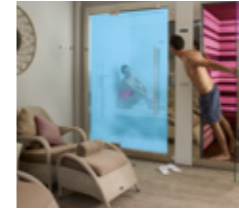




fishmore hall





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.



FISHMORE HALL SIGNATURE TREATMENTS

Garden of England Restore Massage

55 minutes £75

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

Hot Mineral Body Boost Massage

55 Minutes £75

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.

Signature Treatment

105 minutes £135

This dual treatment offers the ultimate experience, combining a tailored facial with a personalised deep tissue massage

Top To Toe Treatment

105 minutes £135

The monoi oil offers intense hydration to quench thirsty skin, you are kept cocooned and warm while you enjoy a renewal facial finished with a relaxing foot ritual leaving you feeling refreshed and rebalanced.

Back Ritual

45 minutes £60

Relax with a back cleanse and tailored back neck and shoulder massage followed by a back exfoliation and a purifying mask.

Best Foot Forward

25 minutes £50

Take a load off with this foot focused tension releaser, lower legs and feet are massaged thoroughly, feet are left nourished soft and smooth



f i s h m o r e h a l l

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.

Elemis Full Body Massage

55 minutes £75

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.

Back Neck & Shoulder Massage

25 minutes £50

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 Peaceful Pregnancy Massage

85 minutes £120

An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby. Mothers-to-be are restored to optimum wellness.

Elemis Scalp Massage

25 minutes £50

Induce a deep state of relaxation, drift away in sheer bliss while enjoying a deep scalp massage.

Elemis Couture Touch

55 minutes £75

Elemis hands on facial with a personalised freestyle deep tissue back massage



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.

Pro-Glow Renewal Facial

55 minutes

£80

FOR GORGEOUS GLOWING SKIN

signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.

Pro-Glow Brilliance Facial

55 minutes

£80

YOUR RECIPE FOR RADIANCE

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy transformative results for younger-looking skin.

Pro-Glow Resurface Facial

55 minutes

£ 80

RESURFACING FOR STUNNINGLY SMOOTH SKIN

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

Pro-Glow Smooth Facial

55 minutes

£80

THE HIIT WORKOUT FOR YOUR SKIN

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

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.

BioTec Pro-Glow Renewal Facial

55 minutes

£90

FOR A HEALTHY, GORGEOUS GLOW

signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, lit-from-within glow. After just one treatment, skin looks visibly refreshed and rebalanced.



BioTec Pro-Glow Brilliance Facial

55 minutes

£ 90

YOUR RECIPE FOR RADIANCE

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin. Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing

BioTec Pro-Glow Resurface Facial

55 minutes

£90

REVEAL STUNNINGLY SMOOTH SKIN

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines. Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear.

BioTec Pro-Glow Smooth Facial

55 minutes

£90

THE HIIT WORKOUT FOR YOUR SKIN

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.



SENSORY RETREATS LAVA SHELL[®] MASSAGE

Sensory Retreat Lava Shells[®] 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 Sensory Retreat Lava Shells[®] unique shape and angles they become an extension of the therapist's hands, deploying deeply therapeutic relief to where it is needed.

Sensory Retreat Lava Shell[®]
Thermal Relax Experience

55 minutes £80

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.

This thoroughly researched and carefully formulated treatment has been designed to nurture and support a woman through the rich experience of each trimester gently.

Sensory Retreats Lava Muma Massage

55 minutes £80

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 scalp, palms, arms, feet and legs in slow deep moves to warm and de-stress.



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 Frangipani Body Nectar
Nourishing Wrap

55 minutes £75

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 Frangipani intensely
Cleansing Salt Scrub

45 minutes £60

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.



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

55 minutes

£50

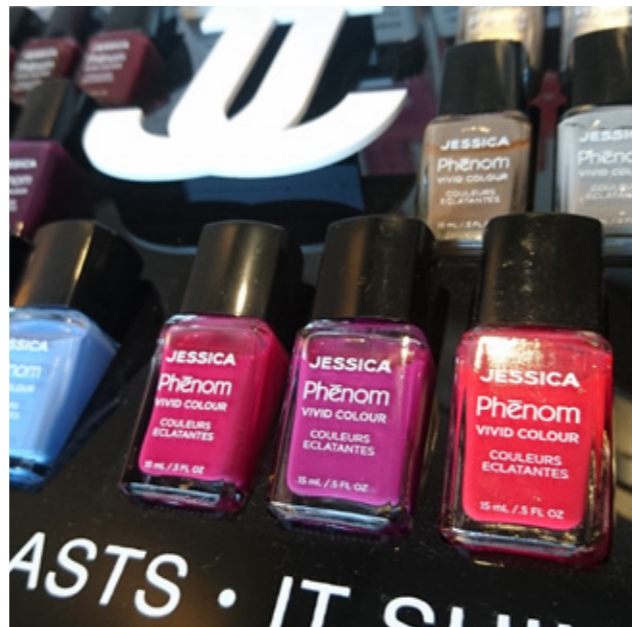
Nails are shaped and buffed to perfection! Indulge your nails in Jessica Nail's luxurious colours for instant glamour. Perfect for great looking nails on the go! With every treatment we will give you the polish of your choice to take home.

Jessica Luxury Pedicure

55 minutes

£60

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



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 spa facilities. For all guests having treatments over £70 these are included.

On your arrival you will be greeted by one of the team who will organise a complimentary glass of mineral water. 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. Maximum group size of four guests. For groups over four, please contact us for details of Exclusive Use.

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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