MUMS TO BE TREATMENTS

Celebrate the beauty of your pregnancy journey with our selection of nurturing pregnancy treatments, designed to pamper yourself, for the arrival of your loved one.

PREGNANCY MASSAGES

A personalised Swedish massage is used to help you relax and heal bump, this helps increase blood flow.

BACK MASSAGE - 30 MINUTES **£36**

FULL BODY MASSAGE - 60 MINUTES **£62**

PREGNANCY FACIAL

Unwind and relax with our refreshing facial to help balance the hormonal skin.

EXPRESS FACIAL - 30 MINUTES **£31**

SPA FACIAL - 60 MINUTES **£57**

IMPORTANT INFORMATION

Please wear loose fitting clothing dark comfortable clothing after your treatment. Especially after a massage treatment as oil will be on your skin.

MEDICAL ADVICE - If you have had or are suffering from severe allergies, ill health, or a medical condition, we ask that you inform us upon booking and speak with your GP prior to your booking. Your health and well-being is important to us. All treatments are booked subject to medical status. We reserve the right to adjust and not carry out treatments if we feel it is not suitable for your health.

PREGNANCY - Time to relax and unwind is very important, however if you are within your first 12 weeks, to protect you and your baby we are unable to offer any treatments. At 12 weeks plus you will find most of our treatments are suitable for you and our therapists will ensure you are made comfortable and supported.

CANCELLATION POLICY - Should you wish to cancel your booking please notify us 48 hours before your booking. We reserve the right to take payment in full of a booking if you don't turn up for your appointment.

To book scan QR code below

FRESHA - TREATMENT ROOMS

AT THE PARK HALL HOTEL & SPA

07871 650 965 | treatmentroomparkhall@gmail.com

PARK HALL
HOTEL & SPA

The Park Hall Hotel and Spa

Park Drive, Goldthorn Park, Wolverhampton WV4 5AJ

TREATMENT ROOMS

AT PARK HALL HOTEL & SPA

PRICE LIST

EXPRESS FACIAL

A simple facial covering all the fundamental skin care needs. Enjoy a skin cleanse and exfoliation followed by a treatment mask, scalp massage then moisture to finish. Using Elemis products.

25 MINUTES **£35**

ELEMIS SPA FACIAL

A deluxe treatment of the face, neck, décolleté, consisting of cleanse, tone, exfoliation and mask with skin boosters and moisturisers. This treatment also includes a face, neck, shoulder, and a scalp massage. Using Elemis products.

55 MINUTES **£55**

FULL BODY POLISH

This is a treatment which exfoliates the skin on your body leaving it fresh, smooth, moisturised, and soft. The exfoliator is massaged across and into your skin and is then swept away with warm mitts to reveal a layer of fresh, clean skin. Followed by a warm body soufflé cream to deeply nourish the skin.

45 MINUTES **£39**

NOURISHING BACK & LEG TREATMENT

A treatment consisting of a back massage, followed by an exfoliation. Then an application of a body mask to the back while this is working a light leg massage will be performed. Then the mask will be removed followed by an application of nourishing body cream.

45 MINUTES **£39**

REJUVENATING FOOT TREATMENT

Cleanse of the foot and lower leg massage followed by an exfoliation. Then a soothing massage with a refreshing foot spray to help to refresh and revitalise tired legs and feet.

25 MINUTES **£25**

SIGNATURE MASSAGES

Our tailored touch massage is a treatment that uses different kinds of physical contact to relax, revive and heal the body. It is used to treat a wide range of emotional and physical health problems and is one of the most popular treatments on our spa menu. Our therapists use their hands as diagnostic tools to assess your body's needs and your requirements.

BACK MASSAGE 25 MINUTES **£35**
SHOULDER, NECK & SCALP MASSAGE 25 MINUTES **£35**
FULL BODY MASSAGE 50 MINUTES **£60**

AROMATHERAPY TREATMENTS

This massage tends to use softer, flowing massage techniques with aromatherapy essential oils. Depending on oils used, aromatherapy massage can relieve stress and anxiety, help you relax and sleep better, soothe pain (including tired or aching muscles), improve flexibility and calm your mind.

BACK MASSAGE 25 MINUTES **£39**
FULL BODY MASSAGE 50 MINUTES **£65**

HOT STONE PRE-MASSAGE TREATMENT

Why not add this hot Stone Pre-Massage treatment onto your massage? A layer of muscle relaxing oil is applied to the back followed by a towel. The hot basalt stones are carefully placed on the back. You can then relax while the stones gently warm the body tissues. Ideal as a treatment add on to any massage or body treatments that we do.

15 MINUTES **£10**

REVIVING BACK TREATMENT

A brisk body brush to help to stimulate circulation, followed by a light massage using aromatherapy oils. Then an exfoliation to remove any dry skin cells. Followed by a warm body soufflé cream to deeply nourish the skin.

25 MINUTES **£35**

NAIL TREATMENTS

Enjoy instant results with our array of treatments for your hands and feet. Sit back and choose your perfect shade of polish.

EXPRESS MANICURE

A simple file of the nails, application of cream and nail polish applied of your choice.

30 MINUTES **£25**

SPA DELUXE MANICURE

File of the nails, soak and cuticle work followed by an application of cream and use of the heated mitts, and nail polish applied of your choice.

60 MINUTES **£35**

EXPRESS PEDICURE

Cleanse of the feet, followed by nails filed, application of cream and nail polish applied of your choice.

30 MINUTES **£25**

SPA DELUXE PEDICURE

Soak and cleanse of the feet, nails filed, cuticle work plus exfoliation, and foot mask is applied. Any dry rough skin will be buffed away.Then followed by nail polish application of your choice.

60 MINUTES **£35**

EXTRAS

Add on Gel polish to the above services for an extra £10 for an instant dry polish. Gel Removal £10.

PLEASE NOTE:
Please arrive to your appointment with no gel or normal polish on your fingers and toes.