

## THE SPA AT KESWICK HALL

### ADVANCED SKINCARE TECHNOLOGIES

#### Hydrafacial 90, 60, 30 (\$400, \$335, \$205)

A results-driven refining and hydrating facial incorporating Hydradermabrasion, a gentle peel and a potent infusion of antioxidants, as well as LED light therapy (90 minute session only). Glowing skin with no discomfort or downtime, perfect before your special event.

#### ReGen GF enhancement (\$40)

Boost your Hydrafacial with this potent serum which increases collagen and elastin production and diminishes the appearance of fine lines

### FACIAL CARE FRESH FROM THE FIELD

#### Rose Diamond Radiance Facial 90 (\$370)

The power of nature synergistically combines with cutting edge science in this transformative facial. High-performance products, clinically proven to fade imperfections and restore luminosity to the skin are paired with a double exfoliation and intense lifting massage to transform your skin. Diamond dust-rich, velvety and ultra-hydrating, this is luxury skincare at its best.

#### Intuitive Lifting Facial 90, 60 (\$335, \$225)

Highly customizable based on your skincare needs and goals, this deep-cleansing facial includes targeted making to decongest, brighten and hydrate the skin. Acupressure massage, lymphatic drainage and micro-current work synergistically to firm, lift, and energize the skin.

#### Adaptogenic Age Optimizing Facial 90, 60 (\$320, \$215)

The latest advances in plant-based stem cell and biotech science are harnessed to interrupt aging at its source. Antioxidant and adaptogen-rich tree barks, mosses, ferns, lichens, mushrooms and other locally-inspired botanicals counteract the negative impacts of blue-light from excessive device time, pollution and other environmental stressors. Detoxify, calm and reset the skin's natural circadian clock in a skin wellness experience thoughtfully personalized to you.

#### High Performance Facial 90, 60 (\$335, \$225)

##### - NuFace Enhancement (+\$30, no extra time)

A deep cleansing treatment, combining results-driven plant actives with nourishing ingredients to clear pores and restore the skin. Incorporates Foreo T-Sonic hyper-infusion technology to supercharge your facial and create brighter, firmer skin.

#### Enhancements

- Collagen Gemstone Mask for eye/lip/face (starting at \$25)
- Lightstim LED (\$45) - Microcurrent (\$30)

### MASSAGE EXPERIENCES ROOTED IN NATURE

#### Intuitive Massage 90, 60 (\$305/\$205)

A relaxing and restorative blend of holistic modalities, tailored to your individual needs.

#### Plant Powered Massage 90, 60 (\$320, \$215)

Relieve aching joints and muscles with this therapeutic session incorporating hot adaptogenic herbal compresses, steamed aromatic towels and firm pressure. A deeply relaxing, detoxifying experience.

#### Pre-Natal Massage 90, 60 (\$305/\$205)

A soothing session to release tension, replenish energy and ease the body.

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### MASSAGE EXPERIENCES ROOTED IN NATURE

#### **Deep Sleep Massage 90, 60 (\$305, \$205)**

Warmed aromatic oils and potent plant extracts create a deeply relaxing experience to promote better sleep quality.

#### **Couple's Intuitive Massage 90, 60 (\$305/\$205 per person)**

Enjoy all the benefits of our Intuitive Massage side by side.

#### **Sports Performance Massage 90, 60 (\$320/\$215)**

Targeted therapies, including percussive therapy, deep tissue massage and facilitated stretching to help improve pre-game performance or stimulate accelerated healing and reduce soreness post-workout.

#### **Enhancements**

- Percussive therapy (\$20) - Reflexology (\$20)
- Hot Stone (\$20)

### BODY THERAPY EXPERIENCES

#### **Nurture with Nature Ritual 90 (\$350)**

Deep health lies in returning to nature. Ripe, antioxidant-rich berries, immune boosting mushrooms and a bounty of other essential botanical ingredients combine to give face and body a rush of wellness.

#### **Herbal Alchemy Ritual 90, 60 (\$315, \$215)**

Relief, comfort and deep nourishment to strengthen and repair all skin types. aroma-therapeutic blend lightens and elevates the spirits while restoring a supple, healthy glow to the whole body.

#### **Immune Recovery Revitalising Ritual 90 (\$305)**

Purify, invigorate, and destress the system. An aromatic breathing ritual followed by a meridian massage and the application of soft silicone cups improve blood flow, relieve pain, and boost the immune system.

### SALON EXPERIENCES

#### **Luscious Lemon Manicure (\$70)**

A hydrating, skin brightening total tune up for the hands. This restorative treatment will replenish dry or dull skin, leaving it soft and supple.

#### **Nurture with Nature Manicure (\$70)**

A bounty of essential botanical ingredients combine to purify, exfoliate and hydrate, restoring the hands and arms to their optimal state.

#### **High Performance Manicure (\$70)**

Deep cleanse and soothe fatigued hands with a sequence of therapeutic herb and arnica-infused products. Ideal to ease muscle ache in the hands and forearms from the demands of sport or technology.

#### **Luscious Lemon Pedicure (\$95)**

A total refresh for the feet. A cleansing soak, thorough exfoliation and restorative herbal balm leave the legs and feet energized and ready for whatever comes next in your day.

#### **Nurture with Nature Pedicure (\$95)**

A bounty of essential botanical ingredients combine to purify, exfoliate and hydrate, restoring the feet and legs to their optimal state.

#### **High Performance Pedicure (\$95)**

Refresh and relieve fatigued legs and feet with a sequence of therapeutic herb and arnica-infused products. Ideal to ease the muscle aches that are the natural result of an active lifestyle.

#### **Enhancements**

- Plant Collagen hand or foot mask (\$20)
- French polish (\$15)
- Polish change (\$25)
- Shellac removal (\$15)