

SPA BY
KASIA

Welcome to

SPA BY

KASIA

Imagine a luxurious health, beauty and wellbeing oasis nestled in the heart of the Cheshire countryside, where true indulgence and serenity awaits.

Welcome to Spa by Kasia.

The tranquillity of the Far East meets modern aromatherapy in this opulent spa. There is no better place to step back from your stresses and succumb to your senses, with top-class leisure facilities, treatment rooms and unique relaxation areas. You can also harness the calming effect of the outdoors in the captivating Asian Sensory Garden.

Our Spa therapists are experts in bespoke therapies, intuitively tailoring every treatment to their guests' wishes. Spa by Kasia is the perfect hideaway for a relaxing day-time treat or an indulgent overnight spa break. The spa offers an irresistible selection of indulgent day and overnight spa escapes, which can be tailor-made to suit your desires.



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Spa days

All spa days (9am-5:30pm) include a welcome tour and tea ritual on arrival, use of a robe and slippers and full access to our spa and leisure facilities.



Restore *50 minute treatment and £20 lunch credit*

Restore the mind with a calming back and face ritual. Senses are awakened with our welcome foot ritual before a lavender muscle melt back, neck and shoulder massage releases deep tension. Finally, a papaya and pineapple facial reveals revitalised and radiant skin to complete your top-to-toe glow.

Tuesday - Thursday | £100 per person

Friday - Monday | £120 per person



Recharge *80 minute treatment and £20 lunch credit*

Recharge and reset with this indulgent face and body ritual. Rosewood aroma is introduced during our signature foot ritual, followed by a harmonising warm oil back of body massage to release underlying tension. A relaxing scalp massage and hydrating facial ritual follows, using nutrient-packed avocado and passion fruit to nourish, plump and smooth the skin.

Tuesday - Thursday | £130 per person

Friday - Monday | £150 per person

Spa days

Rejuvenate *100 minute treatment and sparkling afternoon tea*

Enhance the complexion and restore the body during our most indulgent ritual. Begin with a welcome foot ritual before tension is eased during a flowing massage, using lavender aroma blends to steady the mind. Balance and brighten your complexion with a rejuvenating facial ritual, accompanied by a tranquil scalp and hand massage. Vitamin C extracts of orange and grapefruit renew the skin's surface, leaving you with a youthful glow.

Tuesday - Thursday | £170 per person

Friday - Monday | £190 per person

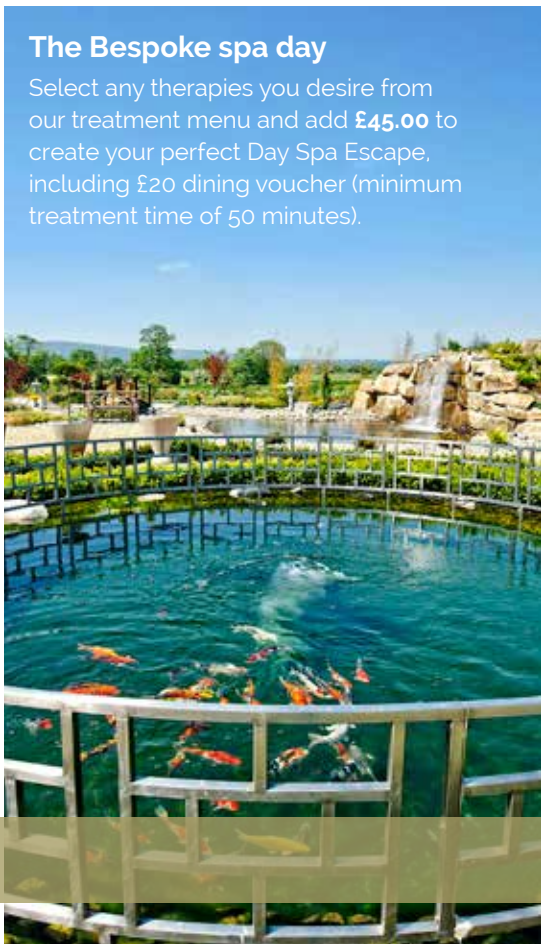
Twilight *25 minute treatment time*

Enjoy use of the spa facilities between 5.30pm and 8.30pm with your choice of 25 minute treatment (Indian Head Massage, Best Foot Forward, muscle melt massage or taster facial). Your evening also includes use of a towel, gown and slippers, plus a glass of Prosecco.

Thursdays only | £65 per person

The Bespoke spa day

Select any therapies you desire from our treatment menu and add **£45.00** to create your perfect Day Spa Escape, including £20 dining voucher (minimum treatment time of 50 minutes).



Spa breaks



Sleepover Spa Escape

- An overnight stay in an economy double room
- Full English breakfast
- Day Spa Escape including £20 dining credit to use in the Spa Eatery
- 50 minute Top to Toe ritual treatment: Balance the mind and stay grounded with this foot and scalp ritual. Warm lavender oil is used to relieve tension in the head and shoulders and lower legs and feet are reinvigorated with lime and lemongrass. Feet are cocooned in a deeply-nourishing mask, leaving them soft and smooth.

Sunday - Thursday | £165 per person
Friday and Saturday | £200 per person



Sweet Spa Escape

- An overnight stay in an executive bedroom
- Complimentary welcome chocolates
- Full English breakfast
- Day Spa Escape including sparkling Afternoon Tea
- 80 minute restore foot, back and face ritual

Sunday - Thursday | £225 per person
Friday and Saturday | £260 per person

Payment is required at time of booking and is non-transferable and non-refundable. Excludes special event dates. Offers based on two people sharing a room.

Spa breaks

Girls' Night In Spa Escape

- An overnight stay in an economy bedroom
- Full English breakfast
- Restore spa day including 50 minutes of treatment time and £20 dining credit to use in the Spa Eatery
- Dinner in Palm Court or Nelson's on the evening of your stay (£30 allocation per person) with a half bottle of wine per person

Sunday - Thursday | £205 per person

Friday and Saturday | £240 per person

Pamper & Prosecco Spa Escape

- An overnight stay in a superior bedroom
- Full English breakfast
- Bottle of Prosecco
- Afternoon Tea
- Rejuvenate spa day including 100 minutes of treatment time
- Dinner on the evening of your stay in Palm Court or Nelson's (£30 per person allocation)

Sunday - Thursday | £310 per person

Friday and Saturday | £345 per person

Enjoy 15% off additional treatments booked during your luxury spa break. Please contact our Spa reservations team to book.



Spa facilities

Surrender your senses at our opulent spa oasis



The spa boasts a range of treatment rooms and unique relaxation areas. Drift away in the Penchan Snooze Room, enjoy time for two in the VIP Couple's Suite (booking required) or take a mindful moment in the Waterfall Lounge.



The unique Asian Sensory Garden is the perfect setting for your day of relaxation. Featuring an Asian tea house, a picturesque waterfall, calming water features and a koi- filled pond amongst winding paths and stepping stones, experience an enchanting escape from it all.



Our spa is appointed with relaxing leisure facilities including a swimming pool, Jacuzzi, steam room, sauna and gymnasium.

To book your luxury spa escape or treatment, contact our Spa reservations team on **01244 572199** or email **bookings@spabykasia.co.uk**

Product houses



ELEMIS

Harnessing the best of nature's apothecary, this premium British aromatherapy brand champions results-driven therapies which marry luxury with efficacy.

CACI

Advanced, non-surgical face and body therapies which utilise cutting-edge science and technology to deliver instant, visible results.

MEDIK8

This pioneering cosmeceutical house is a leader in transformative treatments which revitalise the skin with the power of vitamin complexes.

OPI

The world leader in professional nail care, known for quality and innovation.



Pro Glow Smooth

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

Pro Glow Resurface

Purify and brighten as skin's texture is transformed. Focused on enlarged pores, blemishes and blackheads, this unique facial minimises uneven tone, texture and fine lines using Tri-Enzyme technology. Dull, tired-looking skin will appear instantly brighter, smoother, and renewed.

Pro Glow Brilliance

A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

Kasia Rejuvenation

This ultimate skin rejuvenation treatment uses microderm device technology to exfoliate and deeply clean the skin. Specialised massage and a dermaroller treatment stimulate the skin's natural collagen production for a smoother complexion. An intense hydration mask and tailored homecare completes your radiant results. **70 mins | £75**

Enhance your results on the above facials: using our Microderm device technology, deep exfoliation leaves skin looking radiant. Perfect for fine lines, blemishes and enlarged pores | **£15**

Microdermabrasion and Hydratone facial

A deeply-enriching treatment that resurfaces and hydrates, perfect for all skin types. Micro-dermabrasion and micro-current rollers combine with the Hydro Mask to restore firmness and tone.

40 mins | £55

Micro-Touch facial

CACI's signature muscle lifting techniques combine with micro-current technology for targeted facial contouring. The result is a more sculpted and toned appearance and enhanced facial definition.

45 minutes | £55

CACI Signature Facial Toning

An advanced non-invasive facial which uses micro-current pulses to lift and tone the face and neck area, whilst improving skin elasticity and reducing the appearance of fine lines.

**55 mins - £65 |
Course of 10 £585**

Ultimate Skin Rejuvenation

Controlled orbital microdermabrasion exfoliates and deeply cleanses the skin, whilst CACI's unique Wrinkle Comb targets fine lines and wrinkles. LED light therapy aids the healing of tissue for rejuvenated-looking skin.

**80 mins- £78 |
Course of 10 £702**



Medik8 Specialised Facial

50 minutes | £70

Our expertly-trained Medik8 therapists will tailor a bespoke facial to target your key concerns, using restorative massage techniques and potent cosmeceuticals enriched with vitamin C to deliver skin that glows.

PLATINUM

Our signature facial and a true treatment innovation, delivering visible and immediate rejuvenating results.

CLARITY

Passion flower and cranberry fruit extracts work in harmony with deep cleansing actives to reveal a visibly clear and soothed complexion.

PORE REFINING

A skin perfecting facial treatment with a 360-degree targeted approach to tackle the appearance of enlarged pores.

DEEP HYDRATION

A multi-level hydration treatment delivering intense nourishment for dry, thirsty skin.

CALMING

A professional treatment to soothe and comfort sensitive, irritated skin while restoring comfort levels.

Medik8 Peels

50 minutes | £79

Medik8 professional peels are uniquely formulated to target a range of anti-ageing, pigmentation and acne concerns. Chemical peels are a form of professional exfoliation using the best active ingredients, clinically proven to promote skin cell renewal and improve skin texture and tone.

(patch test required 48 hours prior to your treatment).

Medik8 consultation

20 minutes | £20

Allow our Medik8 specialists to assess your skin and any areas of concern and provide you with a treatment pathway using this pioneering range. Your consultation will include a full cleanse and taster face mask whilst our therapist recommends a bespoke treatment plan and home-care regime. You will also receive a Medik8 sample pack tailored to your recommendations.

Body

Kasia Signature muscle melt massage

Melt away tension and awaken the senses with our welcome foot ritual, followed by deeply relaxing massage techniques with specially-selected aroma oils to soothe tired and aching muscles.

25 mins £45 | 70 mins £75

Poultice powered muscle release

Areas of tension are specifically targeted with the unique amber and quartz poultice to dissolve knots and ease aches. Completed with a restorative facial massage.

60 mins | £79

Kasia Signature hot stone massage

Balinese stones bathed in Frangipani Monoi Oil are worked deep into the muscles, targeting areas of tension. Conclude this rebalancing experience with a relaxing scalp massage.

75 mins | £89

Enhance your massage with a luxurious salt scrub to deeply exfoliate and reveal beautifully soft and nourished skin | **£25**

Kasia Signature freestyle deep tissue massage

Beginning with our welcome touch foot ritual, bespoke blends of essential oils are used to relieve tension and de-stress key areas of the body. Your therapist will tailor your massage needs using flowing massage techniques to ease any problem areas, leaving you recharged and revived.

25 mins £50 | 70 mins £85





Indian Head Massage

Acupressure points along the head, neck, and shoulders are massaged using a traditional technique, helping to reduce headaches, improve physical well-being and promote mental and emotional wellness.

25 mins | £45

Kasia Signature Scrub

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

60 mins | £65

Elemis Prescribed Body Wrap

Intensive moisturisation for thirsty skin.

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of Monoi oil offers super-hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

60 mins | £65

Hands & Feet

Best Foot Forward

Take the weight off your feet with this relaxing ritual. Lower legs and feet are exfoliated, massaged and cocooned in a nourishing mask, leaving them soft and smooth. **25 mins | £35**

Garden of England Rose Restore hand treatment

Fragrant conditioners and restorative ingredients make this the ultimate anti-ageing hand treatment. Expertly targets age spots and dryness and leaves your hands soft and supple. **25 mins | £35**

O.P.I

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

Pro Spa Express Polish

Tidy the nail shape on fingers or toes and perfect with polish. **Polish (25 mins) £28 | Gel (45 Mins) £32**

Pro Spa Signature Manicure or Pedicure

Experience the unparalleled quality of OPI products to soak, exfoliate and smooth, combined with relaxing massage and polish or gel application. **Polish £45 | Gel £50**

Pro Spa Pamper Manicure or Pedicure

Soothe, relax and indulge with the ultimate OPI Pro Spa experience. An extended combination of massage and exfoliation will leave you feeling relaxed and renewed before your polish or gel application. **Polish £59 | Gel £65**



Something special

Reflexology

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

50 mins | £64

Hopi Ear Candles

This traditional therapy utilises the soothing properties of sage, St John's Wort and camomile to ease tension within the sinuses and head. The rising air through the column of the candle serves to gently massage the ear drum for the ultimate destressing therapy.

50 mins | £60

Hammam thermal suite

This unique Turkish experience will leave your skin feeling soft and looking radiant. The Hammam steam bathing ritual is combined with a full body exfoliation before a cleansing soap massage is performed on a heated marble plinth.

45 mins | £55 per person

Hydrotherapy bathing ceremony

The perfect pre-treatment relaxer, using the power of water to cleanse away stress and tension. Add a fruit platter or bottle of Prosecco for extra decadence (additional charges apply).

25 mins | £40 (one person) £50 (two people)

Arabian Rasul

A steam-filled oasis with twin thrones and range of muds for you to apply. The infused steam encourages absorption of minerals, whilst a steamy rain shower falls from the starlit ceiling.

55 mins | £49 (one person) £89 (two people)



Beauty

HD Brows

A bespoke eyebrow treatment tailored to you, including custom-blended tint, hair removal and makeup application.

30 mins | £30

LVL Lashes

Natural lashes are straightened and lifted at the root, then tinted for the appearance of longer, thicker lashes (patch test required 48 hours prior to treatment).

50 mins | £55

£20 (basic lash tint only)

Waxing

All areas of waxing (including intimate) available.

From £12 to £45

St Tropez spray tan

A full body spray bronzing mist, which dries in minutes. Wash off to reveal a beautiful, natural-looking tan.

£30 per application



Mother to be

Pregnant guests must be 12 weeks and over and at no more than 32 weeks to receive treatment.

Kasia Peaceful Pregnancy Massage

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

60 mins | £78

Kasia Peaceful Pregnancy Face & Body

Gently addresses any visible effects of hormonal changes on the skin and restores vitality to leave you feeling refreshed. **60 mins | £78**

Beauty & the Bump Pregnancy Spa Day

- Your choice of the Kasia Peaceful Pregnancy Massage or Kasia Peaceful Pregnancy Face and Body Treatment (60 mins)
- Day spa escape
- £20 dining credit to use in our Spa Eatery

Sunday-Thursday | £100 per person

Friday and Saturday | £120 per person

Kasia recommends

Garden of England Rose Restore hand treatment

25 mins | £35

Best Foot Forward

25 mins | £35



Bridal

Wedding Prep

Prepare to look and feel your very best before you say "I do" with our recommended bridal treatments.

Wedding Glow

Unveil your best-ever complexion with our Medik8 peel package, including 6 peels of your choice from our range. **£395 for course of 6**

Unwind Before the Big Day

Calm wedding day jitters with our package of specially-selected therapies, including:

- Poulitice-Powered Muscle Release massage (75 mins)
- Elemis Pro Glow Smooth facial (50 mins)
- Garden of England Rose Restore hand treatment (25 mins)

£179

Pro Spa Signature Manicure or Pedicure

Experience the unparalleled quality of OPI products to soak, exfoliate and smooth, combined with relaxing massage and acupressure. **50 mins | £45**

HD Brows

A bespoke eyebrow treatment completely personalised to you. Our custom blended colour, precise hair removal, unique design formula and make up application creates brows that complement you. **30 mins | £30**

LVL Lashes

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, just perfect lashes from the moment you wake up. **50 mins | £55**

Celebrating your wedding day at Grosvenor Pulford Hotel & Spa? Our couples enjoy an exclusive 15% discount on treatments. Contact our Spa team for details.



Photography courtesy of Martin Vaughan Photography

Spa by Kasia® at the Grosvenor Pulford Hotel

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Tel: 01244 572199

bookings@spabykasia.co.uk

www.spabykasia.co.uk

www.grosvenorpulfordhotel.co.uk

Opening Hours:

The Health Club Facilities:

Monday to Friday from 7am - 10pm

Saturday and Sunday 8am - 9pm

Treatments:

Monday to Thursday from 9am - 8pm

Friday 9am - 7pm

Saturday and Sunday 9am - 6pm

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