

## thespa etiquette

### Treatment Times

thespa treatment hours 9am until 8pm:

Off peak\*: Monday - Thursday

Peak: Friday - Sunday

\* Terms and conditions apply

### Arrival Time

Please allow 30 minutes to check in prior to your appointment and enjoy full use of our luxury facilities.

### Gift Vouchers

Our team will be delighted to assist you in purchasing the perfect gift. Spa gift vouchers can be ordered by telephone, in person or via the website.

### Booking Process

thespa at Hoole Hall can get very busy so please give as much notice as possible when scheduling your spa days with us.

Please call 01244 40 88 41 and allow our spa reservation team to assist you in planning your spa day.

### Cancellation Policy

Please allow 24 hours notice for cancellation or rescheduling of treatments to avoid a fee of 100% of your service. Failure to arrive will result in a 100% charge. Additionally, we require 48 hours notice to cancel a Spa Day Experience to avoid a 100% charge.

### Advisory Medical Information

We advise the heat and hydrotherapy experiences not be used by guests under 16, during pregnancy or under medical supervision of any kind.

For all treatments if you are undergoing medical treatment or think you may be pregnant please advise at the time of your visit.

### Spa Tranquility

We politely request that you respect the right of other guests by switching all mobile phones to silent and refraining from smoking during your visit.

### Guests

Guests using thespa must be over 16 years of age. An adult must accompany guests under the age of 18 years of age.

### Treatment Dress Code

We advise guests dress down to underwear throughout spa treatments. During treatments in the mudroom and the couples collection swim wear is optional.

### Worldly Possessions

Please do not bring valuables to thespa, as we do not accept liability for the loss or theft of personal items.

All treatments are subject to availability.

# treatment menu



theclubandspa, Hoole Hall, Warrington Road, Chester CH2 3PD | Tel: 01244 40 88 41

Email: [spa@theclubandspa.co.uk](mailto:spa@theclubandspa.co.uk) | [www.theclubandspachester.co.uk](http://www.theclubandspachester.co.uk)

Follow us on [twitter](https://twitter.com/theclubandspa) <http://twitter.com/theclubandspa> or find us on [Facebook](#) at The Club and Spa at Hoole Hall.

Many talk of being the ultimate spa but few deliver.

Whether you're joining us for one treatment, a day or a weekend we invite you to an exhilarating sensory journey. Commence with our sequence of profoundly uplifting wet and dry thermal rooms. We've mixed light and under water music in our 18m lap pool. Our hydrotherapy pool is a must as is the outdoor thermal pool with its invigorating waterfall, wonderfully cocooned from the elements. Our relaxation areas bring fire, earth, water and air together to help you reach a state of total harmony. With one entire floor dedicated to spa guests including a spa guest-only café... At **thespa** at Hoole Hall a treatment is just the beginning!

## thetreatments

Haute Couture niche spa and beauty brand **Anne Semonin** Paris is the original and most well regarded name. Combining trace elements and aromatherapy oils as part of the apothecary based treatments. One of the few spas to boast the exclusive Anne Semonin range in the UK.

**Pevonia's** natural and organic philosophy make them market leaders offering a revolutionary range of products and treatments containing the most potent and effective natural source ingredients within technologically advanced formulae.

We're also welcoming **Murad**, the leading cosmeceutical skincare brand incorporating clinically proven skincare within a luxurious spa environment delivering outstanding results.

## thecouplesroom

Step inside our private 'getaway' complete with sauna and waterfall bath and indulge in treatments created especially for two. A special gift or simply well-deserved escapism, indulge with a glass of sparkling wine and enjoy ultimate luxury.

## themudroom

In the privacy of this special Rasul suite you can smooth on a choice of 6 specialist cleansing muds, relax in the warmed room, then feel the effects of the aroma-infused steam before applying peppermint infused salts and finish with a drenching shower. Particularly good fun with two of you!

## thewaveroom

Possibly the pinnacle of relaxation is our meditation room. Stretch out and experience total sensory pleasure. Enter into 'a dream made of water, light and music'. Beautiful wave images fill the room overhead. Mood lighting and soothing sounds add to the sensation that will send you into a deep state of relaxation.

## thepolishroom

Enjoy your spa manicure or pedicure experience in our dedicated state of the art nail room. We have a range of mother daughter packages available, each one includes a take home nail varnish of your choice, complimentary glass of sparkling wine and refreshments throughout, neck and shoulder massage are included as part of any deluxe or spa manicure/pedicure.

We specialize in bridal packages and hen nights, teen and prom parties are catered as well as ladies nights packages. Please call 01244 408841.

**thespa** treatment hours 9am until 8pm:

Off peak\* Monday - Thursday

Peak Friday - Sunday

\* Terms and conditions apply

# thecontents

## theday spa collection

## thefacial collection

## themassage collection

## thebody collection

## theholistic collection

## thecouples collection

## themen's collection

## thenail collection

## thetanning collection

## themaintenance collection

## thespa etiquette

## theday spa collection

refresh, unwind, detox

Treatment	Peak	Off Peak
-----------	------	----------

<b>Glorious Mud (45mins)</b>	<b>£95</b>	<b>£90</b>
------------------------------	------------	------------

Enjoy a fun spa day alone or with a friend or partner to cleanse your body in the privacy of the **mudroom**. A wonderful, unique treatment to cleanse and smooth your skin with a range of 6 cleansing muds and peppermint salts a perfect way to escape from reality.

<b>The Hoole Hall Spa Day (90mins)</b>	<b>£99</b>	<b>£99</b>
--	------------	------------

Warm aromatic mud is generously applied to the entire body. Followed by a full body massage leaving you feeling fully refreshed and revitalized.

<b>Spa Selection by Anne Semonin (120mins)</b>	<b>£175</b>	<b>£170</b>
--	-------------	-------------

Create your own day! Choose 2 hours of your favourite therapies whether it be Phyto-Aromatic Body Massage, Hot Stone, Phyto-Aromatic Facial, Eye Treatment...  
Feel free to upgrade your package with extra treatments

<b>Polish Up (165mins)</b>	<b>£175</b>	<b>£165</b>
----------------------------	-------------	-------------

The perfect package to prepare for holidays and parties! Allow our therapists to prepare your face, fingers and toes to perfection with a Jessica Prescriptive Manicure and Pedicure. Additionally, experience a Murad facial to brighten your complexion.

<b>Rejuvenate by Pevonia (180mins)</b>	<b>£190</b>	<b>£180</b>
--	-------------	-------------

Full, luxurious body aroma massage follows a relaxing mud or algae wrap to pamper your body. Finish with a choice of an Aromatherapy or Prescriptive Facial to remedy and treat.

Each spa day includes: 2 course lunch in the **balcony** exclusive to spa guests, full use of the health and fitness facilities, wet and dry thermal rooms, hydrotherapy pool, outdoor thermal pool with waterfall, the **waveroom**, robes, towels and slippers.

\* No lunch included

To book call **01244 40 88 41**  
or visit [www.theclubandspachester.co.uk](http://www.theclubandspachester.co.uk)

Treatment	Peak	Off Peak
-----------	------	----------

<b>Half Day Recharge* (90mins)</b>	<b>£110</b>	<b>£100</b>
------------------------------------	-------------	-------------

Spend a relaxing morning or afternoon with us. Enjoy full use of all of our facilities and wind down with a relaxing back, neck and shoulder massage followed by either a Prescription Manicure or Pedicure.

**Spa Day Upgrade £25**

Sparkling wine breakfast upon arrival, afternoon tea and luxury spa gift.

## thestay spa collection

We have a range of stay spa packages in our luxury hotel Doubletree by Hilton, Chester.

Call **01244 40 88 41** for more information.



## thefacial collection

results, relax, renew

Treatment	Peak	Off Peak
-----------	------	----------

<b>Consultation &amp; Skin Analysis (20mins)</b>	<b>£30</b>	<b>£25</b>
--	------------	------------

Using the latest technology available, our therapists will photograph your face using a range of light conditions, analysing for damage 2mm below the skin. Your skin care treatment and home care prescription will be then tailored to achieve maximum results.

<b>L'Experience Anne Semonin Facial (85mins)</b>	<b>£85</b>	<b>£80</b>
--	------------	------------

A bespoke facial incorporating eye and decollete treatments. Thoroughly relaxing, although intense to boost cellular renewal, firm and detoxify the skin. The ideal combination of relaxation and radiance.

<b>Hydrating Plantomer by Pevonia (55mins)</b>	<b>£65</b>	<b>£60</b>
--	------------	------------

Visibly enhance your skin's texture and maximise hydration. Excellent for sensitive, eczema and psoriasis prone skin types.

<b>Age Delay Facial by Anne Semonin (55mins)</b>	<b>£65</b>	<b>£60</b>
--	------------	------------

Contouring and firming this facial combats the visible signs of ageing. Ideal for mature or dehydrated skin. Using cubes of ice, rich in active serum, the face regains it's youthful glow while your skin is lifted, firmed and tightened.

<b>Prescriptive Facial by Pevonia (55mins)</b>	<b>£60</b>	<b>£55</b>
--	------------	------------

Outstanding results every time! This facial is personalised for every skin type.

<b>Eye Treatments Upgrades</b>	<b>£25</b>	<b>£25</b>
--------------------------------	------------	------------

An ideal upgrade to treat the delicate eye area as part of your facial, this treatment will focus on plumping out fine lines or decongesting puffiness.

Treatment	Peak	Off Peak
-----------	------	----------

<b>Resurgence Renewal Facial by Murad (55mins)</b>	<b>£75</b>	<b>£70</b>
--	------------	------------

Uniquely counteracts the effects of hormonal ageing, this treatment caters for perimenopausal and menopausal skin, providing an instant glow and visibly improved skin texture.

<b>Vitamin C Infusion Facial by Murad (55mins)</b>	<b>£60</b>	<b>£55</b>
--	------------	------------

This revitalising treatment reverses signs of ageing caused by environmental exposure. Pure Vitamin C is delivered directly into the skin to repair and prevent damage. Improves texture, elasticity and reverses hyper-pigmentation.

<b>AHA Rapid Exfoliator Facial by Murad (55mins)</b>	<b>£60</b>	<b>£55</b>
--	------------	------------

Suitable for all skin types, this unique treatment reduces the appearance of fine lines and wrinkles to reveal smoother, younger looking skin. Skin is deeply exfoliated and cell renewal is increased while the pores are cleaned and skin texture is improved.

<b>Blemish Control Facial by Murad (55mins)</b>	<b>£60</b>	<b>£55</b>
---	------------	------------

For skin prone to blemishes, congestion and oiliness, this treatment is the perfect solution to restore and rebalance skin clarity and reduce blemishes. Skin is deeply cleansed and impurities dissolved while redness and irritation is soothed. Skin is left refreshed and healthy with a vibrant glow.

<b>Decollete Firming Treatment (45mins)</b>	<b>£55</b>	<b>£50</b>
---	------------	------------

Care for the much neglected decollete contours with gentle exfoliation and nourishing active marine ingredients to visibly improve appearance of fine lines.

## thebody collection

detoxify, exfoliate, slim

Treatment	Peak	Off Peak
-----------	------	----------

<b>Sea Salt &amp; Aromatic Oil Envelopment (85mins)</b>	<b>£85</b>	<b>£80</b>
---	------------	------------

An ultra moisturising body scrub, incorporating a therapeutic scalp massage. Warm oils are drizzled all over the body to deeply nourish and soften the skin, followed by a revitalising exfoliation, Full Body Massage and Warm Body Wrap.

<b>Anti Cellulite Therapy by Anne Semonin (55mins)</b>		
--	--	--

Specialised treatment designed to stimulate the body's system and target fluid retention, cellulite and uneven skin tone. Using massage and lymphatic drainage combined with a firming, detoxifying mask to relieve blockages and tone the skin. This treatment is recommended as part of a course.

1 treatment	<b>£85</b>	<b>£80</b>
Course of 3 (save up to £30)	<b>£205</b>	<b>£190</b>
Course of 10 (save up to £100)	<b>£750</b>	<b>£700</b>

<b>Detox Thalasso Wrap (55mins)</b>	<b>£65</b>	<b>£60</b>
-------------------------------------	------------	------------

A seaweed wrap containing 104 vitamins, minerals and enzymes. This treatment will cleanse and detoxify your system from the inside out, while exfoliating and nourishing your skin. Ideal for sluggish digestion and poor circulation.

To book call 01244 40 88 41  
or visit [www.theclubandspachester.co.uk](http://www.theclubandspachester.co.uk)

## thaimassage collection

relax, unwind, release

Treatment	Peak	Off Peak
-----------	------	----------

<b>Deep Release Massage with hot stones by Anne Semonin (75mins)</b>	<b>£65</b>	<b>£60</b>
--	------------	------------

Warm black, basalt stones are used to heat the muscles to make more pliable and ensure a much deeper massage. This treatment is ideal for anyone suffering from muscle aches and pains. The stones work to decongest the muscle tension and lactic acid build up in the body to leave you feeling rejuvenated and relaxed.

<b>Black Sand Body Scrub with Aromatic Full Body Massage by Anne Semonin (85mins)</b>	<b>£85</b>	<b>£80</b>
---	------------	------------

This ultimate exfoliating experience with black sand from Tahiti. Warm aromatic oils are applied all over the body to deeply nourish and re-mineralise the skin, followed by a revitalising exfoliation and body wrap. This therapy concludes with a Phyto-Aromatic Relaxing Full Body Massage, to reawaken your senses.

<b>Full Body Massage (55mins)</b>	<b>£65</b>	<b>£60</b>
-----------------------------------	------------	------------

Massage oils are selected to suit your mood and requirements to tackle muscular stress whilst the aromas enhance the experience of your full body massage.

<b>Anti Stress Back Therapy by Anne Semonin (45mins)</b>	<b>£55</b>	<b>£50</b>
--	------------	------------

Using a self-heating marine mineral mud treatment to heat the back, neck and shoulders, this treatment is designed to release tension and combat tight muscles. The feet and lower legs are also carefully massaged to improve circulation.

<b>Time for Mum by Pevonia (90mins)</b>	<b>£110</b>	<b>£99</b>
---	-------------	------------

This treatment is exclusively designed by Pevonia to safely care for mothers to be. This carefully selected treatment includes a signature massage with a Plantomer Facial which is gentle on even the most sensitive skins as well as a hand and foot treatment to relax and pamper.

## theholistic collection

repair, relax, renew

Treatment	Peak	Off Peak
-----------	------	----------

<b>Reflexology (55mins)</b>	<b>£65</b>	<b>£60</b>
-----------------------------	------------	------------

Experience the physical act of pressure point massage to the feet. This treatment is based on zones of the feet which reflect certain parts of the body, alleviating pain, tension and regaining overall balance within the body. Extremely beneficial when booked as part of a course.

Course of 3 (save up to £20)	<b>£180</b>	<b>£160</b>
Course of 10 (save up to £50)	<b>£600</b>	<b>£550</b>

<b>Reiki (55mins)</b>	<b>£65</b>	<b>£60</b>
-----------------------	------------	------------

This popular Japanese healing technique, uses energy to restore balance within the body. The touch is very light and can be achieved through clothing.

<b>Indian Head Massage (25mins)</b>	<b>£35</b>	<b>£33</b>
-------------------------------------	------------	------------

Designed to alleviate stress, this massage concentrates on the scalp and neck using pressure point massage. This treatment can be performed with or without oils.



## thecouples collection

relax, enjoy, rekindle

Each of the following will take place in **thecouplesroom**. Step inside our private 'getaway' complete with sauna and waterfall bath and indulge in treatments created especially for two. A special anniversary gift or simply well-deserved escapism, indulge with a glass of sparkling wine and enjoy ultimate luxury.

Treatment	Peak	Off Peak
-----------	------	----------

<b>Parisian Bathing Ceremony for 2 by Anne Semonin (150mins)</b>	<b>£250</b>	<b>£230</b>
--	-------------	-------------

The treatment commences with a Parisian flower and herbal foot bath, followed by time to relax in the private sauna. Your treatment continues with an oil and salt body exfoliation and scalp massage before becoming immersed in a mineral enriched bath to unwind, the treatment concludes with a full body massage with products made to suit your individual needs. Choose from detoxifying, sculpting or nourishing rituals.

<b>Phyto-Aromatic Full body massage collection for 2 (55mins)</b>	<b>£155</b>	<b>£135</b>
---	-------------	-------------

Relax in your own private sauna and jacuzzi prior to your tailor made full body massage using a personally prescribed blend of intensive complexes and warmed botanical oil. Choose from de-stress, fitness, uplifting or detoxifying. Upgrade your treatment to include Phyto-Aromatic Facial for 2 for the ultimate in relaxation for an additional **£99 for 2**.

Treatment	Peak	Off Peak
-----------	------	----------

<b>Phyto Aromatic Facial Collection for 2 (55mins)</b>	<b>£155</b>	<b>£135</b>
--	-------------	-------------

This skin enhancing 'made to measure facial' ensures effective, visible results. This treatment has been designed to be tailor-made for your skin's needs through bespoke blended plant active serums, masks and aromatic intensive complexes. Upgrade your treatment to include Phyto-Aromatic Massage for 2 for the ultimate in relaxation for an additional **£99 for 2**.

<b>themudroom (45mins)</b>	<b>£65pp</b>	<b>£60pp</b>
	<b>£99 for 2</b>	<b>£95 for 2</b>

Our Rasul room offers the ultimate exfoliation and cleansing ritual to really pamper the skin. The range of 6 cleansing mud masks penetrate the skin, with the help of the aroma infused steam which filters through the room to add to the experience. Peppermint salt granules are provided to remove dead skin cells, before drenching your body in the refreshing shower. This treatment is perfect to share with a partner or alone for total relaxation. Ideal preparation for a massage.



## themens collection

groom, refresh, relax

Treatment	Peak	Off Peak
-----------	------	----------

<b>Skin Fit Facial by Pevonia (55mins)</b>	<b>£70</b>	<b>£65</b>
--	------------	------------

An advanced, anti ageing facial with caviar to replenish the skin and counteract signs of ageing, razor burn and sensitivity. Formulated specially for male skin.

<b>Aromatherapy Facial by Pevonia (55mins)</b>	<b>£55</b>	<b>£50</b>
--	------------	------------

A relaxing facial focusing on specialist massage techniques and lymph drainage to improve tone, promote radiance and relieve tension.

<b>Deep Release Massage with hot stones by Anne Semonin (75mins)</b>	<b>£65</b>	<b>£60</b>
--	------------	------------

Warm black, basalt stones are used to heat the muscles to make more pliable and ensure a much deeper massage. This treatment is ideal for anyone suffering from muscle aches and pains. The stones work to decongest the muscle tension and lactic acid build up in the body to leave you feeling rejuvenated and relaxed.

<b>Aromatic Moor Mud Wrap (55mins)</b>	<b>£60</b>	<b>£55</b>
--	------------	------------

Warm aromatic moor mud, rich in 350 natural vitamins, minerals and enzymes is generously applied to the entire body. This treatment is renowned for relieving pain from arthritis and rheumatism.



## thenail collection

Treatment	Peak	Off Peak
-----------	------	----------

**Prescriptive Manicure by Jessica (45mins)** £38 £35

Your nails will be analysed and treated for their nail type. The manicure will include exfoliation, massage and cuticle care. Nails will be beautifully shaped and treated with a prescriptive base coat finishing with the perfect polish.

**Express Manicure by Jessica (30mins)** £28 £25

Your hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive base coat and perfectly polished.

**Pedicure by Jessica (60mins)** £45 £43

Choose between energising ginger, calming green tea or revitalising citrus for this luxury foot and leg treatment. Hard skin will be removed, legs and feet will be massaged with deep conditioning creams and cuticles and nails groomed and beautifully shaped and polished.

**Deluxe Pedicure by Jessica (75mins)** £55 £50

A luxurious pedicure with the added benefit of thermal heated booties for deeper penetration of the oils and creams, excellent for increasing circulation and relieving tired feet.

**Gents Club Manicure by Jessica (30mins)** £28 £25

Your hands are exfoliated to remove any dryness and massaged with treatment creams, cuticles are conditioned and groomed and nails are trimmed and perfectly shaped.

**Executive Footcare for men (45mins)** £38 £35

A luxurious foot treatment to help prevent the build up of hard skin and calluses. Your therapist will work on the cuticles and nails and finish with a relaxing foot massage.

## thetanning collection

Treatment	Peak	Off Peak
-----------	------	----------

**St. Tropez Spray Tan (30mins)** £30 £30

Like no other for the perfect tan with no streaks or fuss. A spray application given by our therapists to ensure an even tan. Remember to book an exfoliation treatment with us and wear relaxed clothing to avoid ruining your tan.

**St. Tropez Deluxe (45mins)** £45 £45

For longer lasting and even looking tan take advantage of professional full body exfoliation prior to your tanning.

### Tanning Essential Tips

Post-Tan Shower - Wait at least 8 hours after your tanning application before showering or bathing. You need to allow enough time for the reaction to take place - the longer the better. Do not be alarmed if you see colour washing off the first time you shower as this is just the surface colour application. Your skin will continue to tan as the self-tan reaction works on your skin.

Maintenance of you Tan - Apply moisturiser, morning and evening, after your post-tan shower. A well hydrated skin is essential in maintaining a longer life to your tan.

To book call 01244 40 88 41  
or visit [www.theclubandspachester.co.uk](http://www.theclubandspachester.co.uk)

## themaintenance collection

Treatment	Peak	Off Peak
-----------	------	----------

**Eye brow shape (15mins)** £12 £12

**Eyelash Tint (20mins)** £18 £18

**Half Leg Wax (20mins)** £18 £18

**Full Leg Wax (30mins)** £26 £26

**Bikini Wax from (15mins)** £15 £15

**High Bikini Wax from (20mins)** £18 £18

**Underarm Wax (15mins)** £12 £12

**Brazilian Wax from (30mins)** £25 £25

**Gents Waxing Back or Chest (20mins)** £22 £22

