



UNIVERSAL CONTOUR WRAP 2hrs per wrap £85.00

Guaranteed inch loss in just 2 hours! Delivering instant, scientifically proven results, special wrapping techniques tighten & tone 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.

HANDS & FEET

ESPA Nourishing Hand Ritual 30mins £45.00

indulgence for hands to restore suppleness. Warmed ESPA oils nourish and condition. Includes shoulder massage.
- upgrade to include a 15 min Shape & Paint for £17.50

Sole Delight Foot Ritual 30 mins £45.00

put a spring in your step with this nourishing foot treatment using warm ESPA oils. Includes a scalp massage.
- upgrade to include a £15 min Shape & Paint for £17.50

Green Tea & Peppermint Foot Treatment 30 mins £39.50

- refreshing peppermint foot soak followed by a green tea and argan oil leg and foot polish.

Shape & Paint for Fingers or Toes 15 mins £22.50

a quick 15 minute treatment to tidy and give you beautiful nails.

Maintenance Manicure or Pedicure 30 mins £32.50

a treatment including file, cuticle work, hand/foot massage and polish or buff.

Luxury Manicure or Pedicure 40 mins £42.50

as above but includes hand and arm massage, hot towels

PREGNANCY

Mum to Be Mini Treat 2.5hrs £89.95

includes a relaxing and refreshing mandarin full body scrub followed by a neroli oil pregnancy massage, mini facial and a light bite lunch

Mum to Be Indulgent ESPA Treat 4 hrs £149.50

includes a Mother To Be ESPA Body Envelopment and bespoke Facial, Sole Delight Foot Treatment and a light lunch to finish

SPA BREAKS

Enjoy the **Indulgent Pamper Treat for Two** with an overnight stay at the Metro Hotel next door to us or the Ramada Plaza Hotel on the seafront **w/day £299 w/end £329**

Tailored spa breaks and room upgrades available to suit your needs. Just ask for rates.

HAIRDRESSING

Styling/Finishes

Straight blow	£22.00
Curly Blow	£24.00
Blow Dry/Pin Curls	£30.00
Hair Up	from £22.00

Cuts

Wet Cut	£22.00
Dry Cut	£18.00
Trim/Finish	£33.00
Restyle/Finish	£40.00

Technical Services

Full Foils	£60.00	Partial Foils	£30.00
Half Head Foils	£30.00	Full Head Tint	£45.00
Regrowth	£35.00	Pre-lighten	£50.00

Hair conditioning treatments from £10.00

WAXING & TINTS

Half leg/arm	£20	Back or chest	£36
Bikini	£20	Underarm	£14
Full leg & bikini	£38	Eyelash tint	£15
Lip or chin	£10	Eyebrow tint	£15
Eyebrow Shape	£10	Eyelash & Brow Tint	£25

SPA INFORMATION

ONLINE BOOKING, & OFFERS

www.portlandhallspa.com



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

SPA FOOD & DRINK - Our dining area offers a range of snacks. 2 and 3 course lunches are available daily. Licensed bar.

ARRIVAL TIME - We build 30 minutes arrival time into every appointment to give you some flexibility and to enable you not to be rushed. Please DO NOT arrive before the time allocated to you. Should you be late for an appointment we may need to reduce treatment time to ensure that the following clients are not affected.

ROBES, TOWELS & SLIPPERS - Single treatments do not normally include robes, towels & slippers. If this is a concern, please mention on booking.

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 online.

CANCELLATIONS - A full refund will be given if single 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 subject to a fee of 50% of the value*

Reseller packages, overnight breaks, promotional offers and vouchers are non-refundable. An option to change your date and rebook an alternative at no additional cost is will be offered when this request is made a minimum of 48 hours in advance of the booking. The option to change your date is offered once.

*Subject to our discretion. The addition of upgrades may apply to the rebooking of reseller vouchers cancelled at short notice.

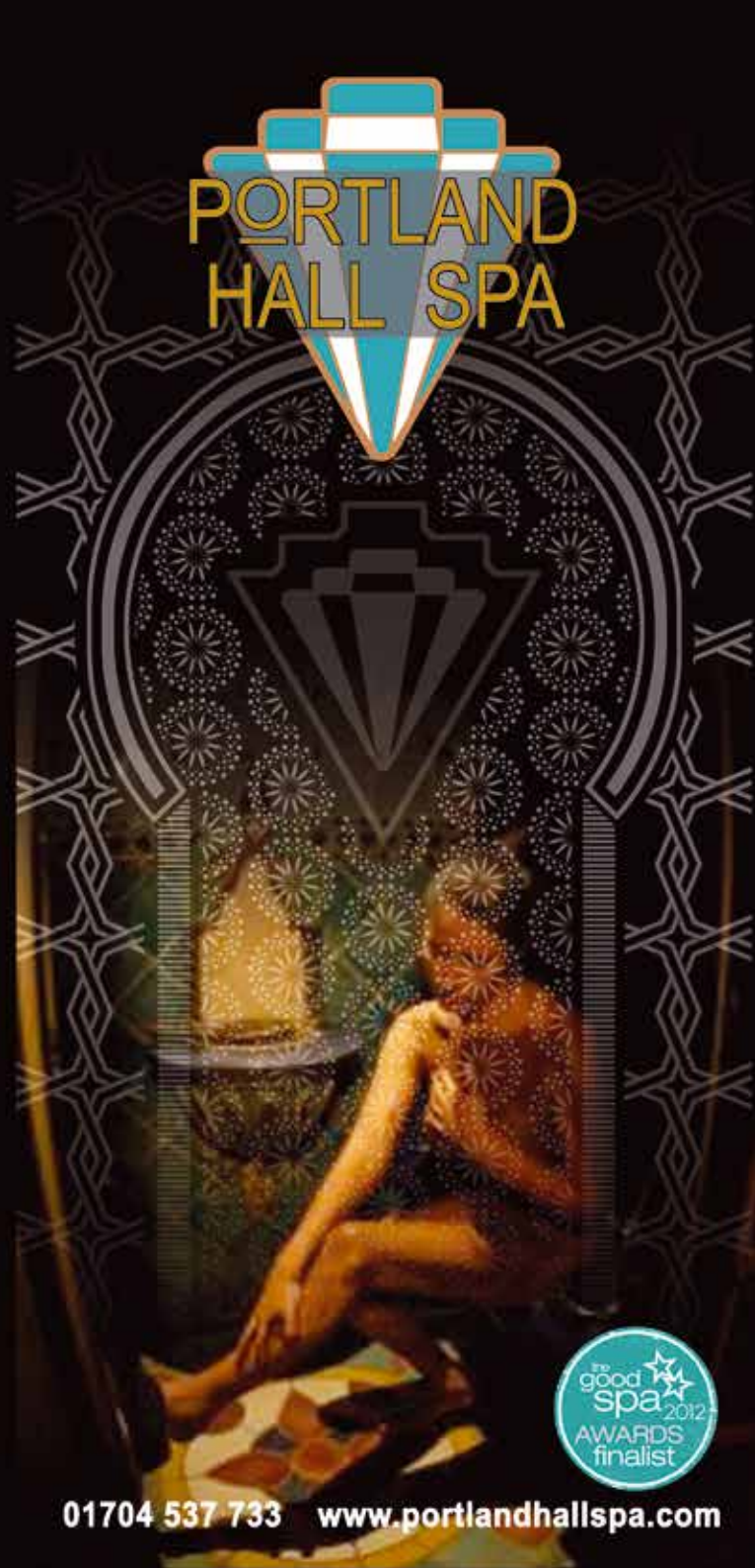
Note. We reserve the right to raise prices and modify or discontinue treatments without prior notice

17a Portland Street, Southport PR8 1LR



ESPA

PORTLAND HALL SPA



01704 537 733 www.portlandhallspa.com



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 - include Spa Jet Hydrotherapy & fresh fruit

Mini Spa Pamper 1.5hrs **£99.00**

- includes Spa Head, Neck Shoulder Massage & Spa Radiance Facial and light lunch

Gold Honey Pamper 2.5hrs **£119.00**

includes Spa Gold Honey Back, Neck, Shoulder massage, Spa Gold, Champagne & Pearl Facial and light lunch

A Taste of Luxury 3 hrs **£139.00**

includes ESPA Express Facial & Skin Vision Analysis, ESPA Deep Tissue Back Massage, Maintenance Manicure or Pedicure and light lunch

Moroccan Magic 3.5hrs **£159.00**

includes full body Mud & Mandarin Scrub, Spa Therapeutic Full Body Massage with choice of Gold/Rose Honey or Gold Dry Oil, Spa Radiance Facial and light lunch

Indulgent ESPA Pamper for One **£189.00**

includes your choice of ESPA Facial & Skin Vision Analysis, Aromatherapy or Hot Stone Back Massage & choice of Nourishing Hand or Sole Delight Ritual and light lunch

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

Exotic Moroccan Rasul Hammam & Massage 3.5 hrs **£89.50pp**

in our private, ornate two person Rasul enjoy your own Hamman ritual with soap, Hammam gloves to exfoliate, and two muds. Enjoy a neroli oil back massage to finish.

Indulgent Pamper Treat for Two 3.75hrs **£94.50pp**

includes Spa Therapeutic back, neck, shoulder massage, a Spa Radiance facial and lunch

Moroccan Rose Ritual for Two **£99.50pp**

includes full body rose salt scrub, rose honey back, neck, shoulder massage, mini facial or Head Massage and a light lunch

Our Famous Spa Ritual For Two 3.5hrs **£129.50pp**

in the Moroccan Suite enjoy our magnificent Exotic Moroccan Rasul (choose 5 muds or Hammam) followed by hour long ESPA full body massages and a light lunch

Spa Ritual for Two Special 5.5hrs **£159.50pp**

as above but includes bubbly, a 3 course buffet meal and pedicures together in the Moroccan suite to finish

Moroccan Jewel Spa Ritual for Two 6hrs **£189.50pp**

indulge in our Exotic Moroccan Rasul, enjoy an ESPA Skin Nourishing Body Wrap & ESPA Deep Tissue Massage & lunch



SPA BODY THERAPY

Spa Head, Neck, Shoulder Massage 20 mins **£29.00**

- great for relaxation

Mandarin Full Body Scrub 25mins **£35.00**

- aromatic, refreshing, invigorating. Leaves skin soft & silky...

Spa Therapeutic Back, Neck, Shoulder Massage 25mins **£39.00**

- relieves specific stress and muscle tension. Add Gold/Rose Honey or Gold Dry Oil for just £5.00.

ESPA Deep Tissue Back Massage 25mins **£47.00**

-combined with specially blended ESPA oils, this deep rhythmic pressure massage eases stress, tension, and aching muscles

Spa Therapeutic Full Body Massage 45 mins **£59.50**

-a methodical full body treat to help you deeply relax. Add Gold/Rose Honey or Gold Dry Oil for just £10.00.

ESPA Deep Tissue Muscle Massage 55mins **£69.50**

- a powerful, customised massage that uses ESPA blends of essential oils to help relieve stress and tension.

Citrus & Spice Full Body Treatment 55 mins **£79.50**

- organic sweet orange and ground argan oil granite body exfoliation followed by a full body massage with neroli oil.



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 30 mins **£49.00**

- hot stones radiate heat into muscle tissue, warming and relaxing

Spa Signature Heavenly Hot Stone Therapy 55 mins **£79.00**

- deeply relax with rhythmic massaging of hot basalt stones. Expert massage techniques and luxuriously warmed ESPA oils ensure sheer bliss!



MUDS, EXOTICS & WRAPS

ESPA Salt & Oil Exfoliation 25 min **£47.00**

- an ESPA exfoliation ritual to detox, invigorate or relax

ESPA Skin Nourishing Body Wrap 55 mins **£69.50**

- The skin is smoothed, softened and nourished with ESPA products

ESPA Muscle Relaxing Wrap 55 mins **£69.50**

- The muscles are warmed, soothed, and relaxed

ESPA Detox Ritual 120 mins **£129.00**

Following body exfoliation, an Algae wrap is applied & the scalp gently massaged. Once you have taken a refreshing shower, a full body massage with Detoxifying Oil takes place. This is the ideal treatment to help cleanse the body and improve the appearance of the skin.

Exotic Moroccan Rasul Hammam 45 mins **£75.00**

in our private, ornate two person Rasul enjoy your own Hamman ritual with soap, Hammam gloves to exfoliate, and two muds.

Exotic Moroccan Mud Rasul for Two 45 mins **£89.00**

- in our private, ornate two person Rasul, get muddy with different 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.

SPA FACIAL THERAPY

Spa Radiance Facial 25 mins **£39.00**

cleanse, tone, moisturise, - glow!

Spa Gold Honey Champagne & Pearl Facial 30 mins **£45.00**

- a luxurious and indulgent facial

ESPA Express Facial & Skin Vision Analysis 30mins **£47.00**

-includes personalised consultation & treatment

ESPA Revitalising & Firming Eye Treatment 25 mins **£47.00**

- addresses the signs of ageing around the delicate eye area, helps reduce puffiness & appearance of fine lines

ESPA Skin Purifying Facial 55 mins **£65.00**

Ideal for oily, congested & problematic skins. A deep cleansing ESPA facial leaving the skin refined, balanced & clearer.

ESPA Skin Hydrating Facial 55 mins **£65.00**

A refreshing and hydrating ESPA facial, leaving the skin soft, smooth and nourished.

ESPA Skin Soothing Facial 55 mins **£65.00**

An ESPA facial specifically designed to calm sensitive skin, reduce redness and leave the skin nourished and even.

ESPA Regenerating & Anti-Ageing Facial 55 mins **£75.00**

A luxurious ESPA facial for maturing skin to minimise lines & wrinkles to the neck, lips & jaw line. Visibly improving the appearance of the skin leaving your complexion toned, radiant and rejuvenated

- upgrade - add a 15min back massage to any 55 min facial for £17.50

Note - all ESPA facials include skin vision analysis

