

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 or unwind in private to gain a fresher perspective, The Spa at Stanley House is a place for a delightful and uplifting escape, where we encourage you to fully connect with the present moment.

## WHAT TO EXPECT

Reflecting the elegance of natural rural beauty, you feel away from it all with nothing but peaceful views over undulating hills from every aspect. We have 6 lovely and large individual and couple spaces for providing treatments, all of our services have been designed with you in mind, a collection of thermal cabins and deeply soothing hydrotherapy massage pool, all with a beautiful vista, helping to bring the outside in...

Our thermal bathing suite is taken as a journey, helping to promote relaxation, improve breathing and cleanse the body, which in turn enhances the benefits of spa treatments or will simply make you feel fresher and much more in tune. This is why we believe a visit to The Spa is integral to your mental and physical wellbeing.

We have something for everyone, why not make The Spa your perfect escape..

For all bookings and enquiries please call us on 01254 769200 or e-mail [thespa@stanleyhouse.co.uk](mailto:thespa@stanleyhouse.co.uk).

If you would like to view our facilities beforehand, our video is available for your viewing pleasure at <https://vimeo.com/287443398>

If you like this video, make sure you share it, too!

- 4 SPA RITUALS
- 6 SPA DAYS
- 8 SPA BREAKS
- 10 A TASTE OF THE SPA
- 12 SPA MASSAGE
- 14 ILA
- 16 NATURA BISSÉ FACE AND BODY
- 20 SPA LIFE
- 21 REFRESHMENT MENU
- 22 FINAL TOUCHES
- 23 GROOMING
- 24 THERMAL BATHING
- 26 SPA ETIQUETTE
- 28 DISCOVER
- 29 GIFT VOUCHERS

# SPA RITUALS

Our spa rituals are for those who wish to reconnect with themselves in 2 hours of pure, uninterrupted, hands-on relaxation and float away in the world of spa. Each of our rituals begins with our Sensory Welcome Touch.

## ILA BLISSFUL ORGANIC RITUAL 2 HOURS: £139

Immerse yourself in ILA treatments with their beautiful organic products and energy enhancing massages, choose from two treatments to suit your needs with:

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

## 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:

*NATURA BISSÉ Facial 60 minutes  
NATURA BISSÉ Marine Body Wrap 60  
minutes, or Body Massage 60 minutes*

## 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. Includes a gentle facial and scalp massage to complement the experience.

# SPA DAYS

The best way to express you really care, about yourself or for that special person in your life. Each collection begins with a *Sensory Welcome Touch* allowing you to leave your daily life for a moment and includes thermal bathing as well as a healthy lunch thoughtfully prepared with the best ingredients to complement your visit.

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

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

*Sensory Welcome Touch,*  
*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. Rose and Jasmine are the keynotes of the blissful body renewal.

*Sensory Welcome Touch,*  
*ILA Head Massage and Hair Mask,*  
*25 minutes*  
*ILA Blissful Experience Body Renewal,*  
*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.

*Sensory Welcome Touch,*  
*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.

*Sensory Welcome Touch,*  
*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\*
- Sensory Welcome Touch
- Choice of one 25 minute treatment from: Relaxation and peace massage; ILA head massage and hair mask; Bamboo body scrub; Express Bliss 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\*
- Sensory Welcome Touch
- Choice of one 55 minute treatment from: Recharge & Recover; Energising & detoxifying body renewal; ILA Bliss Facial (Ananda); Marine body wrap; Relaxation and peace massage; Pristine manicure; Plush pedicure

## JUST THE TWO OF YOU

£558 PER ROOM

For 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\*
- Sensory Welcome Touch
- 60 minute Relaxation and peace massage
- 25 minute Express bliss facial
- Afternoon Tea in Mr Fred's Bar and Lounge

## TWICE AS NICE

£508 PER ROOM

SUNDAY – THURSDAY

£538 PER ROOM

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\*
- Sensory Welcome Touch
- Choice of one 55 minute treatment from: Recharge & Recover; Energising & detoxifying body renewal; ILA Bliss Facial (Ananda); Marine body wrap; Relaxation and peace massage; 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\*
- Sensory Welcome Touch
- Choice of one 55 minute treatment from: Prana vitality full body juniper massage; Energising & detoxifying body renewal; 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. Our 'sensory welcome' is an opportunity for both therapist and guest to become acquainted through touch, and is designed to enhance our body and facial treatments. Sensory welcome is not included when booking manicures and pedicures.

# 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
- Sensory Welcome Touch\*
- Add an extra touch of luxury with a 25 minute spa treatment from our Twilight selection. Choose from: Express bliss 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
- Sensory Welcome Touch
- Choice of one 55 min treatment from: ILA Bliss Facial (Ananda); Energising and Detoxifying Renewal; Marine body wrap; Relaxation and peace massage; 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.

- 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
- Sensory Welcome Touch
- Choice of one 25 min treatment from: Express bliss facial; ILA scalp massage and hair treatment; Bamboo body scrub; Relaxation and peace massage; Manicure or Pedicure
- Afternoon Tea in the Spa lounge or Mr Fred's bar & lounge, served from 3.00pm - 5.30pm

## ME TIME

MONDAY - THURSDAY  
1 HOUR: £63

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

- 30 minute Jessica manicure
- 30 minute Jessica pedicure

Our 'sensory welcome' is an opportunity for both therapist and guest to become acquainted through touch, and is designed to enhance our body and facial treatments. Sensory welcome is not included when booking manicures and pedicures.

# SPA MASSAGE

Massage therapy induces a relaxed state for the mind and body, which lowers blood pressure; plus boosts your immune system; and generally helps to decrease the physical effects of stress. We hand select each oil to personalise your experience and enhance your wellbeing.

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

A Swedish style massage using a nut free or blended base oil to restore the skin's elasticity. 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...

**PRANA VITALITY MASSAGE**  
30 MINUTES: £53  
60 MINUTES: £80

Energy boosting, detoxifying, positive mood enhancer for low energy & sluggish circulation. This revitalising full body massage helps release toxins, reduce fatigue and restore physical and mental strength. An invigorating massage.

**LAVA SHELL RELAX**  
30 MINUTES: £56  
60 MINUTES: £86

Warming. Calming. Peaceful. This indulgent and truly pampering massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind.

Shells are worked over different areas of the body in slow deep movements to warm and destress the muscles and ease away all knotted tension for an unforgettable and sublime experience.

**QUIRO SPORT MASSAGE**  
30 MINUTES: £53  
60 MINUTES: £88

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. This treatment was designed for relieving tension, improving flexibility and eliminating stress.

**QUIRO GOLF MASSAGE**  
30 MINUTES: £56  
60 MINUTES: £86

This massage is complemented by deep rolling manoeuvres 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.

**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.

# ILA

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

**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.

**CRYSTAL HEALING FACE THERAPY**  
90 MINUTES: £115

- CALMING
- REBALANCING
- HOLISTIC

This treatment harnesses the healing vibrations of crystals to release tension and revitalise the skin. Meridian tapping and Tibetan crystal techniques balance and strengthen. A garnet face scrub protects and energises. Acupressure with hot poultices and rose quartz restores radiance, while a cooling and nourishing jade mask helps reduce the appearance of fine lines.

**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 BODY RENEWAL**  
60 MINUTES: £79  
**ILA ENERGISING AND DETOXIFYING BODY RENEWAL** 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, acupressure, 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 acupressure head massage with a Himalayan salt scrub followed by a vitamin rich hair mask to condition the hair. Includes a facial cleanse and massage.



# NATURA BISSÉ FACE AND BODY

Welcome to NATURA BISSÉ at Stanley House, an exclusive space to discover the craft and expertise of a cutting-edge skincare brand founded in Barcelona in 1979; where you can immerse yourself in a unique universe of beauty and exquisite well-being experiences. A world for you to enjoy our high-end treatments and results-oriented formulas conceived to address every skin concern.

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

Our signature anti-age treatment that visibly rejuvenates the skin and firms the contours of the face. Sophisticated and exclusive ingredients penetrate the deepest layers of the skin, providing the firmness needed for optimum hydration and regeneration. Includes massage to the legs and arms.

**DIAMOND COCOON  
EXPERIENCE**  
60 MINUTES: £110  
COMPREHENSIVE  
ENVIRONMENTAL  
PROTECTION FACIAL

Designed to protect against modern day aggressors that accelerate the ageing process including blue light omitted from digital devices. This facial shields the skin from different pollutants to help prevent premature ageing and other damage. Therapists' number 1 recommended treatment.

\*Boost in skin quality and oxygenation up to 92%

\*In Vitro/in vivo test in ingredient

**THE C+C FACIAL**  
60 MINUTES: £79  
REVITALIZES · STIMULATES  
· FIRMS

An antioxidant treatment that restores vitality to sun-damaged skin and helps minimise signs of premature aging. vitamin C stimulates collagen production and renews skin firmness, while improving luminosity and hydration.

**THE SKIN RECOVERY  
FACIAL**  
60 MINUTES: £79  
SOOTHES · COMFORTS ·  
CALMS

Pamper and comfort your skin with an exclusive combination of botanical ingredients to soothe sensitised or altered skin. This calming facial is the perfect solution to hypersensitivity and rosacea.

**THE O2 RELAX**  
60 MINUTES: £79  
PURIFIES · BRIGHTENS ·  
BALANCES

This essential exfoliating and invigorating treatment re-energises cellular function for visibly hydrated skin. The revitalising power of pure oxygen cleanses and brightens a dulled complexion, restoring clarity and a healthy glow.

**FACIAL FOR MEN**  
60 MINUTES: £79  
CLEANS · DECONGESTS ·  
COMFORTS

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.

**INSTANT PEEL**  
30 MINUTES: £55  
RENEWS · EXFOLIATES ·  
REVEALS

Your choice of red carpet exfoliations: Carboxi-Express or Radiance Express Peel that will produce visible results in just one session. Great for skin transformation in record time.

# NATURA BISSÉ FACE AND BODY

MARINE BODY WRAP FOR  
DEEP BODY CLEANSING  
60 MINUTES: £79  
DETOXIFIES · REGENERATES  
· HYDRATES

Bamboo particles remove dead skin cells while marine algae hydrate, detoxify and firm the body.

DIAMOND ROSE BODY  
TREATMENT 60 MINUTES:  
£79

An exquisite body ritual with the anti-ageing properties of damask rose. 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.

FACE AND BODY MINI  
RECHARGE  
60 MINUTES: £82

Complete 60 minute treatments that include a restoring body massage and a short, effective facial treatment. Designed to relax and soothe, treat, and hydrate for glowing skin in just one step.

D-STRESS FACIAL AND  
MASSAGE  
60 MINUTES: £82  
OXYGENATES · HYDRATES ·  
DECONGESTS

A luxurious oxygen therapy for face and back that detoxifies and hydrates targeted areas while relaxing for a complete sense of well-being.

RECOVERY FACIAL AND  
MASSAGE  
60 MINUTES: £82  
CALMS · STRENGTHENS ·  
RECOVERS

Soothe irritated skin and reduce face and back inflammation with this exceptional recovery treatment for damaged or hypersensitive skin.

REJUVENATE FACIAL AND  
MASSAGE  
60 MINUTES: £82  
LIFTS · FIRMS · REVITALIZES

Intensive treatment based using a powerful combination of amino acids and other key nutrients that defy skin aging. A rejuvenating treatment for face and back that will leave skin revitalized and firm.

RECHARGE FACIAL AND  
MASSAGE  
60 MINUTES: £82  
FIRMS · REVITALIZES ·  
BRIGHTENS

Recharge your skin with the antioxidant benefits of pure vitamin C. An infusion of anti-oxidant benefits and a true sensory therapy for face and back

## NATURA BISSE SKINCARE ENHANCEMENTS

Supplement your facial to enhance its benefits or to treat specific concerns. Adding just 15 or 30 minutes more will boost your treatment results for more perfect skin. Available with any 60 minute Natura Bissé facial.



NATURA BISSE was the first European company to receive the Halal certificate by ESMA

### EYE MASK, 15 MINUTES: £20 DE-PUFFS · DECONGESTS · DRAINS

A refreshing mask that will restore vitality and a youthful appearance to the eye contour area. An infusion of active ingredients soothe and calm this delicate area.

### ESSENTIAL EYES , 30 MINUTES: £40 DE-PUFFS · DECONGESTS · NOURISHES

A targeted treatment that relieves puffiness and dehydration around the eye contour area with a combination of cleansing, nourishing and decongesting ingredients, such as marine algae.

### DOUBLE FACIAL MASK, 15 MINUTES: £20 CONTOURS · HYDRATES · FIRMS

A deeply nourishing and contouring mask that allows for a deeper penetration of all previously applied products.

### ACTIVE FACE CONTOURING TECHNIQUE , 15 MINUTES: £20 REDEFINES · SCULPTS · RESHAPES

Innovative massage that redefines, sculpts and reshapes the facial contour. Thanks to the application of a thermal-effect gel, it improves microcirculation and enhances the results of any additional treatments.

## REFRESHMENT MENU

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, and sourced sustainably from local suppliers where possible.

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](http://www.stanleyhouse.co.uk) to view the current season's refreshment menu.

If you would like to enjoy the tranquillity of The Spa, please ask to see if we are able to accommodate your light lunch in our lounge alternatively we offer Mr Freds Lounge within the hotel.

Please note: Can accommodate vegetarian and vegan however all special dietary requirements or allergies and/or intolerances must be notified 48 hours in advance. Preferences may be catered for however will be subject to a 10% surcharge.

# 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.

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

## GELERATION 45 MINUTES: £42

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

## GELERATION REMOVAL 20 MINUTES: £16

## GELERATION REMOVAL & REPLACE 55 MINUTES: £47

## 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!

# 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.

Full Leg (45 minutes)	£37
Half Leg (30 minutes)	£30
Bikini Line (15 minutes)	£22
Brazilian	£32
Hollywood	£39
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
Lash and brow tint	£30

*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.*

# 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](mailto: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 72 hours in advance of your appointment(s) for both resident and non-resident bookings. If you cancel on the day or we are unable to resell your appointment(s), we reserve the right to charge 100% to your debit or credit card.

## HEALTH ADVICE

At the start of your spa day you will complete a Client Consultation Form. 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 that may affect your treatment with us. 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. Persons aged 16 must be accompanied by a parent or guardian.

## TIMING

We advise you to arrive 20 minutes ahead of time for every appointment allowing yourself the opportunity to change, complete your Client Consultation Form 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 Spa Lounge.

## 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.

## REFRESHMENTS

A selection of complimentary herbal teas and refreshments 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

The Spa is a no phone zone and we feel it important for a digital detox from devices whilst enjoying our facilities. With respect, comfort and discretion for you and 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](mailto: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](mailto:thespa@stanleyhouse.co.uk)  
Visit [www.stanleyhouse.co.uk](http://www.stanleyhouse.co.uk)

### OPENING TIMES - SPA

**Monday to Friday**  
Treatments and thermal bathing  
from 10.00 to 20.00

**Saturday and Sunday**  
Treatments and thermal bathing  
from 10.00 to 18.00

### OPENING TIMES - GYM

**Monday to Sunday**  
6.00 to 20.30

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, you can do this by calling 01254 769200 or online through our website at [www.stanleyhouse.co.uk/gift-vouchers](http://www.stanleyhouse.co.uk/gift-vouchers)

Gift vouchers are available for treatments and products in the Spa, a stay in our luxury bedrooms, and for dining in Mr Fred's.

If you would like to view our facilities before your visit, our video is available for your viewing pleasure at [www.vimeo.com/287443398](http://www.vimeo.com/287443398)

If you like this video, make sure you share it, too!

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