



FORMBY HALL
GOLF RESORT & SPA

THE
SPA



START YOUR JOURNEY TO INNER CALM

A relaxing haven away from the rigours of daily life. As a leading luxury Spa Hotel in the North West of England, 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: Breathwork – full body aromatherapy massage – scalp massage

ESPA HOT STONE MASSAGE

£70

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 – scalp massage

ESPA SWEDISH MASSAGE

£60

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 – scalp massage.

ESPA DEEP MUSCLE MASSAGE

£70

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, with or without hot stones, focussing on areas of concern – scalp massage.

ESPA MUSCLE REVIVER

£55

45 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.

ESPA BODY TREATMENTS

ESPA BACK, FACE & SCALP TREATMENT £90

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 massage.**

ESPA PRE-NATAL RELAX & RESTORE £75

60 MINUTE TREATMENT

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes: Back exfoliation (if required) – focussed body massage – scalp massage.

LIGHTER LEGS £45

25 MINUTE TREATMENT

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth hard-working feet and lower legs, then treat them to a rejuvenating and intensely reviving massage – restoring cool comfort and leaving you ready for another active day. **Includes - Foot Ritual – lower leg and foot exfoliation and massage.**

ESPA BODY WRAP £75

60 MINUTE TREATMENT

Purify your body or deeply replenish your skin with this 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 calm. **Includes: Skin brush – body exfoliation – algae or mud wrap – scalp massage.**

ESPA SALT & 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. **Includes: Skin brush - salt & oil full body exfoliation.**

ESPA BODY RITUAL £130

120 MINUTE TREATMENT

Purify and revive body and mind with this deeply cleansing ritual. Body exfoliation combines with a nourishing wrap, full body massage and reviving scalp massage. Skin feels refreshed, smooth and intensely nourished. Toxins are eliminated, tension alleviated and your body and mind re-energised. **Includes - Body exfoliation – marine or algae wrap – Inner Calm massage – scalp massage.**

DEEP CLEANSING BACK TREATMENT £70

60 MINUTE TREATMENT

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.

ESPA FACIALS

ESPA INNER BEAUTY FACIAL

£75

55 MINUTE TREATMENT

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – facial massage – personalised mask – scalp massage.

ESPA EXPRESS FACIAL

£40

25 MINUTE TREATMENT

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Includes: Double cleanse – exfoliation – personalised mask – scalp massage.

LIFT & FIRM FACIAL

£75

55 MINUTE TREATMENT

Enhance tonicity and firmness while stimulating cellular regeneration with this Super Active™ facial. Highly effective and entirely personalised, this advanced facial treatment uses specialised lifting massage techniques alongside naturally powerful skincare to stimulate collagen production and help combat the signs of ageing. The results are instant – lines and wrinkles are minimised and the complexion is smoother, firmer, even-toned and instantly rejuvenated.

Includes: Deep cleanse, skin analysis with SkinVision™ Lamp, facial massage, lift & firm mask, scalp massage.

ESPA EYE LIFT

£45

25 MINUTE TREATMENT

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

Includes: Cleanse – exfoliation to face and eye contour – eye contour massage – firming eye mask.

A photograph of three women in white bathrobes standing by a large window with a decorative honeycomb pattern. They appear to be in a spa or lounge setting, holding drinks and talking. The lighting is soft and warm, suggesting an indoor environment with natural light coming through the window.

SPA DAYS

ALL OUR SPA DAY PACKAGES INCLUDE:

- Robes, Slippers and Towels
- Selected Lunch
- 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

SPA DAYS

REST & RESTORE £89 per person

Relax and unwind with our Purity Spa Day package and choose from one of the following 25-minute treatments:

- ESPA Express Personalised Facial
- ESPA Essential Tension Massage
- ESPA Oriental Head, Neck and Shoulder Massage
- EPSA Lift and Firm Eye Treatment

PURE BLISS £109 per person

Your Glow Spa Day will leave you glowing with happiness. Relax in our sumptuous spa and choose from one of the following luxurious 55 minute treatments:

- ESPA Detox Body Wrap
- ESPA Skin Solutions Facial
- ESPA Body Glow Treatment
- ESPA Aromatherapy Massage

MEN'S STRESS BUSTER £105 per person

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 the following treatments:

- ESPA Essential Tension Massage 25 min
- ESPA Men's Personalised Facial 55 min

MATERNITY SPA DAY £120 per person

Mothers-to-be experience the amazing miracle of carrying a new life, but pregnancy can take its toll on a woman's body. Our Maternity Indulgence Treatments will help combat the stresses and strains on your body:

- Maternity Indulgence Treatment 55 min
- ESPA Intensive Facial 55 min

A DAY OF PEACE £280 per couple

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

- Rejuvenating Facial
- Full Body Massage
- Atlas Rasul – skin enriching mud steam room

MIND & BODY RETREAT £195 per person

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
- ESPA Aromatherapy Massage
- ESPA Skin Solutions Facial
- Atlas Rasul – skin enriching mud steam room

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 till 8pm.)

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, a 50% non-refundable deposit 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

Monday-Thursday	10.00 - 19.00
Friday	10.00 - 17.30
Saturday-Sunday	10.00 - 18.00

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.