



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.

<b>About</b>	1
Learn all about Holte Spa	
<b>About</b>	2
Learn all about Temple Spa	
<b>Facials</b>	3
It's all about the face	
<b>Body</b>	8
Luxurious treatments	
<b>Side Orders</b>	10
To add to any treatments	
<b>Spa Days + Thermal Suite</b>	11
Relaxation and wellness	





*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.



*It's all about the face*





# Facials

IT'S ALL ABOUT THE FACE

## *Clean Girl Aesthetic*

### **GLASS SKIN FACIAL - 45 MINS | £65**

*The latest clean girl trend*

Experience the ultimate in skin luminosity with our luxurious "Glass Skin Facial," designed to give you a clear, radiant, and glass-like complexion. Using the powerful and revitalizing Temple Spa Vitamin C Glowing Range, this facial treatment is perfect for those seeking to enhance their natural glow and achieve a flawless finish.

### **GUA SHA & LYMPHATIC FLOW FACIAL - 45 MINS | £65**

*Sculpt and glow*

Experience a deeply relaxing and rejuvenating facial with our Gua Sha and Lymphatic Drainage techniques, enhanced by the luxurious Temple Spa products. This treatment focuses on promoting lymphatic drainage, reducing puffiness, and enhancing facial contours for a refreshed and radiant complexion.

### **THE CLEAN GIRL FACIAL - 45 MINS | £65**

*Be "that girl"*

Achieve the fresh, minimalist, and effortlessly chic "Clean Girl" look with our "Clean Girl Aesthetic Facial." This treatment is designed to purify, balance, and perfect your skin, giving you a natural, glowing complexion. Utilising the Temple Spa Purifying and Balance Range, this facial is ideal for those who want to maintain a clean, healthy, and clear skin appearance.

Your skin will be left feeling purified, balanced, and naturally radiant with a refined, clean appearance. The Temple Spa Purifying and Balance Range works harmoniously to clear impurities, control excess oil, and maintain hydration, giving you the effortlessly chic and natural look that defines the clean girl aesthetic.

# 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 | £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. 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.

**SUMMER BODY RITUAL - 60 MINS | £120**

*Gift Bag Included!*

Indulge in a luxurious holiday-ready treatment designed to pamper and restore you to your best self before you go on your Summer Holiday! Immerse yourself in a tailored massage focused on releasing knots and soothing tight muscles in your back, neck, and shoulders. Feel the weight of the world lift off as our skilled therapists work their magic.

To complete this blissful experience, you'll enjoy a face mask to nourish and rejuvenate your skin, accompanied by a tranquil scalp massage to leave you feeling completely refreshed.

You'll also get to take home a TEMPLESPA Summer Skies gift bag! What's not to love?

# *Mediterranean Massages*

## Body

LUXURIOUS AND  
SIMPLY GORGEOUS

### **WORK IT OUT MASSAGE - 30/60/90 MINS | £65/£100/£120**

#### *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 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!

### **DRIFT AWAY - 60/90 MINS | £100/£120**

#### *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!!!!

### **DRIFT AWAY - 30 MINS | £65**

#### *Relaxing back massage*

This deeply relaxing back massage, formulated with a dreamy blend of Mediterranean essential oils including frankincense, lavender and patchouli, is guaranteed to have you drifting away.



# Body

LUXURIOUS AND  
SIMPLY GORGEOUS

*Mum to be*

*Time to relax*

Pregnancy is a most wonderful time that require treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

We offer specialised pregnancy massages designed for expectant mothers. However, please note that pregnancy is not an option for any other body treatments. Selected facial treatments are available for pregnant clients, but we require prior notification at the time of booking. These services are only available to clients who are between 13 and 36 weeks of pregnancy.



# 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.

### WANT TO WAKE YOUR UNDER EYES?

Select our Intense Eye Relief.

15 MINUTES PER SIDE ORDER | £15

30 MINUTES TREATMENTS ARE ALSO  
AVAILABLE FOR HAND & FOOT RITUALS | £30

# 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  
**Off Peak £30pp | Peak £50pp**

## *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 Prosecco to take the edge off!

Relax. Unwind. Enjoy.  
This is available to book for 6-8pm.

**FRI - SUN | £55PP**



# 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!**

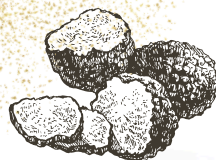
Temple Spa Superluxe Truffle Facial (60 minutes)

Two Hour Holte Spa Thermal Access

Luxury Afternoon Tea

(with Champagne and Chocolate Truffles Included)

**£150**



## *Summer Spa Retreat*

**Let our ultimate pampering experience whisk you away to a place of  
pure bliss and happiness.**

A choice of any of our £65 treatments

**Plus...**

A refreshing spritzer

Pub Lunch or Afternoon Tea

Two-Hour Holte Spa Thermal access

**£120**



## *Treatment and Thermal*

**Bundle up with our perfect little package!**

Get 2 hours of access to our Thermal Suite alongside a choice of one  
of our £65 60-minute treatments.

**Peak - £100 | Off-peak - £80**



## *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

## *The 6pm Reset*

Join us Monday through Thursday, 6–8 pm, the stress stops here. Swap your inbox for infused steam, your commute for calm. This after-work spa session is your exclusive weekday ritual at Holte Spa.

Enjoy 2-hour access to our luxurious thermal spa, a complimentary wind-down drink - a choice between an alcoholic fizz or a posh soft drink. Plus access to sun-loungers, fresh air, and time to actually breath (bring your favourite book or your headphones and relax!)

Whether it's solo serenity or a midweek catch-up with friends, this is your new favourite way to clock off.

**Mon - Weds | £35pp**



## *Dip & Dine*

Dough & Glow! Sink into 2 hours of peak-time spa bliss, where the gentle heat and soothing waters of our thermal suite melt away the last of the day's tension. Upon arrival, you'll be welcomed with a sparkling glass of prosecco, setting the tone for a truly relaxing experience.

Once you've floated through the pools, saunas, and steam rooms, head to our spa café where a freshly made, wood-fired pizza awaits. Whether you fancy dining in your fluffy robe or prefer to change into something comfy, you're welcome either way – we keep things relaxed and easy here.

**Thurs | £45pp**







*The Swan Hotel & Spa*

Newby Bridge, Ulverston, Cumbria, LA12 8NB

01539 531 681

[www.swanhotel.com](http://www.swanhotel.com)