

THE
Revival
ZONE



GISBOROUGH HALL



www.gisborough-hall.com

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.

Contraindication Key & Important Information

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
RENEWAL DUO <ul style="list-style-type: none"> • One hour pro-glow facial • One hour full body massage 	H/D/B/R/P/M/C/A	2hr	£125
RELAXING DUO <ul style="list-style-type: none"> • 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) 	H/D/B/R/P/M/C/A	1hr	£65
UPLIFTING DUO <ul style="list-style-type: none"> • Frangipani intensely cleansing salt scrub - 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 (30 minutes) • Elemis pro-glow facial of your choice (60 minutes) 	H/M/C/A/D/B	1hr 30mins	£110
SOOTHING DUO <ul style="list-style-type: none"> • Pro-glow facial (sensitive) - a soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm. (30 minutes) • Lower leg and foot massage, relax and unwind. (30 minutes) 	H/D/B/R/P/M/C/A	1hr	£65
REVIVAL DUO <ul style="list-style-type: none"> • 30 mins pro-glow facial • Back, neck and shoulder massage 	H/D/B/R/P/M/C/A		£75

* See contraindications for individual treatments



Treatment combinations

	Contraindications	Time	Price
HOLIDAY READY TRIO <ul style="list-style-type: none">• Express gel pedicure (30 minutes)• Half leg wax (30 minutes)• Bikini line wax (30 minutes)	H/D/A/M/R	1hr 30 mins	£65
PARTY READY TRIO <ul style="list-style-type: none">• Express gel manicure - file and gel polish. (30 minutes)• Express gel pedicure - file and gel polish. (30 minutes)• Sienna x spray tan (30 minutes)	R/A	1hr 30 mins	£75
RELAXING TRIO <ul style="list-style-type: none">• Back, neck and shoulder massage (30 minutes)• Pro-glow facial (30 minutes)• Lower leg and foot massge (30 minutes)	H/D/B/R/P/M/C/A	1hr 30 mins	£100



Revival Packages

	Contraindications	Time	Price
REVIVAL RETREAT PACKAGE FOR TWO <ul style="list-style-type: none">• Back, neck and shoulder massage (30 minutes)• Traditional afternoon tea served with a glass of Champagne <p>* Suitable for ‘mums-to-be’.</p>	H/D/B/R/P/M/C/A		£130 per couple
MIND, BODY & SOLE HALF DAY PACKAGE <ul style="list-style-type: none">• Pro-glow facial (1 hour)• Back, neck and shoulder massage (30 minutes)• Foot massage (15 minutes)• Traditional afternoon tea with a glass of bucks fizz <p>* Suitable for ‘mums-to-be’.</p>	H/D/B/R/P/M/C/A		£155 per person
BEST OF BOTH HALF DAY PACKAGE <ul style="list-style-type: none">• Back, neck and shoulder massage (30 minutes)• Face and scalp massage (30 minutes)• Traditional afternoon tea with a glass of bucks fizz	H/D/B/R/P/M/C/A		£95 per person

Elemis pro-glow facial – hands on

Contraindications	Time	Price
A	60 mins	£70
	30 mins	£40

PRO-GLOW SMOOTH FACIAL

The HIIT Workout for Your Skin

Improve skin-fitness and firmness, whilst reducing fine lines and wrinkles with our clinically proven formulas and signature skin-lifting massage techniques.

Powerful resurfacing 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.





Elemis pro-glow facial – hands on

	Contraindications	Time	Price
PRO-GLOW RESURFACE FACIAL	A	60 mins	£70
Resurfacing for Stunningly Smooth Skin		30 mins	£40
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.			
Resurfacing removes dead skin cells, whilst supercharged deep cleansing eliminates impurities, makeup and debris for an immediately clearer, brighter complexion. Skin-kind blends balance and boost hydration and skin clarity to bring luminous, baby-smooth skin to the surface.			
Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.			





Elemis pro-glow facial – hands on

Contraindications

Time

Price

PRO-GLOW GENIUS FACIAL

Your Line-Fighting Superhero Facial

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin.

Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking.

With powerful resurfacing technology, our Tri-Acid Peel lifts away dead skin cells to instantly rejuvenate, reducing the appearance of fine lines, whilst improving skin tone and luminosity.

Anti-ageing benefits are boosted with retinol-like results, skin firmness, elasticity and sun damage.

An expert fusion of adaptogenic and line-fighting technology help the skin adjust to micro-climatic changes, improving elasticity and softening the appearance of deep-set lines for a younger, firmer-looking complexion.

An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

A

75 mins

£95



Elemis pro-glow+ facial menu

Contraindications	Time	Price
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H/D/P/C/A/M/PP	60 mins	£75
	30 mins	£45

PRO-GLOW SMOOTH FACIAL+

The Ultimate HIIT Workout for Your Skin

Improve skin-fitness and firmness whilst significantly reducing the appearance of expression lines and wrinkles.

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful-looking skin.

Clinically proven formulas and signature skin-lifting massage techniques re-energise and plump, whilst a supercharged air massage breathes life into the skin.

Skin will appear more vibrant, with improved feeling of firmness and elasticity.

Supercharged with ELEMIS' BIOTEC 1.0: Ultrasonic, Microcurrent & O2 Infusion



Elemis pro-glow+ facial menu

	Contraindications	Time	Price
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PRO-GLOW RESURFACE FACIAL+	H/D/P/C/A/M/PP	60 mins	£75
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Reveal Stunningly Smooth Skin

With a spotlight on minimising pore size and blemishes, this revolutionary facial powered by patented Tri-Enzyme technology transforms the skin's texture whilst minimising the look of uneven tone, fine lines and pigmentation.

Supercharged 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.

Clinically proven formulas accelerate skin's cell turnover to improve clarity, revealing more flawless, luminous skin. Optimal skin wellbeing is boosted by hydration and our multi-dimensional light therapy, known to soften the appearance of pigmentation and rejuvenate the skin.

Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear.

Supercharged with ELEMIS BIOTEC 1.0: Ultrasonic, LED Light Therapy & Galvanic



Elemis pro-glow+ facial menu

	Contraindications	Time	Price
PRO-GLOW BRILLIANCE FACIAL+	H/D/P/C/A/M/PP	60 mins	£75
Your Recipe for Radiance		30 mins	£45
Awaken dull, lacklustre skin with this brilliance-boosting facial; a glow-getting, nutrient-rich treatment serving you a daily boost of skin wellness.			
Experience our ultrasonic peel technology and brightening enzymes to deeply cleanse and remove visible pollutants, makeup and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a supercharged air massage to breathe life into your skin.			
Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing.			
Supercharged with ELEMIS BIOTEC 1.0: Ultrasonic, O2 Infusion & Galvanic			

Elemis pro-glow+ facial menu

	Contraindications	Time	Price
PRO-GLOW GENIUS FACIAL+ The Ultimate Age-Defying Experience An expert fusion of adaptogenic actives, line-fighting technologies and a triple-level approach to skin hydration deliver immediate and transformative anti-ageing results. Harnessing the powerful benefits of all 5 ELEMIS BIOTEC 1.0 technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration. Powerful resurfacing technology smooths visible dryness and fine lines, transforming the skin's texture, with our clinically proven formulas minimising uneven tone, pigmentation, and enlarged pores. Skin-fitness and firmness are improved, reducing the appearance of fine lines and deeper wrinkles with highly effective microcurrent technology, whilst sub-zero cold therapy and Pro-Sculpt Facial Method deliver a visibly lifted skin-defining appearance. The recharging power of multi-dimensional light therapy and a supercharged air massage breathe life into the skin. An unsurpassed, age-defying facial resulting in a more lifted, radiant youthful appearance after just one treatment. Supercharged with ELEMIS BIOTEC 1.0 Ultrasonic, Microcurrent, Galvanic, Light Therapy & O2 Infusion	H/D/P/C/A/M/PP	75 mins	£99

Massage

	Contraindications	Time	Price
BACK, NECK AND SHOULDER MASSAGE 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.	H/D/B/R/P/M/C/A	30 mins	£40
FULL BODY MASSAGE 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.	H/D/B/R/P/M/C/A	1 hr	£60
FACE AND SCALP MASSAGE 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
FULL BODY, FACE AND SCALP MASSAGE	H/D/B/R/P/M/C/A	1hr 30 mins	£95
FULL BODY AND SCALP MASSAGE	H/D/B/R/P/M/C/A	1hr 30 mins	£90



JENNIFER YOUNG
As Unique as You

Contraindications

Time

Price

JENNIFER YOUNG INDULGENT MASSAGE

M/L/A

30 mins

£40

60 mins

£60

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 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 sooth 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.







Body scrubs and wraps

Contraindications

Time

Price

INTENSELY CLEANSING SALT SCRUB - LIME & GINGER OR FRANGIPANI

H/M/C/A/D/B

45 mins

£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.

BODY NECTAR NOURISHING WRAP – FRANGIPANI

H/M/C/A/D/B

1 hr

£60

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 the work.



Complementary therapies

	Contraindications	Time	Price
SCALP MASSAGE 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	£35
REFLEXOLOGY 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	£45
HOPI EAR CANDLING 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	£40
SIENNA X SPRAY TAN	A	30 mins	£25

Hand & foot treatments

	Contraindications	Time	Price
SPA MANICURE File, cuticle work, mini massage and polish.	R / A	45 mins	£30
SPA GEL MANICURE File, cuticle work, mini massage and gel polish*. Removal of previous gel nails included, if required.	R / A	1 hr	£35
DELUXE MANICURE File, cuticle work, exfoliation, heated mitts mini massage and polish.	R / A	1 hr	£35
DELUXE GEL MANICURE File, cuticle work, exfoliation, heated mitts mini massage and gel polish. * Removal of previous gel nails included, if required.	R / A	1 hr 15 mins	£45
EXPRESS MINI MANICURE File and polish.	R / A	25 mins	£20
EXPRESS GEL MANICURE File and gel polish. * Removal of previous gel nails included, if required.	R / A	30 mins	£30

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

Hand & foot treatments

	Contraindications	Time	Price
SPA PEDICURE File, cuticle work, hard skin removal, mini massage and polish.	R / A	45 mins	£35
SPA GEL PEDICURE File, cuticle work, hard skin removal, mini massage and gel polish. * Removal of previous gel nails included, if required.	R / A	1hr	£40
DELUXE PEDICURE File, cuticle work, hard skin removal, exfoliation, heated booties mini massage and polish.	R / A	1hr	£40
DELUXE GEL PEDICURE File, cuticle work, hard skin removal, exfoliation, heated booties mini massage and gel polish. * Removal of previous gel nails included, if required.	R / A	1hr 15mins	£50
EXPRESS PEDICURE File and polish.	R / A	25mins	£20
EXPRESS GEL PEDICURE File and gel polish*. Removal of previous gel nails included, if required.	R / A	30mins	£30

* 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	£8
EYEBROW SHAPE	A	15 mins	£8
EYEBROW TINT AND SHAPE*	A/P	20 mins	£17
EYELASH AND EYEBROW TINT AND SHAPE*	M/A/D/P	30 mins	£25
LASH LIFT*	M/A/D/P	1hr 5 mins	£35

*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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