



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, with relaxing or energising massage techniques incorporated throughout the facial. For the finale, warm stones are gently used within the facial's neck and shoulder work.

**HOLTE CALM & COMFORT FACIAL - 45-MINUTE | £75**

*Perfect for sensitive skin*

A gentle, comforting facial ideal for sensitive or reactive skin. This treatment works to reduce redness, strengthen the skin barrier and deeply hydrate, leaving the complexion calm, balanced and nourished.

**HOLTE PREMIUM AGE-DEFY FACIAL - 60-MINUTE | £95**

*The ultimate treat*

A powerful, results-driven facial. This treatment targets fine lines, loss of firmness and dullness, helping to lift, smooth and brighten the complexion while restoring a youthful glow.

*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 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.

**BESPOKE HOLTE MASSAGE - 60-MINUTE | £100**

*Just what you need...*

A fully bespoke massage designed around you. Your therapist will dedicate the full 60 minutes to two key areas of focus – choose from scalp, neck and face; back; or legs and feet – to ease tension, improve circulation and promote complete relaxation.

**BRUSH WITH HEAVEN - 60 MINS | £75**


*Total body experience*

A unique face & body treatment using only brushes. Varying sizes and textures massage, stimulate, and smooth the body and face, while rich DRIFT AWAY oil cocoon you. Finished with an exclusive TEMPLESPA facial —perfect for stressed minds. All brushwork, all bliss!

**ROSEMARY HAIR OIL SCALP MASSAGE - 45 MINS | £65**

*TikTok famous!*

Our Rosemary Oil Hair Massage nourishes and revitalises hair, boosts scalp health, and promotes natural shine. Rosemary's anti-inflammatory properties reduce dandruff while a gentle massage stimulates blood flow, deeply relaxing you and helping the oil penetrate for healthier, more vibrant hair.



## Mediterranean Massages

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.



# 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



**Monday - Thursday | Open from 8am - 6pm (last slot at 4pm)**

**Friday - Saturday | Opening 8am - 9pm (last slot at 7pm)**

**Sunday | Opening 9am - 6pm (last slot at 4pm)**

**Monday - Thursday, Sunday | £49 all day**

**Friday & Saturday | £69 all day**

# 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!**

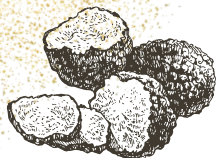
Temple Spa Superluxe Truffle Facial (60 minutes)

Two Hour Holte Spa Thermal Access

Luxury Afternoon Tea

(with Champagne and Chocolate Truffles Included)

**£150**



## *The Spring Awakening Spa Escape*

**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

**£150**



## *Treatment and Thermal*

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

Bundle up with our perfect little package! Enjoy 2 hours of thermal  
access alongside your choice of treatment from our indulgent  
selection.

**£100**

## *Thermal and Afternoon Tea*

Relax and refuel with spa access and our quintessentially British Afternoon Tea!

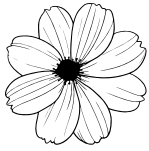
**Enjoy:**

Two-Hour Holte Spa Thermal

Afternoon Tea in The Brasserie

**£65**





# Holte Spa Days

INDULGE IN RELAXATION  
AND WELLNESS

## *The Holte Restorative Ritual*

A luxurious head-to-toe experience designed to restore body and mind. Begin with a full-body exfoliation to smooth and prepare the skin, followed by a detoxifying mud wrap to nourish and revitalise.

After showering, unwind with a relaxing massage, before finishing with a rejuvenating LED mask session. Your ritual includes complimentary access to the thermal suite and spa garden, plus a glass of prosecco to complete your escape.

**2-hour indulgent ritual | £225**

## *The full Works Holte Spa Day*

Our most indulgent spa experience. Enjoy two treatments of your choice from our treatment menu, along with extended access to the thermal suite and spa garden for three hours.

Complete your day with your choice of a traditional afternoon tea or a relaxed pub lunch.

**Full spa day | £225**





*The Swan Hotel & Spa*

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