

Rookery
Manor Spa



ROOKERY MANOR SPA

Take time out to relax and unwind in the luxurious surroundings of Rookery Manor Spa.

Our superb spa facilities include relaxation areas, memory foam wave loungers, zero gravity massage chairs, a tranquility room, steam room, hot rock sauna, spa garden with outdoor hot tubs, hydrotherapy pool and a well-equipped gym

We offer a range of treatments from Beauty Essentials, Manicures and Pedicures to Facial and Body Therapies to Massage and Holistic therapies. We use the finest brands including Elemis, Jessica Nails, Lava Shell, Kissed by Mii, Brows by Mii, MyLash and Universal Contour Wrap.

We offer a selection of Spa Experiences each carefully designed with complete relaxation of body and soul in mind. Whether you are visiting for an evening, day or overnight stay our aim is to offer the best possible experience.

Relax, Restore, Rejuvenate ...

BEAUTY ESSENTIALS

EYELASH EXTENSIONS

MyLash professional is a traditional lash on lash eyelash extension treatment which can last up to three weeks, after that time they can be maintained. Different looks can be easily achieved with MyLash professional eyelash extensions; from a natural to a full glamorous look. A wide range of widths, lengths and curls are available to suit every lash type.

- MyLash Full Set* (2 hours) £66
- MyLash Maintenance - *Within 3 Weeks of initial application* (1 hour) £33
- MyLash Maintenance - *Within 3 - 4 Weeks* (1 hour) £40
- MyLash Lash Removal (15 minutes) £15

TINTING

- Eyelash Tint* £15
- Eyebrow Tint* £8

WAXING

- Eyebrow Shape £10
- Lip or Chin Wax £7
- Underarm Wax £15
- Forearm Wax £18
- Half Leg Wax £22
- Full Leg Wax £28
- Standard Bikini Wax £15
- High Bikini Wax £20
- Brazilian Wax £25
- Hollywood Wax £30

BROWS BY MII

For every arch, every smile and even the occasional furrow, reveal the true beauty of each expression with brows tailored perfectly to you. Perfection takes time therefore invest time in creating the perfect brows.

Our professional Brow by Mii treatment has been created especially for you. The treatment combines an in depth consultation, tinting, waxing and finishing to deliver beautiful results, with the perfect arch for every client.

- Brows by Mii* £25
- Brows by Mii Treatment Course* £75
Course of 4 treatments, saving £25

*Please be aware that a Patch Test is required 24 Hours prior to appointment

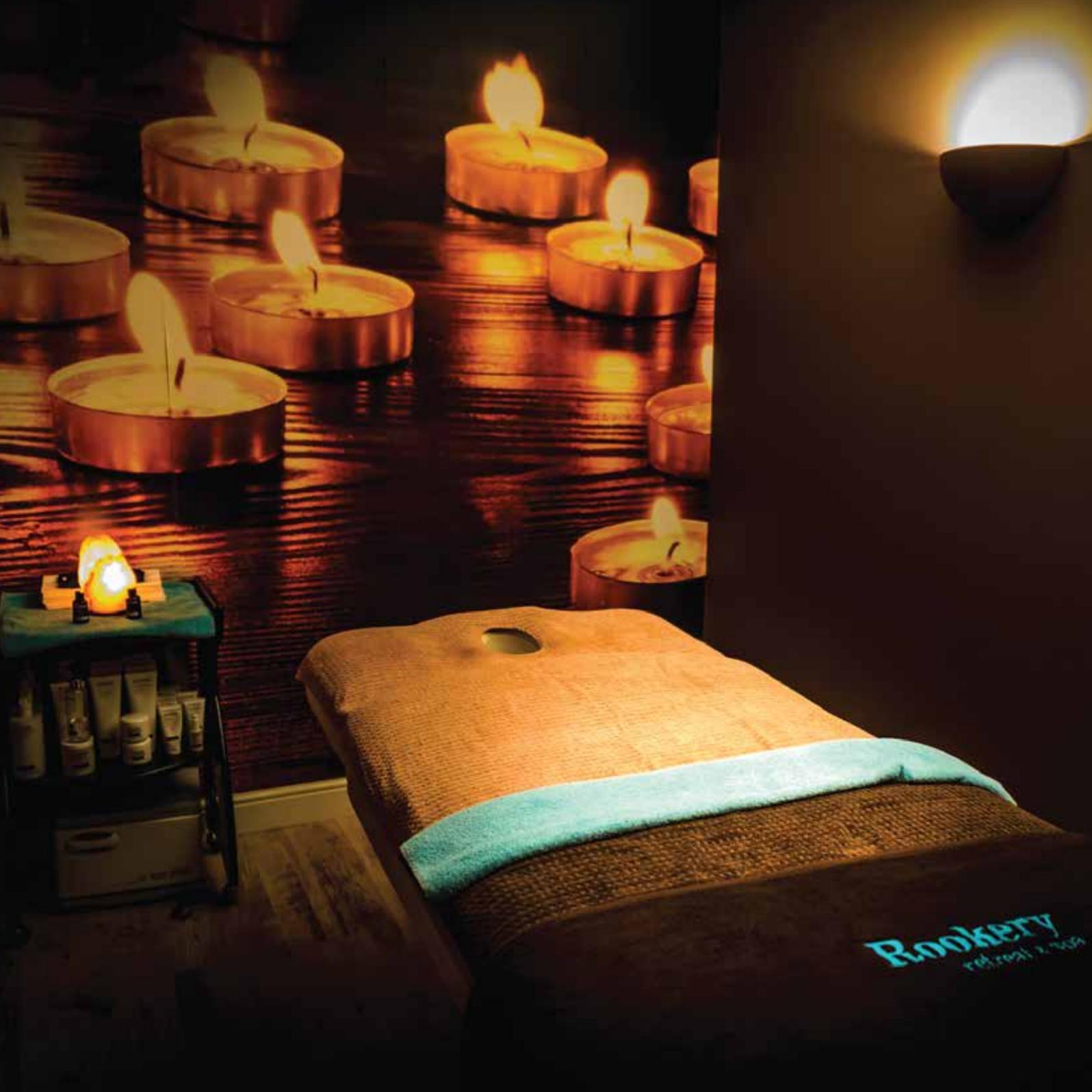
SPRAY TANNING

Created with marine minerals extracts, Kissed by Mii has taken the nourishing benefits of coral seaweed and coastal flowers to replenish your skin's natural minerals, leaving it sublimely soft so your tan can develop beautifully.

- Full Body Spray Tan £20
- Leg Spray Tan £10

Treatments for everyday beauty.





Rookery
relax & reset

MANICURES

JESSICA NAILS

When it comes to natural nails, Jessica Nails is considered a world leading brand, with a range of nail products to achieve and maintain naturally beautiful nails. Receive your chosen shade of polish to take home to keep your manicure or pedicure perfect for longer.

· Jessica Deluxe Manicure

60 Minutes **£38**

The ultimate in hand and nail care. All the benefits of a prescriptive manicure combined with a LeRemedi hand treatment to exfoliate and condition hands leaving them noticeably silkier, smoother and firmer along with the added benefits of thermal heated mittens for deeper penetration of oils and creams.

· Jessica Prescriptive Manicure

45 Minutes **£30**

Nails are analysed and treated for their specific type. Jessica's prescriptive manicure includes exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive base coat before finishing with the perfect polish.

· Jessica Express Manicure

30 Minutes **£22**

Hand and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive base coat, completed by the perfect polish.

JESSICA GELERATION

The beauty of Jessica, in a gel. With the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours.

· GELeration Gel Overlay Manicure

45 Minutes **£40**

Includes hand exfoliation, massage, cuticle care, nail shape and finished with Jessica's GELeration gel polish.

· ZenSpa Pedicure with GELeration

60 Minutes **£48**

Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed and toe nails are shaped and finished with Jessica's GELeration gel polish.

· GELeration Gel Nail Shape & Polish

£30

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

· GELeration Removal and Tidy

£15

GELeration Polish is removed, Nails are filed and treated with a prescriptive base coat.
£10 if booked alongside a GELeration Treatment

PEDICURES

· **Jessica ZenSpa Deluxe Pedicure**
75 Minutes **£45**

All the benefits of a ZenSpa pedicure combined with the luxurious added benefits of thermal heated booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints.

· **Jessica ZenSpa Pedicure**
60 Minutes **£39**

Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed and toe nails are shaped and perfectly polished.

· **Jessica Express Pedicure**
30 Minutes **£33**

Feet and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive base coat, completed by the perfect polish.

CALLUS PEEL

Don't just dream about pretty feet, let your Beauty Therapist simply Callus Peel away the hard skin & calluses.

· **Callus Peel Treatment**
30 Minutes **£25**

Quick, effective hard skin reduction.

· **Callus Peel Pedicure Add On**
15 Minutes **£15**

Enhance any of our Jessica Pedicures with a Callus Peel Treatment for the ultimate Pedicure experience.

· **Callus Peel 4 Treatment Course**
30 Minutes Each **£75**

For perfectly pretty feet we recommend a treatment every 2 - 3 weeks.

Course of 4 treatments, saving £25

Don't just dream about pretty feet!



FACIAL THERAPY

ELEMIS FACIAL THERAPY

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.

· Elemis Pro-Collagen Age Defy

60 Minutes

£80

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.

· Elemis Pro-Definition Lift and Contour

60 Minutes

£80

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.

· Elemis Dynamic Resurfacing Precision Peel

60 Minutes

£75

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.

· Elemis White Brightening Pigment Perfector

60 Minutes

£75

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

SKIN SOLUTIONS

· Elemis Superfood Pro-Radiance

60 Minutes

£70

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.

· Elemis Sensitive Skin Soother

60 Minutes

£70

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.

· Elemis Anti-Blemish Mattify and Calm

60 Minutes

£70

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.

**Independent Clinical Trials*

BODY THERAPY

ELEMIS FACE & BODY COMBITNATIONS

Choose your own combination of facial and body massage, or let your Elemis therapist personally prescribe the perfect treatment to work with your skin, your mood and your needs.

· Elemis Couture Touch

60 Minutes

£75

120 Minutes

£145

Condition your skin and muscles with this all-embracing experience. Combine any 30 minute or 60 minute Elemis hands-on Touch facial with your personalised Freestyle Deep Tissue Massage.

ELEMIS ENERGY BOOSTING & MUSCLEASE

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 eased muscles.

· Elemis Hot Mineral Body Boost

60 Minutes

£80

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, mineral charged experience of skin conditioning, metabolic balancing and energising wellness.

· Elemis Musclease Aroma Spa Wrap

75 Minutes

£75

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

ELEMIS BODY WRAPS & SCRUBS

· Elemis Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani Wrap

60 Minutes

£60

The velvety texture of the Monoi Oil offers super-hydration with mood-balancing aromatics and skin conditioning oils.

Choose From:

Sweet Orchid - The bouquet of key actives including Mauve Butterfly Orchid, Japonica, Japanese Stone Orchid, Tiare Flower, Vanilla, and Sesame and Cherry seed oils leave the skin nourished, supple and smooth

Frangipani - Layer your skin with the scent of Tahitian Monoi made from the traditional Polynesian method of infusing Coprah Oil with Tiare Flowers. The Frangipani aromatic restores peace and harmony.

· ELEMIS Intensely Cleansing Salt Scrub - Lime & Ginger or Frangipani

30 Minutes

£45

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. Choose From:

Lime & Ginger - A luxurious exfoliator with suspending Lime, Ginger and Salt in a unique blend of Bergamot, Coconut and Sweet Almond Oils. This exquisite product stimulates, tones and leaves the skin exceptionally soft

Frangipani - Mineral rich salts and hibiscus cleanse and exfoliate, whilst an infusion of exotic Tahitian Monoi Oil and Frangipani Flowers seal in moisture. Skin is left delicately fragranced.

MASSAGE THERAPY

SWEDISH MASSAGE

Relax and let the stresses of life leave your body as you enjoy the expert touch of classic Swedish massage techniques combined with warmed oil to soothe tension and relieve aching muscles.

- **Swedish Full Body Massage**
60 Minutes **£65**
- **Swedish Back, Neck and Shoulder Massage**
30 Minutes **£40**
- **Swedish Décolleté, Face and Scalp Massage**
30 Minutes **£40**

BAMBOO MASSAGE

A powerful deep tissue massage that uses bamboo stalks of different lengths and diameters to produce a deep sense of relaxation, serenity and inner well-being. It is ideal for anyone who leads an active lifestyle and requires deep tissue work to soften and break down muscular tension or to alleviate the stresses commonly associated with contemporary daily life.

- **Bamboo Full Body Massage**
60 minutes **£75**
- **Bamboo Back & Back of Leg Massage**
45 minutes **£50**
- **Bamboo Back, Neck & Shoulder Massage**
30 minutes **£45**

Need more time?

Upgrade your massage by an additional 15 minutes for just £10



MASSAGE THERAPY

LAVA SHELL MASSAGE THERAPY

Lava Shells are the world's first self-heating massage tool. Lava Shells are 100% recycled, natural Tiger Clam shells. A patented, natural, biodegradable heat technology is incorporated into the Lava Shell which then emits heat for over an hour, allowing therapists to provide a continuous and seamless body massage.

· Lava Shell Relax Massage

60 Minutes **£75**

For the ultimate calming massage the Lava Shell Relax Treatment is the soothing solution. As the marine polished sea shells are glided smoothly over the body you will instantly drift into a blanket of warmth falling into a state of utter relaxation and calm.

· Lava Shell Rescue Massage

60 Minutes **£75**

A combined Lava Shell and Glacial Shell massage treatment to treat most muscle ache and pains. The specific massage techniques target trigger points in muscles which can be responsible for tension and referred pain. The treatment leaves you feeling invigorated, muscles are more relaxed and aches and pains can be significantly reduced.

· Lava Shell Back & Leg Massage

45 Minutes **£50**

A treatment ideal for both men and women this is a deep tissue massage using the heated shells focused on the back and the legs. Tense muscles knots and stress points are worked on to provide immediate relief.

· Lava Shell Back Massage

30 Minutes **£45**

For an intensive back neck and shoulder treatment this deep tissue massage uses heated shells to achieve a firm deep pressure and treat deep rooted muscle problems. The radiating heat from the shells releases tension and leaves you feeling instantly stress-free and rejuvenated.

SPORTS INJURY MASSAGE

Following a thorough consultation with your therapist, specific massage techniques, stretches and pressure are used to relieve tensions and scar tissue build up in the muscle, leaving the body feeling de-stressed and relaxed.

· Back, Neck & Shoulder **£50**

· Full Body **£75**



HOLISTIC THERAPY

• Reflexology

60 Minutes

£55

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

• Hopi Ear Candles

45 Minutes

£45

This centuries old treatment helps to relieve the effects of migraines, headaches and congestion. This therapy will leave you feeling clear headed, relaxed and rejuvenated.

• Indian Head Massage

45 Minutes

£45

This therapy is ideal for head, neck or shoulder tension. Combining massage techniques to improve circulation and promote relaxation, pressure points and drainage techniques will help to ease headaches and sinus problems.

• Aroma-Flex

75 Minutes

£75

Aroma-Flex combines the powerful benefits of Reflexology with the soothing benefits of a Swedish Back, Neck & Shoulder Massage

Specialist therapies for your Mind, Body & Soul

MOTHER TO BE

ELEMIS PREGNANCY THERAPY

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

• Elemis Peaceful Pregnancy Massage

75 Minutes

£90

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

• Elemis Peaceful Pregnancy Face and Body Experience

135 Minutes

£145

This treatment combination gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.

Yummy Mummy Spa Day

Enjoy some 'me time' and indulge with the perfect day of relaxation

You will enjoy:

- Elemis Peaceful Pregnancy Face and Body Experience
- Jessica ZenSpa Deluxe Pedicure
- One Course Spa Lunch
- Use of our superb facilities
- Robe and towel hire for the day



TIME FOR MEN

ELEMIS FACIAL THERAPY

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. Elemis responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

· Elemis High Performance Skin Energiser

60 Minutes **£70**

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

Time For Men Spa Day

Relax, Refresh and Revive

You will enjoy:

- Elemis High Performance Skin Energiser
- Elemis Freestyle Deep Tissue Massage, lasting 60 minutes
- Executive Footcare for Men
- One Course Spa Lunch
- Use of our superb facilities
- Robe and towel hire for the day

HAND AND FOOT CARE

Everything the modern man needs for groomed hands and feet.

· Gentlemen's Club Hand and Nail Care

30 Minutes **£25**

Hands are exfoliated to remove dryness and massaged with treatment creams, cuticles are conditioned and groomed and nails are trimmed and shaped.

· Executive Footcare for Men

45 Minutes **£35**

A relaxing and grooming foot and leg treatment. Hard skin is removed, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy and toenails will be perfectly shaped.





CONTOUR WRAPS

UNIVERSAL CONTOUR WRAP

As well as inch loss, the positive mental effect Universal Contour slimming treatments bring can be truly inspiring. Unlike other brands, Universal Contour doesn't offer just a temporary inch loss. They are passionate about helping you make the most of yourself.

Alongside a healthy diet and lifestyle, Universal Contour Wrap provides not only instant inch loss, but lasting inch loss resulting in confidence, positivity and motivation.

This is not a water loss treatment. In fact, we recommend you drink water regularly after your treatment to enhance detoxification, flushing the toxins from your body.

• Classic Body Wrap

120 Minutes **£90**

The combination of unique natural Classic Clay Solution and specialist body wrapping techniques are what make the Classic Body Wrap so successful. The clay solution draws out toxins whilst the wrapping technique actively compressing the soft fatty tissues.

This creates an instant inch loss, firming and body sculpting effect.

• Classic Body Wrap 3 Treatment Course

120 Minutes Each **£240**

To experience the full benefits of the Classic Body Wrap, we recommend course of 3 - 5 treatments taken at least 7-10 days apart.

Course of 3 treatments, saving £30 in total

Confidence, positivity & motivation



SPA DAY EXPERIENCES

SPA DAYS

Take time out to relax and unwind in the luxurious surroundings of Rookery Manor Spa. All of our Spa Day Experiences include use of our superb facilities along with robe and towel hire for the day.

Time to Spa Day

Drift away for the entire day with:

- Use of our superb facilities
- Robe and towel hire for the day
- A complimentary soft or hot drink

Twilight Treat Spa Evening

Relieve the stresses of the day and relax, unwind and recharge with:

- Your choice of One 30 minute Treatment:
 - *Swedish Décolleté, Face & Scalp Massage*
 - *Swedish Back, Neck & Shoulder Massage*
- A complimentary soft or hot drink

Tea & Time Out Spa Day

Treat yourself to a delicious afternoon tea and a fabulous day out in the spa with:

- Your choice of One 30 minute Treatment :
 - *Swedish Décolleté, Face & Scalp Massage*
 - *Swedish Back, Neck & Shoulder Massage*
 - *Jessica Zen Spa Foot Treatment*
 - *Jessica La Remedi Hand Treatment*
- A delicious Afternoon Tea

Drift Away Spa Day

Relax and let the stresses of life leave you as you enjoy the expert touch of classic Swedish massage to soothe tension and relieve aching muscles along and relax amongst our facilities.

- A Swedish Full Body Massage and Swedish Décolleté, Face and Scalp Massage
- One Course Spa Lunch



GROUP SPA EXPERIENCES

HEN PARTIES AND GROUP SPA DAYS

The luxurious surroundings of Rookery Manor Spa create the perfect back drop for your special occasion providing glamour, luxury and relaxation. All of our Group Spa Experiences include use of our superb spa facilities along with robe and towel hire for the day.

Group Spa Days are exclusively available for groups of 4 or more. Receive a complimentary glass of Prosecco with Lunch for groups of 8 or more!

Ruby Spa Day

A taste of luxury with your choice of One 30 minute Treatment:

- Elemis Power Booster Facial
- Swedish Décolleté, Face & Scalp Massage
- Jessica Zen Spa Foot Treatment
- Jessica La Remedi Hand Treatment
- One Course Spa Lunch

Diamond Spa Day

Indulge with your choice of Two 30 minute Treatments to be enjoyed consecutively:

- Elemis Power Booster Facial
- Swedish Décolleté, Face & Scalp Massage
- Swedish Back, Neck & Shoulder Massage
- Jessica Zen Spa Foot Treatment
- Jessica La Remedi Hand Treatment
- One Course Spa Lunch

Share a slice of paradise together





SPA BREAK EXPERIENCES

SPA BREAKS

The ultimate indulgence, our Spa Breaks whisk you away from reality and promise to leave you feeling relaxed and rejuvenated. All of our Spa Break Experiences include use of our superb spa facilities along with robe and towel hire for the day.

Sweet Dreams Spa Break

A truly dreamy experience...

Enjoy your choice of One 30 minute

Treatment:

- *Swedish Décolleté, Face & Scalp Massage*
- *Swedish Back, Neck & Shoulder Massage*
- *Elemis Power Booster Facial*
- *Jessica Zen Spa Foot Treatment*
- *Jessica La Remedi Hand Treatment*
- One Night Stay in Rookery Manor Hotel
- Full English or Continental breakfast
- £25 Dinner Allocation
- One Course Spa Lunch

Twice As Nice Spa Break

For when one night isn't enough...

Enjoy your choice of Two 30 minute

Treatments to be enjoyed consecutively:

- *Swedish Décolleté, Face & Scalp Massage*
- *Swedish Back, Neck & Shoulder Massage*
- *Elemis Power Booster Facial*
- *Jessica Zen Spa Foot Treatment*
- *Jessica La Remedi Hand Treatment*
- Two Night Stay in Rookery Manor Hotel
- Full English or Continental breakfast
- £25 Dinner Allocation on both nights
- One Course Spa Lunch on both days

Luxury Spa Break

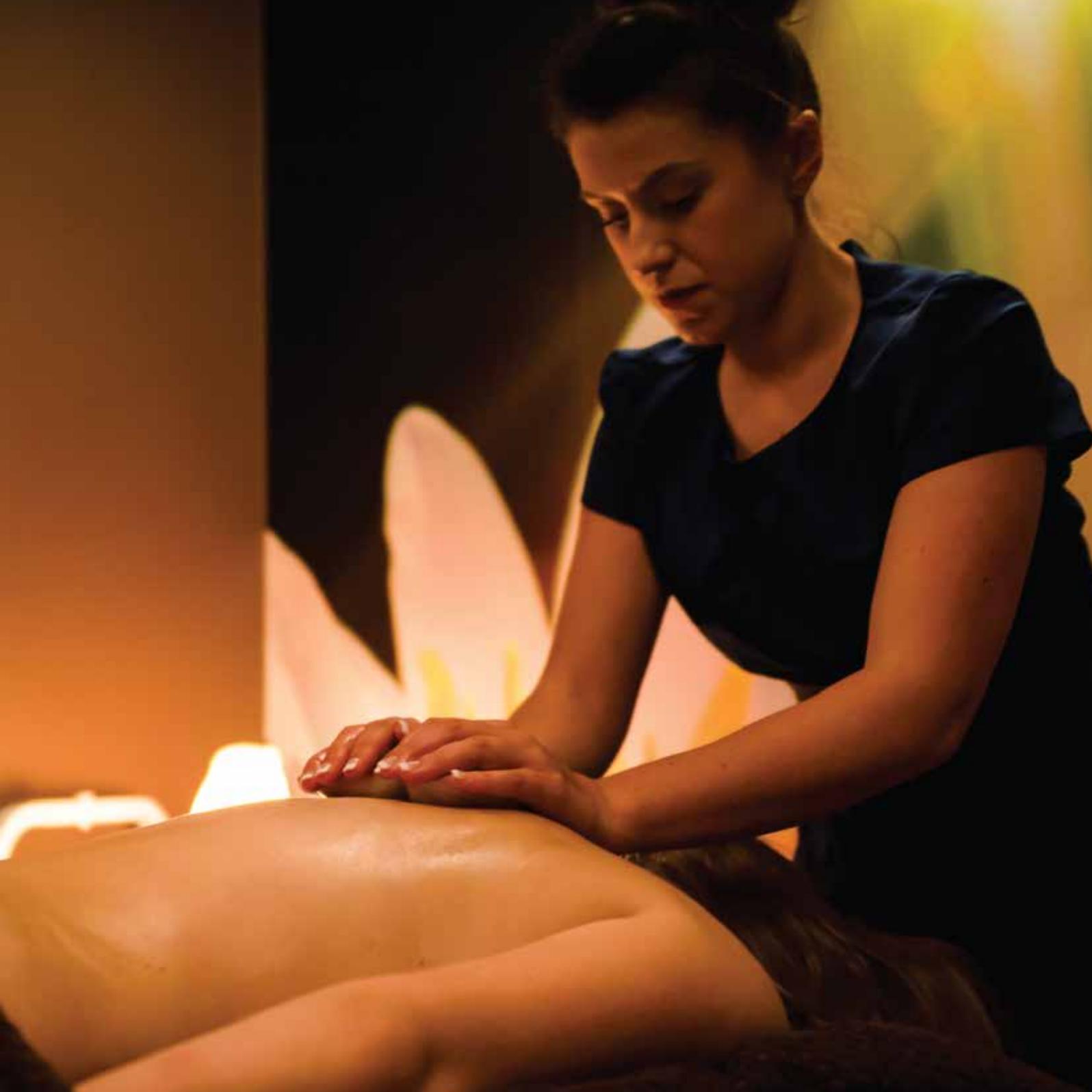
Fall into the perfect slumber...

Enjoy your choice of One 60 minute

Treatment:

- *Swedish Full Body Massage*
- *Elemis Skin Solutions Facial*
- *Elemis Power Booster Facial & Swedish Back, Neck & Shoulder Massage*
- One Night Stay in Rookery Manor Hotel
- Full English or Continental breakfast
- £25 Dinner Allocation
- An Afternoon Tea

The ultimate indulgence!



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