

HOLBECK GHYLL SPA

WELCOME

Our idyllic spa is perfectly situated, with prime views that make the Lake District famous. Overlooking Lake Windermere and the surrounding hillside, it is the ideal place to relax. The Spa is beautifully furnished with two private treatment rooms, sauna, steam room, and a relaxation room. All this, alongside an outdoor hot tub, overlooking the most popular views in the Lakes.

The Spa is a perfect haven for sharing an indulgent relaxation experience, with a friend, a loved one, or simply by yourself.

We offer a wide range of Holistic, and Beauty Treatments, and also Germaine de Capuccini specialist Spa Treatments and Facials.

Please contact the Spa Team or Reception, for help with creating your ideal spa experience.



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HOLBECK GHYLL SPA | MENU

The premium products offered by Germaine de Capuccini are found in the most exclusive salons and spas throughout the world. A combination of natural ingredients and cutting edge technology means Germaine de Capuccini produces some of the most influential professional spa therapies in the beauty industry.

All treatments are steeped in the most stunning rituals but are also highly effective in meeting the needs of your skin.

FACE



Spa Prescriptive Facial- suitable for all skin types

A relaxing anti-ageing facial commencing with a warm pinda pressure point massage that is sure to leave your face and head fresh, clear and radiant, whatever your age or skin type.

£75 – 50 minutes

Vitamin Boost C+ Facial

Studies show that glycation or excess sugar can lead to skin ageing. This advanced treatment is based on pure vitamin C combined with Ume extract and works to combat the effects of glycation to leave skin looking radiant once again.

£90 - 60 minutes

Timexpert SRNS Global Anti-Age Facial

Anti-ageing face and eye treatment based on epigenetics, with glycolic peel

A powerful all-round anti-ageing treatment that provides firming, wrinkle reduction, revitalisation, improved pigmentation and hydration. 99% of clients have firmer, more supple and nourished skin after a single session (*Self-assessment test on 173 individuals after 1 treatment*).

£115 – 85 minutes

For an enhanced experience and effect, add an upgrade treatment to your chosen facial:

Timexpert Intensive Eye Therapy

Renew and refresh tired eyes, and work against wrinkles and expression lines. Pro-Collagestine-Fill and Micro-Dermoxine (exclusive to Germaine de Capuccini) increases collagen production and neutralize the effects of facial micro tensions. As a facial upgrade 15 min £20

Tranquil Baobab Oil Scalp Massage

As a 15 mins facial upgrade £20

Glycocure – Skin Peel.

Suited to all skins expect hypersensitive to enhance the effect of products used prior to any facial. As an upgrade £20

BODY

Aromatic Elements Massage

An aromatherapy massage designed to suit your needs and mood. Choose from one of our 5 pre-blended oils. Your therapist will then use specific movements to target your concerns;

Fire- A warming, relaxing massage blended with lavender, sandalwood and Ylang- Ylang to help calm and sooth and alleviate anxiety.

Earth-An anti – cellulite massage working on the contours of the body and targeting stomach area to aid congestion, with essential oils of Cedarwood and Juniper.

Metal- A revitalizing massage, with Lemon, Lime and Nutmeg, to uplift the mind and body.

Wood- A stimulating massage with essential oils of Mint, Sage and Cinnamon designed to help improve circulation.

Water- A massage to help with rehydration, regeneration and sooth the mind and assist with fluid retention in the legs, with Geranium, Patchouli and Coriander

£50 - 25 minutes/ £80 - 50 minutes

Mediterranean Candle Massage

A luxurious warming body massage treatment, which commences with a relaxing warm pinda pressure massage, during this time the Mediterranean Light Candle is burned emitting a wonderful fragrance. The warm wax from the candle is then poured over the body with a body massage to ease tension, relax the mind and deeply hydrate the skin.

£85 – 55 minutes

Back Massage

£45 – 25 minutes

Deep Heat

Treat tension and aches in the neck, back and shoulders, utilizing an expert massage and self-heating gel.

£50 - 25 minutes

Full Body Swedish Massage

£75 – 50 minutes

Deluxe Full Body Swedish Massage

£95 – 1 hour 20 minutes

The Swedish Massage is designed to stimulate the blood and lymphatic flow and to relieve the body of stress and tension.

Fell Walkers Back and Leg Massage

The back is brushed and exfoliated to help stimulate circulation and cell renewal, then calmed with a deep, tension relieving, aromatherapy massage. Tired legs and feet are then massaged to help you feel refreshed, finishing with a touch of Dreamy Leg gel, leaving you feeling radiant and walking on air.

£75 – 50 minutes

Hot Stone Massage

Warmed Volcanic stones and subtly cooled marble stones massage away life's tensions and draw you into a truly deep state of meditative relaxation.

£85 – 50 minutes

Hot Stones and Mini Facial

Enjoy the full benefits of Hot Stones, with a mini facial incorporated into the treatment.

£110 – 1 hour 20 minutes

Top and Toes

Mini Facial and Foot Pampering. Refresh the face and feet with this luxurious combination treatment.

£75 – 50 minutes

Nourishing Baobab Oil Scalp Massage

A relaxing and nourishing massage for the hair and scalp using ethnically sourced baobab oil designed to ease the tension and stress that can accumulate in the scalp and neck, whilst nourishing and revitalizing the hair. This can help with migraine, sinus, and sleep issues.

£45 - 25 minutes

Reflexology

Reflexology consists of pressure and massage of the reflex points found on the feet or hands. This treatment relaxes the nervous system, improves the circulation, and encourages healing by bringing harmony and balance to mind and body.

£65 – 50 minutes

Mum to be Massage

Take the weight off your feet and cherish this special time with a full body massage. Enjoy a warm pinda massage around the shoulders and scalp, working down the spine to ease away tension. Collagen cream firms and tones the skin, in addition to targeting stretch marks.

£80 - 50 minutes

Body Exfoliations & Wraps

Baobab Oil and Seeds

Enjoy the wonderful aromas and textures of baobab seeds, oil and shells with this deeply moisturizing and softening body exfoliation.

£45 - 25 minutes

Algae Detox Wrap

Combining micronized algae & seawater to achieve a significant anti-cellulite therapy, reducing the appearance of cellulite by eliminating fat in the adipocytes (fat cells) and stimulating drainage. The treatment commences with our Aromatic Exfoliation and is then followed with an Algae Wrap.

£99 - 70 minutes

Tranquil Top to Toe Baobab Oil Ritual

Created from the organic seed of baobab extracted from the tree of life- this superfood delivers an excellent nourishing and firming body massage and exfoliation. It has a truly wonderful aroma and is excellent for very dry skin conditions. The ritual commences with a full body exfoliation, followed by full body and scalp massage and complete with our Dreamy Legs energizing leg gel.

£115 - 85 minutes

SPA FOR MEN

The Classic Facial for Men

Whatever your age or your skin type, we will provide you with a treatment designed to suit your needs. Includes a highly relaxing facial and scalp massage to leave your skin feeling fresh and clear.

£90 - 60 minutes

Deep Heat

Treat tension and aches in the neck, back and shoulders, utilizing an expert massage and self-heating gel.

£50 - 25 minutes

Stress Buster

A treatment designed to target tension in the back neck and scalp, combining the Deep Heat therapy, and warm pindas to target and release tension.

£80 - 50 minutes

LUXURY BESPOKE RITUALS

Choose from one of the following luxury rituals design to treat your mood and needs, each therapy has been carefully selected to target wellness and your well-being;

Serenity- For relaxation of the mind and body, suitable for those lacking in sleep or in need of some 'time-out'.

Serenity Rose and Lavender Botanical Harmony Ritual

A burst of floral harmony with the botanical warm candle full body massage with oils of lavender and Soothing Rose facial, suited to sooth, hydrate and relax emotionally stressed skin. A soothing, and nourishing ritual for all....

£155 - 1 hour 45 minutes

Detox – To cleanse the mind and body, stimulate the removal of excess toxins that can leave the body sluggish.

Green Tea and Algae Detox Therapy

Combining micronized algae & seawater to achieve a significant anti-cellulite therapy, the treatment commences with our Bamboo Exfoliation and is then followed with an Algae Wrap and completed with a relaxing lymph drainage massage with a Green Tea massage gel.

£135 – 1 hour 4 minutes

Energy- Lack of motivation, and feeling in need of a boost- this therapy is to enhance a spring into step and leave feeling refreshed and revived.

Energizing Vitamin Boost Facial and Body Ritual

Your treatment commences with our Bamboo Body scrub, to remove dead skin, and stimulate the circulation, followed by energizing massage with aromatherapy oils lemongrass, lime and nutmeg. Your treatment is complete with our dreamy legs menthol based leg gel for poor circulation and followed with a best-selling Vitamin C boosting facial....

£175 - 1 hour 55 minutes

NAILS

File and Polish £20 – 25 minutes

Luxury Manicure £50 – 60 minutes

Plus Shellac £60

Luxury Pedicure £50 – 60 minutes

Plus Shellac £60

Gel Removal £10 – 30 minutes

EYE ENHANCEMENT

Eye Brow Tint* £12 – 15 minutes

Eye Lash Tint* £20 – 30 minutes

Eye Lash and Brow Tint* £25 – 30 minutes

Eye Brow Shape £15 – 20 minutes

***All treatments marked * require a patch test
24 hours in advance***

SPA DAYS



Gold Indulgence

The Gold Indulgence Spa Day has been carefully designed to offer you a relaxing, luxurious visit. Included in this sumptuousness is:

A Fruit Smoothie on arrival. Use of the Sauna, Steam Room, and Relaxation Room.

Herbal teas and Fruit Water. One Hour exclusive use of the outdoor Hot Tub.

A choice of either a 2 course Lounge Lunch, or Afternoon Tea.

A glass of Champagne.

A one hour treatment of your choice.

£130

Silver Indulgence

Experience the relaxing spa day with lunch overlooking Lake Windermere, included in this luxury package:

A Fruit Smoothie on arrival. Use of the Sauna, Steam Room, and Relaxation Room. Herbal teas and Fruit Water. One Hour exclusive use of the outdoor Hot Tub. A choice of either a 2 course Lounge Lunch, or Afternoon Tea.

A 25 minute treatment of your choice.

£85

HOLBECK GHYLL SPA | INFORMATION

SPA OPENING TIMES

Monday to Sunday, 10.00am – 6pm.

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact reception or our spa team.

To ensure your preferred time and service is available we recommend you book in advance.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a spa consultation form and/or Health Questionnaire. We recommend you arrive up to 10minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

SPA FACILITIES AND ACCESS

The following spa facilities are available free to hotel guests; sauna, steam room, outside Hot Tub overlooking Lake Windermere, changing rooms and relaxation areas.

Non-hotel guests booking spa treatments will be charged £15 for use the spa facilities.

Otherwise you can pay £20 and enjoy the spa facilities.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a camera, alcohol and smoke-free zone.

CHILDREN'S POLICY

Access to the spa including the changing facilities, spa and heat experiences are restricted to over 16's.

We are delighted to welcome children over the age of 8 accompanied by an adult.

CANCELLATION POLICY

A 50% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time.

Late arrival will shorten your treatment time.

HEALTH CONDITIONS

Kindly advise us of any health conditions, pregnancy, allergies or injuries which could affect your choice of treatment when making your spa reservation.

VALUABLES

The Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

LOST PROPERTY

All lost property found on the premises should be handed in at reception. Items will be stored for 1 month.

Liquids, undergarments and hair brushes are kept for 24 hours.

PRICES

All prices are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

GIFT VOUCHERS

An ideal gift for someone special. Please contact the Spa Team or Reception for details.