

*Park Hall*

HEALTH CLUB & SPA

SPA TREATMENTS



# Relax & Revitalise

The Park Hall Spa is a sanctuary for health, wellbeing and personal pampering. Our range of targeted beauty treatments will leave you feeling invigorated with a nourished body and mind.

All of our treatments only use the highly accredited and award winning ELEMIS product range. Our highly skilled therapists will work with you to ensure that you leave feeling relaxed and refreshed.

**Hotel Residents and Health Club Members can enjoy 20% off our treatment prices**



# SIGNATURE

Our signature spa treatments are designed to deliver total relaxation from head to toe, leaving you feeling and looking your very best.

## PARK HALL SIGNATURE TREATMENTS

### SKIN BOOSTER FACIAL

*This facial will be suited perfectly to your skins needs. Perfect for a lunch-time or early evening quick fix, these facials are uniquely designed for maximum results in minimum time.*

25 minutes

£34.00

### TRANQUILLITY SCALP MASSAGE

*Using pressure points and relaxing massage techniques, let your stress and tension melt away with this tranquil scalp massage.*

20 minutes

£29.00

### HEAVENLY FULL BODY MASSAGE

*From the soles of your feet to the crown of your head, this classic full body massage will deeply relax your mind and body. Warm oils are used along with medium pressure to effectively relieve stress and muscular tension.*

55 minutes

£52.00

### HEAD IN THE CLOUDS

*A deeply relaxing, total body experience. Revive your senses with an exotic all over body exfoliation and melt away as you are cocooned in an indulgent, nourishing body wrap. Then relax with your head in the clouds, whilst our therapists perform a therapeutic, soothing facial treatment.*

90 minutes

£95.00





# MEN

ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

## TIME FOR MEN

### ELEMIS HIGH PERFORMANCE SKIN ENERGISER

*The hard-working facial for ageing, dehydrated skin and tired eyes. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.*

30 minutes

£34.00

60 minutes

£50.00



### TOTAL TIME OUT

*Enjoy the best of both by combining a skin energising facial and deep tissue back massage.*

85 minutes

£85.00



All treatment times include a therapist consultation and aftercare advice

Men

# FACE

Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

## ANTI-AGEING

### ELEMIS PRO-COLLAGEN AGE DEFY

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

*\*Independent Clinical Trials*

30 minutes	£39.00
60 minutes	£65.00

### ELEMIS PRO-DEFINITION LIFT AND CONTOUR

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

30 minutes	£39.00
60 minutes	£65.00



### ELEMIS DYNAMIC RESURFACING PRECISION PEEL

Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger looking skin.

*\*Independent Clinical Trials*

30 minutes	£39.00
60 minutes	£65.00

### ELEMIS WHITE BRIGHTENING PIGMENT PERFECTOR

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

30 minutes	£39.00
60 minutes	£65.00



## SKIN SOLUTIONS

### ELEMIS SUPERFOOD PRO-RADIANCE

*A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.*

*\*Independent Clinical Trials.*

30 minutes £34.00

60 minutes £50.00

### ELEMIS SENSITIVE SKIN SOOTHER

*Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.*

30 minutes £34.00

60 minutes £50.00



### ELEMIS ANTI-BLEMISH MATTIFY AND CALM

*A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.*

30 minutes £34.00

60 minutes £50.00



*All treatment times include a therapist consultation and aftercare advice*

**Face**

# BODY

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise.

## MASSAGE

### ELEMIS FREESTYLE DEEP TISSUE MASSAGE

*Your therapist will select an aromatic oil according to your concerns, be that muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.*

30 minutes £36.00

60 minutes £58.00

### ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE

*Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.*

30 minutes £40.00

60 minutes £65.00



## PREGNANCY

### ELEMIS PEACEFUL PREGNANCY MASSAGE

*An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.*

75 minutes £60.00







## SCRUBS AND WRAPS

### **ELEMIS BODY NECTAR NOURISHING WRAP - Sweet Orchid or Frangipani**

*The velvety texture of the Monoi Oil offers super hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.*

60 minutes

£55.00

### **ELEMIS INTENSELY CLEANSING SALT SCRUB - Lime and Ginger or Frangipani**

*Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.*

30 minutes

£39.00

## DETOX AND CELLULITE

### **ELEMIS THOUSAND FLOWER DETOX WRAP**

*This nutrient rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.*

60 minutes

£55.00

### **ELEMIS TARGETED TONING TIGHTENER**

*A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven\* to reduce the appearance of cellulite after just one treatment.*

*\*Independent Clinical Trials.*

90 minutes

£65.00



# SPA PACKAGES

On your own, with your partner or taking time out to relax with friends, choose from our selection of Spa packages.

*All of our Spa packages include full use of our indoor swimming pool, jacuzzi, sauna, steam room, outdoor hot tub, state-of-the-art gymnasium and group fitness classes.*

*If you wish to hire a luxury robe, towels and slippers, these are available at a charge of £5.00 per person.*

*Please speak with our team if you would like to tailor make your Spa package.*

*Lunch and Afternoon Tea are available at the Park Hall Hotel, however pre-booking is required.*

## **SPA WELCOME**

*An opportunity to tailor make your own package by adding additional treatments or simply take time out to relax and make use of our full facilities.*

*Available between 10:00am - 8:00pm*

*£20.00 per person*

## **SPA ESCAPE**

*Indulge in a ELEMIS Body Nectar Nourishing Wrap followed by an ELEMIS Facial of your choice.*

*Treatment time 120 minutes      £125.00*

## **SPA REJUVENATION**

*Take time out to completely relax with an ELEMIS Intensely Cleansing Salt Scrub, followed by a ELEMIS Deep Tissue Massage and a ELEMIS Facial of your choice.*

*Treatment time 150 minutes      £160.00*

## **PEACEFUL PREGNANCY**

*Perfect relaxation for the mother to be. Relax and unwind with a ELEMIS Peaceful Pregnancy Massage followed by an ELEMIS Sensitive Skin Soother Facial.*

*Treatment time 130 minutes      £115.00*

## **TWILIGHT SPA**

*Join us for an evening of relaxation Monday-Friday, 5:00pm-10:00pm and choose from one of the following treatments;*

**ELEMIS Deep Tissue Massage**

**ELEMIS Skin Booster Facial**

**Tranquility Scalp Massage**

*Treatment time 20-30 minutes      £39.00*

## **LUXURY SPA STAY OVER**

**Enjoy total relaxation with our one night and two day Luxury Spa Stay Over.**

*This package includes an overnight stay in one of our newly refurbished Executive rooms and full use of our Health Club & Spa facilities from 10:00am on the day of check-in, until 4:00pm the following day.*

*Based on two people sharing a double or twin room, your stay will also include a three course meal in either of our two restaurants, plus your choice of either an ELEMIS Deep Tissue Massage or ELEMIS Facial during your stay.*

*£199.00*



# HANDS & FEET

Indulge your hands and feet with our luxurious treatments designed to provide the ultimate in hand and nail care.

## SPARITUAL

*Formulated nail and body care products with vegan ingredients from around the world, including many specially sourced and selected plant essences that are certified organic and fair trade. SpaRitual nail lacquers and nail care essentials are vegan and formulated without DBP, toluene, formaldehyde or formaldehyde resin.*



## HANDS & FEET

*Harmonise hands and feet in a creamy mineral bath, add moisture back to dehydrated hands and feet with a ginger affirming scrub and masque that warms and energises.*

*Once your hands or feet are totally relaxed after a massage, nail work is completed to give an irresistible finish.*

### DELUXE MANICURE

50 minutes £42.00

### DELUXE PEDICURE

60 minutes £46.00

**Hands & Feet**

## NAIL RITUALS

*A quick file and polish to restore untidy nails and an uplifting massage to help relax tired hands and feet.*

### EXPRESS MANICURE

30 minutes £29.00

### EXPRESS PEDICURE

30 minutes £32.00

## CND SHELLAC

*CND Shellac combines the ease of polish with incomparable high-gloss shine and extended 14 day wear. Shellac paints on like polish, and is cured in a UV light so there is zero drying time. The colours are hypo-allergenic and contain no formaldehyde, toluene or DBP. Treatments will include nail shape and cuticle tidy.*

### SHELLAC MANICURE/PEDICURE

30 minutes £29.00

### REMOVAL OF SHELLAC

(Free with re-application) £10.00

# ESSENTIALS

Add a finishing touch to enhance your natural beauty with our specially dedicated face and body essentials.

## WAXING

*A highly effective and long lasting way to remove unwanted hair. Exfoliating the night before your waxing appointment will give better results.*

<b>FULL LEG</b>	£25.00
<b>HALF LEG</b>	£15.00
<b>FULL LEG &amp; BIKINI LINE</b>	£33.00
<b>BIKINI LINE</b>	£12.00
<b>FULL ARM</b>	£18.00
<b>UNDER ARM</b>	£12.00
<b>BACK</b>	£18.00
<b>CHEST</b>	£18.00
<b>EYEBROW SHAPE</b>	£8.00
<b>UPPER LIP</b>	£6.00
<b>CHIN</b>	£6.00
<b>UPPER LIP &amp; CHIN</b>	£10.00

## TINTING

*Tinting requires a tint test 48 hours prior to your treatment.*

<b>EYELASH</b>	£12.00
<b>EYEBROW</b>	£12.00
<b>EYELASH AND EYEBROW</b>	£22.00

## FLARE EYELASH EXTENSIONS

*Individual groups of false eyelashes are applied to the natural lash to give a longer and thicker look. Different lengths can be positioned to enhance the eye size and shape. This treatment lasts up to 4 weeks and can be maintained regularly. Best results are achieved when applied to dark or tinted lashes.*

*A patch test is required 48 hours prior to your treatment.*

30 minutes	£15.00 - £20.00
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# ETIQUETTE

## HOW TO BOOK

- Please call the Spa on 01902 349531 or email [info@parkhallhealthclub.co.uk](mailto:info@parkhallhealthclub.co.uk).
- To avoid disappointment, we recommend treatments and packages are booked in as far advance as possible.
- If you are using a Gift Voucher, please have this to hand on booking as we do require the reference number and expiry date. We will also require this to be handed in to reception on arrival.
- Please note that we do require full payment when booking a Spa Package or Treatments over the value of £99.00. This payment is non-refundable, although can be transferred for up to three months if re-scheduled more than seven days before your arrival date.
- A full, non-refundable, non-transferable Payment is required for all treatment bookings 48 hours prior to arrival. We regret that cancellations or amendments of treatment or gift voucher bookings cannot be made within 48 hours of the allocated booking.
- Cancellations within 48 hours will result in loss of payment and redemption of gift vouchers.
- All stated treatment times include an initial consultation and aftercare advice.
- The minimum age for treatments and spa packages is 18 years.
- Please kindly note that all treatments and packages are subject to availability.

## ARRIVING AT THE SPA

Please arrive at least 15 minutes prior to your appointment. You will be asked to fill out a lifestyle questionnaire to help us determine that the treatment booked is suitable for you and ensure it is tailored to your specific needs.

In the event of a late arrival, we will endeavour to continue with the scheduled treatment. However, should the therapist have another treatment booking immediately afterwards, we will need to conclude your treatment as scheduled.

## WHAT TO BRING

In addition to swimwear, we recommend that you bring along suitable clothing and footwear for use in the gym along with slippers or flip-flops to walk around the building. We advise you not to bring jewellery or valuables to the spa, as we cannot be held responsible for any loss or damage to personal items. Hire of a luxury bathrobe, towel and slippers are available at a non-refundable charge of £5.00 per person.

Please note that there is a £25.00 charge if you fail to return your bathrobe, payable on departure.

Please wear either underwear or dry swimwear underneath your robe. Disposable underwear is available on request. We recommend flip-flops are worn for pedicures. Please remove make-up and contact lenses prior to a facial treatment.



## MEDICAL CONDITIONS

Treatments and use of the facilities are subject to completion of a confidential medical questionnaire on arrival.

Pregnancy, certain medical conditions or injuries may prevent the use of some facilities and treatments. If you are pregnant or suffer from any of the following, please notify us before your arrival, as some treatments, facilities and classes may not be suitable for you, or we may require a doctor's note to continue with your treatment selection:

- Cancer (currently or in the last five years)
- Heart condition/pacemaker
- High or low blood pressure
- Diabetes
- Epilepsy
- Thrombosis
- Varicose veins
- Kidney or liver condition
- Thyroid condition
- Nut allergy (please note that some Elemis treatments contain nuts)

In the last six months:

- A stroke
- Chemotherapy or radiotherapy
- Surgery of any kind

If you have restricted mobility, please contact us for advice and assistance prior to your arrival.



## AFTER YOUR TREATMENT

After your treatment, we ask that you relax for at least ten minutes and drink plenty of water. Some treatments may affect your use of our sauna, steam room and other facilities. Your therapist will be on hand to provide additional guidance.

## CANCELLATION POLICY

- Please call the Spa on 01902 349531 to cancel or re-schedule a booking.
- Please note that Spa packages and Group Bookings cancelled within 7 days are non-transferable and non-refundable.
- Cancellations of treatments or gift voucher bookings made within 48 hours of the booking date will unfortunately result in loss of deposit, pre-payments and redemption of gift vouchers.

The Park Hall Health Club & Spa team wish you a relaxing stay.

For any further information, or details on our latest offers, please contact the Spa on **01902 349531** or email [info@parkhallhealthclub.co.uk](mailto:info@parkhallhealthclub.co.uk)

# Park Hall

HEALTH CLUB & SPA



## ELEMIS

Elemis, the No.1 British Spa and Skincare brand has led the way in innovative professional therapies and superior formulations for over 20 years. Designed to respect the body's complex physiology, Elemis spa therapies work in natural synergy with the skin, body and mind.

## ACTIVE AQUA RELAX

Park Hall Health Club & Spa, Park Drive, Goldthorn Park, Wolverhampton WV4 5AJ  
Tel: 01902 349531 Email: [info@parkhallhealthclub.co.uk](mailto:info@parkhallhealthclub.co.uk)  
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