



THE SPA

AT MIDDLETHORPE HALL



A GUIDE AND TARIFF FOR HEALTH AND BEAUTY TREATMENTS

FROM MAY 2024

WELCOME TO MIDDLETHORPE SPA



Set within 20 acres of award-winning gardens and parkland, Middlethorpe Health & Beauty Spa feels like a world away, yet it is located only two and a half miles from the centre of the historic city of York. It is situated opposite the Grade II* listed Middlethorpe Hall in a subtly extended pair of Edwardian cottages. It contains a large indoor swimming pool, spa bath, steam room, sauna, gymnasium and a Club Room where drinks and delicious meals are served.

The Spa also has three beauty salons with qualified therapists providing the latest treatments using Aromatherapy Associates, Mii and gel products, and is able to advise clients on the treatments which they will find most beneficial. There is a programme of health and beauty full and half-days and a large range of products are available for sale.

Middlethorpe Spa provides a haven to retreat from the pressures of life, where people can take time to indulge and relax. All the team looks forward to welcoming you.



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SPA ETIQUETTE

We would like you to have the best treatment experience possible, and to ensure that you do so, we kindly ask that you take the following into consideration:

Please plan to arrive at least 10 minutes before any treatment. Late arrival will shorten your treatment or we may be unable to honour your appointment, whilst the same tariff applies.

For your comfort, robes, slippers and towels will be provided for your use during your visit to the Spa for treatments and massages. Suitable swimwear must be worn in the pool and thermal areas at all times. Within the changing rooms, a range of amenities and toiletries will be provided.

To ensure relaxation and for the respect of other guests' privacy and serenity, we ask that you keep noise to the minimum and switch off mobile phones, laptops and tablets.

We look forward to providing you with a pampering and relaxing experience.

OUR PRODUCTS

For more than 30 years Aromatherapy Associates, a truly British brand, has been specialising in harnessing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments.

Combined with their many years of experience as therapists, they have seen first hand how essential oils have effectively enhanced the state of people's physical, mental and emotional wellbeing. Their renowned and award-winning products and treatments have transformed the aromatherapy experience into something highly effective yet luxurious and exceptional.





HEALTH, BEAUTY & BUBBLY

CHAMPAGNE & SPA BREAK

From only £329 per person per night based on two people sharing a superior double/twin room located in the C18th Courtyard (or £359 per night for a single room).

This very special break is available Sunday to Thursday, subject to availability. We recommend that treatment times (and any possible additional treatments) are booked when the hotel reservation is made to avoid disappointment.

YOUR BREAK INCLUDES:

- A chilled bottle of house Champagne to welcome you on arrival;
- Two-course candlelit dinner in our award-winning restaurant (£66 food allowance per person towards dinner);
- Overnight accommodation in a superior room;
- Full Yorkshire breakfast;
- Complimentary parking;
- Use of Middlethorpe Spa facilities;
- An 80-minute treatment of your choice (see overleaf pages 6 to 16)

DAY AND HALF-DAY EXPERIENCES

ESPECIALLY DESIGNED FOR NON-RESIDENT GUESTS OF THE HOTEL

Take the stress out of deciding which treatment you choose, by letting our therapists tailor-make your Spa Day or Half-day to your specific needs.

FULL DAY EXPERIENCES

Our Full Day experiences are carefully designed to meet your individual needs with a focus on pampering and sheer relaxation.

They include a hot beverage or soft drink on arrival, use of the Spa facilities (ideally prior to the treatments), a light two-course luncheon or cream tea served in the Club Room or on the Spa Terrace, together with tea or coffee.

Luxury Day Ritual – £250

Includes an 80-minute and a 50-minute treatment of your choice* (see overleaf pages 6 to 16).

Indulgence Day Ritual – £235

Includes two 50-minute treatments of your choice* (see overleaf pages 6 to 16).

Relax and Unwind Ritual – £170

Includes an 80-minute treatment of your choice (see overleaf pages 6 to 16).

DISCOVERY HALF-DAY EXPERIENCES

The Half-day experiences are an ideal introduction to the pleasures of relaxation and pampering. They include a soft drink or hot beverage and the use of the Spa facilities for a maximum of 2 hours (ideally prior to the treatments).

Half-Day Discovery – £124

Two 20-minute treatments or one 50-minute treatment.*

**Except for Intensive Muscle Release, Hot Stones, Reflexology, Indian Head Massage and Reiki Treatments*





SIGNATURE TREATMENTS

THE FOREST THERAPY TREATMENT

£89 for 50 minutes / £109.50 for 80 minutes

Bring the serenity of nature to your mind, body & skin. Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness & agitation.

Commencing with a cleansing, guided inhalation & tension-releasing long, deep massage, followed with a warm grounding mud mask to recharge through hands and feet. Finally restoring tranquility to the mind with our expert scalp massage.

Forest Therapy's® unique essential oil blend & treatment massage will reinforce your intention to feel refreshed, tranquil & grounded.

THE YORKSHIRE ROSE GARDEN RITUAL

£109.50 for 80 minutes

The historic gardens at Middlethorpe Hall were restored in the 1980's to suggest something of their original formality, and are today renowned for their herbaceous borders which include beautiful specimen roses, peonies, irises and many more fragrant flowers. We invite Spa guests to enjoy a relaxing stroll in the gardens prior to or following their treatments.

The **Yorkshire Rose Garden Ritual** was designed by experts from Aromatherapy Associates, taking inspirations from Middlethorpe's award-winning gardens and their many scents.

Bring back your radiance with this comforting, restorative treatment. Precious essential oil of damask rose works on capillary circulation renewing the skin whilst the aroma has an expansive quality that soothes the emotions and nurtures the heart. The treatment begins with a gentle body brush exfoliation. A moisturising and softening mix of oil and cream with evening primrose oil and shea butter is smoothed over the body. Followed by a luxurious facial that also harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions.

This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted.

THE ULTIMATE AROMATHERAPY EXPERIENCE

£89 for 50 minutes / £109.50 for 80 minutes

This hero treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

FACIAL TREATMENTS

THE ULTIMATE WELLBEING FACIAL

£109.50 for 80 minutes

More than just a facial, it's a pioneering treatment that focuses on lowering stress levels in the body and encouraging full reset and repair for skin and mind.

Relax with our Ultimate Wellbeing Facial to bring balance back for visibly glowing, healthy skin. Scalp, face and décolleté massage release areas of tension, improve blood flow and activate pressure points to encourage lymphatic drainage and a gentle abdominal massage using warm oil supports top-to-toe physical and emotional wellness. Skin is twice cleansed and exfoliated using expertly formulated, high performance natural products that contain botanical actives. Serum, oil and moisturiser are applied for optimum hydration, alongside a specialised massage and mask for tired eyes. The treatment is supported by mood-boosting essential oils for results you can see and feel.

THE ULTIMATE GLOW FACIAL

£89 for 50 minutes

A revitalising facial designed to support the skin's natural defences and combat the pressures of a busy lifestyle.

Built to combat tired and dull skin, this uplifting and energising facial helps skin, mind and body recover. The face is cleansed and exfoliated using botanical actives and carefully crafted essential oils to rejuvenate tired skin, targeting skin and mind for immediate results. Tailored scalp, face, and décolleté massage work to release areas of tension and stimulate circulation for a glowing complexion. A powerful combination of serum, oil and moisturiser provide maximum hydration, leaving your skin and mind revitalised.



THE ULTIMATE REBALANCING FACIAL

£89 for 50 minutes

A soothing facial crafted for skin under stress. From the intuitive aromatherapy inhalation to our breathing rituals, powered by aromatherapy, the treatment is designed to calm the skin and mind.

Unwind with the Ultimate Rebalancing Facial to combat aggravated skin. It locks in moisture by providing a double cleanse, exfoliating away dead skin cells and applying serum, oil and moisturiser to repair skin under strain. Scalp, face, and décolleté massage address your skin, body and mind to relieve areas of tension. Each product contains a unique blend of essential oils, botanical actives and skin stress relief technology to target the cause and effect of internal and external aggressors. Help your body to help your skin; stress response is lowered, mind and body are in equilibrium, and skin radiance is restored.



BODY TREATMENTS

REVIVE AND TONE

£109.50 for 80 minutes

The complete, full body detox with five key treatment stages.

Beginning with a dry body brushing followed by a stimulating exfoliation using a fusion of sea salt and green coffee oil to slough away dead skin cells.

A full body, freshwater mud mask & wrap brightens and refines skin while tension is diffused with a scalp or foot reflex massage.

Following this, a deeply invigorating massage works to brighten and tone legs.

This advanced treatment is completed by coating the skin with a stage regime packed with high powered essential oils to revive your body, nourish your skin and reset your mind.

INTENSIVE MUSCLE RELEASE

£89 for 50 minutes

Bring back your radiance with this comforting, restorative treatment.

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

An intensive massage that works into stiff, tight and aching muscles to instantly release pain and tension.

ULTIMATE ROSE PREGNANCY MASSAGE

£89 for 50 minutes

Feel nurtured and supported in a time of constant change (available after 14 weeks of pregnancy).

Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy, and a full scalp and facial massage, with treatment oil chosen specifically for your skin type completes this top-to-toe treatment.

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

ROSE INDULGENCE

£89 for 50 minutes / £109.50 for 80 minutes

The ultimate in luxury to uplift the senses and enrich the body. Skin is left hydrated and smooth with a full rose ritual from hair to toe.

The ultimate exfoliation and wrap treatment to uplift the spirit and enrich the skin. The treatment begins with a gentle olive grain exfoliation. Nourishing oils are applied to cuticles and heels and then the body is layered in a hydrating and regenerating rose gel. A moisturising and softening mix of oil and cream with evening primrose oil and shea butter is smoothed on before being left to penetrate with the body's own heat under a wrap. An Ayurvedic scalp massage with frankincense inhalation works simultaneously on the physical, mental and emotional aspects.

This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted.

BACK, NECK AND SHOULDER MASSAGE

£54.50 for 20 minutes

This treatment includes a prescriptive well-being consultation to select a suitable aromatherapy oil. This massage can be tailor-made regarding pressure, and focuses on the mind, body and soul.



BACIAL (NEW)

£69.50 for 40 minutes

Specifically formulated for your back, this treatment consists of a deep cleansing, exfoliation and a mask, followed by an intensive back massage to leave the skin radiant and refreshed.

SWEDISH MASSAGE

£89 for 50 minutes

A classic and popular treatment that will give you all the relaxation you need. Five types of strokes make up the massage. The pressure can be as light or as firm as you like and it is perfect for unknotting your whole body and make you feel as light as a feather.

HOT STONE MASSAGE

£89 for 50 minutes

The hot stone therapy is a specialist massage that uses smooth, flat, heated basalt stones that are positioned along your spine, in the palm of your hands and along your legs. It will help you relax and ease tense muscles and damaged soft tissues throughout your body.

BAMBOO MASSAGE (NEW)

£89 for 50 minutes

This powerful massage delivers stress relief, muscle strengthening, lymphatic drainage and reactivates circulation. Bamboo sticks roll and knead the tissues to create an extreme sensation of relaxation and wellbeing.



WELLBEING TREATMENTS

UNWIND AND DE-STRESS

£89 for 50 minutes / £109.50 for 80 minutes

Perfect for times of stress and over-activity, this treatment helps the mind unwind and refocus, getting you back on track.

A double layer of products is applied to de-stress both the mind and body, soothing a heavy head of stressful thoughts with Ayurvedic scalp massage and pressure point techniques.

80 minutes – Body Inhalation with guided breathing, gentle mobilisation massage focusing on back, legs, scalp, face, arms and chest.

50 minutes – Targeted Areas – inhalation with guided breathing, gentle mobilisation massage focusing on back, scalp, arms, face and chest.

RELAX AND SLEEP

£89 for 50 minutes / £109.50 for 80 minutes

The ultimate massage for your best night's sleep. Carefully applied pressures relieve key areas of tension, whilst our award-winning essential oil

blend sedates, calms and grounds you to induce a serious state of relaxation.

80 minutes – Body and Face Inhalation with guided breathing, massage focusing on back, scalp, face, arms, legs and feet. Facial including a cleanse, massage and mask applied with brushes.

50 minutes – Body Inhalation and guided breathing, massage focusing on back, scalp, arms, legs and feet.

IMMUNE SUPPORT

£109.50 for 80 minutes

Cleansing, clearing and decongesting, this body treatment helps clear a congested body and mind and support the immune system.

The treatment begins with guided breathing to clear congestion, followed by massage techniques to soothe a heavy head, unblocking sinuses, easing headaches and promoting gut health.

Features: inhalation with guided breathing, massage focusing on back, scalp, face, chest, abdomen and feet.

INNER STRENGTH AND RESILIENCE

£109.50 for 80 minutes

The inner strength treatment is ideal for anyone experiencing their own personal trauma, or simply those needing a nurturing treatment to help draw upon their inner strength.

The treatment begins with a frankincense inhalation, followed by a foot cleanse with heated mitts. A rich, deeply nourishing cream is then applied to the palms of the hands and soles of the feet for its comforting properties.

The back and legs are then treated to a deeply nurturing massage with Inner Strength Body Oil.

The treatment goes on to work on the scalp, including the incorporation of a hot stone placement and massage techniques designed to deeply comfort, nurture and support.

TREATMENTS FOR MEN

INTENSIVE MUSCLE RELEASE

£89 for 50 minutes

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

An intensive massage that works into stiff, tight and aching muscles to instantly release pain and tension.

ULTIMATE AROMATHERAPY ASSOCIATES MASSAGE

£89 for 50 minutes / £109.50 for 80 minutes

This hero treatment starts with a consultation to find out what your emotional and physical needs are.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

THE ESSENTIAL MEN'S FACIAL

£89 for 50 minutes

A treatment suitable for all skin types, particularly dull skin looking for a deep cleanse. A deep cleansing and brightening facial that will leave skin looking clean, luminous and deeply hydrated with rich, invigorating essential oils and botanical extracts. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind.

This treatment refreshes and balances, leaving a clean and bright looking skin.

BACK, NECK AND SHOULDER MASSAGE

£54.50 for 20 minutes

This treatment includes a prescriptive well-being consultation to select a suitable aromatherapy oil. This massage can be tailor-made regarding pressure, and focuses on the mind, body and soul.

THE REFINERY ULTIMATE BACK AND FACE TREATMENT

£109.50 for 80 minutes

A deep cleansing back treatment including an intensive back massage to ease muscular tension followed by the essential men's facial to leave the skin radiant and refreshed.



HOLISTIC AND ORGANIC

Treatments to enhance your well-being and lift your mood.

REFLEXOLOGY

£89 for 50 minutes

Pressure points on the feet are massaged to give a feeling of well-being and to balance the body.

INDIAN HEAD MASSAGE

£74.50 for 40 minutes

Specific massage movements on the face, scalp, neck and shoulders helps reduce tensions.

REIKI

£89 for 50 minutes

Reiki is a Japanese technique for stress reduction and relaxation that also helps to promote healing.

LUXURY MANICURE

£74.50 for 50 minutes

Your hands are encased in warm mittens before your nails and cuticles are tidied and your chosen colour applied. The nail varnish bottle used will be offered for you to take home.

LUXURY PEDICURE

£74.50 for 50 minutes

Your feet are exfoliated and encased in warm booties before your nails and cuticles are tidied and your chosen colour applied. The nail varnish bottle used will be offered for you to take home.



MII & GEL TREATMENTS

NAIL, SHAPE AND VARNISH

£54.50 for 20 minutes

Nails are shaped and polish applied for hands or feet.

GEL POLISH (hands or feet)

£89 for 50 minutes

Goes on like polish and can be gently removed in minutes. Drying time is reduced to zero and the mirror-like finish resists chips, nicks and smudges. Nails are strengthened and enhanced with up to 14 days of durable colour.



Massage for People Living with Cancer

£89 for 50 minutes

This comfort-orientated massage or touch can be administered to people with cancer, regardless of the severity of their condition and in whatever stage of treatment.

With the high incidence of cancer in this country, there is a growing need for highly-trained massage therapists who can support people through cancer treatment and recovery – some of our therapists have a Level 1 certificate in 'Massage for People Living with Cancer'. Everyone wants and loves to be pampered.



MIDDLETHORPE SPA MEMBERSHIP CLUB

All our Memberships include:
unlimited use of the swimming pool, steam room, spa bath, sauna, gymnasium and club room.

NO JOINING FEE and only a month minimum membership!

- **Full Membership:** Unlimited use all week;
- **Midweek Membership:** Entry all day Monday to Friday (excluding Bank Holidays);
- **Joint Full Membership:** full membership for husband and wife or partners with unlimited use all week;
- **Joint Midweek Membership:** Entry all day Monday to Friday for husband and wife or partners;
- **Monthly Membership:** For a period of 30 days from date of payment.

Middlethorpe Spa Club Membership Fees (from 1st May 2024):

Membership	Annual membership paid by 12 four-weekly automatic bank transfers:	Annual Membership paid in full when joining:	Monthly Membership:	Six-monthly Membership paid in full when joining:
Individual Membership				
Full Membership	£109	£1,238	£124	£549
Midweek Membership	£89	£999	£104	£524
Joint Membership				
Full Membership	£199	£2,269	£224	£1,209
Midweek Membership	£159	£1,819	£180	£944

Added value for Middlethorpe Spa Club Members:

- 15% Discount on the Club Room snack menu and bar tariff;
- 15% Discount on all Beauty Treatments at Middlethorpe Spa;
- Free Aqua-Fit sessions on Tuesday Evenings and Thursday Mornings;
- Free Services of a Personal Fitness Instructor on Mondays and Fridays;
- 15% Discount on your restaurant bill at Middlethorpe Hall
 - Luncheon on Saturdays and Sundays;
 - Afternoon Tea from Mondays to Fridays;
 - Dinner from Sundays to Thursdays.(except on York race days, bank holidays, subject to availability, and not valid in conjunction with any other offer);
- Preferential booking and 15% discount on regular cultural events at Middlethorpe Hall & Spa, such as wine tasting, gala dinners, lectures, concerts etc.

Benefits for Annual Members

On joining Middlethorpe Spa or on renewal of subscription from 1st May 2024, Middlethorpe Spa Members (annual membership only) will receive vouchers for these free valuable benefits:

- A Complimentary one night Bed & Breakfast stay in a standard double/twin bedded room at Middlethorpe Hall per membership or joint membership, (Sunday to Thursday subject to availability) dinner in the dining room is required to be taken on that evening (not included), (Value £289);
- 1 Free Bed & Breakfast on any one stay of 2 nights or more at Bodysgallen Hall & Spa or Hartwell House & Spa (subject to availability), (Value up-to £395);
- Receive a free Saturday luncheon at Middlethorpe Hall for one person, when three or more are dining (Value £47), or traditional Afternoon Tea for one person at Middlethorpe Hall when three or more are partaking (Value £42);
- On your first purchase of any Aromatherapy Associates product, you will receive a second product with 25% discount;
- Two guest vouchers on each occasion of joining, on renewal or as a Christmas present (Value £150).

Total value of benefits: over £881

(These benefits may change in subsequent years).

**TOTAL VALUE
OF BENEFITS
OVER
£881!**



MIDDLETHORPE HALL & SPA

Opening times

Monday to Friday – 7:00am – 8:00pm

Saturdays and Sundays (and Bank Holidays) – 7:30am – 7:00pm

Closed on Christmas Day, restricted hours on

Boxing Day and New Year's Day

Children

As Middlethorpe is dedicated to calm and relaxation, children of resident guests between the age of 8 and 16 may use the Spa between the hours of 10:00am – 11:00am and 4:00pm – 5:00pm when accompanied by an adult;

Members' children and grand-children, between the age of 8 and 16 may use the Spa on Sundays and Bank Holidays between the hours of 12:00 noon – 5:00pm when accompanied by an adult member;

We cannot accommodate children under the age of 16 in the treatment rooms.

Access and Parking

Middlethorpe has easy access from York and surrounding areas.

There is free on site car and bicycle parking.

Electric charging points are available (fee).



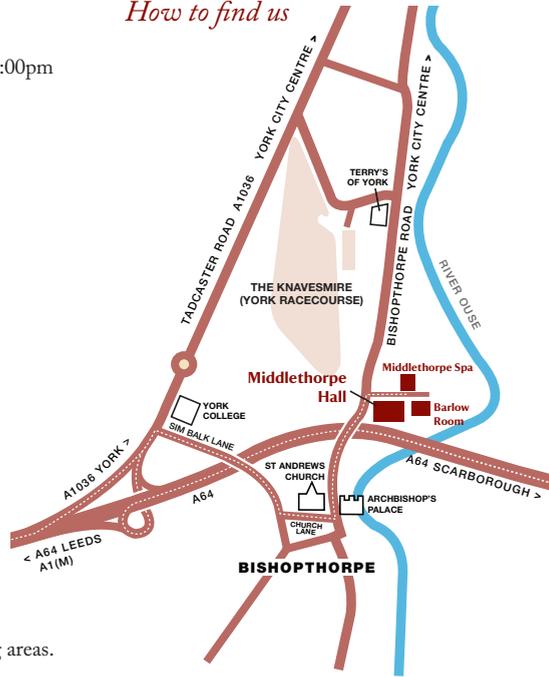
MIDDLETHORPE SPA

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How to find us



Part of the National Trust
All profits donated to the Charity

BOOKING CONDITIONS & FURTHER INFORMATION:

• The range of treatments available in the Spa is varied, and not all may be suitable for every individual. If you are pregnant, taking medications, have recently had an operation or illness, or have a medical condition, including cancer, it is advisable to consult your doctor before booking treatments. If in doubt, please ask our therapists who have been trained to know under what circumstances a treatment should not proceed, when to refer a client to a doctor and can recommend alternative treatments. We do not wish to disappoint; however, your health & well-being are always our priority.

• We respectfully remind guests that a reservation constitutes a contract between themselves and Middlethorpe Spa and a 50% charge will be incurred for any treatment cancelled less than 24 hours prior to the appointment.

• These prices are valid from 1st May 2024 and include VAT.

