



SPA AT CRABWALL MANOR

GENERAL ADVICE

What to bring

You are advised to bring an item of swim wear, a towel and suitable footwear should you plan on using the gym. Robes can be provided for you to use during your visit. Light meals are available in the Spa Reception where a robe or casual clothing is usually worn. Gentlemen are requested to wear swim wear or underwear during treatments.

Questionnaire

Guests will be asked to complete a questionnaire on their health. If you are in any doubt as to your physical condition, suffering from any illness or undergoing any treatments you should contact us prior to arrival.

Residential Guests

After checking in at the hotel reception, guests are welcome to visit The Spa to familiarise themselves with the body and mind suite and seek general advice regarding treatment.

Booking your visit

Bookings should be made prior to arrival, if you wish to alter the time or content of your booking, please do not hesitate to contact us. Timings quoted may vary and allow time for consultation, preparations and relaxations

Saturday – Tuesday 9.00am – 6.00pm

Wednesday-Friday 9.00am – 9.00pm

Open Bank Holidays

We strongly advise guests to book treatments prior to arrival to avoid disappointment

GENERAL ADVICE

Our Aim

Our friendly dedicated staff will do their best to ensure that optimum results are achieved from your treatments and your visit to The Spa will be a relaxing and memorable experience.

All therapists are full qualified and experienced

Day Package Guests

Non-residential guests should report to the Spa reception in the Leisure Club to confirm appointments and be given a short tour of the facilities.

Gift Vouchers are available at The Spa Reception

Please feel free to come and see the range of products available from The Spa

Day Packages & Treatments

When booking a day treatment a non-refundable 50% deposit will be required per person to ensure confirmation

Cancellation Policy

We request that 24 hours notice be given when cancelling an appointment, otherwise the full cost of the treatment will be charged.

RECOMMENDATIONS

Use of Leisure Facilities

If you intend to use the hotel's wet leisure facilities (swimming pool, sauna, steam room), we recommend that you do so prior to having any Spa treatments. Use of the steam room and sauna may indeed prove beneficial in preparing your skin for certain treatments.

Following spa treatments we strongly recommend that you do not go swimming or use the sauna for a period of 12 hours. Using the wet facilities immediately following treatments is unlikely to cause you any harm, however, it may minimise the beneficial effects of those treatments.

Choice of Treatments

Not all treatments complement each other and may, if booked together conflict in terms of the benefits they are intended to produce. If you are considering booking a range of treatments, other than those contained within a specific day package, we recommend that you seek the advice of our fully qualified therapists before confirming your appointment.

Preparation for Treatments

Certain treatments such as eyelash tinting or waxing require action to be taken prior to the treatment being carried out, in order for the treatment to be successful. If you are unsure about what action may be required, please seek the advice of our fully qualified therapists before confirming your appointment.

WAXING AND EYE TREATS

Half leg wax	£14.00
Three quarter leg wax	£17.00
Full leg wax	£22.00
Bikini wax	£10.00
Brazilian wax	£20.00
Under arm wax	£10.00
Top Lip or Chin Wax	£7.00
Forearm Wax	£12.00
Gents Chest Wax	£16.00
Eyebrow Wax	£7.00

HOLIDAY SPECIAL

Full leg, bikini & underarm wax	£40.00
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LASHES & BROWS

Eyelash Tint	£10.00
Eyebrow Tint	£6.00
Lash & Brow Tint	£14.00
Eyebrow Shape	£7.00
Combined Eye Treatment	£20.00

ELECTROLYSIS

Up to 15 minutes	£13.00
Up to 30minutes	£19.00
Up to 45 minutes	£24.00

St Tropez

The self tanning treatment of the millennium, a safe alternative to UV exposure. The formula can be applied by one of our therapists as a full body treatment. Alternatively the ST TROPEZ range can be used at home. Enjoy an all year round tan customised to your desired shade.

FULL BODY TREATMENT

£45.00

Eyes: patch test is required 24 hours prior to the first tinting treatment

E'SPA FACIALS

E'spa is a treatment, product and lifestyle concept which has been developed for the higher sector of the spa industry over many years. Devised by aromatherapists and physiotherapists, E'spa combats the physical, emotional and environmental stresses of modern living.

E'SPA FACIALS

Skin Refreshing Facial	30mins	£37.00
Face, Scalp & Pressure Point Massage	30mins	£35.00
Aromatherapy Facial	1hr	£57.00
Rebalancing Facial	1hr	£57.00
Regenerating Facial	1hr	£57.00
Rehydratory Facial	1hr	£57.00
Regenerating & Firming Eye Treatment	30mins	£37.00
Deluxe Facial with Firming Eye Treatment	1hr 30mins	£70.00

E'SPA ADVANCE CONCEPT FACIAL WITH HOT STONES

More than a facial it a whole new experience, including hot stone therapy.

Lifting & Firming Facial	1hr 45mins	£77.00
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E'SPA FOR THE BODY

Deep Cleansing Back Treatment	30mins	£37.00
Exfoliating Body Polish	30mins	£32.00
Aromatherapy Back, Neck & Shoulder Massage	30mins	£40.00
Aromatherapy Full Body Massage	1hr	£60.00
Aromatherapy Full Body, Scalp & Face Massage	1hr 30mins	£70.00
Detoxifying Algae Wrap	1hr 15mins	£57.00
Restorative Mud Envelopment	1hr 15mins	£57.00
Holistic Total Body Care Treatment Includes; skin brush, exfoliate & massage	1hr 30mins	£70.00

E'SPA Hot Stones Therapy

£10.00

An addition to E'SPA treatments. This is the use of black basalt stone to bring about total balance within the body, massage techniques to vital energy centres, reinforces the holistic approach to the luxury E'SPA treatments.

SPECIALISED TREATMENTS

INTER-SLIM 30min £25.00 Course of 10 £175.00

G5 VIBRO MASSAGE 30mins £25.00 Course of 6 £135.00

SONOPEEL

An exciting break through in soft skin peeling and regeneration for the face. This treatment has a healing effect, speeds up cellular renewal and improves the skin texture. Also highly effective at treating scarring, pigmentation and congestion

30mins £35.00

Course of 5 plus 1 free £160.00

Course of 10 plus 1 free £300.00

DERMALIFT MICROCURRENT

Dermalift Facial lifting and skin enhancement treatment, designed to work on all levels of skin, soft tissue and muscle fibres. Results show improved skin texture and a reduction in lines and wrinkles even after one treatment with long term effects.

Dermalift Facial 1hr £50.00 Course of 10 £375.00

Deluxe Dermalift 1hr 15mins £55.00 Course of 10 £450.00

Dermalift Eye Treatment 20mins £35.00 Course of 10 £200.00

Deluxe Dermalift Eye Treatment 30mins £40.00 Course of 10 £250.00

ALTERNATIVE THERAPIES

Indian Head Massage

A deeply relaxing upper body, face & scalp massage

45mins

£40.00.

Reiki

Hands on treatment to promote and accelerate the body's own healing and regenerative powers.

1hr

£45.00

Course of 6

£225.00

Reflexology

An ancient method of healing both body and mind working on energy lines to stimulate the body's own healing system.

1hr

£45.00

Course of 6

£225.00

Hopi Ear Candles

30mins

£35.00

AROMATHERAPY ASSOCIATES

Aromatherapy Rose Facial

Using pure natural ingredients and oils.
Begins with a back massage, the facial includes cleanse, tone, exfoliate and massage focusing on pressure points.

1hr

£57.00

Aromatherapy Scalp Massage

£10.00

Aromatherapy Foot Massage

£10.00

Aromatherapy Hand & Arm Massage

£10.00

Ozone Facial Steamer

£10.00

Aromatherapy Body Treatment

1hr

£60.00

Essential Tension Tone Massage

(Decongesting and relieving muscular tension in the back neck and shoulders).

30mins

£40.00

Aromatherapy Body Booster Wrap

1hr 15mins

£57.00

Aromatherapy Deluxe Face & Body Treatment

1hr 30mins

£70.00

Pregnancy Massage

1hr 15mins

£70.00

HALF DAY TREATMENT PACKAGES

Swimming Pool Spa Bath Sauna & Steam Room.
Relaxation Area Gymnasium Aerobics Studio

Luxury Afternoon Delight

£105.00

An essential back massage using aromatherapy oils combined with a pressure point massage to decongest and relieve muscular tension. Including an E'SPA facial, finishing with an express manicure.

Executives Revival Selection

£110.00

Designed to help you slow down and ease away tension. Starting with a refreshing 1 hour facial to deep cleanse the skin. Followed by an E'SPA rebalancing back treatment (cleanse, exfoliation and marine algae mask) Finally a relaxing aromatherapy back massage.

The Ultimate Aromatherapy Experience

£90.00

Starts with a body exfoliate to enhance your skin, cleanse and invigorate the body. Followed by aromatherapy deluxe face, scalp and body massage.

Detoxifying Spa Day

£130.00

An invigorating spa treatment detoxifying the body and improving cellulite. The treatment includes a body skin brush, body exfoliation followed by a G5 vibro massage working on cellulite areas finishing with an E'SPA marine algae wrap to help tone the skin.

FULL DAY TREATMENT PACKAGES

The Crabwall Ultimate Indulgence

£167.00

Take the opportunity to relax in tranquil surroundings. A full body massage to ease away tension, and a facial to leave your skin radiant. Stopping for a light lunch then continuing with a deluxe manicure and a deluxe pedicure.

Luxury Day

£147.00

Pamper yourself with a combination of treatments to leave you feeling refreshed. Start with a back neck and shoulder massage followed by a luxury facial. Stopping for a light lunch then continuing with a deluxe manicure and a deluxe pedicure.

Stress Recovery Day

£132.00

A specially designed day to soothe away tension. Starting with an aromatherapy body, face and scalp massage. Followed by a refreshing facial to renew the skin and relax the facial muscles. Including a light lunch and then enjoy a Jessica deluxe pedicure or manicure.

BRIDE TO BE

4.5hr

£197.00

A body Exfoliation that enhances your skin, cleanses and invigorates the body. A full body massage follows to ease away tension and relieve stress. Then a light lunch before enjoying an E'SPA facial, and finally a JESSICA deluxe manicure and pedicure.

The Spa Half Day and Full Day Treatment prices are per person, and include the use of the leisure facilities.

E'SPA FOR MEN

E'SPA Aromatherapy Face Treatment 1hr £57.00

Deep Cleansing Back, Face & Scalp Treatment 1hr 30mins £70.00

Life Saving Back Treatment 45mins £50.00
A deep cleanse, body brush, exfoliate, followed by a luxurious aromatic massage

Essential Tension Massage 30mins £40.00
To relieve tension from the neck, back and shoulders area.

Full Body Massage 1hr £60.00
Promotes a general state of well being

Express Pedicure 30mins £18.00
Foot soak, exfoliation, nail and cuticle tidy and foot massage

JESSICA Manicure 45mins £20.00
Nail and cuticle tidy, followed by a hand and arm massage leaving you with well groomed hands and nails

Waxing
Back Wax £16.00

Chest Wax £16.00

Eyebrow Shape £7.00

JUST FOR MEN

WEDDING PACKAGES

Vincent Longo's make up collection is the perfect marriage of colour and technical excellence. Each shade is formulated to be as unique as it is wearable. A contemporary combination of colour and finishes for elegance.

Exfoliating Body Polish	£185.00
- Full Body Massage	
- Luxury 1hr Facial	
- Light Lunch	
- Deluxe JESSICA Manicure	
- Deluxe JESSICA Pedicure	
Wedding Pack	£170.00
- Trial Make up	
- Make up on the Day	
- Back Face and Scalp Massage	
- Manicure	
- Pedicure	
Wedding Make up	
- Trial Make up	£30.00
- Make up	£25.00

(For all other members of the wedding party, make up is only £25.00, if the bride has a trial)

JESSICA NAILS

LA REMEDI

A wonderful addition to any Jessica Manicure, or can be used on its own, leaving the hands smooth, conditioned and feeling firmer

La Remedi	30mins	£15.00
La Remedi plus File & Polish	5mins	£20.00

MANICURE & PEDICURE

JESSICA Express Manicure		£15.00
JESSICA Manicure		£20.00
JESSICA French Manicure		£22.00
JESSICA Deluxe Manicure		£24.00
JESSICA Pedicure		£25.00
JESSICA French Pedicure		£27.00
JESSICA Express Pedicure		£18.00
JESSICA Deluxe Pedicure		£29.00
JESSICA Gents Manicure		£18.00
JESSICA Gents Pedicure		£22.00

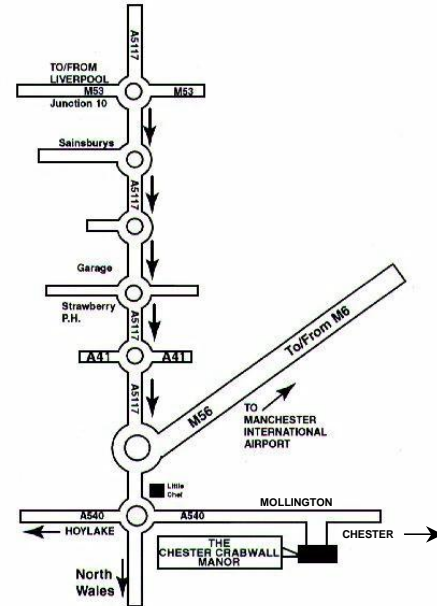
SO EASY TO REACH

From M6 & M56

Take M6 to junction 20 and join M56 towards Chester. Continue to end of M56 ignoring the turn off to Chester. At the end of M56 (ends at a roundabout) follow the signs for Queensferry and North Wales taking the A5117 (approx ½ mile) to next roundabout (Little Chef on your left). Turn left onto A540 towards Chester for about 2 miles. After 1½ miles you will pass a pub on left, the road then bends to the right. Continue for about a ¼ mile looking out for the hotel, which is on the right hand side, set back from the road.

Using M53 from Liverpool

Take the Wallasey Tunnel (Kingsway) from Liverpool, taking signs for M53 motorway. Join the M53 towards Chester to junction 10. Turn right at this roundabout 3rd exit onto A5117 signed Queensferry / North Wales, go straight across each roundabout until the 6th roundabout (Little Chef on your left). Turn left onto A540 towards Chester for about 2 miles. After 1½ miles you will pass a pub on left, the road then bends to the right. Continue for about a ¼ mile looking out for the hotel, which is on the right hand side, set back from the road.



Crabwall Manor Hotel
Parkgate Road
Mollington, Chester, CH1 6NE
Tel: 01244 851585
Tel: 01244 851666
Fax: 01244 851400

Email: crabwall@brook-hotels.co.uk