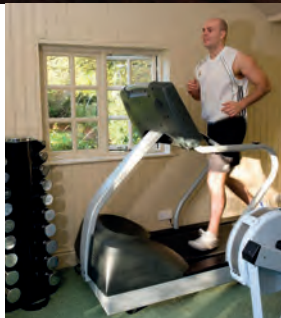


# SUMMER SPECIAL OFFERS

at your Local Health & Fitness Spa



## *The* **SPA** at MIDDLETHORPE HALL



**15%**  
DISCOUNT  
on Full Day Spa  
Experiences  
until 31st August



# TREATMENTS OF THE MONTH

## JULY

**Be 'Summer Ready' with our Pick & Mix Offer - £80**

Prepare your body for the Summer season, your forthcoming holidays and days out with our Pick & Mix offer, when you can choose three of the following 20-minute treatments:

- Aromatherapy Back Massage
- Aromatherapy Express Facial
- Aromatherapy Scalp Massage
- Aromatherapy Back, Neck and Shoulder Massage for Men
- Full Body Exfoliation
- Express Manicure
- Express Pedicure
- Half Leg Wax
- Nourishing Hand Treatment
- Leg and Foot Relief
- Eyebrow Tint
- Eyelash Tint
- Underarm Wax
- Bikini Wax

## AUGUST

**Lazy Summertime at Middlethorpe - £89**

Start off your day of pampering and relaxation by making use of the Spa facilities, before choosing one 50-minute treatment or two 20-minute treatments from the wide selection on offer, of Aromatherapy Facials and Body Massages for men and women.

You can then relax on the Summer Terrace with a light luncheon accompanied by a glass of Pimm's Cocktail.

## SEPTEMBER

**Beat the Post-holiday Blues - £85**

Ease your return to work by treating yourself to one of two especially designed Spa days: 'We Revive' and 'Detox Reviver' that Aromatherapy Associates have created for this specific time of the year. Your visit will start off by making use of the Spa facilities, followed by one of the two 50-minute Revive treatments – suitable for both men and women – described below, and terminate with a healthy salad and a herbal tea served in the Club Room.

- **We Revive** – This revitalising treatment is designed to restore your physical and emotional energy. Enjoy the benefits of an energising Back, Leg, Neck and Shoulder Massage combined with a nurturing abdomen and facial routine to help revive your day to day vitality.
- **Detox Reviver** – this invigorating treatment is designed for those looking for an intensive body detox, ideal for someone feeling sluggish and lacking energy. A combined routine of Body Brushing, Exfoliation and Mud Mask to remove dead skin cells enables us to finish the treatment by layer locking Oil, Cream and Lotion to penetrate into the skin resulting in a deeply recharged and re-energised body.

To book your **TREATMENT OF THE MONTH** please call the Spa on **01904 661317**

## GIFT VOUCHERS

Purchasing vouchers is easy to arrange: simply purchase online at [www.middlethorpe.com](http://www.middlethorpe.com), or just pick up the phone and leave the rest to us. **01904 641241**

# SUMMER SPECIAL OFFER



## Full Day Spa Experiences

until 31st August

**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.**

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 served in the club room or on the terrace, together with tea or coffee.

**Choose from:**

### Luxury Day

~~£184~~ £156 per person - to include:

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

### Indulgence Day

~~£169~~ £144 per person - to include:

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

### Relax & Unwind Day

~~£124~~ £105 per person – to include:

- An 80 minutes Aromatherapy Associates treatment of your choice.

Book your **Full Day Spa Experience** today and claim your **Summer Special Discount**.

Call **01904 661317** and quote **'Summer15'**



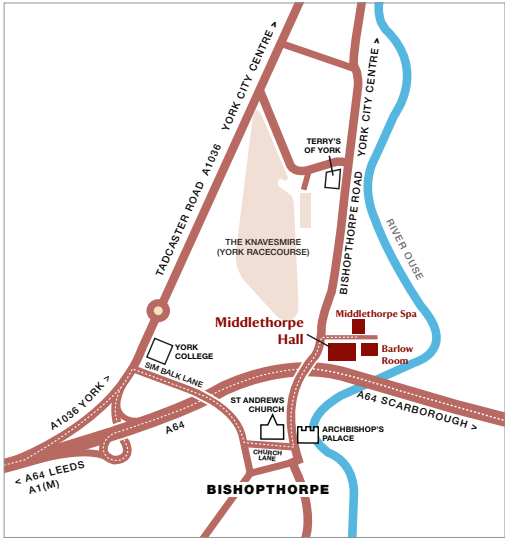


From  
**£66**  
 per month  
 No joining  
 fee

## MIDDLETHORPE SPA MEMBERSHIP

Membership of the Middlethorpe Health & Beauty Spa includes the use of:

- The large indoor swimming pool,
- The Steam Room & Sauna,
- The Spa Bath,
- The Gymnasium,
- The Loungers on the Sun Terrace,
- The services of a Fitness Instructor,
- Complimentary Aqua-fit Sessions,
- Discount on all treatments and products,
- Special discount in the Club Room,
- Easy access and free onsite parking.



## MIDDLETHORPE HALL & SPA

A Historic House Hotel of the National Trust  
 Bishopthorpe Road, York YO23 2GB Tel: 01904 661317

Email: [spa@middlethorpe.com](mailto:spa@middlethorpe.com) [www.middlethorpespa.com](http://www.middlethorpespa.com)

