



**Holte Spa**  
*Treatment Brochure*



# About Holte Spa

RELAX AND RENEW



Indulge in a world of relaxation and wellness at Holte Spa, nestled within the Swan Hotel.



Our spa offers a range of rejuvenating treatments carefully curated from Temple Spa. All our treatments are designed to cater to the unique wellness needs of every individual. Whether you seek deep relaxation, rejuvenation, or specific skin and body care, our expert therapists will tailor the treatments to your preferences. From soothing massages to revitalising facials, each experience is crafted to provide a blissful escape from the stresses of everyday life.



At Holte Spa, we prioritise your well-being, ensuring that you leave feeling refreshed, renewed, and ready to face the world. We are dedicated to making sure you leave us feeling your absolute best, and we know that every body is different. That's why our amazing spa therapists can tailor any treatment specifically for you.



*The Swan x*



## About Temple Spa

23 years ago, Temple Spa began its journey in the Mediterranean, drawing inspiration from the region's warmth, vibrancy, and nutritious ingredients. Today, as a British brand with a Mediterranean heart, they are passionate about creating exceptional skincare products and experiences that nourish both your skin and soul. They believe in honouring your body as a living temple, promoting a cruelty-free approach, and prioritising sustainability in their products. Explore their award-winning creations that prioritize texture, fragrance, and results, all while being committed to reducing, reusing, recycling, and responsibly sourcing their materials.

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*It's all about the face*

# Facials

ITS ALL ABOUT THE FACE



## *Skin Boosting facials*

**MY KINDA SKIN - 60 MINS | £65**

*Bespoke prescription facial for your skin type*

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.

**GO GUY – THE MALE EXECUTIVE TREATMENT - 60 MINS | £65**

*Men's facial for all skin types*

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing massage. For the finale, a hot stone neck and shoulder massage.

## *Well Being facials*

**REPOSE AROMATHERAPY FACIAL - 75 MINS | £80**

*Relaxing, indulgent facial for all skin types*

There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed with hot oil scalp massage, plus a hand & arm massage. Pure Bliss.



# Facials

ITS ALL ABOUT THE FACE

## *Superluxe Truffle Facials*

**CHAMPAGNE & TRUFFLES DELUXE TREATMENT - 90 MINS | £115**

*The crème de la crème of facials*

A luxury facial that combines our Award-Winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. You'll have something to celebrate. The 90-minute version includes an exquisite cooling alginate mask and rose quartz massage therapy.

Add a glass of fizz and a delicious chocolate truffle to complete the luxury and help you relax.

**ALL ABOUT THE GLOW - 60 MINS | £65**

*Vitamin C radiance facial workout*

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by Vitamin C and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.



# Facials

ITS ALL ABOUT THE FACE

## *Discover the Beauty of LED Light Masks*

Unleash the potential of an LED light mask for radiant skin. Enjoy clear, acne-free skin, reduced signs of aging, even skin tone, and improved texture. This non-invasive solution offers customisable treatments for all skin types, providing lasting results with comfort and convenience. Elevate your self-care routine and bask in the glow of rejuvenated skin with an LED light mask.



*Simply add it on to your facial treatment to add  
an additional 20 minutes for super intense and  
effective results.*

**£20 | Per 20 Minutes**



# Body

LUXURIOUS AND  
SIMPLY GORGEOUS

## *Body Scrubs, Wraps and Infusions*

**| I'LL BE BACK - 45 MINS | £65**

### *A facial for the back*

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of.

**AAAHHH! - 30 MINS | £55**

### *Leg & foot energiser*


This oh-so-good treatment is instant relief for tired, over worked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

## *Mediterranean Massages*

**| DRIFT AWAY - 30/60/90 MINS | £55/£75/£100**

### *Relaxing full body massage*

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. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.....zzzzzzz!!!!



# Body

LUXURIOUS AND  
SIMPLY GORGEOUS

**WORK IT OUT MASSAGE - 30/60/90 MINS | £55/£75/£100**

## *Detoxing / muscle workout massage*

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious!

# Side Order Treatments

TEMPLE SPA SIDE ORDERS

## A LITTLE MORE?

*Delightful treats to add to any treatment*

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of options to add onto your main treatment. These can be added to any facial, massage or body treatment.

### STRESSED OUT?

Enjoy our hot stone neck & shoulder treatment.

### HEAD FEELS HEAVY AND UPTIGHT?

You will love our sedating hot oil scalp massage.

### LOVE YOUR HANDS TO BE PAMPERED?

Select our indulgent hand ritual.

### WANT A SPRING IN YOUR STEP?

Select our Indulgent foot ritual.

15 minutes per side order | £15

30 minutes also available for Hand & Foot rituals | £30



# Side Order Treatments

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TEMPLE SPA SIDE ORDERS

## GO VIP *and upgrade*

Having a massage or body treatment? Why not upgrade your treatment today with one of our results-driven, skin transforming masks? The results will astound you.

### TEMPLESPA | TRUFFLESQUE

#### *Hydrating radiance mask*

Having a massage or body treatment? Why not upgrade your treatment today with one of our results-driven, skin transforming masks? The results will astound you.

### TEMPLESPA | BE CALM

#### *Soothing face mask*

Prebiotic skin rescue mask that's like a comfort blanket for sensitive, stressed and delicate skin.

### TEMPLESPA | QUENCH

#### *Rejuvenating mask*

Creamy anti-ageing face mask that's intensely hydrating, moisturising and skin brightening.

# Holte Spa Days

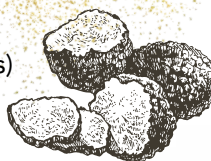
INDULGE IN RELAXATION  
AND WELLNESS

## *Champagne and Truffle Spa Day*

**Relax in Luxury with our Champagne and Truffle Spa Day, you'll  
leave feeling relaxed and rejuvenated!**



Temple Spa Superluxe Truffle Facial (60 minutes)  
2-hour Holte Spa Thermal Access  
Luxury Afternoon Tea  
(with Champagne and Chocolate Truffles Included)



**£150**

## *Winter Wonderland Spa Day*



**A magical winter experience, perfect for these colder days!**



Any 30 or 45 minute Treatment  
A Seasonal Drink  
(Fizz, Mulled Wine or a Tasty Cocktail!)  
Pub Lunch or Afternoon Tea  
Two Hour Holte Spa Thermal



**£120**



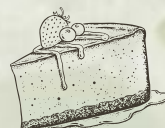
## *Thermal and Afternoon Tea*

**Relax and refuel with our quintessentially British Afternoon Tea!**



Two Hour Holte Spa Thermal  
Afternoon Tea in The Brasserie

**£60**



# Holte Spa Thermal Suite

INDOOR AND OUTDOOR RELAXATION

## *Thermal Suite and Garden*

What to look forward to...

You can expect specifically tailored thermal journeys; with an authentic outdoor Finnish sauna, minimal chlorine, naturally filtered pools and cosy relaxation spaces. From our naturally filtered jacuzzi pool with gentle jets to alleviate tight muscles and tension, to our experience showers complete with water effects such as tropical rain, mist, monsoon and cold waterfall to deliver a multi-sensual encounter, you can truly immerse yourself in Holte Spa and escape the hustle and bustle of daily life.

### *What's Included?*

100% Humidity Steam Room  
12 Seater Jacuzzi Pool with Jets  
Indoor/Outdoor Hydrotherapy Pool  
Ice Buckets  
Outdoor Finnish Sauna  
Indoor Finnish-inspired Sauna  
Relaxation Corners and Lounge Areas  
Hot or Cold Experience Showers

**£35pp**

## *Twilight Spa* ✨

What better way to end a busy day than with a chillout session at The Holte Spa?

Enjoy two hours of full thermal suite and spa garden access, plus a much-needed glass of fizz to take the edge off!

Relax. Unwind. Enjoy.

This is available to book at 6-8pm every single night.

**MON - THURS | £40PP FRI-SUN | £45PP**

# Aesthetics by The Natural Nurse

FEEL YOUR BEST!



Yasmin is a fully qualified MSc Adult nurse and aesthetics practitioner, currently working as a practice nurse whilst also running her aesthetics business from Didsbury in Manchester. We are really excited that Yasmin has chosen The Holte Spa as a base for her monthly clinics, and we cannot wait to show you what she can do for you!

Yasmin finds the world of aesthetics incredibly rewarding and hopes to be part of your transformative journey!

## *Anti-Wrinkle Injections (Botox)*

Our Anti Wrinkle Injections are the perfect solution for clients looking to diminish the appearance of fine lines and wrinkles. We take pride in providing safe and effective results, while offering a luxurious and relaxing atmosphere. Trust our experienced qualified nurse to enhance your natural beauty and leave you feeling confident and rejuvenated.

**1 Area - £130**

**2 Areas - £180**

**3 Areas - £230**

## *Dermaplaning*

Our Dermaplaning service offers the ultimate exfoliation experience, removing unwanted peach fuzz and dead skin cells to reveal smoother, more radiant skin. Our safe and painless procedure is designed to leave you feeling refreshed and rejuvenated. Say goodbye to dull, tired-looking skin and transform your look with our Dermaplaning service today.

**Pricing Per Session - £45**

## *Microneedling*

Experience the transformative power of microneedling at The Swan Hotel's Holte Spa. Our non-invasive treatments are designed to work with your skin to produce real, visible results. Our personalised approach means we'll work with you to develop a treatment plan that addresses your unique concerns, whether it's reducing fine lines or pigmentation, or increasing collagen production.

**Pricing Per Session - £85**

## *B12 injections*

Looking for a natural way to boost your energy levels? Our B12 injections could be the answer you're looking for. At The Natural Nurse, we offer B12 injections that are designed to help you maintain a healthy metabolism and improve your overall health and well-being. Experience the benefits for yourself and schedule an appointment today.

**Pricing Per Session - £30**



*The Swan Hotel & Spa*

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