

GIFT VOUCHERS

Gift Vouchers are available in monetary or treatment format from the Spa reception or alternatively visit handpickedhotels.co.uk

TERMS & CONDITIONS

Please visit handpickedhotels.co.uk for further information on:

- Hand Picked Spa booking terms and conditions
- Opening and closing times
- How to book and methods of payment
- Cancellation policy
- Health guidelines

All prices include VAT at 20% and may be subject to change.

Norton House Hotel & Spa

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0845 458 0904

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*Hand*PICKED
HOTELS
BUILT FOR PLEASURE

NORTON HOUSE HOTEL & SPA

SPA EXPERIENCES PRICE LIST





NORTON HOUSE HOTEL & SPA EXPERIENCES...

MAKE THE MOST OF YOUR VALUABLE ME-TIME WITH ONE OF OUR SPA EXPERIENCES. THE ULTIMATE IN INDULGENCE, THEY COMBINE THE RELAXATION AND WELLBEING OF THE SPA WITH THE ELEGANCE OF OUR HOTEL AND RESTAURANT.

We have created a range of experiences offering a variety of treatments including luxury facials, reviving wraps and relaxing massages. Opt for a Day Spa Experience and enjoy a two-course spa lunch and full use of the Norton House Health Club and Spa facilities, including the swimming pool, multi-jet hydrotherapy pool, steam room, sauna, experience shower and fully equipped gym. For your comfort we provide towels, robes and slippers. You may find it hard to leave and with our Residential Spa Escapes you don't have to. Residential Spa Escapes include all the benefits of our Day Spa Experiences plus an overnight stay and breakfast the next day.

Alternatively, why not create your own dream escape with your choice of treatments, and if you so desire, Champagne afternoon tea and an evening meal. You deserve nothing less.

Midweek from £69 per person, per night*

Weekend from £79 per person, per night*

*Based on two people sharing

Single occupancy supplements apply

Dinner, bed and breakfast

Midweek from £100 per person, per night*

Weekend from £110 per person, per night*

*Based on two people sharing

Single occupancy supplements apply

For further Residential Spa Experience offers please visit handpickedhotels.co.uk/nortonhouse and click on Spa or call 0845 458 0904 or 01642 706 634.

RESIDENTIAL SPA ESCAPES

Classic Spa Break

Dinner, bed and breakfast in the hotel, use of health club and spa facilities, towels, robes and slippers, two-course spa lunch plus **two** 25 minute treatments each from:

- Back, neck and shoulder massage
- Express facial
- Tired eye treatment
- Full body scrub
- Shape and polish for fingers **or** toes

Plus:

- Two-course spa lunch
- Overnight stay with full traditional breakfast the following morning
- Three-course table d'hôte dinner

Monday to Sunday from £319 per night* (£159.50 per person) *Based on two people sharing, single occupancy supplements apply.

Rebalancing Spa Break

Enjoy a one night stay including breakfast, plus **one** 55 minute spa treatment from:

- Face and body combo
- Body combo
- Face and eye combo
- Full body massage
- Luxury facial
- Classic pedicure
- Luxury manicure

Monday to Sunday from £212 per night* (£106 per person)

*Based on two people sharing, single occupancy supplements apply.

DAY SPA EXPERIENCES

Refresh and Revive

Sample all the benefits the spa has to offer.

Choose **two** 25 minute treatments from:

- Back, neck and shoulder massage
- Express facial
- Tired eye treatment
- Full body scrub

Plus:

- Shape and polish for fingers or toes
- Two-course spa lunch

Monday to Thursday - 1 hr 15 mins - £125

Friday to Sunday - 1hr 15 mins - £139

Perfect Solution

The perfect combination for mind, body and soul. The choice is yours, enjoy either:

- Full body massage **and** express facial
- or**
- Luxury facial **and** back, neck and shoulder massage

Plus, a two-course spa lunch

Monday to Thursday - 1 hr 20 mins - £120

Friday to Sunday - 1 hr 20 mins - £135

Selection

A fantastic way to totally relax and unwind. Choose **two** of the following 25 minute treatments:

- Back, neck and shoulder massage
- Express facial
- Tired eye treatment
- Full body scrub
- Shape and polish for finger **or** toes

Plus, a two-course spa lunch

Monday to Thursday - 50 mins - £99

Friday to Sunday - 50 mins - £110

Tailor Made - Just for you

Create your very own Spa Day Experience by selecting the treatments of your choice from our brochure to the value of £80 plus your choice of **one** of the following:

- Two-course spa lunch (available 12 - 2pm)
- Elevenes (available 11am - 4pm)
- Afternoon tea (available 3pm - 5pm)

Monday to Sunday - £98

Classic Mother to Be Spa Day

Take some time out and enjoy **one** 55 minute treatment from:

- Pregnancy Massage
- Pregnancy Facial
- Pregnancy Pedicure

Plus, a two-course spa lunch or afternoon tea or elevenes

Monday to Thursday - 55 mins - £85

Friday to Sunday - 55 mins - £95

Hen Party/ Celebration Spa Day

Choose **one** of the following 25 minute treatments each:

- Back, neck and shoulder massage
- Express facial
- Tired eye treatment
- Full body scrub

Plus:

- Shape and polish for finger **or** toes.
- Cream tea (tea and scones)

When a group of 6+ spa days are booked together, the 6th person will enjoy their day for free.

Monday to Thursday - 50 mins - £85 per person

Friday to Sunday - 50 mins - £89 per person

Ruby Spa Experience for Two

An excellent way to spend time with a loved one; suitable for mothers and daughters, partners or friends. Enjoy the choice of **one** of the following 25 minute treatments each:

- Back, neck and shoulder massage
- Express facial
- Tired eye treatment
- Shape and polish for fingers **or** toes

Plus:

- A shared 40 minute Rasul mud experience
- One-course light spa lunch
- Glass of Champagne

Monday to Thursday - 1 hr 5 mins - £150 for two

Friday to Sunday - 1 hr 5 mins - £190 for two

Indulgent Afternoon Tea Spa Day

Relax with a loved one by choosing **one** of the following 55 minute treatments each:

- Face and body combo
- Full body massage
- Luxury facial
- Classic pedicure
- Luxury manicure

Plus, afternoon tea or elevenes

Monday to Thursday - 55 mins - £149 for two

Friday to Sunday - 55 mins - £174 for two

ishga Scottish Seaweed Skin Care Spa Day

Relax and unwind with your choice of one 55 minute treatment from:

- ishga Hot Stone Massage
- ishga Facial
- ishga Seaweed Body Wrap

Plus:

- Glass of Champagne
- Afternoon tea

Monday to Thursday - 55 mins - £149 for two

Friday to Sunday - 55 mins - £174 for two

Be inspired spa day

Rejuvenate with the choice of **one** of the following 55 minute combo treatments:

- Face and body combo
- Body combo
- Face and eye combo

Monday to Thursday - 55 mins - £70 per person

Friday to Saturday - 55 mins - £85 per person

Afternoon Tea / Eleveses Spa Day for Two

Simply relax with someone special. Enjoy **one** of the following 25 minute treatments:

- Back, neck and shoulder massage
- Express facial
- Full body scrub
- Shape and polish for fingers or toes

Plus, afternoon tea.

Monday to Thursday - 25 mins - £109 for two

Personalised

Tailor make your very own Day Spa Experience by selecting a minimum of 1 hr 15 mins treatment time from the brochure. This day includes a two-course spa lunch or afternoon tea, plus full use of the health club and spa facilities.

£25 supplement plus the combined cost of your chosen treatments

FACE

Elemis Face & Body Sensation

Experience the perfect Elemis treatment duo

A sensational massage combined with prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquility, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance:

Choose from:

- Pro Collagen Quartz Booster Facial
- Tri Enzyme Resurfacing Booster Facial
- Skin Radiance Booster Facial
- Skin IQ Men's Booster Facial

55 mins - £75

ADVANCED ANTI-AGEING FACIALS

Elemis Pro-Collagen Quartz Lift Facial

Anti-wrinkle facial with proven results.

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just one treatment, this facial reduces the number of wrinkles by up to 94%* and improves skin firmness by up to 57%*.

*Independent clinical trials 2007.

1 hr 10 mins - £80

40 mins - £55

Elemis Visible Brilliance Facial

To combat ageing, stressed and slackened skin.

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin whilst helping to reduce dark circles.

Moisturisation levels of the skin are proven to increase by up to 61%* and elasticity by 40%* after just one treatment.

*Independent clinical trials 2004.

1 hr 10 mins - £80

40 mins - £55

Elemis Pro-Intense Lift Facial

Super lifting facial with visible results after one treatment.

Powerful lifting techniques target sagging jowls, cheeks, chin and neck, whilst helping to reduce puffiness and fluid retention associated with sagging skin along the jaw line.

55 mins - £75

Elemis Tri-Enzyme Resurfacing Facial

Peel away the years for smoother, more radiant skin.

This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75%* and increase skin smoothness by up to 32%* after just 1 treatment, this unique facial targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.

*Independent clinical trials 2006.

55 mins - £75

40 mins - £55

SKIN SOLUTIONS FACIALS

Elemis Modern Skin Facial

Designed for skin challenged by modern living

Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results: remineralised, rebalanced and renewed skin.

55 mins - £75

SKIN SPECIFIC FACIALS

Elemis Fruit Active Glow Facial

Bring back the glow to a lifeless complexion

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

55 mins - £65

Elemis Exotic Moisture Dew Facial

Treat your skin to a moisture boost

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

55 mins - £65

Elemis Herbal Lavender Repair Facial

For the perfect restoration of skin balance

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

55 mins - £65

Elemis Express Facial

This introductory facial provides a quick and instant pick me up for any occasion.

25 mins - £42

ISHGA SPA TREATMENTS

Using products that ingredients are sourced from the Hebrides. The name ishga is derived from the Gaelic word for water. The Hebrides has some of the clearest waters in the world where we harvest seaweed to produce the 100% organic ingredients for our products.

ishga Hot Stone Massage

A full body massage incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones are useful for easing out tension, reducing aches and pains and are placed along the chakra's to open up energy pathways. A seaweed base oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

55 mins - £75

ishga Seaweed Body Wrap

A powerful Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone.

55 mins - £70

ishga Invigorating Massage

A medium pressure massage combining a powerfully detoxing seaweed body oil with lemongrass, juniper and rose geranium. The treatment is designed to be invigorating but equally relaxing with a focus on removing tension to re-energise the body. The seaweed body oil used regenerates, firms and tones the skin and is particularly useful for eliminating toxins.

55 mins - £68

ishga Facial

A rejuvenating facial designed to revitalise and repair. The organic range of products used combine mineral rich seaweed as the main ingredient, others include natural healing spring water, aloe vera, macadamia nut oil and cucumber extract. Seaweed is high in vitamins, minerals, trace elements and natural anti-oxidants that are considered essential for maintaining healthy, youthful skin. Suitable for all skin types. Particularly useful for toning, firming, nourishing but also repairing and protecting the skin from environmental damage

55 mins - £65

ishga Salt & Oil Scrub

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and

glowing.

25 mins - £42

ishga Express Massage

A massage focusing on the back, neck and shoulders to target areas of tension, release everyday stress and relax the nervous system. Our seaweed body oil regenerates firms and nourishes the skin. Your therapist can adapt pressure to suit.

25 mins - £42

ishga Express Facial

An express facial using our organic product range combines a cleanse, tone and moisture for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

25 mins - £42

HOT STONES

Elemis Aroma Stone Therapy

Warm Basalt stones to melt away tension

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

1 hr 10 mins - £80

MASSAGE

Elemis Deep Tissue Muscle Massage

Deep rhythmic pressure massage

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Choose from:

- Stress-a-Way: Wind down and release the tension of the day.
- Spirit Reviver: A powerful surge to invigorate and recharge.
- Muscle Melt: Relax and re-energise a tired and aching body.
- Chakra Balancing: Reconnect your mind, body and soul.

55 mins - £68

Elemis Deep Tissue Back Massage

Minimum time, maximum tension-relieving results

Specifically targeting the back, shoulders and neck areas, where you need it most.

25 mins - £42

Add a hot stone upgrade to your massage

15 mins - £10

BODY

Elemis Musclease AromaSpa Ocean Wrap

Powerful seaweed wrap for complete muscle relaxation

Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment.

1 hr 10 mins - £70

Elemis Cellutox AromaSpa Ocean Wrap

A deeply detoxifying blend to decongest and stimulate the system

Let thoughts drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and marine algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

1 hr 10 mins - £70

Elemis Body Sculpting Cellulite and Colon Therapy

Redefine and smooth your silhouette

Using the new clinically proven Elemis Body Sculpting system, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results.

A detoxifying fennel and birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps detoxify the body, working from the inside out.

55 mins - £70

Elemis Exotic Coconut Rub and Milk Ritual Wrap

Pure sensuality to enliven the senses

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.

40 mins - £55

Elemis Exotic Frangipani Body Nourish Wrap

For immediate softness and suppleness

Aromatic Tahitian coconut and Frangipani flowers are soaked together to produce the monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

40 mins - £55

Elemis Exotic Lime and Ginger Salt Glow

Invigorated, cleansed and polished to perfection

A body exfoliation ritual to invigorate and revitalise. After light body brushing, warm oil is drizzled luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

40 mins - £55

SPECIALITY

Indian Head Massage

A concentrated massage focusing on head, neck and shoulders both relaxing and regenerating.

40 mins - £50

Elemis Total Glow Self-Tanning Treatment

The healthy way to radiant sun-kissed skin

We know the sun is good for the soul, but not necessarily for the skin, so fake it with this rich and sensual treatment. The Elemis Total Glow Self-Tanning Cream mimics the skin's natural colour and helps give a warm glow within 2-3 hours.

40 mins - £50

Reflexology

An ancient treatment that works on the key pressure points of the feet. Reflexology can help to energise, relax and restore the body's balance.

55 mins - £48

Rasul Mud Experience

Escape in our exotic mud chamber and take part in a traditional cleansing ritual. Wash away your stresses using a selection of muds which detox, soften the skin and promote relaxation. The wonderful experience concludes with a warm tropical shower leaving the skin silky smooth and fully cleansed. An experience to share with a partner or a friend.

40 mins - £30 for one, £50 for two

Spray Tanning: Kissed by Mii

Be Kissed by Mii to give yourself an instant tanning boost with revitalised, reinvigorated skin feeling healthy and truly irresistible all year round. This Paraben free range is created with marine minerals, taking the nourishing benefits of coral seaweed and coastal flowers to replenish you skins natural minerals, leaving it sublimely soft so that your tan can develop beautifully.

30 mins - £20

PREGNANCY

Elemis Nurturing Massage for Mother-to-Be

Massage adapted to each stage of pregnancy

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation.

Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit. Suitable from 13 weeks onwards.

1 hr 10 mins - £80

Elemis Pregnancy Facial

As selected by your therapist. Suitable from 13 weeks onwards.

55 mins - £65

FOR MEN

Elemis Total Time Out

The ultimate skin and body therapy for men

Combine Anti-ageing Elemis Skin IQ+ Facial with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Total Time Out.

1 hr 55 mins - £120

Elemis Skin IQ Facial

Anti-ageing booster for tired, stressed skin

Charged with the clinically proven*, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

*Independent clinical trials 2007.

1 hr 10 mins - £85

Men's Hand and Nail Treatment

Manicure including gentle exfoliation and therapeutic massage using a deeply nourishing infused oil and an envelopment of a moisturising mask to soften and restore.

25 mins - £25

Men's Foot and Nail Treatment

Pedicure including gentle skin softening exfoliation and a relaxing massage using a deeply nourishing infused oil and an envelopment of a moisturising mask to ease aches and pains, and condition the skin, leaving the feet soft and smooth.

25 mins - £25

HANDS & FEET

Luxury Pedicure with Booties

A deluxe pedicure with thermal booties for deeper penetration of oils and creams. Helping to soften cuticles, improve circulation and sooth stiff joints.

1 hr 10 mins - £55

Luxury Manicure with Mittens

A deluxe manicure with thermal mittens for deeper penetration of oils and creams. Helping to soften cuticles improve circulation and sooth stiff joints.

55 mins - £45

Classic Pedicure	55 mins - £45
Classic Manicure	40 mins - £35
Shape and polish for fingers or toes	25 mins - £25

Please note - all hand and foot treatments will be carried out at the manicure/pedicure stations. Please bring open toed shoes to wear after pedicures.

GEL NAILS

The next generation in manicure and pedicure. A gel formula that is painted onto the nails giving strength, protection and long lasting colour.

Deluxe GELeration Gel Overlay Manicure	1 hr 10 mins - £55
Pedicure with GELeration	55 mins - £55
GELeration Gel Overlay Manicure	45 mins - £45
Removal of GELeration plus shape and polish	55 mins - £40
Gel shape and polish for fingers or toes	25 mins - £35
Removal of GELeration plus nail treatment	25 mins - £20

MAKE-UP

Mii wedding trial and make up	2 x 55 mins - £80 (£40 each)
Mii make up tuition	55 mins - £45
Mii make up application	45 mins - £30

EYES

Eyelash tint	25 mins - £16
Eyebrow tint	10 mins - £12
Eyebrow shape/wax	10 mins - £12

Please note - a patch test must be completed at least 24 hours prior to your treatment.

WAXING

Full leg wax and bikini wax	40 mins - £32
Full leg wax	40 mins - £28
Back or chest wax	25 mins - £25
Half leg wax	25 mins - £20
Bikini wax basic	10 mins - £12
Lip and chin wax	10 mins - £12
Eyebrow wax	10 mins - £12
Upper lip wax	10 mins - £10
Underarm wax	10 mins - £10

Please note - no heat treatments to be used 24 hours before or after waxing.