



FORMBY HALL  
GOLF RESORT & SPA

THE  
SPA



# START YOUR JOURNEY TO INNER CALM

A relaxing haven away from the rigours of daily life. Formby Hall is perfect for tranquil spa days, overnight spa breaks and those special individual spa treatments.



# ESPA

NATURAL BEAUTY  
INNER CALM



ESPA treatments are guided by a holistic philosophy, caring for your whole wellbeing. Working with biochemists, skin experts and aromatherapists, they took the knowledge from traditional holistic therapies and combined this with the scientific power of the purest natural ingredients from around the world, developing a range of natural products and tailored treatments to achieve beautiful skin and inner calm.

# ESPA MASSAGE

## ESPA INNER CALM MASSAGE

£70

### 55 MINUTE TREATMENT

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored. **Includes: Full body aromatherapy massage.**

## ESPA HOT STONE MASSAGE

£80

### 55 MINUTE TREATMENT

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated. **Includes: Full body aromatherapy massage with hot stones.**

## ESPA SWEDISH MASSAGE

£70

### 55 MINUTE TREATMENT

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe. **Includes: Full body Swedish massage.**

## ESPA DEEP MUSCLE MASSAGE

£80

### 55 MINUTE TREATMENT

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised. **Includes: Targeted massage, focussing on areas of concern.**

## ESPA MUSCLE REVIVER

£55

### 40 MINUTE TREATMENT

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored. **Includes: Back massage – facial massage – scalp massage.**

## ESPA BACK, NECK & SHOULDER MASSAGE

£45

### 25 MINUTE TREATMENT

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind. **Includes: Massage to the back, neck and shoulders.**

## INVIGORATING FOOT TREATMENT

£45

### 25 MINUTE TREATMENT

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. **Includes: A refreshing exfoliation – deeply therapeutic lower leg and foot massage.**

# ESPA BODY TREATMENTS

*Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced, and skin's natural beauty is restored.*

## ESPA SALT AND OIL SCRUB

£45

25 MINUTE TREATMENT - – Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

## ESPA BODY WRAP

£75

60 MINUTE TREATMENT - – Purify your body and deeply replenish your skin with personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner clam. **Includes: Skin brush – body exfoliation – algae or mud wrap – scalp massage.**

## ESPA DEEP CLEANSING BACK TREATMENT

£85

### 55 MINUTE TREATMENT

A tension releasing massage for tight muscles and congested skin on the back, neck and shoulders. The back is deep cleansed and exfoliated to help stimulate circulation and refresh the skin. A marine mask is then smoothed onto the back to remove impurities; lower legs and feet receive a deeply relaxing massage while the mask takes effect. Finally soothe away tension from the back with a calming back massage.

## ESPA BACK, FACE AND SCALP TREATMENT

**Without hot stones £90 With hot stones £130**

Hero Treatment – 90 MINUTE TREATMENT - – Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

**Includes: Back exfoliation – back massage with or without hot stones – inner beauty facial – scalp.**

# ESPA FACIALS

## ESPA ACTIVE NUTRIENTS GLOW FROM WITHIN FACIAL £75

### 55 MINUTE TREATMENT

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality. Dull, lethargic complexions are brightened, massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity. **Includes: Skin analysis with Skin Vision™ lamp – cleanse & exfoliation.**

## ESPA INSTANT RADIANCE FACIAL £75

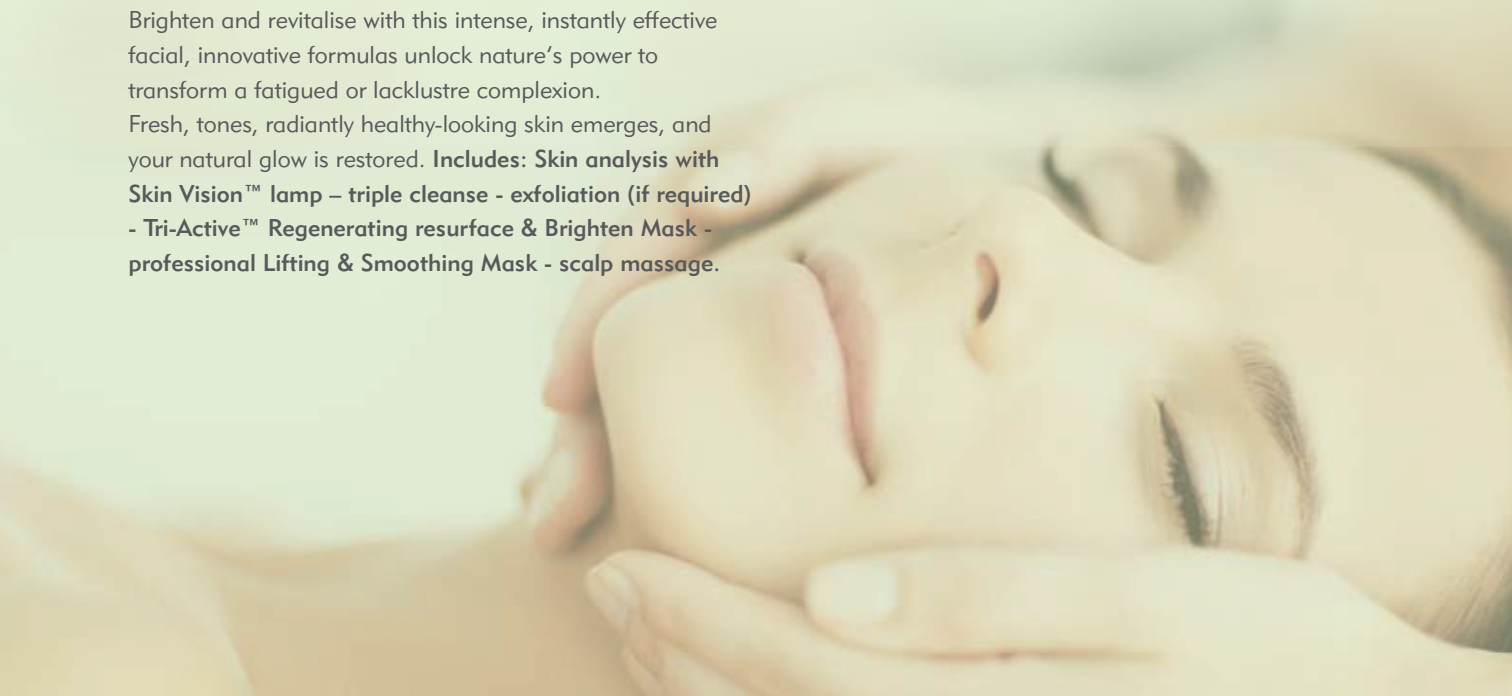
### 55 MINUTE TREATMENT

Brighten and revitalise with this intense, instantly effective facial, innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, tones, radiantly healthy-looking skin emerges, and your natural glow is restored. **Includes: Skin analysis with Skin Vision™ lamp – triple cleanse - exfoliation (if required) - Tri-Active™ Regenerating resurface & Brighten Mask - professional Lifting & Smoothing Mask - scalp massage.**

## ESPA INTENSE REGENERATING FACIAL £75

### 55 MINUTE TREATMENT

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened, and your skin is left feeling beautifully refined, soft and supple. **Includes: Skin analysis with Skin Vision™ lamp – triple cleanse - age-defying facial massage - mask - scalp massage.**



# ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.

## ESPA DEEP CLEANSING FACIAL

£75

### 55 MINUTE TREATMENT

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapy oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored. **Includes: Skin analysis with Skin Vision™ lamp – triple cleanse - exfoliation - facial massage - personalised mask - scalp massage.**

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£85

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A tension releasing massage for tight muscles and congested skin on the back, neck or shoulders. The back is deep cleansed and exfoliated to help stimulate circulation and refresh the skin. A marine mud mask is then smoothed onto the back to remove impurities; lower legs and feet receive a deeply relaxing massage while the mask takes effect. Finally soothe away tension from the back with a calming back massage.

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# SPA DAYS

## **REST & RECOVER £99 per person (£119 weekends)**

Relax and unwind with our Rest & Recover Spa Day and choose from one of the following 25-minute treatments:

- ESPA Express Facial
- ESPA Essential Tension Massage
- ESPA Oriental Head, Neck and Shoulder Massage
- ESPA Full Body Exfoliation
- ESPA Lighter Legs Treatment

## **PURE BLISS £119 per person (£139 weekends)**

Your Pure Bliss Spa Day will leave you glowing with happiness. Relax in our sumptuous spa and choose from one of the following luxurious 2 x 25 minute treatments:

- ESPA Express Facial
- ESPA Essential Tension Massage
- ESPA Oriental Head, Neck and Shoulder Massage
- ESPA Full Body Exfoliation
- ESPA Lighter Legs Treatment

## **MEN'S STRESS BUSTER £119 per person (£139 weekends)**

Our Stress Buster will leave you feeling totally de-stressed as it seeks to relieve those stress-related tensions, tight muscles and congested skin. Benefit from 1 x 55 minute treatment:

- ESPA Deep Cleansing Facial
- ESPA Deep Muscle Massage
- ESPA Deep Cleansing Back Treatment

## **A DAY OF PEACE £310 per couple (£350 weekends)**

The perfect spa day for two. Relax and enjoy the Formby Hall luxury spa and the following treatments:

- ESPA Skin Solutions Facial - 25 minutes
- Full Body Massage - 55 minutes
- Atlas Rasul – skin enriching mud steam room - 40 minutes

## **MIND & BODY RETREAT £195 per person (£215 weekends)**

Our ultimate Spa Day especially created for those guests who want to truly indulge their senses to leave feeling rebalanced and rejuvenated. Relax and enjoy the outstanding facilities of the Formby Hall luxury spa and benefit from the following treatments:

- ESPA Salt and Oil Scrub - 25 minutes
- ESPA Aromatherapy Massage - 55 minutes
- ESPA Skin Solutions Facial - 25 minutes
- Atlas Rasul – skin enriching mud steam room - 40 minutes

## **ALL OUR SPA DAY PACKAGES INCLUDE\*:**

- Robes, Slippers and Towels
- Afternoon Tea
- Complimentary access to:
  - Thermal Heaven (Heated Relaxation Beds, Sauna, Steam Room) 2 hours duration, Swimming Pool and poolside, Thermal Experiences (Himalayan Salt Sauna, Steam Room, Laconium Cabin, Experience Showers)
  - Fully equipped Gym
  - Studio Classes

\*Excludes seasonal spa day packages



# HOW TO SPA

As we want you to make the most of your me-time and enjoy your visit to the Formby Hall Spa, we have set out below some helpful tips and advice on how to get the best out of your spa experience.

## DRESS

Always bring a swimming costume or even two if you would like a dry one to change into, and we will provide a towel, robe and slippers. If you are staying in the hotel and would like to use the facilities prior to checking in at 3pm we advise that you bring a bag for the spa along with your overnight bag which we can safely store for you. Don't forget we also have an excellent gym and an extensive class exercise programme if you wish to bring your gym kit and your trainers. Alternatively, like many of our guests, bring along a good book to lose yourself in.

## TREATMENTS

We would advise that you arrive at least 30 minutes prior to your first Spa treatment to allow sufficient time to check in, change and familiarise yourself with the Spa. As a courtesy to all our guests we do operate a prompt appointment schedule. A late arrival may mean that your treatment time is reduced.

## CONSULTATIONS

All of our treatment times include a full consultation lasting 5 minutes. As we want you to have the best possible experience.

## AGE

The minimum age requirement to have spa treatments and use our spa, poolside and thermal experiences is 16 years old. (Children's swim times in the pool are from 9am - 10am and 4pm - 5pm.)

## IF YOU ARE PREGNANT OR SUFFERING OR RECOVERING FROM CANCER

It is especially important that you let us know in advance of your stay if you are or may be pregnant, or if you are suffering or recovering from cancer, so that we can advise on what facilities are safe to use.

## CANCELLATION POLICY

For treatments from our Treatment Menu, full pre-payment is taken at the time of booking to secure your appointment. 48 hours' notice is required to re-schedule an appointment and transfer your deposit. Please Note - some of our spa packages require full payment at the time of booking. These bookings are normally non-transferrable and non-refundable. Please see package Terms & Conditions.

## SPA ETIQUETTE

Our ethos is relaxation and calm. Please do not allow the use of your phone or other device to negatively impact on the relaxation of other spa users. We also kindly ask that the heat treatment rooms, treatment corridor and relaxation lounge are treated as 'whisper zones'.

## DOUBLE TREATMENT ROOMS

Our double treatment rooms are ideal for couples or friends to share their treatment time together. Please request these rooms on booking.

## ADDITIONAL TREATMENTS

Please book additional treatments prior to arrival at the Spa to avoid disappointment.

## SPA QUESTIONNAIRES

Regular spa use can be extremely beneficial to your health, but it is important that you highlight any health conditions, allergies, medication or injuries that may affect your choice of Spa treatment or exercise options when making your reservation. You will be asked on arrival to complete a questionnaire on your health and lifestyle so that we can give you the best and safest possible experience.

## DIETARY REQUIREMENTS

Please let us know before your arrival if you have any special dietary requirements as we will do everything possible to accommodate your requests.

## OPENING HOURS

Sunday - Monday 10:00am - 5:30pm

We reserve the right to withdraw from use, any facility for essential maintenance at any time. Upon arrival at Formby Hall Golf Resort & Spa, please make your way to either the Spa or Resort Reception (dependant on your treatment/package) where one of our friendly team will be there to welcome you. We want you to thoroughly enjoy your time at the Spa and if there is anything we can do to support this please contact us prior to your visit or speak to a member of the team on the day.