



# THE *Revival* ZONE



GISBOROUGH HALL



[www.gisborough-hall.com](http://www.gisborough-hall.com)

## Contraindication Key & Important Information

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**The Revival Zone treatment rooms are hidden in a quiet nook of Gisborough Hall; a sanctuary to rest, relax and revive.**

**Our face and body treatments and therapies have been created to promote balance and well-being using Elemis products and our range of beauty treatments have been selected to help enrich the way you look and feel from head to toe. Let our experienced therapists ease stress, soothe tired muscles, and pamper you.**

It is your responsibility to ensure the treatments you select are suitable for you. Some treatments may not be suitable for you if you have a health condition/s or if you are pregnant. Please refer to the contraindication key below if you have a health condition/s or if you are pregnant.

Treatment not suitable for you if a symbol from the below list is shown within a treatment description.

Symbol	Not suitable for those with the following health conditions
H	Heart Condition/ Circulatory Disorders/Respiratory Conditions
D	Type 1 Diabetes
B	Back problems
R	Recent operations (within the last 6 months in the area being treated)
P	1st Trimester of pregnancy or within 6 weeks of birth (No Biotec, oncology treatments, or eye treatments during pregnancy)
M	Prescribed medication by your doctor (some are ok, check at time of booking)
C	Diagnosed as having cancer or are undergoing chemotherapy or radiotherapy
A	Have known allergies/Skin diseases
PP	Metal Pins/plates implants in the face
L	Lymphedema

If you have any health concerns, please consult your GP prior to your visit. Some treatments can take place if the condition is medicated for example high blood pressure.

You will be asked to complete a health questionnaire on arrival to your treatment.

On occasion we may require a doctor's note for the treatment to be performed.

During pregnancy a midwife note is required and must state you are fit and are not high dependency.

Please check at time of booking if you are unsure.

Allergies

Please advise at the time of booking if you have any allergies or intolerances.

Adverse reactions

Some of our body massages work deep into the muscles and as a result may cause some soreness or discomfort during or after the treatment and in some cases, may leave a temporary mark or bruise.

Cancellation policy

A non-refundable deposit will be required at the time of booking.

Should you need to cancel your treatment you must do so at least 24 hours prior to your treatment, after this time full payment will be required. Should you need to cancel a revival package you must do so at least 72 hours prior to your treatment, after this time full payment will be required.

## Treatment combinations

	Contraindications	Time	Price
<b>RENEWAL DUO</b>	H / D / B / R / P / M / C / A	2hr	£135
• One hour ELEMIS EXPERT™ Touch Facial			
• One hour full body massage			
<b>RELAXING DUO</b>	H / D / B / R / P / M / C / A	1hr	£70
• Relaxing back, neck and shoulder massage - a relaxing massage targeting the back, neck and shoulders, to relax the mind and body, providing a sense of wellbeing (30 minutes)			
• Face and scalp massage - time to switch off, relax and unwind (30 minutes)			
<b>SOOTHING DUO</b>	H / D / B / R / P / M / C / A	1hr	£70
• ELEMIS EXPERT™ Touch Facial (30 minutes)			
• Lower leg and foot massage, relax and unwind. (30 minutes)			
<b>REVIVAL DUO</b>	H / D / B / R / P / M / C / A	1hr	£80
• ELEMIS EXPERT™ Touch Facial (30 minutes)			
• Back, neck and shoulder massage			



## Treatment combinations

	Contraindications	Time	Price
<b>HOLIDAY READY PACKAGE</b>	H / D / A / M / R	1hr 45 mins	£105
• Express gel manicure (30 minutes)			
• Express gel pedicure (30 minutes)			
• Half leg wax (30 minutes)			
• Bikini line wax (30 minutes)			
<b>PARTY READY TRIO</b>	R / A	1hr 30 mins	£90
• Express gel manicure - file and gel polish. (30 minutes)			
• Express gel pedicure - file and gel polish. (30 minutes)			
• Sienna x spray tan (30 minutes)			
<b>RELAXING TRIO</b>	H / D / B / R / P / M / C / A	1hr 30 mins	£110
• Back, neck and shoulder massage (30 minutes)			
• ELEMIS EXPERT™ Touch Facial (30 minutes)			
• Lower leg and foot massage (30 minutes)			

\* See contraindications for individual treatments

## Revival Packages

	Contraindications	Time	Price
<b>REVIVAL RETREAT PACKAGE FOR TWO</b>	H / D / B / R / P / M / C / A	£140 per couple	
• Back, neck and shoulder massage (30 minutes) • Traditional afternoon tea served with a glass of Bucks Fizz			
<b>MIND, BODY &amp; SOLE HALF DAY PACKAGE</b>	H / D / B / R / P / M / C / A	£165 per person	
• ELEMIS EXPERT™ Touch Facial (1 hour) • Back, neck and shoulder massage (30 minutes) • Foot massage (15 minutes) • Traditional afternoon tea with a glass of bucks fizz			
<b>BEST OF BOTH HALF DAY PACKAGE</b>	H / D / B / R / P / M / C / A	£105 per person	
• Back, neck and shoulder massage (30 minutes) • Face and scalp massage (30 minutes) • Traditional afternoon tea with a glass of bucks fizz			

## ELEMIS EXPERT™ Touch Facials

Our globally renowned, hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. This is where intuition meets expertise.

	Contraindications	Time	Price
<b>ELEMIS EXPERT™ TOUCH RENEW FACIAL</b>	A	60 mins 30 mins	£75 £45
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.			
<b>ELEMIS EXPERT™ TOUCH REVEAL FACIAL</b>	A	60 mins 30 mins	£75 £45
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.			
<b>ELEMIS EXPERT™ TOUCH NOURISH FACIAL</b>	A	60 mins 30 mins	£75 £45
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.			
<b>ELEMIS EXPERT™ TOUCH DEFINE FACIAL</b>	A	60 mins 80 mins	£85 £100
Energise, rejuvenate & sculpt			
This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.			

For the ultimate facial experience, we recommend choosing our 80 min option.

## ELEMIS EXPERT™ Tech Facials

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works in combination with the therapist to turbo-charge your facial results.

	Contraindications	Time	Price
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**ELEMIS EXPERT™  
TECH LIFT + REJUVENATE FACIAL**

**Renew, plump & tone**

Restore your skin's 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.

**BIOTEC Technology:**

Ultrasonic Peel for glowing skin

Microcurrent to lift the skin

Oxygen Infusion to plump the skin

**ELEMIS EXPERT™  
TECH SMOOTH + POLISH FACIAL**

**Reset, resurface & brighten**

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light to re-energise and Galvanic technology to nourish, revealing bright, polished and smooth skin.

**BIOTEC Technology:**

Ultrasonic Peel for glowing skin

LED Light to re-energise the skin

Galvanic technology to restore the skin



## ELEMIS EXPERT™ Tech Facials

	Contraindications	Time	Price
<b>ELEMIS EXPERT™ TECH RADIANCE + REVIVE FACIAL</b>  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.	H / D / P / C / A / M / PP	60 mins	£80
 <b>ELEMIS EXPERT™ TECH SCULPT + FIRM FACIAL</b>  Revitalise, strengthen & define  Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 5 BIOTEC technologies for a transformative facial experience like no other. Your complexion will be left revitalised, strengthened and defined.	H / D / P / C / A / M / PP	60 mins 80 mins	£90 £110
For the ultimate facial experience, we recommend choosing our 80 min option.			
 <b>BIOTEC Technology:</b> Ultrasonic Peel for glowing skin Microcurrent to lift the skin Oxygen Infusion to plump the skin LED Light to re-energise the skin Galvanic technology to restore the skin			



## Massage

	Contraindications	Time	Price
<b>BACK, NECK AND SHOULDER MASSAGE</b>	H / D / B / R / P / M / C / A	30 mins	£40
A bespoke massage ritual for you in response to your body's needs. A personal experience targeting the back, neck and shoulders, to relax the mind and body, providing a sense of wellbeing.			
<b>FULL BODY MASSAGE</b>	H / D / B / R / P / M / C / A	1 hr	£65
A bespoke massage ritual, in response to your body's needs. A personal experience, targeting tense muscles and areas of concern. Your therapist will select a wellbeing essence according to your concerns, be that muscle pain, stress relief or pure relaxation.			
<b>FACE AND SCALP MASSAGE</b>	A	30 mins	£40
Time to switch off, relax and unwind. This treatment uses a range of relaxing massage techniques to de-stress, relieve tension and promote a sense of wellbeing.			
<b>BACK OF THE BODY MASSAGE</b>	H / D / B / R / P / M / C / A	45 mins	£55
<b>FULL BODY AND SCALP MASSAGE</b>	H / D / B / R / P / M / C / A	1hr 15 mins	£95
<b>FULL BODY, FACE AND SCALP MASSAGE</b>	H / D / B / R / P / M / C / A	1hr 30 mins	£100





**JENNIFER YOUNG**  
As Unique as You

#### JENNIFER YOUNG INDULGENT MASSAGE

Float away with this light touch indulgent massage treatment, carefully adapted by our specialist therapists to suit your individual needs and requirements. Using 100% natural oils to soothe, nourish and rejuvenate your face and body, this treatment is ideal for the most sensitive of skin. Allow the deeply restorative power of touch to bring balance, wellbeing and profound relaxation as your skin reaps the benefits of natural, luxurious oils and butters. All Jennifer Young therapies are adapted to meet your specific requirements, whether you have naturally sensitive skin, prefer 100% natural products, or have requirements resulting from treatment for cancer.

\* Suitable for people currently undergoing treatment for cancer or have had treatment for cancer in the past.

#### Jennifer Young Products

Chemotherapy and radiotherapy can take its toll on the skin, the Jennifer Young product range has been specially designed and specifically formulated with clients receiving cancer treatment in mind, using gentle, organic ingredients to safely soothe and nourish the skin. Your therapist will give you the opportunity to discuss the products after your treatment, which are available to purchase from The Revival Zone.

Contraindications	Time	Price
M / L / A	30 mins	£40
	60 mins	£65



## Revival signature treatments

	Contraindications	Time	Price
<b>RELAXING BACK CLEANSE</b> This relaxing 30-minute treatment is both deep cleansing and detoxifying. It will help clear out any blocked pores and remove impurities and imperfections from beneath the skins surface.  The massage will help improve blood circulation whilst relieving muscle tension. Your skin will be left feeling hydrated, soft and moisturised.	H / D / B / R / P / M / C / A	30 mins	£40
<b>LUXURY FACE AND SCALP MASSAGE</b> This indulgent 45-minute face and scalp massage is the ultimate relaxation. Allow your therapist to relax both the mind and body, ice globes are used to help boost circulation and bring more oxygen to the skins surface. Leaving the skin plumped, visibly brighter, calmer and contoured. Drift away with the tranquil scalp massage, the use of hands-on therapy and tools will feel like a moment of meditation transporting you to a realm of relaxation.	A / R A / R	45 mins 55 mins inc neck & shoulders	£55 £70

## Complementary therapies

	Contraindications	Time	Price
<b>SCALP MASSAGE</b> Time to switch off, relax and unwind. This treatment uses a range of relaxing massage techniques to de-stress, relieve tension and promote a sense of wellbeing.	A	30 mins	£40
<b>REFLEXOLOGY</b> Relieves stress and pain in other parts of the body through the manipulation of the feet. The pressure received in the feet may send signals that 'balance' the nervous system or release chemicals such as endorphins that reduce stress and pain.	A	50 mins	£50
<b>HOPI EAR CANDLING</b> Hopi candles can be used to improve many conditions including deafness caused by excess wax, congested sinuses, tinnitus, colds, flu, headaches and migraines. The initial effect can be an improvement in hearing or freer nasal breathing and improve your sense of smell. However, improvements can continue occurring for a day or two.	P / A	40 mins	£45
<b>SIENNA X SPRAY TAN</b>	A	30 mins	£30

## Hand & foot treatments

	Contraindications	Time	Price
<b>SPA MANICURE</b> File, cuticle work, mini massage and polish.	R / A	45 mins	£35
<b>SPA GEL MANICURE</b> File, cuticle work, mini massage and gel polish*. Removal of previous gel nails included, if required.	R / A	1 hr	£40
<b>SPA MANICURE</b> No polish.	R / A	25 mins	£20
<b>EXPRESS MINI MANICURE</b> File and polish.	R / A	25 mins	£20
<b>EXPRESS GEL MANICURE</b> File and gel polish. * Removal of previous gel nails included, if required.	R / A	30 mins	£35

\* Only if applied in the Revival Zone. We do not remove gel polish applied by another salon

## Hand & foot treatments

	Contraindications	Time	Price
<b>SPA PEDICURE</b> File, cuticle work, hard skin removal, mini massage and polish.	R / A	45 mins	£40
<b>SPA GEL PEDICURE</b> File, cuticle work, hard skin removal, mini massage and gel polish. * Removal of previous gel nails included, if required.	R / A	1hr	£45
<b>SPA PEDICURE</b> No polish.	R / A	25mins	£20
<b>EXPRESS PEDICURE</b> File and polish.	R / A	25mins	£20
<b>EXPRESS GEL PEDICURE</b> File and gel polish*. Removal of previous gel nails included, if required.	R / A	30mins	£35

\* Only if applied in the Revival Zone. We do not remove gel polish applied by another salon

## *The smooth touch*

	Contraindications	Time	Price
FULL LEG WAX	H / D / A / M	45mins	£35
HALF LEG WAX	H / D / A / M	30mins	£25
BIKINI LINE WAX	H / D / A / M	15mins	£15 - £20
FULL LEG AND BIKINI WAX	H / D / A / M	1hr 15mins	£45
UNDER ARM WAX	H / D / A / M	15mins	£15
CHEST WAX	H / D / A / M	30mins	£25
BACK WAX	H / D / A / M	30mins	£25
FOREARM WAX	H / D / A / M	30mins	£20
UPPER LIP WAX	H / D / A / M	15mins	£8
CHIN WAX	H / D / A / M	15mins	£8
CHIN AND UPPER LIP WAX	H / D / A / M	30mins	£12

## *Finishing touch*

EYELASH TINT*	A / P	30 mins	£15
EYEBROW TINT*	A / P	15 mins	£9
EYEBROW SHAPE	A / M / D	15 mins	£9
EYEBROW TINT AND SHAPE*	A / M / D / P	20 mins	£17
EYELASH AND EYEBROW TINT AND SHAPE*	A / M / D / P	30 mins	£25
LASH LIFT*	A / M / P	1hr	£40

\*PATCH TESTING IS REQUIRED 24 HOURS BEFORE TINTING AND LASH LIFTS.





G I S B O R O U G H   H A L L



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