



TREATMENT MENU

www.shaw-hill.co.uk

Welcome to the Spa at Shaw Hill

Here at The Spa, we offer a tranquil oasis within a spa environment with a friendly & relaxed atmosphere. We specialise in a range of treatments, relaxing therapies and spa experiences to enhance the way you look and feel.

Escape & relax with a group of friends, enhance your appearance or escape from the outside world. Our qualified therapists will cater for your every needs.

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ELEMIS FACE: TOUCH

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

TOUCH: ANTI-AGEING

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.

55mins **£73**

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.

55mins **£73**

*Independent Clinical Trials

ELEMIS HANDS ON FACIAL

A perfect introduction to an Elemis facial. A prescriptive, quick and instant 'pick-me-up' for dull, lifeless skin.

25mins **£39**

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.

55mins **£73**

ELEMIS TREATMENT MENU

TOUCH: 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.

55mins **£73**

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.

55mins **£73**

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

55mins **£73**



ELEMIS FACE: TECHNOLOGY

The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Thriving, visibly healthy and energised skin.

TECHNOLOGY: ANTI-AGEING

ELEMIS BIOTEC LINE ERASER

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines.

*Independent Clinical Trial.

25mins **£45**

55mins **£78**

ELEMIS BIOTEC FIRM-A-LIFT

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

30mins **£45**

60mins **£78**

ELEMIS BIOTEC SKIN RESURFACER

This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

25mins **£45**

55mins **£78**



ELEMIS TREATMENT MENU

TECHNOLOGY: SKIN SOLUTIONS

ELEMIS BIOTEC RADIANCE RENEW

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

25mins **£45**

60mins **£78**

ELEMIS BIOTEC BLEMISH CONTROL

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

25mins **£45**

55mins **£78**

ELEMIS BIOTEC SENSITIVE SKIN SOOTHER

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

25mins **£45**

55mins **£78**

ELEMIS BIOTEC EYE TREATMENT

BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

25mins **£45**

ELEMIS BIOTEC NECK TREATMENT

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super sleek contouring

25mins **£45**

COURSE OF 3 55 MINUTE BIOTEC TREATMENTS for only **£200**



MUM TO BE

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester.

BODY: PREGNANCY

ELEMIS PEACEFUL PREGNANCY MASSAGE

This unique pregnancy massage is a profoundly nurturing and tranquil oasis. Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

55mins **£78**



ELEMIS BODY

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

BODY: MASSAGE

ELEMIS FREESTYLE MASSAGE

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

25mins **£39**

55mins **£67**

ELEMIS 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.

25mins **£43**

55mins **£73**

ELEMIS GARDEN OF ENGLAND ROSE RESTORE

Take a walk in an English rose garden with this lavishly hydrating massage and micro wrap. The unique trio of Rose, Camelina and Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.

25mins **£43**

55mins* **£73**

HOT LAVA SHELLS

The Hot Stone Lava massage comes with benefits that is perfect for easing muscle tension and increasing in blood flow to areas of pain, resulting in a decrease of muscle spasms and increase in flexibility by accessing deeper layers of muscles.

25mins **£43**

55mins **£73**

ELEMIS BODY

BODY: 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.

55mins* **£84**

*includes cleanse, tone & massage

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.

55mins **£73**

BODY: SCRUBS AND WRAPS

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.

25mins* **£39**

*includes cleanse, tone & massage



FINISHING TOUCHES

HANDS & NAILS

Gel Colour Fingers	£26
Manicure with Gel Polish	£32
Manicure with Nail Polish	£25

FOR YOUR EYES

Brows Tint and Shape	£20
Lash Tint, Brow Shape and Tint	£28
Lash and Brow Tint	£20

MALE GROOMING

Full Back	£32
Half Back	£23
Chest Wax	£19
Chest and Stomach	£28
Brow Grooming	£10

*Patch test required 48 hours before treatment

*Please remove contact lenses prior to treatment

FINISHING TOUCHES

FOR YOUR FEET

Gel Colour Toes	£26
Pedicure with Nail Polish	£30
Pedicure with Gel Polish	£35
Pedicure with Peel	£15 extra

WAXING

Eyebrow Shape	£10
Top Lip OR Chin	£10
Lip and Chin	£15
Half Leg Wax	£20
Full Leg Wax	£28
with standard Bikini Wax	£6 extra
Underarm	£12

Full Leg, Bikini and Underarm £40

SPECIALISED WAXING

Standard Bikini	From £13
Brazilian or Hollywood Wax	£35

HOLISITC TREATMENTS

Reflexology (50 mins)	£50
Hopi Ear (45 mins)	£35
Indian Head Massage	£35
Reiki	£35

VITA LIBERATA TAN

Full Body Tan with Mitt*	£35
Full Body Tan with Exfoliation*	£40
Half Body Tan*	£20
Spray Tan Booth	£20

*This is a hands on application



DAY SPA

Put your life on hold and join us at Shaw Hill Golf & Spa Hotel where we have carefully chosen packages designed to deliver relaxation and restoration.

Start your journey in our Spa & Health Club, with access to our heated swimming pool, jacuzzi, steam room and sauna, followed by treatments & afternoon tea in one of our lounges.

Spa Day Packages also include robes and towels.

Double treatment rooms available on requests

DETOX DAY

Relax and unwind within the spa facilities followed by a full detox treatment. To include a 60 minute thousand flower detox wrap to encourage super skin health and detoxification of the skin leaving it feeling healthy and stimulated. Followed by a full body massage with aromatic essential oils to relieve muscle pain or stress.

Includes an afternoon tea or lunch

115 minute treatment **£167**

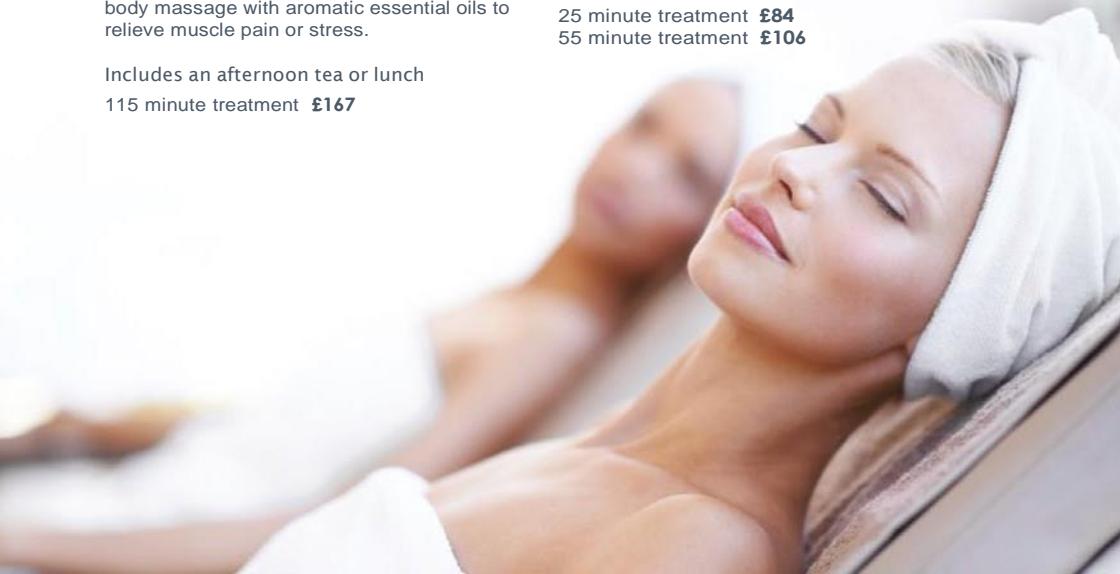
INDULGENCE DAY

Enjoy 2 hours within the Spa Facilities followed by Afternoon Tea, plus choose one or two of the following treatments: 30min ELEMIS Hands on Facial, 30min hands on tailored massage, Mini manicure, Mini pedicure.

*Perfect for hen parties, group bookings.

25 minute treatment **£84**

55 minute treatment **£106**



SPA BREAKS

Your Residential Spa Break Package will include overnight stay in our Shaw Hill Room, full English breakfast, **2** course dinner in Shaw Hill Restaurant, unlimited access to our heated swimming pool, jacuzzi, steam room and sauna, this also include robes and towels.

TIME FOR TWO SPA BREAK

Leave the crowds behind you and retreat to an oasis of calm with our Time for two Spa Break. Overnight accommodation in our Shaw Hill bedrooms with 2 x course dinner and breakfast as well as the choice of one of the following 30 minute treatments will leave you relaxed and rejuvenated:

- Elemis Personalised Hands on Facial
- Elemis Hands on Tailored Massage
- Relaxing Mini Manicure or Mini Pedicure

*OPI Gel upgrade £5

*Reflexology

£134 per person*

*All prices are per person based on 2 people sharing a twin or double room. A £25 supplement per person applies for Friday, Saturday & Sunday stays.

*Single Supplement of £35

*OPI Gel upgrade £5

*Reflexology

ESCAPE SPA BREAK

Escape to Shaw Hill Golf & Spa and let our highly trained therapists lead you into a tranquil and relaxing oasis. With an overnight stay in our Deluxe Shaw Hill Bedroom including 2 course dinner and breakfast, and also your choice of one 60 minute treatment from the following:

- ELEMIS Touch Facial
- ELEMIS Freestyle Deep Tissue Massage
- OPI Luxury Pedicure
- OPI Luxury Manicure
- OPI Gel upgrade £5

* Reflexology

£155 per person*

*All prices are per person based on 2 people sharing a twin or double room. A £25 supplement per person applies for Friday, Saturday & Sunday stays.

*Single supplement of £35

Additional treatments are available.

*Room upgrades available on request.

SPA INFORMATION

BOOKINGS

To make a spa reservation please contact 01257 226823 or to make a hotel reservation please contact 01257 269221

CANCELLATION POLICY

A 50% non refundable deposit is taken at the time of booking to secure your appointment. 24 Hours notice is required to re-schedule an appointment and transfer your deposit.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

GIFT VOUCHERS

An ideal gift for someone special. Please contact the spa team for details.

HOMECARE

To continue your spa experience at home our therapists will make recommendations following your treatment as you get the most out of your time spent with us.

SPA ETIQUETTE

Please arrive 15 mins before your appointment. Treatments can only take place after completion of the appropriate forms. Late arrival may result in a reduction of treatment time.

TREATMENTS

Please note all treatment times include any appropriate forms, consultation and getting changed both before and after your treatment.





OPENING TIMES

Monday 9am – 6pm
Tuesday 9am – 6pm
Wednesday 10am – 8pm
Thursday 10am – 8pm
Friday 9am – 6pm
Saturday 9am – 5pm
Sunday 10am – 4pm

Shaw Hill Golf & Spa Hotel
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Visit www.shaw-hill.co.uk or call 01257 226823

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