

the Spa

AT STANLEY HOUSE

the perfect escape...

The Spa at Stanley House reflects the elegance of natural rural beauty, with peaceful views over undulating hills from every aspect within the spa. With cosy contemporary interiors and fluid spaces to relax with friends, unwind in private and gain a fresher perspective. This is a place for a delightful and uplifting escape.

We have two hydro bathing spa suites one for those who want privacy. Lovely and large individual treatment rooms and a collection of thermal cabins dedicated to a sequence of moist and dry heats with a warm, deeply soothing hydrotherapy massage pool, all with a beautiful viewpoint.

Thermal bathing promotes relaxation, improves breathing and cleanses the body, enhances the benefits of spa treatments or simply makes you feel fresher and lighter in mind and body. This is why we believe this spa experience is integral to your wellbeing.

Our spa treatments consider the most natural, effective and satisfyingly beautiful ingredients with ILA, alongside openly embracing innovative skincare from NATURA BISSÉ... and plain good grooming.

For bookings and enquiries please call us on 01254 769200
or e-mail thespa@stanleyhouse.co.uk

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SPA RITUALS

Our spa rituals are for those who wish to indulge in 2 hours of pure, uninterrupted, hands-on relaxation and float away in the world of spa.

NATURA BISSÉ SPA RITUAL 2 HOURS: £149

NATURA BISSÉ offers innovative formulations allowing maximum concentrations of highly efficient ingredients. Choose two NATURA BISSÉ treatments to suit your needs and gain maximum results with:

*Himalayan Salt Foot Ritual
NATURA BISSÉ Facial 60 minutes
NATURA BISSÉ Marine Body Wrap
60 minutes or
Body Massage 60 minutes*

ILA BLISSFUL SPA RITUAL 2 HOURS: £139

Immerse yourself in ILA treatments with their beautiful organic products and energy enhancing massages, including a Himalayan Salt Foot Ritual, Choose from two treatments to suit your needs with:

*Ananda Bliss Facial 60 minutes,
Blissful Body Scrub/Energising Body
Scrub or ILA Kundalini Massage/
Relaxing Massage 60 minutes*

BIO RHYTHM BODY RITUAL 2 HOURS: £139

Immerse in a heavenly scrub and wrap containing high levels of minerals which, as they become warmed, emit large amounts of negative ions to recharge depleted energy levels. Our signature Kundalini full back of body massage is then performed to give balance and further relaxation, finishing with a facial pressure point massage whilst enveloped in a warm blanket.

MUM TO BE RITUAL 2 HOURS: £139

This nurturing treatment is designed exclusively with the best for mum and baby in mind during this special time. Your trained therapist will exfoliate your body using a gentle scrub then perform techniques all over the body to relax tight or tired muscles and ease fluid retention. This treatment includes a gentle facial and scalp massage to complement the experience.

SPA DAYS

To make the most of your time we have created collections of treatments that, taken together as 'Spa Days', offer real benefits and a fuller spa experience. Each collection begins with a Himalayan Salt Foot Ritual which really asks you to leave your daily life for a moment. Thermal or aromatic bathing also included in accordance with your chosen collection, along with some time for lounging and lunching.

ESCAPE FOR THE DAY 5 HOURS (ALL DAY): £199

For a complete day of spa treatments that cover every angle – relaxing, refreshing, nourishing and grooming. Full immersion in the spa for the day, with thermal bathing and a light lunch.

Himalayan Salt Foot Ritual
NATURA BISSÉ Facial, 60 minutes
NATURA BISSÉ Marine Body Wrap, 60 minutes
Relaxation and Peace Massage, 25 minutes
Manicure or Pedicure, 30 minutes

ILA BLISSFUL ORGANIC SPA DAY 4 HOURS 30 MINUTES: £180

This Blissful experience reawakens the body and promotes a profound feeling of calm. A beautiful way to experience ILA and prepare for any event. Rose and Jasmine are the keynotes of the blissful body scrub, which prepares the body for receiving the Body Balm Massage and soothing Ananda Facial with radiant skin benefits. A light lunch is included.

Himalayan Salt Ritual
ILA Head Massage and Hair Mask, 25 minutes
ILA Blissful Experience Body Scrub, 60 minutes
ILA Ananda Facial, 60 minutes

HIS SPA DAY 4 HOURS 30 MINUTES: £165

A day that can be used to recharge, with treatments from his perspective and time to spend... thermal bathing... and a light lunch.

Himalayan Salt Foot Ritual
NATURA BISSÉ Facial for Men, 60 minutes
Relaxation and Peace Massage, 60 minutes
Executive Hand or Foot Care for Men, 25 minutes

DIAMOND SPA DAY 5 HOURS: £247

NATURA BISSÉ Diamond is a beautifully effective facial and body experience. This day is all about feeling good and looking radiant. This really is the ultimate in spa days... A light lunch is included.

Himalayan Salt Foot Ritual
NATURA BISSÉ Diamond Facial, 90 minutes
NATURA BISSÉ Diamond Rose Body Treatment, 90 minutes

SPA BREAKS

ESCAPE FOR THE NIGHT

£310 PER ROOM SUNDAY – THURSDAY

£350 PER ROOM FRIDAY – SATURDAY

For the maximum luxury, simply relax, refresh and enjoy a Spa break to remember. Your time with us will include...

- 1 night stay in our luxury woodland or manor house bedrooms
- Farmhouse breakfast
- 3 course dinner in Mr Fred's Bar and Lounge
- 2 hours at leisure with full use of our thermal bathing facilities; sensation showers, salt infusion room, aroma steam room, herbal and Finnish saunas, ice fountain and rural hydrotherapy pool*
- Himalayan Salt Foot Ritual
- Choice of one 25 minute treatment from: Relaxation and peace massage; ILA head massage and hair mask; Bamboo body scrub; Taster Ananda facial; Manicure or Pedicure

A FRESH START

£370 PER ROOM SUNDAY – THURSDAY

£400 PER ROOM FRIDAY – SATURDAY

Designed to refresh and reinvigorate, with the maximum luxury throughout your time with us. Simply relax and enjoy a Spa experience to remember...

- 1 night stay in our luxury woodland or manor house bedrooms
- Farmhouse breakfast
- 3 course dinner in Mr Fred's Bar and Lounge
- 2 hours at leisure with full use of our thermal bathing facilities; sensation showers, salt infusion room, aroma steam room, herbal and Finnish saunas, ice fountain and rural hydrotherapy pool*
- Himalayan Salt Foot Ritual
- Choice of one 55 minute treatment from: Relaxation and peace massage; Blissful experience body scrub; ILA Bliss Facial (Ananda); Marine body wrap; Pristine manicure; Plush pedicure

JUST THE TWO OF YOU

£558 PER ROOM

For or a romantic break of pure indulgence.

- 2 night stay in our luxury woodland or manor house bedrooms
- Farmhouse breakfast
- 3 course dinner in Mr Fred's Bar and Lounge
- 2 hours at leisure with full use of our thermal bathing facilities; sensation showers, salt infusion room, aroma steam room, herbal and Finnish saunas, ice fountain and rural hydrotherapy pool*
- Himalayan Salt Foot Ritual
- 60 minute Relaxation and peace massage
- 25 minute Taster Ananda facial
- Afternoon Tea in Mr Fred's Bar and Lounge

TWICE AS NICE

£254 PER PERSON

SUNDAY – THURSDAY

£269 PER PERSON

FRIDAY – SATURDAY

Why stay one night when you could enjoy two?

- 2 night stay in our Manor House or Woodland rooms
- Farmhouse breakfast
- 3 course dinner in Mr Fred's Bar and Lounge
- 2 hours at leisure with full use of our thermal bathing facilities; sensation showers, salt infusion room, aroma steam room, herbal and Finnish saunas, ice fountain and rural hydrotherapy pool*
- Himalayan Salt Foot Ritual
- Choice of one 55 minute treatment from: Relaxation and peace massage; Blissful experience body scrub; ILA Bliss Facial (Ananda); Marine body wrap; Pristine manicure; Plush pedicure

THE PERFECT TONIC

£378 PER ROOM

SUNDAY – THURSDAY

£408 PER ROOM

FRIDAY – SATURDAY

A gin lover's delight, with a treatment harnessing the natural benefits of juniper, plus a tippie from our gin cupboard

- 1 night stay in our Manor House or Woodland rooms
- Farmhouse breakfast
- A selected gin and tonic, with your 3 course dinner in Mr Fred's Bar and Lounge
- 2 hours at leisure with full use of our thermal bathing facilities; sensation showers, salt infusion room, aroma steam room, herbal and Finnish saunas, ice fountain and rural hydrotherapy pool*
- Himalayan Salt Foot Ritual
- Choice of one 55 minute treatment from: Vital energy full body juniper massage; Energising & detoxifying body scrub; or ILA Bliss Facial (Ananda)

All package prices are based on two people sharing a double or twin room. *When using the hydro pool and thermal bathing facilities, to avoid disappointment we request that you book ahead. Swimsuits are required and the maximum stay is a two hour period. Thermal bathing and the hydro pool are not available to pregnant guests, and all appointments are offered subject to availability. When booked with a spa treatment, access to thermal bathing is non-transferable and applies only to the recipient of the treatment.

A TASTE OF THE SPA

THE SPA BY TWILIGHT

4PM – 8PM, MONDAY – FRIDAY:
£44 PER PERSON OR £79 WITH A
25 MINUTE SPA TREATMENT

If time is of the essence, enjoy the beautiful surroundings of the Spa by twilight. Your time with us will include...

- 2 hours at leisure with full use of our thermal bathing facilities*; sensation showers, salt infusion room, aroma steam room, herbal and Finnish saunas, ice fountain and rural hydrotherapy pool
- A glass of chilled Prosecco
- Himalayan Salt Foot Ritual*
- Add an extra touch of luxury with a 25 minute spa treatment from our Twilight selection. Choose from: Taster Ananda facial; Relaxation and peace massage; ILA scalp massage and hair treatment; Bamboo body scrub; Manicure or Pedicure

*only available with Twilight with treatment

THE PERFECT PAMPER

£115 PER PERSON MONDAY – THURSDAY
£127 PER PERSON FRIDAY – SUNDAY

Designed to include time at leisure in our stunning spa, before our skilled therapists provide your choice of V.I.P. treatments to ensure that every guest enjoys the luxury they desire.

- A glass of chilled Prosecco
- 2 hours at leisure with full use of our thermal bathing facilities*; sensation showers, salt infusion room, aroma steam room, herbal and Finnish saunas, ice fountain and rural hydrotherapy pool
- Himalayan Salt Foot Ritual
- Choice of one 55 min treatment from: ILA Bliss Facial (Ananda); Relaxation and peace massage; Blissful experience body scrub; Marine body wrap; Pristine manicure; Plush pedicure
- Light lunch in the Spa lounge or Mr Fred's bar & lounge

SPA & PATISSERIES

£95 PER PERSON
MONDAY – THURSDAY
£99 PER PERSON FRIDAY – SUNDAY

Perfectly prepared to deliver an indulgent escape, with the delights of afternoon tea to accompany your lazy day with us.

- A glass of chilled Prosecco
- 2 hours at leisure with full use of our thermal bathing facilities*; sensation showers, salt infusion room, aroma steam room, herbal and Finnish saunas, ice fountain and rural hydrotherapy pool
- Himalayan Salt Foot Ritual
- Choice of one 25 min treatment from: Taster Ananda facial; Relaxation and peace massage; ILA scalp massage and hair treatment; Bamboo body scrub; Manicure or Pedicure
- Afternoon Tea in the Spa lounge or Mr Fred's bar & lounge, served from 3.00pm - 5.30pm

RECHARGE AND RECOVER

1 HOUR: £79

A bespoke tailored service where products are chosen specifically to suit the individual needs of your skin coupled with a muscle melting massage where it's needed the most.

- Himalayan Salt Foot Ritual
- 25 minute Carboxi or Taster Ananda facial
- 25 minute Relaxation and peace massage

ME TIME

MONDAY - THURSDAY
1 HOUR: £63

Prepped and polished fingers and toes for the lady or gent on the go.

- A glass of chilled Prosecco
- 30 minute Jessica manicure
- 30 minute Jessica pedicure

SPA MASSAGE

Massages for relaxation, peace, release from physical and mental tension and the enhancement of energetic balance, with beautiful aromatic oils.

RELAXATION AND PEACE MASSAGE
30 MINUTES: £51
60 MINUTES: £77

A Swedish style massage using a nut or flower based oil to restore the skin's elasticity and absorbs beautifully to leave a rich, velvety, indulgent after-feel. The pressure may be adapted to suit your personal needs, whether it be to target areas of tension or to relax the mind, body and spirit...

VITAL ENERGY MASSAGE
30 MINUTES: £51
60 MINUTES: £77

Our invigorating massage is designed to clear out the cobwebs and restore your energy levels if you are feeling sluggish and fatigued. This has the bonus of smoothed skin.

QUIRO GOLF MASSAGE
30 MINUTES: £53
60 MINUTES: £83

Inspired by 'Quiro' - or 'chiro' Massage (that is focused on therapeutic benefits and deep muscular relaxation) this is a key choice for sportsmen and those with physically demanding lifestyles. A targeted, hands-on massage is complemented by deep rolling maneuvers using golf balls which are glided, rolled and kneaded throughout the body's muscle structure in order to reach the muscles and hard-to-reach areas such as the neck and certain joints at a deeper level. This innovative treatment was designed for relieving tension, improving flexibility and eliminating stress, whilst improving physical and mental energy.

REFLEXOLOGY
60 MINUTES: £70

This form of alternative therapy works exclusively with pressure and massage on the feet that can help to alleviate stress and encourage healing. The concept is based on the theory that specific points on the feet correspond to other areas of the body taking into account both physical and non-physical factors that might affect wellbeing.

NATURA BISSÉ FACE AND BODY

NATURA BISSÉ is a leader in innovation, developing face and body formulations that allow the maximum concentrations of highly efficient ingredients within new textures. The results are proven and there are many formulations, making the treatment of skin care concerns very focused.

DIAMOND FACIAL: REPAIRING, LIFTING FACIAL WITH INSTANTLY VISIBLE RESULTS 90 MINUTES: £154

An anti-age treatment that visibly rejuvenates the skin and firms the contours of the face. A triple massage incorporates shiatsu techniques, an intensive lifting massage on the facial muscles and the gentle caress of an aromatic massage. Sophisticated and exclusive ingredients penetrate the deepest layers of the skin, providing the firmness needed for optimum regeneration. 'Diamond Experience Cryo-Repairing Lifting' creates a cold lifting, which redefines the facial oval. It penetrates deeply in the skin to repair damaged DNA, bringing increased hydration and regeneration.

DIAMOND ROSE BODY TREATMENT 60 MINUTES: £79

An exquisite body ritual with the anti ageing properties of damask rose and a unique combination of massage techniques to ensure a body free of stress and tension. The ritual incorporates a gentle exfoliation with rhythmic massage to refine the skin's texture. Deep stretching relaxes the muscles whilst regulating the flow of energy. Further massage with rose body oil takes the treatment from 60 to 90 minutes. Whichever you choose, the skin is left smooth and radiant with a discrete veil of diamond dust.

CARBOXI EXPRESS FACIAL: FAST FACIAL TO REVITALIZE AND REFRESH THE SKIN 30 MINUTES: £53

An aesthetic medicine trend employing CO2 to combat the signs of ageing. Carboxi-therapy produces an explosion of oxygen which, when combined with technologically advanced anti-ageing and lifting ingredients, results in a visible revitalization of the skin. In addition, 4 individual and exclusively developed massage techniques make this altogether a powerful and unique experience offering outstanding, rejuvenating results, fast!

THE CURE: DEEP CLEANING AND DETOXIFYING CURATIVE FACIAL 60 MINUTES: £83

A deeply cleansing protocol based on a cutting-edge enzymatic detoxification. Enzymatic heat opens and softens the pores, while the refreshing botanical elements close and purify them. Extractions are expertly performed if necessary. A nano-stimulating mask with a deliciously foamy texture efficiently releases its moisturizing, soothing and revitalizing effects on the skin. The final touch is a hydrating veil that provides a refreshed and luminous appearance.

NATURA BISSÉ FACE AND BODY

FACIAL FOR MEN 60 MINUTES: £79

This facial was inspired by the techniques used by traditional barbers, who comforted the skin during the shaving process with steaming towels. It is followed by a stimulating face massage that will provide your skin with a clean, youthful and revitalized appearance. Designed for male skin to counteract the effects of under-eye circles, lack of time, stress and daily shaving, it also includes comforting and relaxing massages for the scalp, neck and shoulders.

SKIN RECOVERY FACIAL TO REPAIR SENSITIZED SKIN 60 MINUTES: £79

This reparative treatment uses ingredients that work to visibly improve dilated capillaries, skin congestion and redness, with the highly effective phyto-therapeutic extracts that soften and relieve the skin while reinforcing it to combat hypersensitivity and inflammation. It prevents skin breakdown, restoring the levels of young collagen and protecting it from external aggressors.

HYDRO-IMMERSION DEEPLY MOISTURIZING FOR FACIAL DRYNESS 60 MINUTES: £79

Flaky, tight skins are clear signs of dehydration. Whether you have dry skin or are suffering from dryness due to irritation, the cycle of dehydration can be stopped by a protocol of renew, replenish and repair. A deep exfoliation renews your skin by removing excess dead skin cells, leaving it refreshed and ready to absorb hydro-intensive ingredients. Active ingredients, such as Natural Moisturizing Factor, help replenish the skin with moisture and repair natural hydration levels, bringing your skin back to beautiful.

C&C VITAMIN FACIAL 60 MINUTES: £79

This zingy anti-oxidant facial gives stressed skin an instant boost of Vitamin C. Designed to fight the signs of premature ageing, this vitamin shot rehydrates dryness, plumps fine lines and stimulates collagen to renew the skin's firmness.

MARINE BODY WRAP ALGAE AND VITAMIN RICH WRAP FOR DEEP BODY CLEANSING 60 MINUTES: £79

The Detox Marine Algae Wrap boosts the body's natural efforts to clean and detoxify using a warm enveloping wrap for relaxation and absorption. An exotic Bamboo Scrub prepares the body to receive the seaweed's rich array of minerals, vitamins and enzymes that penetrate and stimulate. A decongesting massage technique leaves the skin and body refreshed and purified. Each treatment is individually adjusted to achieve the required benefits of cellulite reduction, skin firming or detoxification.

ILA

ILA means earth, and absolutely everything in ILA products comes from a plant or mineral – and nothing else.

The ‘beyond organic’ products have a rare level of energy and potency created by the synergy of the blends and sourcing of the finest ingredients from farms, some in the remotest corners of the world. Using wild harvesting methods, all are dedicated to the harmony and power of nature.

Energy medicine is about the importance of ‘energy’ and the leading role it plays in our feelings of well-being and the harmony of our body systems. All ILA treatments embrace the belief that, to look and feel well, we must bring balance and vitality to our own ‘bio-energetic’ make-up. Discover a selection of effective treatment protocols that aim to work with ILA’s powerful blends beyond the superficial, making us feel calmer, vital and more beautiful inside and out.

ILA BLISS FACIAL
(ANANDA)
60 MINUTES: £79
30 MINUTES: £50

A healing and reviving facial to relieve stress and tension in the face and restore radiance to the features. This is not a traditional skincare facial, but a massage sequence for the face and neck that allows a blissful flow of energy into the face, creating deep feelings of bliss and peace as well as giving beautiful radiant skin.

ILA KUNDALINI
60 MINUTES: £79

A focused treatment that works on the back of the body, but balances the whole nervous system with the synergistic use of an essential oil blend. It uses a combination of ancient healing techniques such as Marma point therapy and Chakra healing to balance the natural rhythm of the body. This is a deeply soothing and relaxing treatment.

ILA BLISSFUL EXPERIENCE
BODY SCRUB
60 MINUTES: £79
ILA ENERGISING AND
DETOXIFYING BODY
SCRUB 60 MINUTES: £79

ILA body scrubs are more than a surface body treatment. Recommended for a daily boost and deeper health issues, an ideal treatment for cellulite, stress and exhaustion. On a physical level the scrub stimulates the lymphatic system, aids circulation and eliminates toxins. The combination of massage techniques and the power of the Himalayan salt cleanse which, when warm with friction, emit a high mineral content and negative ions to strengthen and promote energy.

KU NYE MASSAGE
85 MINUTES: £93

Carefully selected organic and wild grown essential oils, many inherent to the Himalayas, have been chosen, along with traditional massages to stimulate the lymphatic system, followed by a more vigorous massage to energise the body. This includes cupping, acupuncture, kneading, rocking and the application of hot poultices and warmed crystals.

MUM TO BE!
85 MINUTES: £95

The treatment begins with a nourishing scrub to exfoliate the skin and gently stimulate the lymphatic system, followed by a nurturing full body massage to bring peace and joy to mum and baby. The oil blend and scrub has been created to nourish and nurture safely. Herbal extracts such as lavender, rose and geranium, which are known for their gentle healing energy, have been added to the Argan and Rosehip base oil. No essential oils are used here.

ILA SCALP MASSAGE
AND HAIR TREATMENT
30 MINUTES: £50

This relaxing and revitalising acupuncture head massage with a Himalayan Salt Scrub releases fatigue and tension, followed by a vitamin rich hair mask to feed, strengthen and thicken the hair. This treatment includes a facial cleanse and massage.

SPA LIFE

Aromatic Bathing. Many of the 'elements' of our Spa Treatments can be condensed and taken separately alongside the deeply relaxing warm waters of a private hydrotherapy bath. Rural views leaves you feeling, well, just how you want to feel.

ILA AROMATIC BATHING RITUALS 30 MINUTES: £45

A delicious, relaxing hydrotherapy bathing experience with powerful warm water massage and aromatic Himalayan bath salts that emit uplifting ions, all whilst overlooking our inspiring rural landscape. Choose from Jasmine and Sandalwood for serenity, cleansing orange blossom to restore the nervous system after travel, or detoxifying salts for health.

This delightful experience can be taken before any treatment. When harmonised with any of our spa therapies, the relaxation experience is doubly loaded in your favour.

With any of our other spa treatments: £25 supplement.

Why not add a glass of chilled Prosecco to you experience? Ask our bath butler for this whilst bathing.

REFRESHMENT MENU

Enjoy the tranquillity and revel in the peace of the Relaxation Room, as we present some of Stanley House's finest food, created and refined for your sensuous enjoyment and increased wellbeing.

Our seasonal dishes include sandwiches, light bites and desserts, all created with an understanding of nutritional ingredients and their importance to human health, focusing on healthy, nutrient-dense produce.

We protect the vital nutrients through careful cooking processes, promoting a delicate balance of fresh food and exquisite healthy tastes.

Please visit www.stanleyhouse.co.uk to view the current season's refreshment menu.

FINAL TOUCHES

PERFECT SHAPE & POLISH 20 MINUTES: £21

The quickest of fixes to perfectly paint pre-prepared nails or chipped polish.

MANICURE 30 MINUTES: £34

Hands and cuticles are cherished with enriching, nourishing oils, balms & creams. Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect JESSICA polish.

GELERATION 45 MINUTES: £42

GELERATION REMOVAL 20 MINUTES: £16

GELERATION REMOVAL & REPLACE 55 MINUTES: £47

Gelation Gel formula delivers long-lasting protection along with a flawless finish that is dry with seconds and can last up to two weeks. Available for fingers or toes.

EXECUTIVE HAND OR FOOTCARE FOR MEN 30 MINUTES: £33

Nails are clipped, shaped & buffed. Hands or feet are massaged with deep conditioning creams leaving them softer and smoother. Cuticles are trimmed leaving hands or feet perfectly groomed!

PRISTINE MANICURE 60 MINUTES: £51

A fabulous, nurturing manicure begins with an exclusive NATURA BISSÉ exfoliation before shaping the nails and leaving the cuticles cherished. Your hands are cocooned in warming mitts to soothe muscles and joints; along with allowing deeper penetration of unique NATURA BISSÉ balms, oils & creams. A blissful massage and a perfect application with JESSICA nail polishes will ensure your hands and nails look and feel their very best!

PEDICURE 30 MINUTES: £34

A light hard skin removal and application of deep conditioning creams leave the feet softer and smoother. Your cuticles will be groomed and your toenails beautifully shaped and perfectly polished with JESSICA.

PLUSH PEDICURE 60 MINUTES: £51

Enjoy an uplifting & refreshing foot soak and zingy scrub with our NATURA BISSÉ exfoliator to buff and scrub to perfection. The gentle warmth of heated booties melts away aches & pains, allowing for enriching penetration of nourishing oils, balms and creams. Nails and cuticles are trimmed before a perfect application with JESSICA nail polish to leave your feet looking and feeling their very best!

DELILAH SPECIAL OCCASION MAKE UP 45 MINUTES: £51

DELILAH WEDDING MAKE UP £95 TRIAL MAKE UP: 45 MINUTES ON THE DAY: 30 MINUTES

£15 redeemable against Delilah products as part of your wedding make-up package. Terms and conditions apply

GROOMING

WAXING AND COLOURING

Our highly skilled therapists make use of the best products available, to ensure the utmost comfort and modesty in discreet and tranquil surroundings.

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| Full Leg (45 minutes) | £37 |
| Half Leg (30 minutes) | £27 |
| Bikini Line (15 minutes) | £22 |
| Brazilian | £32 |
| Under Arms (15 minutes) | £22 |
| Face Wax (15 minutes) | £18 |
| Eyebrow Wax (15 minutes) | £16 |
| Eyelash Colouring (15 minutes) | £16 |
| Eye Brow Colouring (15 minutes) | £16 |
| Lip Wax (15 minutes) | £16 |

You will need a patch test 24 hours prior to treatment if tinting for the first time at Stanley House or if you haven't been patch tested for 6 months.

RECEIVE 10% OFF ANY 60 MINUTE NAIL TREATMENT WHEN BOOKING A SPA PACKAGE IN THE SPA AT STANLEY HOUSE

Please advise the spa if you have gels on your hands or feet prior to booking a manicure, pedicure or gel nails

THERMAL BATHING

Thermal bathing promotes relaxation, improves breathing and cleanses the body, to enhance the benefits of spa treatments or simply make you feel fresher and lighter in mind and body. To make the best of our thermal suite please refer to the following guide.

SALT INFUSION ROOM

A gentle, moist heat combined with bursts of sea salt infusions boosts blood circulation and helps to clear congestion. It will enliven your senses, eliminate toxins and ease muscular tension.

SENSATION SHOWERS

A selection of three water experiences with differing temperatures, aromas and colour therapy light moods. Explore the tropical rain, cold mist and gush showers, designed to refresh the mind and body.

AROMA STEAM ROOM

Aromatically infused steam to slowly heat and refresh the body. Breathing is eased and your lymphatic system is cleansed, resulting in a glowing skin tone.

HERBAL SAUNA

A relaxing and invigorating dry heat that has a purifying effect on the body. The immune system is boosted as everyday stresses are relieved. The herbal aromas clear the sinuses.

FINNISH SAUNA

A slightly hotter version of the Herbal Sauna, with a clear glass side which overlooks stunning views. The original Finnish experience.

ICE FOUNTAIN

Cool down between the various hot temperatures of the thermal suite by applying crushed ice all over your body. The contrast of temperatures will boost your circulation and help close pores after each heat experience. A cooling option to stimulate and revitalise.

RURAL HYDRO POOL

The wonderfully relaxing water treatment pool is heated to body temperature, providing a haven over a rural landscape even on frosty winter days. The swan neck fountain eases away tension in your neck and shoulders. Hydrotherapy jets suspend you above the water recliner whilst gently massaging your body.

To avoid disappointment we request that you book ahead to use the thermal bathing and hydro pool. Swimsuits are required to experience thermal bathing and the rural hydro pool.

Thermal bathing and the Hydro Pool are not available to pregnant guests.

RATES

Hotel residents:

Monday – Thursday:
• £10

Friday – Sunday:

- £37 without a treatment
- £22 with 1 hour treatment
- Complimentary with 2 hour treatment

Non-residents:

Monday – Thursday:

- £37 without a treatment
- £22 with 1 hour treatment
- Complimentary with 2 hour treatment

Friday – Sunday

- Not available without a treatment
- £22 with 1 hour treatment
- Complimentary with 2 hour treatment

CONDITIONS

When using the hydro pool and thermal bathing facilities, for the comfort of all our guests we request that you book ahead. Swimsuits are required and the maximum stay is a two hour period. The hydro pool and thermal bathing facilities are not available to pregnant guests, and all appointments are offered subject to availability. When booked with a spa treatment, access to thermal bathing is non-transferable and applies only to the recipient of the treatment & must be taken on the day of the treatment only. All details in this treatments list are subject to change and availability at the time of booking. All prices are inclusive of VAT at the prevailing rate.

SPA ETIQUETTE

HOW TO BOOK

Call 01254 769200 or email thespa@stanleyhouse.co.uk. We advise that you book your treatments well in advance, including use of the thermal suite and hydro pool. The dual treatment suite can be requested at the time of booking and is subject to availability. For non-resident bookings, we will require your full address, telephone number and debit or credit card details to reserve your treatments.

CANCELLATION

Notification of cancellation is required in advance of your appointment. If we are unable to resell your booking, a charge will be made to your debit or credit card. Both resident and non-resident guests are required to give notice of cancellation at least 72 hours in advance of your treatments.

HEALTH ADVICE

At the start of your spa day you will complete a medical questionnaire. Before having your treatments, it is important for us to know if you are pregnant or have undergone recent surgery. We also need to know about any medical issues you may have such as high blood pressure, heart problems, varicose veins, allergies, or any other condition. Let us know at the time of booking so that we can ensure that the treatments are appropriate for your situation. All treatments are booked subject to medical status. Suitability of treatments will be reconfirmed on arrival at the spa. If you fail to notify us prior to your visit of pregnancy or a medical condition, we reserve the right to refuse to offer treatments and charge for the treatment time reserved. (Thermal bathing and the hydro pool are not available to pregnant guests).

AGE RESTRICTIONS

Thermal bathing, the hydro pool and treatments are only available to guests 16 years and over.

TIMING

We advise you to arrive 20 minutes ahead of time for every appointment allowing yourself the opportunity to change, complete your health questionnaire and relax prior to the treatment. If you are late, your treatment time may be shortened and the same treatment price will apply. To make the most of your treatment you are welcome to take time to relax and unwind in the relaxation areas.

WHAT TO BRING

For thermal bathing and using the hydro pool, you will need to bring your own swimsuit. Robes, slippers and towels are provided on arrival. If you are having a treatment without thermal bathing and experiencing the hydro pool, you will normally keep your underwear on or your therapist can provide you with disposable briefs if you prefer. Our therapists are professionally trained in proper draping techniques to ensure your privacy and comfort at all times. Shampoo, conditioner, shower gel and body lotion are available for you to use in our changing rooms. It is advisable to leave your jewellery and valuables in your room or at home.

Resident Guests: for your comfort and convenience, you will find a robe and slippers in your wardrobe. Please ensure that you change into them before coming to the Spa. The hotel will escort you directly to the Spa entrance.

REFRESHMENTS

A selection of complimentary herbal teas and coffee are available in our Spa Lounge. For your comfort, Spa lunch menu items will be served in Mr Freds or the Spa Lounge. Alcohol is only permitted in the spa when served as part of a Spa package.

MOBILE TELEPHONES

For courtesy to all our Spa guests, we appreciate you leaving your mobile phone switched off in your locker, or in your room.

HOME CARE PRODUCTS

The products used during your treatments are available for home care. To re-order your products, or to discuss your individual needs with a therapist, simply call 01254 769200 or email thespa@stanleyhouse.co.uk. We will be pleased to post home care products to you, or to deliver them to your room.

DISCOVER...

The Spa at Stanley House
Mellor
Lancashire
BB2 7NP

Call 01254 769200
Email thespa@stanleyhouse.co.uk
Visit www.stanleyhouse.co.uk

OPENING TIMES - SPA

Monday to Saturday
Open 9.00 to 20.00
Spa treatments from 9.00 to 20.00

Sunday
Open 9.00 to 19.00
Spa treatments from 9.00 to 19.00

OPENING TIMES - GYM

Monday to Saturday
Open 8.00 to 20.00

Sunday
Open 9.00 to 19.00

Our gym is available to Stanley House residents only.

GIFT VOUCHERS

Our beautiful Stanley House Hotel & Spa, gift vouchers offer the perfect gift solution, whatever the occasion. Gift vouchers are available in monetary and treatment formats, tailored to your personal requests.

To order your voucher, simply call 01254 769200, email thespa@stanleyhouse.co.uk or visit the Spa in person. Gift vouchers are available for treatments and products in the Spa, a stay in our luxury bedrooms, and for dining in Mr Fred's or Grill on the Hill.

We will be delighted to send the voucher directly to the recipient.

All details in this brochure are subject to change and availability at the time of booking. All prices are inclusive of vat at the prevailing rate.



STANLEY HOUSE

HOTEL & SPA