



**HEYWOOD**

Leisure

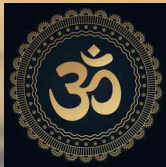
**Spa Treatment Menu**

## Welcome to Heywood Spa and Leisure

Designed to rejuvenate our guest's wellbeing and restore  
mind, body and soul.

Through traditional and holistic methods our therapies will  
enhance spirituality and inspire healthy practices.

A respite for you to unwind, relax and heal.



The symbol of 'OM' represents 5 states of mind.  
Dreamless, Waking, Dreaming, Maya (Illusion) and Unity.  
A sacred sound and spiritual icon.

# Treatment Collections



Our bespoke inhouse treatment range of Heywood Holistic, Pregnancy, Oncology and Menopause therapies can be adapted to suit your requirements. Please do talk with our Spa Manager to ensure that we can tailor the right treatment especially for you.

## t R i B e 5 1 7

Each ingredient from Tribe517 is hand-selected and blended, for efficacy, fragrance and texture to be a multi-use fusion. Created to intermix across treatments, they frequently have more than one purpose. This multi-use collection has a whole new take on products, and so simple and pleasurable to use for miraculous results.



For almost three decades, Pevonia have used highly sustainable processes in line with the company's stance on environmental conservation to stay true to their cruelty-free promise by testing only on human volunteers. Through the years, Pevonia have remained a leader in delivering natural skincare solutions to the finest spas and professionals in nearly 130 countries.

# FACIALS

## **ESSENTIAL EXPRESS FACIAL | 30-MINS | £35**

Contraindication (s) N/A

This express facial is ideal for those on the go. Your skin is cleansed, lightly exfoliated and gently massaged. A pore-refining mask is then applied, followed by a veil of light moisturiser.

## **ELIXIR FACIAL | 1-HOUR | £70**

The active massage facial to refine and relax promoting skin health naturally, with our indulgent and exceptional youth or softening Elixirs to enhance & enrich your complexion and muscle tone, customised to address your skin concerns with our elite ACTIF8 skin work out massage.

## **PRESCRIPTIVE FACIAL | 1-HOUR | £70**

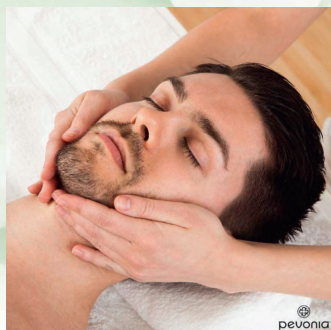
Contraindication (s) N/A

These facials are personalised and tailored to accommodate the needs of your skin. Includes professional skin diagnosis, deep cleansing, ampoule, massage and mask. These are ideal facials to introduce your skin to the unadulterated pure and active products within the Pevonia line. Outstanding results for every skin type!

## **GINKGO DE-STRESS EYE TREATMENT | 30-MINS | £35**

Contraindication (s) – Fish Allergy

Counteract puffiness and dark circles with an instant-release collagen biomatrix infused with ginkgo biloba. This natural fibre mask treatment increases peri-orbital circulation, soothes, cools, and decongests the fragile eye contour while visibly reducing puffiness and dark circles. Eyes are rendered visibly rejuvenated. Ideal as a jet lag treatment for men and women.



# MASSAGE

## **STRESS ELIMINATION MASSAGE | 45 MINUTE | £60**

Relax and rejuvenate aching muscles while experiencing maximum hydration. The application of a micro-emulsified massage oil enriched with geranium and orange essential oils, inspires a superlative massage experience and transports you to a state of sublime tranquility.

## **AROMATHERAPY ULTIMATE DE-STRESSER | 1-HOUR | £70**

Close your eyes, relax, and bid stress farewell. Your therapist rhythmically applies proven-effective Swedish massage techniques combined with aromatherapy to help you de-stress, unwind, and achieve a deep sense of wellness. Your circulation is boosted as sore joints and muscles are quickly alleviated.

**Choice of Serenity, Vitality, Recovery or Marine Magnesium Oils available with this treatment**

## **COUPLES MASSAGE | 45 MINUTE | £130 (for 2 guests)**

Time to reconnect with each other in our Dual treatment room

## **SOUND ASLEEP MASSAGE | 1-HOUR | £70**

A full body massage like no other, surrender to the sensation of having your body gently realigned and perfectly put back together again, float into deep relaxation while you are supported lying face down encouraging gravity to enhance the experience. With warm Heal & Health oil of orange and fennel.

## **PINK SALT GRAIN MASSAGE | 1-HOUR | £70**

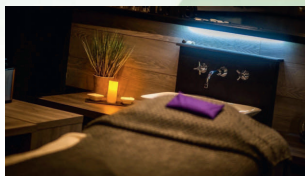
Optimum skin health and nourishment, together with muscle relaxation. This combined full body massage and healing body scrub uses a thick luscious body cream with pink and marine healing salts blended with oils of Palmarosa. The perfect two in one spa experience

## **BACK AND SOLE PRESSURE BALANCE MASSAGE | 1-HOUR | £70**

Rebalancing Back and Foot pressure point massage with reflex inspired touch. Magnesium and Turmeric smooth silky treatment paste for active body vigour and effective sleep cycle.

## **SOOTHING BACK, FACE AND SCALP MASSAGE | 1-HOUR | £70**

Enjoy all the benefits of the Actif8 facial and scalp massage combined with our glorious and celebrated back massage. The ONE collection brings warm orange vanilla, coconut sugar to life with pure white chocolate and superfood oils



## FOR THE WHOLE BODY

### **WELLNESS JOURNEY EXPERIENCE | 2-HOURS 15 MINUTES | £165**

Contraindication (s) – Heart Conditions, High/Low Blood Pressure, Pregnancy, Thyroid Problems, Iodine Allergy, Seafood Allergy, Claustrophobia

A highly mineralising and detoxifying top to toe experience using a blend of the purest micronized seaweeds to deliver outstanding results to hydrate, nourish and improve water retention. Combining a full body exfoliation with the benefits of the Detox Seaweed Wrap whilst also soothing and calming your face from the Plantomer Facial, your skin will be left hydrated and revitalised.

### **DELUXE RESTORATION EXPERIENCE | 2-HOURS 15 MINUTES | £135**

Contraindication (s) – Pregnancy, Fish Allergy

The Deluxe Restoration WellnessFusion™ Journey begins with a luxurious back treatment incorporating the wonderful, results-driven Desert Heat. As this thermal sand rich in minerals, aids muscular tension, aches and pains, escape into a state of deep relaxation. This treatment includes a firm massage for longer lasting ease of tension, whilst also improving skin texture. Then drift away with the Aromatherapy Facial as this restorative, calming treatment. A true sensorial experience that will help you to feel “as light as a cloud”.

### **HEYWOOD HIRAETH | 90- MINUTES | £99**

Full body , face and scalp with the honey butter and warm honey mask to massage the face

### **FULL BODY POLISH TREATMENT 30- MINUTES | £35**

Aromatic and gentle, this creamy body polish exfoliates dry skin and polishes away toxins. Your skin resurfaces silky-soft and wonderfully hydrated. Ideal as a pre-treatment service to enhance relaxation and results.

### **FLOWER REMEDY CONNECTION | 1-HOUR | £70**

The power of botanical oils and flower absolutes combined with a full face, scalp and body treatment experience. Gentle limb stretching, foot reflex, deep shoulder waving and treatment face and scalp massage. Tailored for your personal needs and to connect your mind & skin on every level with our Time, Heal or Change balms to help support your anxieties, changing times and challenges in life.



## SCRUBS AND WRAPS

### SALTMOUSSE-GLOW EXFOLIATING TREATMENT | 30-MINS | £40

Increase negative ions released into the skin for a healthier and softer body. French sea salt and organic fruit extracts enriched in pro-vitamin A and carrot seed oil are applied to your body recreating the seawater ambiance experience. This revolutionary anti-ageing saltmousse refines your skin unlike any other exfoliation treatment.

### DETOX SEAWEED WRAP 1-HOUR | £75

Contraindication (s) – Heart Conditions, High/Low BP, Pregnancy, Thyroid Problems, Iodine Allergy, Seafood Allergy, Claustrophobia

This therapeutic seaweed wrap contours, firms, hydrates, & re-mineralises. Treatment begins with a gentle exfoliation, followed by the application of warm micronized seaweed cataplasm. You are then wrapped in thermal blankets for your body to release stress & toxins.

### LUMAFIRM® BODY FIRM & GLOW TREATMENT | 1-HOUR | £70

Firm, glow, and go! Enriched with an exclusive combination of anti-ageing extracts, the latest in peptides, and an amazing liposomic technology, you will be looking youthfully radiant from head to toe. Deeply repairing, smoothing, and de-ageing, this wrap leaves every inch of skin velvety soft while rendering your body visibly rejuvenated, instantly firmer, and more toned.

## FOOT TREATMENTS

### WELLNESS GROUDING FOOT RITUAL TREATMENT | 30-MINUTES | £30 if combined with another treatment/ £40 if booked individually

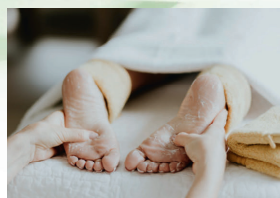
Contraindication (s) – Seafood, Iodine Allergy, Thyroid problems

This foot bath ritual grounds your physical soles to your spiritual soul. The natural sea salt and algae found in this treatment deliver corrective therapy for the feet, which are often neglected yet are prone to fatigue, accumulated dead skin cells, and excess perspiration.

**Note – this does not include Nail Painting.**

### PEDICURE | 1-HOUR | £60

A fantastic therapeutic treatment for your feet, which includes a foot soak, exfoliation, cuticle care and nail shaping. A foot and leg massage is also included. **Does not include gel removal.**



## HOLISTIC TREATMENTS

### **REFLEXOLOGY | 60-MINS | £65**

Reflexology is a holistic, non-invasive therapy, which can induce a state of calm throughout the body & mind. The therapist will use different techniques alongside the Classic Reflexology. Which can include, Reflexology Lymph Drainage (RLD), which is an award-winning technique which focuses on stimulating the lymphatic reflexes on the feet.

### **EXTENDED REFLEXOLOGY FOR STRESS | 90-MINS | £90**

Combines foot reflexology with facial reflexology to help rebalance the body and reduce the effects of stress.

### **THAI FOOT MASSAGE | 60-MINS | £65**

A Massage of the lower legs and feet that involves stretching and massage to open the energy lines. A Thai foot stick is also used in this treatment to enhance energy flow.

### **REIKI | 45-MINS | £45**

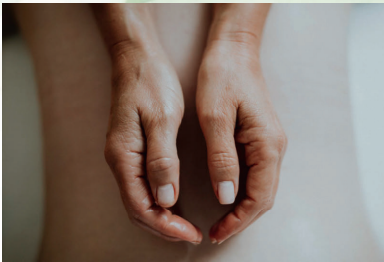
Reiki is a Japanese word that means universal life energy. Reiki maybe experienced as a flow of energy, mild tingling, warmth or coolness. Reiki is deeply relaxing and has a profoundly calming effect.

### **INDIAN HEAD MASSAGE | 45-MINS | £45**

Indian head massage is especially good for relieving stress, tension, fatigue, insomnia, headaches, migraine and sinusitis. Laying on the couch this treatments includes a face massage also.

### **HEYWOOD HOLISTIC EXPERIENCE | 90-MINS | £90**

Treatment designed with individual needs in mind, your consultation will determine your personal holistic experience. With a combination of reiki, reflexology and Indian head massage your therapist will ensure that the appropriate holistic techniques are used accordingly.





## PREGNANCY

### MOTHER TO BE LUMAFIRM® EXPERIENCE | 1-HOUR | £100

This nurturing Lumafirm® experience is uniquely designed for Mum's To Be. Enjoy a results-driven soothing massage, to reduce aches and pains as well as fluid retention. This is followed by a part body wrap, enriched with an exclusive combination of anti-ageing extracts to help firm, brighten and nourish your skin. Your treatment concludes with a hydrating facial and scalp massage, a complete top-to-toe treatment, making the wonderful journey to motherhood a pleasurable experience.

## ONCOLOGY

### ONCOLOGY MASSAGE- REBALANCE & RESTORE | 1-HOUR | £70

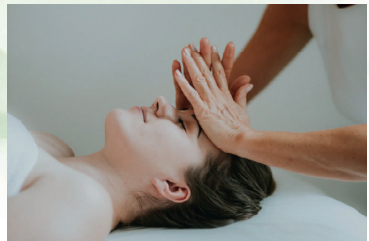
This gentle, light pressure treatment is adapted to the client's needs. Suitable for people living with and recovering from cancer\*.

\*Treatment cannot be booked online, please call 01834 842 087 to talk with the Spa Manager who can personalise your treatment for you.

## PERIMENOPAUSE AND MENOPAUSE

### MENOPAUSE BALANCE | 1-HOUR | £70

Relieve the imbalance and sense of being overwhelmed by devoting this time to yourself. Aimed to alleviate pain, improve flexibility and boost your mood the therapist will target the concerned areas to ease stress.



## SPA DAY PACKAGES

### THE PERFECT RELAXATION PACKAGE - £125 per person

- 2 Hours use of leisure facilities (includes use of robe, towel, & slippers)
- Either a Top to Toe' treatment (60 minute Full Body Swedish Massage followed by a 30 minute Cleansing Facial) or Heywood Holistic (90 minute combination of Reflexology and Reiki)
- Prosecco Afternoon Tea or Light Lunch in our Bar & Grill

Afternoon Tea or Light Lunch will be served in our Bar & Grill or Lounge area. Prosecco can be exchanged for a soft drink but not a different alcoholic beverage. Light Lunch is a one course lunch with either a 125ml glass of wine, half a draft ale/lager or soft drink. Guests booking together would need to choose if everyone in the party is having Light Lunch or Afternoon Tea.

### HEYWOOD HALF DAY PACKAGE- £110 per person

- 2 Hours of our leisure facilities (includes use of robe, towel, & slippers)
- Either a 'Top to Toe' treatment (60 minute Full Body Swedish Massage followed by a 30 minute Cleansing Facial) or Heywood Holistic (90 minute combination of Reflexology and Reiki)
- Glass of Prosecco

### HEYWOOD TASTER - £50 per person

- 2 Hours of our leisure facilities (includes use of robe, towel, & slippers)
- 30 minute treatment of either Facial Massage, Seated Indian Head Massage, Reflexology, Foot soak and Massage or Hand Renew
- One Tea or Coffee

### LEISURE PACKAGE WITH AFTERNOON TEA - £37.50 per person

- 2 Hours of our leisure facilities (includes use of robe, towel, & slippers)
- Afternoon Tea served in the Heywood Bar & Grill or Lounge

### LEISURE PACKAGE WITH LIGHT LUNCH - £37.50 per person

- 2 Hours of our leisure facilities (includes use of robe, towel, & slippers)
- Light Lunch served in our Heywood Bar & Grill.

Light Lunch is a one course lunch with either 125ml glass of wine, half a draft ale/lager or soft drink.

### LEISURE PACKAGE WITH SUNDAY LUNCH

Two Course £40.00, Three Course £45.00 per person

- 2 Hours of our leisure facilities (includes use of robe, towel, & slippers)
- Two or Three Course Sunday Lunch served in our Heywood Bar & Grill.

## BOOKING TERMS AND CONDITIONS

- All treatment times stated include consultation time and changing time.
- Please notify the Receptionist if you are pregnant or have any medical conditions at time of booking.
- If your chosen treatment is unsuitable for you at time of consultation, an alternative will be offered.
- Please arrive at least 5 minutes before your treatment for consultation.
- 16's and over only. All bookings are subject to availability.
- Unless part of a Spa Package or a Hotel Resident, your treatments do not permit access to our Leisure Facilities. This needs to be booked additionally and will be chargeable, subject to availability.

### Payment and Cancellation Policy – Hotel Residents

- All treatments will be added onto your Accommodation Invoice with payment of 50% deposit required at time of booking
- Should you cancel up until 24 hours before your treatment, the charge will be removed from your account and deposit refunded or act as a credit on your reservation.
- If cancellation is made after the 24 hour cancellation window the treatment will be charged in full

### Payment and Cancellation Policy – Non Residents

- For guests that will not be residing with us a 50% deposit is required to secure you reservation
- If a cancellation is made up until 3 days (72 hours) before your treatment time the 50% deposit will be refunded
- After the 72 hour cancellation window has passed, the remaining 50% balance will be automatically charged

To book your Treatment Reservation please email visit our website at  
[www.heywoodspahotel.co.uk](http://www.heywoodspahotel.co.uk).

Email: [leisure@heywoodspahotel.co.uk](mailto:leisure@heywoodspahotel.co.uk) Phone: 01834 842 087



## OPENING TIMES

**TREATMENTS**  
7 days a week

**POOL & LEISURE FACILITIES**  
7am - 8pm | 7 days a week  
N.B. Bookable slots available  
on the hour, each hour

## ADVANCE BOOKINGS

We highly recommend booking in advance to ensure your preferred time and desired treatments are available.

## SPA ETIQUETTE

Please respect your fellow spa-users' right to peace and privacy whilst in the spa. Relaxation zones are for reading, sleeping or quiet contemplation. Guests must shower prior to using the pool and hot tubs. Any fake tan should be removed prior to using these facilities. Please ensure jewellery is removed.

## SPA ATTIRE

Towel, robe and slippers are provided for guests that have purchased a leisure pass. You will need to bring swimwear for wet and heat facilities.

N.B. £10 charge applies for any further robes.

## EATING IN THE SPA

We do not allow guests to bring their own food or drink into the Leisure Facilities. Our Heywood Bar & Grill offers a large range of drinks, wines, cocktails and more as well as light bites and sumptuous mains that can be served to you in the conservatory, restaurant or al fresco.

## CHILDREN IN THE SPA

All children must be supervised whilst in the leisure facilities. The Sauna and hot tubs are not suitable to guests under the age of 16. Massage and facial services are curated for guests aged 16 and above. If treatments are given to guests under this age, a treatment waiver may be required to be signed by a parent or guardian. This adult would need to be present in the vicinity during this period.

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