



Holte Spa

Treatment Brochure



About Holte Spa

RELAX AND RENEW



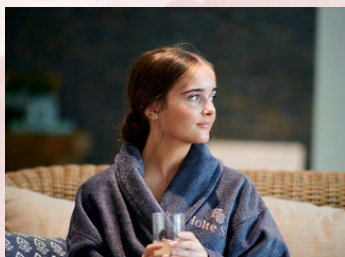
Indulge in a world of relaxation and wellness at Holte Spa, nestled within the Swan Hotel.



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 prioritise texture, fragrance and results! Temple Spa are being committed to reducing, reusing, recycling, and responsibly sourcing their materials.

About	1
Learn all about Holte Spa	
About	2
Learn all about Temple Spa	
Facials	3
It's all about the face	
Body	7
Luxurious treatments	
Side Orders	9
To add to any treatments	
Spa Days + Thermal Suite	11
Relaxation and wellness	
Aesthetics	13
By the natural nurse	



It's all about the face

Facials

IT'S 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 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

IT'S 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

IT'S 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, and Experiences

I'LL BE BACK - 45 MINS | £75

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 | £65

Leg & foot energiser

This oh-so-good treatment is instant relief for tired, over worked legs & feet. This treatment 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.

Body & face

THE TOTAL GLOW UP! - 90 MINS | £100

Glow & Radiance & Body Experience

This unique face and body experience leaves your skin, face and body positively glowing from top-to-toe! To begin, you will be treated to a body brush, scrub and application of moisturiser, followed by a face & body contouring treatment which works on relieving tension and improving tone. Lastly, our advanced skin transforming facial turns up your glow with instant and visible results. A total face and body glow up!

Mediterranean Massages

LUXURIOUS AND
SIMPLY GORGEOUS

WORK IT OUT MASSAGE - 30/60/90 MINS | £65/£85/£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. We then 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!

IN GOOD SPIRITS | 30/60/90 mins | £65/£85/£100

Energising Aromatherapy Massage

This revitalising power massage uses our vibrant and joyful aromatic oil inspired by the zest of Mediterranean Citrus groves. Bergamot, Sweet Orange, Lemon, and cooling Mint working alongside our invigorating massage movements designed to combat fatigue and encourage circulation. You will be left feeling re-energised and at ease. Upgrade your experience to 90 minutes for an exceptional radiance facial. Guaranteed to put a spring back into your step and your skin!

DRIFT AWAY - 30/60/90 MINS | £65/£85/£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!!!!

Side Order Treatments

TEMPLE SPA SIDE ORDERS

LOOKING FOR SOMTHING 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 to you, a lovely selection of options to add onto your main treatment. These can be added to any facial, massage or body 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 TREATMENTS ARE ALSO
AVAILABLE FOR HAND & FOOT RITUALS | £30

Holte Spa Days

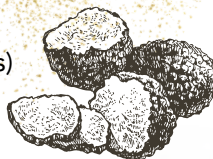
INDULGE IN RELAXATION
AND WELLNESS

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)
Two Hour Holte Spa Thermal Access
Luxury Afternoon Tea
(with Champagne and Chocolate Truffles Included)



£150

Spring Fling Spa Day

Let the warm embrace of sunlight and the gentle breeze of carefree vibes whisk you away to a place of pure bliss and happiness.



Any 30 or 45 minute Treatment
A Seasonal Drink
(Fizz 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



£65

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 is 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

FROM £40pp

Sundowner Sessions



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 with Ibiza Chillout tunes 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 | £45PP FRI-SUN | £50PP



Nailed it!

Nails and beauty

LOOK YOUR BEST

Gel hands	£25	Gel Removal	£10
Additional Nail Art	£5	Hand Massage	£10
Gel Toes	£20	Foot Massage	£20

Packages

GEL NAILS & TOES | £45

Treat yourself to flawless GEL nails and toe polish, paired with a divine hand and foot massage. It's the ultimate indulgence for those seeking top-to-toe glamour and relaxation.

DUO-GLAM NAILS | £60

Treat yourselves to luxurious GEL nails and a soothing hand massage, perfect for bonding time with your best friend, cherished mother-daughter moments, or any dynamic duo seeking a pampering session together.

MUMMY & ME HAND TREATMENTS - £45

Delight in matching GEL nails and blissful hand massages for both mother and child. It's the perfect way to bond and pamper yourselves together in style!

HOLIDAY READY PACKAGE | £105 PER PERSON

Let us pamper you with stunning GEL polish for your hands and toes, providing the perfect, enduring base for your vacation look. Indulge in our All About That Glow Facial, giving your skin that extra boost of radiance and freshness. It's the ultimate trio to ensure you're glowing from head to toe for your getaway!

Includes:

- Gel polish hands
- Gel Polish Toe
- All about That Glow Facial



The Swan Hotel & Spa

Newby Bridge, Ulverston, Cumbria, LA12 8NB

01539 531 681

www.swanhotel.com