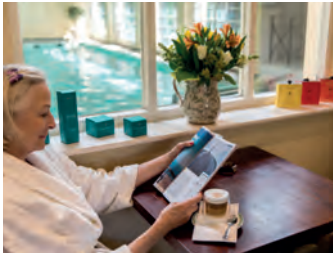




THE SPA

AT MIDDLETHORPE HALL



A GUIDE AND TARIFF FOR HEALTH AND BEAUTY TREATMENTS

FROM MAY 2026

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 GAIA skincare, Carol Joy London bespoke skincare, Mii and gel nail products, and who are 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.



CONTENTS

Champagne & Spa Break	04
Mindful Movement Monday sessions	05
Day and Half-day Experiences	06
Collagen Treatments Carol Joy London	08
GAIA Facial Treatments	10
GAIA Body treatments	12
GAIA Face & Body treatments	16
GAIA Rituals	18
Holistic and Organic	20
Manicure and Pedicure Treatments	20
Middlethorpe Spa Membership Club	21
Exclusive benefits for Spa Members	22
How to find us	24

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 10 minutes before any treatment. Late arrival will shorten your treatment or we may be unable to honour your appointment, whilst the same tariff applies.

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, laptops and tablets.

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

OUR PRODUCTS

Carol Joy: Born from the vision of the brand's founder, Carol Hatton, Carol Joy is a British brand that prides itself on creating formulas powered by the world's most potent and transformative active ingredients. Thanks to these scrupulous standards and a commitment to skin-soothing indulgence, they have created a memorable and unrivalled spa experience. They are proud to have pioneered the use of ingredients such as golden millet oil, now a signature ingredient across the collection, Swiss apple stem cell extract, and three active technologies.



GAIA Skincare - Your Wellness Naturally: Inspired by GAIA, the ancient Greek goddess known as mother nature, GAIA Skincare products are handmade in Britain using traditional production methods.

Blending together the finest ingredients, plant actives and essential oils, GAIA products are full of intention and integrity. Each ingredient thoughtfully selected for its beneficial properties for the body and mind, how it will make you feel and what the ingredient will do.

GAIA treatments have been created to meet the varied needs of modern individuals, using natural ingredients and highly skilled therapeutic techniques.

Free from parabens, ethically produced and presented in sustainable packaging.





HEALTH, BEAUTY & BUBBLY

CHAMPAGNE & SPA BREAK

From £380 per person per night based on two people sharing a superior double/twin room located in the C18th Courtyard (or £410 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
- Two-course candlelit dinner in our award-winning restaurant (£69 food allowance per person towards dinner)
- Overnight accommodation in a superior room
- Full Yorkshire breakfast
- Complimentary parking
- Use of Middlethorpe Spa facilities
- An 80-minute treatment of your choice (see overleaf pages 6 to 19)

MINDFUL MOVEMENT MONDAYS

THE ULTIMATE WELLBEING EXPERIENCE

For Spa Members the price is £25 per person per session (or 12 sessions at £20 each paid in advance).

Non Spa Members £30 per person per session (or 12 sessions at £25 each paid in advance).

Introducing “Mindful Movement Mondays” to Middlethorpe Hall & Spa: two-hour guided sessions focusing mind and body to enhance your wellbeing and self-care. Morning sessions are held on the last Monday of the month starting 27th April.

Hosted by Kasia Scott, the sessions will take place monthly, starting at 8:30am with a welcome beverage on arrival before a walk through the garden, awakening the body and mind. The 85-minute session will include guided gentle movements and relaxation in the peaceful surroundings of the Dovecote or gardens (weather permitting). Loose fitting, comfortable clothing is recommended, whilst all equipment will be provided for your comfort.

The session will conclude with a nutritious mid-morning snack and warm beverage. On departure at 11:00am, guests may enjoy a 30% discount on 50-min or 80-min ritual spa treatments.





Take the stress out of deciding which treatment you choose, by letting our therapists tailor-make your Spa Day or Half-day to your specific needs.

FULL DAY EXPERIENCES

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 Spa Terrace, together with tea or coffee.

Intense Therapy day – £190

Includes an 80-minute treatment.

- Poultrice massage including a mini-facial treatment
- Hot stone full body massage including mini-facial treatment
- Hot stone back massage including Jade facial therapy

Holistic day – £260

Includes 100-minute treatment.

- Crystal therapy day
- Rain drop ritual day
- Restorative back treatment and the equilibrium facial
- Mud cocoon treatment includes body scrub, wrap, massage and facial

Anti-aging day – £280

Includes an 80-minute treatment followed by a 50-minute of your choice.

- Carol Joy facial treatment
- GAIA yoga facial treatment

50-minute treatments

- Bespoke massage
- Poultice massage
- Hot stone massage
- Manicure or pedicure

HALF-DAY EXPERIENCES

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 – £135

Two 20-minute treatments or one 50-minute treatment.*

** Except for Reflexology and Reiki Treatments. Hot Stones treatment needs to be booked in advance.*



CAROL JOY

LONDON



CAROL JOY LONDON SIGNATURE COLLAGEN FACIAL

£125 for 80 minutes

The ultimate age-defying facial, a restorative pure collagen face mask stimulates cell renewal & accelerates collagen production. Hyaluronic acid plumps fine lines & deeply hydrates. Myofascial massage sculpts & defines facial contours improving elasticity to leave skin rejuvenated & renewed.

COLLAGEN SCULPTING ANTI-AGE ZONES

£100 for 50 minutes

An age-defying treatment infused with pure collagen and hyaluronic acid, bespoke eye and lip masks restore hydration, diminish fine lines and brighten dark circles. Hands are enveloped in nourishment, leaving skin firm and smooth.

COLLAGEN ADD-ONS

£60 for 20 minutes

Plump Lips, Smooth Eyes, Lifting Neck & Décolleté, Anti-Ageing Hands.






GAIA



GAIA FACIAL TREATMENTS

GAIA treatments are suitable for male and female.

GAIA JADE FACIAL

£100 for 50 minutes

This healing massaging facial will leave your skin feeling rejuvenated and glowing. GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger. Jade is a powerful cleansing stone, enhancing the body's elimination of toxins, with its restorative properties allowing cells to re-bind themselves. Eliminating dark circles, puffiness and helping to plump wrinkles.

GAIA YOGA LIFTING FACIAL

£125 for 80 minutes

We are aware, that exercise is good for our body, but it is also beneficial for the face. Using a stimulating workout for the face with a combination of advanced lifting massage technique, lymphatic drainage and the power of nature, this facial increases muscle tone and volume so the skin becomes tauter with more definition and exceptional results.

GAIA INDIAN HEAD MASSAGE

£100 for 50 minutes

A deeply therapeutic treatment combining massage on the face, shoulders, and scalp. A series of therapeutic techniques are performed to manipulate the muscles and release tension, helping to eliminate stress and find grounding throughout the mind and body.



GAIA EQUILIBRIUM CRYSTAL FACIAL

£125 for 80 minutes

The ultimate goal of crystal healing is to bring the whole body back to a state of pure unconditional love.

This treatment is personalised using crystals to discover which chakras are blocked, deeply nourishing facial including facial pressures, shoulder massage and foot pressure points.



GAIA BODY TREATMENTS

GAIA treatments are suitable for male and female.

GAIA BESPOKE MASSAGE

£60 for 20 minutes / £100 for 50 minutes

£125 for 80 minutes

A completely bespoke back, neck and shoulder, full body or full body and scalp treatment catered to your individual needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques such as Swedish, Deep tissue and Aromatherapy to relax the body and mind, bringing you into the present moment.



GAIA RESTORATIVE TREATMENT

£100 for 50 minutes

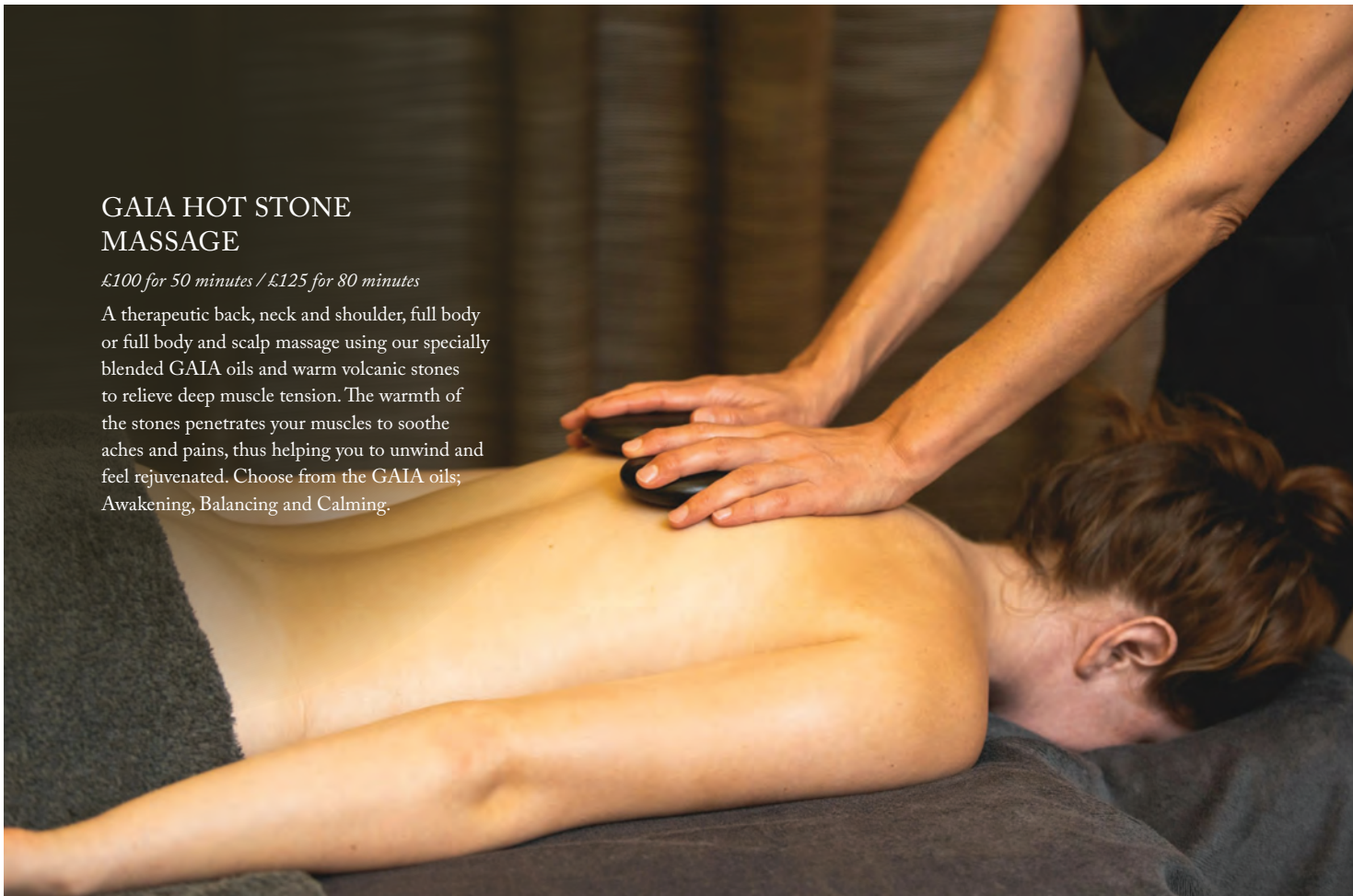
Experience a therapeutic back cleanse followed by exfoliation with GAIA's own unique body scrub, before GAIA's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones using one of the GAIA oils; Awakening, Balancing or Calming.



GAIA HOT STONE MASSAGE

£100 for 50 minutes / £125 for 80 minutes

A therapeutic back, neck and shoulder, full body or full body and scalp massage using our specially blended GAIA oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, thus helping you to unwind and feel rejuvenated. Choose from the GAIA oils; Awakenng, Balancing and Calming.





GAIA SALT AND OIL SCRUB

£100 for 50 minutes

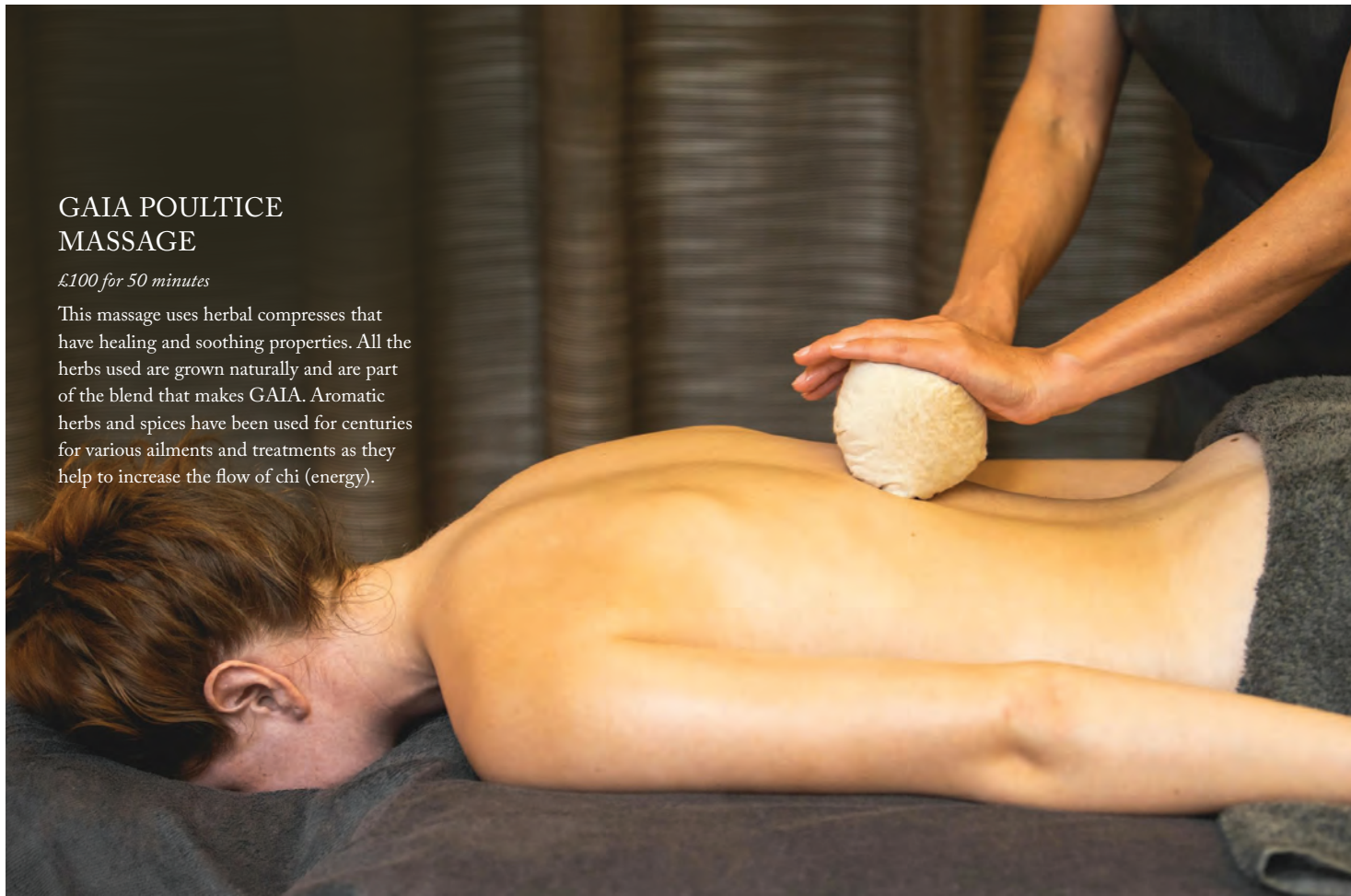
Liberate your skin with our nourishing salt and oil scrub treatment. Your body is awakened with natural sea salt, peppermint and lemongrass, to gently buff the skin, boosting circulation and leaving a natural glow. This refreshing treatment will leave a natural feeling of wellbeing, whilst the skin is left smooth and replenished.



GAIA POULTICE MASSAGE

£100 for 50 minutes

This massage uses herbal compresses that have healing and soothing properties. All the herbs used are grown naturally and are part of the blend that makes GAIA. Aromatic herbs and spices have been used for centuries for various ailments and treatments as they help to increase the flow of chi (energy).



GAIA FACE AND BODY TREATMENTS

Treatments suitable for male and female.



GAIA AWAKENING JOURNEY

£100 for 50 minutes / £125 for 80 minutes

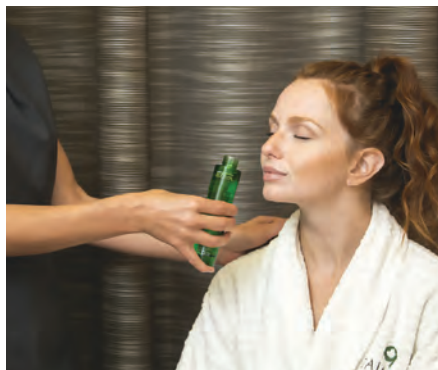
An energising experience, helping to renew and radiate positivity for the mind and body. The Awakening Journey helps revitalise the skin with a salt and oil exfoliation, removing dead skin cells to reveal refreshed, soft skin. The Journey continues with a bespoke massage, tailored to suit your needs, to help awaken the body and boost circulation, leaving you feeling refreshed and uplifted.



GAIA BALANCING JOURNEY

£100 for 50 minutes / £125 for 80 minutes

Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium the mind and body. The journey centres around a hot stone massage, using warm volcanic stones to soothe aches and pains, relieving muscle tension. The Journey continues with a nurturing Jade facial, known as the healing stone, the Jade crystal wands help to relieve tension in the muscles, encourage blood flow, and help eliminate fine lines.



GAIA CALMING JOURNEY

£100 for 50 minutes / £125 for 80 minutes

A truly tranquil experience, the Calming Journey has been developed to offer complete relaxation and peace within. Your journey will begin with a serene back, neck and shoulder massage to ease muscle tension and calm the mind and body, followed by relaxing scalp massage and hand and arm massage. Opt for our 80 minute Calming Journey to indulge in an Indian head massage which includes a facial cleanse, tone, and a beautifully relaxing facial massage, focusing on pressure points to relieve tension.



A close-up photograph of a woman lying down, receiving a facial treatment. Her face is covered in a thick, white, bubbly foam. A person's hands are visible, gently massaging the foam into her skin. The woman's eyes are closed, and she has a relaxed expression. The background is softly blurred, showing what appears to be a spa or treatment room setting.

GAIA EVERGLOWING FACE AND BODY TREATMENT

£100 for 50 minutes / £125 for 80 minutes

A refreshing face and body treatment designed to uplift and revitalise the mind and body.

Featuring our signature foot ritual, relaxing back cleanse and exfoliation, followed by the application of the refreshing Strengthening Fitness Gel to soothe tension. The treatment continues with a radiance facial, including a gentle exfoliation and finishes with a nurturing leg and foot massage, leaving you with a radiant glow, inside and out.

GAIA RITUALS

GAIA treatments suitable for male and female (except Mother GAIA).

GAIA RAINDROP THERAPY

£200 for 100 minutes

Raindrop therapy is a healing technique using pure essential oils. It combines aromatherapy oils and soothing massage to bring total balance, harmony and body wellness mentally, physically and emotionally. Techniques are used through the massage to release toxins and lymph, boosting the immune system and bringing the body back to natural alignment. Ritual includes full body massage using the purest essential oils used as droplets to the back, spine and feet, a face cleanse and a nurturing scalp massage.



GAIA CRYSTAL THERAPY RITUAL

£200 for 100 minutes

There is a link between our skin, our identity and our sense of self-worth. Using a powerful combination of anti-inflammatory plant ingredients along with balancing chakra crystals woven throughout the treatment which lend their energetic and healing benefits, brings the mind and body back to a state of equilibrium. This holistic treatment includes meditation, full body massage and a nurturing scalp massage.



GAIA TOTAL HOLISTIC RITUAL

£200 for 100 minutes

Enjoy this protective cocooning treatment and emerge awakened. You will experience whole body, face and scalp therapy in this indulgent treatment, including a sea salt exfoliation and natural mud and clay mask. Completing this nurturing treatment is our Awakening Body Cream, with nourishing coconut oil and shea butter.





MOTHER GAIA

GAIA MUM TO BE TREATMENT

£100 for 50 minutes / £125 for 80 minutes

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed massage focusing on alleviating muscular aches on stressed areas, helping you to feel relaxed and restored.

80 minute: Includes facial mask, ante-natal tummy mask and scalp massage.

HOLISTIC AND ORGANIC

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

REFLEXOLOGY

£100 for 50 minutes

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

REIKI

£100 for 50 minutes

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

LUXURY MANICURE

£75 for 50 minutes

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

£75 for 50 minutes

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.



Mii

MII & GEL TREATMENTS NAIL, SHAPE AND VARNISH

£54.50 for 20 minutes

Nails are shaped and polish applied for hands or feet.

GEL POLISH (hands or feet)

£75 for 50 minutes

Goes on like polish 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.

MIDDLETHORPE SPA MEMBERSHIP CLUB

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

NO JOINING FEE and only a month minimum membership!

- **Full Membership:** Unlimited use all week
- **Midweek Membership:** Entry all day Monday to Friday (excluding Bank Holidays)
- **Joint Full Membership:** full membership for husband and wife or partners with unlimited use all week
- **Joint Midweek Membership:** Entry all day Monday to Friday for husband and wife or partners
- **Monthly Membership:** For a period of 30 days from date of payment

Middlethorpe Spa Club Membership Fees (from 1st May 2026):

Membership	Annual Membership paid by 12 four-weekly automatic bank transfers:	Annual Membership paid in full when joining:	Monthly Membership:	6 Monthly Membership paid in full when joining:
Individual Membership				
Full Membership	£120	£1,325	£135	£680
Midweek Membership	£100	£1,070	£115	£550
Joint Membership				
Full Membership	£220	£2,445	£245	£1,250
Midweek Membership	£180	£1,940	£225	£995





Added value for Middlethorpe Spa

Club Members:

- 15% Discount on the Club Room snack menu and bar tariff
- 25% 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 on Mondays and Fridays
- Discount monthly Mindful Movement Monday sessions
- Offers on daily teas/coffees taken in the Club Room or on the Spa Terrace
- 15% Discount on your restaurant bill at Middlethorpe Hall:
 - Luncheon on Saturdays and Sundays
 - Afternoon Tea from Mondays to Fridays
 - Dinner from Sundays to Thursdays
 (except on York race days, bank holidays, subject to availability, and not valid in conjunction with any other offer, for corporate events or wedding parties)
- **Preferential booking and 15% discount on regular cultural events at Middlethorpe Hall & Spa, such as wine tasting, gala dinners, lectures, concerts etc.**

Discretionary Benefits for Annual Members:

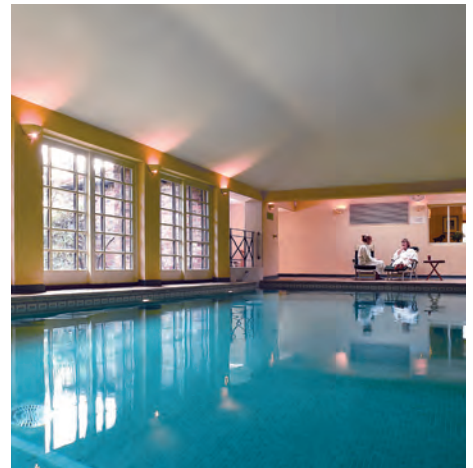
On joining Middlethorpe Spa or on renewal of subscription from 1st May 2026, Middlethorpe Spa Members (annual membership only) will receive vouchers for these free valuable benefits:

- A Complimentary one night Bed & Breakfast stay in a standard double/twin bedded room at Middlethorpe Hall per membership or joint membership, Sunday to Thursday (subject to availability). Dinner in the dining room is required to be taken on that evening (not included), (Value £320)
- 1 Free Bed & Breakfast on any one stay of 2 nights or more at Bodysgallen Hall & Spa or Hartwell House & Spa (subject to availability), (Value up to £420)
- Receive a free Saturday luncheon at Middlethorpe Hall for one person, when two or more are dining (Value £50), or traditional Afternoon Tea for one person at Middlethorpe Hall when two or more are partaking (Value £40)
- On your first purchase of any GAIA Skin Care product, you will receive a second product with 25% discount
- Two guest vouchers on each occasion of joining, on renewal or as a Christmas present (Value £80)
- Honorary membership to Bodysgallen Spa and Hartwell Spa when visiting the area

Total value of benefits: over £895

(These benefits may change in subsequent years).





MIDDLETHORPE HALL & SPA

Opening times

Monday to Friday – 6:30am - 8:00pm

Saturdays and Sundays (and Bank Holidays) – 8:00am - 7:00pm

Closed on Christmas Day, restricted hours on

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 Holidays between the hours of 12:00 noon - 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 car and bicycle parking.

Electric charging points are available (fee).



MIDDLETHORPE SPA

Bishopthorpe Road, York YO23 2GB.

Tel: 01904 661317 Email: spa@middlethorpe.com

www.middlethorpespa.com

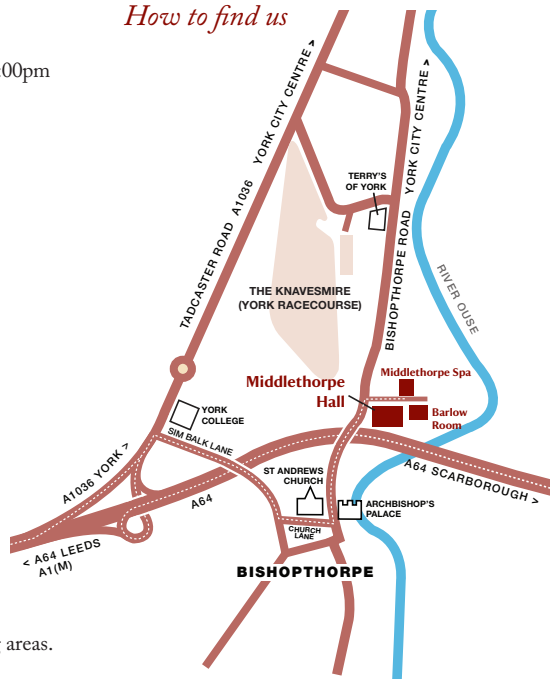


National Trust

Part of the National Trust
All profits donated to the Charity



How to find us



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, 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 2026 and include VAT.

