



*Rockley  
Park*

*Spa*

*Treatments*



SPA  
ROCKLEY PARK

*The perfect place to unwind ...*

*Price List*



*Email: [Rockley.Spa@Bourne-Leisure.co.uk](mailto:Rockley.Spa@Bourne-Leisure.co.uk)*

*2012*

## SPA LOUNGE AND GARDEN EXPERIENCE 2 HOURS £15.00

Treat yourself to a luxurious couple of hours relaxing in our Spa. Your Spa Lounge and Garden experience includes full use of our fabulous spa facilities, including:

- Outdoor Jacuzzi
- Sun Terrace
- Steam Room
- Traditional Sauna
- Sensory Shower
- Bucket Splash
- Spa Garden
- Relaxation Lounge

We will provide you with a luxury bathrobe, towel and slippers. Changing room facilities include secure lockers, private shower cubicles and hair dryers. So just bring your swim wear and we will do the rest to ensure you have a relaxing and rejuvenating experience.

Enjoy a complimentary one hour Spa Lounge and Garden session with any treatment over £40.00. Booking essential.

**Please note thermal experience and chemical balanced water are not recommended to women who are pregnant.**





## **TWO'S COMPANY**

Relax and unwind together in our cosy couples treatment room. The ultimate setting offers two treatment couches, two therapists and one very relaxing atmosphere. Ideal for couples, friends, family or anybody wanting to enjoy the experience together.

### **The Shared Experience**

Enjoy our Shared Experience treatment package; 1 hour Spa Lounge and Garden Experience, Two Spa Find Express Elegance Facials and Two Swedish Aromatherapy Back Massages.

1 hr 50 mins £120.00 inclusive

### **Time for Two**

2 hours Spa Lounge and Garden Experience, two Spa Find Peace Hot Stones Full Body Massages, two Spa Find Essential Elements Facials, two Prescriptive Hydrated Hands Luxury Manicures. A light lunch is included with a selection of tea, coffee or juice.

4 hrs 45 mins (spa/treatment time) £296.00 inclusive

**ALL MESSAGES, FACIALS AND PEDICURES ARE ALSO AVAILABLE FOR TWO PEOPLE TO ENJOY IN THE COUPLES TREATMENT ROOM.**

## TREATMENT PACKAGES

Get away from your everyday stresses and strains by spending a few hours in our Spa, sampling the delights of our natural spa treatments from Spa Find. These packages will leave you feeling refreshed, relaxed, and confident and your skin will glow with radiance.

### The Pick Me Up Package

Pamper yourself to a little pick me up with 1 hour Spa Lounge and Garden Experience, Spa Find Express Elegance Facial, Traditional Swedish Aromatherapy Back Massage and a File and Polish on your Fingernails.

2 hrs 10 mins £75.00

### The Heavenly Head Package

1 hour Spa Lounge and Garden Experience, Spa Find Express Elegance Facial and a calming, relaxing and soothing Head, Neck and Shoulder Massage.

1 hrs 50 mins £60.00

### The Special Occasions Package

2 hours Spa Lounge and Garden Experience, a deeply relaxing Spa Find Peace Hot Stones Full Body Massage, Prescriptive Essential Elements Facial, finished off with a Fabulous Feet Luxury Pedicure. A light lunch is included with a selection of tea, coffee or juice.

4 hrs 50 mins (spa/treatment time) £148.00 inclusive

### The Indulgence Package

2 hours Spa Lounge and Garden Experience, Traditional Swedish Aromatherapy Full Body Massage, Spa Find

Essential Elements Facial, finished off with a Hydrated Hands Luxury Manicure. A light lunch is included with a selection of tea, coffee or juice.

4 hrs 45 mins (spa/treatment time) £135.00 inclusive

### Mum to Be Pampering Package

This specialised treatment package for the mother to be or nursing mother focuses on maintaining supple skin whilst promoting tranquillity and calmness. Natural Dead Sea mineral products combine to enhance skin tone and help minimise swelling. A relaxing massage of the hands, arms, legs and feet is followed by a nourishing Dead Sea mud mask to encourage lymphatic drainage. An Essential Elements Facial completes the treatment leaving you feeling soothed and relaxed.

1 hr 45 mins £95.00



## SPA FIND 2-IN-1 PETITE SPA TREATMENTS

Spa Find 2-in-1 treatments incorporate two elements of spa therapy in one treatment, offering you the ultimate spa experience at great value. These natural mineral treatments will leave you feeling relaxed, rejuvenated and inspired.



### **Spa Find Silky Skin 2-in-1 Exfoliation and Massage**

A full body exfoliation with the best selling spa find heavenly hydration salt brushing followed by a back massage that helps to relieve muscular tension and leaves skin feeling silky smooth and deeply nourished.

40 mins £40.00

### **Spa Find Complete Calmness 2-in-1 Facial and Massage**

A luxurious back massage that helps to relieve muscular aches and pains followed by a relaxing mineral mud facial that improves the texture of the skin and leaves it feeling soft and supple.

40 mins £40.00

### **Spa Find Age Away 2 in 1 Facial and Exfoliation**

A unique anti - ageing mineral body exfoliation, scalp massage and anti - aging seaweed facial treatment that leaves skin fresh, cleansed and nourished, and fine lines and wrinkles smoothed and plumped up.

55 mins £50.00

## FACIALS

### Spa Find Express Elegance Facial

A mini facial incorporating a full cleansing and toning sequence, exfoliation to brighten the skin, nourishing mud mask to suit your skin type and mini facial massage, leaving your skin refreshed and glowing.

25 mins £35.00

### Spa Find Essential Elements Prescriptive Facial

The prescriptive mineral facial is ideal for new clients and incorporates a consultation and skin analysis, allowing the therapist to treat the main concerns and recommend a personalised home care programme.

55 mins £45.00

### Spa Find Perfect Purity Decongesting Facial

Excellent for combating oily and problematic skins and balancing oil production. This decongesting facial begins with a welcome massage, followed by a hydrating treatment that helps to minimise imperfections and decongest pores.

60 mins £50.00

### Spa Find Youthful You Anti-Ageing Facial

This luxury anti-ageing facial uses a unique peel-off mask combining Dead Sea Mud and seaweed. It begins with a welcome massage followed by a facial, which brings immediate firming and hydrating results to the skin.

60 mins £55.00

### Spa Find Finger Tip Face Lift Facial

This unique technique has been formulated to give amazing face lifting results. The facelift massage incorporates both western and eastern philosophies and includes principles of Chinese Acupressure, Ayurveda and Reiki. A specialised Algimud Seaweed mask is then applied to your face. This mask is specifically formulated to refine, tone, and produce instant results.

55 mins £60.00

### Spa Find Natural Nourishment Double Mud Facial

A hydrating facial which is excellent for tired, dull and sallow skins. It begins with a welcome massage followed by a facial incorporating two mud masks to dramatically refine the skin's texture and deeply relax the mind.

70 mins £55.00



## SPA MASSAGE JOURNEYS

Spa Find has developed a distinctive range of Spa Massage Journeys utilising therapy techniques from around the world, bringing together the 'Ancient Powers of Dead Sea Waters' with intensely pampering massage rituals.

### Spa Find Comfort Lomi Lomi Hawaiian Massage

The journey combines a luxury back or full body exfoliation, welcome massage around the neck and shoulders and comfort massage using the elbows and forearms, leaving muscles relaxed, skin silky soft and the body and mind balanced.

Back only	40 mins	£45.00
Full body	1hr 20 mins	£70.00

### Spa Find Tranquillity Shiatsu Deep Tissue Massage

Tranquillity utilises the Japanese art of Shiatsu, Swedish massage techniques and sports massage to leave muscles relaxed and skin supple and toned.

Back only	25 mins	£35.00
Full body	55 mins	£55.00

### Spa Find Peace Hot Stones Massage

A deeply relaxing massage using Hawaiian hot stones to release any tension from the body and leave the mind at peace.

Back only	40 mins	£45.00
Full body	60 mins	£68.00



### Hot! Hot! Hot! Back Ritual

This luxury back treatment begins with a hot compress and deep exfoliation using heated black mud and salt, followed by a hot stone massage and warming mud mask. You will then enjoy a Royal Thai pressure point massage to relieve tension and stress.

55 mins £55.00

### Spa Find Heavenly Head Neck and Shoulder Massage

A deeply relaxing Head, Neck and Shoulder Massage designed to release tension and stress on the areas that need it most, leaving you feeling relaxed and revived.

25 mins £30.00

### Traditional Swedish Aromatherapy Massage

A relaxing massage using pre-blended Aromatherapy oil.

Back only	25 mins	£35.00
Full Body	55 mins	£55.00

## SPA BODY TREATMENTS

Spa find luxurious mineral body treatments utilise the natural power of mud, salt and seaweed to tone and firm the body, ease muscle tension and deeply relax your body and mind.

### Spa Find Heavenly Hydration Salt Brushing Treatment

This luxury full body exfoliation revitalises the body and mind, leaving skin soft and smooth. It naturally exfoliates the skin without irritation and stimulates lymphatic circulation, therefore helping with cellulite.

30 mins £30.00

### Spa Find Sculpted Silhouette Inchwrap Treatment

This mineral detox treatment aids detoxification, helping with cellulite and water retention. The specialised wrapping technique tones and firms the body whilst safely removing toxins from within the body, providing inch loss. The ultimate combination of plant extracts and Dead Sea minerals makes this a powerful detoxifying body treatment. Your skin is deeply polished with a luxurious sand exfoliant and six different stimulating products before your body is cocooned in comforting wrap. The active marine ingredients work to stimulate cellulite and toxins, easing the inches away and leaving you with an improved body contour.

90 mins £70.00

### Spa Find Infinite Indulgence Black Mud Envelopment

This calming full body treatment nourishes the skin and relaxes aching muscles and joints. A full body exfoliation

is followed by the application of warm Dead Sea Mud. We then envelop your body in heated original Dead Sea Mud to soften, soothe and condition the skin with rich minerals from the lowest place on earth. This luxury spa treatment ends with a heavenly scalp massage.

70 mins £55.00

### Deep Cleansing Back Blitz

This deep cleansing back treatment has been formulated to hydrate and nourish the skin, improve skin tone and leave your back feeling refreshed and rejuvenated. The treatment starts with a decongesting deep cleanse followed by an invigorating exfoliation, detox massage and mud mask, finishing off with a hydrating moisturise. A perfect skin care treatment suitable for everybody as it targets the most difficult to reach area of the body.

40 mins £40.00





## **DELICIOUSLY CHOCOLATEY**

### **Chocobeauty Facial**

Melt away the stresses and strains of the day with our delicious Chocobeauty Facial using 100% pure chocolate combined with 100% natural minerals. Enjoy the sheer indulgence of a chocolate mask and sweet aroma of pure chocolate. This detoxifying treatment promotes cell regeneration making you look and feel years younger.

1 hr £50.00

### **Chocoholics Hand or Feet Chocolate Treat**

Pamper your hands or feet with our unforgettable hand and foot treatment. A sugar cane scrub gently soothes away dead skin cells, followed by a gorgeous massage. Your hands or feet are then cocooned in rich warming chocolate. Truly scrumptious!

45 mins 40.00

### **Chocolicious Heavenly Massage**

Boost your endorphins with our luxurious Full Body Chocolate Massage using 100% pure chocolate. Your skin will feel silky soft and radiant with a fragrant hint of chocolate. For that ultimate feel good factor.

Back only 40 mins £40.00

Full Body 1 hr 10 mins £60.00

## EYE AND EAR TREATMENTS

### Spa Find Exquisite Eyes

A naturally anti-ageing eye treatment, targeting fine lines and wrinkles as well as combating dark circles and puffiness. Immediate results can be seen with this treatment and skin is left feeling nourished and soft. This exceptional eye treatment combines the powerful effects of Dead Sea minerals and plant extracts to refine fine lines, tone the contours of the eyes and increase cell regeneration.

30 mins £35.00

- Eyelash tint £12.00
- Eyebrow tint £8.00
- Lash and brow tint £17.00
- Eyebrow wax/shape £9.00

### Hopi Ear Candles

This treatment is a relaxing, soothing and natural alternative to syringing, completely painless and helps to rebalance the ear, drawing out any impurities. Excellent for those suffering with sinusitis, headaches, migraines, head colds, glue ear, hay fever or excessive ear wax.

25 mins £26.00



## ESPECIALLY FOR MEN

All treatments are available for men, however to make you feel even more welcome, we have the following that are especially for you.

### Spa Find Tranquillity Shiatsu Deep Tissue Massage

Tranquillity utilises the Japanese art of Shiatsu, Swedish massage techniques and sports massage to leave muscles relaxed and skin supple and toned.

Back only 25 mins £35.00 Full body 55 mins £55.00

### Traditional Swedish Aromatherapy Massage

A relaxing massage using pre-blended Aromatherapy oil.

Back only 25 mins £35.00 Full body 55 mins £55.00

### Gentlemen's Deep Cleansing Facial

Specially formulated for the male complexion, this treatment helps to hydrate, purify and revitalise the skin.

55 mins £50.00

### **(Man)icure**

Filing of the nails, cuticle work, then a relaxing massage of the hands and arms.

25 mins £28.00

### **Pedicure**

Foot soak and exfoliation, removal of dry skin, nails cut and filed, cuticle tidy and all finished off with a leg and foot massage.

40 mins £34.00

### **Waxing**

Back or chest wax £24.00

Eyebrow wax/shape £12.00



## **LUXURIOUS TREATS FOR HANDS AND FEET**

### • **Reflexology**

Reflexology is based on the same Chinese root of acupuncture locating and gently massaging the reflexology points on the foot helping to reduce imbalances of energy that can cause stress and ill health.

50 mins £40.00

### • **Hydrated Hands Luxury Manicure**

This luxurious treatment begins with an exfoliation of the arms and hands, followed by a deeply relaxing massage and application of deep nourishing mud mask to help tone and firm the skin. After being lavished with rich minerals your hands will be silky smooth and ready to be painted with a colour of your choice.

55 mins £40.00\*

### • **Fabulous Feet Luxury Pedicure**

Combining exfoliation and massage to target dry heels and tired feet this luxurious foot treatment leaves your feet soft and supple and your muscles relaxed. Gentle sand and Dead Sea salts are used to exfoliate your feet which are then massaged and covered in warm Dead Sea mud to hydrate, soothe and nourish. Your toenails are then painted with a colour of your choice.

55 mins £40.00\*

**\* Add £5.00 for a French polish finish**



- **File and polish hands**

A pick-me-up to leave nails looking well groomed between manicures.

£15.00

- **File and polish feet**

A quick fix that provides tired looking nails with an instant rejuvenation.

£15.00

- **Shellac manicure**

Shellac combines the resilient finish of a gel nail overlay with the ease of paint-on colour. High shine and lasting at least two weeks scratch or chip free. Treatment is completed with an exfoliation and massage.

45 mins £40.00

- **Shellac French manicure**

The ultimate timeless classic, done to perfection and lasting at least two weeks scratch and chip free.

£47.00

- **Shellac file and polish**

£25.00

- **Shellac French file and polish**

£32.00

- **Minx toes**

Minx is a new and glamorous way for women to extend fashion to their feet through the superb range of patterns available, lasting up to four weeks.

£29.00

- **Soles So Soft**

This treatment is the best solution to hard skin on the soles of your feet. Using an innovative fruit based peel the hard skin is gently smoothed away. The treatment ends with a relaxing foot massage, leaving you with a spring in your step.

55 mins £40.00

## FINISHING TOUCHES

### St Tropez Tanning

Full body	£30.00
Half body	£15.00

### Waxing

• Full leg	£24.00
• Half leg	£17.00
• Bikini	£12.00
• Brazilian	£20.00
• Forearm	£14.00
• Underarm	£9.00
• Lip or chin	£7.00
• Eyebrow	£9.00

## TEENS TREATMENTS

(suitable for 12 - 16 year olds)

- Ear piercing £16.00

### Magik Mini Manicure

A pamper treat to the hands with a file and polish to complete.

25 mins £25.00

### Magik Mini Pedicure

A mini treatment to the toes with a file and polish to complete.

25 mins £25.00

### Magik Mini Facial

Teenagers need pampering too and this facial is designed to do exactly that. Our specially formulated treatment contains extracts that promote a clear complexion with calming anti-inflammatory and astringent properties, perfect for teens skins and those suffering from breakouts.

25 mins £25.00

## Contra Indications

If you have any of the following conditions please inform our reception team prior to booking treatment, as this may dictate which treatment you can have.

- pregnancy & post pregnancy
- heart and circulatory conditions
- high or low blood pressure
- back problems
- diabetes
- epilepsy
- mobility issues
- recent operation
- skin conditions
- cuts, abrasions & bruises
- recent accident or injury
- general illness

All guests must complete a Health Consultation Form upon arrival



## **SPA BOOKING AND TREATMENT INFORMATION**

We recommend you book as early as possible to avoid disappointment.

We require a 50% deposit at the time of booking for all treatments; we accept all major credit and debit cards.

Gift vouchers are available, please ask at Reception.

All guests must arrive 10 minutes prior to appointment to allow time for your personal treatment consultation. All treatment times shown indicate the length of the total booking and not the specific treatment. Any guest with special requirements must inform the Spa Reception prior to treatment. Guests must adhere to the Spa rules at all times.

Children under 16 years of age are not able to use the Spa facilities but we have a special 'Spa 4 Girls' event on Tuesday evening during school holidays for 12 - 16 year olds. Please ask at reception for details.

### **CANCELLATION POLICY**

Failure to attend, or if you cancel within 24 hrs of the appointment time, you will be charged fully for the treatment. Appointments made less than 24 hrs in advance are also subject to our Cancellation Policy.

Rockley Park Spa reserves the right to refuse admission at any time.



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