



Yorkshire

SPA RETREAT





## Welcome to your idyllic escape at Yorkshire Spa Retreat.

Located in the heart of the Yorkshire countryside, our spa facilities will reconnect you with the natural world and immerse your senses in serenity. Let the elements surround you, breathe in the fresh Yorkshire air and enjoy the indulgence of pure relaxation.





## Our Facilities

*Our Spa has been carefully designed to perfection and equipped with facilities that are inspired by nature. Your oasis of calm.*

### HERMALAYAN SALT SAUNA

The Himalayan Salt Sauna runs between 66-75°, with a humidity level of only 5%. This salt infused experience has fantastic benefits for the respiratory system and will leave you feeling perfectly relaxed.

### HERBAL STEAM ROOM

Breathe in the carefully chosen herbal blend through a cloud of steam, in 40-45° heat. The steam will leave you with a glowing complexion, improve circulation, promote bronchial health and calm your senses.

### HERBAL LOUNGE

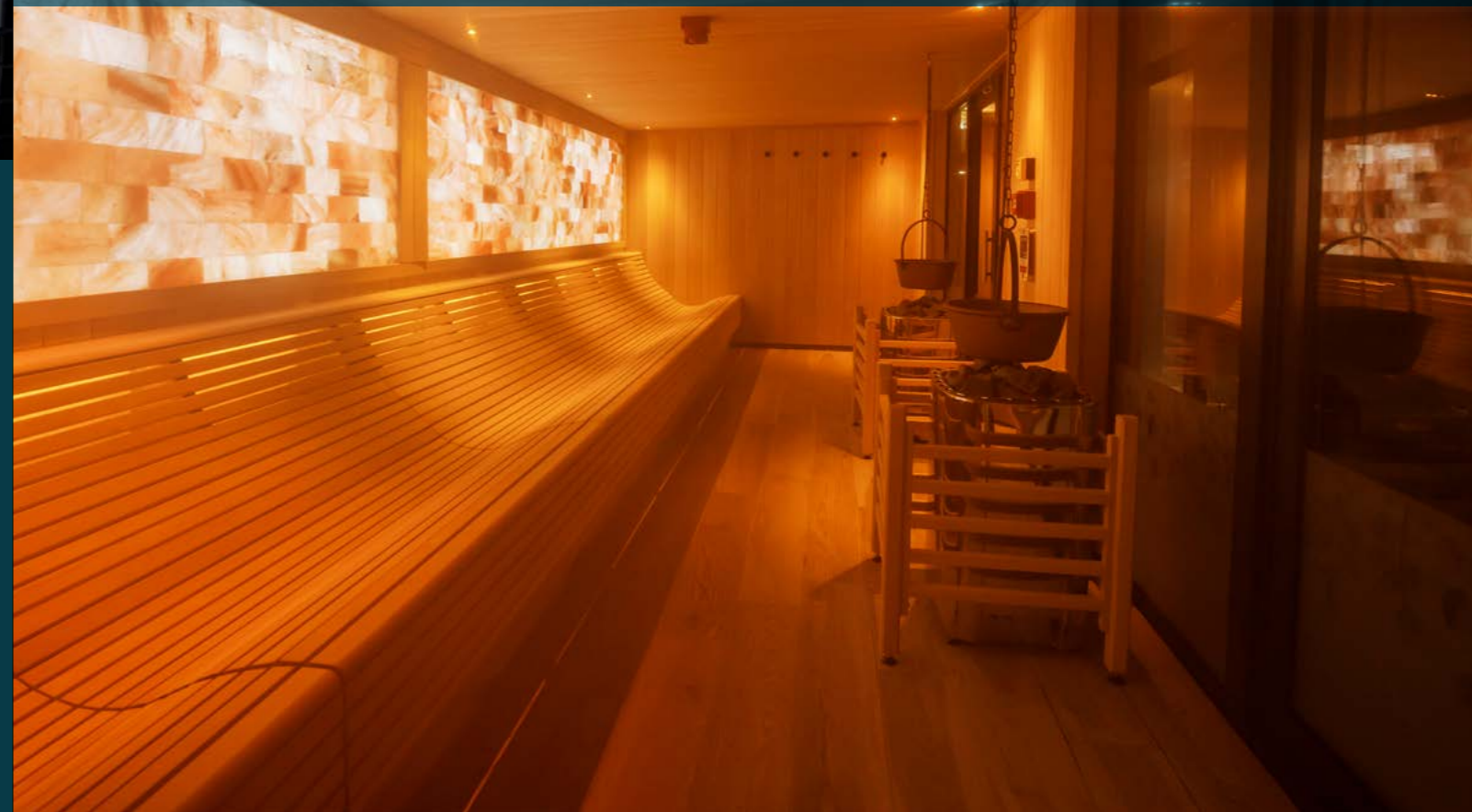
Lie back and unwind in the haven of the Herbal Lounge. This calming space delivers a balance of 50-55° heat and low humidity, which will soothe and relax your body and mind.

### HYDROTHERAPY POOL

The Hydrotherapy Pool provides the optimum water pressure and heat to ease muscular pain and tension, and you'll experience increased blood circulation, which will leave you feeling vibrant. The Pool includes submerged air loungers for a decadent way to unwind.

### NATURAL SWIMMING POND

Our Natural Swimming Pond is filtered and purified biologically by water plants and a specialist filtration system, which effortlessly ensures a natural pool that is fit for swimming. The result is a soft, sparkling pool that feels like a chilled mountain lake. Submerge yourself in the invigorating cold water and enjoy anti-inflammatory, rejuvenating benefits.



# Treatments

## Balance your mood

45 mins

A balancing face and foot massage tailored with a selection of our essential oils and balms.

## Lift your mood

45 mins

A calming back and feet massage. A truly serene experience that will bring you into a state of harmony and equilibrium.

## Relax your mood

45 mins

A purely tranquil massage experience for the back and face. Let pure essential oils and vitamins A, C & E melt into your skin while you melt into the couch.

## Garden Nectar

45 mins

A soothing and stretching massage experience for the back of the body - let pure honey butter melt away muscular tension with a medium pressure, gentle stretching massage.

## THE SIGNATURE COLLECTION

### Honey Butter Connection Massage

60 mins

A full body massage with a creamy warm blend of wild honey butter to heal, restore and nurture the body.

### Honey Butter Repose Facial

60 mins

A deeply moisturising facial massage enhanced with superfood oils, nurturing creams, and wild honey butter.

## FACIALS

### Warm Natural Health Facial

60 mins

A comforting and active facial using warm wax and a wild honey mask to refine and promote skin health.

### Blush Lustre Facial

60 mins

A facial set to calm the skin, with gentle fragrances of Palma rosa and Turkish Geranium, and an added exfoliating treat for the hands and feet.

### Glass Complexion Facial

60 mins

The ultimate luxe treatment to even your complexion; glycerine infused products will rehydrate dull and dehydrated skin leaving you with a glowing sheen and a buttery soft texture.



## BODY MESSAGES

### Yorkshire Well Being Massage

60 mins

Our bestselling, ultra relaxing, face down, head-to-toe massage experience enhanced with warm oils of sweet orange and fennel.

### Hot Rocks and Relax

60 mins

A warming treatment using hot pods to massage and recalibrate the body.

### Hypnotic Tribal Sleep

60 mins

Sink into slumber under a canopy of warm, inviting duvets and plush pillows. Enjoy being massaged head to toe with the added comfort of being laid on your side.

### Life Force Feet & Back Pressure Massage

60 mins

Expert therapists will melt away tension by massaging your feet and back using our finest Life Vigour Magnesium paste; with benefits of aiding sleep and providing an overall health boost to your body's system.

### Beautiful Hero

60 mins

A beautiful treatment designed for those with a fragile condition or anyone living with or recuperating from disease and sickness provided by our oncology trained therapists.

### Mama Love

60 mins

A tender care massage for ladies in their second and third trimesters. Imagine a cocooning massage in soft comfy duvets encouraging sleep, relaxation and skin hydration.





## BODY TREATMENT

### Turkish Geranium Body Polish Massage

60 mins

A full body massage paired with pink Himalayan salts come together to give you the perfect all over body polish.

### Exotic Flower Balm & Bamboo Body Therapy

60 mins

A face down massage experience using a balance of manual massage and warmed bamboo poles.

### Equilibrium

60 mins

To support those going through menopause. A combination of manual back massage and your choice of hot or cool orb massage paired with a calming face and scalp treat to combat hot flushes, mood dips and enhance sleep.

### Into the Light

60 mins

Experience a rejuvenating back, neck and shoulder massage to release tension followed by a deep facial cleanse and scalp massage with the added aromas of sweet orange oil

# Spa Days

*For a perfectly nourishing escape, book your full Yorkshire Spa Retreat experience.*

An all-encompassing spa day that allows you to enjoy our facilities, and provides the option of experiencing an enriching treatment and lunch.



## The Retreat Spa Day

*Package includes:*

- Six hour use of spa facilities
- Use of towel and robe and gifted flip flops
- Two-course lunch with glass of prosecco
- Choice of Signature Collection body or face treatment (60 mins)

## Yorkshire Spa Day

*Package includes:*

- Six hour use of spa facilities
- Use of towel and robe with gifted flip flops
- Two-course lunch
- Choice of Natural Collection body or face treatment (60 mins)

## Yorkshire Rebalance

*Package includes:*

- Three or six hours use of the spa facilities
- Use of robe, towel and gifted flip flops





## Yorkshire Ritual Day

*Package includes:*

Six hour use of spa facilities.

Use of towel and robe and gifted flip flops.

Two-course lunch with glass of prosecco.

Choice of any face & body treatment, combined to deliver a Spa Ritual experience (2 hour spa treatment).

## Botanical Meadow Retreat

AVAILABLE MONDAY - FRIDAY.

*Package includes:*

Three hour use of spa facilities.

Use of towel and robe and gifted flip flops.

Two-course lunch with glass of prosecco.

Choose from one 45-minute treatment



## Special Treatments

*Sometimes your body is in need of a bit more love and care. We need to consider your needs and tailor our approach accordingly. We have designed an incredible range of treatments using all natural products, and have considered the additional care that your body might need.*

Our Spa Therapists have designed an incredible range of treatments using all natural products, and have considered the additional care that your body might need.

We have a range of treatments that are suitable for guests who might be pregnant and even those experiencing the menopause. Your body is experiencing so much and we've created moments of relief and comfort.

Our Spa Therapists are also specially trained in oncology massage techniques, meaning those recovering or living with disease and sickness can relax into their own personally tailored treatment knowing they are in safe and caring hands.

We welcome your questions and will happily discuss your individual needs so you can have the most perfect experience for you.



## Your Spa Visit

*We want your time with us to be nothing but relaxing so please find some guidance below on how to maximise your Yorkshire Spa Retreat experience.*

- Please arrive at least thirty minutes prior to your spa experience to familiarise yourself with the spa and, do consider that a late arrival may result in a reduced treatment time.
- Always bring a swimsuit or even two if you'd like to switch into something dry. We'll provide flip-flops and a robe to use during your stay.
- We don't allow the use of phones for making calls during your stay, and ask that phones and devices are used respectfully towards other guests.
- Please note that our heat facilities are whisper zones, to ensure a calming environment for all guests.
- The spa is a no-smoking zone but please do ask a spa butler if you require a smoking area.
- If you'd like to spend time in our on-site bar and restaurant during your stay, we ask that you change back into day wear rather than robes or swimsuits.

## Tribe517

*Award-winning, 100% natural, artisan skincare.*

Designed and created in the UK, we're proud to work alongside Tribe517 and use their product range in all of our treatments.

The base ingredients in these beautiful products are premium grade, natural and fairly traded with each jar filled with powerful ingredients designed to nourish the skin, calm the mind and soothe the body.

Inspired by the natural world, Tribe517 is environmentally conscious with products that are safe for the planet, and safe for you.



We want your stay with us to be perfect and welcome you to get in touch to discuss any special requirements.

Individual treatments don't include access to the rest of the spa facilities.





## Spa Membership

*Envelop your senses in the serenity of nature.*

Our unique Spa memberships includes access to our wild swim pond, thermal rooms, hydrotherapy pool, treatment rooms, relaxing lounge, on-site restaurant, exclusive members discounts and more!

With unlimited use of our stunning spa throughout the year, it's time to invest in you.

To find out more please visit our website or call us on 01439 413 102



## Lodge Stays

*Yorkshire Spa Retreat is the perfect place to experience a lodge holiday surrounded by beautiful countryside.*

Enjoy a minimum three-night escape, with facilities such as outdoor patio dining with Kamado Joe BBQ, as well the highest spec of fixtures and design.

Your lodge will be a place for you to relax and unwind, and ultimately become your home away from home.

### BOOKING

*Visit our site at [www.yorkshire-spa-retreat.co.uk](http://www.yorkshire-spa-retreat.co.uk) to book your stay.*



# The Dome

BAR & RESTAURANT

*During your visit we welcome you to explore our on-site bar and restaurant, The Dome.*

The Dome offers a diverse menu, rich with locally sourced ingredients and perfect for the whole family to enjoy. Savour great food and a bustling, vibrant atmosphere that is perfect for a relaxing drink, a fun lunch with friends or a celebration dinner.

## BOOKING

*To book your table visit our website or call 01439 413 102*

## Visit

[WWW.YORKSHIRE-SPA-RETREAT.CO.UK](http://WWW.YORKSHIRE-SPA-RETREAT.CO.UK)

## Email

[SPA@YORKSHIRE-SPA-RETREAT.CO.UK](mailto:SPA@YORKSHIRE-SPA-RETREAT.CO.UK)

## Call

01439 413102

## Find Us

YORKSHIRE SPA RETREAT  
GALE LANE  
NAWTON  
YORK  
YO62 7SD



