

TREATMENTS FOR YOUR FACE

BABOR - experts in professional skincare

For over 50 years BABOR dermatologists, geneticists and biochemists have worked closely with renowned universities and scientific establishments to find solutions to very specific skin problems and needs. BABOR professional products are used in all treatments due to their outstanding quality and effectiveness.

Prescriptive Discovery

30 minute treatment £35

60 minute treatment £60

Using innovative skincare systems that are as individual as your skin, this facial is designed for you to find out more about your skin and how to keep it looking radiant and healthy. After a thorough skin analysis and consultation, a gentle exfoliation precedes the application of a rich vitalising mask* which helps us diagnose your skin condition. You will then enjoy a facial massage* and prescriptive treatment mask, all topped off with eye and face hydration and protection.

(*The rich vitalising mask and facial massage are only included within the 60 minute treatment).

English Rose Radiance

60 minute treatment £60

With this exquisite facial you will enjoy the luxurious sensation of a Rose Quartz massage. Harnessing the cell renewing properties of Alpine stem cells, Retinol (Vitamin A) and Rock rose extract, this facial will visibly regenerate the complexion and give it a fresh, rosy glow. Your skin will feel fantastic.

Collagen Infusion

60 minute treatment £65

This triple hit is perfect if you have dry, tight, red or sensitive skin. We use the highest quality Collagen Booster fluids to ensure that this facial will intensively hydrate, calm and firm your skin whilst leaving it well toned with reduced fine lines and wrinkles. We promise you results that are better than you can imagine with this treatment – WOW!

Hallmark's Favourite - Anti-Ageing Powerlift

60 minute treatment £65

Imagine the most effective facial ever; one which is not only the most enjoyable and relaxing you've tried, but also has a truly noticeable effect. This is it! The exclusive High Skin Refiner products have instant results you can see and feel; fine lines and wrinkles are noticeably smoothed, giving the skin a more refined appearance. Experience our unique HSR ultra-concentrated anti-wrinkle fluid which increases the lifting effect. Your skin will be left noticeably firmer with a youthful complexion.

Men's Energy Release Facial

30 minute treatment £35

60 minute treatment £60

This specially designed facial for men works on every level and leaves you looking and feeling fabulous.

(See our list of specific male treatments for further details).

TREATMENTS FOR MEN

Nearly all of the treatments offered in our massage and body treatments are suitable for men as well as women, but this selection is particularly recommended for male skin...

Men's Energy Release Facial

30 minute treatment £35

60 minute treatment £60

This specially designed facial for men gives skin renewed strength and vitality. Often external and internal stress factors can upset the balance of your skin. This facial will deeply cleanse and soothe your skin improving its resilience. The healing power of hops and Siberian Ginseng will restore balance and the pressure point and scalp massage will leave you feeling energised.

Deep Tissue Massage

30 minute treatment £35

60 minute treatment £60

An invigorating massage that is ideal for relieving muscular aches and pains, the therapist will apply pressure that ensures you will achieve physical and psychological equilibrium. This massage will be tailored to your desired outcome - leaving you relaxed, revitalised or restored.

Raindrop Massage

30 minute treatment £35

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache. A "Hallmark" exclusive!

Hallmark's Sensory Body Massage

30 minute treatment £35

60 minute treatment - full body £60

A massage tailored to your desired outcome (relaxed, revitalised or restored) through a combination of your chosen silky smooth, nourishing massage oil and the pressure applied with kneading, rolling motions and pressure point massage. This invigorating massage relieves muscular aches and pains, bringing physical and psychological equilibrium with highly effective, noticeable effects on the skin, radiance and mental wellbeing.

Swedish Massage

30 minute treatment £35

60 minute treatment £60

A full body massage incorporating traditional Swedish massage techniques.

Hallmark's Sensory Body Scrub

30 minute treatment £30

A body scrub is an essential treatment for removing dead skin cells, increasing the circulation and leaving it feeling as soft as silk, revealing a brighter glow to your skin. We use rich grain mineral sea salts mixed with your chosen luxurious, silky smooth oil to exfoliate the skin, stabilise moisture levels and promote skin renewal. Perfect before a massage or wrap!

Men's Manicure/Pedicure

30 minute treatment £20

A treatment for the hands or feet, this specialist manicure will strengthen and condition your hands and nails. Shake hands with confidence.

TREATMENTS FOR THE BODY

Hallmark has thoroughly tried and tested a number of body treatments to ensure we offer you the best quality with the best results and optimum enjoyment. If you are looking for a luxurious treatment which leaves you feeling wonderful then we recommend our Sensory range. We recognise that there are times when results are every bit as important as relaxation and our Effective range are guaranteed to leave you looking great.

To enhance the effects of our body scrubs, wraps and massages your therapist will help you choose the oil best suited to your desired effect from the beautiful BABOR SPA range.

To feel revitalised, the beautiful energising lime mandarin.

To feel relaxed, the indulgent relaxing lavender mint.

To feel restored, the soothing balancing cashmere wood.

Our Sensory Selection For The Body

Hallmark's Sensory Body Scrub

30 minute treatment £30

A body scrub is an essential treatment for removing dead skin cells, increasing the circulation and leaving it feeling as soft as silk, revealing a brighter glow to your skin. We use rich grain mineral salts mixed with your chosen luxurious, silky smooth oil to exfoliate the skin, stabilise moisture levels and promote skin renewal.

Perfect before a massage or wrap!

Hallmark's Sensory Body Wrap

60 minute treatment £60

This is a Hallmark favourite because it nourishes and soothes the skin, cocoons the body and leaves you looking and feeling fantastic. We use one of our luxurious oils with an intensively moisturising body cream which is applied head to toe. As you relax, your therapist will treat you to an indulgent foot and scalp massage, allowing time for the rich ingredients to take effect.

The perfect treatment after our body scrub or before a massage.

Hallmark's Sensory Body Massage

30 minute treatment £35

60 minute treatment - full body £60

A massage tailored to your desired outcome (relaxed, revitalised or restored) through a combination of your chosen silky smooth, nourishing massage oil and the pressure applied with kneading, rolling motions and pressure point massage. This invigorating massage relieves muscular aches and pains, bringing physical and psychological equilibrium with highly effective, noticeable effects on the skin, radiance and mental wellbeing.

Hallmark's Sensory Body Massage with Lava Stones

30 minute treatment £35

60 minute treatment - full body £60

Imagine the warmth of sun kissed pebbles on a beach as heated, smooth lava stones are incorporated into this relaxing massage. After enveloping the body in the chosen warm, therapeutic massage oil, our therapists work their magic on tired muscles to bring a sense of calm and deep down muscle relaxation.

Our Sensory Selection For The Body (continued)

Raindrop Massage

30 minute treatment £35

60 minute treatment - full body £60

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache. A "Hallmark" exclusive!

Magic of the East Massage

30 minute treatment £35

A unique massage that incorporates the principles of Chinese acupuncture but without the needles. Our therapists have been specially trained to stimulate the pressure points used in the traditional forms of Chinese medicine to help you feel rebalanced and re-energised. With this Hallmark signature massage, you will benefit from the relaxing massage our therapists are renowned for, combined with the healing properties of massage techniques steeped in hundreds of years of Eastern history.

Our Effective Selection For The Body

Detoxifying and Clarifying Back Treatment

30 minute treatment £35

This treatment creates a visibly refined, clean and even complexion and reduces impurities and redness. We use a volcanic clay peel to deep cleanse the back and stimulate the circulation. We then allow a thermo-mineral clay pack to work its magic before finishing the treatment with a soothing massage application of Vitamin ACE body cream.

Deep Tissue Massage

30 minute treatment £35

60 minute treatment £60

An invigorating massage that is ideal for relieving muscular aches and pains, the therapist will apply pressure that ensures you will achieve physical and psychological equilibrium. This massage will be tailored to your desired outcome - leaving you relaxed, revitalised or restored.

Anti-cellulite Firming Treatment

60 minute treatment £60

Say goodbye to cellulite and uneven skin tone with this detoxifying and firming treatment. After an invigorating salt exfoliation and stimulating massage, our wraps, whose active ingredients help to promote the microcirculation and create an intense sensation of warmth, are applied to localised areas. Your skin will be left feeling softer, smoother and firmer. Try it and the results will mean that you keep coming back for more! For best results, combine with a healthy lifestyle and regular exercise.

Mum To Be Treat

30 minute treatment £35

60 minute treatment £60

Relax and be pampered with this luxurious treatment which is safe pre and post pregnancy. The unique complexes in the Advanced Biogen Intensive repair help reduce and minimise stretch marks and leave you feeling wonderful. The 60 minute treatment includes a back, neck and shoulder massage, a foot and leg mask/treatment and a mini facial.

(Please note this treatment is for those past their 12th week of pregnancy and before the 34th.)

FINISHING TOUCHES

Scalp Massage

15 minute treatment £20

A truly relaxing experience, we have developed a unique scalp massage incorporating pressure point techniques to the scalp and ears and tension releasing movements that will place you into a state of pure bliss.

Sensational Eyes

30 minute treatment without tint £30

It is said that the eyes are the window to our soul, so enhance this delicate area with this nourishing, refreshing and firming eye treatment. Active complexes help to drain, brighten and firm while reducing the appearance of fine lines and wrinkles. Have this treatment as a stand alone or as an add on to any facial.

Eyelash Tint

30 minute treatment £12

15 minute treatment £10

Eyelash and eyebrow tint

30 minute treatment £15

A patch test is required 24 hours prior to any tinting treatments and must be re-tested every 6 months.

Mini Cleanse and Boost

15 minute treatment £19

This Mini facial includes a deep cleanse with serum application to boost and refresh the skin. All finished with a prescribed day and eye cream, leaving you looking and feeling beautiful!

Prescriptive Therapeutic Manicure

60 minute treatment £35

A luxury treatment for the hands, this specialist manicure will strengthen and condition your hands and nails and includes use of our specially designed heated mitts and a nail paint to finish and take away with you.

Prescriptive Therapeutic Pedicure

60 minute treatment £35

Sheer bliss for your feet, this conditioning treatment nourishes and softens the skin, using a cooling mask to leave your skin feeling silky soft and finished with revitalising polish to take away with you.

Mini Manicure/Pedicure

30 minute treatment £25

A maintenance treatment to help you keep your nails in tip top condition. Create a sparkle or a gloss by adding a splash of colour for that perfect finishing touch. Take the polish with you.

Gel Nail Application

Luxury Gel Nails Manicure or Pedicure

60 minute £45

30 minute Mini Manicure £25

Gel Nails Removal

30 minute £25

Gel Nails Removal with Gel Manicure or Pedicure

75 minute £60

A revolutionary soak-off gel polish that offers a longer lasting manicure with total protection for your nails unlike previous gels. It's quick, easy and dries in seconds. Smudge and chip resistant giving active women the freedom to literally work hard and play hard whilst keeping their nails looking their best. Please note this treatment does not provide an extension to the natural nail.

Cooling Leg and Foot treatment

15 minute treatment £19

This relaxing treatment designed to invigorate and refresh tired legs and feet involves a cooling stimulating foot mask followed by a relaxing massage using draining movements to help stimulate blood flow and circulation.

Waxing

Full Leg 45 mins £65

Half Leg 30 mins £20

Basic Bikini 15 mins £10

High Bikini 15 mins £12.50

This is not an intimate waxing treatment

Full Leg and Bikini 60 mins £23.50

Half Leg and Bikini 45 mins £27

Forearm 30 mins £18

Underarm 15 mins £10

Eyebrow 15 mins £7.50

Lip or Chin 15 mins £7.50

Lip and Chin 15 mins £15.00

Chest or back 30 mins £22.50

It is advised to wear loose comfortable clothing for your waxing appointment, and to ensure that the hair is no longer than 1/4 of an inch for your comfort and best results.

A STUNNING SPA EXPERIENCE

Our day spa programmes are designed to meet your individual health and beauty needs and offer the opportunity to get the most value out of your visit. For flexibility and convenience our day spa packages are time orientated, as opposed to treatment led. They incorporate a combination of dedicated therapist treatment time coupled with the opportunity for you to experience the very latest in heat and water therapies in our unique Health Club Facilities.

So, booking a Hallmark experience is based on making just two decisions:

1. How much time you can spend with us
2. How you want to feel when you leave us - relaxed, revitalised or restored.

Our time packages come in either half day or full day options, so, once you know how long you will be spending with us, you can choose between three programmes, each designed to provide a slightly different experience.

The Discovery Experience - for the first time spa goer who may be unsure about treatments and therapies, or for those who prefer to have more time in the luxurious Health Club Facilities, the Discover package offers a great way for you to discover the delights of the day spa.

The Enrich Experience - if you can't decide whether its more treatment time or relaxation time in our pool, sauna, steam room and spa pool, why not opt for the Enrich experience giving you time to make the most of both? Kick back and we will bring you back to your very best and leave you feeling on top of the world.

The Indulge Experience - is pure pampering at its best! With extended treatment time you can enjoy more of our fabulous therapies and still have plenty of time in the pool, sauna, steam room and spa pool. At this stage no specific treatment booking is required in advance. Part of your overall experience is the freedom to select your treatment on the day of your visit.

When you arrive - sit down and tell us how you feel, if there are specific areas you would like to concentrate on and most importantly how you would like to feel on leaving us - relaxed, restored or revitalised. Our therapists will then go through our range of face, body and alternative treatments and help you to create a personalised plan tailored to meet your needs

In addition you will receive recommendations on which of our fabulous treatments will compliment your programme and then be given time to enjoy our unique top of the range facilities.

AT A GLANCE

When you leave - we want you to have both enjoyed your time and developed a greater understanding of the short term benefits of Spa treatments. All we ask is that you tell us how you feel, what worked for you and how you imagine your next visit to us will be.

So now you know the Hallmark concept, simply use our at a glance guide to select the perfect experience for you.

Length of visit	Experience	Treatment time	Health Club Facilities	Price
Half Day	Discover	30 mins	3 hour 30 mins	£49*
Half Day	Enrich	60 mins	3 hours	£79*
Full Day**	Discover	60 mins	5 hours	£89*
Full Day	Enrich	90 mins	4 hour 30 mins	£109*
Full Day	Indulge	120 mins	4 hours	£139*

* Additional £10 weekend supplement will be charged.

** All full day experiences include an afternoon tea

We're passionate about the quality standards and service we offer to our members and guests. That's why we ensure everything from the receptionist's greeting to the development of individually tailored spa experiences is always delivered how you want it, when you want it.

Because we realise that not everybody is fighting fit, we've designed our health club to suit every level of fitness with a simple range of membership options to suit every lifestyle. Hallmark Health Club and Spa Gloucester provide a wide variety of impressive facilities from a well equipped gym with friendly instructors through to a swimming pool with spa bath, sauna and steam room. It's the perfect environment to relax and unwind.

Our treatments incorporate a selection of

the finest products, adding an extra bit of luxury to our range of multi-sensory health and beauty therapies. Using a unique blend of healing oils, natural pure plant extract, minerals and fruits, all our treatments will be tailored to your need and adapted to create a relaxing, restoring or revitalising effect.

So what are you waiting for? Give us a call now to join as a member or to arrange the best spa experience you could possibly Imagine!