



HEYWOOD

Leisure

**Spa Treatment Menu
2026**

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 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 | £40

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.

CACAO & COLLAGEN FACE MASK TREATMENT 1-HOUR | £75

This superfood facial, infused with antioxidants is a 3 in 1 experience combining cleansing, exfoliation and a nutritional mask with the goodness of collagen and raw cacao extract to illuminate and repair, whilst also providing an aromatic sensorial experience. Your skin emerges irresistibly soft, smooth and radiant with a firm and more taut appearance.

VEGAN COLLAGEN SKIN BOOSTING FACIAL | 1-HOUR | £75

The active massage facial to refine and relax. Promoting skin health naturally, with our soothing lymphatic drainage, softens skin to enhance & enrich your complexion and muscle tone. Customised to address your skin concerns.

DEEP CLEANSING FACIAL | 1-HOUR | £75

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!

COTTON & HIBISCUS HYDRA FACIAL | 1-HOUR | £75

This ultra-hydrating and soothing spa treatment is designed to deeply quench and smooth the skin. It utilizes a combination of Hyaluronic Acid and Micronized Cotton Extract to provide lasting moisture, minimize fine lines and wrinkles, and restore firmness and radiance. The treatment is suitable for all skin types, especially skin showing signs of aging, or affected by rosacea.

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 increases peri-orbital circulation, soothes, cools, and decongests the fragile eye contour while visibly reducing puffiness and dark circles. Eyes are rendered visibly rejuvenated.

FIRE & ICE - DETOX & GLOW FACIAL MASSAGE TREATMENT | 60-MINS | £80

Contraindication (s) – Hyperreactive Skin, Pregnancy

A specialised facial treatment that unites both cryotherapy and thermotherapy. This blended approach of warm and cool temperatures improves circulation and reduces the stagnation of fluids. In the warm phase of the treatment, cleansing enzymes of Pineapple, Papaya and Mushroom work with pure Hyaluronic Acid to drench the skin with moisture. In the cool phase of the treatment, we introduce highly active ingredients tailored to treat your skin concerns. Enjoy skin health that is clean, clear and radiant!

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 | £75

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

WARMING MUSCLE MASSAGE | 1-HOUR | £80

Hot and healing volcanic stones for a full body massage of intense pleasure with Hypnotic Sleep Balm for tired bodies, aching muscles and fraught minds.

FOR THE WHOLE BODY

WELLNESS JOURNEY EXPERIENCE | 2-HOURS 15 MINUTES | £175

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.

Complimentary 60 minute use of leisure facilities before treatment (not included in treatment time), use of towel, robes and slippers.

DELUXE RESTORATION EXPERIENCE | 2-HOURS 15 MINUTES | £145

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”.

Complimentary 60 minute use of leisure facilities before treatment (not included in treatment time), use of towel, robes and slippers.

HEYWOOD HONEY HIRAETH | 90- MINUTES | £99

Full body, face and scalp with the honey butter and warm honey mask to massage the face. A creamy blend of pure butter and healing honey with added botanicals of Tuberose, Hyacinth and Narcissus creating a sensational springtime scent.

FULL BODY POLISH TREATMENT 30- MINS | £40

Jojoba and Rosemary – Smooth My Body

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 | £75

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

Pineapple and Papaya – Brighten My Body

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.

CHOCOLATE & SEA SALT FULL BODY EXFOLIATING TREATMENT 30-MINS | £40

Cacao and Caramel – Refine My Body

Your skin is gently yet deeply exfoliated with a sumptuous blend of nutrient-rich Cacao extract, drizzling Caramel, and energising Sea Salt delivering antioxidant and repairing benefits. Your skin receives an increase in vital negative ions and resurfaces smoother, more refined, and glowing.

DETOX SEAWEED WRAP 1-HOUR | £80

Algae and Sea Salt – Detox My Body

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 | £95

Cocoa Seed and Kombucha – Firm & Glow My Body

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.

DESERT HEAT BACK COOPER MUD WRAP TREATMENT | 45-MINS | £65

Copper and Magnesium – Ease my Back

Contraindication (s) – High Blood Pressure, Hypersensitive Skin, Open Wounds, Pregnancy, Sunburn

A luxurious back treatment incorporating the Copper-rich Desert Heat Mud. Arizona desert earth is naturally rich in healing and nourishing minerals, Magnesium and Zinc which help to overcome fatigue and stress. This treatment includes a deep tissue massage for longer lasting ease of tension, whilst also improving skin texture. Ideal for those with ageing skin, athletes, and those prone to chronic pain, rheumatism/arthritis, muscular fatigue and post sports injuries.

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 | £50

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 | £50

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.

FOOT TREATMENTS

WELLNESS GROUNDING FOOT RITUAL TREATMENT | 30-MINS | £40

£30 if combined with another treatment

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.

PEDICURE | 1-HOUR | £65

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. Gel removal will be charged at an additional £10.

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

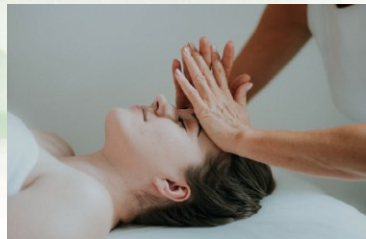
This gentle, light pressure treatment is adapted to the client's needs. Suitable for people living with and recovering from cancer*.

*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. A combination of Reflexology and Massage bespoke to you. 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 - £130 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 Heywood Marigold

Afternoon Tea or Light Lunch will be served in our Heywood Marigold 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- £115 per person

- 2 Hours use 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 - £52.50 per person

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

LEISURE PACKAGE WITH AFTERNOON TEA OR LIGHT LUNCH* - £42.50 per person

- 2 Hours use of our leisure facilities (includes use of robe, towel, & slippers)
- Afternoon Tea served in the Heywood Marigold or Lounge
- Light Lunch is a one course lunch with either 125ml glass of wine, half a draft ale/lager or soft drink.

*Light Lunch and Afternoon Tea should be for the whole party, unable to split choices between group.

LEISURE PACKAGE WITH SUNDAY LUNCH

Two Course Lunch £45, Three Course Lunch £50 per person

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

TWILIGHT DELIGHT – A perfect weekday evening treat - £50 per person

- 2 Hours use of our leisure facilities (includes use of robe, towel, & slippers) from 3-5pm, 4-6pm, 5-7pm or 6-8pm
- £35 dinner allowance per person to use towards our full à la carte Heywood Marigold Menu (food only, last table to be seated at 8.30pm, any additional spend will be charged accordingly)

BOOKING TERMS AND CONDITIONS

- All treatment times stated include consultation time and changing time.
- Should you have a high temperature, showing cold like or flu symptoms, feel nauseous or had recent diarrhea or vomiting you will not be permitted to have your treatment. The therapist reserves the right to refuse your scheduled procedure.
- Please ensure that you have dried clothing on for any treatments. We can provide disposable underwear if required.
- Treatments that start late will still be completed at the appointed time, so other guests are not inconvenienced.
- 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 would need to be booked additionally and will be charged £20 per person for two hours use, subject to availability.

Payment and Cancellation Policy – Hotel Residents

- All treatments will be added onto your Accommodation Invoice with payment in full 72 hours before your arrival date
- 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 full payment is required to secure your reservation
- If a cancellation is made up until 3 days (72 hours) before your treatment time your payment will be refunded.
- After the 72 hour cancellation window has passed, full cancellation fee applies.

To book your Treatment Reservation please email visit our website at
www.heywoodspahotel.co.uk.

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 Marigold 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. No jumping, shouting or inflatable pool toys/accessories are permitted. These facilities are for relaxation purposes, respecting fellow spa goers is essential. The Sauna and hot tubs are not suitable for 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 maybe required to be signed by a parent or guardian. This adult would need to be present in the vicinity during this period.

Heywood Spa Hotel

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