



inspired

health · beauty · spa



Risley Hall · Derbyshire



WELCOME TO RISLEY HALL

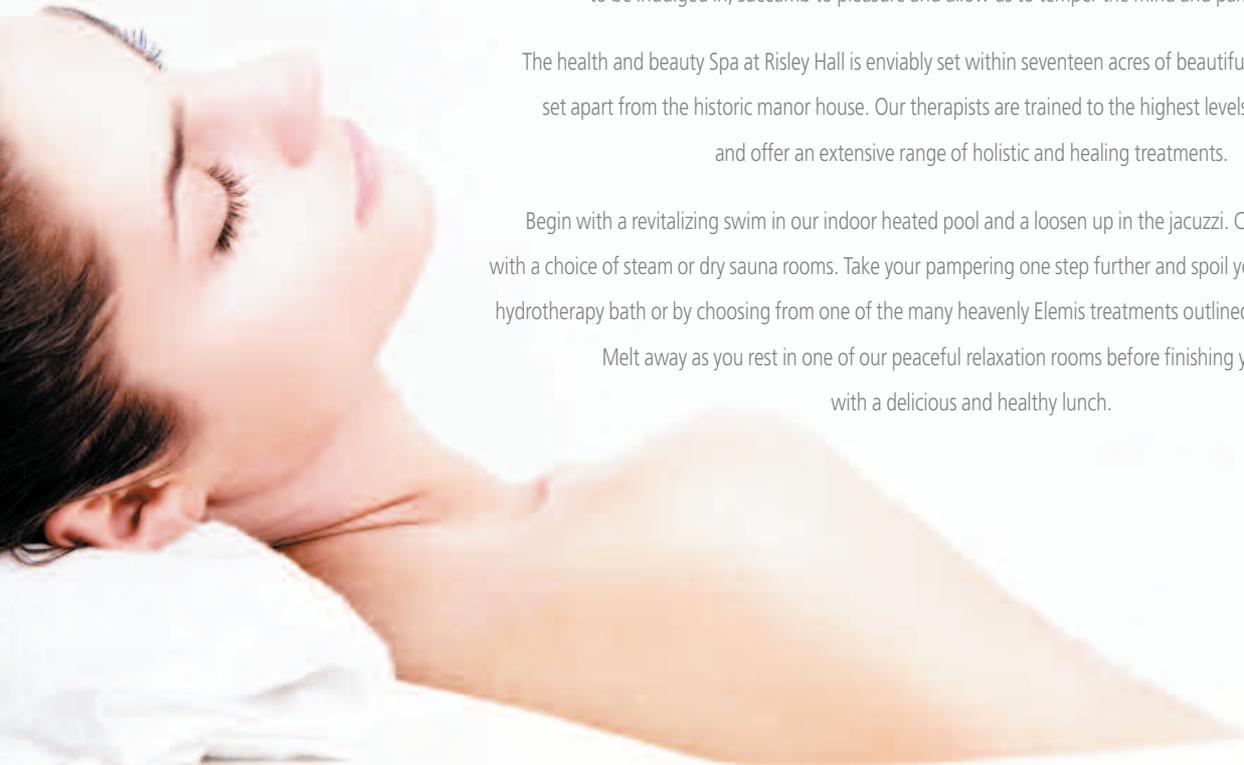
Come and stroll through the gentle gardens that border this eleventh century Saxon country house. Feel the history in the stately sixteenth century Baronial Hall, bask in the refracted sunlight of the Orangery Lounge and let candlelight caress you at the Inspired Spa at Risley Hall. With a range of blissful spa treatments to be indulged in, succumb to pleasure and allow us to temper the mind and pamper the soul.

The health and beauty Spa at Risley Hall is enviably set within seventeen acres of beautiful landscaped gardens, set apart from the historic manor house. Our therapists are trained to the highest levels of professionalism and offer an extensive range of holistic and healing treatments.

Begin with a revitalizing swim in our indoor heated pool and a loosen up in the jacuzzi. Cleanse and exhilarate with a choice of steam or dry sauna rooms. Take your pampering one step further and spoil yourself with an immersing hydrotherapy bath or by choosing from one of the many heavenly Elemis treatments outlined on the following pages.

Melt away as you rest in one of our peaceful relaxation rooms before finishing your journey with a delicious and healthy lunch.

Elemis



ELEMIS FACIAL THERAPY

Taster Facial · 25 mins - £25.00

An excellent facial to introduce you to our skin care range. This treatment involves a cleanse, tone, exfoliation and mask finishing with a moisturiser to hydrate the skin.

ELEMIS SKIN SPECIFIC

Fruit Active Glow · 55 mins - £40.00

For dull lifeless skin. This facial is a powerful skin recharge which will bring back the glow to tired, dull and lifeless complexions.

Exotic Moisture Dew · 55 mins - £40.00

For dry skin. This thirst quenching facial is perfect for skin in need of a saturating moisture boost.

Herbal Lavender Repair · 55 mins - £40.00

For combination and oily skin. This facial restores balance and heals and repairs oily, problem and congested skin.

ELEMIS SKIN SOLUTIONS

Oxygen Skin Calm Facial · 1 hr 10 mins - £50.00

For sensitive skin. Gentle massage combined with anti inflammatory actives to reduce redness and a Restructuring Japanese Silk Mask helps to rebalance delicate, fragile and sensitive skin. Finished with a luxurious hand, arm and scalp massage.

S.O.S. Purifying Facial · 1 hr 10 mins - £50.00

For oily, problem and congested skins. Gentle massage and a unique Japanese Sulphur Mask impregnated with Vita C Booster Serum help to calm irritated skin and rebalance oil rich pores. Finished with a luxurious hand, arm and scalp massage.

ELEMIS ADVANCED ANTI-AGEING FACIALS

Tri-Enzyme Resurfacing Facial · 1 hr - £65.00

For ageing, acne scarring and uneven skin tone. This new treatment offers micro-encapsulated enzyme therapy. The layering of three targeted enzymes effectively removes the thickening layer of the epidermis leaving the skin clean, smooth and radiant bringing a renewed level of evenness and clarity to the complexion.

Visible Brilliance Facial · 1 hr 10 mins - £65.00

For ageing, stressed and slackened skin. This face and eye treatment firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. Micro-circulatory massage combined with Liquid Radiance, Cellular Recovery and Amino Active Mask help smooth, sculpt and restore skin radiance and plumpness.

New Pro-Collagen Quartz Lift Facial · 1 hr 15 mins - £65.00

Specialised lifting massage techniques combined with the 3 brand new anti-ageing products help to protect against the appearance of fine lines and wrinkles.



FACIALS FOR MEN

ELEMIS ADVANCED PERFORMANCE FACIAL FOR MEN

Urban Cleanse Facial · 1 hr 10 mins - £65.00

For oil rich skin. Therapeutic-grade products are used to eliminate blocked pores, neutralise impurities and accelerate skin repair. Leaves skin clear and squeaky clean.

ELEMIS ADVANCED ANTI-AGEING FACIAL FOR MEN

Skin IQ + Facial · 1 hr 10 mins - £65.00

For stressed dehydrated and challenged skins. An anti-ageing treatment with Time Defence Wrinkle Delay and Time Defence Eye Reviver. Ideal to combat the harsh effects of daily shaving, pollution and urban living.

ELEMIS FACE AND BODY THERAPY FOR MEN

Total Time Out · 2 hrs - £90.00

The ultimate skin and body therapy for men. Select either the Anti-Ageing Elemis Skin IQ+ or the Urban Cleanse Facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Total Time Out!



BODY THERAPIES

ELEMIS BODY THERAPY

Deep Tissue Muscle Massage · 55 mins - £40.00

A deep rhythmic pressure massage to 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.

Aroma Spa Ocean Wrap · 1 hr 10 mins - £40.00

This seaweed treatment detoxifies and deep cleanses the body inside and out, combining the richest of sea plants and marine algae with aroma-therapeutic actives. A warm seaweed body mask combined with a blend of essential oils is applied to the body before you are cocooned in a comforting wrap whilst being treated to a deep Thai drainage facial massage and de-stress scalp treatment.

ELEMIS DETOX THERAPIES

Body Sculpting Cellulite and Colon Therapy · 1 hr 10 mins - £40.00

This treatment works at the deepest level to flush and cleanse all three systems of the body. A detoxifying Fennel and Birch peel off body mask is also applied to help firm and smooth the skin. In addition, cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

ELEMIS FACE AND BODY THERAPY

Absolute Spa Ritual · 2 hrs - £90.00

From the soles of the feet to the crown of the head, this customised face and body treatment is the ultimate skin therapy. Chose an Advanced Anti Ageing Facial and combine it with the Deep Tissue Muscle Massage to achieve dramatic results.



A photograph of spa-related items: a stack of white towels, a lit yellow candle, a purple candle, and a white orchid flower with green leaves.

RESERVATIONS

All reservations need to be made in advance to avoid disappointment. All treatments whether included or additional need to be booked in advance.

To make a booking call the Aqua Health Spa Monday to Saturday from 8.00am to 7.00pm. Sunday from 9.00am to 6.00pm.

Telephone 0115 9390909 or
email us on leisure.risleyhall@ohiml.com

PAYMENTS AND DEPOSITS

All bookings require a deposit of 50% which is non refundable. Full payment is required 7 days prior to arrival. All major credit and debit cards are accepted.

CANCELLATIONS

More than 7 days notice is 50% of the cost. 7 days notice or less is full payment

PARKING

Parking available in the Baronial Hall car park. After passing the barrier on the hotel drive turn right and then right again. To reach the Spa turn right on leaving the car park, bear left, take the second right turn and it is on the left hand side.

MEMBERSHIP

We are pleased to offer a choice of packages that will ensure your experience is unreservedly soothing.

DAY MEMBERSHIP

Consider a whole day relaxing and spoiling yourself.

Day Membership will entitle you to :

- Complete access to the pool, jacuzzi, steam room and sauna
- Use of feathery towels, a warming bathrobe and a locker for your convenience
- Utter peace and quiet in the relaxation area
- A nutritious lunch

£40.00 per person per day with treatments charged additionally.

A minimum of one treatment per member per day is necessary for membership.

RESIDENTIAL SPA BREAKS

Spend the entire day relaxing, then fall into a sumptuous slumber in one of our enchanting bedrooms and benefit from:

- All the advantages of a Day Membership (excluding lunch), plus
- Charming accommodation, a healthy breakfast and £20.00 towards a delicious dinner
- A choice of back, neck and shoulder massage, a Risley facial or Hydrotherapy

ONE DAY BREAK · £94.50 per guest per night, based on a minimum of two guests sharing a twin or double room.

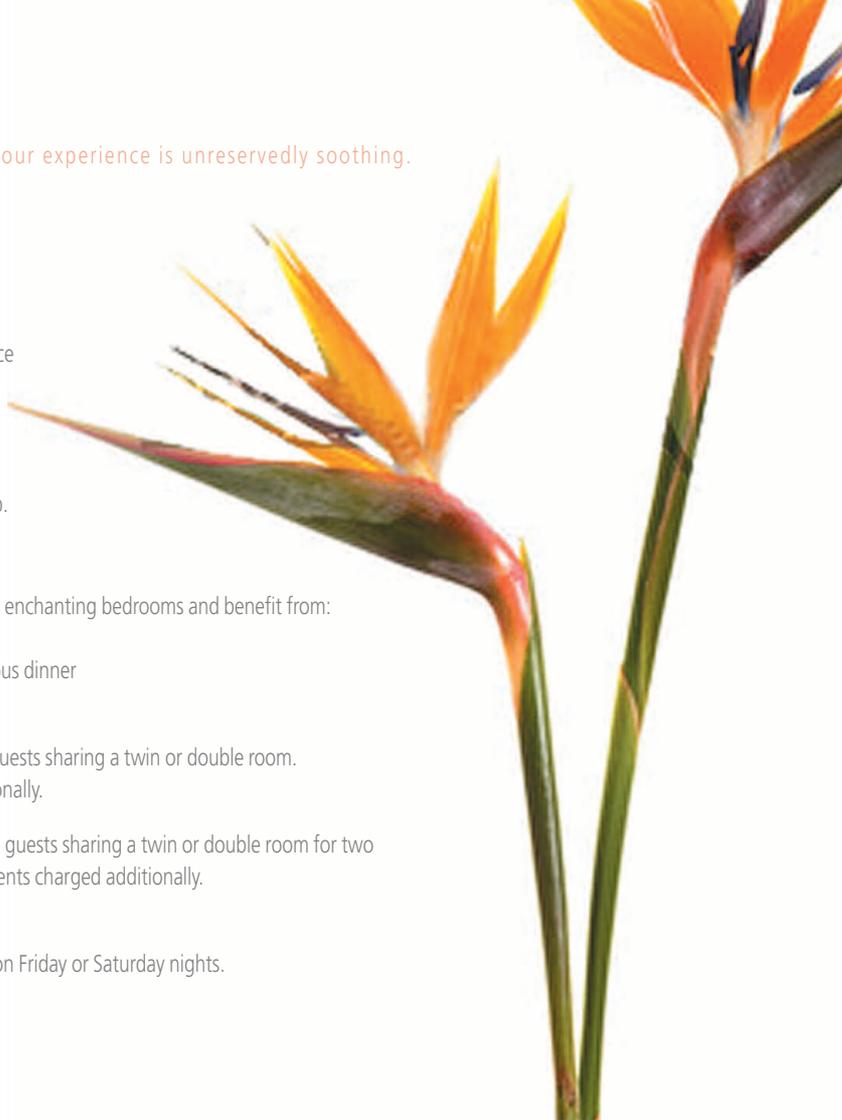
£20 towards dinner is per person per night. Further treatments charged additionally.

TWO DAY BREAK · £79.75 per person per night, based on a minimum of two guests sharing a twin or double room for two consecutive nights. £20 towards dinner is per person per night. Further treatments charged additionally.

£15.00 single supplement per night.

£10.00 supplementary charge per person per night for guests wishing to stay on Friday or Saturday nights.

£10.00 per person per night to upgrade to a Suite.



MANICURES AND PEDICURES

File and Polish · 30 mins - £10.00

A quick treatment for that dazzling final look, using specialised base coats to suit your nail type on fingers or toes.

Hand Conditioner · 25 mins - £15.00

A nail shape, cuticle tidy and massage.

Foot Conditioner · 25 mins - £16.00.

A nail shape, cuticle tidy and massage.

Elemis Pro-Collagen Hand & Nail · 30 mins - £25.00.

A nail and cuticle strengthening with anti-ageing skin nourishment.

Elemis Sole Delight for Feet · 30 mins - £25.00

A foot and nail conditioner with warmed aroma-therapeutic oils.

Jessica Le Remedi Hand Treatment · 20 mins - £20.00

Hands age more quickly than the face. This is a luxury and effective treatment for the hands including hand cleanses exfoliation, masque and liposome serum. Hands will feel softer, smoother, firmer and more attractive. This is the ultimate in hand care.

Jessica Manicure · 45 mins - £22.00.

A nail and cuticle tidy, hands and arm massage plus a nail polish for that final polished look.

Jessica Pedicure · 45 mins - £22.00.

A nail and cuticle tidy, foot exfoliation, foot and leg massage plus a nail polish to finish.

Deluxe Jessica Manicure · 55 mins - £30.00.

Done with thermal mittens for deeper penetration of oils & creams to soften cuticles, improve circulation and soothe the stiff joints. Finishing with perfectly manicured and polished nails.

Deluxe Jessica Pedicure · 55 mins - £30.00

Done with thermal booties for deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiff joints. Finishing with perfectly polished toenails.

MASSAGE AND HOLISTIC THERAPY

Back, Neck and Shoulders · 25 mins - £25.00

Scalp, Neck and Shoulders · 25 mins - £25.00

Indian Head Massage · 25 mins - £35.00

Full Body Massage · 55 mins - £40.00

Aqua Spa Top To Toe Full Body Massage · 70 mins - £45.00

Reflexology (subject to availability) · 55 mins - £42.00



ELEMIS BODY THERAPY

Hydrotherapy · 20 mins - £25.00

This relaxing under water massage with essential oils increases circulation and strengthens muscle tone.

Full Hydrotherapy · 55 mins - £40.00

This total body experience involves an all over body scrub, incorporating the benefits of a full body water massage whilst you lay back and relax in the hydrotherapy bath. Combined with algae or marine salts this gives you the ultimate in revitalisation and relaxation.

ELEMIS EXOTIC BODY THERAPY

Exotic Lime and Ginger Salt Glow · 30 mins - £30.00

An exotic exfoliation to invigorate and revitalize the body.

Exotic Coconut Rub and Milk Ritual Wrap · 45 mins - £40.00

A Balinese recipe of coconut, mungbean, spices and lavender for the rub and a milk bath for the wrap with a Thai drainage facial massage to finish.

Exotic Frangipani Body Nourish Wrap · 45 mins - £40.00

Exotic, aromatic Tahitian coconut frangipani flowers are soaked together to produce the Monoi used in this wrap producing an all over body vitality and glow.

COSMETIC TANNING

Ceremony of the Sun/Total Glow Self Tanning · 30 mins - £25.00

A Devil's Mint Body Scrub followed by a self tanning cream which mimics your own natural colour.

WAXING AND TINTING

Eyebrow Shape · 15 mins - £10.00

Eyebrow Tint · 15 mins - £10.00

Eyelash Tint · 25 mins - £12.00

Eyelash and Eyebrow Tint · 25 mins - £15.00

Chin Wax · 15 mins - £6.00

Lip Wax · 15 mins - £6.00

Bikini Wax · 15 mins - £10.00

Under Arms Wax · 15 mins - £10.00

Full Arms Wax · 30 mins - £15.00

Half Legs Wax · 30 mins - £15.00

Full Legs Wax · 45 mins - £22.00

It is advisable not to use the pool or heat rooms after waxing.

Risley Hall Hotel & Spa
Derby Road, Risley, Derbyshire DE72 3SS

Spa tel:- 0115 939 0909

Hotel tel:- 0115 9399000

Spa email:- leisure.risleyhall@ohiml.com

www.oxfordhotelsandinns.com





RISLEY HALL

HOTEL & SPA

Risley Hall Hotel & Spa · Derby Road · Risley · Derbyshire DE72 3SS

Hotel: T: **0115 939 9000** · F: **0115 939 7766**

Inspired Spa: T: **0115 939 0909** · E: leisure.risleyhall@ohiml.com

Risley Hall is a member of the Oxford Hotels and Inns group. Details of all our hotels and inns can be found at www.oxfordhotelsandinns.com