

Take time out to relax and unwind in the luxurious surroundings of The Spa at Rookery Manor.  
All of the following spa day offers include robe and towel hire and use of our facilities.

### Time to Spa Day - £30

Drift away for an entire day with use of our facilities and complimentary hot or soft drink.

### Tea and Time Out Spa Day - £70

Treat yourself to a delicious afternoon tea and a fabulous day out in the spa with your choice of 1 x 30 minute treatment.  
Choose from – Swedish décolleté, face and scalp massage, Swedish back, neck and shoulder massage,  
Relaxing foot treatment, indulgent hand treatment

### Drift Away Spa Day - £105

Relax and let the stresses of life leave you as you enjoy the expert touch of classic Swedish massage to soothe tension and relieve aching muscles and relax amongst our facilities. You will enjoy a Swedish full body massage and Swedish décolleté, face and scalp massage, and an afternoon tea.

### Hen Parties

The luxurious surroundings of The Spa at Rookery Manor create the perfect back drop for your special occasion providing glamour, luxury and relaxation. All of our group spa experiences include a delicious afternoon tea, use of our superb facilities and robe and towel hire. Group spa days are exclusively available to groups of 4 or more.  
Bride goes free when booking for groups of 10 or more!

### Ruby Spa Day - £60

A taste of luxury with your choice of 30 minute treatment:

- Rookery signature facial
- Swedish back, neck and shoulder massage
- Swedish décolleté, face and scalp massage
- Relaxing foot treatment
- Indulgent hand treatment

### Diamond Spa Day - £80

Indulge with 2 x 30 minute treatments

- Rookery signature facial
- Swedish back, neck and shoulder massage
- Swedish décolleté, face and scalp massage
- Relaxing foot treatment
- Indulgent hand treatment