

ESPA Massages

Hot Stone Massage · 55 min.

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

Swedish Massage · 55 min.

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

Deep Muscle Massage · 55 min.

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

Inner Calm Massage · 55 min.

Quieten your mind, release tension and nourish your skin.

Muscle Reviver · 40 min.

Instantly alleviate persistent tension across the back, face, and scalp.

Back, Neck & Shoulder · 25 min.

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

Invigorating Foot Treatment · 25 min.

Revitalise tired feet and soothe heavy, aching legs.



The Spa



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.

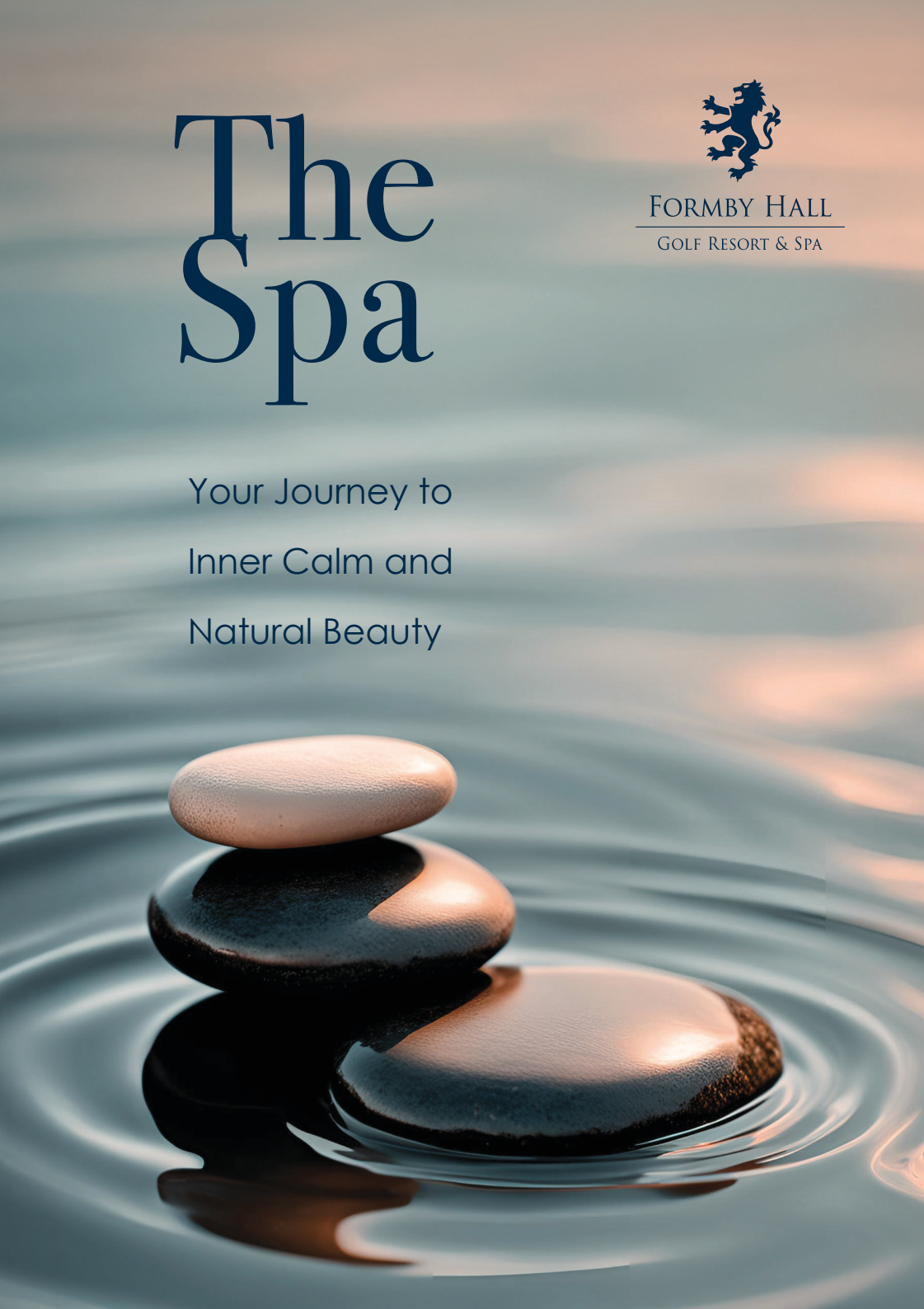
Book Here



Visit www.formbyhallgolfresort.co.uk or call 01704 875 699.
Formby Hall Golf Resort & Spa, Southport Old Road, Formby, Merseyside L37 0AB.

The 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 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 · 60 min.

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

Deep Cleansing Back Treatment · 55 min.

Release tension and clear congested skin on the back, neck, and shoulders.

ESPA Facials

Active Nutrients Glow Facial · 55 min.

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

Instant Radiance Facial · 55 min.

Transform a fatigued complexion and restore a radiantly healthy-looking glow.

Intense Regenerating Facial · 55 min.

Noticeably tone, plump and intensely hydrate mature skin.



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.

