

## GIFT VOUCHERS

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Gift vouchers are available in monetary or treatment format from the spa reception or alternatively visit [handpickedhotels.co.uk](http://handpickedhotels.co.uk)

## TERMS & CONDITIONS

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Please visit [handpickedhotels.co.uk](http://handpickedhotels.co.uk) for further information on:

- Hand Picked spa booking terms and conditions
- Opening and closing times
- How to book and methods of payment
- Cancellation policy
- Health guidelines

All prices include VAT at 20% and may be subject to change.

### **Fawsley Hall Hotel & Spa**

Fawsley Near Daventry  
Northamptonshire  
NN11 3BA

T 0845 458 0901 or 01327 892 000

F 0845 072 7455

[fawsleyhall@handpicked.co.uk](mailto:fawsleyhall@handpicked.co.uk)

### **Central Reservations**

**0845 458 0904\* or 01642 706606**

**[handpickedhotels.co.uk](http://handpickedhotels.co.uk)**

\*calls cost 5p per minute plus your provider's access charge

*Hand*PICKED  
HOTELS  
BUILT FOR PLEASURE

FAWSLEY HALL HOTEL & SPA

SPA EXPERIENCES PRICE LIST





## FAWSLEY HALL SPA EXPERIENCES...

MAKE THE MOST OF YOUR VALUABLE ME-TIME WITH ONE OF OUR SPA EXPERIENCES. THE ULTIMATE IN INDULGENCE, THEY COMBINE THE RELAXATION AND WELLBEING OF THE SPA WITH THE ELEGANCE OF OUR HOTEL AND RESTAURANT.

We have created a range of experiences offering a variety of treatments including luxury facials, reviving wraps and relaxing massages. Opt for a Day Spa Experience and enjoy full use of the health club facilities, including the swimming pool, outdoor hydrotherapy pool, sauna, steam room and gym. For your comfort we provide towels, robes and slippers.

You may find it hard to leave, and with our Residential Spa Escapes you don't have to. Residential Spa Escapes include all the benefits of our Day Spa Experiences plus breakfast the next day. Alternatively, why not create your own dream escape with your choice of treatments and if you so desire, Champagne, afternoon tea and a romantic private evening meal. You deserve nothing less.

### ACCOMMODATION

#### Bed and breakfast

Sunday to Thursday from £138 per night\*  
Friday and Saturday from £189 per night\*

#### Dinner, bed and breakfast

Sunday to Thursday from £202 per night\*  
Friday and Saturday from £253 per night\*

For further Residential Spa Escape offers, please visit [handpickedhotels.co.uk/fawsleyhall](http://handpickedhotels.co.uk/fawsleyhall) and click on Spa or call 0845 458 0904 or 01642 706 634.

### RESIDENTIAL SPA ESCAPES

#### Classic Spa Break

Enjoy a one night stay with a three-course dinner in the restaurant and breakfast the following morning. Then relax and rejuvenate with full use of the health club and spa facilities, a two course-spa lunch, plus **two** of the following 25 minute treatments each:

- Back, neck and shoulder massage
- Express facial
- Tired eye treatment
- Full body scrub
- Shape and polish for fingers or toes

**Sunday to Thursday from £329 per night\***

**Friday and Saturday from £371 per night\***

#### Rebalancing Spa Break

Enjoy a one night stay including a full traditional breakfast, plus **one** 55 minute treatment from:

- Face and body combo
- Body combo
- Face and eye combo
- Full body massage
- Luxury facial

**Sunday to Thursday from £242 per night\***

**Friday and Saturday from £288 per night\***

\*Based on two people sharing. Single supplements apply.

### DAY SPA EXPERIENCES

#### Perfect Solution

The perfect combination for mind, body and soul.

The choice is yours, enjoy **either**:

- Full body massage **and** express facial

**or**

- Luxury facial and back, neck **and** shoulder massage

**Plus**, a two-course spa lunch

**Monday to Thursday - 1hr 20 mins - £115**

**Friday to Sunday - 1hr 20 mins - £130**

#### Refresh and Revive

Sample all the benefits the spa has to offer. Select **two** 25 minute treatments from:

- Back, neck and shoulder massage
- Express facial
- Tired eye treatment
- Full body scrub

**Plus:**

- Shape and polish for fingers or toes
- Two-course spa lunch

**Monday to Thursday - 1hr 15 mins - £110**

**Friday to Sunday - 1hr 15 mins - £130**

#### Selection

A fantastic way to totally relax and unwind.

Choose **two** of the following 25 minute treatments:

- Back, neck and shoulder massage
- Express facial
- Tired eye treatment
- Full body scrub
- Shape and polish for fingers or toes

**Plus**, a two-course spa lunch

**Monday to Thursday - 50 mins - £99**

**Friday to Sunday - 50 mins - £110**

#### Tailor Made - Just for You

Create your very own Spa Day Experience by selecting the treatments of your choice from our brochure to the value of £80 plus the choice of **one** of the following:

- Two-course spa lunch (available 12-2pm)
- Elevenses (available 11am-4pm)
- Afternoon tea (available 3pm-5pm)

**Monday to Sunday - £99**

#### Classic Mother to Be Spa Day

Take some time out and enjoy **one** 55 minute treatment from:

- Pregnancy Massage
- Pregnancy Facial
- Pregnancy Pedicure

**Plus**, a two-course spa lunch or afternoon tea or elevenses

**Monday to Thursday - 55 mins - £85**

**Friday to Sunday - 55 mins - £95**

#### Hen Party / Celebrations Spa Day

An ideal get together for any special occasion. Enjoy **one** of the following 25 minute treatments each:

- Back, neck and shoulder massage
- Express facial
- Tired eye treatment
- Full body scrub

**Plus:**

- Shape and polish for either fingers or toes
- Cream tea

When 6+ spa days are booked the 6th person goes free.

**Monday to Thursday - 50 mins - £85**

**Friday to Sunday - 50 mins - £89**

#### Indulgent Afternoon Tea Spa Day for Two

Relax with a loved one by choosing **one** of the following 55 minute treatments each:

- Face and body combo
- Body combo
- Face and eye combo
- Full body massage
- Luxury facial
- Classic pedicure
- Luxury manicure
- Fingers and toes combo

**Plus**, afternoon tea or elevenses.

**Monday to Thursday - 55 mins - £155 for two**

**Friday to Sunday - 55 mins - £179 for two**

#### Champagne Get Away for Two

A day to relax your mind, body and senses. Your experience begins with **one** of the following 55 minute treatments each:

- Full body massage
- Luxury facial
- Classic pedicure
- Luxury manicure

**Plus**, cream tea and a glass of Champagne.

**Monday to Thursday - 55 mins - £145 for two**

**Friday to Sunday - 55 mins - £175 for two**

#### Afternoon Tea / Elevenses Spa Day for Two

Simply relax with someone special. Enjoy **one** of the following 25 minute treatments:

- Back, neck and shoulder massage
- Express facial
- Full body scrub
- Shape and polish for fingers or toes

**Plus**, afternoon tea or elevenses.

**Monday to Thursday - 25 mins - £125 for two**

#### Personalised

Create your very own Day Spa Experience by selecting a minimum of 1 hour and 15 minutes treatment time from the brochure. This day includes a two-course spa lunch plus full use of the health club and spa facilities.

**£25 supplement plus the combined cost of your chosen treatments.**

## FACE

### Elemis Face & Body Sensation

*Experience the perfect Elemis treatment duo.*

A sensational massage combined with prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance:

Choose **one** of the following:

- Pro Collagen Quartz Booster Facial
- Tri Enzyme Resurfacing Booster Facial
- Skin Radiance Booster Facial
- Skin IQ Men's Booster Facial

**55 mins - £75**

### BIOTEC FACIALS

The Elemis BIOTEC facial works in perfect synergy with the skin's natural bio-electric field and delivers seven unique, clinically proven facials for every skin type. Powered by five treatment technologies, each one provides powerful and measurable results. Our therapists will analyse your skin and recommend one of the following treatments.

Course of 6 and 10 facials are also available on any of the Biotec facials.

### Triple-tec Anti-Wrinkle Facial

The ultimate wrinkle-smoothing facial to rejuvenate ageing skin.

**55 mins - £75**

**25 mins - £49**

### Micro Firm-a-Lift Facial

Super-lift facial to help firm and tighten cheeks, neck and jaw line.

**55 mins - £75**

**25 mins - £49**

### Sonic Skin-Resurfacing Facial

Revolutionary resurfacing facial to even skin tone, reduce blemish marks and smooth fine lines.

**55 mins - £75**

**25 mins - £49**

### Sonic Skin-Radiance Facial

Radiance-boosting, bio-electric facial to energise tired, dull and stressed skin.

**55 mins - £75**

**25 mins - £49**

### L.E.D. Blemish Control Facial

Deep cleansing, light therapy facial to visibly clear and re-balance oily, blemish prone skin.

**55 mins - £75**

**25 mins - £49**

### O2 Sensitive Skin Soothing Facial

De-sensitising anti-redness facial, to help soothe and calm a delicate skin.

**55 mins - £75**

**25 mins - £49**

### Super-Charge Facial for Men

High performance facial for men to de-grease, de-age and calm a stressed, dehydrated skin.

**55 mins - £75**

**25 mins - £49**

### ADVANCED ANTI-AGEING FACIALS

#### Elemis Pro-Collagen Quartz Lift Facial

*Anti-wrinkle facial with proven results.*

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just one treatment, this facial reduces the number of wrinkles by up to 94%\* and improves skin firmness by up to 57%\*.

\*Independent clinical trials 2007.

**1 hr 10 mins - £80**

**40 mins - £59**

#### Elemis Visible Brilliance Facial

*To combat ageing, stressed and slackened skin.*

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61%\* and elasticity by 40%\* after just one treatment.

\*Independent clinical trials 2004.

**1 hr 10 mins - £80**

**40 mins - £59**

#### Elemis Pro-Intense Lift Enhance Facial

*Super lifting facial with visible results after one treatment.*

Powerful lifting techniques target sagging jowls, cheeks, chin and neck, whilst helping to reduce puffiness and fluid retention associated with sagging skin along the jaw line.

**55 mins - £75**

#### Elemis Tri-Enzyme Resurfacing Facial

*Peel away the years for smoother, more radiant skin.*

This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75%\* and increase skin smoothness by up to 32%\* after just 1 treatment, this unique facial targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin. \*Independent clinical trials 2006.

**55 mins - £75**

**40 mins - £59**

### SKIN SOLUTIONS FACIALS

#### Elemis Oxygen Skin Calm Facial

*Pure soothing heaven for sensitive skin.*

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask, impregnated with Absolute SkinCalm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

**1 hr 10 mins - £80**

#### Elemis S.O.S Purifying Facial

*A purifying treatment for congested skin.*

A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

**1 hr 10 mins - £80**

#### Elemis Modern Skin Facial

*Designed for skin challenged by modern living.*

Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results: remineralised, rebalanced and renewed skin.

**55 mins - £75**

### SKIN SPECIFIC FACIALS

#### Elemis Fruit Active Glow Facial

*Bring back the glow to a lifeless complexion.*

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

**55 mins - £65**

#### Elemis Exotic Moisture Dew Facial

*Treat your skin to a moisture boost.*

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

**55 mins - £65**

#### Elemis Herbal Lavender Repair Facial

*For the perfect restoration of skin balance.*

Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

**55 mins - £65**

#### Elemis Express Facial

This introductory facial provides a quick and instant pick me up for any occasion.

**25 mins - £45**

## MASSAGE

### Elemis Deep Tissue Muscle Massage

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

**55 mins - £70**

### Traditional Full Body Massage

A full body massage designed to ease tension, relieve stress and promote a general state of wellbeing using nourishing oil.

**55 mins - £69**

### Moroccanoil Honey & Lavender Full Body Massage

Full body massage using Moroccan oils Intense Hydrating Treatment which soothes and relaxes tired muscles. This highly concentrated treatment melts into a warm soothing body drizzle which is massaged into the skin.

**55 mins - £69**

### Moroccanoil Back, Neck & Shoulder Massage

Deeply relaxing massages which focuses on tension build up in the back, neck & shoulders. Warm Moroccanoil Intense Hydrating Treatment soothes and relaxes tired muscles whilst you switch off and unwind.

**25 mins - £45**

### Elemis Deep Tissue Back Massage

Tension relieving massage specifically targeted at the need areas of the back, neck and shoulders.

**25 mins - £45**

## HOT STONE

### Elemis Aroma Stone Therapy

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxurious warmed oils are massaged deeply into the body for maximum relaxation.

**1 hr 10 mins - £85**

**40 mins - £65**

### Moroccanoil Honey & Lavender Full Body Hot Stone Massage

Full body massage using Moroccan oils Intense Hydrating Treatment which soothes and relaxes tired muscles. This highly concentrated treatment melts into a warm soothing body drizzle which is massaged into the skin.

**55 mins - £75**

### Lava Shell Relax Massage

This massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind.

**55 mins - £75**

## BODY

### Elemis Musclease AromaSpa Ocean Wrap

*Powerful seaweed wrap for complete muscle relaxation.*

Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment.

**1 hr 10 mins - £80**

### Elemis Cellutox AromaSpa Ocean Wrap

*A deeply detoxifying blend to decongest and stimulate the system.*

Let thoughts drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and marine algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

**1 hr 10 mins - £80**

### Elemis Body Sculpting Cellulite and Colon Therapy

*Redefine and smooth your silhouette.*

Using the new clinically proven Elemis Body Sculpting system, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying fennel and birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps detoxify the body, working from the inside out.

**55 mins - £75**

### Elemis Exotic Coconut Rub and Milk Ritual Wrap

*Pure sensuality to enliven the senses.*

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

**40 mins - £59**

### Elemis Exotic Frangipani Body Nourish Wrap

*For immediate softness and suppleness.*

Aromatic Tahitian coconut and Frangipani flowers are soaked together to produce the monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

**40 mins - £59**

### Elemis Exotic Lime and Ginger Salt Glow

*Invigorated, cleansed and polished to perfection.*

A body exfoliation ritual to invigorate and revitalise. After light body brushing, warm oil is drizzled luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

**40 mins - £59**

### Moroccanoil Exfoliation Ritual

*Full body dry brushing followed by full body exfoliation*

Moroccanoil 's unique and luxurious orange peel scrub gently exfoliates your Body and polish's away dead skin cells. The added benefits of argan oil blended with Vitamin E, nourishing avocado, grape seed, safflower, sesame and sweet almond oils, rejuvenate your skin with intense moisture. This is perfect as a stand-alone service or ideal in preparation for a Moroccanoil Massage.

**40 mins - £59**

## SPECIALITY

### Reflexology

A specialised massage technique concentrating on reflex areas of the feet. The feet are like a map of the body with different areas corresponding to particular organs of the body. By applying compression massage to specific points on the feet, reflexology is a relaxing method of stimulating the body's self healing properties, balancing and helping to relieve tension. Courses on request.

**40 mins - £45**

### Tanning: Kissed by Mii

Be Kissed by Mii to give yourself an instant tanning boost with revitalised, reinvigorated skin feeling healthy and truly irresistible all year round. This Paraben free range is created with marine minerals, taking the nourishing benefits of coral seaweed and coastal flowers to replenish you skins natural minerals, leaving it sublimely soft so that your tan can develop beautifully.

**Tan with full body exfoliation - 55 mins - £40**

**Tan without exfoliation - 25 mins - £25**

## PREGNANCY

### Elemis Nurturing Massage for Mother-to-Be

*Massage adapted to each stage of pregnancy.*

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit. Suitable from 13 weeks onwards.

**1 hr 10 mins - £80**

### Elemis Facials

All Elemis facials are suitable for mothers to be from 13 weeks onwards.

## FOR MEN

### Elemis Total Time Out

*The ultimate skin and body therapy for men.*

Combine Anti-ageing Elemis Skin IQ+ Facial with the dynamic and immediate tension-relief of the prescribed

Elemis Deep Tissue Muscle Massage.

**1 hr 55 mins - £125**

### Elemis Skin IQ Facial

*Anti-ageing booster for tired, stressed skin.*

Charged with the clinically proven\*, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.\*Independent clinical trials 2007.

**1 hr 10 mins - £80**

### Elemis Urban Cleanse Facial

*Deep cleanse and complete skin detox.*

This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

**1 hr 10 mins - £80**

### Elemis Deluxe Traditional Wet Shave Experience

*The ultimate wet shave experience for a gentleman*

Indulgent wet shave using an open razor with scented hot towels, facial cleansing, exfoliation and a mask.

**55 mins - £45**

### Men's Hand and Nail Treatment

Manicure including gentle exfoliation and therapeutic massage using a deeply nourishing infused oil and an envelopment of a moisturising mask to soften and restore.

**25 mins - £25**

### Men's Foot and Nail Treatment

Pedicure including gentle skin softening exfoliation and a relaxing massage using a deeply nourishing infused oil and an envelopment of a moisturising mask to ease aches and pains, and condition the skin, leaving the feet soft and smooth.

**25 mins - £25**

### Elemis Express Wet Shave Experience

*Once over shave for the man on the move*

Designed exclusively for Elemis by Richard Anthony, Male Grooming Consultant. Wet shave using a T-Bar razor with hot towels and a facial cleanse.

**30 mins - £15**

## HANDS & FEET

### Luxury pedicure

A deluxe pedicure with thermal booties for deeper penetration of oils and creams. Helping to soften cuticles, improve circulation and sooth stiff joints.

**1hr 10 mins - £45**

### Luxury manicure

A deluxe manicure with thermal mittens for deeper penetration of oils and creams. Helping to soften cuticles, improve circulation and sooth stiff joints.

**55 mins - £40**

<b>Classic pedicure</b>	<b>55 mins - £40</b>
<b>Classic manicure</b>	<b>40 mins - £35</b>
<b>File, shape &amp; polish for fingers or toes</b>	<b>25 mins - £25</b>

Please note - all hand and foot treatments will be carried out at the manicure/pedicure stations. Please bring open toed shoes to wear after pedicures.

## GEL NAILS

The next generation in manicure and pedicure. A gel formula that is painted onto the nails giving strength, protection and long lasting colour. Nails dry instantly.

<b>Removal of GELeration plus file and polish</b>	<b>55 mins - £45</b>
<b>Pedicure with GELeration</b>	<b>55 mins - £45</b>
<b>Manicure with GELeration</b>	<b>40 mins - £40</b>

Please bring open toed shoes to wear after pedicures.

## MAKE-UP

<b>Wedding trial and application</b>	<b>2 x 55 mins - £60</b>
<b>Tuition</b>	<b>55 mins - £35</b>
<b>Application</b>	<b>40 mins - £30</b>

## EYES

<b>Eye lash tint*</b>	<b>25 mins - £12</b>
<b>Eye brow tint*</b>	<b>10 mins - £10</b>
<b>Eye brow shape</b>	<b>10 mins - £10</b>

Please note - a patch test must be completed at least 24 hours prior to your treatment.

## WAXING

<b>Full leg and bikini wax</b>	<b>55 mins - £34</b>
<b>Full leg wax</b>	<b>40 mins - £28</b>
<b>Back or chest wax</b>	<b>25 mins - £22</b>
<b>Half leg wax</b>	<b>25 mins - £18</b>
<b>Arm wax</b>	<b>25 mins - £15</b>
<b>Lip and chin wax</b>	<b>25 mins - £15</b>
<b>Bikini wax</b>	<b>10 mins - £15</b>
<b>Under arm wax</b>	<b>10 mins - £10</b>
<b>Lip or chin wax</b>	<b>10 mins - £10</b>