

SPA

ROCKLIFFE HALL

Treatment Menu 2023



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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.

HIMALAYAN SPLENDOUR – BY [COMFORT ZONE]

120 minute ritual ~ £165

A top to toe rejuvenation that will leave you feeling calm, restored and revitalised with a lasting pleasant sensation of wellbeing. Created exclusively for Rockliffe Hall, this treatment harnesses the magic of mineral rich Himalayan salt to slough away tired dead skin cells, warming arnica soothes tensions. Therapeutic bamboo massage tools stretch and relax overworked muscles. A facial using a precious, silky blend of Goji berry and macadamia oil, soothes, repairs and nourishes stressed skin.

TRANQUIL TIBETAN RITUAL – BY ROCKLIFFE HALL

120 minute ritual ~ £165

A heavenly ritual to heal and balance both body and mind. Incorporating a rejuvenating volcanic full body scrub to gently smooth and soften the skin, before the gentle vibrations of resonating bowls, inspired by ancient Tibetan traditions, are used to heal chakras and boost energy. This balancing treatment is concluded with a full body bamboo stick massage with aromatic tranquillity oil to help eliminate toxins stored in the body; relieve joint and muscle pain; reduce anxiety and improve sleep quality.

BODY BLISS – BY ROCKLIFFE HALL

90 minute ritual ~ £130

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.



Signature
Treatments



Holistic Spa Rituals

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

HIMALAYAN SALT RITUAL

60 minutes body ~ £95

90 minutes with facial ~ £130

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.

AROMASOUL ELEMENTS MASSAGE

60 minutes ~ £95

A unique massage ritual that takes you on a journey through four distinct worlds: the exotic orient, the warmth of the Mediterranean, the vibrant world of India and the ancient culture of desert tribes, for a complete sensorial experience.

REFLEXOLOGY

60 minutes ~ £95

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 and body relaxed.

INDIAN HEAD MASSAGE

60 minutes ~ £95

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.

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 ~ £95
90 minutes ~ £130

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 more holistic therapies such as Indian head massage and reflexology.

BESPOKE WARM OIL MASSAGE

60 minutes full body ~ £95

90 minutes full body, face and scalp ~ £130

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 ~ £95

90 minutes full body, face and scalp ~ £130

120 minutes full body, face and scalp ~ £165

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.

COMFORT TOUCH RITUAL

60 minutes (full body scrub and application of oil) ~ £95

90 minutes (full body scrub, application of oil and facial) ~ £130

120 minutes (full body scrub, full body massage and facial) ~ £165

FULL BODY SCRUB: Exfoliating polish of the body removing dead skin cells

APPLICATION OF OIL: Apply nourishing oil to the body after exfoliation

FACIAL: Prescriptive Comfort Zone facial based on your skin needs

FULL BODY MASSAGE: Using techniques to relax the mind and relieve muscular tension

PRESCRIPTIVE FACIALS

60 minutes ~ £95

After a thorough consultation with your [comfort zone] expert to determine your skins needs,

[comfort zone]
conscious skin science

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.

RECOVER TOUCH

Particularly recommended for dry, depleted skins and offers seasonal repair for damaged skin following exposure to heat/cold temperatures.

All facials can be upgraded to incorporate a 30 minute back, neck and shoulder massage for £35.

NEW SKIN REGIMEN DETOX FACIAL

60 minutes ~ £95

Clinically proven to detoxify the skin from pollution and formulated to specifically contrast impurities and imperfections. the efficacy of the peel-off detox mask enriched with chlorella and plant-based charcoal, together with targeted customizable boosters will reveal a glowing, clearer and brighter complexion.

/skin
regimen/

EXPERT ANTI-AGING FACIALS SUBLIME SKIN

60 minutes ~ £115

90 minutes ~ £150

120 minutes including full back of body massage and extended facial ~ £185

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 re-plumping effect. Ideal for mature skin with visible signs of aging, this firming treatment stimulates cellular regeneration using the exclusive active lift massage technique and the microsonic facial device to smooth and tone. The result is smoother, radiant, more youthful skin.



Facials

Our Italian brand partners 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.



Pregnancy

Spa Treatments

'NEW LIFE' MASSAGE

60 minutes ~ £95

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 ~ £130

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! Upgrade to the 120-minute treatment to enjoy a deeply nourishing bump mask application.

Nail Treatments

OPI ProSpa Professional Spa Manicure and Pedicure Services

OPI PRO SPA PAMPER MANICURE

60 minutes ~ £60

The crème de la crème of manicures, you will benefit from unparalleled exfoliation, moisture and protection, while revelling in a combination of massage techniques and acupuncture designed to reduce stress and relieve tension

OPI PRO SPA PAMPER PEDICURE

60 minutes ~ £60

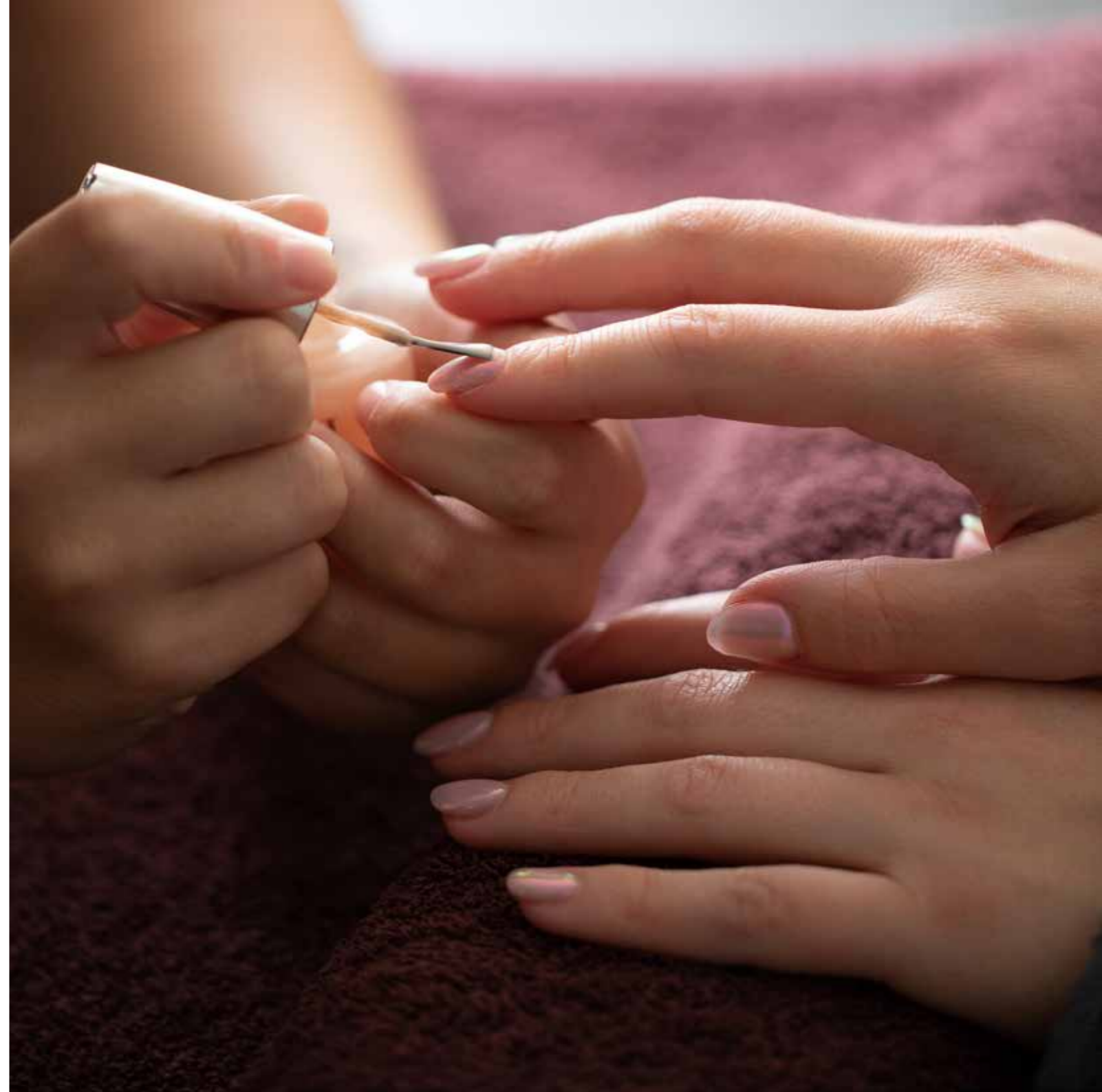
Soothe, relax and pamper with the ultimate pedicure experience. The OPI ProSpa Pamper Pedicure includes unparalleled callus softening, exfoliation and moisture and protection. An extended massage combined with acupuncture to reduce stress, relieve tension will leave you feeling relaxed and renewed.

GEL REMOVAL

15 minutes ~ £15

GelColor is gently removed and nails are prepped for a new set of GelColor or left nourished with cuticle oil.

** All nail treatments include your choice of Infinite shine lacquer or GelColor. Unfortunately we cannot remove Builder Gel, if this is on your nails you would need this removed prior to your appointment – Rockliffe Hall does not provide this service.*



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 all ready to spa. Don't forget we also have an excellent gym and studio programme if you wish to bring along your trainers.

AGE REQUIREMENTS

The minimum age requirement to have spa treatments is 16. The hydro pool, heat treatment rooms and Spa Garden are for the use of those over 16, with children's swim times in the main pool from 8am till 10am and 4pm-6pm for under 16's. *Please note that anyone under the age of 18 must be accompanied by an adult at all times.*

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 and nail 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, a 50% refund will be offered or 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.

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. *Please note your treatment time includes a consultation with your therapist.* We reserve the right to amend your treatment time by 15 minutes.

SPA ETIQUETTE

Our ethos is relaxation and calm. Please do not allow use of your phone or other device to negatively impact on the relaxation of other spa users. It is nice to have a bit of a catch up with friends, but we do 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.

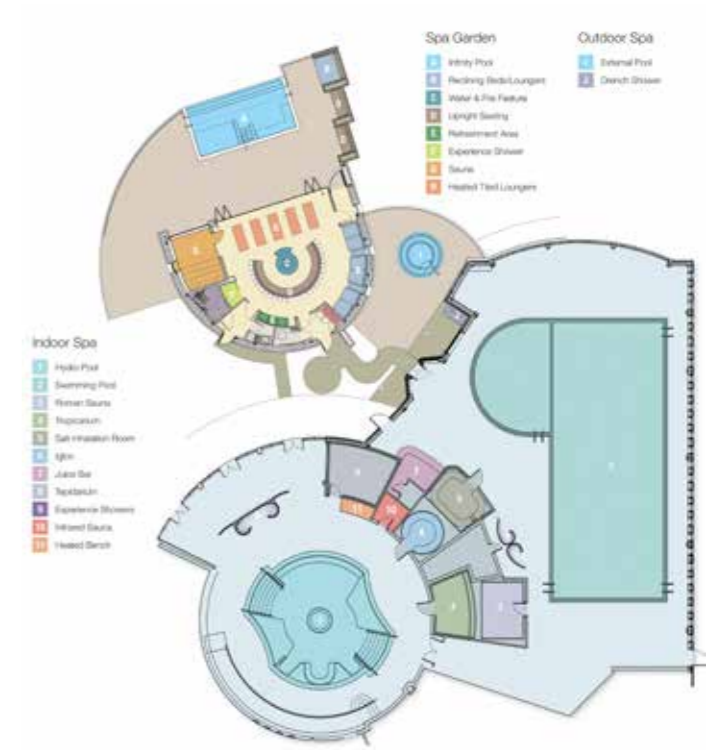
MEDICAL QUESTIONS

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

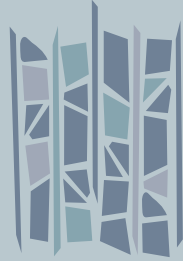
MONDAY to SUNDAY ~ 7.00 am - 10.00pm

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



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