

PORTLAND HALL SPA PACKAGES

include a welcome drink, robes, towels, slippers, and use of our lounging areas. Allow the time shown for your visit. Food and drink can be purchased separately unless otherwise stated. Hairdressing is also available.

PACKAGES FOR ONE - all include Spa Jet Hydrotherapy & fresh fruit

A Taste of Luxury 3hrs **£119.50**
includes - Spa Radiance Facial, Spa Back, Neck & Shoulder Massage, Maintenance Manicure or Pedicure

Exotic Spa Ritual 2.5hrs **£129.50**
includes a wrap with Elemis Exotic Coconut Rub & Milk and a Spa Radiance Facial

Absolute Spa Ritual 3.25hrs **£139.50**
includes a relaxing Elemis Full Body Deep Tissue Massage followed by an fabulous Elemis Skin Specific Facial.

Absolute Radiance 3.5hrs **£149.50**
includes a fabulous Elemis Anti-Ageing Facial, Luxury Manicure and a HairSpa treatment, head massage and blow-dry.

Mother to Be 3.5 hrs **£159.50**
includes an indulgent Elemis Exotic Body Wrap (Frangipani or Japanese Camellia), a Spa Radiance Facial and a Soothing Spa Foot Treatment

Moroccan Jewel Ritual for One 6 hrs **£229.50**
includes our Exotic Moroccan Rasul, Elemis Frangipani Wrap, Elemis Deep Tissue Massage, Spa Radiance Facial, and a fresh, 3 course buffet lunch

PACKAGES FOR TWO - includes EXCLUSIVE use of our candlelit spa pool, fresh fruit at the poolside

Indulgent Pamper Treat for Two 3.25hrs **£99.50pp**
includes an Elemis Back, Neck, Shoulder Massage and an Elemis Express Facial and a 3 course buffet lunch

Our Famous Spa Ritual For Two 3.5hrs **£129.50pp**
in the Moroccan Suite enjoy our magnificent Exotic Moroccan Mud Rasul followed by hour long Elemis full body massages. Finish with bubbly and chocolates in your room!!

Spa Ritual For Two Special 5.5hrs **£159.50pp**
As above but includes a 3 course buffet meal, and pedicures together in a private room in the Moroccan suite to finish, - with bubbly and chocolates of course!

Moroccan Jewel Ritual for Two 6 hrs **£195.50pp**
indulge in our Exotic Moroccan Rasul, enjoy an Elemis Frangipani Wrap, an Elemis Deep Tissue Massage, a fabulous HairSpa conditioning treatment and head massage, & 3 course buffet lunch

SPA BREAKS

Enjoy the Indulgent Pamper Treat for Two with an overnight stay at the Ramada Plaza Hotel on the seafront, just a few minutes from us in the town centre

w/day £289/w/end £309

Tailored Spa Breaks available. Just ask for rates

SPA BODY THERAPY

Spa Head, Neck, Shoulder Massage 20 mins **£27.50**

Spa Therapeutic Back, Neck, Shoulder Massage 25mins **£37.50**
relieves specific stress and muscle tension

Elemis Deep Tissue Back Massage 30mins **£45.00**
combined with specially blended oils, this deep rhythmic pressure massage eases stress, tension, and aching muscles

Spa Therapeutic Full Body Massage 45 mins **£59.00**
a methodical full body treat to help you deeply relax

Elemis Deep Tissue Muscle Massage 60mins **£69.00**
a powerful, customised massage that uses dynamic blends of essential oils to help relieve stress and tension.

Hawaiian Wave Four Hands Massage 90 mins **£99.00**
a fabulous signature Elemis treatment with two therapists - to die for!



SPA FACIAL THERAPY FOR MEN AND WOMEN

Spa Radiance Facial 25 mins **£37.50**
cleanse, tone, moisturise, - glow!

Elemis Express Facial 35 mins **£45.00**
as above using the very best of Elemis products. Includes exfoliation and mask

Priadara Thai-Style Facial 35 mins **£49.00**
with mini hot Thai compresses to boost circulation

Elemis Skin Specific Facial 50 mins **£65.00**
an advance facial that remineralises, rebalances and renews

RYB Simply White Gentle Peel Facial 30mins/45mins **£49/ £69**
a fantastic prescriptive facial that leaves your skin looking smooth, lighter & brighter. Roll back the years!

Elemis Skin Solutions 70 mins **£75.00**
-Oxygen Skin Calm for sensitive skin, reduces redness
-SOS Purify for oily, problem, congested skin

Elemis Advanced Anti-Ageing 75 mins **£85.00**
this is as good as it gets! Includes luxurious hand and arm massage and de-stress scalp treatment.
- Visible Brilliance for ageing, stressed and slackened skin
- Pro-Collagen Quartz Lift for fine lines and wrinkles
- Tri-Enzyme Resurfacing for instant smoothness and radiance

UNIVERSAL CONTOUR WRAP 2 hrs **per wrap £79.50**

Guaranteed inch loss in just 2 hours! Delivering instant, scientifically proven results, this special wrapping technique tightens and tones making it the perfect solution to looking your best for that special occasion. The 6 inch loss is guaranteed to stay off for 30 days (as long as instructions are adhered to). It may sound too good to be true, but with average losses of between 10-14 inches from 1 treatment, it is the inch-loss treatment you can trust



THERMAL MASSAGE

Spa Jet Hydrotherapy 30 mins **£39.00**
private room, private capsule, water massage, infra-red heat & steam

Spa Signature Hot Stone Back Massage 35 mins **£49.00**
-hot stones radiate heat into muscle tissue, warming and relaxing

Elemis Face and Body Sensation 55 mins **£69.00**
alleviate stress, aching muscles, relax with hot and cold sensations,

Spa Signature Heavenly Hot Stone Therapy 65 mins **£79.00**
deeply relax with rhythmic massaging of hot basalt stones. Expert massage techniques and luxuriously warmed oils ensure sheer bliss!

Priadara Thai-Style Massage 65 mins **£79.00**
enjoy the wonderful aroma of hot, Thai herbal compresses massaging and relaxing muscles. Purifying, detoxing exotic and heavenly!

MUDS, EXOTICS & WRAPS

Elemis Exotic Lime & Ginger Salt Glow 30 mins **£45.00**
an exfoliation ritual to invigorate and revitalise

Elemis Exotic Coconut Rub & Milk Ritual Wrap 50 mins **£69.00**
pure sensuality to tantalise and delight

Elemis Exotic Frangipani Body Nourish Wrap 50 mins **£69.00**
soothing, softening and nourishing

Elemis Aroma Spa Ocean Wrap 70 mins **£79.00**
choose Musclease to relieve aching muscles & to ease rheumatism, or Cellutox to detox, cleanse and reduce the appearance of cellulite

Exotic Moroccan Mud Rasul 50 mins **£59.50 for one/£89.50 for two**
in our private, ornate two person Rasul, get muddy with coloured organic muds.

Exotic Moroccan Mud & Scrub Hammam **40 mins for Two £49pp**
70 mins for Four £45pp
at the pool side get drenched, muddied up, scrubbed and relaxed. Includes facial mud and head massage.

HANDS & FEET

Elemis Exotic Hand Ritual 30mins £39.00
indulgence for hands to restore suppleness. Warmed oils nourish and condition. Includes shoulder massage. **Upgrade to include a 30 min manicure for £26**

Elemis Sole Delight Foot Ritual 30 mins £45.00
put a spring in your step with this nourishing foot treatment using warm oils. Includes a scalp massage. **Upgrade to include a 30 min pedicure for £26**

Shape & Paint for Fingers or Toes £20.00
a quick 15 minute treatment to tidy and give you beautiful nails.

Maintenance Manicure or Pedicure £30.00
30 min treatment including file, cuticle work, hand/foot massage & polish.

Luxury Manicure or Pedicure £45.00
45 mins - as above but includes hand and arm massage, hot towels

REIKI & REFLEXOLOGY 45 mins £45.00

Harnessing the power of alternative therapy, enjoy a relaxing 45 minute session - hands on healing or reflexology pressure point massage

TANNING (allow 30 mins)

In our Spray Tan Booth £30.00

Elemis Ceremony of the Sun £65.00
A rich and sensual celebration of sun. Achieve your sun-kissed Total Glow Self Tan after the most indulgent Exotic Lime and Ginger Salt Glow.

WAXING & TINTS

Half leg/arm	£18	Eyelash tint	£13
Full leg	£28	Eyebrow tint	£11
Bikini	£14	Eyelash & Brow Tint	£18
Full leg & bikini	£35	Eyebrow Shape	£10
Lip or chin	£10	Eyebrow Shape & Tint	£18
Back or chest	£30		
Underarm	£14		

HAIRDRESSING All prices from

Cut & Blow	£33	Partial Foils	£40
Wet Cut	£20	3/4 Foils	£50
Wash & Blow	£19	Full Head Foils	£55
Curly Blow	£24	Full Head Tint	£40
Hair Up	£30	Tint Re-growth	£35
Perms	£40	Creative Block Colour	£45

SPA MEMBERSHIP

- each month choose either a 30 or 60 min FREE treatment from our monthly selection, or treatments to the value of £35 or £65
- 10% discount on treatments & hairdressing
- unlimited use of the candlelit spa pool Monday - Friday, 6pm-9pm
- 12 guest passes
- Members only events
- Members newsletter with special offers & discounts
- Access to the spa bar, lounge & gallery

Cost - Spa 30 membership = £29/mth or £290/year
Spa 60 membership = £59/mth or £590/year

For detailed terms, trial membership, ask or see online.

SPA INFORMATION

ONLINE BOOKING, AVAILABILITY & OFFERS
go to our website www.portlandhallsa.com

GIFT VOUCHERS
find printable gift vouchers online & gift cards at www.portlandhallsa.com, or phone us to order on 01704 537733

ARRIVAL TIME

Please DO NOT arrive prior to the time given to you. We build in a 30 minute arrival time to give some flexibility and to enable you not to be rushed. Should you be late for an appointment, we may need to shorten the time allocated to ensure that the next client is seen at their allocated time.

CANDLE LIT SPA POOL

exclusive use is available for £25 per person when two or more book. The price includes robes, towels, slippers, fresh fruit at the poolside. Up to 1 hour is yours exclusively, depending on availability.

SPA FOOD

Our dining area offers a range of snacks. A fresh, healthy 3 course buffet lunch is cooked daily for just £17pp.

SPA BAR

Fully licensed. Enjoy drinks whilst dining or lounging.

ROBES, TOWELS & SLIPPERS

Single treatments do not normally include robes, towels and slippers. Please ask if you require them.

BOOKING & PAYMENT

All appointments need to be paid in full at the time of booking. Please have your credit or debit card, or voucher numbers to hand when you ring us or book in online.

CANCELLATIONS

a full refund will be given if individual treatments are cancelled 48 hours prior to the booking. 100% will be charged should notification be given after this time, but the appointment can be rebooked. Packages, overnight breaks, promotional offers and vouchers are non-refundable. Should you require to cancel your booking, we will provide an option to change your date and rebook an alternative date at no additional cost when this request is made a minimum of 14 days prior to your visit. The option to change your date is offered once.

Note. We reserve the right to raise prices and modify or discontinue treatments without prior notice.

PORTLAND HALL SPA



'Silence is more musical than any song' Christina Rossetti 1830 - 1894

Welcome to Portland Hall Spa. With an emphasis on peace, quiet, personal space and privacy, we offer you the unique Moroccan & Art Deco surroundings of this old Synagogue in which to wind down, relax and de-stress..

Although we are based in the town centre of Southport, we have our own parking facilities. Our position close to the famous Lord Street Boulevard enables you to enjoy both the town and the promenade.

Uniquely, we offer private use of our candlelit spa pool for two or more people, so that you can relax in peace, uninterrupted by others. We regard your relaxation in the pool as the start of your journey through the Spa.

Our day spa has many double rooms and is perfect for couples or friends. Equally it is perfect for single indulgence. Our Elemis trained staff offer expert massage, facials, and body treatments. Visits can be planned around lunch, or a half day will allow time to be spent shopping. We also offer spa breaks at the Ramada Plaza Hotel on the seafront, just a couple of minutes away by car or accessible by a short walk.

Reduce your stress levels today. Feel good, feel relaxed!.

SOOTHE YOUR SOUL



PORTLAND HALL SPA