

[comfort zone]





A unique space for oneself

Boost your mood and de-stress your mind in one of our treatment rooms and leisure facilities, or simply treat yourself to a pedicure at The Spa. Offering a wide range of indulgent experiences, from massages to manicures you can spend from one hour to one day at our spa. Take a look at our relaxing Day Escapes, a real treat for mind, body and soul.

Working closely with **[comfort zone]** our chosen spa partner, we have created a truly unique selection of spa rituals and journeys designed with a complete sense of wellbeing and fast results in mind.

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Luxury Italian spa skincare range, **[comfort zone]** invites you to experience an unforgettable, multi sensorial cocoon of wellbeing. Blending science and nature, **[comfort zone]** offers immediate and progressive results ensuring you look and feel better from the inside out. We don't want to be the biggest skin care company in the world but certainly the most beautiful and ethical.

Experiences for senses
Results for face, body and soul
In the best spas worldwide

Additional Information

- All our day escape packages include use of the Spa facilities
- Each person spending £35 on treatments will gain access to use the facilities free of charge.
- Day passes are available to use our Spa and Leisure facilities. £10 per Adult
- Why not upgrade your Spa day and add lunch or afternoon tea to complement your day, please call our reception ahead of treatments to accommodate these requests.
- Robe and slipper hire available for £5, please call in advance to pre order.

Day Escapes... All Day escapes also include use of Spa facilities.

Mini Spa Day

25 mins **£35**

Enjoy a taster treat, Facial or Back massage and use of our facilities for just £35!

Luxurious Spa Day

55 mins **£60**

Enjoy a champagne afternoon tea in our lounge bar; along with full use of leisure facilities and enjoy one of our luxury hour long treatments. Choose from a relaxing prescriptive facial, harmonious massage or luxury pedicure. Robes and slippers included.

Uplift Mind and Body

115 mins **£99**

This luxurious combination of treatments provides you with the ultimate uplifting ritual. Leave with a wonderful sense of wellbeing with our De-aging Skin Sublime Facial and our De-aging body contouring massage.

Hydration Exfoliation

115 min **£99**

This treatment is great for an all over full body cleanse and hydration. We provide a full body salt glow exfoliation, a full body cleansing massage and a deeply hydrating facial. Great to drain and eliminate toxins, have pre-holiday, post-holiday, special occasions or just the all over feeling of fabulous!!

Harmony Hour

55 mins **£60**

A well deserved hour of ultimate relaxation to balance the mind and body leaving you with an overall feeling of revitalization. This Day Escape combines a prescriptive facial and back massage to fulfil your personal needs.



Face Rituals

Hydrmemory Facial

55 mins £45

A deep hydrating treatment for face, neck and décolleté to replace moisture. The hydra balance of the skin is restored and the skin is beautifully luminous and toned with a fresh, youthful complexion.

Active Pureness

55 mins £45

An intensive yet delicate treatment for deep cleansing and rebalancing the skin. Recommended for oily and impure skins to purify, regenerate and to rebalance sebum and hydration levels. The facial results in a luminous, smooth and uniform appearance.

Skin Sublime Lifting Facial

75 mins £60

This luxurious combination of treatments provides you with the ultimate uplifting ritual. Leave with a wonderful sense of wellbeing with our De-aging Skin Sublime Facial and our De-aging body contouring massage.

Eye Supreme Treatment

15 mins £15

Visibly reduce and tighten those tired eyes with this refreshing eye treatment. A great treatment for puffiness, dark circles and fine lines.

Taster Facial

25 mins £30

The perfect introductory facial tailored to your skin's needs. The therapist will cleanse, exfoliate, massage and apply a mask that will boost and enhance your skin.



Body Rituals

Comfort Touch Massages

Full body comfort

55 mins £45

A full body massage personalised to suit individual client needs, whether its lower back, shoulder pain or just an all over renew this rebalancing relaxing massage will give you a complete feeling of wellbeing.

Luxury back, neck and shoulder massage

40 mins £35

Indulge and treat yourself to this luxurious back massage, each movement will be tailored to suit and benefit all your aches, pains and needs. Your therapist will focus on your back, shoulders, neck and arms; this really is the ultimate back massage.

Hot Stone Therapy

Hot stone full body

55 mins £50

Hot stone back massage

25 mins £30

This warming and soothing massage technique using heated stones and essential oils relieves muscle tension, aids circulation and improves energy levels throughout the entire body and mind. A deep relaxing treatment for anyone in need of a complete feeling of wellbeing.

Indian Head Massage

40 mins £40

25 mins £30

A relaxing treatment working on pressure points on the head, shoulders and neck to release blocked tension and stimulate circulation aiding the nervous system.



Himalayan Salt Treatments

Not recommended for pregnant woman.

Full Body Experience

55 mins £60

A full body exfoliation using Himalayan salts, detoxifying your body and renewing your skin cells. With its natural properties it will help drain and increase circulation before firming creams and oils are applied and massaged into the whole body.

Back Exfoliation and Massage

40 mins £45

Exfoliate and renew your back with the salts before enjoying a cleansing back massage. A cleansing treatment which is great for relieving tension and stimulating drainage of toxins. Great for renewing skin cells post or pre holidays.

Couples Retreat

Couples Massage Retreat

55 mins £85

A chance for you both to unwind and experience the comfort touch full body massage together. Both of you will receive a tailored massage that will address your own specific needs, reconnecting and bringing you closer. Perfect for those who haven't experienced a massage before or for couples wanting to indulge sharing time together, making it ideal to bond and relax.

Couples Facial Retreat

55 mins £85

A chance for you both to experience a luxury Comfort Zone intensive facial together, choosing from either our Hydramemory or Active pureness facials. An extensive facial that provides the addition of double exfoliation, facial massage and massage of two areas with tension. Such as scalp, hand and arm, feet or neck and shoulder.

Couples Harmony Hour

55 mins £110

Ideal for those who want to experience a facial and massage in one treatment. The complete experience includes a taster facial and a back neck and shoulder massage to completely unwind and revitalise. Ideal for those who can't decide between a facial or massage.



Men's Space

This massage will be tailored to suit your needs; our therapist will concentrate on relieving any muscular aches and tension throughout the massage. Great for post or pre sports.

Products for the facial will be used to suit individual skin types; the facial will include a deep exfoliation of the skin, massage to increase circulation and a mask to hydrate the skin.

Full Body Massage	70 mins £60
Gentleman's Facial	55 mins £45
Taster Facial	25 mins £30

Happy Hands & Fresh Feet

Treat your nails to well needed nourishment with our ORLY hand and nail treatment. For strong healthy, hydrated nails enjoy our treatments using ARGAN oils and mandarin which both deeply renew and protect.

Manicure

40 mins £28

Buff, brighten and re-shape your nails, also includes cuticle removal, massage and ORLY varnish application.

Pedicure

55 mins £32

A luxurious pedicure using rich aromas and minerals. Leave with silky soft feet and a perfect polish.

Treatment includes reshaping and buffing of nails, cuticle removal, purifying soak, a luxurious exfoliating treatment, skin removal and a detoxifying mask, all followed by a mandarin massage and a re-polish of your choice.

File and Polish

20 min £18

Orly Vitamin-Infused Gel FX

Extend the wear of a nail colour with our Orly gel overlay of the natural nail. Antioxidant Vitamins A and E help promote healthy nails while the pro-B5 protects the structure of the nail. Ideal for holidays and special occasions.

Gel Manicure/Pedicure

40 mins £32

Treatment includes reshaping and buffing of the nails. Cuticle removal and a colour application of your choice.

Deluxe Gel Manicure/Pedicure

55 mins £40

Our extra TLC incorporates a luxurious oil and mandarin massage on the hands and arms or feet and lower legs.

Gel Removal (with additional nail treatment)

15 mins £8

Have your gel nails safely removed to prevent any damage to the natural nail.

Gel Removal (without additional nail treatment)

15 mins £10

Please note: - Use of the spa facilities is not advisable after a gel application. This is to prevent lifting of the gel colour. We can only remove ORLY Gel nails that were originally applied here at The Spa at Kenwood Hall.



Essentials

Eyelash tinting	20 mins	£8
Eyebrow tint	15 mins	£6
Waxing		
Eyebrow wax and tint	30 mins	£12
Eyebrow	15 mins	£8
Lip or chin	15 mins	£7
Lip and chin	20 mins	£10
Underarm	15 mins	£8
Full arm	30 mins	£14
Half arm	20 mins	£10
Bikini	20 mins	£14
Full leg	30 mins	£20
Half leg	20 mins	£15
Full leg & bikini	45 mins	£28
Chest	30 mins	£20
Back	30 mins	£20
Back and chest	45 mins	£35
Small wax package for eyebrows, half leg and bikini	45 mins	£35

Spa Etiquette

In order to create the perfect environment and be considerate to all our clients the following guidelines are intended to ensure your visit runs smoothly.

APPOINTMENTS

Being on time for your appointment is greatly appreciated both in consideration of our other guests and in order for you to receive your full service. Please arrive 10 minutes in advance of your appointment to complete our guest pre-treatment form and relax before your spa experience. Please have consideration for other guests having treatment when using our relaxation area.

GIFT CERTIFICATES

A spa gift certificate makes a wonderful gift for any special occasion or holiday. Gift certificates are non-refundable, non-transferable or non-redeemable for cash. Please review all terms and conditions.

CANCELLATION

If you need to make a cancellation or date change, we require a minimum of 24 hours notice for any service. A 48 hour notice is required for any spa package cancellation or booking of 6 or more. 50% of total treatment cost will be charged, if cancelled under 24 hours notice. 100% will be charged for any no shows.

LATE ARRIVAL

Please arrive in plenty of time to relax and enjoy the experience. If you are running late every effort will be made to honour your treatment time, but this may not always be possible.

GUEST PRETREATMENT FORM

Before your service, you may be required to complete a guest pre-treatment form to safeguard your wellbeing, comfort, and allow us to safely deliver our services by minimalizing risk of injury.

MOBILE PHONES

Please refrain from using your mobile phone during your visit. In fact, why not just get away from it all and switch it off altogether.

AGE REQUIREMENT

- 16 to 18 year olds can have massages with a signed waiver and accompanied by an adult.
- 14 years of age plus can have nail treatments and facial treatments with a signed waiver & accompanied by an adult.

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