



## Face & Body Treatments

### The Courtyard Spa Express Facial

(25 minutes) £35

Revitalise your skin with this results driven treatment. Enjoy a cleanse, tone, exfoliation and massage using products tailored to your skin type for instant results.

### The Courtyard Spa Luxury Facial

(50 minutes) £55

Relax and unwind with this luxury treatment. Enjoy all the benefits of our express facial with the added indulgence of a nourishing face mask and soothing scalp massage.

### Back, Neck & Shoulder Massage

(25 minutes) £35

### Hot Stone Back, Neck & Shoulder Massage

(25 minutes) £40

### Aroma Candle Back, Neck & Shoulder Massage

(25 minutes) £40

A luxury back massage using the oil from an aromatherapy candle to warm and relax your muscles. Take away the remainder of your candle to recreate this unique experience at home.

### The Courtyard Spa Full Body Massage

(50 minutes) £55

### Hot Stone Full Body Massage

(50 minutes) £65

A truly therapeutic full body massage using hot stones to heat the muscles, relieve tension and deeply relax and rebalance the mind and body.

### Face & Body Duo

(50 minutes) £65

Experience the ultimate treatment duo; enjoy a relaxing back massage to help relieve aching muscles and reduce tension, then revive your skin with a deeply nourishing facial tailored to suit your skin type.

### Top to Toe

(50 minutes) £55

Drift into a deep state of relaxation with this indulgent three in one treatment; includes an aromatherapy back, scalp and foot massage.

### Indian Head Massage

(25 minutes) £35

Designed to alleviate stress this massage concentrates on the shoulders, neck and scalp. Perfect for clients who suffer with headaches, this massage will use pressure points leaving you feeling completely rejuvenated. Leave the oil in your hair for extra nourishing benefits.

### Invigorating Peppermint Foot Treatment

(25 minutes) £30

This revitalising treatment for tired feet and heavy legs helps to reduce puffiness and soothe aches and pains. The treatment includes a refreshing peppermint salt scrub exfoliation, and a relaxing lower leg and foot massage.

### Full Body Salt Scrub

(40 minutes) £40

Choose your scrub and enjoy a full body exfoliation to invigorate and revitalise tired skin. Shower to remove the scrub, followed by the application of a full body moisturiser by your therapist.

### Vanilla & Coconut Wrap

(50 minutes) £55

This revitalising treatment begins with a dry skin body brush to improve circulation and open pores, followed by the application of our illuminating vanilla wrap.

Cocooned in your wrap, enjoy a relaxing scalp massage with pure coconut oil to leave your skin and hair nourished. This treatment is completed with a full body fig and vanilla moisturiser.

### Green Tea Wrap

(50 minutes) £55

A refreshing and detoxifying treatment, enjoy a full body scrub with our exfoliating green tea polish, followed by a stimulating green tea wrap. Relax and unwind whilst the wrap works its magic. This treatment is completed with a full body green tea moisturiser to leave your skin feeling nourished.

### Mother to Be Facial Ritual

(40 minutes) £40

Unwind before your new arrival makes an appearance. Relax with a hydrating facial and enjoy a soothing neck, shoulder and scalp massage, followed by a hand and arm massage.

### Mother to Be Foot Ritual

(40 minutes) £40

Put your feet up and relax with this treatment designed to help improve circulation and relieve swollen ankles. Using our Bumps a Daisy range, enjoy a foot and leg exfoliation, the application of a foot mask and heated booties, and a soothing foot and leg massage.

naturalSpa factory®

— EST. BATH ENGLAND —

To make an appointment call 01937 580115

The Courtyard Spa at The Bridge Hotel & Spa, Walshford, Wetherby LS22 5HS



## Day Spa Packages

### Courtyard Spa Experience

This package includes full use of our spa facilities.

3 Hours Experience

£24.00 per person - Monday - Thursday

£28.00 per person - Friday, Saturday and Sunday

### Courtyard Spa Indulgence

Use of our spa facilities, with a glass of bubbly on arrival for that extra special treat. 3 Hours indulgence.

£28.00 per person - Monday - Thursday

£32.00 per person - Friday, Saturday and Sunday

### Courtyard Spa Pamper

Three hours full use of our facilities and within this time treat yourself to a 25 minute treatment, chosen from the following; aromatherapy back massage, Indian head massage, Courtyard express facial or tired feet massage, with a glass of bubbly. 3 hours experience.

£47.00 per person - Monday - Thursday

£51.00 per person - Friday, Saturday and Sunday

### Courtyard Spa Cream Tea Pamper

A glass of bubbly, cream tea and a 25 minute treatment, chosen from the following; aromatherapy back massage, Courtyard express facial, Indian head massage or tired feet massage. 3 hours experience.

£54.00 per person - Monday - Thursday

£58.00 per person - Friday, Saturday and Sunday

### Two's Company in the Courtyard Spa

A delightful way to spend some time with the people that mean the most to you. This package includes three hours use of our spa facilities with robe, towel and slippers, a 50 minute full body massage in the tranquil environment of our double treatment room. Followed by cream tea with a glass of bubbly.

£82.00 per person - Monday - Thursday

£86.00 per person - Friday, Saturday and Sunday

### Unwind and Dine in the Courtyard Spa

Includes 3 hours use of our spa facilities, with a glass of bubbly and a two course evening carvery meal (starter and main).

£42.00 per person - Monday - Thursday

### Exclusive Use Evening in the Courtyard Spa

Book either a Friday or Saturday evening and enjoy exclusive use of our spa facilities from 7.30pm onwards. Relax in the spa with your group of friends or colleagues, with a movie playing in the spa lounge throughout the evening with bubbly and popcorn.

Options to add on tapas buffets, treatments and drinks. The perfect retreat for a group!

3 hours from 7.30pm until 10.30pm £30.00 per person (min 8 people)

If you require any treatments they MUST be pre-booked to confirm therapist's availability.

## Dry Flotation & Mud Treatments

### Mud Rasul (30 minutes) £40

The mud rasul is a traditional Arabian body bathing ritual. Cover your body in glacial mud from the Austrian Alps, then experience the aroma scented steam followed by a warm rain shower, leaving your skin feeling deeply cleansed and beautifully soft.

This experience is a non- therapist treatment.

### Dry Flotation Experience (30 minutes) £30

Experience the ultimate state of tranquility in our dry flotation room.

Delight in a sensation of complete weightlessness as you relax on the water bed, whilst relaxing music plays in the background.

This experience is a non -therapist treatment.

### Just Floating (25 minutes) £30

Enjoy a 10 minute relaxing scalp or hand and arm massage then drift away for a further 15 minutes on our dry floatation bed.

## Waxing

### Eyebrow Shape and Tint - £15.00

Further waxing treatments are available, please ask for details.

## Nail Treatments

	Regular	Gel
File and Polish	£15	£22
Manicure	£25	£30
Luxury Manicure	£35	£40
File and Polish Toes	£15	£25
Pedicure	£30	£35
Luxury Pedicure	£40	£45

Gel Soak Off £5

To make an appointment call 01937 580115

**Terms & conditions:** Treatments must be prepaid at the time of booking. Cancellations within 48 hours or a no show will incur 100% charge. It is essential to pre book all treatments to avoid disappointment. All prices may be subject to change without notice. Please arrive 10 minutes prior to your appointment as every treatment time includes consultation and aftercare. The minimum age for the treatments and spa is 16 years and above and must be accompanied by an adult. Don't forget to bring along your swimwear. We respectfully request that only food & alcohol bought on the premises is consumed in the spa. All medical conditions and pregnancy must be stated at the time of booking