



ROCKLIFFE HALL SPA JOURNEYS

FIVE SPA JOURNEYS FOR FIVE DIFFERENT NEEDS, YOUR SPA DAY IS TRULY AND UNIQUELY BESPOKE TO YOU...

What do fingerprints, snowflakes and people have in common? Answer: no two are the same, you are an individual and as such have your own personal reason or need to visit the spa.

THE PURSUIT OF HAPPINESS

There are times when we all need a mood-boost but did you know there are facilities and experiences in the spa that are proven to have mood enhancing benefits which last well after the spa visit has ended?

RECOMMENDED SPA JOURNEY

60 min Neom Happiness treatment, Rasul Mud Ritual session, 2 course lunch

THE DE-STRESS DIVERSION

Take the first exit of the stress roundabout into relaxation lane. Stress has played an important role in human evolution, fleeing from sharp clawed creatures has ensured that the race endured, however too much stress can lead to broken sleep, muscular tension and even illness. Safe from Sabre Toothed tigers in the spa you can unwind profoundly and make a moment just for you.

RECOMMENDED SPA JOURNEY

60 min Neom De-stress treatment, Mind therapy room session, 2 course lunch

THE WAY TO WELLBEING

Whether you are looking to get into the peak of wellness or just want to be around for a few (a lot) more years. This journey takes into account scientific research which has confirmed what we already knew. Regular spa use will make you live longer!

RECOMMENDED SPA JOURNEY

60 min Himalayan Salt Ritual, Mind therapy room session, 2 course lunch

PREGNANCY PATH

Using a spa while expecting is a wonderful way to unwind and prepare for the exciting times ahead, but there are things to take into account to ensure that your time in the Spa is safely soothing and special. Although we recommend avoiding any facilities which can raise your temperature, we are fortunate to be able to offer a full wellness journey for this precious time. Make sure you remain hydrated, listen to your body and conduct any exercise appropriate to your current level of fitness.

This journey is a recommendation however please feel free to adapt to your needs, the most important thing is that you have a lovely restful day.

RECOMMENDED SPA JOURNEY

60 min new life treatment, spa garden, 2 course lunch

THE ROAD TO RECOVERY

Many people choose to come to the spa following a period of illness, to recuperate, reset and boost immune system or even to get away from it all and leave the illness at the door. It may be the case that a more gentle spa journey is the perfect way to ease your way back into spa life. You know your body better than anybody else and less is more (except for relaxation).

RECOMMENDED SPA JOURNEY

60 min Remedy facial, Mind therapy room session, 2 course lunch

TO FIND OUT MORE OR TO BOOK YOUR SPA DAY PLEASE CALL 01325 729999 OR EMAIL enquiries@rockliffehall.com

