

SPA PACKAGES

Our superb beauty packages are perfect for a birthday treat or simply to relax and unwind. Whatever your reasons, we have a range of options to suit your needs.

Afternoon Chill-Out, 1-5pm

30 minute treatment £32.50
Includes full use of our swimming pool, steam room, sauna, bubble pool and gym. Robes, slippers and towels are provided.

Choose from one of the following treatments:

Eve Taylor Pick-me-up facial;
Back, neck and shoulder massage;
Mini manicure or pedicure
(includes free bottle of Jessica Polish).

Mini Pamper Day

45 minutes treatment £57.50
Includes full use of our swimming pool, steam room, sauna, bubble pool and gym. Robes, slippers and towels are provided as well as a delicious light lunch.

Choose from one of the following treatments:

Revitalising Facial;
Indian Head Massage;
Reflexology;
Luxury Manicure or Pedicure
(includes free bottle of Jessica Polish);
Back Massage with taster Indian Head Massage.

Luxury Pamper Day

1 hour 30 minutes of treatments £82.50
Includes full use of our swimming pool, steam room, sauna, bubble pool and gym. Robes, slippers and towels are provided as well as a delicious light lunch.

Option 1

Full Body Massage and Eve Taylor Pick-me-up facial

Option 2

Indian Head Massage and Luxury Manicure or Pedicure
(includes hot oil treatment & free bottle of Jessica Polish)

Option 3- Revitalising Facial and Mini Manicure or Pedicure *(includes free bottle of Jessica Polish).*

Residential Spa Break

See hotel website for details



Opening Hours

Monday	9am-5pm
Tuesday	9am-8pm
Wednesday	9am-5pm
Thursday	9am-5pm
Friday	9am-6pm
Saturday	9am-5pm
Sunday*	10am-6pm

* restricted treatments

Advance Booking Essential

Call: 01555 667245
E-mail: fitness@newlanark.org

A New Lanark Beauty Room Gift Voucher is the perfect gift for any occasion and can be used for treatments and Spa Day packages.

Purchase yours at reception or online at www.newlanarkhotel.co.uk/health-and-fitness

New Lanark Health & Fitness
New Lanark Mill Hotel
New Lanark Mills
Lanark
ML11 9DB
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NEW LANARK
Health & Fitness

NEW LANARK

Health & Fitness

Beauty Rooms

Relax Revitalise Rejuvenate
Discover a New You



RELAX

Whatever your needs or wants, we offer a superb range of customised treatments for women & men to relax the body and soothe the senses.

MASSAGE

Swedish Massage

Back, neck and shoulder	30 minutes, £20.00
Back of body	45 minutes, £25.00
Full body	60 minutes, £30.00

Aromatherapy Essential

Oil Massage	45 minutes, £25.00
	60 minutes, £30.00
	75 minutes, £35.00

Candle Massage

100% plant wax and pure natural essential oil candle is used to massage the body

Back, neck and shoulder	30 minutes, £20.00
<i>(£30.00 including candle to take home)</i>	

Full body	60 minutes, £30.00
<i>(£40.00 including candle to take home)</i>	

Indian Head Massage

45 minutes, £20.00

Indian Head Massage is ideal for releasing tension that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders; restoring a sense of balance.

Reflexology

45 minutes, £25.00

Reflexology can be used to treat a wide range of disorders including skin and respiratory conditions, migraine, menopausal problems, chronic fatigue, stress, depression and anxiety.



REJUVENATE

Our range of luxurious professional face and body treatments will leave you rejuvenated, refreshed and smelling great!

EVE TAYLOR FACIALS

Eve Taylor Skincare is a professional aromatherapy skincare range. The products only contain pure natural essential oils that are non-comedogenic and do not contain any alcohol or artificial additives.

Pick-me-up Facial

25 minutes, £14.50

This is ideal for people on the go, or to help introduce them to skin care. Includes cleanse, exfoliation, tone and moisturise.

Prescription Facial

50 minutes, £28.00

Consultation is carried out prior to treatment to allow the therapist to gain knowledge of the client's skin care routine and lifestyle.

NATURAL SPA FACTORY TREATMENTS

Natural Spa products are designed to make you feel and smell great! All the products are as natural as possible, containing no nasties and have not been tested on animals.

Full Body Scrub

30 minutes, £13.75

A luxurious full body salt scrub- choose from Lime & Lemongrass, Bergamot & Calendula Flower and a surprise 'Scrub of the Month'! The treatment is followed by a ginger, mandarin and jasmine body lotion.

Detoxifying Body Treatment

60 minutes, £35.00

Green Tea is synonymous with detoxification and this treatment includes an invigorating green tea body scrub, the choice of a green tea body wrap or a detoxifying massage, a green tea, fig and vanilla moisturiser and a cup of green tea to relax afterwards.

Rice Facial

70 minutes, £40.00

Rice is well known for its valuable nutritious properties and is also beneficial to the skin, purifying and smoothing. The treatment includes a double cleanse, eye and lip cleanse, exfoliation, face & head massage, peel off mask, tone and moisturise.

REVITALISE

Whether you are getting ready for a special occasion or simply treating yourself, we offer a perfect choice of treatments to revitalise and make you look your best!

WAXING

Eyebrow wax	£6.50
Lip or chin wax	£5.50
Lip and chin wax	£9.00
Underarm wax	£10.00
Half leg wax	£15.00
Bikini wax	£12.00
Full leg and bikini wax	£26.00

TINTING

Patch test must be given 24 hours prior to treatment

Eyeshadow tint	£10.00
Eyebrow tint	£6.50
Eyeshadow and eyebrow tint	£15.00

MAKE-UP

Personal Make-up	£20.00
Wedding Make-up (includes trial)	£35.00

JESSICA NAILS

File and Polish	£14.00
Mini manicure or pedicure*- 30 mins	£22.00
French manicure or pedicure- 45 mins	£26.00
Luxury manicure or pedicure*- 60 mins	£35.00
*Includes free bottle of Jessica Polish	

ST TROPEZ TANNING

Half Body	£18.00
Full Body	£30.00
Express (does not include exfoliation)	£24.00

