



## RHINEFIELD HOUSE EXPERIENCES...

MAKE THE MOST OF YOUR VALUABLE ME-TIME WITH ONE OF OUR RELAXATION EXPERIENCES. THE ULTIMATE IN INDULGENCE. THEY COMBINE RELAXATION AND WELLBEING WITH THE ELEGANCE OF OUR HOTEL AND RESTAURANT.

We have created a range of experiences offering a variety of treatments including aromatherapy facials, reviving wraps and relaxing massages. Opt for a day relaxation experience and enjoy full use of our intimate facilities, including a 9m swimming pool, spa pool and steam room. For your comfort we provide towels, robes and slippers. You may find it hard to leave and with our residential escapes you don't have to. Residential escapes include all the benefits of our day relaxation experiences plus accommodation and breakfast the next day. In addition, your stay could also include a three-course dinner. Alternatively, why not create your own dream escape with your choice of treatments and if you desire, Champagne and afternoon tea. You deserve nothing less.

### RESIDENTIAL ESCAPES

#### Forest Relaxation Break for two

Enjoy an overnight stay in the hotel with dinner in the evening and breakfast the following morning, full use of the leisure facilities, towels, robes and slippers, plus one 55 minute treatment each:

- Full body massage
- Luxury facial
- Face and body combo (express facial plus back, neck and shoulder massage)
- Face and eye combo (express facial and tired eye treatment)
- Body combo (full body scrub plus back, neck and shoulder massage)
- Classic pedicure
- Luxury manicure
- Fingers and toes combo (shape and polish)

**Sunday to Thursday - £277 for two (£138.50 per person)\***

**Friday to Saturday - £320 for two (£160 per person)\***

\*Based on two sharing, single occupancy supplement applies.

**Accommodation rates** - If you prefer, tailor-make your own residential wellness escape by adding accommodation and breakfast, or accommodation, dinner and breakfast to any treatment or day experience in the brochure.

**Bed and breakfast** - Monday to Friday from £74.50 per person, per night. Saturday and Sunday from £100 per person, per night. Based on two people sharing.

**Dinner, bed and breakfast** - Monday to Friday from £104 per person, per night. Saturday and Sunday from £130 per person, per night. Based on two people sharing.

For further residential relaxation experience offers please visit [handpickedhotels.co.uk/rhinefieldhouse](http://handpickedhotels.co.uk/rhinefieldhouse) and click on relaxation or call 0845 458 0904.

#### Forest Restorative Break for two

Enjoy an overnight stay with breakfast the following morning, the choice of either elevenses or afternoon tea, full use of the leisure facilities, plus one 55 minute treatment each:

- Full body massage
- Luxury facial
- Face and body combo (express facial plus back, neck and shoulder massage)
- Face and eye combo (express facial and tired eye treatment)
- Body combo (full body scrub plus back, neck and shoulder massage)
- Classic pedicure
- Luxury manicure
- Fingers and toes combo (shape and polish)

**Sunday to Thursday - £265 for two (£132.50 per person)\***

**Friday to Saturday - £308 for two (£154 per person)\***



### DAY EXPERIENCES

#### Escape

A full day of treatments to completely pamper you from top to toe.

- Full body scrub
- Full body massage
- Luxury facial
- Luxury manicure with mittens

**3 hrs 10 mins - £199**

#### Mother-to-be

This pre and post-natal package focuses on treating muscular aches, fluid retention and fatigue. Time out for a well earned rest. Suitable for mums to be, 13 weeks and over.

- Scalp massage
- Nurturing massage for mother-to-be
- Express facial
- Luxury manicure with mittens or classic pedicure

**2 hrs 40 mins - £154**

#### Indulgent Afternoon Tea for Two

Indulge with someone special by choosing **one** 55 minute treatment each:

- Face and body combo
- Face and eye combo
- Body combo
- Full body massage
- Classic pedicure
- Luxury manicure
- Fingers and toes combo

**Plus**, an afternoon tea or elevenses

**Monday to Thursday - £149 for two**

**Friday to Sunday - £174 for two**

#### Champagne Get Away for two

A day to relax your mind, body and senses together.

Enjoy the choice of **one** of the following each:

- Full body massage
- Luxury facial
- Luxury manicure
- Classic pedicure

#### Plus

- Cream tea (scones, cream, jam and tea)
- Glass of Champagne

**Monday to Thursday - 55 mins - £145 for two**

**Friday to Sunday - 55 mins - £175 for two**

#### Afternoon Tea or Elevenses for Two

Available from 10am. Enjoy a truly delicious traditional afternoon tea or elevenses plus the choice of one of the following 25 minute treatments each:

- Express facial
- Tired eye treatment
- Full body salt scrub
- Back, neck and shoulder massage
- Shape and polish for finger or toes

#### Plus

- Afternoon tea or elevenses

**Monday to Thursday - 25 mins - £125 for two**

### Refresh and Revive

Enjoy a shape and polish for either your fingers or toes, plus the choice of **two** of the following treatments:

- Express facial
- Tired eye treatment
- Full body scrub
- Back, neck and shoulder massage

#### Plus

- Shape and polish for fingers or toes

**Monday to Thursday - 1 hr 15 mins - £99**

**Friday to Sunday - 1 hr 15 mins - £114**

### Selection

A fantastic way to totally relax and unwind.

Choose **two** of the following treatments:

- Express facial
- Tired eye treatment
- Full body scrub
- Back, neck and shoulder massage
- Shape and polish for finger or toes

**Monday to Thursday - 50 mins - £88**

**Friday to Sunday - 50 mins - £99**

### Personalised

Tailor-make your very own day relaxation experience by selecting a minimum of 1 hour and 15 minute treatment time from this brochure. This day includes full use of our facilities and for your comfort we provide towels, robes and slippers.

£15 supplement plus the combined cost of your chosen treatments.

## FACE

### Elemis Face and Body Sensation

*Experience the perfect Elemis treatment duo.*

A sensational massage combined with prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquility, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance.

Choose from:

- Pro Collagen Quartz Booster Facial
- Tri Enzyme Resurfacing Booster Facial
- Skin Radiance Booster Facial
- Skin IQ Men's Booster Facial

**55 mins - £65**

### ADVANCED ANTI-AGEING FACIALS

#### Elemis Pro-Collagen Quartz Lift Facial

*Anti-wrinkle facial with proven results.*

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just one treatment, this facial reduces the number of wrinkles by up to 94%\* and improves skin firmness by up to 57%\*.

\*Independent clinical trials 2007.

**1 hr 10 mins - £75**

#### Elemis Visible Brilliance Facial

*To combat aging, stressed and slackened skin.*

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61%\* and elasticity by 40% after just one treatment.

\*Independent clinical trials 2004.

**1 hr 10 mins - £75**

#### Elemis Pro Intense Facial

*Lift, tone and firm.*

This treatment is designed to target the cheeks, chin and neck. Every step of the power facial will help lift skin and leave you feeling hydrated, calmed and toned.

**55 mins - £75**

### Elemis Tri-Enzyme Resurfacing Facial

*Peel away the years for smoother, more radiant skin.*

This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75%\* and increase skin smoothness by up to 32%\* after just one treatment, this unique facial targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin. Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

\*Independent clinical trials 2006.

**55 mins - £65**

### SKIN SOLUTION FACIALS

#### Elemis Modern Skin Facial

*Designed for skin challenged by modern living.*

Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum.

The results: remineralised, rebalanced and renewed skin.

**55 mins - £65**

### SKIN SPECIFIC FACIALS

#### Elemis Fruit Active Glow Facial

*Bring back the glow to a lifeless complexion.*

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

**55 mins - £65**

### Elemis Exotic Moisture Dew Facial

*Treat your skin to a moisture boost.*

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

**55 mins - £65**

### Elemis Herbal Lavender Repair Facial

*For the perfect restoration of skin balance.*

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

**55 mins - £65**

### Elemis Pro-Collagen Eye Treatment

*Anti-wrinkle eye treatment with proven results.*

This intensive 25 minute treatment focuses on the delicate eye area to help combat the visible signs of ageing. Specialised micro-circulatory eye massage techniques are combined with powerful formulations and unique silk eye compresses to help smooth the appearance of fine lines and wrinkles. The eye area is left more youthful and super-conditioned.

**25 mins - £42**

### Elemis Express Facial

This introductory facial provides a quick and instant pick me up for any occasion.

**25 mins - £42**



## BODY

### Elemis Exotic Lime and Ginger Salt Glow

*Invigorated, cleansed and polished to perfection.*

A body exfoliation ritual to invigorate and revitalise. After light body brushing, warm oil is drizzled luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

40 mins - £52

## MASSAGE

### Elemis Deep Tissue Muscle Massage

*Deep rhythmic pressure massage.*

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Choose from:

- Stress-a-way: wind down and release the tension of the day
- Spirit reviver: a powerful surge to invigorate and recharge
- Muscle melt: relax and re-energise a tired and aching body
- Chakra balancing: reconnect your mind, body and soul.

55 mins - £65

### Elemis Deep Tissue Back Massage

*Minimum time, maximum tension-relieving results.*

Specifically targeting the back, shoulders and neck areas, where you need it most.

25 mins - £42

## HOT STONES

### Elemis Aroma Stone Therapy

*Warm Basalt stones to melt away tension.*

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

1 hr 10 mins - £75

## PREGNANCY

### Elemis Nurturing Massage for Mother-to-Be

*Massage adapted to each stage of pregnancy*

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit. Suitable from 13 weeks onwards.

1 hr 10 mins - £90

### Elemis Pregnancy Facials

All Elemis Facials are suitable for mothers to be from 13 weeks onwards.

## FOR MEN

### Elemis Total Time Out

*The ultimate skin and body therapy for men*

Combine Anti-ageing Elemis Skin IQ+ Facial with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of total time out.

1 hr 55 mins - £110

### Elemis Skin IQ Facial

*Anti-ageing booster for tired, stressed skin.*

Charged with the clinically proven\*, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

\*Independent clinical trials 2007.

1 hr 10 mins - £75

## SPECIALITY

### Reflexology

An ancient treatment that works on the key pressure points of the feet. Reflexology can help to energise, relax and restore the body's balance.

45 mins - £55

### Scalp Massage

A concentrated massage focusing on head, neck and shoulders. Both relaxing and regenerating.

25 mins - £42



## WAXING

Full leg and bikini wax	55 mins - £35
Full leg wax	40 mins - £25
Half leg wax	25 mins - £20
Holiday wax	25 mins - £20
Lip and chin wax	25 mins - £20
Back or chest wax	25 mins - £20
Arm wax	25 mins - £18
Bikini line wax	15 mins - £12
Underarm wax	10 mins - £10
Upper lip wax	10 mins - £10

## EYES

Eyebrow tint*	25 mins - £12
Eyelash tint*	10 mins - £10
Eyebrow shape/wax	10 mins - £10

\*Please note - a patch test must be completed at least 24 hours prior to your treatment.

## HANDS & FEET

### Luxury Pedicure with Booties

A deluxe pedicure with thermal booties for deeper penetration of oils and creams. Helping to soften cuticles, improve circulation and soothe stiff joints.

1 hr 10 mins - £55

### Luxury Manicure with Mittens

A deluxe manicure with thermal mittens for deeper penetration of oils and creams. Helping to soften cuticles improve circulation and soothe stiff joints.

55 mins - £50

Classic pedicure	55 mins - £45
Classic manicure	40 mins - £35
Shape and polish for fingers or toes	25 mins - £25

## GEL NAILS

The next generation in manicure and pedicure. A gel formula that is painted onto the nails giving strength, protection and long lasting colour.

Removal and GELeration overlay pedicure	70 mins - £65
Removal and GELeration overlay manicure	70 mins - £60
Pedicure with GELeration	55 mins - £55
GELeration overlay manicure	55 mins - £50

## GIFT VOUCHERS

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Gift vouchers are available in monetary or treatment format from reception or alternatively visit [handpickedhotels.co.uk/gifts](http://handpickedhotels.co.uk/gifts)

## TERMS & CONDITIONS

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**Please visit [handpickedhotels.co.uk](http://handpickedhotels.co.uk) for further information on:**

- Hand Picked Spa booking terms and conditions
- Opening and closing times
- How to book and methods of payment
- Cancellation policy
- Health guidelines

All prices include VAT at 20% and may be subject to change.

### **Rhinefield House Hotel**

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Brockenhurst  
Hampshire  
SO42 7QB

T 0845 072 7527

F 0845 072 7517

E [rhinefieldhouse@handpicked.co.uk](mailto:rhinefieldhouse@handpicked.co.uk)

### **Central Reservations**

**0845 458 0904**

**[handpickedhotels.co.uk](http://handpickedhotels.co.uk)**

*Hand*PICKED  
HOTELS  
BUILT FOR PLEASURE