



Introducing Elemis Sp@Home

Elemis launches Sp@Home, a new concept in body therapy. With five categories, each targeting your needs, whilst delighting the senses. Eleven exciting new products, combined with existing best-sellers, offer a range that has something for everyone, whether at home, in your handbag, travel bag or gym bag starting from just £14. A range which really does make every day an Elemis spa day...

Exotics - Escape a hectic world and restore equilibrium by creating an exotic spa ritual in the serenity of your home.

Soothing - Body soothing is about slowing down the pace and taking time to harmonise the body. Relaxation is key.

Anti-Ageing - Body anti-ageing brings Pro-Collagen technology to the body helping improve skin firmness and elasticity.

Performance - The perfect daily maintenance for fitness, detox or body sculpting programmes, ideal for men and women.

Awaken - Body awaken is about feeling alive, refreshed and invigorated to get you ready to start the day.



Special Offers in The Grosvenor Spa

Blissful Indulgence £110 (usually £137.50)

Enjoy a 60 minute massage or facial treatment and full use of The Thermal Suite, plus an Indulgent Afternoon Tea with strawberries and cream and a glass of champagne. *Earn 15 Pamper Me minutes.*

REN What's Not to Love Express Facial £40 (usually £50)

A 30 minute express facial for maximum results in minimum time. *Earn 5 Pamper Me minutes.*

Soothe and Smooth £95 (usually £155)

Enjoy full use of The Thermal Suite plus...

Elemis Exotic Lime & Ginger Salt Glow

This exotic exfoliation ritual invigorates and brings vitality to your body, leaving the skin glowing and vibrant, replenished and flawless.

and...

Stress Recovery Massage

Eliminate stress and toxins from the body with an aromatherapy massage combining pressure points, face and scalp massage. *Earn 10 Pamper Me minutes.*

To make a booking please call **01244 895686** or email **spa@chestergrosvenor.com**

Offers valid Monday to Thursday until 31st July 2011, subject to availability.



Sarah and Natalie at the launch event

Grosvenor Spa Guests attend Launch Event

Spa-lovers were given a sneak preview of the latest Darphin product at a champagne launch event at The Chester Grosvenor.

Spa regulars and journalists mingled at the exclusive event which introduced the anti-dark spot Melaperfect treatment.

The new skincare product became available nationwide from 2nd May but invited guests got the chance to try **Melaperfect** for the first time after a champagne and canapés reception.

The Executive Boardroom was transformed into a spa haven for the evening with Darphin skin experts explaining how the complexion correcting skincare product worked,

giving demonstrations and answering questions from guests.

Each attendee received a complimentary Darphin gift and entry into a prize draw with the purchase of any Darphin product.

Spa Assistant Manager Sarah Kelthy said: "The event was a great success. Darphin is already a firm favourite with our clients and this preview gave us the chance to showcase what this new Darphin product does."

Natalie Pepper, Darphin Marketing Manager, said: "The Chester Grosvenor is outstanding and we are delighted to be in partnership with one of the most beautiful spas in the country."

NEW Melaperfect anti-dark spots perfecting treatment £57

A silky emulsion that has the power to harmonise the complexion and visibly reduce dark spots. Rich in anti-oxidant ingredients, it strengthens skin's natural defences to beautify the skin and improve its quality daily. After 4 weeks of use, dark spots are reduced in size and intensity. After 8 weeks, they are reduced by 50%.

Darphin Gentian & Lemon Perfecting Facial 60 minutes £75

Deep Anti-Pigmentation Treatment. Regain a perfected complexion. This deep exfoliation treatment helps reduce dark spots and pigmentation as well as improve skin clarity to reveal a smooth radiant glow. To book call **01244 895686**.



Fruits That Keep You Hydrated and Healthy

It's easy to get 2.5 litres of water a day without drinking copious amounts of water. Almost all food has some water in it, but natural whole foods have the most. Colourful fruits and vegetables concentrate their water with nutrients – this is the best form of water for you, because it stays in your system long enough for you to put it to good use.

Apricots can do miracles for our skin and body, due to their high antioxidant vitamin content. These fruits can complete the potassium loss by being rich in fibres, beta-carotene and vitamin C, include them in your daily meals and you won't have trouble with headaches and dizziness.

Mangoes can keep you cool during the whole summer. Since you can purchase them in every season eat these fruits to have the ideal fibre and vitamin C intake. It is a well-known fact that mangoes have twice as much vitamin A than the recommended intake per day. Prepare some fruit salads and enjoy their delicious taste all through the warmer weather.

Watermelon is one of the best fruits to keep you hydrated in the summer. Due to its extremely high water content, it will balance the loss of fluids in the body. It doesn't contain many calories which is why people who keep a diet can also enjoy it. Watermelons

are rich in vitamins A and C, which are essential for our skin, bones and heart.

The spa offers a range of treatments which can help keep your skin hydrated, smoothed and conditioned throughout the summer including **Darphin Kiwi & Pomegranate Hydrator Facial** - an intensive 60 minute hydrating treatment, ideal for 'thirsty' skin visibly lacking moisture and exhibiting lines for £75.

Darphin Ultimate Moisture Drench Body Ritual - the ultimate 90 minute top to toe body pampering treatment that infuses the body with an intense surge of moisture and nourishment for £100.



Spa Receptionist in the Spotlight



Our featured spa receptionist is Amy Hughes, who has worked at The Grosvenor Spa for three years.

Tell us about yourself?

I studied Child Care and Education at college, and received NVQ level 2 with distinction. After I left college I decided on a change of direction, I enjoy working with people and love beauty products so applied for the role of spa receptionist. I really enjoy discovering new treatments and products to suit my skin.

In my leisure time I enjoy attending as many music festivals and gigs as possible and also taking my dog, Tilly for walks in the sunshine.

How do you indulge yourself when you feel you've really earned a treat?

I love taking short breaks away with my boyfriend, especially to Alton Towers where I can really let my hair down!

What is your favourite treatment?

It has to be Darphin Ultimate Indulgence Facial, I find it really relaxing and makes my skin look great.

Who inspires you?

My mum is a very inspirational woman, she inspires me a lot. I admire

her independence, strength and determination.

What is your favourite product?

Darphin Azahar Cleansing Micellar Water as it's quick and easy, especially if you're pushed for time. It's also great to take away with you as it's a cleanser, toner and make up remover in one, so there is no need to carry lots of different bottles with you.

I also really like the Elemis Eau de Parfum fragrance as it has a really fresh floral scent which is ideal for the summer months.

Focus on the Man in your Life

Why not give the gift of relaxation? We have a selection of gift vouchers available for that special man in your life which can be bought from spa reception or online at www.chestergrosvenor.com. We also offer a range of men's products by Darphin, Elemis and REN along with a complimentary gift wrapping service. We've even put together a package fit for a hero...

Superman Spa Package £130

The half day package includes: an Elemis Taster Facial, an Elemis Deep Tissue Body Massage, full use of the Thermal Suite, Elemis Ice Cool Foaming Shave Gel 200ml and luxury slippers to take home.

Further recommended treatments for men are available in our spa brochure.

To book a treatment or for further information call **01244 895686** or email **spa@chestergrosvenor.com**

Decadent Deal - The Grosvenor Spa...

Take it easy this summer in The Grosvenor Spa...

Relax and unwind with a 45 minute treatment per person and an overnight stay in a luxurious Classic room, followed by a leisurely continental breakfast. Plus book Monday to Thursday and enjoy complimentary use of The Thermal Suite! From **£119.50** per person

To make a reservation please call **01244 324024** or email **reservations@chestergrosvenor.com**

Make the most of your stay and visit RHS Flower Show Tatton Park 20th to 24th July 2011. RHS Flower Show Tatton Park has a fresh and vibrant feel, bursting with sizzling colour and summer perfumes. Seize the last chance of the season to pick up expert advice, shop for all your gardening needs and enjoy fine dining in a stunning setting with Fortnum & Mason at this spectacular summer finale. Tickets from £19.50 per person. To book tickets for RHS Flower Show Tatton Park call 0844 338 7505 or visit www.rhs.org.uk.

Offer available until 31st August, excluding Saturdays. Subject to availability. Based on two people sharing a room. Upgrades are available. Offer includes VAT. Full prepayment required at time of booking. Payment is non-transferable and non-refundable.

NEW! REN Radiance Range

REN's stand out Radiance Range has been formulated to reveal a renewed, revived and radiant complexion. It will also keep skin energised and fit.

And, because it's clean, REN's Radiance Range really does mean radiant skin is healthy skin.

Micro Polish Cleanser - A two in one formula that deeply cleanses and gently exfoliates the skin to leave it looking purified, renewed and radiant. 150ml £20

Radiance Perfecting Serum - A multi active serum formulated to reboot the cell energy cycle and replenish the skin to visibly perfect skin tone, boost radiance and enhance luminosity. 30ml £35

Glycolactic Radiance Renewal Mask - A potent bio active peel mask designed to renew the complexion, reduce the appearance of fine lines and dramatically improve skin tone. 50ml £30

Resurfacing AHA Concentrate - A powerful AHA fruit acid complex that resurfaces, renews and reinvigorates the skin for a smooth, luminous and balanced complexion. 30ml £30

The four products in the range can be used separately but have also been designed to work together in an ultimate radiance programme. To get a programme tailored to your skin please call **01244 895686** or email **spa@chestergrosvenor.com**.

Book any REN treatment or purchase any REN product and receive a complimentary travel size Glycolactic Skin Renewal Mask (15ml) worth £10. Subject to availability.

Please call **01244 895686** for details of the next **REN Evening Event on Thursday 28th July**.



THE CHESTER GROSVENOR



The Benefits of Massage

Massage is the kneading and stroking of the body's soft tissues, the skin and muscles with varying degrees of pressure. Gentle massage affects the nervous system through nerve endings in the skin, stimulating the release of endorphins, the body's natural 'feel good' chemicals, to help induce relaxation and a sense of well-being, to relieve pain and reduce levels of stress chemicals. It helps reverse the damaging effects of stress by slowing heart rate, respiration and metabolism and lowering raised blood pressure.

Stronger massage stimulates blood circulation to improve the supply of oxygen and nutrients to body tissues and helps the lymphatic system to flush away waste products. It eases tense and knotted muscles and stiff joints, improving mobility and flexibility.

What's Not to Love REN Bespoke Body Massage 60 minutes £70

A de-stressing and extra indulgent experience that leaves your skin gorgeously soft, glowing and smelling divine! A deeply relaxing top to toe massage, using Moroccan Rose Otto Ultra Nourishing Body Oil to heal, soothe and reduce tension held in the body leaving you feeling revitalised with a total sense of wellbeing.

Special Offer - Book a 60 minute massage or any other holistic treatment including Reiki, Reflexology, Aroma Hot Stone Massage, body wrap with either of our holistic therapists, Nikki or Katie for just £65. To book call **01244 895686**.

The Chester Grosvenor, Eastgate, Chester, CH1 1LT

The Grosvenor Spa News

one blissful retreat

The summer holidays are just around the corner and hopefully so too is the sunshine! The spa offers a range of luxurious treatments ideal for preparing your body for the long warm days ahead, take a look at our special offers for top to toe summer pampering.

Summer 2011 sees the introduction of a range of exciting new products by Darphin, Elemis and REN, keep an eye out for our fantastic offers on products, including many travel size products ideal for popping in your suitcase...



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Elemis Sp@Home

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Achieve a healthy, radiant complexion

REN extends its Radiance and Renewal range

Summer Must Have!



Protect your skin with Darphin Vital Protection SPF 50 £50

Ideal for all skin types, even sensitive, this lightweight, hydrating fluid from Darphin combines sun filters and powerful anti-oxidants to protect your skin from UVA/UVB rays and external aggressors known to cause premature skin ageing.

Vital Protection Age-Defying Protective Lotion SPF50 can also be used as a make-up base. Use in the morning after the appropriate serum and cream as often as needed.



Elemis Eau De Parfum £35.80

The spirit of Elemis is captured in this exciting Eau De Parfum!

An exuberant and uplifting fragrance which exquisitely combines the fresh notes Elemis has gathered from across the globe for its distinctive spa therapies, including Zesty Elemi and Sweet Grasses, Gentle-Breezy Marine Accord, Refreshing Vetiver.

Includes an exquisite turquoise velvet travel pouch making it the perfect handbag companion.