



SPA

ROCKLIFFE HALL

## Treatment Menu 2026



SPA

ROCKLIFFE HALL

Welcome to the Spa at Rockliffe Hall. Our treatment menu beautifully combines exquisite holistic spa rituals with results driven treatments for the perfect blend of healing and balance.

Our carefully chosen spa product partners, [ comfort zone ] and NEOM, work with us to continually develop amazing and exceptional spa treatments for you to enjoy.

A photograph of a spa therapist in a dark uniform performing a massage on a client's back. The therapist is in the foreground, focused on her work. In the background, another therapist is seen working on a client. The lighting is warm and soft, creating a relaxing atmosphere.

# Holistic Spa Rituals

From pure and natural healing treatments  
to mineral rich scrubs our holistic spa  
rituals are truly blissful.

## **BODY BLISS – BY ROCKLIFFE HALL**

*90 minute ritual ~£157.50*

A blissful head to toe body treatment, created by our own holistic team, which starts with an ayurvedic, Indian head massage, includes a chakra balancing back massage using hot poultices and is completed with a therapeutic foot ritual. Our most blissful, holistic experience.

## **HIMALAYAN SALT RITUAL**

*60 minutes body ~£105 90 minutes with facial ~ £157.50*

An extraordinary ritual harnessing ancient wisdom, beginning with body massage using warmed Himalayan salt blocks, which bestow relaxation, alleviating tension, stress and anxiety. An exhilarating salt scrub follows; a combination of precious pink Himalayan salt crystals and aromatic oils to detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.

## **ACUPRESSURE & CRYO THERAPY MASSAGE**

*60 minutes full body ~ £105*

Stimulate circulation, drainage, and metabolism with this unique treatment. Using magnetic acupuncture and cryo spheres, it targets muscle blockages and gently activates the nervous system, while [ comfort zone ]'s Body Strategist formulas deeply nourish for a revitalising, therapeutic experience.

## **REFLEXOLOGY**

*60 minutes ~ £105*

Our feet walk upon the earth and through this our spirit is connected to the universe. Enjoy a health enhancing foot massage based on pressure points used since Egyptian times. Reflexology helps to release physical and energetic blockages leaving your feet feeling amazing and your mind relaxed.

# NEOM Wellbeing Treatments

**NEOM**  
ORGANICS • LONDON

Created by a team of wellbeing experts and drawing together the most effective of six therapies - meditation, shiatsu, cranio, Thai massage, trigger point and reflexology - to provide true therapeutic wellbeing benefits.

Following your scent discovery consultation, you and your therapist will select the perfect treatment for your wellbeing needs.

*60 minutes ~ £105*  
*90 minutes ~ £157.50*

## HAPPINESS

This purposeful combination of thoughtful touches will lift your spirits, relax you and leave you feeling like the best version of you. This treatment includes a specialist full body massage inspired by Thai, shiatsu and cranio techniques using a lifting blend of oil.

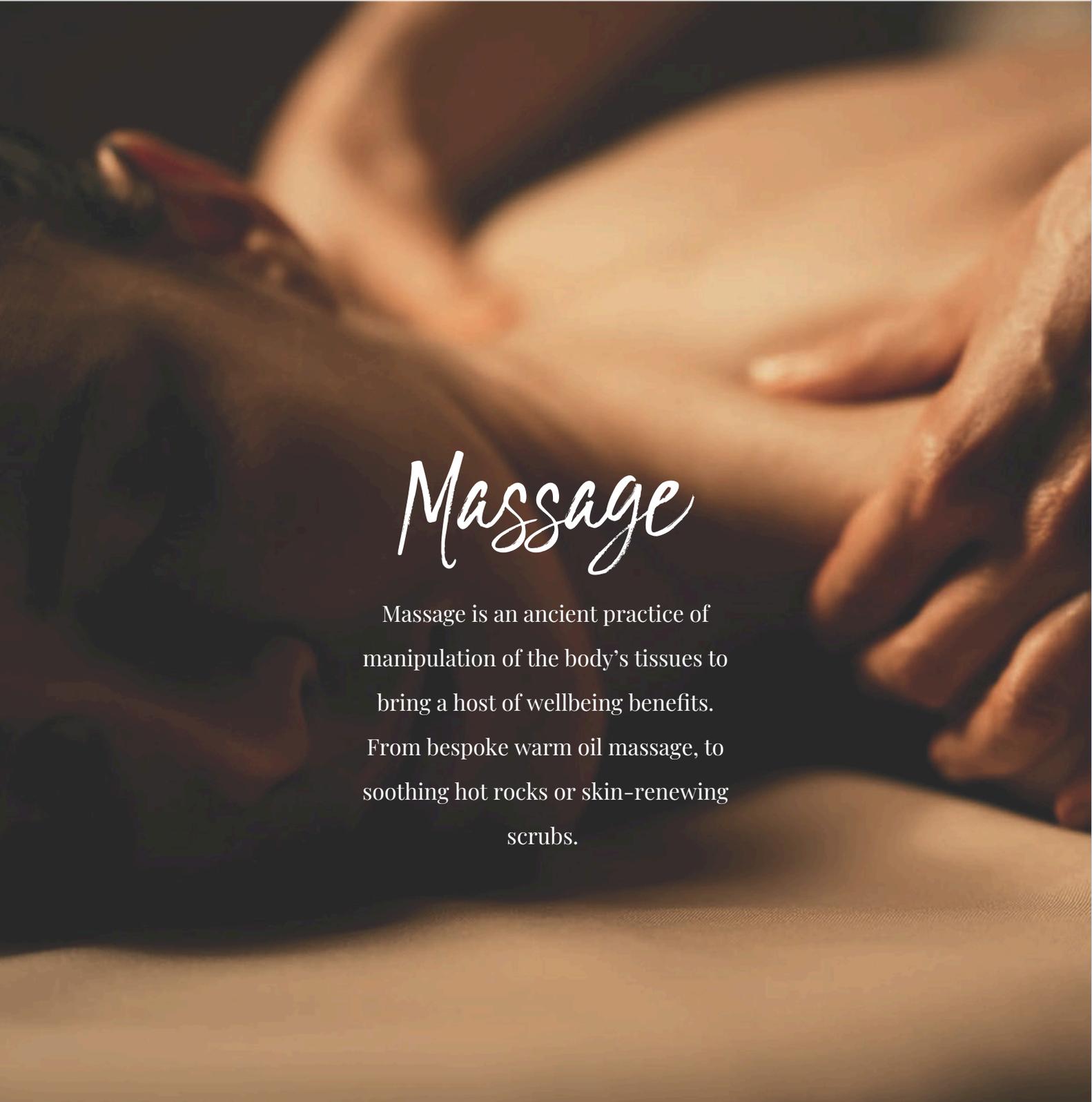
## SLEEP

Throughout this treatment, the NEOM Intensive Skin Treatment candle oil is drizzled over the skin and a specialist full body massage is performed, relieving key stress points of head, face, neck and back. Prepare to be lost in a blissful state, ready for a deep night's sleep.

## DE-STRESS

This treatment allows tension to drift away and for a calm new you to be uncovered. Throughout, we drizzle the NEOM Intensive Skin Treatment Candle oil over the skin and perform a specialist full body massage to relieve key stress points of head, face, neck and back.





# Massage

Massage is an ancient practice of manipulation of the body's tissues to bring a host of wellbeing benefits. From bespoke warm oil massage, to soothing hot rocks or skin-renewing scrubs.

## BESPOKE WARM OIL MASSAGE

*60 minutes full body ~ £105*

*90 minutes full body, face and scalp ~ £157.50*

Using a blend of the purest essential oils, massage techniques are created around your needs, designed to relax the mind and relieve muscular tension.

## HOT ROCKS

*60 minutes full body ~£105 90 minutes full body, face and scalp ~ £157.50*

A healing and balancing massage using traditional massage techniques with the incorporation of smooth warmed and cooled stones for a profound yet blissfully relaxing experience.

## BACK IN BALANCE

*60 minutes ~ £105*

*Created by Rachel Fawcett, Head Therapist at Rockliffe Hall*

The ultimate back massage. Indulge in a deeply restorative back massage designed to melt tension and revive the senses. Combining the invigorating contrast of cryotherapy, the precision of acupuncture spheres and the warmth of Thai poultices. Cooling cryo elements help refresh tired muscles and awaken circulation, while the spheres glide across key pressure points to encourage deep release and balance. The experience is both soothing and energising, leaving your back feeling lighter, relaxed, and beautifully restored.

## INDIAN HEAD MASSAGE

*60 minutes ~ £105*

An ancient, therapeutic massage of the scalp, face, shoulders, neck and arms in a seated position using ayurvedic pressure points to relieve stress, ease tension and boost wellbeing.

## PRESCRIPTIVE FACIALS

60 minutes ~ £105

After a thorough consultation with your [ comfort zone ] expert to determine your skins needs, together you will choose from:

### SKIN REMEDY

Reinforcing treatment for sensitive and delicate skin. The skin is balanced and visibly calmed, toned and nourished with a pleasant feeling of wellbeing.

### ACTIVE PURENESS

Treats oily and impure skins to purify and to rebalance sebum and hydration levels.

### HYDRA GLOW

A deep hydrating treatment for face, neck and décolleté to replace moisture by using ice spoons to create a contouring and lift effect.

### RECOVER TOUCH

Particularly recommended for dry, depleted skin and offers seasonal repair for damaged skin following exposure to heat/ cold temperatures. The use of the facial roller improves product absorption and tissue re-oxygenation.

### LUMINANT BRIGHTENING FACIAL

An intensive triple action facial, for the correction of existing dark spots, hyperpigmentation and uneven skin tone, revealing a fresh, bright and radiant skin. Ideal after sun exposure, for dull and uneven complexions and is suitable for all, even during pregnancy and sensitivity.

*All facials can be upgraded to incorporate a 30 minute back, neck and shoulder massage for £52.50*

## EXPERT ANTI-AGING FACIAL SUBLIME SKIN

60 minutes ~ £125

90 minutes ~ £177.50

A state of the art, ultimate anti-aging facial, for the ultimate in relaxation and powerful results. The archi-lift™ technology combined with the renewing effects of the double peel bring about an instant replumping effect. Ideal for mature skin with visible signs of aging, this firming treatment stimulates cellular regeneration using the exclusive active lift massage technique. The result is smoother, radiant, more youthful skin.

[ **comfort zone** ]  
conscious skin science



Facials

Our Italian brand partner's mission is to promote a holistic, healthy and sustainable lifestyle, with advanced science-based solutions to visibly improve your skin. Harnessing the power of nature, combined with science, they deliver visible results through unique treatments and experiences.



# FACE SPACe

Combining cutting-edge skincare technology with luxury, the FACE SPACe experience is designed for visitors seeking a modern take on the spa experience, moving beyond the traditional treatment room and placing socialising at its core.

*60 minutes ~ £105*

Choose from five unique, results-driven face treatments designed to treat a range of skin concerns and enjoy an educational and interactive treatment experience like no other.

### **PUMP UP**

The ultimate anti-aging facial that improves the appearance of lines and wrinkles, increases skin plumpness, reduces tired puffy eyes, and delivers instant visible lifting to the face and eye area.

### **CALM & SOOTHE**

A skin restoring, soothing facial, that improves skin strength and delivers instant visible lifting to the face and neck area.

### **ULTRA GLOW**

A facial that delivers instant radiance and glow, improving the smoothness of the skin and delivering.

### **DETOX & TONE**

A detoxifying, exfoliating and skin smoothing facial, that will provide improved skin vitality and deliver instant visible lifting to the face and neck area.

### **ICE SPLASH**

A thirst quenching, hydrating facial that provides instant skin plumpness & glow, reduces tired puffy eyes, and delivers instant visible lifting to the face and eye area.

# Pregnancy

## Spa Treatments

### **'NEW LIFE' MASSAGE**

*60 minutes ~ £105*

Prepare your mind and body for this very special time. With its gentle and delicate ingredients, this treatment has a draining effect and relieves joint tension by reducing swelling and heaviness. This treatment is safe for clients who are 12 weeks pregnant or more to maintain the skin tone and elasticity whilst deeply relaxing muscles and the lower back area. Enjoy an overall sense of wellbeing and relaxation during this time of transformation.

### **'NEW LIFE' TOP TO TOE RITUAL**

*90 minutes ~ £157.50*

A mum-to-be maternity treatment that incorporates our new life maternity massage for expert relief of pregnancy related tensions, followed by a relaxing facial. A treatment expertly performed by our specially trained therapists that will leave you floating on air!

### **'NEW LIFE' PREGNANCY POLISH**

*60 minutes ~ £105*

*90 minutes ~ £157.50*

Boost your skin on this special journey with a soothing full body scrub using our Body Strategist double action peel, followed by a hydrating, elasticity-boosting D-Age cream. Safe and effective, it leaves skin refreshed and your mind calm, clear, and nurtured. Upgrade to a 90-minute ritual to enjoy a restorative mini facial as part of your experience.



# Spa Guidance

## WHAT TO BRING

Always bring a swimming costume or even two if you would like a dry one to change into. We have plenty of towels and will provide a robe for every spa day and recommend keeping it dry if you are dining in it. If you are staying in the hotel you may like to come down in your robe ready to spa. Don't forget we also have an excellent gym and studio programme if you wish to bring along your trainers.

We operate a barefoot spa and do not provide sin-gleuse slippers for day visitors. We encourage guests who wish to have something on their feet to bring indoor use rubber-soled shoes such as sliders or flip flops.

## AGE REQUIREMENTS

The hydropool, heat treatment rooms and Spa Garden are for the use of those over 16, with children's swim times for hotel residents only in the main pool from 7am till 10am and 3pm till 6pm for under 16's. *Please note that anyone under the age of 18 must be always accompanied by an adult. The minimum age requirement to have a face treatment is 16, which must be delivered in the double treatment room while accompanied by an adult. For all other treatments, guests must be over the age of 18.*

## PREGNANCY

We have specially designed treatments for expectant mothers and nursing mothers for this special time. Please note that some of our Spa experiences may be unsuitable during pregnancy and we only offer facial services during the first trimester.

## DOUBLE TREATMENT ROOM

Our double treatment room is ideal for couples or friends to share their treatment time together.

Please request this service on booking if required.

## CANCELLATION POLICY

Please book in advance to avoid disappointment. Reservations cannot be confirmed without credit or debit card details and must be paid in full at time of booking. In the event of cancellation, you will be offered a re-booking if available, except when the cancellation occurs less than 48 hours prior to your confirmed date of visit, in which case the full cost will be applied. We do not offer refunds on pre-booked packages.

## SPA TREATMENTS

We would advise you that you arrive at least 30 minutes prior to your first Spa treatment to allow sufficient time to check in, change and familiarise yourself with the Spa. As a courtesy to all our guests we do operate a prompt appointment schedule. A late arrival may mean that your treatment time is reduced. We reserve the right to amend your treatment time by 15 minutes.

**Please note your treatment time includes a consultation with your therapist.**

## SPA ETIQUETTE

Due to the calming nature of the spa environment, please do not allow use of your phone or other device to negatively impact on the relaxation of other spa users. We ask that the heat treatment rooms, treatment corridor and relaxation lounge are treated as 'whisper zones' where we may politely ask you to keep your voice to a whisper.

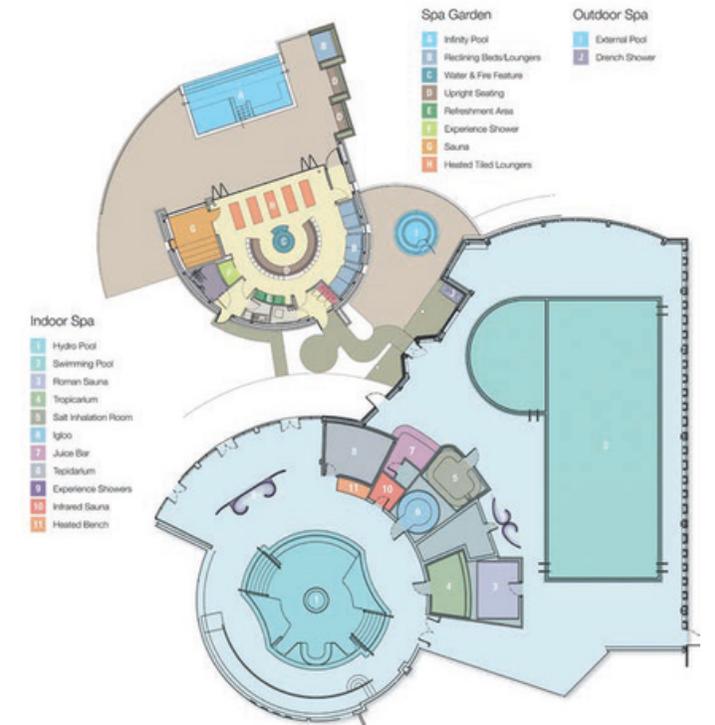
## MEDICAL QUESTIONS

Regular spa use can be extremely beneficial to your health but it is important that you highlight any health conditions, allergies, medication or injuries that may affect your choice of spa treatment or exercise options when making your reservation. You will be asked on arrival to complete a questionnaire on your health and lifestyle so that we can give you the best and safest possible experience, in some instances a phone consultation will take place to discuss adaptations needed for treatments in regards to specific illnesses.

## OPENING HOURS

MONDAY TO SUNDAY~ 7.00 am - 10.00pm

**We reserve the right to withdraw from use, any facility for essential maintenance at any time**





SPA

ROCKLIFFE HALL

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