



# Welcome

Your sanctuary of comfort and calm. No pressure. No pretences. Just real relaxation in our peaceful setting.

Whether you're joining us for one treatment, a day or a weekend - step into a friendly, relaxed environment where you'll feel comfortable and truly special. Our expert therapists focus entirely on you, ensuring every experience leaves you feeling valued, nurtured and beautifully refreshed.

Unwind in our soothing Watsu pool or revitalise under the waterfall in our outdoor thermal pool. Retreat to our serene relaxation areas and feel tensions melt away...

More than a spa. It's your feel-good place.

Come as you are. Enjoy genuine, welcoming pampering that uplifts both body and soul.

At DoubleTree by Hilton Hotel and Spa Chester, a treatment is only the beginning.

## Spa journey

### Changing rooms

The Club and Spa's executive changing rooms feature large lockers, complimentary toiletries, fully equipped vanity areas, swimsuit dryers, private changing cubicles and private showers.

### Spa Lounge

Start your journey in our relaxing spa lounge. This bright airy room has comfy chairs and views out over our Victorian walled garden. The perfect spot to enjoy infused water or a soothing cup of herbal tea.

### Treatment spaces

With individual and couples treatment rooms we are all set to pamper you with our luxury spa therapies.

#### Relaxation room

Possibly the pinnacle of relaxation is our meditation room. Soothing music and lighting help aid relaxation whilst you relax on a giant beanbag or form fitting lounger. Leave your worries at the door!

### Thermal suite and pools

Step into a full sensory experience at our poolside, featuring invigorating wet and dry thermal rooms, an elegant 18-meter lap pool, a soothing hydrotherapy pool, an open-air thermal pool, loungers and refreshing monsoon showers.

### Gym and group exercise

DoubleTree by Hilton Hotel and Spa Chester offers an unprecedented gym experience. From the state-of the-art technology equipment to the cleanliness of our changing rooms we provide the ideal workout environment. With over 50 classes per week, there's something to energise, relax or unwind. Classes are complimentary for spa day guests; however, they cannot be booked in advance.

### Our product ranges

ELEMIS is the leading luxury British skincare brand favoured by 6.5 million spa-goers per year. The successful combination of natural active ingredients with cutting edge technology has enabled ELEMIS to bring to the market some of the most influential anti-ageing products and professional therapies the beauty industry has ever seen.

Jessica is a pioneer in the professional nail care industry as she was the first to recognise that like skin and hair, all nails are not alike. Jessica's unique nail care philosophy is behind each product of their extensive range. With crème, glitter and pearl finishes across more than 190 shades, you'd be forgiven for falling for Jessica's custom colours at first sight.

The Spa has sourced natural ingredients to bring a collection of signature treatments directly to you. Indulge in the natural aromas in our spa ritual therapies.

We are all set to pamper you with our luxury spa therapies.

# Spa packages

A spa day at DoubleTree by Hilton Hotel and Spa Chester is the ultimate in true serenity and relaxation.

On arrival, you will be greeted and provided with a robe and towel along with a locker. You are then free to use all the facilities of The Club and Spa.

From the moment you walk in until the moment you depart, we will ensure that your spa journey is a memorable one.

### Express spa package

When time is of the essence join us for our express package, choose a morning or an afternoon spa session and relax with your choice of one of the following treatments:

- Back, neck and shoulder massage
- ELEMIS EXPERT™ TOUCH RENEW EXPRESS FACIAL

Monday-Friday / £90pp Saturday and Sunday / £100pp

### Morning spa retreat package

Our most popular package! Enjoy a morning spa session and relax with your choice of treatment:

- Body massage (includes back, neck, shoulders, décolleté, face and scalp)
- Hot stones back of the body massage
- ELEMIS EXPERT™ TOUCH RENEW FACIAL
- Luxury manicure
- Luxury pedicure

Following your spa experience enjoy a 1-course meal from our spa choice menu served in the Garden Room.

Monday-Friday / £110pp Saturday and Sunday / £120pp

### Afternoon spa retreat package

Enjoy an afternoon spa session and relax with your choice of treatment:

- Body massage (includes back, neck, shoulders, décolleté, face and scalp)
- Hot stones back of the body massage
- ELEMIS EXPERT™ TOUCH RENEW FACIAL
- Luxury manicure
- Luxury pedicure

Package also includes a 1-course meal from our spa choice menu served in the Garden Room.

Monday-Friday / £110pp

Saturday and Sunday / £120pp

### Rasul Mudroom Package

Enjoy a morning or afternoon spa session with a 30 minute Rasul Mudroom Ritual.

Monday-Friday / £50pp Saturday-Sunday / £65pp

### Twilight retreat evening package

Spend your evening in the most relaxing way! Enjoy use of our spa and leisure facilities and unwind with your choice of one of the following treatments:

- Back, neck and shoulder massage
- ELEMIS EXPERT™ TOUCH RENEW EXPRESS FACIAL

Monday, Wednesday, Thursday, Friday 5pm until 9pm / £70pp

### Luxury spa ritual day package

Enjoy a full day at The Spa with both morning and afternoon spa sessions. Relax with your choice of spa ritual treatment:

- Renew Radiance
- Restore Re-balance

Following your spa experience enjoy lunch from our spa choice menu and a glass of Prosecco served in the Garden Room.

Monday-Friday / £125pp

Saturday and Sunday / £135pp

Morning spa session

Twilight spa session

9am until 1pm: Mon-Fri 9am until 2pm: Sat-Sun 5pm until 9pm: Mon, Wed, Thu, Fri

### Afternoon spa session

1pm until 5pm: Mon-Fri 2pm until 7pm: Sat-Sun

# Overnight spa breaks

Our overnight packages include everything for the perfect spa stay. For all of our overnight spa breaks, we will provide you with a luxurious bathrobe and flip flops to enjoy use of our extensive spa facilities. Each package includes a morning, an afternoon or a twilight spa session\* and an overnight stay here at the DoubleTree by Hilton Hotel and Spa Chester.

### ■ DoubleTree spa break

Take some time to unwind and relax with our DoubleTree spa break package. Our package includes a morning, an afternoon or a twilight spa session\*, robes, towels, flip flops, with a choice of one of the following treatments:

- Back, neck and shoulder massage
- ELEMIS EXPERT™ TOUCH RENEW EXPRESS FACIAL
- Overnight stay in a double or twin room, 2-course dinner in the Garden Room and full English breakfast

Sunday-Friday / £300 per couple Saturday / £360 per couple

### ■ The overnight ritual retreat

Gift yourself and your loved one a special treat and enjoy a pampering experience with our overnight Ritual Retreat package. Enjoy a morning, an afternoon or a twilight spa session\*, robes, towels, flip flops with the following treatment:

- Spa Ritual Treatment (55min)
- Overnight stay in a double or twin room, 2-course dinner in the Garden Room and full English breakfast

Sunday-Friday / £320 per couple Saturday / £380 per couple

### Rasul mudroom break

Relax and revitalise with our Rasul Mudroom Break. This self-care package includes a morning, an afternoon or a twilight spa session\*, robes, towels, flip flops with the following treatment:

- Rasul Mudroom Ritual (30min)
- Overnight stay in a double or twin room,
   2-course dinner in the Garden Room and full
   English breakfast

Sunday-Friday / £220 per couple Saturday / £270 per couple

### DoubleTreat for Two

Relax and unwind with our popular overnight spa package. Enjoy an overnight stay with a 2-course meal and 4 hours spa access (timings are pre bookable), with use of robes, towels and flip flops. Find ELEMIS toiletries in your room and enjoy a full English breakfast.

From £240 per couple

\* A Twilight spa session is available Monday to Friday 5pm until 9pm

Extend your escape and book extra nights at DoubleTree By Hilton Hotel & Spa Chester.

# Signature treatments

DoubleTree by Hilton Hotel and Spa Chester has carefully designed treatments to help relax, restore and re-balance. Our expert therapists are highly trained, so relax, you're in good hands.

### Signature back, neck and shoulder massage

25min / Mon-Thu £50pp / Fri-Sun £55pp

Massage oils are selected to suit your mood and requirements. The treatment tackles muscular stress in the back, neck and shoulders.

### ■ Signature full body massage

55min / Mon-Thu £70pp / Fri-Sun £75pp

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

### ■ WaveStone massage

25min Back Massage / Mon-Thu £50pp / Fri-Sun £55pp

55min Full Body Massage / Mon-Thu £70pp / Fri-Sun £75pp

Hand carved from White Jade, WaveStone will feel soothing on the skin and has the natural ability to conduct heat and cold whilst providing a deep massage. This treatment will improve the circulatory system to promote self-healing and aid relaxation.

### Spa rituals

55min / Mon-Thu £70pp / Fri-Sun £75pp

Radiance - If you are looking for silky smooth and radiant skin this is the ritual for you. A complete body polish with a radiance facial for when you want to look and feel your best.

Re-balance - A relaxing Scalp and Décolleté massage followed by a soothing foot treatment to gently massage and exfoliate. This treatment will ensure you are relaxed and feel like you're walking on air!

Restore - A refreshing full body polish followed by a relaxing back, neck and shoulder massage to soothe away tension and leave you feeling fresh and calm.

*Renew* - A relaxing back, neck and shoulder massage followed by an Express Facial leaving you relaxed and feeling renewed.

### ■ DoubleTree signature facial

45min / Mon-Sun £60pp

This facial treatment will be tailor-made for you. We understand all skin is different so following a consultation, your therapist will select the range suited to your skin type and any concerns. This facial can re-balance, add moisture, firm fine lines and wrinkles or brighten your complexion.

### Rasul mudroom ritual

30min / Mon-Sun £30pp

The Rasul is a special suite whereby you smooth on 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. This ritual is ideal for couples and is the perfect preparation for a massage.

### ■ The duo suite

60min / Mon-Sun £80 (2 guests)

A private suite in our spa area, complete with a sunken hot tub, private sauna, shower and relaxation area. Enjoy a glass of Prosecco with this treatment, the perfect finishing touch.

# ELEMIS

Self-care is now more important than ever. Our ELEMIS treatments have been carefully selected with you in mind, offering care and wellness as we invite you to relax, re-balance and renew with our tailored treatments.

### **ELEMIS BODY**

# ■ ELEMIS EXPERT™ DEEP TISSUE TENSION EASE MASSAGE

25min £55pp / 50min £75pp / Mon-Sun

An aromatic oil will be selected by your therapist to address your specific concerns, such as muscle tension, stress, relaxation, or balance. The flowing massage works deep into the tension, encouraging optimum circulation.

## ■ ELEMIS EXPERT™ TRANSFORMATIVE HOT STONE MASSAGE

50min / £75pp / Mon-Sun

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

### ■ ELEMIS EXPERT<sup>™</sup> TARGETED TIGHTENING BODY TREATMENT

50min £75 (choose from abdomen or thighs) / 80 min £95 (includes abdomen, arms and thighs)

A powerful blend of minerals and seaweed join forces to promote a smoother appearance to the skin. Our focused sculpting massage, combined with a cooling rubberised mask, targets problem areas to leave your skin feeling toned, tightened, and firm.

### ELEMIS FACE

# ■ ELEMIS EXPERT<sup>™</sup> TOUCH RENEW EXPRESS FACIAL

25min / Mon-Fri £50pp / Sat-Sun £55pp FOR GORGEOUS GLOWING SKIN

ELEMIS' signature deep cleansing skin wellness facial, showcases prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-fromwithin glow.

### ■ ELEMIS EXPERT™ TOUCH RENEW FACIAL

50min / Mon-Fri £70pp / Sat-Sun £75pp FOR GORGEOUS GLOWING SKIN

ELEMIS' signature deep cleansing skin wellness facial, showcases prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-fromwithin glow.

#### ■ ELEMIS EXPERT<sup>™</sup> TOUCH REVEAL FACIAL

50min / Mon-Fri $\pounds$ 70pp / Sat-Sun $\pounds$ 75pp RESURFACING FOR STUNNINGLY SMOOTH SKIN

Purify and brighten as your skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother and renewed.

### ■ ELEMIS EXPERT™ TOUCH DEFINE FACIAL

75min / Mon-Fri £80pp / Sat-Sun £85pp OUR LINE-FIGHTING SUPERHERO FACIAL

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multifaceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking. An unsurpassed, line-fighting facial experience. Skin will appear immediately firmer and more radiant after just one treatment.

# Mother-to-be collection

These thoroughly researched and carefully formulated treatments have been designed to nurture and support women through the rich experience of each trimester. Please allow an additional 15 minutes for pre and post-treatment care.

# ■ ELEMIS EXPERT™ PEACEFUL PREGNANCY MASSAGE

60min / Mon-Sun / £95pp

Performed on a massage couch that moulds to your body, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

# ■ ELEMIS EXPERT™ PEACEFUL PREGNANCY MASSAGE AND FACIAL

90min / Mon-Sun / £130pp

Performed on a massage couch that moulds to your body, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby. This treatment includes an ELEMIS EXPERT\*\*
TOUCH RENEW EXPRESS FACIAL.

# OTHER TREATMENTS SUITABLE DURING PREGNANCY

We also offer a wide range of facials, manicures and pedicures during this special time. Please speak to one of our spa experts who can advise what treatments suit your needs.

# Nail collection

With crème, glitter and pearl finishes we're bound to have your perfect colour. Jessica is the pioneer of our time and adored by many celebrities. Our treatments will leave you with immaculate nails whilst treating your natural nail and skin.

### Jessica file and polish (fingers or toes)

25min / Mon-Sun / £30pp

Nails are filed, cuticles are cared for and polish is applied to your natural nails.

### Spa manicure

45min / Mon-Sun / £45pp

Your nails will be assessed to determine their type. The manicure will include exfoliation, massage and cuticle care. Nails will be treated with a prescriptive basecoat before being perfectly polished.

### Luxury manicure

60min / Mon-Sun / £50pp

Your nails will be assessed to determine their type. The manicure will include exfoliation, massage and cuticle care. Also includes a luxury hand treatment mask with thermally heated mitts for deeper penetration of the oils and creams. Nails will be beautifully shaped and treated with a prescriptive basecoat finishing with the perfect polish.

Upgrade to GELeration Polish for an additional £20.

### Spa pedicure

45min / Mon-Sun / £45pp

This pedicure treatment includes foot and lower leg exfoliation. Hard skin is removed, and legs and feet are massaged with deep conditioning creams. Cuticles and nails are groomed, then beautifully shaped and polished.

### Luxury pedicure

60min / Mon-Sun / £50pp

The Cadillac of pedicures, this luxurious leg and foot treatment pedicure brings the added benefit of thermal heated booties for deeper penetration of the oils and creams. Excellent for increasing circulation and relieving tired feet. Relax and enjoy a foot, ankle and leg massage as your therapist treats you to this wonderful pedicure treatment.

Upgrade to GELeration Polish for an additional £20.

### Jessica GELeration shape and polish

45min / Mon-Sun / £40pp

Nails are filed, shaped and finished with Jessica's GELeration Polish.

#### ■ Jessica GELeration removal

30min / Mon-Sun / £15pp

Includes cuticle work, GELeration removal and file.

Please advise The Spa at the point of booking if you require gel removal. We are unable to remove builder gel or acrylic nails.

### Eyelash or eyebrow tinting

15min / £15pp

### Eyebrow and lash tinting

30min / £22pp

A patch test is required 24hrs before tinting.

### Eyebrow shape

15min / £15pp

### Half leg wax

15min / £25pp

### ■ Full leg wax

30min / £35pp

### Classic bikini wax

15min / £15pp

### High bikini wax

15min / £25pp

### Underarm wax

15min / £15pp

Essentials

Let us enhance your natural beauty. Whether you

are looking for a natural looking tan, luscious lashes

or silky smooth skin, our therapist will make you feel

completely at ease.

### Forearm wax

15min / £15pp

### Lip or chin wax

15min / £15pp

### Back or chest wax

30min / £25pp

### St. Tropez Spray Tan

Mon-Thu £25pp / Fri-Sun £30pp

A bronzed glow all year round! St. Tropez spray tanning is applied by a professional and offers a UV free, natural looking tan. Choose from Classic or Express. Pre and post-advice is needed before you book.

# Spa etiquette

Sit back, relax and enjoy your day.

#### Treatment times

The Spa treatment hours: Monday-Friday 10am until 8pm, Saturday-Sunday 10am until 6.30pm.

Off peak: Monday-Thursday. Peak: Friday-Sunday.

### Booking process

The Spa can get very busy, so please give as much notice as possible when scheduling your spa days or treatments with us. Treatment and Day Packages can be booked online at www.theclubandspachester.co.uk or by calling our friendly spa team on 01244 40 88 40. Alternatively please email us at spa@theclubandspachester.com.

Bookings are essential for all spa day packages and treatments. All treatments are subject to availability.

### How to spa

We recommend that you bring two swimsuits. Drinks and additional produces will be available to purchase in the spa.

#### Advisory medical information

In order for us to advise you on the correct treatments, please inform us of any pre-existing medical conditions that may affect your treatment options at the time of booking. We advise that the heat and hydrotherapy experiences are not used by guests who are pregnant or under medical supervision of any kind.

### Spa treatment information

The Spa at DoubleTree by Hilton Hotel and Spa Chester is an adult facility for persons aged 16 and over. Guests aged 16-18 and having body or face treatments will need to be accompanied by a parent or guardian.

All treatments are inclusive of a consultation and aftercare.

We have male and female therapists in the team, if you have a preference please advise us at the time of booking.

Please note treatment prices include access to pre and post relaxation rooms but an upgrade fee will be applicable if you would like to use the pools/ thermal suites.

### Arrival

To ensure you receive your full treatment benefits, please arrive at The Spa reception at least 15 minutes early to check in before your appointment. Due to our strict booking system, in the event that you may turn up late for your treatment, we will only be able to offer the remaining treatment time, but may still charge the full price.

### Payment

We require full payment at the point of booking. Please hand in any vouchers that are being used for payment at the time of arrival. Due to unforeseen circumstances, appointment times may change. We will endeavour to notify you before arrival to advise of any changes and offer an alternative time or service.

### Gratuity

Service charges are not included in your treatments. Should you wish to express your appreciation, a gratuity is a gracious way to compliment your therapist.

### Spa tranquillity

The Spa is designed to be calm, quiet and relaxing and for this reason, the use of mobile phones is prohibited. We also ask that you respect other spa users by speaking quietly whilst in our relaxation areas. Any rowdy or loud behaviour in any area of The Spa may result in you being asked to vacate the premises. The Spa is an adult only environment and open only to persons aged 16 and over. Under no circumstances are The Spa guests permitted to bring alcohol into The Spa.

### Gift vouchers

Our team will be delighted to assist you in purchasing the perfect gift. Spa gift vouchers can be ordered in person or via the website. Gift vouchers are valid for twelve months from the date of purchase. They are non-refundable and non-transferable. Lost or stolen vouchers cannot be replaced. Vouchers are redeemable against any spa package, treatment or product and cannot be extended or exchanged for cash.

### Spa pool

Please be advised that aqua aerobics classes are held in the pool. For further details, please enquire at reception.

#### Lost property

All lost property found on the premises should be handed in at Reception. Items will be stored for three months. If they are not collected within this time they will be donated to local charities. Liquids, undergarments and hair brushes are kept for 24 hours only.

Please bring as few valuables as possible. The Club and Spa will not be liable for any loss or damage to any personal items.

### Parking and access

There is complimentary parking for spa guests on the grounds.

### Cancellation policy

We kindly request 24 hours' notice for the cancellation or rescheduling of individual treatments, and 48 hours' notice for spa packages. For overnight breaks, a minimum of 72 hours' notice is required to avoid a 100% cancellation charge.

Management reserve the right to close any area of The Spa without prior notice for essential maintenance.

### Prices from October 2025

