calling 01625 828 135.

### Spa etiquette

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. The spa is a mobile phone free zone.

### Thermal areas

We ask that swimming costumes are worn, for the general comfort of everyone around.

### Age

The spa is open to clients over 18, and over 16 under certain conditions.

### Mobile telephones

We have Wi-Fi coverage, but please do not speak on your phone in the spa.

### Group bookings

We welcome groups, hen parties, corporate and team days, and make individual arrangements with prior notice.

### Gift vouchers

Available to buy in the spa.

### Cancellations

Credit card details may be needed to secure your booking for treatments. 24 hours notice is needed to cancel or reschedule appointments. If you cancel within 24 hours a 100% charge will be applied.



# MOTTRAM HALL

*Cheshire*

For more information and to book

Call 01625 828 135

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