Holte Spa

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

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.

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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.

Body

LUXURIOUS AND
SIMPLY GORGEOUS

Body Scrubs, and Experiences

INDIAN HEAD MASSAGE - 60 MINS | £90

Perfect for those carrying tension

Drift into deep relaxation with this soothing 60-minute Indian Head Massage, designed to ease tension, calm the mind, and restore balance. Focusing on the upper back, shoulders, neck, scalp, and face, this nurturing treatment uses gentle pressure and rhythmic massage techniques to help release built-up stress and encourage a sense of total wellbeing.

I'LL BE BACK - 60 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.

Body

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 - 90 MINS | £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.

HOT STONE MASSAGE – 30/60 MINS | £60/£90

Relaxing heated stone massage

Melt away tension with the soothing warmth of heated stones. Slow, flowing massage techniques help ease tired, tight muscles and encourage deep relaxation, leaving you feeling restored and beautifully unwound. Choose a 30-minute back, neck & shoulder massage or a 60-minute full body treatment for the ultimate switch-off.

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 - Saturday | Open from 8am - 6pm (last slot at 4pm)
Sunday | Opening 9am -6pm (last slot at 4pm)

Monday - Thursday | £40 all day
Friday, Saturday & Sunday | £45 all day

Holte Spa Days & Evenings

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 Full Cosy Reset

Switch off and settle into a day of pure relaxation,
with a 60-minute treatment,
Thermal Suite & Spa Garden access, lunch or afternoon tea and a seasonal drink.
Plus, enjoy £20 towards your next treatment.

£149

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.

£105

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

£70

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

After Hours

Escape the everyday and ease into your evening (6-8pm) with Holte After Hours – two relaxing hours of warmth, water and wellness at Holte Spa.

Designed as the perfect after-work wind-down or evening treat, you'll have time to slow down, switch off and enjoy our thermal facilities at your own pace.

Monday - Thursday £45 | Friday - Sunday £55