



 National Trust

The SPA

at MIDDLETHORPE HALL
A Guide and Tariff
for health and beauty treatments
2020-2021



WELCOME TO MIDDLETHORPE SPA



Set within 20 acres of award-winning gardens and parkland, Middlethorpe Health & Beauty Spa feels like a world away, yet it is located only two and a half miles from the centre of the historic City of York. It is situated opposite the Grade II* listed Middlethorpe Hall in a subtly extended pair of Edwardian cottages. It contains a large indoor swimming pool, spa bath, steam room, sauna, gymnasium and a club room where drinks and delicious meals are served.

The Spa also has three beauty salons with qualified therapists providing the latest treatments using Aromatherapy Associates, Shellac and Jessica products, and is able to advise clients on the treatments which they will find most beneficial. There is a programme of health and beauty full and half-days and a large range of products are available for sale.

Middlethorpe Spa provides a haven to retreat from the pressures of life, where people can take time to indulge and relax. All the team looks forward to welcoming you.



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SPA ETIQUETTE

We would like you to have the best treatment experience possible, and to ensure that you do so, we kindly ask that you take the following into consideration:

Please plan to arrive at least 15 minutes before any treatment. Late arrival will shorten your treatment or we may be unable to honour your appointment, whilst the same tariff applies.

Please note that only guests receiving treatments and/or packages over £118 per person will be invited to use the Spa facilities. We will advise you of the time you may arrive when you make your reservation.

For your comfort, robes, slippers and towels will be provided for your use during your visit to the Spa for treatments and massages. Suitable swimwear must be worn in the pool and thermal areas at all times. Within the changing rooms, a range of amenities and toiletries will be provided.

To ensure relaxation and for the respect of other guests' privacy and serenity, we ask that you keep noise to the minimum and switch off mobile phones.

We look forward to providing you with a pampering and relaxing experience.

OUR PRODUCTS

For more than 30 years Aromatherapy Associates, a truly British brand, has been specialising in harnessing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments.

Combined with their many years of experience as therapists, they have seen first hand how essential oils have effectively enhanced the state of people's physical, mental and emotional wellbeing. Their renowned and award-winning products and treatments have transformed the aromatherapy experience into something highly effective yet luxurious and exceptional.





HEALTH, BEAUTY & BUBBLY

Champagne & Spa Break

From only £239 per person per night based on two people sharing a superior double/twin room located in the C18th Courtyard (£259 per night for a single room).

This very special break is available Sunday to Thursday, subject to availability. We recommend that treatment times (and any possible additional treatments) are booked when the hotel reservation is made to avoid disappointment.

Your break includes:

- A chilled bottle of house Champagne to welcome you on arrival;
- Three-course candlelit dinner in our award-winning restaurant (£45 allowance per person towards dinner food);
- Overnight accommodation in a superior room;
- Early morning tea served to the room;
- Full Yorkshire breakfast;
- Complimentary parking;
- Use of Middlethorpe Spa facilities;
- 10% further discount at the York Designer Outlet and the services of a personal stylist while you are there (subject to availability – to be reserved in advance).
- **The choice of either:**
 - The Essential Rose Facial Treatment (80 minutes);
 - The Ultimate Aromatherapy Associates Experience (80 minutes);
 - The Yorkshire Rose Garden Ritual (80 minutes).

TAILOR-MAKE YOUR SPA EXPERIENCE

Take the stress out of deciding which package and treatment to choose by letting our therapist help you tailor-make a Spa Day or Half-day to your specific needs.

Full Day Experiences

Our Full Day experiences are carefully designed to meet your individual needs with a focus on pampering and sheer relaxation.

They include a hot beverage or soft drink on arrival, use of the Spa facilities (ideally prior to the treatments), a light two course luncheon or cream tea served in the club room or on the terrace, together with tea or coffee.

Luxury Day - £195 per person - to include:

- 80 minutes Aromatherapy Associates full body massage
- 50 minutes Aromatherapy Associates facial treatment

Indulgence Day - £180 per person - to include:

- 50 minutes Aromatherapy Associates full body massage
- 50 minutes Aromatherapy Associates facial treatment

Relax & Unwind Day - £130 per person - to include:

- An 80 minutes Aromatherapy Associates treatment of your choice

'Me Time' Break - £125 per person

- 20 minute back massage
- 20 minute express facial
- 20 minute either express manicure/express pedicure
- Cream tea served in the club room

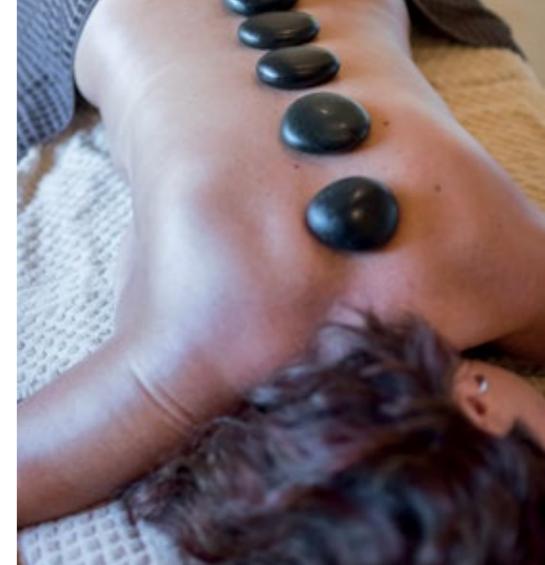
Discovery Half-day Experiences

The Half-day experiences are an ideal introduction to the pleasures of relaxation and pampering.

They include a soft drink or hot beverage and the use of the spa facilities for a maximum of 2 hours (ideally prior to the treatments).

Half-day Discovery - £95 per person - to include:

2 x 20-minute treatments or a 50-minute treatment of your choice





SIGNATURE TREATMENTS

The Forest Therapy Treatment

50 minutes - £69 or 80 minutes - £85

Bring the serenity of nature to your mind, body & skin. Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness & agitation.

Forest Therapy's® unique essential oil blend & treatment massage will reinforce your intention to feel refreshed, tranquil & grounded.

The Yorkshire Rose Garden Ritual

80 minutes - £85

The historic gardens at Middlethorpe Hall were restored in the 1980's to suggest something of their original formality, and are today renowned for their herbaceous borders which include beautiful specimen roses, peonies, irises and many more fragrant flowers. We invite spa guests to enjoy a relaxing stroll in the gardens prior to or following their treatments.

The **Yorkshire Rose Garden Ritual** was designed by experts from Aromatherapy Associates, taking inspirations from Middlethorpe's award-winning gardens and their many scents.

Bring back your radiance with this comforting, restorative treatment. Precious essential oil of damask rose works on capillary circulation renewing the skin whilst the aroma has an expansive quality that soothes the emotions and nurtures the heart. The treatment begins with a gentle body brush exfoliation. A moisturising and softening mix of oil and cream with evening primrose oil and shea butter is smoothed over the body. Followed by a luxurious facial that also harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions.

This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted.

The Ultimate Aromatherapy Experience

50 minutes - £69 or 80 minutes - £85

This hero treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

FACIAL TREATMENTS

ULTIMATE AROMATHERAPY ASSOCIATES FACIAL

20 minutes - £42 or 50 minutes - £69

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

Treats your individual skincare needs to restore and recondition, leaving your complexion smooth and luminous.



AGE REPAIR FACIAL

80 minutes - £85

This is natural, highly effective skincare to reduce the signs of ageing without using harsh chemicals.

This repairing and anti-ageing facial works with natural oils of inca inchi and larch extract which stimulate collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin.

True to Aromatherapy Associates' skincare philosophy, your skin is prepared by cleansing and exfoliating with jojoba beads or corncob granules. It is then massaged using apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and anti-oxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. Whilst the masks take effect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity. For ultimate luxury your scalp is massaged to release stress and tension.

For a firm, plumped and more youthful-looking complexion.

ESSENTIAL ROSE FACIAL

50 minutes - £69 or 80 minutes - £85

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented.

A calming frankincense inhalation helps you let go of the day's stresses, turning your focus inward as your treatment begins. A scalp massage releases muscular tension and prepares you for your facial. Your skin is thoroughly cleansed, exfoliated and toned using our rose preparations, rich in pure regenerating damask rose, skin balancing geranium, and nourishing jojoba oil. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. Then while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturising facial oil and moisturiser.

The result is a smooth, radiant complexion and a relaxed state of mind.



BODY TREATMENTS

THE ULTIMATE DETOX REVIVER

50 minutes - £69

This invigorating treatment is specifically designed for those looking for an intensive body detox. The perfect therapy when you are dieting, feeling sluggish and lacking energy.

The original Revive Morning blend of refreshing grapefruit, stimulating rosemary and diuretic juniper leave you feeling truly revitalised and your skin will appear bright, smooth and silky.

The ultimate trilogy of body brushing, exfoliation and mud mask stimulate lymph and remove dead skins cells while re-mineralising the skin. This enables the application of the Revive Body Gel, Revive Body Oil and Revive Body Lotion to penetrate efficiently into the body, resulting in a deeply recharged mind and re-energised body.

INTENSIVE MUSCLE RELEASE

50 minutes - £69

Bring back your radiance with this comforting, restorative treatment.

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

An intensive massage that works deep into stiff, tight and aching muscles to instantly release pain and tension.

ULTIMATE ROSE PREGNANCY MASSAGE

50 minutes - £69

Feel nurtured and supported in a time of constant change (available after 14 weeks of pregnancy).

Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy, and a full scalp and facial massage, with treatment oil chosen specifically for your skin type completes this top-to-toe treatment.

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

ROSE HYDRATOR

50 minutes - £69

Bring back your radiance with this comforting, restorative treatment.

Precious essential oil of damask rose works on capillary circulation, renewing the skin, whilst the aroma has an expansive quality that soothes the emotions and nurtures the heart. The treatment begins with a gentle olive grain exfoliation. Nourishing oils are applied to cuticles and heels and then the body is layered in a hydrating and regenerating rose gel. A moisturising and softening mix of oil and cream with evening primrose oil and shea butter is smoothed on before being left to penetrate with the body's own heat under a wrap. An Ayurvedic scalp massage with frankincense inhalation works simultaneously on the physical, mental and emotional aspects.

This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted.

AROMATHERAPY BACK, NECK AND SHOULDER MASSAGE

20 minutes - £42

This treatment includes a prescriptive well-being consultation to select a suitable aromatherapy oil. This massage can be tailor-made regarding pressure, and focuses on the mind, body and soul.





WELLBEING TREATMENTS

WE DE-STRESS

50 minutes - £69

Designed with deeply releasing massage techniques that focus on your back, legs, scalp, neck and shoulders, this treatment will clear an overactive mind and relieve physical aches according to the blend you choose – De-Stress Mind or De-Stress Muscle.

Your therapist will guide you in maintaining a stress-free mindset as you return to everyday life.

WE RELAX

50 minutes - £69

With its centring and grounding techniques, this treatment will bring a sense of calm and serenity. Perfect for day or evening, depending on which Relax blend you choose, Deep or Light Relax.

Massage movements are focused on the back, scalp, face, neck and shoulders, and your therapist will share practices to help you truly and mindfully relax.

WE REVIVE

50 minutes - £69

Feel your physical and emotional energy returning with this revitalising treatment, choosing from Revive Morning or Evening blends. Back, legs, neck and shoulders benefit from energising massage, while gentle, nurturing face and abdomen techniques will regulate digestive and hormonal fluctuations. Your therapist will encourage you in mindfully building your day to day vitality.



WE STRENGTHEN

50 minutes - £69

Choose this treatment using our Inner Strength blend when you need to rebuild the healing and rebalancing powers of your body and spirit. With supportive techniques used on the back, face, neck and shoulders; nurturing abdominal work, and movements to open the foot reflexes, you will feel physically soothed and emotionally more resilient. Your therapist will help you become mindful of your ability to access your own inner strength whenever you wish.

MEN'S TREATMENTS

INTENSIVE MUSCLE RELEASE

50 minutes - £69

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

An intensive massage that works deep into stiff, tight and aching muscles to instantly release pain and tension.

ULTIMATE AROMATHERAPY ASSOCIATES MASSAGE

50 minutes - £69 or 80 minutes - £85

This hero treatment starts with a consultation to find out what your emotional and physical needs are.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

THE ESSENTIAL MEN'S FACIAL

50 minutes - £69

A treatment suitable for all skin types, particularly dull skin looking for a deep cleanse. A deep cleansing and brightening facial that will leave skin looking clean, luminous and deeply hydrated with rich, invigorating essential oils and botanical extracts. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind.

This treatment refreshes and balances, leaving a clean and bright looking skin.

AROMATHERAPY BACK, NECK AND SHOULDER MASSAGE

20 minutes - £42

This treatment includes a prescriptive well-being consultation to select a suitable aromatherapy oil. This massage can be tailor-made regarding pressure, and focuses on the mind, body and soul.



HOLISTIC AND ORGANIC

Treatments to enhance your well-being and lift your mood.

Reflexology

50 minutes £63

Pressure points on the feet are massaged to give a feeling of well-being and to balance the body.

Indian Head Massage

40 minutes £52

Specific massage movements on the face, scalp, neck and shoulders helps reduce tensions.

Reiki

50 minutes £63

Reiki is a Japanese technique for stress reduction and relaxation that also helps to promote healing.

Luxury Manicure

50 minutes £58

Your hands are encased in warm mittens before your nails and cuticles are tidied and your chosen colour applied. The nail varnish bottle used will be offered for you to take home.

Luxury Pedicure

50 minutes £58

Your feet are exfoliated and encased in warm booties before your nails and cuticles are tidied and your chosen colour applied. The nail varnish bottle used will be offered for you to take home.

Le Remedi Hand Treatment –

20 minutes £36

Swedish Massage

50 minutes £69

A classic and popular treatment that will give you all the relaxation you need. Five types of strokes make up the massage, the pressure can be as light or as firm as you like and it is perfect for unknotting your whole body and make you feel as light as a feather.

Jessica and Shellac Treatments

Rejuvenating and anti-ageing treatment – a facial for the hands!

Nail, Shape and Varnish

20 minutes £36

Nails are shaped and polish applied for hands or feet.

Shellac Polish (hands or feet)

50 minutes £52

The Original Power Polish. Goes on like polish, wears like gel and can be gently removed in minutes. Drying time is reduced to zero and the mirror-like finish resists chips, nicks and smudges. Nails are strengthened and enhanced with up to 14 days of durable colour.



Massage for People Living with Cancer

50 minutes £69

This comfort-orientated massage or touch can be administered to people with cancer, regardless of the severity of their condition and in whatever stage of treatment.

With the high incidence of cancer in this country, there is a growing need for highly-trained massage therapists who can support people through cancer treatment and recovery - some of our therapists have a Level 1 certificate in 'Massage for People Living with Cancer'. Everyone wants and loves to be pampered.



Middlethorpe Spa Membership Club

All our Memberships include unlimited use of the swimming pool, steam room, spa bath, sauna, gymnasium and club room.

Membership Tariffs	Annual Membership paid by 12 four-weekly automatic bank transfers:	Annual Membership paid in full when joining:	Six-Monthly Membership paid in full when joining:	Monthly Membership paid in full when joining:
Individual Membership				
Full Membership	£87	£986	£515	£99
Midweek Membership	£70	£796	£415	£82
Joint Membership				
Full Membership	£160	£1,800	£960	£176
Midweek Membership	£126	£1,445	£750	£148

No joining fee and only a month minimum membership!

- **Full Membership:** Entry all day everyday;
- **Midweek Membership:** Entry all day Monday to Friday (excluding Bank Holidays);
- **Joint Full Membership:** Entry all day everyday for husband and wife or partners;
- **Joint Midweek Membership:** Entry all day Monday to Friday (excluding Bank Holidays) for husband and wife or partners;
- **Three-Monthly Membership:** For a period of 90 days from date of payment;
- **Monthly Membership:** For a period of 30 days from the date of payment.

Added value for Middlethorpe Spa Club Members:

- 15% Discount on the Club Room snack menu and bar tariff;
- 15% Discount on all Beauty Treatments at Middlethorpe Spa;
- Free Aqua-Fit sessions on Tuesday evenings and Thursday mornings;
- Free Services of a Personal Fitness Instructor;
- 15% Discount on your restaurant bill at Middlethorpe Hall from Sunday to Thursday on pre-booked luncheon, afternoon tea and dinner (except race days, bank holidays and subject to availability. Not valid in conjunction with any other offer/discount);
- Preferential booking for regular cultural events at Middlethorpe Hall & Spa, such as wine tasting, gala dinners, lectures, concerts etc.

Special benefits – members joining for a whole year or renewing their annual membership will receive vouchers for the free valuable benefits below (not valid for monthly or three-monthly membership):

- A complimentary one night Bed & Breakfast stay in a double-bedded room at Middlethorpe Hall per membership or joint membership, (Sunday to Thursday subject to availability), value £230. (Dinner in the restaurant required);
 - One free Bed & Breakfast on any one stay of 2 nights or more at Bodysgallen Hall & Spa and Hartwell House & Spa (subject to availability), value up to £325;
 - Receive a free weekday luncheon in Middlethorpe Hall when two or more are dining, value £35;
 - On your first purchase of any Aromatherapy Associates product, you will receive a second product at a discount of 25%;
 - A £30 voucher towards treatments of your choice at Middlethorpe Spa (Monday to Thursday);
 - Two guest vouchers, value £25 each.
- (These benefits may change in subsequent years).

TOTAL VALUE OF BENEFITS: £670!



MIDDLETHORPE HALL & SPA

Opening times

Monday to Friday 7.30am – 8.00pm

Saturday and Sunday (and Bank Holidays) 8.00am – 7.00pm

Restricted opening hours on Christmas Day, Boxing Day and New Year's Day.

Children

As Middlethorpe is dedicated to calm and relaxation, children of resident guests between the age of 8 and 16 may use the Spa between the hours of 10.00am-11.00am and 4.00pm-5.00pm when accompanied by an adult;

Members' children and grand-children, between the age of 8 and 16 may use the Spa on Sundays and Bank Holiday Mondays between the hours of 12.00noon-5.00pm when accompanied by an adult member;

We cannot accommodate children under the age of 16 in the treatment rooms.

Access and Parking

Middlethorpe has easy access from York and surrounding areas. There is free on-site parking.



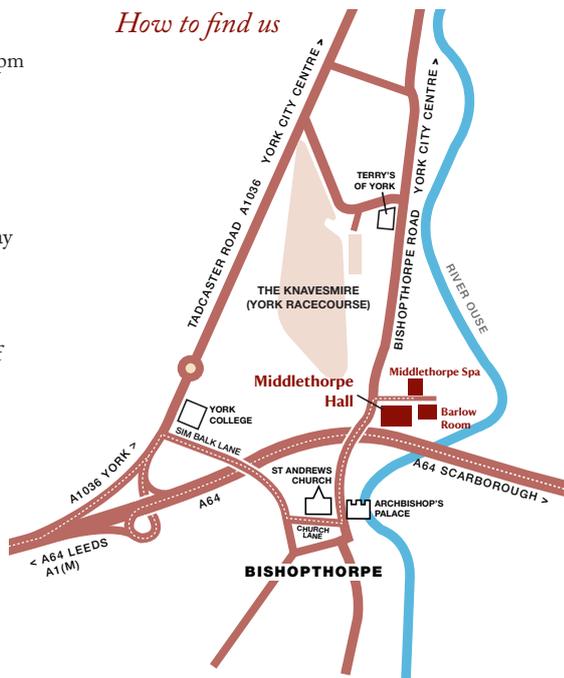
MIDDLETHORPE SPA

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How to find us



Part of the National Trust
All profits donated to the Charity

BOOKING CONDITIONS & FURTHER INFORMATION:

- The range of treatments available in the Spa is varied, and not all may be suitable for every individual. If you are pregnant, are taking medications, have recently had an operation or illness, or have a medical condition, including cancer, it is advisable to consult your doctor before booking treatments. If in doubt, please ask our therapists who have been trained to know under what circumstances a treatment should not proceed, when to refer a client to a doctor and can recommend alternative treatments. We do not wish to disappoint; however, your health & well-being are always our priority.
- We respectfully remind guests that a reservation constitutes a contract between themselves and Middlethorpe Spa and a 50% charge will be incurred for any treatment cancelled less than 24 hours prior to the appointment.
- These prices are valid from 1st May 2020 and include VAT.

