

SPA BY

KASIA



Welcome to Spa by Kasia.

In the heart of the Cheshire countryside is a haven of tranquillity, a place to escape, leave the world behind and indulge your senses. Step through the door of Spa by Kasia where your cares and worries will start to melt away.



How to Experience Spa by Kasia

Spa Packages

Relax with one of our indulgent spa packages; they're the ideal way to discover Spa by Kasia, our facilities, treatments and products!

From days tailored to your personal needs and desires, to introductory packages, overnight stays and much more, you'll discover the perfect spa experience to suit you. Turn over the page to see your options!

Superior Treatments

Visit the spa to experience any of our superior treatments and relaxing, indulgent atmosphere. We kindly ask guests to arrive 15 minutes before their treatment and depart after completion. Please note this option does not include access to our leisure facilities, but is perfect for local guests, regulars or people short on time.

Hotel Residents

Hotel residents can access our health club facilities between their check-in time of 2pm and check-out time of 11am on their day of departure. Residents are invited to book individual spa treatments or spa escapes to enjoy our full spa experience and facilities.

Health Club Members

If you require a little more regular indulgence, together with a place to fulfil your healthy lifestyle, our fitness facilities and classes are your perfect option. Contact us to find out more about health club membership at Spa by Kasia.



Day Spa Escape at Spa by Kasia

Indulge at Spa by Kasia from 9am to 5.30pm. Your Day Spa Escape includes a welcome tour and seasonal tea ritual on arrival, use of a luxurious dressing gown, towel and slippers, as well as full access to our spa and leisure facilities

(including our relaxation areas, swimming pool, Jacuzzi, gym and more). Day spa guests also have exclusive access to our unique Asian sensory garden between 12pm and 3pm.

Spa Spritzer

Friday - Monday £95 / Tuesday -Thursday £75

A taste of luxury at Spa by Kasia.

- Elemis Taster Facial (25 mins)
- Relaxing warm oil back massage (25 mins)
- A delicious 2 course lunch from our Spa Eatery Menu

Mindful Moments

Friday - Monday £116 / Tuesday -Thursday £95

- Calming, sensory lavender & rose Elemis Facial followed by a warm oil deep tissue massage (75 min).
- A delicious 2 course lunch from our Spa Eatery Menu.

Skin Bright

Friday - Monday £135 / Tuesday -Thursday £115

- Luxurious, results driven facial by Medik 8 (50 mins)
- Deeply relaxing full body warm oil massage (55 mins)
- A delicious 2 course lunch from our Spa Eatery Menu

The Bespoke

Prefer something bespoke, created especially for you?

Simply select any treatments you desire from our brochure and add £25 for your Day Spa Escape. You may then add Afternoon Tea or a delicious 2 course lunch for an additional £19.95

Upgrade any of our Spa Day packages to an overnight stay:

Bed and Breakfast - £55pp or Dinner, Bed and Breakfast - £75pp (includes a £25pp dinner allowance).

*Saturday supplement £25pp. *subject to availability*

ELEMIS

ELEMIS therapists make it personal. They look. They listen. They tune in to you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and the ever-changing nature of your skin.

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

ELEMIS Touch: Anti-Ageing Facials - £70 (65 minutes)

Anti-Ageing ELEMIS Pro-Definition Lift and Contour

A lifting and contouring facial that delivers a profoundly sculpted effect.

ELEMIS Pro-Collagen Age Defy

Tackle fine lines and wrinkles for beautifully nourished, younger looking skin.

ELEMIS Dynamic Resurfacing Precision Peel

A powerful resurfacing treatment to target dull skin tone and the signs of ageing.

ELEMIS Taster Facial - £45 (25 minutes)

A starter facial into the world of ELEMIS products, ideal for the beginner client or as a consultation for your ELEMIS skin care regime.



ELEMIS Touch: Skin Solutions Facials - £70 (65 minutes)

ELEMIS Superfood Pro-Radiance

The nutritional boost that packs stressed, dull skin with powerfully energising and detoxifying actives.

ELEMIS Sensitive Skin Soother

Fragile skin is calmed and boosted with a combination of soothing ingredients and gentle techniques.

ELEMIS Anti-Blemish Mattify and Calm

Regulate oily skin and clear congestion with this oxygenating, mattifying treatment.

Kasia Rejuvenation Facial - £68 (55 minutes)

The ultimate skin rejuvenation treatment uses controlled orbital microdermabrasion to exfoliate and deeply clean the skin. Massage and dermaroller to help with fine lines and wrinkles by stimulating the skin's natural collagen production for a smoother complexion.

Specialist Body Treatments

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

Kasia Signature Scrub - £60 (55 minutes)

Intensely cleansing salt scrub that will gently remove dead skin cells, encouraging growth and regeneration.

Poultice-Powered Muscle Release -

£72 (60 minutes)

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique amber and quartz poultice to dissolve knots and ease tensions. Completed with a restorative facial massage, tension is dissolved.

Kasia Bamboo Massage - £72 (60 minutes)

Exotic, warming deep tissue massage using heated bamboo stalks with heavenly frangipani and coconut oil. A truly unique, tension relieving massage.

Kasia Signature Freestyle Deep Tissue Massage - £45 (25 minutes) | £59 (55 minutes)

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Kasia Signature Hot Stone Massage -

£72 (60 minutes) | £79 (75 minutes)

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

ELEMIS Pregnancy

ELEMIS has many products to nurture you and your body through this unique time. From light, moisturising oils that will keep stretch marks at bay to invigorating gels for weary limbs. Indulgence is pure relaxation with one of our Pregnancy treatments.

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester.

ELEMIS Peaceful Pregnancy Massage - £72 (60 minutes)

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that's expanding to accommodate a growing baby.

ELEMIS Peaceful Pregnancy Face and Body - £72 (60 minutes)

Gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.

ELEMIS Garden of England Rose Restore Hand Treatment - £30 (25 minutes)

This is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness.

ELEMIS Best Foot Forward - £30 (25 minutes)

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.

Medik8

Why Medik8?

Researched by scientists, dispensed by professionals, recommend by friends.

Proven results, professional strength, Medik8 are experts in Vitamin A, Retinol and Vitamin C skincare.

Revolutionary clinical grade face and body treatments containing Vitamin C to protect, regenerate and Vitamin A to stimulate and correct.

- *Including signature massage techniques with potent cosmeceuticals to deliver skin that glows. All Medi Spa Facials include face, décolleté, neck, shoulder massage and further consultation/recommendation time with your dermal skin specialist.*



Medik8 Facials

Medik8 Facials are where cosmeceuticals meet luxury. They have been curated to rejuvenate the skin whilst providing you with complete tranquillity, using restorative massage techniques to sooth rebalance and harmonise your skin.

Revitalising Eye Ritual - £49 (50 minutes)

Revitalises tired eyes, instantly illuminating and hydrating to reveal a more youthful, wide-eyed appearance.

Age Defy Facial - £68 (60 minutes)

Infuses the skin with active ingredients Vitamin C and Vitamin A. Working together, they protect, regenerate and stimulate to give skin a more plumped, radiant appearance.

Deep Hydration Facial - £60 (50 minutes)

Deeply nourishing facial which restores vitality, leaving dull flaky skin fully replenished and hydrated.

Resurfacing Facial - £60 (50 minutes)

A powerful targeted resurfacing treatment, which improves the appearance of uneven skin tone to create a more luminous, clearer complexion, revealing younger looking skin.

Pore Refining Facial - £60 (50 minutes)

Pore cleansing actives work together to refine and shrink pores from within, whilst rebalancing botanicals leave your skin smooth, calm and clear.

Medik8 Body

From luxury salt scrubs to muscle melting massages, let our Medik8 therapists transport you to a complete state of relaxation.

Signature Muscle Melt Massage - £55 (55 minutes) | £40 (25 minutes)

A bespoke massage focusing on target areas, using aromatic oils specifically chosen to suit your concerns. Soothes tired/aching muscles whilst melting away any tension.

Positively Glowing - £65 (60 minutes)

Awaken your senses with a luxury deep exfoliation treatment and muscle melt back of body massage, which complement each other to leave your skin positively glowing.

Purifying Back Ritual - £59 (45 minutes)

A detoxifying treatment specifically designed for the back. Helps to clear the skin whilst preventing future break outs, followed by a muscle melt back massage to reveal a smoother, clearer skin.



Medik8 Chemical Peels

A peel is a professional treatment removing the top layer of skin cells for visibly improved skin appearance. The most popular and commonly used treatment in skin rejuvenation, using controlled accelerated exfoliation which leads to tighter, fresher smoother skin.

Categorised by their depth; superficial, medium and deep. The deeper the peel, the more dramatic skin improvement can be achieved. However, there is higher risk associated with deeper peels and increased healing time. Therefore we only offer superficial to medium peels with none to minimal down time for the maximum results!

£69 per treatment

Skin can feel warm & tingly but will not be painful.

All our peels can be combined with skin needling for maximum results (not on the same day).

We recommend a course of six peels, one every two weeks.

Peels can be done on the face, décolleté, hands or back

We strongly recommend you start with the Medik8 Spa Facials first to ensure no allergic reactions.

No peels can be booked without skin prep prior to treatment and the purchase or proof of a leading SPF (at minimum 30).

Medik8 peels system targets:

Dull complexion | Uneven skin tone | Skin ageing | Pigmentation marks | Blemishes.

These peels contain;

Salicylic Acid - derived from aspirin, dissolves top layers of the skin, removes impurities, provides an antiseptic, antibacterial & fungicidal action

L-Mandelic Acid - derived from bitter almonds, powerful exfoliation without stinging, treats photoageing, hyperpigmentation and acne. Often compared to Glycolic Acid

L-Malic Acid - derived from apples. small molecular structure to penetrate deeper, evens out skin tone, regulates sebaceous activity.

L-Lactic Acid - derived from sour milk. Hydrates, treats hyperpigmentation and acne.

Lactobionic Acid - derived from the lactose in cow's milk. Exfoliating, normalizing, antioxidant. Water-retaining properties

Phytic Acid - antioxidant with exfoliating properties. An effective depigmenting agent, proven to reduce melanin formation.

Azelaic Acid - Highly effective against the p-acne bacteria responsible for inflammatory acne.

Light Peel

Target: All skins types.

Strength: Very gentle

Peeling: None to absolute minimal

Perfect first peel for all skin types including acneic, dull, lightly wrinkled skin. Carefully selected alpha hydroxy acids (AHAs) diminish excess sebum, signs of ageing, light pigmentation and scarring. Reveals an instantly revived, brighter, radiant complexion with visible results and minimal downtime.

Anti-Age Peel

Target: Ageing

Strength: Mild

Peeling: None to mild

An effective combination of AHAs to enhance cell turn over and regeneration to reduce fine lines and wrinkles, leaving skin smooth and renewed. Rich in L-Mandelic, this peel stimulates skin cells, producing more collagen and elastin for a youthful complexion.

White Peel

Target: Sun damage and hyperpigment

Strength: Mild peel

Peeling: None to mild

The most effective way to achieve a brighter and even skin tone, free of dark spots and hyper-pigmentation, eliminates skin cells rich in melanin and prevents darkening of new skin cells.

Beta Peel

Target: Acne or breakouts

Strength: Mild

Peeling: None to mild

Rapidly brings acne under control and dramatically reduces future break-outs. A gentle salicylic peel that unblocks pores, clears dead skin cells preventing congestion.



Something Extra Special...

Hamman Thermal Suite - £55 per person (45 minutes)

Combining Hamman steam bathing, thorough exfoliation of the body, followed by a deeply cleansing soap massage performed on a heated marble plinth. Guaranteed to make your skin glow.

Maximum of two people.

Rasul - £49 (one person), £89 (two people) | 55 minutes

Escape into our Arabian Rasul with twin thrones. A steam filled paradise with a range of muds for you to apply, whilst the infused steam encourages absorption of minerals. A steamy rain shower then falls from the starlit ceiling. A unique and deeply relaxing experience.

Reflexology - £59 (50 minutes)

A foot massage with reflexology helps promote physiological and physical health, using reflex points on the feet that correspond to different parts of the body.

Hydrotherapy Bathing Ceremony -

£40 (one person), £50 (two people) | 25 minutes

The perfect pre-treatment relaxer, using the power of water to relieve stress and tension.

Order a bottle of bubbly and chocolate covered strawberries to make your visit extra special! Ask for details.



OPI Nails

All our nail treatments include your choice of varnish or gel within their price.

**Pro Spa Express Manicure or Pedicure -
£25 (25 minutes) | Gel £28 (45 minutes)**

Tidy the shape and perfect with polish

**Pro Spa Signature Manicure or Pedicure -
£45 (60 minutes)**

Experience the quintessential OPI products to soak, exfoliate and smooth, combined with relaxing massage and acupressure.

**Pro Spa Pamper Manicure or Pedicure -
£59 (75 minutes)**

Soothe, relax and indulge with the ultimate OPI Pro Spa Experience. Unparalleled exfoliation, moisture and protection, with an extended combination of massage and acupressure to leave you relaxed and renewed.

WHY GEL COLOUR?

Up to two-plus weeks of glossy wear (dependent on lifestyle)

Instantly dry

Unbeatable shine

Professional soak off required with gel.

Soak Off (Gels Only, Not Acrylics) - £12

Purchase a course of six Pro Spa Express or Pro Spa Signature Treatments and receive your **complimentary soak off's.**

The Essentials

HD Brows - £30 (40 minutes)

A bespoke eyebrow treatment completely personalised to you. So much more than a standard eyebrow wax and tint, our custom-blended colour, precise hair removal, unique design formula and make up application creates brows that complement you and your style. Recommended every four to six weeks.

Microblade Brows - £200 (90 minutes)

Top Up: Within six months £110, 12 months £160

Microblading is a semi-permanent, natural looking solution to correct your brows. Pigment is implanted into the skin with a fine needle, creating hair-like strokes to mimic the appearance of a natural looking brow. Lasts approximately 12 to 18 months.

LVL Lashes -

£45 (50 minutes) | £20 (basic lash tint only)

By straightening and lifting your natural lashes at the root then tinting them, the LVL Lash Lift gives you the appearance of longer, thicker lashes. No mascara. No messing. Just perfect lashes from the moment you wake up.

Lash Perfect Extensions - £60 (full set) | £20 (infills) | £30 (lash flicks) | £25 (lash removal)

These light, comfortable and natural looking eyelash extensions are available in a variety of curls, lengths and thicknesses, ideal for creating the look you want. Lasting approximately six to eight weeks.

St Tropez Ultimate Air Spray Tan - £25

Professional full body spray application. The bronzing mist will dry on your skin in just a few minutes so you can dress straight after. No showering for a minimum of six to eight hours. Wash off to reveal a beautiful, streak free, natural tan. We recommend you exfoliate the night before for best results. Arrive with clean, cleansed, product free skin.

Waxing - From £12 to £45

All areas of waxing (including intimate) available.

Laser hair removal options also available.

CACI World-Leading Non-Surgical Facials

Microdermabrasion and Hydratone Facial - £49 (45 minutes)

Deeply nourishing treatment that resurfaces and hydrates. Perfect for all skin types. Combining microdermabrasion and microcurrent rollers (which help restore muscle tone and firmness) with the Hydro Mask. Infused with collagen, hyaluronic acid and rose water to deeply nourish and deliver a surge of moisture to the skin that will soothe and calm any skin redness and irritation... great for a special occasion and perfect for brides to be!

CACI Signature Non-Surgical Facial Toning - £49 (55 minutes)

CACI's signature Non-Surgical Facial Toning is an advanced non-invasive facial, with 20 years of medical research behind it. Microcurrent impulses will lift and tone the facial muscles and the neck area, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles. This gives a more youthful, fresh appearance and glow.

Ultimate Non Surgical Skin Rejuvenation Facial - £70 (75 minutes)

The Ultimate Skin Rejuvenation treatment uses controlled orbital microdermabrasion to exfoliate and deeply cleanse the skin, leaving a brighter, smoother complexion. CACI's unique Wrinkle Comb will then target fine lines and wrinkles providing a non-invasive alternative to collagen injections with LED light therapy to heal and trigger tissue repair. This facial is completed with the CACI Hydro Mask that intensively hydrates and nourishes the skin.



Medi Spa by Kasia

Juvederm Facial Fillers

Number 1 hylauronic acid (HA) fillers. HA is a natural occurring substance that delivers nutrients to the skin. Helping skin retain moisture and softness whilst adding volume.

Lift, smooth or plump your way to subtle results that last.

Natural Lips, Juvederm 0.5ml: £175

Perfectly Plump Lips, Juvederm 1ml: £250

*Each 0.5ml of Juvederm filler after the first 1ml:
£110*

Facial fillers (including cheeks and marionette lines), Juvederm 1ml: £250

Each 1ml of filler after the first 1ml: £220

Laser Hair Removal

Priced from £25 to £180 maximum per area.

Apogee Elite and ND Yag laser is the most advanced and successful hair removal system available. Fast, effective and almost painless. Four to six treatments recommended to leave you with fabulously smooth skin every day. All treatable areas available.

Laser Vein Removal - From £80

Using the ND Yag laser to remove broken blood capillaries. Two to three treatments recommend. This is a fantastic treatment and will achieve the results you desire however, top ups can be required as broken veins can return over time.

Semi-Permanent Make Up -

Eyeliner: £300

Lip Line: £250

Also known as Micropigmentation

Spa Etiquette

Arrival

Please arrive 15 minutes prior to your scheduled treatment time. Late arrival may result in cancellation of your treatment with full charge, or a reduction in treatment time.

Health Conditions

Please advise us of any health conditions you may have that could affect your treatment when making your reservation.

Mobile Phones

Please note Spa by Kasia is a mobile-free location.

Gift Vouchers

Our reservations team will be delighted to assist with vouchers of any monetary amount. Please note vouchers cannot be extended, are non-refundable and have 12 months after the date of purchase.

Booking Terms and Cancellation Policy

All bookings must be secured with card details. A 100% charge will be incurred for cancellations within 48 hours of your booking. This may be automatically charged to the card details provided.

When booking with Spa by Kasia, you also authorise us to make any additional payments to your card if leaving the premises without finalising your bill.

Groups of Four or More and All Spa Escape Packages

Full payment upon booking. More than four weeks notice of cancellation, no charge incurred. Less than four weeks notice, full charge incurred. Cancellations within four weeks of your booking are none refundable and cannot be rescheduled. Prices are subject to change without notice.

Returns Policy

Please note we do not accept any return on purchases.

Children

Children aged between 14 and 16 must be accompanied by an adult within our duo treatment room. Young adults aged between 16 and 18 must have written consent from a parent or guardian.

Spa by Kasia® at the Grosvenor Pulford Hotel

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bookings@spabykasia.co.uk

www.spabykasia.co.uk

www.grosvenorpulfordhotel.co.uk

Opening Hours:

The Health Club Facilities:

Monday to Friday from 6.45am - 10pm

Saturday and Sunday 8am - 9pm

Treatments:

Monday to Thursday from 9am - 8pm

Friday 9am - 7pm

Saturday and Sunday 9am - 6pm