

Treatments Advice line:
01664 433043

treatment and activity price list

Ragdale Hall
health hydro and thermal spa

Male Zone

ACIB♥	Elemis Total Time Out	£97
CIBA&♥	Decleor Men's Energising Face & Body Therapy	£66
A	Clarins Men's Skin Blitz Facial	£60
A	Decleor Men's Age Defying Facial	£76
A	Men's Hand Maintenance Treatment	£34
A	Refreshing Men's Foot Therapy	£34
CIBA&♥	Clarins Men's Muscle Ease Body Massage	£55

Mums-to-be

CIBA&Q	Elemis Nurturing Massage for Mother-To-Be	£71
CIBA&Q	Decleor Sumptuous Mother-To-Be	£64

Hands and Feet

EXCLUSIVE TO RAGDALE

A	Clarins Pampering Foot Treatment	£44
	LI'TYA Rejuvenating Miji Polama	£42
	LI'TYA Hydrating Miji Jina	£42
A	Elemis Sole Delight Foot Treatment	£45
A md	Decleor Perfect Legs	£54
	Perfect Sense Paraffin Wax Hand Treatment	£31
	Perfect Sense Paraffin Wax Foot Treatment	£31
	Perfect Sense Paraffin Wax (add on only)	£18
A	Immaculate Manicure	£48
A	Luxury Pristine Pedicure	£54
A	Custom Manicure	£34
A	Custom Pedicure	£34
md	Shellac Long Lasting Nail Treatment	£34
md	Shellac Paint (as an add on)	£19
	Classic Paint for Hands or Feet (as an add on)	£13
	French Paint (as an add on)	£18

Body Massage

EXCLUSIVE TO RAGDALE

CSISP	Crystal Wand Massage	£80
SCIBP♥md	Fire & Ice Massage	£80
CBP♥	Equilibrium Massage	£39
SB&P	Tranquility Massage	£74
SCIBP♥md	'Chiro' Therapy	£59
SCIB&P♥md	The M.O.T Massage	£78
SCIBP♥mdQ	Shell Shocked Massage	£89
SCIBP♥md	Lava Shell Back Treatment	£39
SCIBP♥mdQ	Lava Shell Tummy Treatment	£27
I&A&P♥md	Spa Find Heavenly Hot Poultice Massage	£80
SCBIA&P♥md	La Stone Therapy	£83
CIBA&P♥	Elemis Body Bliss Massage	£64
CIBA&P♥	Decleor Aromatic Body Massage	£72
CIBA&P♥	Clarins Signature Back & Scalp Massage	£33
CIBA&P♥Q	Clarins Signature Massage	£74
CIB&P♥	Full Body Massage	£57
C♥	Tension Release Scalp Therapy	£32
CIB&P♥	Back Shoulder and Neck Massage	£32

Body Massage (continued)

CB&P♥	LI'TYA Marta Kodo Full Body Massage	£79
CIBP♥	Indian Head Massage	£48
SCIBP♥	Daoyin Tao (Face, Neck & Shoulder Massage)	£34
CIBA&P♥	Elemis Deep Tissue Muscle Massage	£66
SC&P	Thai Massage	£62
SCIB&P♥md	Shiatsu	£59
I&A&P	Dorn Method & Massage	£52
SCIB&P♥	Balinese Massage	£81
SCIB&P♥md	Sports & Remedial Massage Therapy	£59

Face and Eyes

EXCLUSIVE TO RAGDALE

A	Clarins Forever Young Skin Brightener	£92
CBAP	Decleor Age Defying Qi Booster Facial	£78
A	Elemis Pro-Collagen Quartz Lift Facial	£90
A	Spa Find - Age Away	£52
A	Elemis Tri Enzyme Resurfacing Facial	£70
	LI'TYA Deep Cleansing Mikiri Facial	£63
A md	Spa Find Heaven-Sense Poultice Facial	£56
A	Elemis Visible Brilliance Facial	£81
A	Clarins TriActive Facials	£74
CBAP	Decleor Radiance Facial	£62
CIBAP	Decleor "ReVital" Eyes	£41
	Eyebrow Shape & Tidy	£18

All in One

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SCIBA&P♥	Elemis Beyond Bliss Calming Ritual	£127
CIBA&P♥	Decleor Moroccan Spice Earth Detox	£122
CIBA&P♥	Decleor Anti-Ageing Face & Body Therapy	£155
CBA&P♥md	Spa Find Luxury Mineral Mud Infusion	£102
CIBA&P♥	Clarins TriActive Face & Body Treatment	£113
SCB&P♥	LI'TYA The Dreaming	£170
CB&♥	LI'TYA Conditioning Lowanna Ritual	£79
CIBA&P♥	Elemis Absolute Spa Ritual	£98

Wellbeing - Holistic and Health

EXCLUSIVE TO RAGDALE

SISP	Body Balancing	£57
SP	Chakra Silks	£36
SP♥	Reflexology	£61
S	Hopi Ear Candles	£56
	Oracle Card Reading	£29
SISP	Crystal Therapy	£60
SP	Reiki	£54
	Hypnotherapy	£63
S	Time to Change	£67
SS	Food Sensitivity Test & Nutritional Consultation	£64
SCP	Acupuncture	£71
SC	Cosmetic Acupuncture	£71

Treatment suitability will only be confirmed on arrival, subject to Health Questionnaire completion.

Any additional treatments must be pre-booked at least 14 days prior to arrival. Please call our Treatments Advice line direct on: 01664 433043 between 9.00am and 7.00pm Monday-Friday and 9.00am-5.00pm on Saturdays and Sundays.











email: treatments@ragdalehall.co.uk You can also advise us of your requirements via our website: www.ragdalehall.co.uk
Services and Facilities are subject to change or withdrawal without prior notice.

Scrubs, Tanning, Floats, Detox & Wraps

EXCLUSIVE TO RAGDALE





	Milk & Honey Body Glow Flotation	£55
	Caribbean Fruit Wrap	£55
	Avocado & Lemon Reviver	£63
	Lavender & Tea Tree Exfoliation	£31
	Clarins TriActive Body Polisher	£37
	Elemis Body Glow Treatment	£40
	Decleor Madagascan Red Island Ritual	£64
	Spa Find Silky Skin	£28
	Fake Bake Tanning Treatment	£53
	Dry Flotation Therapy	£23
	Elemis Exotic Frangipani Body Nourish Flotation	£58
	Elemis Body Sculpting Cellulite & Colon Therapy	£71
	Decleor Perfect Slim Effect	£60
	Decleor Perfect Legs	£54
	Clarins TriActive Body Treatments	£63
	Spa Find Dead Sea Mud Envelopment	£54
	Elemis Cellutox Aroma Spa Ocean Wrap	£74
	L'ITYA Mala Mayi Remineralising Body Wrap	£83
	L'ITYA Sapphire Sea Wrap	£83
	Decleor Age Defying Detox Wrap	£65

Hair Studio

	Blow Dry	£21
	Blow Dry/Long Hair	£25
	Shampoo and Set	£21
	Shampoo & Set/Long Hair	£25
	Cut & Blow Dry	£40
	Cut & Blow Dry/Long Hair	£44
	Re-Style Cut & Blow Dry	£47
	Wet Cut	£24
	Hair Straightening	£19
	Specialised Hair Up	from £39

Hair Studio (continued)













Weaved Highlights Top Section/Short Hair	£46
Weaved Highlights Top Section/Long Hair	£51
Weaved Highlights Whole Hair/Short	from £77
Weaved Highlights Whole Hair/Long	from £84
Permanent Colour/Whole Head	from £61
Permanent Colour/Roots	£51
Dia Colour (Semi-Permanent)	from £42
Premier Perm	from £71

	Phyto Conditioning & Massage	
	Phyto Experience	£27
	Phyto Perfection	£37
	Phyto Conditioning	£18

All colouring and perming inclusive of blow dry.
Intensive conditioning treatments exclusive of blow dry.
Complimentary hair consultations available.





Telephone Hairdressing Direct on 01664 433052

Fitness Coaching

	Fitness Assessment	£18
	Premier Fitness Assessment	£26
	Personal Exercise Programming	£27
	Personal Training	£26
	Swimming Coaching	£17
	Course of Three	£43
	Lifestyle Analysis & Exercise Advice	£22
	# Shared sessions available for two people at a 25% discount per person off listed price.	
	Tennis Coaching (1 hour)#	£34
	Golf Introduction#	£18
	Fencing #	£22
	Archery #	£22

Prices valid from 1/1/11 - 1/1/12 all prices include VAT at the current rate

guide to contra-indications

-  You have any heart or circulatory disorders.
-  Your mobility is restricted in any way.
- B** You have any back problems or have had operations.
- md** You have been prescribed any medication by your doctor.
- A** You have an allergic disposition or have known allergies to food stuffs.
- S** The treatments listed are all conducted by specialist practitioners and are subject to availability. Although it is essential that you pre-book, treatment availability cannot be confirmed until you arrive.
- P** You are currently pregnant or within 6 weeks of birth or breastfeeding. (Some of the treatments which are safe during pregnancy should not be carried out during 0-12 weeks, please contact the Treatments Advice Line prior to booking for further details).
- C** You have been diagnosed as having cancer or are undergoing sessions of chemotherapy or radiotherapy.
-  You have any metal plates or pins or have a pacemaker.
-  You have any systemic disorders e.g. epilepsy, kidney problems etc.
- Qx** For female guests only.