

# Fishmore Hall







# Introduction

Welcome to Fishmore Hall, the privately-owned boutique Shropshire country house hotel overlooking the charming town of Ludlow, and with unrivalled views over stunning Shropshire countryside. SPAshell is nestled in the gardens of Fishmore Hall offering a collection of wellness spa treatments from Elemis.

Our team of experts will personalise your experience with one of our luxury hands-on holistic treatments or more advanced treatments for performance results.

During your visit take advantage of our thermal cabins and the outdoor cedar wellness pool. Then sit in the lounge and enjoy the relaxing calm of the SPAshell.



# FACE

The hands of one of our highly trained therapists are profoundly effective for creating rebalancing. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

ELEMIS Pro-Collagen Age Defy  
55 minutes £75

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger-looking skin.

ELEMIS Pro-Definition Lift and Contour  
55 minutes £75

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extracellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS Dynamic Resurfacing Precision Peel  
55 minutes £75

Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS Superfood Pro-Radiance  
55 minutes £65

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

## MEN: TOUCH

ELEMIS High Performance Skin Energiser  
55 minutes £65

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

## BIOTEC MEN FACE

ELEMIS BIOTEC Super-Charger for Men  
55 minutes £75

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.



# BIOTEC FACE

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Visibly healthy, nourished and energised skin. To achieve the best results, we recommend a course of treatments.

ELEMIS BIOTEC Line Eraser  
*55 minutes* **£85**

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven\* facial treatment that effectively irons out wrinkles and fills out lines.

ELEMIS BIOTEC Firm-a-Lift  
*55 minutes* **£85**

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

ELEMIS BIOTEC  
Anti-Pigment Brightener  
*55 minutes* **£80**

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discoloration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveals a youthful and translucent complexion.

ELEMIS BIOTEC Skin Resurfacer  
*55 minutes* **£80**

This revolutionary clinically proven\* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

ELEMIS BIOTEC Radiance Renew  
*55 minutes* **£75**

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

ELEMIS BIOTEC Blemish Control  
*55 minutes* **£75**

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

ELEMIS BIOTEC  
Sensitive Skin Soother  
*55 minutes* **£75**

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.



# LAVA SHELL<sup>®</sup> MASSAGE

Lava Shells<sup>®</sup> are the world's first self-heating massage tool. A patented, natural, biodegradable heat technology provide a continuous and seamless body massage. Due to the Lava Shells<sup>®</sup> unique shape and angles they become an extension of the therapist's hands, deploying deeply therapeutic relief to where it is needed.

Lava Shell<sup>®</sup> Thermal  
Relax Experience

*55 minutes*

*£65*

This unique signature treatment for the SPAShell uses the Hot Lava Shell massage to create a sense of deep relaxation. The result is sparkling vitality with the added bonus of intensely hydrated skin.

Lava Shell<sup>®</sup> Thermal  
Rescue Experience

*55 minutes*

*£65*

This unique massage uses the Hot Lava Shells and is a signature treatment for the SPAShell. This treatment works deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.



These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester gently.

ELEMIS Peaceful Pregnancy  
Massage

*85 minutes*

*£90*

Performed on a pear-shaped beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

Lava Mama

*55 minutes*

*£65*

The indulgent and truly nurturing Lava Mama Body Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind. During the massage, the shells are worked over the back, neck and shoulder area to ease away all tension, knots and stress. This is followed by a wonderfully tranquil massage on the bump, palms, arms, feet and legs in slow deep moves to warm and de-stress.

# MASSAGE

Experience the benefits of touch and put the world on hold whilst enjoying an unforgettable full body massage. In our hands you will be left feeling relaxed and rejuvenated. Your therapist will help you choose your favourite Elemis essential oil blend to relax, energise or destress then we'll tailor the massage to meet your wellbeing desires.

Back Neck & Shoulder Massage  
a firm favourite for relaxation

*25 minutes*

*£45*

Melt away any tensions and embrace relaxation with this targeted massage. Using one of our blended essential oils, selected to suit your mood, we will help restore balance and harmony back to both mind and body, promoting a sense of well-being.

ELEMIS Garden of England Rose  
Restore Massage

*55 minutes*

*£65*

Take a walk in an English rose garden with this lavishly hydrating massage and micro wrap. The unique trio of Rose, Camelina and Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.

ELEMIS Hot Mineral  
Energising Body Boost

*55 minutes*

*£65*

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

ELEMIS Full Body Massage

*55 minutes*

*£65*

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.



# BODY: SCRUBS AND WRAPS

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

ELEMIS Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani

55 minutes £65

The velvety texture of the 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

25 minutes £45

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

ELEMIS Thousand Flower Detox Wrap

55 minutes £65

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

ELEMIS Targeted Toning Tightener

85 minutes £90

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven\* to reduce the appearance of cellulite after just one treatment.





# MANICURE & PEDICURE

Love the nails you were born to have. From nail file to top coat, and everything in between. Jessica nail care products are an award winning collection of treatments that will create the ideal finish for your hands and feet.

## Jessica Luxury Manicure

*45 minutes*

*£45*

Nails are shaped and buffed to perfection! Indulge your nails in Jessica Nail's luxurious colours for instant glamour. Perfect for great looking nails on the go! With every treatment we will give you the polish of your choice to take home.

## Jessica Luxury Pedicure

*55 minutes*

*£55*

A speedy treat for those hard working feet! Revive tired looking feet and toes with the Jessica Spa Pedicure, designed to make the best of your feet when time is of the essence. With every treatment we will give you the polish of your choice to take home.

## Mii Makeup lesson

*55 minutes*

*£65*

Our expert therapist will create a look that is uniquely, completely, unmistakably you, so that when you look in the mirror, you can say... that's Mii. With skin loving formulas, thirteen tailored brushes and a 100% pure mineral line, Mii has set its sights on ensuring that you are filled with the confidence that every makeup decision will be the right one. We will give a £25.00 voucher with every Mii makeup lesson.

# YOUR VISIT

We thank you for making a space in your life for us. So we can make your experience with us special and complete we would ask that you join us 15 minutes before your treatment. We will give you a robe, towel and slippers for your time with us and these can be purchased if you would like to take home a memory.

A charge of £15 is applicable if you would like to use the SPAshell facilities. For all guests having treatments over £60 these are included.

On your arrival you will be greeted by one of the team who will organise a complimentary glass of mineral water or herbal tea. They will then give you a personalised tour of the Spa so that you can make the most of your visit with us.

Leave the outside world behind. We ask that you leave your mobile phone switched off at all times. We want to make you look and feel as young as possible; if you are under 16 you will not need our help.

## **Dress**

We think you are beautiful but ask that in the wet areas and for treatments you wear appropriate clothing. Your therapist can help with selecting the right attire.

## **Treatment bookings**

A 50% deposit is required to secure your booking. This deposit is non-refundable. However, this may be waived if you reschedule your appointment within 2 weeks of cancellation.

## **Group bookings**

We hope you will bring some friends to experience the Spa. To confirm your booking, we ask for a 50% deposit.

We invite you to create your own Fishmore Hall Spa experience so if you would like any special essentials like a glass of fizz or birthday cake we will be delighted to discuss how to make your day even more special.

## **Opening Hours**

Monday - Friday	10.00 - 20.00
Saturday - Sunday	10.00 - 18.30





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