

unwind
relax
indulge
time to spa



the
ro
spa



Walk into a world of complete sensory heaven where time is left at the door and a new journey begins.



Each of our unique spa therapies begins with **the welcome touch**, a warm aromatic compress on your feet, a cleansing ritual to remove the urban environment, focus your senses and centre your thoughts.

Your journey continues through **the cultural touches**, a sequence of movements influenced and inspired by an exotic blend of cultures and techniques.

Your spa therapy ends with **the awareness journey**, the final caressing touch from your therapist to bring your body and mind's awareness back together as one.

Rediscover your senses, rest your mind and breathe freely as you step into our temple of touch and exquisite aromas at The Roe Spa.



face

Facials

Elemis Taster Facial **30 mins** **£32.50**
This introductory skin will give a quick and instant pick-me up for dull, lifeless skin. The perfect way to experience a taste of the world renowned Elemis Facials, as well as an excellent pre-make-up facial for that very special occasion.

Elemis Skin Specific Facials

Elemis Fruit Active Glow **60 mins** **£50.00**
For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions. Skin is deeply cleansed and stimulated by specialist eastern massage techniques, whilst powerful skin conditioning actives nourish and renew vital radiance.

Elemis Exotic Moisture Dew **60 mins** **£50.00**
For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect. Following a deep cleanse and nourishing facial massage, the skin is fed with moisture loving actives that will bring back that healthy, dewy look to the skin.

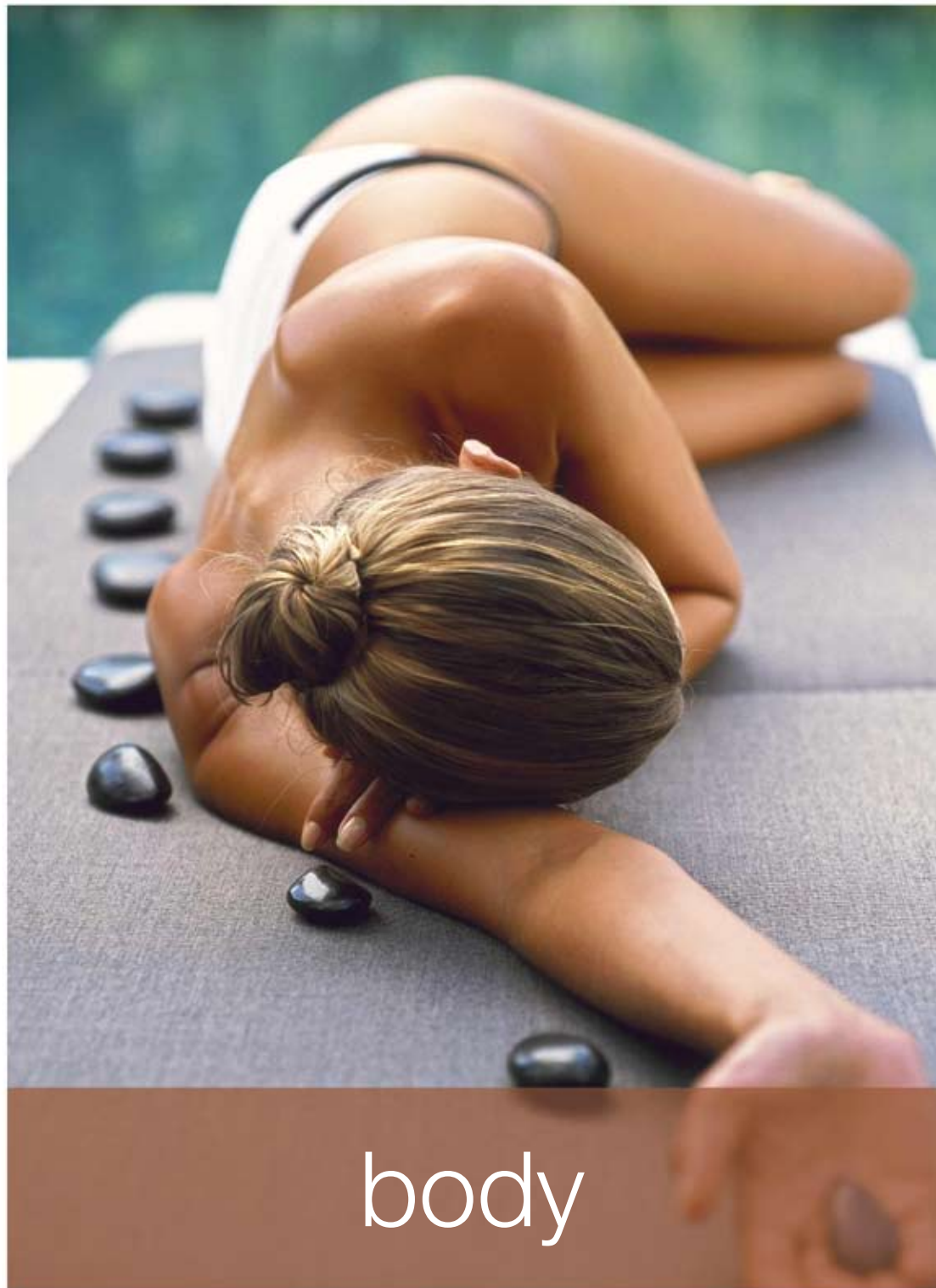
Elemis Herbal Lavender Repair **60 mins** **£50.00**
For perfect restoration of skin balance, this facial helps to heal and repair oily and congested skin. Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Elemis Tri-Enzyme Resurfacing Facial **60 mins** **£65.00**
Reduce the appearance of uneven pigmentation, acne and superficial scarring, fine lines and wrinkles. Precision layering of 3 targeted enzymes to resurface the skin and safely and effectively remove 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. Resurfaces the skin by up to 75% and increases skin smoothness by up to 32% after just one treatment.

Advanced Anti-Ageing Facials

Elemis Visible Brilliance Facial **75 mins** **£70.00**
To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this Anti-Ageing facial instantly firms, rejuvenates and plumps up the skin, whilst reducing dark circles from around the eye contour. Moisturisation levels of the skin are proven to increase by up to 38% and elasticity by 28% after just 1 treatment.

Pro-Collagen Quartz Lift Facial **75 mins** **£70.00**
Anti-Wrinkle Facial with Proven Results
This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.



Massage Therapies

Elemis Deep Tissue Back Massage 30 mins £40.00

Elemis Deep Tissue Full Body Massage 60 mins £60.00

Submit your body to a vigorous workout of deep rhythmic pressure massage. Focused on relieving specific stress and muscle tension, this powerful, customised massage, uses dynamic blends of essential oils to suit your individual needs.

Traditional Swedish Back Massage 30 mins £35.00

Traditional Swedish Full Body Massage 60 mins £55.00

Help yourself with some healing hands to revive your body by manipulation of the muscles for lymphatic drainage, muscle tension and sheer relaxation. Repeated treatments dramatically increases vitality and flexibility through increased blood flow.

Couples Massage for Two 60 mins £115.00

Enjoy a full body massage in the same room at the same time. Each client will have their own therapist for the duration of the treatment. Side by side in sweet harmony.

Traditional Head, Neck & Shoulders Massage 30 mins £35.00

Maximum tension-relieving results for those with minimal time. Specifically targeting the head, shoulders and neck areas, this powerful massage is focused where you need it most. Can be combined with Elemis facials as a pre-facial relaxer!

Foot & Ankle Massage 30 mins £30.00

Sit back and put your feet up and relax as we ease away the tension in those tired toes and banish the stress on those aching feet with a series of massage techniques, leaving you with floating feet!

Advanced Massage Therapies

Elemis Hot Stone Back Massage 30 mins £40.00

Elemis Hot Stone Full Body Massage 60 mins £70.00

Harnessing ancient healing powers for a completely new body experience. Hot Basalt stones are placed on key energy points, while signature massage techniques are combined with luxuriously warmed oils to deeply relax and rebalance the mind and body.

Elemis Nurturing Massage for Mother-to-be 75 mins £75.00

Combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialised positioning and unique Elemis methods are used to ensure the ultimate in comfort and relaxation, relieving tension in the back and alleviating swelling in the hands and feet.

Alternative Therapies

Reflexology 60 mins £57.50

Therapeutic pressure point massage working on reflex zones of the feet which correspond to different parts of the body. Stimulating these reflexes can help many health problems in a natural way. Restores natural balance and harmony. Heavenly!

Indian Head Massage 30 mins £37.50

Indian Head Massage is the ancient form of head, neck and shoulders massage to relieve tension and stress. It is used to stimulate or sedate the nervous system and is excellent for relieving migraines.



cleanse

Detox

Elemis Aroma Spa Ocean Wrap	45 mins	£45.00
(Includes 30 minute massage)	75 mins	£65.00
(Includes 60 minute full body massage)	105 mins	£90.00

Seaweed wrap treatments detoxify and deep cleanse the body inside and out. Let your thoughts drift away, whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment.

Musclease Aroma Spa Ocean Wrap: a warming blend of Pine and Rosemary help ease the pains of rheumatism, arthritis and fatigue.

Cellutox Aroma Spa Ocean Wrap: a detoxifying blend of Juniper and Lemon decongest and stimulate the body's systems. Improve the dimpled appearance of cellulite and reduce fluid retention.

Elemis Body Sculpting Cellulite and Colon Therapy	60 mins	£65.00
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Redefine and smooth your silhouette. Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

Exotics

The Roe Spa Exfoliation	30 mins	£37.50
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An indulgent exfoliator is gently massaged into the skin, removing any traces of dead cells, the oils are released leaving the skin glowing and feeling like silk.

Exotic Lime and Ginger Salt Glow	45 mins	£50.00
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An exotic exfoliation ritual to invigorate and revitalise the body. Elemis Exotic Lime and Ginger Salt Glow deep cleanses, polishes and softens to perfection, while Exotic Island Flower Body Lotion leaves the skin glowing and vibrant, replenished and flawless.

Exotic Coconut Rub and Milk Ritual Wrap	45 mins	£50.00
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A traditional Balinese ceremony of pure sensuality to tantalise and delight! This opulent exotic wrap is excellent for skin smoothing and softening, all combined with a facial pressure point massage and de-stress scalp treatment to stimulate the senses.

Exotic Frangipani Body Nourish Wrap	45 mins	£50.00
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This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic, aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi used in this wrap, providing the ultimate radiance, vitality and all over body glow.

Sole Delight Foot Ritual	30 mins	£35.00
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A sensory experience for your feet, which promises to leave you walking on cloud nine! Warm aromatherapeutic oils nourish and condition your feet and nails, leaving a rich and healing action on your skin.

Exotic Hand Ritual	30 mins	£35.00
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Pure pampering for your hands and nails to restore beauty and suppleness. Cuticles and nails are nourished with warmed aromatherapy oils, whilst the sublime sensation of the Elemis Skin Nourishing Milk Bath lavishes its richness for beautifully smooth, soft hands.

Exotic Rasul for one	45 mins	£37.50
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Exotic Rasul for two	45 mins	£55.00
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Enter into the Exotic Rasul steam chamber to take part in a traditional Arabian cleansing ritual. Apply the mineral enriching 100% Natural Green Clay mask to the body, whilst gently inhaling the steam infused by pure herbs. Helps to cleanse the respiratory system, smooth the skin and detoxify the body, whilst revitalising your chi energy. To complete the ritual simply relax as you gently wash the mud away with the internal showers, as every last drop of tension in your soul disappears.

Bathing Ceremonies

Detox Ocean Bath 20 mins £30.00
Discover the healing and energising effects of seawater, combined with the powerful detoxifying synergy of Juniper, Lemon, Sea Fennel and Sea Buckthorn Essential Oils. Renew your sense of wellness and vitality as you escape from the world.

Exotic Enriching Milk Bath 20 mins £30.00
Rediscover the child within yourself as you are immersed in the sweet richness of our Exotic Enriching Milk Bath! Just as Cleopatra loved to bathe in milk, now you too can indulge in this pleasure. You will emerge drenched with moisture, feeling sensuous and smelling wonderfully aromatic. Pure bliss!

Exotic Floral Medley Bath 20 mins £30.00
A beautiful, romantic and sensual bathing experience to scent and nourish your skin. We promise that as you float in the water your senses will be delighted by the aromas of Lavender, Mint, Chamomile or Maracuja.

Warming Ocean Bath 20 mins £30.00
Inspiring dreams to the sound of the sea. This bath combines the healing and energising effects of seawater with a powerful muscle warming synergy of Pine, Rosemary, Sea Fennel and Sea Buckthorn Essential Oils. Relax and renew your sense of wellness.

Face and Body Rituals

Elemis Spa Ritual 105 mins £99.00
From the soles of the feet to the crown of the head, this is the ultimate skin therapy. Choose from one of the unique Elemis Advanced Anti-Ageing Facials and combine it with the powerful effects of the Elemis Deep Tissue Back Massage. For dramatic results instantly!

Top to Toe 120 mins £95.00
Elemis Skin Specific Facial with a Traditional Swedish Full Body Massage.

The Roe Ritual 90 mins £85.00
Head, Neck and Shoulders Massage with a Foot & Ankle Massage & a Mini Facial.

The Roe Sensation 60 mins £65.00
A Hot Stone Massage coupled with an Elemis Taster Facial.

The Roe Taster 60 mins £55.00
An Elemis Taster Facial along with a Traditional Swedish Back Massage.

The Roe Radiance 60 mins £55.00
A Head, Neck & Shoulder Massage coupled with a Jessica Express Manicure.

The Roe Spa Trilogy 50 mins £55.00
An Exfoliation followed by an Aromatherapy Steam Shower and finished off with an Exotic Floral Medley Bath Ceremony.

* Please refer to our Day Spa Packages for longer treatment combinations.



Hands, Feet and Essential Touches

Jessica Deluxe Manicure 60 mins £35.00
This luxury Spa Manicure examines and treats nails for their specific type. Hands are exfoliated and cuticles are treated with oils, creams and the use of heated mitts. The nail shape is perfected and treatment basecoat applied making nails stronger, more flexible and less prone to breaking, finishing with the perfect polish.

Jessica 'Zen Spa' Pedicure 60 mins £45.00
Relax your tired, aching feet with this luxurious Zen Spa experience of pure botanical and aromatic essences. Refreshes, restores, moisturises and revives the feet, including exfoliation, a nourishing footbath, heated boots, foot and leg massage, nail shape, cuticle care and nail paint. Choose a polish from a wide range of colours, for the finishing touch to your 'Zen Spa' pedicure.

Jessica Express Manicure 30 mins £27.50
A basic manicure including file, cuticle care, nail shape and polish application.

Jessica Express Pedicure 30 mins £35.00
A basic pedicure including file, cuticle care, nail shape and polish application.

File & Polish 15 mins £10.00

GELeration Nails

The beauty of Jessica in a Gel. With the health of the natural nail in mind, GELeration's gel formula delivers a long lasting finish that's dry in seconds, protects and strengthens. This new Gel polish from Jessica is popular with all the celebrities and gives a fabulous, flawless brilliant colour that can last up to 2 weeks. If you have not already tried our new long lasting Gel polish.....now is the perfect opportunity!!

GELeration Nail Shape and Polish 45 mins £30.00

GELeration Manicure 60 mins £40.00

GELeration Pedicure 60 mins £50.00

*Add on a French Polish to any of the above 10 mins £2.50

Waxing

Full Leg and Bikini £25.00 Underarm £8.00

Full Leg £22.00 Lip Wax £6.00

Half Leg £14.00 Upper Lip & Chin £9.00

Bikini Line £8.50 Eyebrow £6.00

Advanced Bikini Line £25.00 Men's Chest or Back £18.00

Eye Care

Eyelash Tint £7.00 Eyelash & Eyebrow Tint £11.50

Eyebrow Tint £6.00 * 24hr patch test required for all tinting

Blink & Go Lash Extensions 30 mins £30.00

Transform your eyes in just minutes with thick luscious lashes that last up to an amazing 2 weeks. Professional removal of our Lashes is complimentary. An Eyelash Tint may be added if required.

Blink & Go Strip Lashes with application 15 mins £10.00

Make-up/Spray Tan

Make-Up Application £15.00

Jane Iredale mineral cosmetics are an award winning brand. All products are hypoallergenic and dermatologist tested confirming they are non-irritating so even the most sensitive skins can use this makeup with confidence.

Bridal Make-Up (Includes Trial) £25.00

Make-Up Lesson £20.00

Spray Tan Full Body £25.00

With Exfoliation £35.00





total time out

Men's Treatments

- Elemis Total Time Out** 120 mins **£85.00**
Achieve the ultimate goal for complete skin, body and lifestyle management. Select either the rejuvenating or moisturising power-packed facial and combine it with the dynamic and immediate relief of the Elemis Deep Tissue Muscle Massage. Total Time Out!
- Deep Tissue Back Massage** 30 mins **£40.00**
Deep Tissue Full Body Massage 60 mins **£60.00**
Submit your body to a vigorous workout of deep rhythmic pressure massage. Focused on relieving specific stress and muscle tension, this powerful, customised massage, uses dynamic blends of essential oils to suit individual needs.
- Traditional Back Massage** 30 mins **£35.00**
Traditional Full Body Massage 60 mins **£55.00**
Help yourself with some healing hands to revive your body by manipulation of the muscles for lymphatic drainage, muscle tension and sheer relaxation. Repeated treatments dramatically increases vitality and flexibility through increased blood flow.
- Traditional Head, Neck & Shoulders Massage** 30 mins **£35.00**
Maximum tension-relieving results for those with minimal time. Specifically targeting the head, shoulders and neck areas, this powerful massage is focused where you need it most. Can be combined with Elemis facials as a pre-facial relaxer!
- Foot & Ankle Massage** 30 mins **£30.00**
Sit back and put your feet up and relax as we ease away the tension in those tired toes and banish the stress on those aching feet with a series of massage techniques, leaving you with floating feet!
- Men's Skin Rejuvenating Facial or Back Facial** 60 mins **£50.00**
This facial helps to heal and repair oily and congested skin. Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts. This treatment is suitable for face or back.
- Men's Moisturising Facial** 60 mins **£50.00**
Following a deep cleanse and nourishing facial massage, the skin is fed with moisture loving actives that will bring back that healthy, dewy look to the skin. This thirst-quenching facial is perfect for dry skin conditions.
- Men's Spa Pedicure** 45 mins **£37.50**
Includes a footbath soak, cuticle care, enzyme scrub, natural salt scrub, nail shaping and massage.
- Men's Spa Manicure** 20 mins **£25.00**
A Manicure to include nail shaping and nail care along with a hand massage.

**All our treatments listed in this brochure are adaptable and suitable for our male clientele.*





pamper

Day Spa Packages

All Day Spa Packages include:

Time in Aqua Meditation Chamber, full use of Relaxation Facilities and Refreshment Facilities.
 Full use of Leisure Facilities - Heated Leisure Pool, Sauna, Steam Room and Jacuzzi.
 Also use of robe and slippers whilst here at The Roe Spa.

The Roe Retreat

3 & 3/4 hours of Regeneration and Revitalising
 Exotic Floral Medley Bath Ceremony
 Full Body Exfoliation
 Traditional Swedish Full Body Massage
 Elemis Advanced Anti-Ageing Facial
 Sole Delight Foot Treatment
 Per person..... **£195.00**

Just for Ladies

3 & 3/4 hours of Pampering and Restoring
 Full Body Exfoliation
 Elemis Skin Specific Facial
 Jessica Zen Spa Pedicure
 Jessica Deluxe Manicure
 Per person..... **£145.00**

Mother-to-be Ritual

2 & 3/4 hours of Pampering and Relaxation
 Exotic Enriching Milk Bath Ceremony
 Nuturing Massage for Elemis Mother-to-be
 Jessica Zen Spa Pedicure
 Per person..... **£135.00**

The Detox Experience

2 & 1/4 hours of Healing and Restoration
 Full Body Exfoliation
 Detox Ocean Bath Ceremony
 Aroma Spa Ocean Wrap
 Traditional Swedish Back Massage
 Per person..... **£125.00**

Recovery for Men

2 hours of Refreshment and Vitality
 Warming Ocean Bath Ceremony
 Full Body Exfoliation
 Elemis Hot Stone Full Body Massage
 Per person..... **£115.00**

The Couples Indulgence (Based on two persons sharing)

2 1/2 hours of Rejuvenation and Relaxation
 Exotic Rasul for Two
 Couples Massage
 Sole Delight Foot Treatment
 Per person..... **£95.00**

For the Girls

1 & 3/4 hours of Fun and Pampering
 Elemis Taster Facial
 Jessica Express Manicure
 Jessica Express Pedicure
 Per person..... **£85.00**



fairways

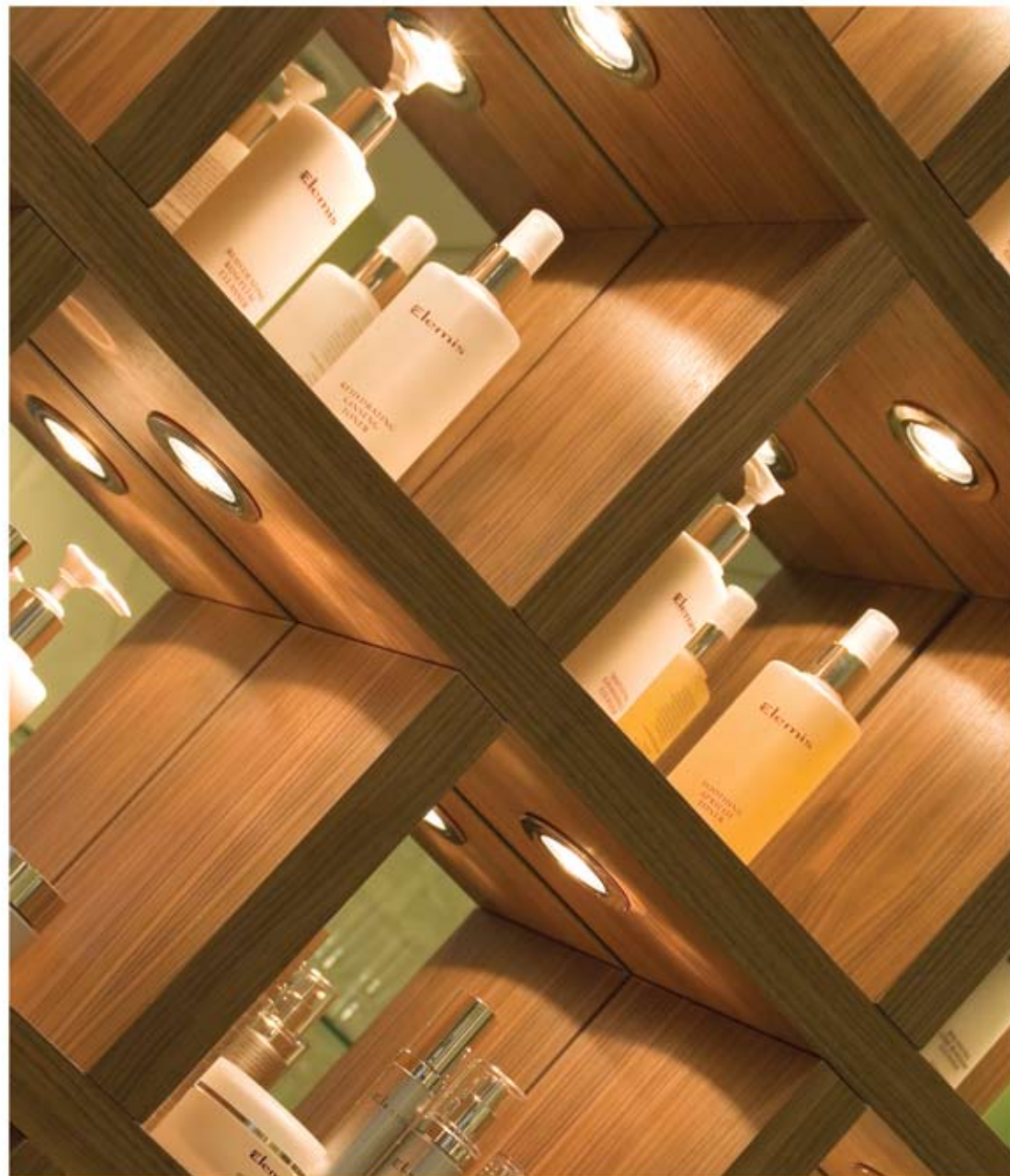
HEALTH CLUB

All spa guests have complimentary use of the Fairways Health Club during their visit.

- State of the art gymnasium
- Heated Leisure Pool
- Kiddies Pool
- Jacuzzi
- Sauna & Steam Suite
- Hydrojet Seating Area

All members of Fairways Health Club get 20% off services at The Roe Spa.





homecare

Useful information

Arrival Time - It is required that you arrive 15 minutes prior to your first treatment. This will allow the therapist to carry out a consultation for the treatments booked, and time to relax.

Booking Information - We recommend that you call in advance to book treatments as your specific requirements may not be available on the day.

Cancellations - If you need to cancel your scheduled treatments please give 48 hours notice. If you cancel between 48 hours and 24 hours in advance we will require a 50% of the booked treatment costs. Cancellations later than this and no shows will be charged in full.

Check In - Please come to the reception desk at the Roe Spa.

Children - We have a minimum age of 16 years due to the active nature of our products. No children are allowed in the Spa. This is an adult only zone.

Etiquette - As a courtesy to other clients and to preserve the ambience we request that you switch off mobile phones when entering premises.

Gift Vouchers - A gift of a Spa Treatment to the one you love or indeed anyone is greatly appreciated. Please let our reception know and we will arrange the appropriate gift certificate.

Late Arrival - Please understand that late arrival for appointments will result in forfeit of the time for your treatment and will be charged at the full price.

Mail Order - To bring the Roe Spa experience into your home all of our Signature Products are available by mail order. Simply call 028 7776 2929 and your order will be shipped immediately. Postage will be free of charge to anywhere in UK and Ireland.

Medical Conditions - A therapist will complete an assessment prior to some treatments which are contra indicated for certain conditions. We are specifically targeting pregnancy, high and low blood pressure, heart problems, skin disorders and diabetes. If you have concerns please let us know at the time of booking.

Men's Face Treatments - It is recommended that men shave no longer than two hours prior to any facial treatments.

Parking - Complimentary parking is available in the main Resort Car Park situated beside the Golf Academy.

Payments - Full Payment is required at the time of booking for treatments in excess of three hours. Credit Card details will be required.

Prices and Treatments - Prices and details of treatments are correct at the time of going to print. Management reserves the right to alter or amend any of the details or prices at any time without prior notice.

Treatment Adjustments - This is your treatment and we would like you to enjoy it. If you would like the room temperature adjusted or a change in the amount of pressure during your massage please let your therapist know.

Treatment Hours - The Roe Spa is open 7 days a week.

Valuables - We recommend that you do not bring any valuables on your visit to the Spa. The nature of treatments means your belongings may be left unattended and we accept no responsibility for losses from lockers.

What to bring - We provide robes, towels, slippers and disposable underwear. Gentlemen will be required to wear swimwear / underwear during treatments.



Shop online for all your Spa products and Gift Vouchers at
www.RadissonRoePark.com

treatment suites
bathing ceremonies
exotic rasul
pedicure suite and nail clinic
aqua meditation chamber
relaxation suite
refreshment centre
sauna and steam suite
jacuzzi
heated leisure pool
gymnasium

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