



STOCKS
HALL

Health Club & Spa

time for you

Spa days

Stocks Hall Signature Spa Day

Mon–Thu **£230** | Fri–Sun **£244** | 09:30-20:00

Relax in our Spa with our most luxurious Spa Day:

- » Coffee & Danish on arrival
- » Use of the spa facilities
- » Choice of two 55 minute treatment from the following:
Facial, Full body massage, Pamper manicure, Pamper pedicure
- » 30 minute in our Rasul
- » Two course light lunch with a glass of prosecco
- » £10 retail voucher

Stocks Hall Indulgence Spa Day

Mon–Thu **£146** | Fri–Sun **£164**

Indulge in our afternoon tea inspired Spa Day:

- » Use of the spa facilities
- » Choice of two x 25 minute treatment from the following:
Facial, Back massage, Tranquillity head massage, Body scrub, Gel application on hands or toes
- » Afternoon tea
- » £10 retail voucher

Stocks Hall Pure Bliss Spa Day

Mon–Thu **£134** | Fri–Sun **£140**

Relax with a feeling of complete bliss with our Bliss Spa Day:

- » Use of the spa facilities
- » Choice of one 25 minute treatment from the following:
Facial, Back massage, Tranquillity head massage, Body scrub, Gel application on hands or toes
- » Two course light lunch
- » £10 retail voucher

Twilight Spa Package

Mon–Thu **£73** | Fri–Sun **£87** | evening spa offer

Relax & unwind with our evening spa:

- » Use of the spa facilities
- » Choice of one 25 minute treatment from the following:
Facial, Tranquillity head massage, Gel application on hands or toes
- » £10 retail voucher

*Add a 2 course meal in our bistro for £22pp

*Please see our website for monthly offers

Face Treatments

ishga Aromatherapy Face Massage

55 mins £89 | 25 mins £49

Stress simply melts away thanks to this deeply relaxing aromatherapy massage. The skin will feel softly cocooned as is left deep cleansed, perfectly replenished and glowing with vitality. Includes scalp massage.

ishga Anti-ageing Facial

55 mins £89

Nourish the skin with a rich Marine Cleansing Balm packed with hydrating fatty acids, combined with a firming gel mask to tighten and tone. The high content of seaweed extract is scientifically proven to preserve the skin's natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles. Includes scalp, hand and arm massage.

ishga Face & Body Experience

55 mins £85

Balance the body with a reviving yet relaxing experience. Starting with a medium pressure massage using a carefully selected oil, followed by a facial to renew and brighten the complexion. ishga's unique skincare range contains potent antioxidant-rich seaweed extract which has been proven to stimulate hyaluronic acid and collagen production in the skin, transforming all skin types.

ishga

Organic Seaweed Skincare

Body Treatments

ishga Marine Back Massage

55 mins £90

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturizing treatment. A massage of the back and back of legs is also included to leave you feeling deeply relaxed.

ishga Full Body Massage

55 mins £82

A medium pressure full body massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension and re-energise the body.

Hot Stone Massage

55 mins (Full Body) £90 | 25 mins (Back) £50

Hot stone therapy is a specialist massage that uses smooth, flat, heated basalt stones to help relax and ease tense muscles. Essential oils of Jasmine will help to reduce stress, calm and nourish the body.

ishga Relaxation Back Massage

25 mins £49

An expert sculpting massage targeted to help contour the body. Essential oils of Lemon, Peppermint and May Chang help to restore firmness and elasticity leaving the skin texture refined. This highly effective firming massage will leave your skin feeling toned.

Scalp Neck & Shoulder Massage

25 mins £49

Balance and restore the mind with this tension reviving massage. Head becomes lighter mind clearer.

Leg & Foot Treatment

25 mins £49

Take the weight off tired legs and feet. Includes Exfoliation to revitalise tired muscles, flowing massage techniques to relieve heavy puffy and fatigued limbs.

Marine Body Wrap

55 mins £90

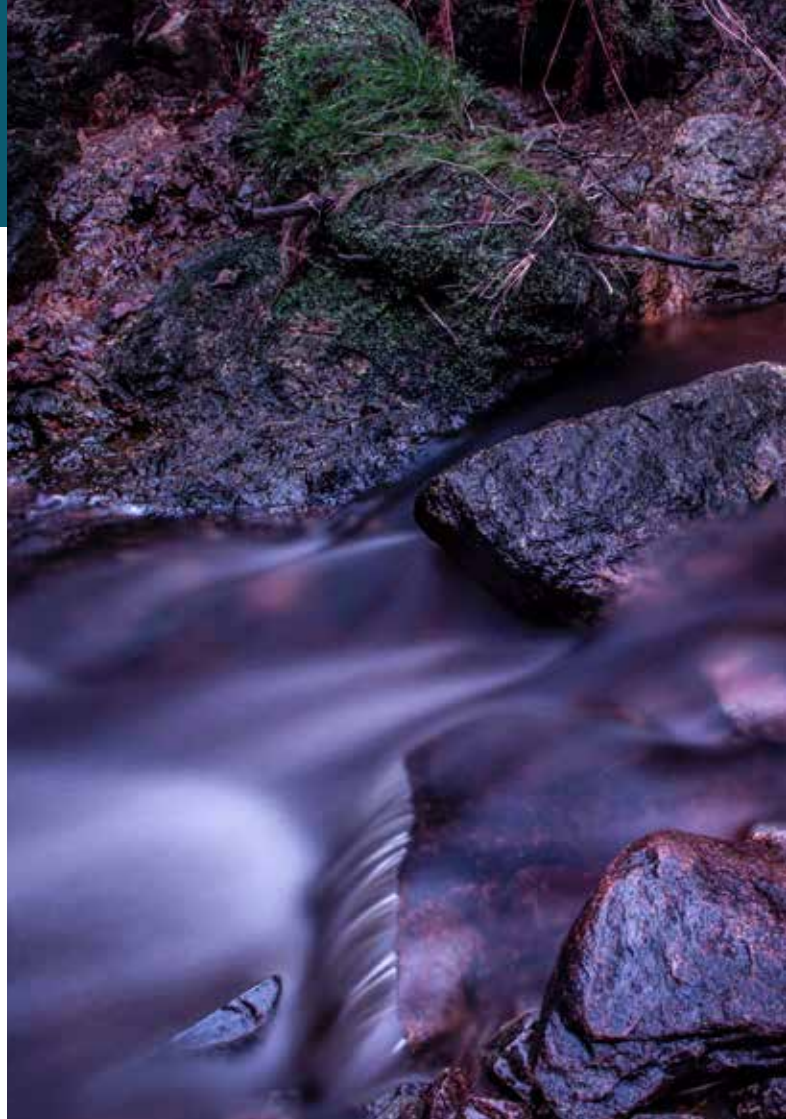
A powerful Hebridean Sea Salt and Oil scrub with a Seaweed Body Wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy, and improve skin tone.

ishga Touch Therapy

Relax and nurture the mind and body with our range of treatments suitable for anyone currently undergoing cancer treatment or in recovery. Our expertly designed treatments combine the health benefits of Hebridean seaweed skincare, with a range of simple but effective facials and massages. Let your therapist guide you through a bespoke 55 minute treatment by combining what is best for your current needs, or you may choose any two of the following spa treatments.

- » Mini facial
- » Comforting foot & leg massage
- » Head massage
- » Face massage

55 mins **£89**



Rasul Mud Steam Ritual

Enhance your Thermal Experience.

Organic mineral mud is applied to the body before relaxing in a traditional steam room. Let the muds deep cleanse, exfoliate and nourish the skin before the gentle rain shower washes it away. Even better when enjoyed with friends!

1 person 30 mins **£32**

2 person 30 mins **£53**

Add on- salt and oil Scrub to 'your experience' £5 pp



Natural Spa Factory

Natural Spa Factory Illuminate Facial (v)

55 mins £79

Using a combination of Vitamin E, alpine plants & rice water, this facial improves your skins natural radiance. Healthy ageing ingredient rice bran helps to improve the appearance of fine lines & wrinkles, whilst vanilla & complex fragrant white flowers help brighten the skins complexion, even out blemishes & reduce the appearance of age-spots. Our best seller.

Warming Candle Massage

55 mins £79

Our signature warming full body and scalp massage is the complete experience, indulging you from top to toe, using warm oil from our exclusive range of soothing massage candles.

Prepare to completely unwind in the capable hands of your therapist, as the warm essential candle oil, with vitamins and minerals, is skilfully drizzled onto the skin and used to massage your full body and scalp.

Stress Buster

45 mins £55

Reawaken your body with our indulgent Muscle Reviver treatment. Beginning with a tailored back massage to ease deep-seated tension, this experience is complemented by a calming head, neck and shoulder massage to relieve stress and restore balance. The perfect escape for both body and mind.



Natural Spa Factory

Seasonal Body Wraps & Scrubs

55 mins £79

Incorporating a full body exfoliation with our nectarine and honey salt scrub. While you are all wrapped up and snug with our cocoa bean wrap, enjoy our tranquility Scalp massage. Finished with a hot shower.

Bumps A Daisy

55 mins £75

Pregnancy is a special time, but a time when some of the finer things in life (champagne and caviar!) are restricted. Treat yourself with scents of decadent coconut, sweet neroli, and gentle sweet almond oil in an all embracing treatment. Incorporating a back scrub, followed by a back massage and relaxing express facial. This nourishing cocktail will ease water retention, soften skin & aid a restful night's sleep, need we say more?

Head in the Clouds

20 mins £45

Relax with this deep scalp ritual massage. Relieve tension headaches and stress, hydrate and nourish hair and dry scalp with a coconut conditioning hair oil.

Muscle reviver

45 mins £55

A revitalising treatment designed to ease tension and refresh the body. Enjoy a targeted back massage to release tight muscles, followed by a natural salt and oil scrub to exfoliate and nourish the skin. Leaves you feeling relaxed, smooth, and re-energised.



Perfectly Polished...

OPI introduces a skincare line that brings the quality and efficacy of facial skincare to premium products developed specifically for hands & feet. Formulated with Cupuacu superfruit containing 9 essential fatty acids providing unparalleled moisture and anti-ageing effects.

Infinite Shine Nail polish

File & paint	25 mins £22
Pamper manicure or pedicure	55 mins £40
Luxury manicure or pedicure	75 mins £51

GelColor by OPI

Gel Application	45 mins £45
Pamper manicure or pedicure	60 mins £55
Luxury manicure or pedicure	75 mins £65

No polish, just treat file, buff & hand massage 20 mins **£20**

Treatments & strengtheners:
Repair Mode™ Bond Building Nail Serum. The result?
99% nail keratin repair & stronger, smoother nails. **£5**

GelColor removal 15/20 mins **£15**

Gel removal & re-apply 60 mins **£55**

Gel application with BIAB 60 mins **£55**

Gel application with BIAB infill & gel reapplication 75 mins **£65**



The Essentials

Eyes

Brow wax
Brow tweeze
Brow tint*
Brow wax & tint*
Eyebrow shape, tint & lash tint*
Lash tint*
Lash tint & brow tint*
Lash lift*

*Patch Test Required – 24-48hrs before arrival

Hair Removal

£15	½ Leg wax	£25
£12	Full leg wax	£35
£15	Bikini line	£22
£15	Underarm wax	£12
£35	Upper lip or chin	£10
£20	Lip & chin	£15
£28	Arms	£26
£38	Back	£35
	½ Leg wax, underarm, bikini	£47
	Full leg wax, underarm, bikini	£55

Intimate waxing

Bikini line	£20
G-string	£25
Brazilian	£32
Hollywood	£40



Overnight stays

One Night Spa Break

Mon to Thu £185 | Fri to Sun £223

Per person (2 minimum)

- » One night's bed & breakfast in a self catering apartment
- » A choice of 1 x 25 minute treatments from:
Express facial, Back massage, Tranquillity scalp massage, Rasul, Body scrub, Gel application on hands or toes
- » 2 course spa lunch
- » Bottle of Prosecco in the apartment
- » Robe, towel & slippers provided
- » Use of the spa facilities for the duration of the stay

Spa Retreat

Mon to Thu £225 | Fri to Sun £256

Per person (2 minimum)

- » One night bed & breakfast in a self catering apartment
- » A choice of 2 x 25 minute treatments from:
Express facial, Back massage, Tranquillity scalp massage, Rasul, Body scrub, Gel application on hands or toes
- » Afternoon Tea
- » Bottle of Prosecco in the apartment
- » Robe, towel & slippers provided
- » Use of the spa facilities for the duration of the stay



Overnight stays

Indulgence Night In

Mon to Thu £209 | Fri to Sun £228

Per person (For groups of up to 6-8 guests)

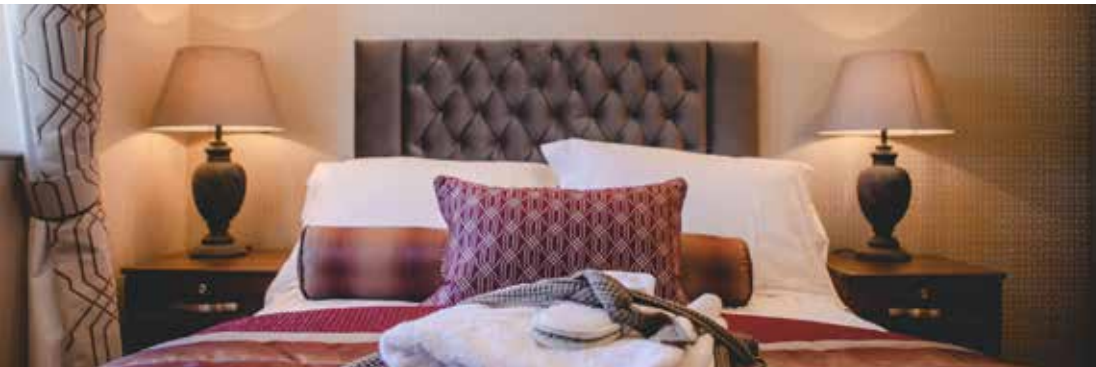
- » One night bed & breakfast in a self catering apartment
- » 2 course spa lunch
- » A choice of 1 x 25 minute treatment from:
Express facial, Back massage, Rusal mud treatment, Tranquillity scalp massage, Gel manicure on fingers, Gel pedicure on toes
- » Bottle of Prosecco in the apartment
- » Robe, towel & slippers provided
- » Use of the spa facilities for the duration of the stay

Ultimate Signature Spa Get Away

Mon to Thu £270 | Fri to Sun £299

Per person (2 minimum)

- » One night bed and breakfast in a self catering apartment
- » A choice of 2 x 55 minute treatments from:
Facial, Full body massage, Pamper manicure, Pamper pedicure, Express facial & back massage, Express facial & scalp massage, Back & scalp massage
- » PLUS Rasul Treatment
- » 2 course spa lunch
- » Afternoon Tea
- » Bottle of Prosecco in the apartment
- » Robe, towel & slippers provided
- » Use of the spa facilities for the duration of the stay



Information

How To Book

Stocks Hall Spa is reserved for the use of adults (16 years and over). To ensure your preferred date, time and service is available we recommend booking well in advance. Our Spa Reservations Team are available during our opening hours on 01704 778060 or email spa@stockshallspa.co.uk

Spa Treatments

To allow you to fully relax prior to your treatment, we encourage you to arrive 10 minutes prior to your scheduled appointment time. All appointment times include consultations and aftercare advice. Please be advised that late arrivals will result in the treatment time being shortened accordingly.

Spa Etiquette

Due to the calming nature of the spa environment, please do not allow use of your phone or other device to negatively impact on the relaxation of other spa users. We ask that the heat treatment rooms, treatment corridor and relaxation lounge are treated as 'whisper zones' where we may politely ask you to keep your voice to a whisper.

Health Conditions

We ask that you kindly advise us of any health conditions, allergies or injuries prior to your arrival so that we can ensure that our facilities and treatments are suitable for you.

Pregnancy

We welcome expectant mums into our spa after the first 12 weeks of pregnancy. We strongly advise against using any extreme heat and/or hydrotherapy facilities. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time

Double treatment room

Our double treatment room is ideal for couples or friends to share their treatment time together. Please request this service on booking if required.

Payment & Cancellation Policy

All spa reservations require full payment upon booking. Please provide us with a minimum of 24 hours' notice if you are unable to make your reservation and we will be happy to reschedule. Otherwise we reserve the right to charge the full amount of the reservation.

Terms & Conditions

We respectfully request that you peruse our full terms & conditions, a copy of which is available on our website, before you visit.

Prices

All prices may be subject to change without prior notice.