

the Spa

AT THE CHESTER GROSVENOR

RELAX, REJUVENATE AND REVITALISE



OUR PHILOSOPHY

Soothe your mind. Pamper your body.
Lift your spirit.

The Spa at The Chester Grosvenor invites you to experience a luxurious and tranquil haven in the heart of the historic city of Chester.

Immerse yourself in the serenity of our boutique sanctuary where every detail has been designed to evoke a state of relaxation, vitality and total wellbeing.

Our menu of rituals and treatments is designed to balance mind, body and spirit. Delivered by the skilful hands of our highly trained therapists, we use ELEMIS products to offer you the most superior of results and an unrivalled experience.



THERMAL SUITE

A series of heat related experiences to soothe, relax and detoxify your body.

Use of the Thermal Suite is included with all our Spa packages.

SAUNA

The higher levels of humidity than conventional saunas helps clear the body of toxins and improves circulation.





ICE FOUNTAIN

A decorative ice fountain producing crushed ice for cooling the body after a sauna or steam.

CRYSTAL STEAM ROOM

Experience the health benefits of the tranquil steam area. Toxins are eliminated and sinuses are cleared through wet heat, with skin left hydrated and glowing.

SALT GROTTTO

A mosaic decorated room that fills with a mist containing mineral salts. The salts and aromas aid breathing and are said to be beneficial for some respiratory ailments.*

FOOT BATHS

Warm and soothe tired feet in two individual foot baths, a wonderful way to relax.

*Please note, treatments and facilities provided by The Chester Grosvenor are not intended to be a substitute for professional medical advice or treatment for any medical condition.

HALF DAY PACKAGES

GROSVENOR BEAUTIFUL WOMAN

150 minutes £160 per person

Aromatherapy Back Massage
ELEMIS 60 minute Facial
Manicure or Pedicure
60 minutes use of the Thermal Suite

ELEMIS ABSOLUTE SPA RITUAL

120 minutes £130 per person

ELEMIS Freestyle Deep Tissue
Massage
ELEMIS 60 minute Facial
60 minutes use of the Thermal Suite

ELEMIS TOTAL TIME OUT FOR MEN

120 minutes £130 per person

ELEMIS 60 minute Facial
ELEMIS Freestyle Deep Tissue
Massage
60 minutes use of the Thermal Suite





SIMPLY SPA

45 minutes £70 per person

Available Monday to Friday

Choose one of the following 45 minute treatments, then enjoy a one course light lunch and glass of wine or soft beverage.

Grosvenor Signature Massage

Grosvenor Signature Facial

Manicure or Pedicure

60 minutes use of the Thermal Suite

SPA AND AFTERNOON RETREAT

60 minutes £105 per person

Available Wednesday to Friday, and Sunday

Choose two of the following relaxing treatments, a delicious afternoon tea to enjoy before or after your treatments and use of the Thermal Suite.

Grosvenor Signature Back and Massage

Grosvenor Signature Facial

Express Manicure or Express Pedicure

60 minutes use of the Thermal Suite

DAY PACKAGES

THE ULTIMATE DAY OF GROSVENOR LUXURY

£250 per person

Grosvenor Signature Hot Stones Therapy
ELEMIS 60 minute Facial
Manicure
Mini Pedicure

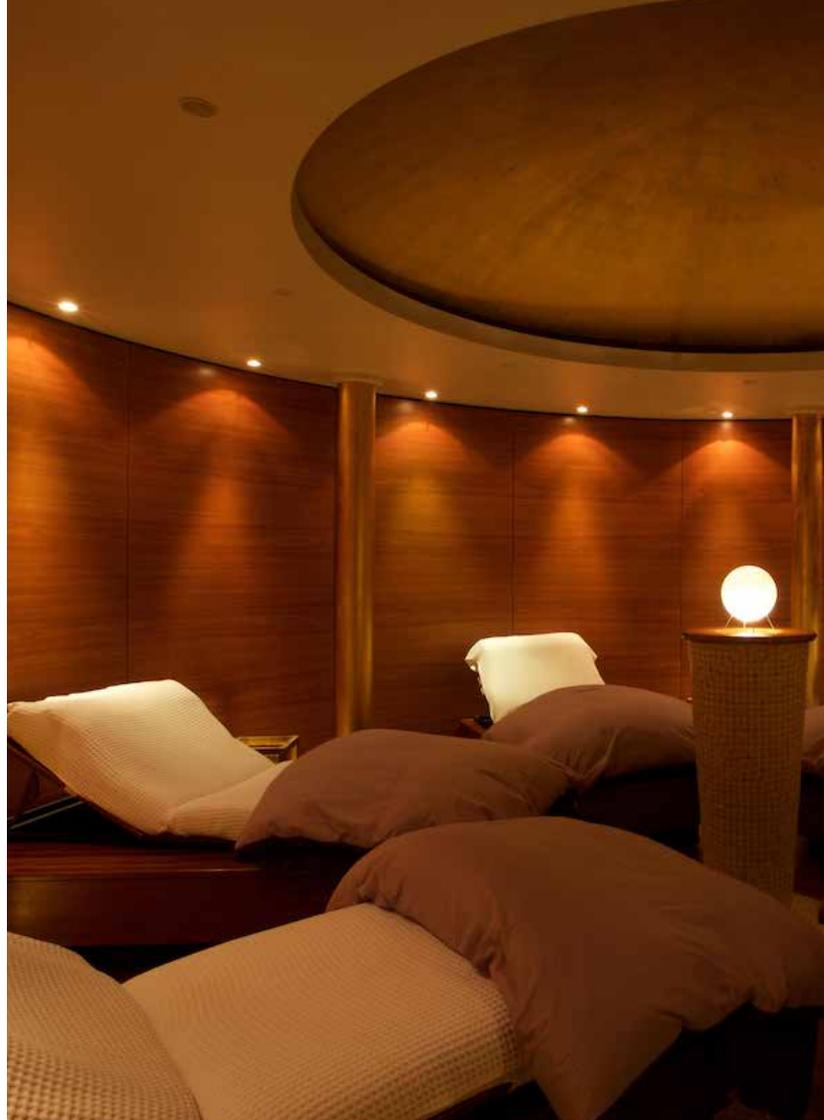
Your day will also include a two course
spa lunch and 60 minutes use of the
Thermal Suite.

GROSVENOR GENTLEMEN'S INDULGENCE

£200 per person

Grosvenor Signature Hot Stones Therapy
ELEMIS 60 minute Facial
ELEMIS Intensely Cleansing Salt Scrub

Your day will also include a two course
spa lunch and 60 minutes use of the
Thermal Suite.





OVERNIGHT SPA BREAKS

SERENE STAY

from £120 per person based on two people sharing, valid Sunday to Thursday.

45 minutes

Choose from a Grosvenor Signature Massage , an ELEMIS Facial a Manicure or Pedicure per person.

This indulgent mid-week escape includes an overnight stay in a Classic bedroom with continental breakfast and full use of the Thermal Suite.

THE ULTIMATE GETAWAY FOR TWO

from £175 per person based on two people sharing a king or twin room.

Choose from a Grosvenor Signature Massage or ELEMIS Facial (both 50 minutes) and your choice of 30 minute spa treatment per person.

The perfect way to celebrate every occasion, this ultimate package includes an overnight stay in an Executive bedroom with continental breakfast.

Your stay will also include a glass of Champagne on arrival and full use of the Thermal Suite.

BODY RITUALS

GROSVENOR SIGNATURE COMBINATION MASSAGE

60 minutes £65

This combination massage which focuses on the back, neck, shoulders, décolleté, face and scalp will leave the body feeling re-energised, relaxed and rejuvenated.

GROSVENOR SIGNATURE PREGNANCY MASSAGE

60 minutes £70

A complete relaxing full body massage to reduce common maternity stress on the body by stimulating blood circulation, lightening legs, reducing lower body water retention and relieving stress. This massage uses safe but effective pre-natal techniques to relax the whole being as well as that beautiful bump. Suitable after the first trimester.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

Back 30 minutes £55, Full Body 60 minutes £70

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.



FRANGIPANI BODY NECTAR NOURISHING WRAP

Frangipani

60 minutes £60

The velvety texture of Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS INTENSELY CLEANSING SALT SCRUB

Lime and Ginger or Frangipani

30 minutes £40

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves skin smooth and ready to absorb the deeply nourishing body oil.

GROSVENOR SIGNATURE POULTICE MASSAGE

60 minutes £70

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.





HOLISTIC RITUALS

STRESS RECOVERY MASSAGE

50 minutes £60 Back, legs, hands and arms

60 minutes £65 As above plus neck and shoulders

80 minutes £85 As above face and scalp

Eliminate stress and muscle tension with a soothing aromatherapy massage. This treatment can be tailor-made to suit your individual needs.

AROMATHERAPY BACK MASSAGE

30 minutes £50

A relaxing massage using aromatherapy essential oils to stimulate your senses and relieve stress and tension from your back, neck and shoulders.

INDIAN HEAD MASSAGE

30 minutes £45

A traditional Eastern technique that relieves tension in the head, neck and shoulders. This treatment may be beneficial for those suffering from headaches, stress or insomnia.

GROSVENOR SIGNATURE HOT STONES MASSAGE

75 minutes £80

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.

HOPI EAR CANDLE TREATMENT

45 minutes £55

A pleasant and non-invasive treatment of the ears used to offer real and calming benefits for many problems and conditions associated with the ear, nose and throat areas.



FACE RITUALS

PRO-GLOW RENEWAL

60 minutes £70

ELEMIS signature triple cleanse facial provides hyper-focused resurfacing and moisture-boosting results to unlock a healthy, lit-from-within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

PRO-GLOW SMOOTH

60 minutes £70

This powerful anti-aging facial smooths the look of lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

PRO-GLOW RESURFACE

60 minutes £70

Transform the skin's texture while minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion.





PRO-GLOW BRILLIANCE

60 minutes £70

Awaken dull, lacklustre-looking skin with this radiance-boosting facial for a visibly brighter, glowing complexion.

PRO-GLOW GENIUS

75 minutes £85

Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high performance facial restores bounce and resilience while smoothing, firming and illuminating the skin for maximum, multi-faceted rejuvenation in just one treatment.

ELEMIS SKIN BOOSTER

30 minutes £50

Perfect for a lunch-time or late afternoon 'quick fix', these facials are designed for maximum results in minimum time.

ELEMIS BIOTEC FACIALS

ELEMIS BIOTEC delivers highly-effective, super-charged facial treatments to re-boot cellular performance, enhancing the skin's ability to repair, renew and re-tone.

Revealing a new generation of facials, each treatment targets specific skin needs to deliver immediate, visible, long-lasting results.



PRO-GLOW RENEWAL +

60 minutes £80

ELEMIS signature deep cleansing Skin Wellness facial delivers 27,000 vibrations per second to draw out impurities, improve texture and boost renewal, unveiling a healthy, lit-from-within glow. In one treatment skin looks visibly refreshed, renewed and radiant. Includes BIOTEC Ultrasonic Resurfacing.

PRO-GLOW RESURFACE +

60 minutes £80

Transform the skins texture whilst minimising the look of uneven tone, pigmentation, enlarged pores and congestion for a renewed, stunningly smooth complexion. A powerful combination of light therapy and rejuvenating Galvanic current leaves skin looking balanced with improved clarity. Includes Biotec Ultrasonic, LED Light Therapy and Galvanic.

PRO-GLOW BRILLIANCE +

60 minutes £80

Awaken dull, lacklustre complexions with this radiance-boosting facial. A combination of Galvanic current, Oxygen infusion and high potency actively energises the skin and replenishes moisture, for a visibly brighter, health appearance, includes BIOTEC Ultrasonic, Galvanic and Oxygen infusion.

PRO-GLOW SMOOTH +

60 minutes £80

This powerful anti-aging facial utilises microcurrent pulses to help strengthen muscle memory whilst visibly smoothing the look of lines and wrinkles. An Oxygen infusion helps to plump out lines, restore elasticity and increase hydration, for a visibly youthful appearance. Includes BIOTEC Ultrasonic, Microcurrent and Oxygen infusion.

PRO-GLOW GENIUS +

75 minutes £95

Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high performance facial sculpts, smooths, firms and illuminates the skin. All five BIOTEC upgrades are harnessed for maximum, multi-faceted rejuvenation after just one treatment. Includes BIOTEC: Ultrasonic, Microcurrent, Galvanic, Light Therapy and Oxygen infusion.

MII MANICURES AND PEDICURES

All Mii formulas are blended using the most advanced ingredients to nurture nails and produce outstanding results. Mii worked with leading laboratories worldwide to develop highly effective prescriptive treatments, long lasting, fast-drying colours and super glossy finishes to deliver standout manicures and pedicures. Their dedication extends beyond TLC for hand and foot care, Mii are cruelty free and suitable for vegans too.

FLY BY MII - MANICURE

30 minutes

Standard polish £30

Statement gel polish £40

Achieve extra protection extra fast. Hands are cleansed and conditioned, and cuticles moisturised. Nails are beautifully shaped and treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine net coat to finish, or Statement Gel Polish.

INDULGE MII - MANICURE

Standard polish, 60 minutes £60

Statement Gel Polish, 60 minutes, £70

Hands drink in all the benefits of the Treat Mii Manicure, with the additional indulgence of a rich hand mask and heavenly hand and forearm massage.



FLY BY MII - PEDICURE

30 minutes

Standard polish £30

Statement gel polish £40

Get pedi-ready in an instant. Feet are cleansed, conditioned and cuticles moisturised. Nails are trimmed and tidied, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish, or Statement Gel Polish.

INDULGE MII - PEDICURE

Standard polish, 60 minutes £60

Statement Gel Polish, 60 minutes £70

Feet are cleansed and exfoliated, with hard skin removed and cuticles made neat and tidy. Benefit from the indulgence of a deeply rich and nourishing foot mask with a rejuvenating foot and lower leg massage. Nails are analysed, shaped, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish or statement gel polish.





EYE TREATMENTS

*Tint test required 24 hours prior to
Eyebrow or Eyelash Tint.*

Eyebrow Shape £14

Eyebrow Tint £10

Eyelash Tint £18

PRODUCTS

ELEMIS is where the science of nature meets the science of skin.

Your skin, your body and your wellness lie at the heart of ELEMIS.

Hands-on, our ELEMIS therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin. Personally prescribed. Sublimely sensory. The experience is exceptional, the results are real.

Your favourite skincare products are available for you to purchase at The Spa at The Chester Grosvenor's ELEMIS boutique.



GIFT VOUCHERS

Say “Happy Birthday” with an afternoon tea, “thank you” with an overnight stay or “I love you” with a relaxing spa treatment and dinner for two.

Whatever the occasion, say it with a Chester Grosvenor gift voucher, available to purchase from reception and from our website.



HOW TO SPA

TERMS AND CONDITIONS

The Spa at The Chester Grosvenor is open daily from 10am until 6pm, and until 7pm on Fridays. All treatments are subject to availability and advance booking is advised. To use the spa, guests must be aged 16 or over. Treatments will only be performed on pregnant guests after their first trimester of pregnancy. Use of the Thermal Suite is for 60 minutes per session. Personal belongings can be stored safely in your treatment room or locker. Please ensure that you take all belongings with you before leaving the spa, as we cannot be held responsible for lost items. Any items found will be stored in line with The Chester Grosvenor's lost property policy.

YOUR BOOKING

To schedule an appointment or seek guidance about the best treatment for you, please contact The Spa at The Chester Grosvenor. A credit or debit card is required to secure your booking and we request that full or half day packages and group bookings are fully pre-paid at the time of booking.

ARRIVAL FOR TREATMENTS

Please arrive 15 minutes prior to your treatment time to allow you to change, relax, complete your healthcare questionnaire and ask any questions. If you are delayed, please contact the spa as soon as possible to advise the team. We will do our utmost to accommodate your treatment however this may result in a reduction of your treatment time. All times quoted include treatment, preparation and consultation.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. To respect the rights to serenity of all other spa guests, we kindly ask that mobile devices, cameras and other electrical devices remain in your locker.

CANCELLATION POLICY

Treatments cancelled or rescheduled with less than 72 hours notice will be charged in full to the debit or credit card used to secure the booking.



THE CHESTER GROSVENOR

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