

# FACIALS

## **ELEMIS TASTER FACIAL**

**25 mins - £50**

An introduction to our Elemis facials. The facial includes cleansing, exfoliation and a face mask.

## **ELEMIS PRO-GLOW BRILLIANCE**

**55 mins - £75**

Ideal for tired or stressed skin, this vitamin-rich facial gives skin a nutritional boost of superfoods and essential minerals giving skin a healthy glow.

## **ELEMIS PRO-GLOW RESURFACE**

**55 mins - £75**

This highly effective resurfacing treatment targets the signs of ageing and uneven skin texture. Ideal for someone with facial scarring.

## **HIGH PERFORMANCE SKIN**

### **ENERGISER - FOR MEN**

**55 mins - £75**

The hard-working facial for ageing, dehydrated skin and tired eyes. An energising treatment that is suitable for every skin concern, restoring vital moisture and nutrient levels. You will be left with truly revitalised skin.

## **ELEMIS PRO-GLOW SMOOTH**

**55 mins - £80**

An anti-ageing treatment which tackles fine lines and wrinkles. Skin is re-energised and rejuvenated and an age defying peel off mask is applied to encourage cellular renewal, improved firmness and reveal beautiful, plump, younger looking skin.

# ELEMIS FACE & BODY

## **ELEMIS BRIGHTEN FACE AND BODY**

**55 mins - £80**

Two treatment experience, starting with a de-stress back massage, followed by a deep cleansing Elemis moisturising Facial leaving you fully refreshed.

## **ELEMIS RELAX AND GLOW BODY**

**55 mins - £80**

Two treatment experience, starting with a body smoothing salt scrub, followed by a de-stress back massage. This relaxing treatment will leave your body glowing.

# ENHANCEMENTS

## **HEAD AND FACE JOURNEY**

**25 mins - £45**

A deeply relaxing treatment for the scalp and face. Your therapist will relieve pressure and aches leaving you feeling like your head is in the clouds.

## **SHOULDER, NECK AND SCALP**

**25 mins - £45**

A deeply relaxing massage for the shoulders, neck and scalp.

## **FEET JOURNEY**

**25 mins - £45**

This treatment is perfect for tired feet. You will enjoy a foot exfoliation followed by a massage to totally relax and rejuvenate the feet.

# CLASSES

## **DROP IN LIKE IT'S HOT**

**1 Class- £15**

**3 Classes £40**

The R1SE arena sets the scene for total escapism with our variety of classes, from the intensity of SWEAT to the freedom in FLY. Loaded with stations of Technogym skill run treadmills and skill box weight stations, as well as, aqua bags, aerial hammocks and TX suspension trainers, all fuelled by our passionate personal trainers.

Check out the website for more information on the classes. [www.risebournemouth.com](http://www.risebournemouth.com)



# BODY

## **FULL BODY MASSAGE**

**55 mins - £70**

Designed for you by your therapist, this massage uses a variety of techniques and pressures to relieve muscular tension and pain.

## **BACK, NECK AND SHOULDER MASSAGE**

**25 mins - £50**

A freestyle massage designed to ease away aches and pains.

## **ELEMIS DEEP TISSUE MASSAGE**

**55 mins - £80**

A powerful deep muscle massage to target individual needs and reduce specific stress and muscle tension.

## **HOT STONE FULL BODY MASSAGE**

**55 mins - £80**

Warm volcanic stones are combined with aromatic oils to gently relax the body, soothe any muscle tension and induce deep relaxation.

## **HOT STONE MASSAGE BACK, NECK AND SHOULDERS**

**25 mins - £55**

A relaxing massage for the back, neck and shoulders using our warm volcanic hot stones.

## **PEACEFUL PREGNANCY MASSAGE**

**75 mins - £85**

A soothing and relaxing full body massage, designed for mothers-to-be after the first trimester. Slow, smooth and calming massage techniques are used to alleviate aches and pains whilst the oils help to prevent stretch marks.

## **ELEMIS EXOTIC FRANGIPANI BODY**

### **COCOON**

**55 mins - £80**

This indulgent treatment has been created to superbly hydrate thirsty skin. Frangipani oil is drizzled all over the body before you are cocooned in a cotton wrap. Whilst cocooned, you will enjoy a mini facial and a beautiful scalp massage. This exotic experience will leave skin radiant and glowing.

## **INTENSELY CLEANSING SALT SCRUB FRANGIPANI**

**45 mins - £55**

After light body brushing, warm oils are drizzled luxuriously all over your body before a beautiful body scrub is applied. Skin is deeply cleansed and polished to perfection. Treatment includes a mini facial.

## **INTENSLEY CLEANSING SALT SCRUB**

### **LIME & GINGER**

**45 mins - £55**

After light body brushing, warm oils are drizzled luxuriously all over your body before a beautiful body scrub is applied. Skin is deeply cleansed and polished to perfection. Treatment includes a mini facial.

# HAND & FEET

## **MANICURE**

**40 mins - £40**

Includes file, cuticle tidy, hand and arm massage and application of polish.

## **PEDICURE**

**40 mins - £45**

Includes file, cuticle tidy, hard skin removal, lower leg and foot massage and application of polish.

## **DELUXE MANICURE**

**55 mins - £45**

Includes file, cuticle tidy, and exfoliation. Hands are then smothered in a hydrating mask and warmed in heated mitts before a moisturising hand lotion is applied ready for an indulgent massage.

## **DELUXE PEDICURE**

**55 mins - £50**

Includes file, cuticle tidy, a warming foot soak followed by an exfoliation. Feet are then smothered in a hydrating foot mask and warmed in heated booties before a moisturising foot lotion is applied ready for an indulgent massage.



## DAY PACKAGES

All our packages include use of the spa facilities, robe, slippers, towels and beverages.

### UNWIND SPA DAY

#### Half day - £110

This package is the ultimate way to chill out. Your treatments lasting for 60 minutes, will leave you feeling de-stressed and refreshed with a de-stress back massage followed by an ELEMIS facial.

This package also includes a two course lunch.

### SHUT DOWN AND REBOOT

#### Half day - £100

This package is the perfect way to emerge feeling re-energised and ready to restart. The 60 minute treatment begins with an application of warm oil followed by a body smoothing salt glow and a de-stress back massage.

### BLISSFUL SPA DAY

#### Full day - £175

Why not cleanse away your daily stresses enjoying the optimum treatments of a salt & oilbody exfoliation, de-stress back massage and an ELEMIS facial. Guaranteed to leave you feeling revitalised, stress-free and renewed. This package also includes a two course lunch.

### DISCOVERY

#### Half day - £85

Discover a little time for you and enjoy a perfect little pamper session and relaxation. Choose a 30 minute treatment from either a relaxing shoulder neck and scalp massage or an ELEMIS facial which will send you away with a sense of calmness.

This package also includes a two course lunch.

### OVERNIGHT PACKAGES AVAILABLE ON OUR WEBSITE.

#### HOTEL GUESTS

Hotel guests will have complimentary use of spa facilities.

We can't wait to meet you. Please call, email or drop in to make an appointment and get to know a brighter version of yourself.

[www.risebournemouth.com](http://www.risebournemouth.com) / [rise@hiltonbournemouth.co.uk](mailto:rise@hiltonbournemouth.co.uk)

01202 200 180

#### BOOK YOUR TREATMENT



#### BOOK YOUR CLASS



#### CANCELLATION POLICY

It is our aim to meet our guest needs wherever possible by offering a flexible appointment and booking system. To achieve this, we need to be able to maximise the availability of our treatment rooms, which are sometimes reserved by a guest who fails to make their scheduled appointment. To alleviate this and instigate an even more effective diary management, we have the following policy on cancellation or no-show. Less than 24 hours-notice, 100% of the retail price of the beauty/spa service or spa package.

#### SPA ATTIRE & ETIQUETTE

Towels are provided within the spa. Swimwear is compulsory within the pool. To preserve the serenity of eforea spa we kindly ask that our guests either silence or switch off all mobile devices please.

#### ARRIVAL & SPA FACILITIES

We recommend you arrive at eforea spa reception at least 15 minutes prior to your scheduled appointment. If you are running late we ask that you contact us as soon as you can. Every effort will be made to honour your treatment time, however this may not always be possible.

#### MINIMUM AGE

Minimum age is 16 for all spa treatments.

#### GIFT CERTIFICATES

Our team will be delighted to help you select the perfect gift. Spa Gift Certificates can be purchased by telephone, in person or via our website.

#### YOUR HEALTH

For all treatments if you are undergoing medical treatment or think you may be pregnant please advise at the time of booking as some of the treatments that are offered are not suitable for guests with certain medical conditions.

#### SCHEDULING AN APPOINTMENT

It's easy to schedule an appointment. Simply contact us at the spa & health club reception on +44 (0)1202 200 180 and we can guide you on your selection. To ensure your preferred time and service is available we recommend to book in advance. Pricing & services are subject to change and availability. Please note a 50% deposit is required at the time of booking.

# RISE

FITNESS AND WELLBEING

## SPA TREATMENT MENU

