

The Spa



FORMBY HALL

GOLF RESORT & SPA

Your Journey to
Inner Calm and
Natural Beauty



Natural Beauty, Inner Calm

Our ESPA treatments blend holistic therapies with advanced skin science. Formulated by experts, they harness pure natural ingredients from around the world to restore vitality and deeply renew your wellbeing.

ESPA Facials

Active Nutrients Glow Facial · 50 min.

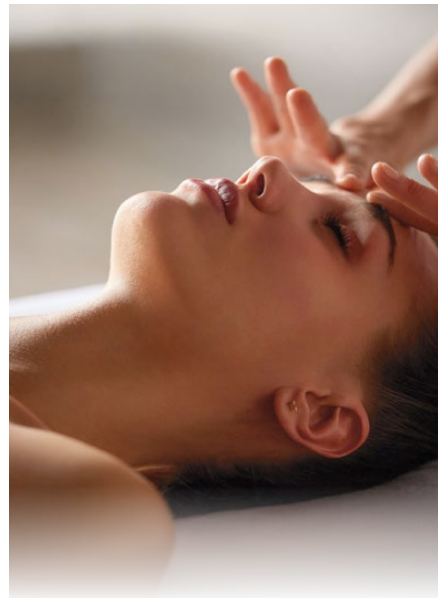
Feed your skin and mood so your face glows with lit-from-within luminosity.

ESPA Personalised Facial · 50 min.

Deeply cleanse, hydrate, and renew with this tailored facial featuring Skin Vision™ analysis, exfoliation, mask, facial and scalp massages.

ESPA Express Facial · 25 min.*

Refresh your complexion with a double cleanse, gentle exfoliation, and mask, leaving skin glowing and deeply nourished.



ESPA Body Treatments

Salt & Oil Scrub · 25 min.*

Polish away dull cells and infuse your skin with rich nourishment.

Back, Face and Scalp Treatment (with hot stones) · 90 min.

Unravel tension and instantly boost your complexion with our most renowned treatment.

Body Wrap · 50 min.

Reveal refined, toned skin with naturally detoxifying Algae or nourishing Marine Mud.

ESPA Body Polish · 25 min.*

Revive your skin with an invigorating body brush and spearmint exfoliation, revealing a beautifully smooth, radiant glow.

Lighter Legs · 25 min.*

Circulation-boosting care treatment, designed to refresh and lighten tired lower limb.

**** Treatment you have to book directly with our spa team - call: +44 01704 875 699***



ESPA Massages

Hot Stone Massage · 50 min.

Unravel persistent muscular tightness and discomfort with tailored massage and hot stones.

Swedish Massage · 50 min.

Boost circulation and awaken the body from top to toe with this invigorating massage.

Deep Muscle Massage · 50 min.

Alleviate deep-seated tension with active stretching and specialised massage.

Inner Calm Massage · 50 min

Quieten your mind, release tension and nourish your skin.

Head, Neck & Shoulder · 25 min.*

Fast-acting, targeted relief to ease tension where you need it most.

ESPA Essential Tension Back Massage · 25 min.*

Release daily stress with a targeted back massage designed to thoughtfully soothe muscles and restore inner calm.

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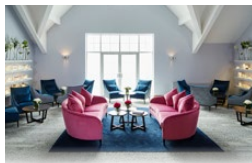




Atlas Rasul Experience*

**Enter our private Rasul Chamber
and leave feeling silky smooth,
relaxed, and radiant · 40 min.**

Your journey starts with a self-applied, scented salt and oil scrub to deeply cleanse the skin. Next, a seasonally scented mud application is paired with gentle steam to open the pores, allowing the minerals to work their magic. It is deeply cleansing, nourishing, and designed to leave you glowing from head to toe.



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Escape the everyday
and step into a world of
tranquillity at Formby Hall.

Take time for yourself, unwind
in our thermal suites, and
enjoy the calming ambiance
that makes Formby Hall
a haven of relaxation.

Book Here



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spa team.
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Visit www.formbyhallgolfresort.co.uk or call 01704 875 699.

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