



RUSHTON HALL  
HOTEL & SPA



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THE STABLEYARD SPA

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## ONE OF THE FINEST SPAS IN NORTHAMPTONSHIRE

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Rushton Hall's Stableyard Spa offers a wide range of treatments and high spec facilities in a beautifully calm and relaxed setting.

Considered by many to be the finest spa in Northamptonshire, you can experience our heated indoor swimming pool, indoor jacuzzi, steam room, sauna and state of the art fitness suite.



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### SOMETHING EXCITING IS HAPPENING TO THE STABLEYARD SPA

An exquisitely designed extension to our existing Spa. Facilities will include a central outdoor hydrotherapy pool, steam room and beautiful spaces for the latest gym equipment and classes.

It will also feature a dedicated Spa café and tranquil, alfresco area.







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## ELEMIS FACIALS

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### **Elemis Expert™ Touch Bespoke Facial**

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

**£62.00 for 30 minutes**

### **Elemis Expert™ Touch Renew Facial**

#### **HYDRATE, LIFT & FIRM**

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

**£99.00 for 60 minutes**

### **Elemis Expert™ Touch Reveal Facial**

#### **RESURFACE, SMOOTH & GLOW**

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

**£99.00 for 60 minutes**

### **Elemis Expert™ Touch Nourish Facial**

#### **CLEANSE, REBALANCE & REVIVE**

Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

**£99.00 for 60 minutes**

### **Elemis Expert™ Touch Define Facial**

#### **ENERGISE, REJUVENATE & SCULPT**

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpting-looking skin.

**£105.00 for 75 minutes**





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## ELEMIS BIOTEC FACIALS

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### **Elemis Expert™ Tech Smooth + Polish Facial**

#### **RESET, RESURFACE & BRIGHTEN**

Reset uneven skin tone and texture with our ultrasonic peel to refine, LED light mask to reenergise and galvanic technology to nourish, revealing bright, polished and smooth skin.

**£109.00 for 60 minutes**

### **Elemis Expert™ Tech Radiance + Revive Facial**

#### **REBALANCE, NOURISH & GLOW**

Revive tired skin with our advanced ultrasonic peel, teamed with oxygen infusion to plump and galvanic technology to nourish, leaving your skin rebalanced, nourished and radiant.

**£109.00 for 60 minutes**

### **Elemis Expert™ Tech Lift + Rejuvenate Facial**

#### **RENEW, PLUMP & TONE**

Restore your skins vitality with our targeted microcurrent technology for the ultimate skin lift, ultrasonic peel to gently exfoliate and oxygen infusion to plump. Skin will appear renewed, toned and lifted.

**£109.00 for 60 minutes**

### **Elemis Expert™ Tech Sculpt + Firm Facial**

#### **REVITALISE, STRENGTHEN & DEFINE**

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 6 biotec technologies for a transformative facial experience like no other. Your complexion will be left revitalised, strengthened and defined.

**£120.00 for 75 minutes**



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## MASSAGES & REFLEXOLOGY

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### **Tension Melt Back Massage**

Melt away with this relaxing upper body massage using a rich grapeseed oil to soothe and ease away tension.

**£60.00 for 30 minutes**

### **Hot Stone Back Massage**

A light to medium pressure hot stone back, neck and shoulder massage to relieve stress and tension, and to induce a deep level of relaxation and calm your mind.

**£65.00 for 30 minutes**

### **Elemis Expert™ Deep Tissue Back Massage**

Minimum time, maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

**£68.00 for 30 minutes**

### **Peaceful Pregnancy Back Massage**

This tranquil and restorative mother-to-be back, neck and shoulder massage deeply relaxes your stressed muscles throughout your pregnancy leaving you feeling nurtured, restored and calm.

**£60.00 for 30 minutes**

### **60 Minute Relaxing Full Body Massage**

Experience the relaxing benefits of a light to medium pressure full body massage.

**£90.00 for 60 minutes**

### **90 Minute Relaxing Full Body & Scalp Massage**

Experience the relaxing benefits of a light to medium pressure full body & scalp massage.

**£125.00 for 90 minutes**

### **Peaceful Pregnancy Full Body Massage**

This tranquil and restorative mother-to-be full body massage deeply relaxes your stressed muscles throughout your pregnancy leaving you feeling nurtured, restored and calm.

**£90.00 for 60 minutes**

### **Elemis Expert™ Deep Tissue Muscle Massage**

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

**£99.00 for 60 minutes**



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## MASSAGES & REFLEXOLOGY

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### **Indian Head Massage**

Relaxing massage techniques are applied to the upper back, neck, shoulders, face & scalp. This treatment stimulates circulation, combats stress, fatigue and tension, improves the condition of the scalp and hair, and leaves you feeling deeply relaxed.

**£79.00 for 45 minutes**

### **Reflexology**

Experience the soothing power of reflexology, a natural therapy that promotes relaxation and overall wellness. By applying gentle, targeted pressure to specific points on the feet, hands, or ears, our certified reflexologists help stimulate your body's natural healing processes. Reflexology can support stress relief, improve circulation, and enhance energy flow, leaving you feeling refreshed, balanced, and renewed.

**£68.00 for 30 minutes**

**£99.00 for 60 minutes**







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## BODY TREATMENTS

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### **Frangipani Cleansing Salt Scrub**

This invigorating treatment includes a full body exfoliation using fragranced salt that gently sloughs away dead skin cells, encouraging the regeneration of new cells. Followed by an application of luxurious frangipani body cream.

**£60.00 for 30 minutes**

### **Elemis Expert™ Couture Touch**

Experience the perfect treatment duo, a sensational hot stone massage to the back of the body combined with a bespoke facial. A light hot stone massage to relieve stress and tension, and to induce a deep level of relaxation and calm your mind. You will then be treated to your intensive booster facial, designed to smooth out wrinkles and restore youthful radiance.

**£105.00 for 60 minutes**

### **Awakening Frangipani Back + Scalp Treatment**

This luxurious treatment includes a back exfoliation using fragranced salt that gently sloughs away dead skin cells, encouraging the regeneration of new cells followed by a relaxing back, neck and shoulder massage to relieve stress and tension. Finishing off with a luxurious frangipani scalp massage.

**£105.00 for 60 minutes**

### **Rejuvenating Frangipani Ritual**

Experience our exclusive treatment starting with a full body exfoliation using fragranced salt that gently sloughs away dead skin cells, encouraging the regeneration of new cells followed by a relaxing full body massage using warm frangipani infused oil, finishing off with a bespoke facial leaving your skin feeling nourished, revived and radiant.

**£175.00 for 120 minutes**

### **Elemis Expert™ Absolute Face + Body Ritual**

Immerse yourself in luxury with this indulgent face and body treatment, starting with a choice of a deep tissue muscle massage or a relaxing body massage inducing a deep level of relaxation ready for your elemis expert facial. The perfect treatment to leave you feeling restored from head to toe.

**£175.00 for 120 minutes**

### **Mother To Be Ritual**

This tranquil and restorative mother-to-be ritual is the ultimate treatment for those who are expecting. Starting with a luxurious back, neck and shoulder massage that will deeply relax your stressed muscles throughout your pregnancy followed by an elemis expert facial tailored to you. Finishing off with a shape and polish pedicure leaving you feeling nurtured, restored and calm.

**£175.00 for 120 minutes**



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## NAIL TREATMENTS

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### **OPI Gel Nails (Manicure or Pedicure) £45**

This includes filing of the nails, cuticle work, gel polish application finished with oil/cream

### **OPI Gel with French Manicure £48**

This includes filing of the nails, cuticle work, gel polish application finished with oil/cream

### **OPI Gel Removal £15**

Please note, this must be OPI, we do not remove other brands of gel.

### **OPI Shape and Polish Manicure £35**

This includes filing of the nails, an application of cream and polish.

### **OPI Pamper Manicure £59**

This includes soaking of the nails, filing, cuticle work, exfoliation, application of a mask and heated mitts, massage and polish application.

### **OPI Shape and Polish Pedicure £35**

This includes filing of the nails, an application of cream and polish.

### **OPI Pamper Pedicure £65**

This includes soaking of the feet, filing, cuticle work, hard skin removal, exfoliation, application of a mask and heated boots, massage and polish application.

### **Upgrade your OPI Pamper Manicure to a gel finish £72**

### **Upgrade your OPI Pamper Pedicure to a gel finish £78**

### **OPI Shape and Polish Manicure & Pedicure £60**

French polish unavailable for “shape and polish manicure & pedicure” treatments.





## WAXING AND TINTING

<b>Lip OR Chin wax</b>	10 minutes	<b>£9.00</b>
<b>Eyebrow Tint</b>	10 minutes	<b>£14.00</b>
<b>Eyebrow Wax</b>	10 minutes	<b>£14.00</b>
<b>Eyelash Tint</b>	20 minutes	<b>£20.00</b>
<b>Underarm Wax</b>	15 minutes	<b>£22.00</b>
<b>Bikini Wax</b>	15 minutes	<b>£22.00</b>
<b>Half Leg Wax</b>	20 minutes	<b>£27.00</b>
<b>Back Wax</b>	30 minutes	<b>£32.00</b>
<b>Full Leg Wax</b>	50 minutes	<b>£47.00</b>
<b>Full Leg &amp; Bikini Wax</b>	60 minutes	<b>£57.00</b>







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## SPA DAY MENU

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### **Spa Taster Day** (Monday to Friday only) **£79 per person**

An introduction to the Stableyard Spa including full use of our fitness suite, swimming pool, spa, steam room and sauna.  
Bath robe, slippers and towel provided. Complimentary tea or coffee.  
£15 voucher towards the cost of food in the Spa Café.  
Access from 9:30am until 5:30pm

### **Recharge and Glow Spa Day** | **£120 per person**

An introduction to the Stableyard Spa including full use of our fitness suite, swimming pool, spa, steam room and sauna.  
Bath robe, slippers and towel provided. Complimentary tea or coffee.  
Access from 9:30am until 5:30pm

Choice of **one** of the following treatments :

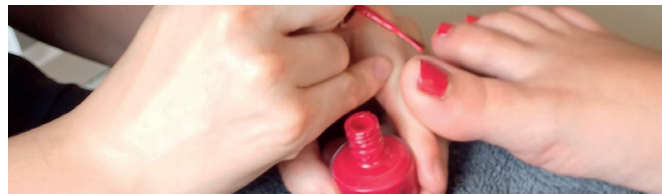
- Tension Melt Back Massage
- Peaceful Pregnancy Back Massage
- Elemis Expert™ Deep Tissue Massage
- Elemis Expert™ Touch Bespoke Facial
- OPI Gel Pedicure
- OPI Gel Manicure

### **Blissful Spa Day** | **£165 per person**

An introduction to the Stableyard Spa including full use of our fitness suite, swimming pool, spa, steam room and sauna.  
Bath robe, slippers and towel provided. Complimentary tea or coffee.  
£15 voucher towards the cost of food in the Spa Café.  
Access from 9:30am until 5:30pm

Choice of **one** of the following treatments :

- Peaceful Pregnancy Full Body Massage
- Relaxing Full Body Massage
- Elemis Expert™ Touch Renew Facial
- Elemis Expert™ Touch Nourish Facial
- Elemis Expert™ Couture Touch
- OPI Pamper Manicure with Gel
- OPI Pamper Pedicure with Gel





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## SPA DAY MENU

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### Ultimate Indulgence Package | £240 per person

An introduction to the Stableyard Spa including full use of our fitness suite, swimming pool, spa, steam room and sauna.

Bath robe, slippers and towel provided.

A glass of Laurent-Perrier Champagne.

Complimentary tea or coffee.

£15 voucher towards the cost of food in the Spa Café.

Access from 9:30am until 5:30pm

Two selected treatments

Choose your **first** treatment from the following :

Peaceful Pregnancy Full Body Massage

Relaxing Full Body Massage

Elemis Expert™ Deep Tissue Muscle Massage

Elemis Expert™ Touch Nourish Facial

Elemis Expert™ Touch Define Facial

Choose your **second** treatment from the following :

Peaceful Pregnancy Back Massage

Elemis Expert™ Deep Tissue Back Massage

Hot Stone Back Massage

Tension Melt Back Massage

Elemis Expert™ Touch Bespoke Facial

OPI Pamper Manicure

OPI Pamper Pedicure

### Signature Spa Day | £250 per person

An introduction to the Stableyard Spa including full use of our fitness suite, swimming pool, spa, steam room and sauna.

Bath robe, slippers and towel provided.

Complimentary tea or coffee.

£15 voucher towards the cost of food in the Spa Café.

Access from 9:30am until 5:30pm

Choice of **one** of the following 2 hour treatments :

Elemis Expert™ Absolute Face + Body Ritual

Rejuvenating Frangipani Ritual

Mother To Be Ritual





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## SPA DAY MENU

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### Pamper Treat Spa Day for Two | £430 per couple

An introduction to the Stableyard Spa including full use of our fitness suite, swimming pool, spa, steam room and sauna.  
Bath robe, slippers and towel provided.  
A glass of Laurent-Perrier Champagne.  
Complimentary tea or coffee.  
£30 voucher towards the cost of food in the Spa Café.  
Access from 9:30am until 5:30pm  
Two selected treatments

Choose your **first** treatment from the following :  
Peaceful Pregnancy Back Massage  
Tension Melt Back Massage  
Hot Stone Back Massage

Choose your **second** treatment from the following :  
Elemis Expert™ Touch Renew Facial  
Elemis Expert™ Touch Nourish Facial  
Elemis Expert™ Touch Reveal Facial

### Twilight Spa | £55 per person

An introduction to the Stableyard Spa including full use of our fitness suite, swimming pool, spa, steam room and sauna.  
Bath robe, slippers and towel provided.  
A glass of prosecco on arrival  
Access from 5:30pm until 8:30pm

### Stableyard Spa Terms and Conditions.

All treatments are carried out subject to completion of a medical consultation, which you will be required to complete on arrival. If you have any medical conditions there may be restrictions on the treatments available to you. If any treatment is found to be unsuitable, a qualified therapist will recommend, where possible, an alternative treatment, subject to availability.

If you request a particular therapist we endeavour to deliver but this is not always possible.

Spa day access is from 9.30am to 5.30pm.

Please note treatment bookings do not include spa facility use. The minimum age for body treatments, facials & waxing is 17 years old.

Manicures & Pedicures can be carried out on clients below the age of 17 years with parental or guardian consent.

Please note full payment is required at time of booking.

This payment is non-refundable. However, you may move your treatment/ spa day before 48-hours before your visit.

Cancellations or date changes are not permitted within a 48-hour window of your booking.

Please note that treatments and spa days are only available to pregnant guests if they are between 12 and 38 weeks.

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STABLEYARD SPA OPENING TIMES

Monday - Sunday 7:00am - 8:30pm

TREATMENT TIMES AVAILABLE

Monday - Sunday 9:45am - 5:45pm

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RUSHTON HALL

HOTEL & SPA

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