



THE
FLACKLEY ASH
TREATMENT GUIDE

MASSAGE & BODY TREATMENTS

TRADITIONAL SWEDISH MASSAGE

Enhance circulation and induce relaxation with this classic technique.

SWEDISH FULL BODY & FACE	<i>60mins</i>	£89.00
SWEDISH FULL BODY	<i>50mins</i>	£79.00
SWEDISH BACK, NECK, & SHOULDERS	<i>30mins</i>	£55.00

AROMA PURE MASSAGE

A holistic therapy that nurtures mind, body, and soul using personalised aromatherapy oils.

AROMA FULL BODY & FACE	<i>60mins</i>	£92.00
AROMA FULL BODY	<i>50mins</i>	£84.00
AROMA BACK, NECK, & SHOULDERS	<i>30mins</i>	£59.00

DETOX FULL BODY MASSAGE

Support your body's natural filtration system with gentle, repetitive strokes to improve circulation and relieve stress. This specialised massage focuses on pressure points leaving you renewed and relaxed.**

60mins **£92.00**

THERAPEUTIC HOT STONE BACK MASSAGE

Experience the soothing effects of heated stones as they work deeply into aching muscles, providing a deep tissue massage.

30mins **£60.00**

REJUVENATING BACK TREATMENT

A facial for your back. This deep cleansing treatment includes exfoliation, a deep moisture mask, hot towel and Swedish massage for a restorative experience.

50mins **£79.00**

FACIAL TREATMENTS

ROCKROSE SIGNATURE FACIAL

60mins **£82.00**

A rejuvenating facial using RockRose award winning skincare. 100% natural and locally made using the healing herb 'RockRose' and aromatherapy oils. Enjoy a personalised experience with signature massage techniques; cleanse, gentle exfoliation, natural stone eye mask, clay mask and hyaluronic serum booster for ultimate results. Leaving you relaxed and your skin nourished, radiant, and refreshed.**

INNER BEAUTY FACIAL

50mins **£70.00**

Tailored to your skin's needs. This facial includes a cleanse, exfoliation, a personalised mask, and relaxing massage. Leaving your skin refreshed and renewed.**

EXPRESS FACIAL

25mins **£50.00**

A quick yet rejuvenating treatment using natural products from Northern Italy. Perfect for a refreshed complexion, leaving your skin nourished.**

WAXING

Eyebrow*	£20.00	Half leg*	£28.00
Lip or chin*	£17.00	Full leg*	£39.00
Lip & chin*	£26.00	Bikini*	£25.00

EYE ENHANCEMENTS

Lash & brow tint* 30mins	£35.00
Eye brow tint* 30mins	£19.00
Eye lash tint* 30mins	£25.00

To book call 01797 230651 | Email: enquiries@flackleyashhotel.co.uk

www.flackleyashhotel.co.uk/relax

YOUR HANDS & FEET

LUXURIOUS FOOT REJUVENATION

60mins **£78.00**

Revitalise tired legs and feet. With a soothing hot towel treatment infused with essential oils, an exfoliation with nutrient-rich salts, peppermint and ginger, followed by a gentle skin buff and nail tidy. Enjoy a relaxing leg and foot massage, finishing with a nourishing mask and thermal mitts.

THERAPEUTIC HOT STONE MASSAGE FOR LEGS AND FEET

50mins **£89.00**

Experience deep relief as heated stones work into aching foot and leg muscles, soothing tension and leaving your legs and feet relaxed and refreshed.

LUXURIOUS HAND RECOVERY

50mins **£69.00**

Rejuvenate tired hands. With a soothing hot towel treatment infused with essential oils, a nutrient-rich scrub, relaxing hand and arm massage, to ease tension, finishing with a nourishing mask with thermal mitts.

THERAPEUTIC HOT STONE MASSAGE FOR ARMS AND HANDS

50mins **£89.00**

Experience deep relief as smooth, heated stones work deeply into hand, arm and shoulder muscles, relieving tension and leaving you relaxed.



DAY PACKAGES

PERFECTLY PAMPERED PACKAGE

Time for a little pampering. Enjoy a personalised express facial, our mini spa ritual and a deeply relaxing arm and hand massage with a nourishing hand mask. Leaving you relaxed and your skin radiant. **50mins****

Mon-Fri **£129.00**

Sat & Sun **£145.00**

REVITALISE ME PACKAGE

Feel revitalised. Enjoy a gentle back exfoliation with a hot towel treatment, relaxing massage to your back, neck and shoulders, finishing with a scalp massage. **50mins**

Mon-Fri **£129.00**

Sat & Sun **£145.00**

ROCKROSE TREATMENT PACKAGE

Indulge with RockRose's rejuvenating signature facial. A personalised experience using natural, locally made, award winning skincare. With signature massage techniques and a deeply relaxing back massage that includes RockRose's hot candle massage oil. **85mins**

£179.00

ULTIMATE AROMA PURE DAY WITH LUNCH

Experience the Aroma full body massage, personalised using essential oils, and our Inner Beauty Facial with mini spa ritual. £20 to spend enjoying food and beverage at the hotel or against beauty retail. **1hr 40mins**

£215.00

DAY PACKAGES INCLUDE;

 **Access to the health club, pool, hydro pool, saunas and gym**

 **Use of a robe and towel**  **Herbal tea on arrival**

Lunch and refreshments are available and charged as taken.
We recommend bringing flip flops for walking around wet areas.
Full payment will be taken at time of booking.

WELCOME TO THE FLACKLEY ASH HEALTH CLUB & TREATMENT ROOMS

Located in a peaceful corner of the hotel grounds, our health club offers everything you need for relaxation: treatment rooms, an indoor pool, hydro pool, his & hers saunas, and a well-equipped gym.

USEFUL INFORMATION

- Treatment time reflects the duration of your treatment.
- Please arrive 15 minutes before your appointment to complete a consultation form.
- To ensure a calm and relaxing environment, we accept a maximum of 4 spa day guests per day.
 - Group bookings are not accepted.
 - Gift vouchers available online and at the hotel.
 - Robe hire £8, Slippers £8

** Sensitivity test required 24 hours before treatment. ** Suitable during pregnancy after 12 weeks*

CANCELLATION POLICY

We kindly request 48 hours' notice for any changes or cancellations to treatments or day packages.



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