



Spa

at Stanley House

CONTENTS

4	SPA RITUALS
6	SPA DAYS
10	SPA BREAKS
12	SIGNATURE
16	SPA MASSAGE
18	FACIALS
20	MUM TO BE
22	FINAL TOUCHES
24	THERMAL BATHING
26	REFRESHMENT MENU
28	SPA ETIQUETTE

Welcome

The Spa at Stanley House reflects the elegance of natural rural beauty, with peaceful views over undulating hills from every aspect. Discover cosy contemporary interiors and fluid spaces to relax with friends or unwind in private to gain a fresher perspective. It is a place for a delightful and uplifting escape, where we encourage you to fully connect with the present moment.

We have six individual and couple spaces for providing treatments, 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.

So why not make The Spa your perfect escape.

For bookings and enquiries call 01254 769200, e-mail thespa@stanleyhouse.co.uk, or take a virtual tour at stanleyhouse.co.uk/spa

Natura Bissé
Barcelona


TEMPLE SPA

O.P.I

Spa Rituals

Reconnect with yourself. Enjoy two 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, and includes optional thermal bathing should you wish to stay with us a little longer.

Natura Bissé
Barcelona

NATURA BISSÉ SPA RITUAL **2 hours: £175**

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



TEMPLESPA

MY KINDA MOOD **2 hours: £160**

Not sure what you'd like? Then this is the ideal treatment. First we help you choose the aromatherapy fragrance to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent facial. Products and techniques will be bespoke to your wants and needs. Look, feel and smell oh so good.



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. Enjoy thermal bathing, as well as a healthy lunch, thoughtfully prepared with the best ingredients to complement your visit.



Natura Bissé
Barcelona

ESCAPE FOR THE DAY

5 hours (all day): £240

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,
NATURA BISSÉ Relax & Peace Massage 30 minutes,
OPI Manicure 30 minutes or OPI Pedicure 30 minutes

DIAMOND SPA DAY

5 hours: £290

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



TEMPLESPA

TEMPLE SPAAAAHHH DAY

4 hours 30 minutes (all day): £210

Drift Away Massage, 60 minutes
My Kinda Skin Facial, 60 minutes
Hot Oil Scalp Sensation, 30 minutes

HIS SPA DAY

4 hours 30 minutes: £210

A day that can be used to recharge, with treatments from his perspective.
Sensory Welcome Touch,
My Kinda Skin Facial for Men, 60 minutes
Drift Away Massage, 60 minutes
Executive Hand or Foot Care for Men, 30 minutes

CHAMPAGNE & TRUFFLES SPA DAY

4 hours 30 minutes: £270

Our Temple Spa Champagne, Cashmere and Truffles treatments are the creme de la creme. Have a full day of pure luxury.
Champagne and Truffles Deluxe Treatment, 90 minutes
Cashmere & Truffles Body Treatment, 60 minutes

Spa Days



TEMPLE SPA

IT'S ALL ABOUT ME!

£130 per person Monday – Thursday

£150 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 fizz
- 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: Drift Away Massage, My Kinda Skin Facial, Glorious Mud Wrap, Outer Glow Body Scrub, OPI Pro Spa Manicure, or OPI Pro Spa Pedicure, Best of Both (Drift Away Massage & Breakfast Facial)
- Light lunch or Afternoon Tea served in Fred's Brasserie

TIME FOR TLC

£110 per person Monday – Thursday

£130 per person Friday – Sunday

Perfectly prepared to deliver an indulgent escape, with a delightful lunch or afternoon tea.

- A glass of chilled fizz
- 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: Drift Away Massage, Breakfast Facial, Hot Oil Scalp Sensation, OPI Manicure or OPI Pedicure
- Light lunch or Afternoon Tea served in Fred's Brasserie

THE SPA BY TWILIGHT

4pm – 8pm, Monday – Friday

£52 per person or £95 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 fizz
- Sensory Welcome Touch*
- Add an extra touch of luxury with a 25 minute spa treatment from our Twilight selection. Choose from: Drift Away Massage, Breakfast Facial, Hot Oil Scalp Sensation, OPI Manicure or OPI Pedicure

*only available with 25 minute treatment

A TASTE OF THE SPA

Monday – Thursday

£65 per person

*not available in December

Indulge in our luxury spa experience complemented with food from Fred's Brasserie.

- A glass of chilled fizz
- 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
- Light lunch or Afternoon Tea served in Fred's Brasserie

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 Breaks

ONE NIGHT RETREAT

**£420 per room Sunday – Thursday,
£450 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
- Full English breakfast
- £40 per person food allowance for dinner in Fred's Brasserie
- 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: Drift Away Massage, Outer Glow Body Scrub, My Kinda Skin Facial, Glorious Mud Wrap, Best of Both (Drift Away Massage & Breakfast Facial), OPI Pro Spa Manicure, or OPI Pro Spa Pedicure

ROMANCE ESCAPE

£610 per room

For a romantic break of pure indulgence.

- 2 night stay in our luxury woodland or manor house bedrooms
- Full English breakfast
- £40 per person food allowance for dinner in Fred's Brasserie on your first night with us
- 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 Drift Away Massage
- 25 minute Power Breakfast Facial
- Afternoon Tea in Fred's Brasserie

TWO NIGHT RETREAT

£580 per room

Why stay one night when you could enjoy two?

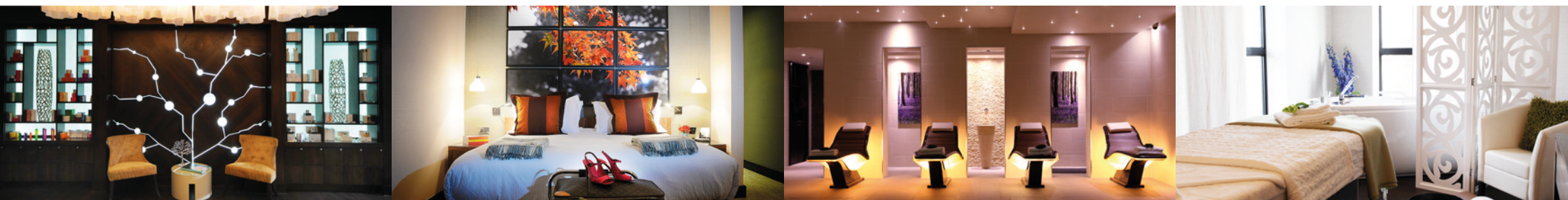
- 2 night stay in our Manor House or Woodland rooms
- Full English breakfast each morning
- £40 per person food allowance for dinner in Fred's Brasserie on one of the evenings during your stay
- 2 hours at leisure with full use of our thermal bathing facilities; sensation showers, salt infusion room, aroma steam room, herbal and Finnish saunas, ice fountain and rural hydrotherapy pool
- Sensory Welcome Touch
- Choice of one 55 minute treatment from: Drift Away Massage, Outer Glow Body Scrub, My Kinda Skin Facial, Glorious Mud Wrap, Best of Both (Drift Away Massage & Breakfast Facial), OPI Pro Spa Manicure, or OPI Pro Spa Pedicure

EXPRESS SPA BREAK

**£360 per room Sunday – Thursday,
£420 per room Friday – Saturday**

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
- Full English breakfast
- £40 per person food allowance for dinner in Fred's Brasserie
- 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: Drift Away Massage, Hot Oil Scalp Sensation, Power Breakfast Facial, OPI Manicure or OPI Pedicure





The Signature Selection

Turn the page to discover our exclusive 'signature selection'; eight of our most popular treatments, designed to provide the perfect, indulgent introduction to Spa life...

Signature

NaturaBissē
Barcelona

DIAMOND FACIAL

Repairing, lifting facial with instantly visible results, 90 minutes: £185

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 our Light Therapy Mask, Gold Bar massage and massage to the legs and arms.

DIAMOND ROSE BODY TREATMENT

60 minutes: £105

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.



TEMPLESPA

CHAMPAGNE & TRUFFLES DELUXE TREATMENT

The crème de la crème of radiance facials, 90 minutes: £140

This luxury facial combines our award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel, a skin-destressing alginate mask and cold stone therapy followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow.

CASHMERE & TRUFFLES BODY TREATMENT

Total body rejuvenation, 60 Minutes: £110

This indulgent treatment combines an invigorating, radiance-boosting body exfoliation followed by a skin-transforming treat with our luxurious Truffle Body Massage Oil and a layer of our unique, award-winning Body Truffle crème. Skin is left feeling cashmere soft and revived, beautifully fragrant and ready for the red carpet.

HOT OIL SCALP SENSATION

30 minutes: £55

Intensely relaxing scalp massage using warmed oil that is heavenly drizzled through the scalp.

Our truffle treatments each include a glass of fizz and hand crafted chocolate truffles in the Spa Lounge

Spa Massage & Body Treatments

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.

NATURA BISSE FACE AND BODY MINI RECHARGE 60 minutes: £95

Complete 60 minute treatments that include a restoring body massage and a short effective glyco peel. Designed to relax and soothe, treat, and hydrate for glowing skin in just three steps.

HOT STONES MASSAGE 30 minutes back, neck and shoulders: £65 60 minutes full body: £90

This popular stone massage is a glorious treatment using warm stones to massage the body and totally relax the muscles. This treatment is an experience you just have to have at least once in your life. Simply heavenly!

DEEP TISSUE MASSAGE 30 minutes back, neck and shoulders: £65 60 minutes full body: £95

A targeted, hands-on massage. This treatment is designed for relieving tension, improving flexibility and eliminating stress.

DRIFT AWAY MASSAGE 30 minutes back, neck and shoulder: £55 60 minutes full body: £85

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away..... zzzzzzz!!!!

Upgrade to 80 minutes with signature face and scalp massage: £115

OUTER GLOW BODY SCRUB Face & body exfoliation 60 minutes: £90

An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!

Natura Bissè
Barcelona


TEMPLESPA

IN GOOD SPIRITS MASSAGE 30 minutes back, neck and shoulders: £60 60 minutes full body: £90

An invigorating massage designed to leave you full of vitality. We use an uplifting blend of Mediterranean essential oils including Ginger, Lemon and Bergamot that are carefully chosen to stimulate and refresh the skin, body & soul. The clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life.

GLORIOUS MUD WRAP Skin conditioning & detoxifying mud wrap, 60 minutes: £90

This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage. Wallowing in mud never felt sooooo good!

BEST OF BOTH 60 minutes: £95

A 30 minute back, neck and shoulder Drift Away Massage followed by a 30 minute Breakfast Facial. Why struggle to choose when you can have the Best of Both.



Facials



TEMPLE SPA

MY KINDA SKIN FACIAL

Bespoke prescription facial for your skin type, 60 minutes: £90

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

PURIFICATION

**A deeply cleansing & relaxing facial for oily, congested, blemished skin
60 minutes: £90**

The solution for skin in need of a good spring clean. A professional deep cleanse that leaves your complexion feeling squeaky clean, un-clogged, decongested and fresh as a daisy.

THE POWER BREAKFAST FACIAL

**Express facial for all skin types
30 minutes: £65**

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!



THE C+C FACIAL

**60 minutes: £95
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: £95
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: £95
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: £95
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: £65
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.

LED MASK

15 minutes: £25

Upgrade any Facial to add our LED mask. Light therapy is used to penetrate deep into the skin and accelerate cell processes. Can be used for Acne skin, help to combat Anti-ageing and pollution.

EXTRA TIME FOR ME

15 minutes: £25

Upgrade any facial service to include a hot stones back massage.

Mum To Be



NEW BEGINNINGS

Mummy to be massage

60 Minutes: £90

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!



YUMMY MUMMY

Everything a mother to be should have to make her feel healthy, gorgeous and pampered, 120 minutes: £165

This is our specially designed treatment for expectant mummies to enable your full body to be massaged and treated without having to lie on your tummy. We follow this with a delicious face treatment packed with wonderful natural ingredients. Includes NATURA BISSÉ Tolerance Facial, and enjoy a chilled glass of 'Nosecco' or 'Mummyosa' with our compliments.

Final Touches

O·P·I

OPI MANICURE

30 minutes: £45

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 OPI polish.

OPI PEDICURE

30 minutes: £45

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 OPI.

EXECUTIVE HAND OR FOOTCARE FOR MEN

30 minutes: £45

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!

OPI PRO SPA MANICURE

60 minutes: £60

A fabulous, nurturing manicure begins with an exclusive 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 balms, oils & creams. A blissful massage and a perfect application with OPI nail polishes will ensure your hands and nails look and feel their very best! Upgrade to Gel for £10.

OPI PRO SPA PEDICURE

60 minutes: £60

Enjoy an uplifting & refreshing foot soak and zingy scrub with our 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 OPI nail polish to leave your feet looking and feeling their very best!

GEL COLOUR UPGRADE

10 minutes: £15

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

GEL REMOVAL

20 minutes: £15

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.

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

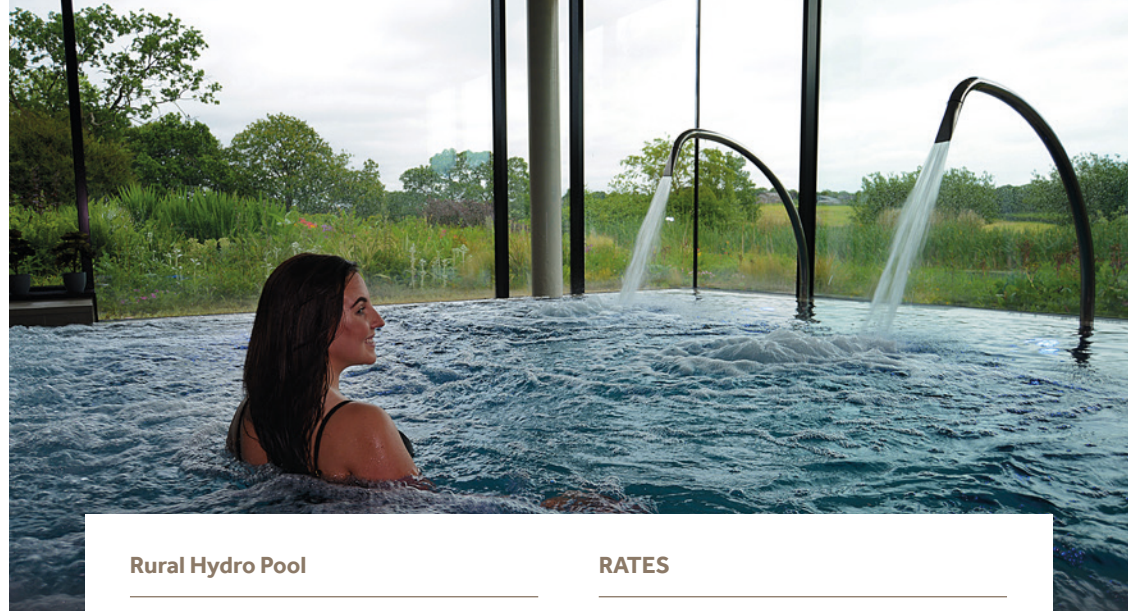
Aromatically infused steam slowly heats and refreshes the body. Breathing is eased and your lymphatic system is cleansed, resulting in a glowing skin tone.

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.



Rural Hydro Pool

The wonderfully relaxing, heated water treatment pool provides 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:

- £15

Friday – Sunday:

- £45 without a treatment
- £30 when receiving a 1 hour treatment
- Complimentary with 2 hour treatment

Non-residents:

Monday – Friday:

- £45 without a treatment
- £30 when receiving a 1 hour treatment
- Complimentary with 2 hour treatment

Saturday and Sunday:

- Not available without a treatment
- £30 when receiving a 1 hour treatment
- Complimentary with 2 hour treatment

Refreshment Menu

Our seasonal menu is available alongside our spa packages, with options including sandwiches, light bites, desserts and afternoon tea. Each dish is 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 to view the current season's refreshment menu. Orders must be received prior to the day of your arrival at the Spa.



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 booking we will require your full address, telephone number and payment in full will be taken on booking.

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), your payment will be non refundable.

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, the hydro pool and treatments are not available to pregnant guests under 12 weeks, and after this time a form will need to be signed).

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 and shower gel 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 Fred's Brasserie. Alcohol is only permitted in the spa when served as part of a spa package.

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

01254 769200
thespa@stanleyhouse.co.uk
www.stanleyhouse.co.uk

Opening Times - Spa

Monday to Saturday

Treatments and thermal bathing
from 10.00 to 20.00

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

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



