

TREATMENTS FOR YOUR FACE

The upmost goal of our Skin Therapy is not only to delight, but to reward your skin with outstanding long-term benefits. Results driven, anti-ageing skincare with an abundance of exquisite botanicals that nature is kind enough to lend us, combined with state-of-the-art complexes. Our formulas are developed by the most gifted of product creators and using the empirical knowledge of doctors of derma science, professional therapists and artisan herbalists. The results will astound you!

The Power Breakfast Facial 30 minute treatment £35

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!

My Kind Skin- Bespoke Prescriptive Facial 60 minute treatment £60

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

Windows Of The Soul Anti-Ageing Eye Treatment 30 minute treatment £35

Perfect for when you look tired, with gentle formulas and 'cold therapy' to tighten and tone, plus special eye massage techniques to lift, smooth and revitalise. Puts the sparkle back into your eyes. Can also be added to any facial.

The Totally Quenched & Drenched Rehydration Facial 60 minute treatment £65

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

Champagne & Truffles - The Crème De La Crème Of Anti-Ageing Facials 60 minute treatment £70

This luxury facial combines our award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow.

Go Guy - The Executive Men's Facial 60 minute treatment £60

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing massage. For the finale, a detoxifying foot massage. (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...

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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!

Swedish Massage 30 minute treatment £35 60 minute treatment £60

A full body massage incorporating traditional Swedish massage techniques.

Drift Away - Relaxing Massage 30 minute treatment £35 60 minute treatment - full body £60

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away...

The Outer Glow - Body Exfoliation 30 minute treatment £30

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!

Men's Manicure/Pedicure 30 minute treatment £20

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

TREATMENTS FOR THE BODY

We have thoroughly tried and tested a number of body treatments to ensure we offer you the best quality with the highest results and optimum enjoyment. Whether you seek a body detox, some muscle or tension relief, skin firmness & hydration or simply a super-smooth body. Our Body Therapy products have got you covered head-to-toe.

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Work It Out Massage - Deep Muscle Massage 30 minute treatment £35 60 minute treatment - full body £60

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious!

Go Figure - A Firming, Toning, Tightening Body Detox Treatment 60 minute treatment £60

Need help with the wobbly bits? This starts with lymphatic skin brushing techniques, followed by a targeted detox massage for hips, thighs & abs. Then a marine and earth mud wrap continues the good work before a friction, anti-cellulite rub. One treatment is fab, a course of six is amazing!

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Rocks Of The Mediterranean Hot Stone Massage 30 minute treatment £35 60 minute treatment - full body £60

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

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!

Aaahhh! Leg & Foot Energiser

30 minute treatment	£35
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This oh-so-good treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

I'll Be Back - A Facial For The Back

30 minute treatment	£35
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This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of.

New Beginning's - Mum To Be Massage

30 minute treatment	£35
60 minute treatment	£60

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

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

FINISHING TOUCHES

Hot Oil 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.

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.

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!

Eyelash Tint
30 minute treatment £12

Eyebrow Tint
15 minute treatment £10

Eye Lash 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.

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.

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.

Gel Polish Application

Gel Nails Manicure or Pedicure
30 minute £25

Luxury Gel Nails Manicure or Pedicure
60 minute £45

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.

Waxing

Full Leg 45 mins £25

Half Leg 30 mins £30

Basic Bikini 15 mins £10

Full Leg and Bikini 60 mins £30

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

Chest or back 30 mins £35

It is advised to wear loose comfortable clothing for your waxing appointment, and to ensure that the hair is no longer than $\frac{1}{4}$ 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. 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 Retreat 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.

When you call to book just let us know 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	Therapist time	Spa time	Mon-Fri	Sat-Sun
Half Day	Discover	30 mins	3 hours 30 mins	£60	£70
	Enrich	60 mins	3 hours	£85	£95
Full Day	Discover	60 mins	5 hours	£95	£105
	Enrich	90 mins	4 hours 30 mins	£115	£125
	Retreat	120 mins	4 hours	£145	£155

**All full day experiences include an afternoon tea. All allergens need to be advised 48 hours before time of visit.

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 Spa to suit every level of fitness with a simple range of membership options to suit every lifestyle. Hallmark Health Club and Spa Manchester provides a wide variety of impressive facilities from a well equipped gym with friendly instructors through to a luxurious 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 needs 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!