



Holte Spa

The Swan Hotel & Spa
Newby Bridge, Ulverston, Cumbria, LA12 8NB
01539 531 681 www.swanhotel.com

TO HELP YOU RELAX & DE-STRESS

Pro-Sleep Ritual

This simple, gentle ritual is designed to induce a state of deep rest. Starting with gentle brushing of Tranquility Essential oil over the body, the senses are awakened by the gentle running of the fingertips over the limbs, a mild tingling sensation followed by deep relaxation. It is a simple but powerful ritual ideal for jet lag recovery or those who suffer from stress or anxiety.

Duration : 50 minutes / £110

HS Signature Healing Massage

Concentrating on the neck, face and scalp, a gentle lymphatic drainage massage will increase circulation followed by pressure point stimulation to release the tension in the upper body. This includes a Gua Sha massage to help improve the contours of the face.

Duration : 50 minutes / £110

Healing Ritual

The perfect extension to the Signature Healing, a concentrated massage of the neck face and scalp, eases the upper body tension and encourages the deepest state of relaxation.

Duration : 80 minutes / £136

Calming Massage

Restore and calm the body whilst encouraging a deep state of relaxation, this full body massage heals the body of the daily tensions brought on by physical and emotional stress.

Duration : 50 minutes / £110

Calming Ritual

Healing properties from Gua Sha stones, and a soothing neck, face and scalp massage, the perfect addition to the calming massage, for that extra bit of luxury.

Duration : 80 minutes / £136

TO HELP YOU DETOX & BOOST YOUR ENERGY

Aromasoul Elements Massage

Taking inspiration from massage techniques from across the globe, this massage will release the body of its physical tension. A variance of different pace and pressures is the perfect way to warm and comfort the muscles, while the custom warmed oils repair and hydrate the skin.

Duration : 75 minutes / £130

Full Body Scrub & Aromasoul Elements Massage

A perfect pairing, of our Aromasoul Elements Massage, followed by a volcanic body scrub. Leaving the body refreshed, renewed and revitalised.

Duration : 105 minutes / £175

Himalayan Salt

This treatment will envelop the body in comfort and warmth, heated Himalayan salt bricks are used to gently exfoliate the skin and improve circulation and metabolism. The body is then exfoliated using the salt in its purest form, finished with a scalp pressure massage to release the body of stress and tension.

Duration : 50 minutes / £110

FACIAL TREATMENTS TO LOOK YOUR BEST

Active Pureness

Rebalance and restore oily to combination skins. This will soothe acne and breakouts, leaving the skin deeply cleansed and refreshed.

Duration : 50 minutes / £95

Hydraglow

Combining the power of bio active prickly pear, and hyaluronic acid, this thirst-quenching facial, will intensely rehydrate the thirstiest of skins. Ice globes, massage the décolleté and face to increase lymphatic drainage and reduce the skin of its tired and dull complexion. The skin is left rehydrated and revitalised promoting the skins natural glow

Duration : 50 minutes / £95

Remedy

Soothe and heal sensitive or sensitised skins. This facial will repair the damage caused to the skin by environmental or lifestyle factors.

Duration : 50 minutes / £95

Mens High Performance

Deeply cleanse and reenergise fatigued skin, soothe and repair the skin from damage caused by shaving. The skin is deeply cleansed and exfoliated followed by a skin specific mask to rebalance and hydrate the skin.

Duration : 50 minutes / £95

Hs Signature Sublime Skin

Our advanced anti-aging facial will lift firm and rehydrate ageing skins. A 4-step acid peel treatment will deeply exfoliate and encourage cell renewal leaving the skin visibly more hydrated, plumper and radiant.

Duration : 75 minutes / £124

TO HELP EASE ACHING MUSCLES & JOINTS

Hs Signature Restful Massage

This full body massage combines pace and pressure to deeply relax the body and the mind. Organic oils are warmed and used to soothe the skin. Leaving the body and mind calmed and healed of the symptoms of stress.

Duration : 50 minutes / £150

Hs Signature Bamboo Deep Tissue Massage

Combining manual massage, with the use of naturally sourced bamboo, the toughest tension is released from within the muscles. Bamboo applies an even pressure to encourage circulation and muscle movement. This full body experience is ideal for those who require a more hands on approach to massage

Duration : 85 minutes / £170

Walkers foot Treatment

Designed specifically for Holte Spa, this concentrated treatment relieves the legs and feet of post walk tension. This also encourages the circulation to the feet and legs leaving you feeling relaxed yet lighter.

Duration : 45 minutes / £70

TREATMENTS FOR SPECIFIC CONDITIONS

Rebalancing Ritual

Take control of those menopausal symptoms, by cooling the body and improving lymphatic drainage. This gentle treatment combines massage, with cold stones to soothe the body when it's at its most hormonal. Suitable for perimenopausal/menopausal ladies or anyone with hormonal imbalance.

Duration : 80 minutes / £136

New Life Mum

A gentle elasticising, nurturing massage, perfect during pregnancy as well as post-pregnancy. It reduces swelling, improves circulation and contributes to skin silkiness and tone.

Duration : 80 minutes / £136

THERMAL BATHING RITUALS & SPA GARDEN ACCESS

All of our thermal journeys include 2 hours access to the spa garden and thermal suite including: vitality pool, steam room, Finnish sauna, experience showers, drench buckets and spa pools. You can use the time at your own leisure or have a bespoke bathing circuit designed around your needs and aspirations. Perfect on its own or as an add on to your favourite treatment or ritual.

OFF PEAK | 10AM-4PM | WEEKDAYS

£35 per person

PEAK | 3PM-4PM WEEKDAYS | 10AM-4PM WEEKENDS

£40 per person

WINE DOWN | 6PM-8PM | EVERYDAY

(includes a glass of fizz on arrival)

£45 per person Mon-Fri | £50 per person weekend

We recommend that you attend the thermal bathing and spa garden at a time to best suit your needs and expectations.

Morning - Quiet and peaceful
Afternoons - Relax and unwind
Evenings - Social Spa

*we ask that guests keep noise to a minimum
ideal if you want a little bit of social interaction
may be a little noisier*

SPA DAYS

Thermal Journey Experience

The Holte Spa Thermal Journey experience includes 2 hours access to the spa garden and thermal suite with a bespoke bathing journey and afternoon tea.

£55

Half Day Spa Experience - any 50 minute treatment

The Holte Spa experience allows you to combine any 50 minute treatment with a 2 hour thermal journey, and afternoon tea.

£150

Luxury Half Day Spa Experience - any 80 minute treatment

This extended Holte Spa experience combines the luxury of any 80 minute treatment or ritual with a 2 hour thermal journey, afternoon tea and a glass of bubbly.

£190

PRIVATE THERMAL HIRE

Perfect for celebrating special occasions with your nearest and dearest in a unique way. Minimum of 20 people or from £1600 for two hours hire.

www.swanhotel.com