



one
blissful retreat



THE CHESTER GROSVENOR AND SPA





Soothe your mind
Pamper your body
Lift your spirit

The Grosvenor Spa welcomes you to experience an exclusive range of Spa Rituals designed to balance mind, body and spirit.

Elemis

The Elemis range of advanced skincare formulations and professional spa therapies provide life-enhancing solutions for every man and woman. Elemis is committed to using only the finest, most effective concentration of organic herbs, flowers and active bases. Let the ten touches of Elemis envelop your body and mind, combined with the riches of the natural world.

Molton Brown

The Molton Brown Spa Journey is a tailor-made treatment to suit your needs. Choose from a selection of therapies in the Renew, Regenerate, Replenish or Radiance Journey each of which is designed to restore well-being and reinstate rhythm and harmony in body, mind and spirit.

Day Packages

The Grosvenor Ultimate Indulgence

£250.00

- Elemis Visible Brilliance Facial
- Replenishing Celestial Maracuja Body Cocoon and Massage
- Jessica Manicure
- Jessica Mini Pedicure
- Two course Spa Lunch
- Full use of The Thermal Suite

The Elemis Experience Day

£175.00

- Elemis Exotic Coconut Rub and Milk Ritual Wrap
- Elemis Sole Delight Grooming for Feet
- Elemis Skin Specific Facial
- Two course Spa Lunch
- Full use of The Thermal Suite

Molton Brown Decadent Journey

£185.00

- Soothe Away Massage or Tension Relief Full Body Massage
- Detox Body Polish
- Skin Specific Facial
- Two course Spa Lunch
- Full use of The Thermal Suite

Mother-to-Be

£185.00

- Elemis Nurturing Massage for Mother to Be or Molton Brown Nurturing Pregnancy Massage (subject to availability)
- Elemis Skin Specific Facial
- Manicure or Pedicure
- Two course Spa Lunch
- Full use of The Thermal Suite



Half Day Packages

Grosvenor Beautiful Woman

£130.00

- Elemis Skin Specific Facial
- Jessica Manicure or Pedicure
- Aromatherapy Back Massage
- Full use of The Thermal Suite

Elemis Absolute Spa Ritual

£120.00

- Advanced Performance Facial or an advanced Anti-Ageing Facial
- Deep Tissue Muscle Massage
- Full use of The Thermal Suite

Time for Men Package

£115.00

- Urban Cleanse Facial
- Deep Tissue Muscle Massage
- Full use of The Thermal Suite

Molton Brown Spa Journey

£100.00

- Skin Prescriptive Facial
- Detox Body Polish or Back, Neck and Shoulder Massage
- Full use of The Thermal Suite

Holistic Journey

£120.00

- 60 minute Full Body Massage
- Reiki or Reflexology
- Full use of The Thermal Suite

Holistic Body & Soul Rituals

Aromatherapy Back Massage

30 minutes for £45.00

A relaxing massage using aromatherapy essential oils to stimulate your senses and relieve stress from your back, neck and shoulders.

Stress Recovery Massage

50 minutes for £55.00

60 minutes for £65.00

80 minutes for £80.00

Eliminate stress by balancing mind, body and soul with an aromatherapy massage combining pressure points and face and scalp massage.

*Reiki

60 minutes for £65.00

Japanese term for Universal Life energy. Natural healing within the body is increased and physical, mental and emotional issues can be addressed. Induces deep relaxation.

*Reflexology

60 minutes for £65.00

The feet are a map of the body's functions. This truly relaxing therapy works on specific pressure points on the feet to aid healing and relaxation.

*Indian Head Massage

30 minutes for £45.00

A traditional Eastern technique that relieves tension in the head, neck and shoulders. This treatment is ideal for anyone who suffers from headaches, stress or insomnia.

*Lastone Therapy

75 minutes for £85.00

Developed by Mary Nelson, a massage therapist and healer from Arizona. This amazing treatment balances mind, body and spirit. Warm basalt stones are massaged over your body to relax muscles, aid circulation and remove toxins.

For relaxing residential luxury spa retreats please contact Reservations on **01244 324024** or visit **www.chestergrosvenor.com**

* Subject to availability



Elemis

Elemis Face Rituals

Taster Facial

Take time out of your routine to give your skin an instant boost with our rejuvenating mini facial.
30 minutes for £40.00

Skin Specific Facials

The perfect skin maintenance facial, combining exceptional skin conditioning plant active with unique Eastern massage techniques to deeply cleanse the face whilst renewing radiance and treating the skin.

Fruit Active Glow

For dull, lifeless skin

60 minutes for £60.00

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

Exotic Moisture Dew

For dry skin

60 minutes for £60.00

For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect.

Herbal Lavender Repair

For combination and oily skin

60 minutes for £60.00

For perfect restoration of skin balance, this facial helps to heal and repair oily, problem and congested skin.

Elemis Face Rituals

Time for Men Facials

Skin IQ+ Facial

Anti-ageing booster
for tired, stressed skin

75 minutes for £75.00

This treatment is tailored to meet the demands of a hectic lifestyle and to combat ageing effects giving men the ultimate skin overhaul with maximum results.

Urban Cleanse Facial

Deep cleanse & complete
skin detox

60 minutes for £60.00

This super-grooming facial decongests the skin, working overtime to eliminate blocked pores, leaving the skin visibly clear and squeaky clean.

Advanced Anti-Ageing Facials

Visible Brilliance Facial

For ageing, stressed &
slackened skin

75 minutes for £75.00

This anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour.

Tri-Enzyme Resurfacing Facial

For safe and effective resurfacing

60 minutes for £75.00

This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin bringing a renewed level of evenness and clarity to the complexion.

Pro-Collagen Quartz Lift Facial

See a younger firmer future.
Instantly

75 minutes for £75.00

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just one treatment. Course of 6 recommended, 1 treatment every 4 weeks.

Cooling Hot Stone Body-Facial

55 minutes for £60.00

Pure body indulgence with exceptional anti-ageing facial results! A customised Elemis 'ice-cool thermal muscle massage' for your specific problem areas combined with an intensive anti-ageing booster facial to smooth out wrinkles and restore youthful radiance.

Advanced Performance Facials

These face treatments offer remarkable, long lasting results. They are further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in advanced skin therapy.

Oxygen Skin Calm Facial

For sensitive skin

75 minutes for £75.00

Pure soothing heaven for sensitive skins. Reduces redness and offers immediate comfort to stressed skin.

S.O.S. Purifying Facial

For oily, problem
& congested skin

75 minutes for £75.00

This powerful purifying face and eye treatment helps to re-balance oil-rich pores, leaving beautiful matt skin.

Elemis Body Rituals

Deep Tissue Muscle Massage

60 minutes for £65.00

Focusing to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout. Combined with specially blended massage oils, this treatment can be tailor-made to suit your individual needs:

- **Stress-Away**
- **Spirit Reviver**
- **Muscle Melt**
- **Chakra Balancing**

Deep Tissue Back Massage

30 minutes for £45.00

Focusing on the back, shoulders and neck area, this massage will help to relieve tension, stress and aching muscles.

Exotic Lime & Ginger Salt Glow

30 minutes for £45.00

This exotic exfoliation ritual invigorates and brings vitality to your body. Your skin is deeply cleansed, polished and softened to perfection finishing with a final application of Exotic Island Flower Body Lotion leaving the skin glowing and vibrant, replenished and flawless.

Nurturing Massage for Mother-to-Be

70 minutes for £85.00

The nine month journey of nurturing is a special time, connecting with the mother through the power of touch, working with two heartbeats as one. Combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Helps to relieve tension in your lower and upper back and alleviate any swelling in the hands and feet while easing your mind and uplifting the spirit.

Recommended: 1 treatment every 2 weeks in 1st/2nd trimester. 1 treatment every week in 3rd trimester.



Musclese Aroma Spa Ocean Wrap

75 minutes for £75.00

A heated seaweed mask containing a warming blend of Pine and Rosemary essential oils is applied to your body before you are cocooned in a comforting foil wrap. A soothing face and scalp massage help the active ingredients work to ease arthritis, fatigue and muscle spasm.

Cellutox Aroma Spa Ocean Wrap

75 minutes for £75.00

A warm seaweed body mask containing a synergy of cleansing Juniper and Lemon essential oils is applied to your body before you are cocooned in a comforting foil wrap. Let the active ingredients work to detoxify, decongest and stimulate your body systems.

Body Sculpting Cellulite and Colon Therapy

60 minutes for £65.00

A detoxifying fennel and birch body mask is applied to the hips and thighs, followed by a specialised drainage massage to help the appearance of cellulite, boost circulation and reduce fluid retention, leaving the skin firmer and smoother to the touch.

Exotic Coconut Rub and Milk Ritual Wrap

50 minutes for £60.00

A ceremony of pure sensuality! A traditional Balinese recipe with Coconut, Mungbean, Spices and Lavender polishes the skin, whilst the exotic body oil indulges your senses. Bask in the ritual as warm Skin Nourishing Milk Bath is poured over your entire body before being cocooned in a comforting foil wrap.

Exotic Frangipani Body Nourish Wrap

50 minutes for £60.00

From the exotic shores of Tahiti, Coconut and Frangipani flowers are soaked together to produce monoi. With the most exotic aroma and texture imaginable, monoi will soothe, condition and soften your skin. Drench yourself in its moisture and bathe in sensuality, in a comforting foil wrap.

Hand & Foot Rituals

Pro-Collagen Hand and Nail

30 minutes for £40.00

Pure pampering for your hands and nails to restore beauty and suppleness. Warmed aromatherapy oils nourish and condition, whilst the sublime sensation of Skin Nourishing Milk Bath lavishes its richness and healing action on your skin.

Sole Delight Foot Treatment

30 minutes for £40.00

Warmed aromatherapy oils nourish and condition your feet and nails, whilst the decadence of milk and Exotic Frangipani Monoi Oil lavish their richness and healing action on your skin.

These treatments can be extended to include a mini manicure or pedicure - £50.00



MOLTON BROWN

L O N D O N

Molton Brown Renew

Equa-Balance Facial

60 minutes for £65.00

A rebalancing and brightening facial therapy for normal to combination skin types.

Unwind Tension Relief Body Massage

60 minutes for £65.00

A fusion of deep tissue massage therapy to release underlying tension, together with a reviving blend of essential oils to ease your aches.

Detox Body Polish

30 minutes for £45.00

A powerful all over body experience to refine and purify the skin, followed by an intensely hydrating cream with a blend of milk and honey, leaving the skin feeling silky smooth.

Re-Awaken Contouring Leg Therapy

60 minutes for £65.00

Detoxify and re-energise with this therapy to enhance the look and feel of the legs and improve hip and thigh definition.

Molton Brown Radiance

Primal-Radiance Contouring Facial

60 minutes for £65.00

A contouring facial therapy for skin in need of a lift! A unique hydrolysed collagen mask is designed to smooth the fine lines of life's daily stresses.

Primal-Radiance Contouring Eye Therapy

45 minutes for £50.00

A firming therapy designed to treat tired, puffy eyes, circles, signs of ageing and fine lines.

Deep Cleansing Back Facial

45 minutes for £50.00

A detoxifying therapy to purify and revitalise the back. Relax with a foot and leg massage and complete this deep cleansing treatment with a stress relieving back massage.

Molton Brown Replenish

Primal-Source Facial

60 minutes for £65.00

Pamper the skin with this deeply replenishing therapy for sensitive, dehydrated and dry complexions and those showing the first signs of ageing.

Soothe-Away Massage

60 minutes for £65.00

Allow yourself to drift away on a cloud of bliss with this calming and de-stressing body massage.

Celestial Maracuja Body Polish

30 minutes for £45.00

This deliciously moisturising treatment begins with the Celestial Maracuja Body Polish to reveal soft, velvety skin, followed by a scrumptious soufflé to leave the skin feeling wonderfully hydrated.

Replenishing Celestial Maracuja Body Cocoon and Massage

1 hour 45 minutes for £100.00

Raw sugar and maracuja are massaged over your body to brighten tone before you are cocooned in a warm acacia bodymask. Drift away as you enjoy a hypnotic body massage to end your therapy.
Price includes use of The Thermal Suite.

Nurturing Pregnancy Massage

60 minutes for £75.00

A deeply nurturing massage specifically designed for this special time. Feel protected and cherished whilst your specific aches and tensions are soothed away by the therapist's hands.

Molton Brown Regenerate

Regenerate Face

Life Force Facial

60 minutes for £65.00

A richly nourishing facial therapy for dry and mature skin. The uplifting cleanse and polish ritual purifies the skin and reveals fresh new cells. Relax while your therapist imparts a restoring massage to supercharge the skin with moisture.

Regenerating Facial for Men

60 minutes for £65.00

A reviving and toning facial therapy for men, which includes a luxurious scalp, hand and foot massage. Emerge looking bright, toned, rebalanced and deeply refreshed.

Regenerate Body

Rebalancing Crystal Body Massage

60 minutes for £70.00

This spiritual and healing massage therapy uses rose quartz and amethyst to help harmonise and heal the body's energies. Intensely relaxing to the mind and body, releasing stress and exhaustion at the deepest level. Emerge feeling grounded, centred and more focused.



CACI Toning Rituals

CACI Body Treatment

*25 minutes for £30.00 or
course of 10 for £270.00*

This revolutionary machine has a programme to suit everyone. Programmes include cellulite, lymphatic drainage, lifting, slimming and toning.

CACI Quantum Face

*60 minutes for £45.00 or
course of 10 for £400.00*

The original non-surgical face lifting system which tones and re-educates muscles of the face and neck. A course is recommended.
Half face demonstration with consultation - £25.00

Finishing Touches...

Jessica Treatment Manicure

With complimentary mini-polish

45 minutes for £45.00

Jessica Treatment Pedicure

With complimentary mini-polish

45 minutes for £45.00

French Polish

60 minutes for £50.00

Brow and Lash Tinting

(Tint test 24 hours prior to treatment)

Please consult the Spa receptionist for more information

Gift Vouchers

Gift vouchers are available for the treatment of your choice in the Grosvenor Spa or in denominations of £25, £50 and £100. These can be beautifully presented in a Chester Grosvenor gift box and make the perfect gift.

Pamper Me Card

Please ask about The Grosvenor Spa 'Pamper Me' card, designed to reward our loyal customers every time they visit. The 'Pamper Me' card rewards you with free treatment time in the spa with every visit to, or purchase from The Grosvenor Spa. Please ask for full details.

Elemis, Molton Brown and Jessica products are available to purchase.



The Thermal Suite

A series of heat related experiences to soothe, relax and detoxify your body. The Thermal Suite comprises a Herb Sauna, Themed Shower, Ice Fountain, Crystal Steam Room, Salt Grotto and Foot Baths along with the tranquil relaxation area.

Your stay at The Chester Grosvenor and Spa

Whether you are visiting Chester on business or for pleasure, The Chester Grosvenor and Spa is the perfect destination. Beautifully furnished rooms and suites, two award-winning restaurants, the luxury Grosvenor Spa and state-of-the-art facilities for meetings, celebrations and private dining.

Most importantly, the friendly, thoughtful service you receive will make you feel truly at home. We take great pride in our attention to detail and our experienced team is dedicated to meeting your individual needs.

The Chester Grosvenor and Spa, Eastgate, Chester, CH1 1LT

Tel: 01244 324024 **Email:** reservations@chestergrosvenor.com **Website:** www.chestergrosvenor.com

Terms and Conditions

Arrival Times

We suggest you arrive at least 20 minutes prior to your first treatment, this will allow time for us to assist you with your questionnaire and offer refreshments.

How to Book

All treatments are subject to availability. Credit or debit card details are required at time of booking in order to confirm your reservation. Please note that Spa treatment times are subject to change and will be confirmed to you on arrival at the Spa.

Method of Payment

We accept all major credit and debit cards.

Spa Experience/Residential Spa Breaks

For your comfort, towels, robes and slippers will be provided. Please bring your own bathing suit to wear in The Thermal Suite. Our aim is to provide a tranquil environment therefore we request that mobile phones are turned off for the duration of your visit.

Cancellation policy

Single Treatments – We require 48 hours notice after which a 100% charge will be made.

Spa Days – We require 7 days notice of cancellation after which a 100% charge will be made.

Residential Spa Breaks – We require 7 days notice for both accommodation and/or spa treatment cancellation after which a 100% charge will be made.

Your Health

Please inform us of any health related problems prior to your arrival at the Spa. If you are unsure about whether a medical condition could prevent you from having a treatment or you are currently taking prescribed medication, have an allergy or are pregnant, please call in advance to discuss suitable treatment options.

Conditions

All prices are subject to alteration without prior notice. All prices are inclusive of VAT at 17.5%. Children under the age of 16 are not permitted to undergo treatments in the spa. The Grosvenor Spa accepts no responsibility for lost or mislaid personal belongings. Regrettably, late arrival for your appointment will constitute a reduced treatment time. All times quoted include treatment, preparation and consultation. Use of The Thermal Suite is complimentary with spends of over £100. Normally there is a charge for Thermal Suite facilities, please ask for more details

Contact Us

For day rituals, day & half day packages, please contact:

Tel: 01244 895686

Fax: 01244 895687

Email: spa@chestergrosvenor.com

Website: www.grosvenorspa.com

The Grosvenor Spa Opening Hours

Monday 10.00am - 6.00pm

Tuesday 10.00am - 6.00pm

Wednesday 10.00am - 6.00pm

Thursday 10.00am - 8.00pm

Friday 10.00am - 8.00pm

Saturday 9.00am - 7.00pm

Sunday 10.00am - 6.00pm

If you are staying at The Chester Grosvenor and Spa we strongly recommend that you book your treatment times well in advance to avoid disappointment.

The Grosvenor Spa welcomes non-hotel guests.



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Eastgate, Chester CH1 1LT
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