

*Spa*  
AT THE GRAND

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## Welcome to The Grand Hotel & Spa, York's first five star hotel.



When we designed The Grand we wanted to create an absolutely unique spa for our guests and visitors. We knew that a luxury spa in the heart of York, one of the UK's most beautiful cities, had to be special.

That's why we set Spa at The Grand in the building's vaults, which were once used to store the wealth of the North Eastern Railway. Thick stone walls and cast iron vault doors shut out the city creating a hushed, tranquil and wonderfully relaxing environment. Architect-designed treatment rooms with subtle lighting and handmade furnishings conjure a blissful atmosphere.

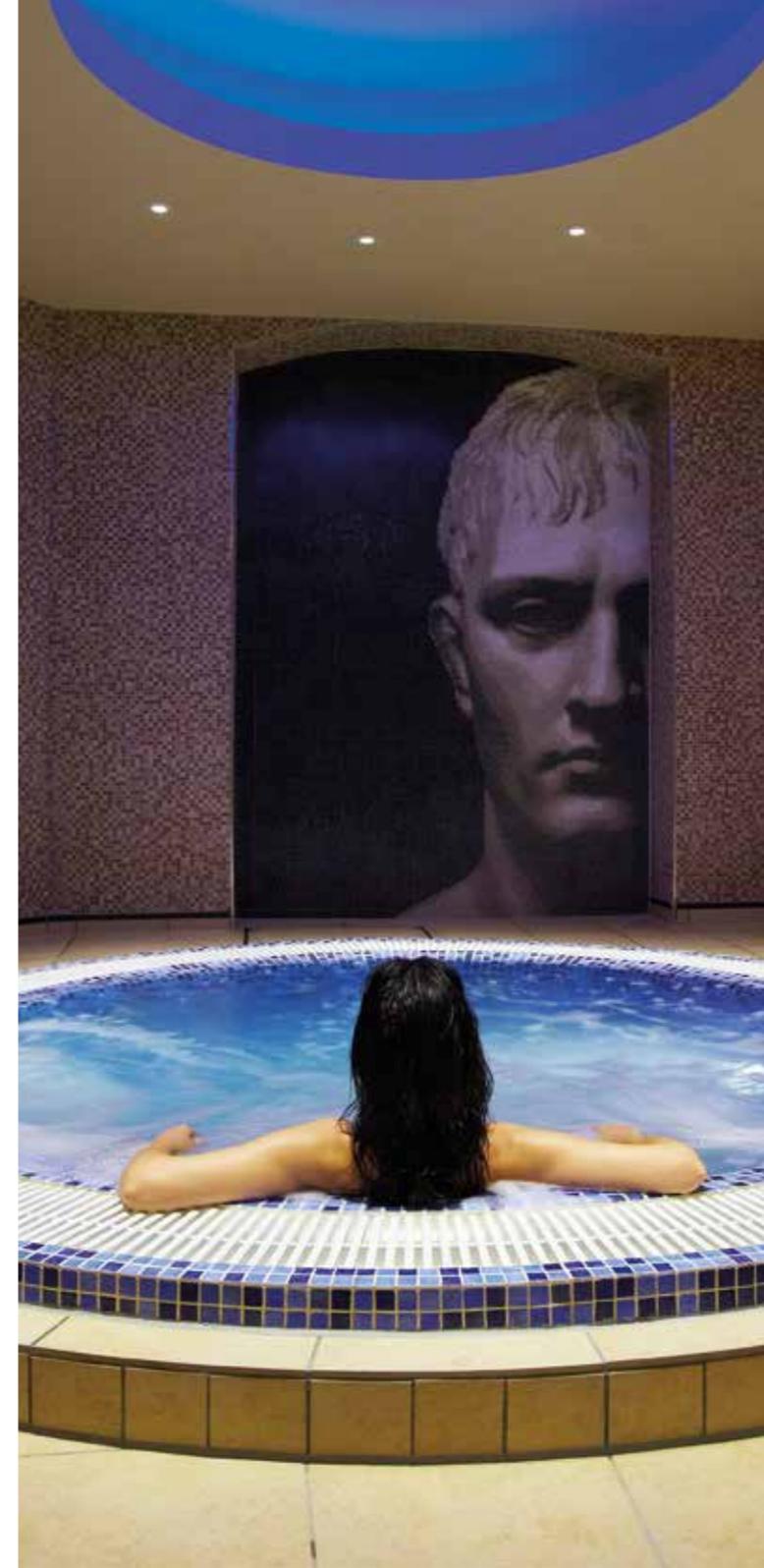
On these pages you'll discover an abundance of treatments designed to work away every knot, tension and flaw, and our skilled beauty professionals use only the finest products created by top international skincare brands.

Our 'Spa and Stay' packages are ideal for pampering getaways, but you don't have to check-in to check-out the spa - we welcome non-guests as well. We are specialists in facials, massages and body treatments and you can even personalise your experience with 'Go Grand' upgrades.

We believe that everyone deserves a little indulgence in their lives, which is why we look after the whole family including tailored treatments for men and under 16s.

In addition, for those who want to work out before winding down we have an air-conditioned gym with state-of-the-art Cybex equipment, and a heated 14-metre pool with jets, spa whirlpool, a Nordic dry sauna, an aromatic steam room and a relaxation lounge. Make sure you allow time before your treatment to take advantage of all of these fabulous facilities.

We look forward to welcoming you to 'Spa at The Grand' and to sharing with you our luxury getaway in the heart of York.



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## Spa Stays

### Spa & Stay

Perfect for a quick getaway, our Spa and Stay Package will leave you feeling so rejuvenated and relaxed that you will not want to leave.

#### Package Includes:

- One night accommodation in a Classic Room
- Breakfast from our breakfast buffet
- A one hour bespoke spa treatment each
- Full use of the spa facilities
- Grand Afternoon Tea

*Package available Sunday - Thursday*

### I Love Sundays

Mondays are the new Sundays! If you hate the thought of Monday mornings, stay at the The Grand and learn to love them.

#### Package Includes:

- One night accommodation in a Classic Room
- Breakfast from our breakfast buffet
- A one hour bespoke spa treatment each
- Full use of the spa facilities
- Late checkout until 12noon on Monday

For more details on Spa Stays, prices and availability contact our Reservations Team on **01904 380 038** or visit [www.thegrandyork.co.uk/spa-at-the-grand/spa-breaks](http://www.thegrandyork.co.uk/spa-at-the-grand/spa-breaks)

*All treatment times include consultation and aftercare.*

## Spa Days

All our Spa Days include full use of our Spa facilities.

### Me Time

A Spa Day designed just for you! All you need to do is choose how much treatment time you would like on your Spa Day.

Begin your day with the use of our spa facilities followed by a consultation with your therapist to help you decide which treatments would make the perfect package unique to you.

- 1 hour** £85
- 2 hours** £166
- 3 hours** £240

### Celebrate Spa Day

Gather your closest friends and relax in our spa facilities. Then choose one of the following treatments:

- 1 hour customised facial  
or
- 1 hour full body massage  
or
- 30 minutes facial and 30 minutes massage

*Enjoy a glass of Champagne to finish off your day.*

- 1 hour** £87

### Classic Spa Day

Indulge in two hours of pure bliss as your therapist expertly soothes away your stress with two of our most popular treatments.

- Aromatic full body massage
- 1 hour ESPA Facial - tailored to your skin type

*This spa day is all about relaxation - the perfect present or surprise for a loved one.*

- 2 hours** £140

### Ladies' Day

The perfect day for you and your friends at one of the most luxurious locations in York. Begin with use of our spa facilities. Your treatments on the day will include:

- 30 minutes back, neck and shoulder massage.
- 30 minutes customised facial
- Express manicure
- Express pedicure

*Lunch in The Rise Restaurant is also included.*

- 2 hours** £160

### Couple's Spa Day

A chance for you both to retreat from the stresses of everyday life and spend some quality time together. Begin by making use of our spa facilities followed by your treatments which include:

- Back massage in our double treatment room
- ESPA facial for both women and men

*This package is also ideal for mother & daughter and makes the perfect gift to enjoy with someone special.*

- 1 hour 30 minutes per person**  
**£220 for two people**

### The Grand Energiser

Recharge and refresh with this invigorating Spa Day perfect for those in need of an invigorating boost. Kick start your day by using our spa facilities before your treatments begin.

#### Package includes:

- 30 min deep tissue massage
- 30 min eye treatment
- 30 min foot & leg energiser
- 30 min Salt of the Earth hand treatment

*Choice of herbal tea or fruit juice*

- 2 hours** £140



### Ultimate Indulgence Package

#### Package Includes:

- 30 minutes ESPA body exfoliation
- 1 hour full body massage
- 1 hour customised facial
- 30 minutes regenerating and firming eye treatment

#### Whilst enjoying a Champagne cocktail choose from:

- Spa manicure  
or
- Spa pedicure  
or
- File and polish for both fingers and toes

*Spa manicure and pedicure can be upgraded to include a gel finish (plus £10)*

*Lunch in The Rise Restaurant is also included.*

- 4 hours** £325

## ESPA Skin Solutions Facials

### Optimal Skin Profacial

**Reveal naturally beautiful and visibly healthy skin with this targeted facial.**

Designed to rebalance, hydrate and revitalise, Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse, while bestselling ProSerum combines the potent natural actives of a serum with the advanced nourishment of a face oil to deliver visible skin health and radiance.

Finally, ProMoisturiser with responsive hydration intuitively targets the delivery of nutrient-rich, hydrating actives to where your skin requires them most. This facial instantly revives and brightens the complexion while ultimately helping to protect against environmental damage and delay the early, invisible stages of skin ageing.

### De-sensitiser Facial

**A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.**

De-sensitising natural plant extracts and calming aromatherapy oils such as chamomile and benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

### Re-hydrator Facial

**Intensive and regenerating, leaving dehydrated skin supple and nourished.**

Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

## ESPA Skin Solutions Facials

### Skin Radiance Facial

**Revitalising and brightening, giving tired skin a naturally radiant appearance.**

A special application of ESPA Skin Radiance Moisturiser, rich in natural AHAs and BHAs from Hawaiian algae and meadowsweet, helps to smooth, reduce irregular pigmentation and deliver immediate results.

### Purifying Facial

**Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.**

This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential tea tree and white thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

### Courses

To prepare your skin for any special event, such as weddings we recommend a course of facial treatments.

Your therapist will customise your facials for your skin's individual needs to obtain the best results and priced accordingly.

**Purchase 5 facials and get 1 free.**

### All Skin Solution Facials 1 hour £81

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

Course price, purchase five skin solutions facials and receive your sixth facial free of charge.



## ESPA Intensive & Age Defying Facials

### Advanced Skin Radiance Facial

**Restore skin's vitality and reveal a bright, smooth and radiantly youthful-looking complexion with our advanced new facial treatment.**

Suitable for all skin types and ages. Optimal skin ProCleanser, gently exfoliates the skin, combined with a deep brush cleanse and brightening mask to remove dead skin cells. An age-defying massage using rose quartz crystals follows, finishing with a lifting and smoothing mask and skin radiance intensive serum – to powerfully brighten, firm and even skin tone, leaving your complexion smooth, supple and looking healthy. For the ultimate flawless finishing touch, naturally radiant tinted moisturiser is applied as an alternative, or in addition to a tailored facial moisturiser.

#### Treatment includes:

Deep brush cleanse, unique ProCleanser, skin analysis with SkinVision™ lamp, steam & extraction if required, skin radiance mask, age defying rose quartz crystal massage, professional lifting & smoothing mask & revolutionary radiance serum.

**1 hour 30 minutes £105**

### Advanced Enzyme Facial

**A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, radiant complexion.**

A deep brush cleanse is followed by an intense enzyme peel containing botanical extracts and pumpkin enzymes to deeply exfoliate and remove dead skin cells. After a soothing massage using rose quartz crystals to help cool and calm, a lifting and smoothing mask is applied, containing concentrated seaweed extracts, argan oil and menthol, to give your skin a more plumped and firmer appearance.

#### Treatment includes:

Deep brush cleanse, skin analysis with SkinVision™ lamp, enzyme peel, age-defying rose quartz crystal massage, professional lifting & smoothing mask, scalp massage & intensive facial serum.

**1 hour 30 minutes £105**

## ESPA Intensive & Age Defying Facials

### Age-Defying Facial

**A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.**

This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

#### Treatment includes:

Deep cleanse, skin analysis with SkinVision™ lamp, steam & extraction if required, specialised age-defying facial massage techniques, personalised mask & scalp massage.

**1 hour £85**

### LifeStage Facial

**A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing, specifically focusing on eyes, neck, lips and jaw line.**

Incorporating special age-defying massage techniques and the technologically advanced LifeStage product range, this luxurious facial will minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness. A mask will also be applied to firm and stimulate elasticity leaving the skin revitalised and radiant.

#### Treatment includes:

Deep cleanse, skin analysis with SkinVision™ lamp, steam and extraction if required, specialised age-defying facial massage techniques, facial treatment mask, scalp massage & using the ultimate LifeStage products.

**1 hour £90**

### Lift & Firm Facial

**An advanced facial using Super Active™ products to improve skin tonicity and firmness and enhance cellular regeneration.**

This facial uses Tri-Active ingredients combined with specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

#### Treatment includes:

Deep cleanse, skin analysis with, SkinVision™ lamp, steam & extraction if required, specialised age defying, contouring & lifting facial massage techniques, lift & firm mask, scalp massage & ESPA lift & firm product range.

**1 hour 15 minutes £101**

### Lift & Firm Eye Treatment

**Firm, hydrate and reduce the appearance of fine lines.**

This fast-acting treatment is ideal for those concerned with signs of ageing around the eyes or looking to help relieve tension from eye-strain and computer headaches.

#### Treatment includes:

A cleanse, exfoliation, massage, firming eye mask and application of our lift & firm intensive eye serum.

**30 minutes £43**



## 'Go Grand'

Upgrade your treatment by choosing a 'Go Grand Experience'. Any of the following 15 minutes treatments can be added to any ESPA one hour treatment or package.

- Scalp massage
- Neck and shoulder massage
- Eye treatment
- Face massage
- Grand cleanse
- Hand massage
- Foot massage
- Replenishing foot or hand treatment
- Grand eyes (eyebrow tint and eyebrow wax)

£18 per treatment

*Go Grand is available Monday – Thursday or - can be booked on the day subject to availability*



*All treatment times include consultation and aftercare.*

## Massage

**We offer a range of solution-led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits for your needs.**

**Your treatment starts with our sensory test to select the best treatment for you depending on whether you need to feel revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.**

### Inner Calm Massage

Find your inner calm with this rebalancing aromatherapy massage for mind and body, using a specially selected blend of oils, tailored to you.

With neck and eye pillows to encourage warmth and relaxation, indulge in this soothing holistic treatment, combining personalised aromatherapy massage and warm rose quartz crystals through the scalp.

#### Treatment Includes:

Warm neck and eye pillows, full body aromatherapy massage, rose quartz crystals.

<b>60 minutes</b>	<b>£81</b>
<b>90 minutes</b>	<b>£102</b>

### ESPA Mindful Massage

Unwind a busy mind, escape the pace of everyday life and emerge feeling focused, with a sense of renewed positivity.

This holistic, deeply relaxing and clarifying experience begins with mindfulness. Guiding you through breathing and visualisation techniques, your therapist will help calm both mind and body.

The metamorphic zones on the feet are then massaged to rebalance and ground, before a soothing massage is continued up through the body, finishing with a re-energising scalp massage using warm rose quartz crystals.

#### Treatment Includes:

Breathing and visualisation techniques, massage on the metamorphic zones of the feet, full body massage, scalp massage with warm rose quartz crystals.

<b>90 minutes</b>	<b>£102</b>
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## Massage

### Back, Face & Scalp Treatment

**Restore calm to mind and body with this renowned 'hero' treatment.**

Loved by all, this relaxing and deeply effective ESPA experience delivers triple results by focusing on three key areas - the back the face and the scalp - making it the ideal treatment for anyone.

#### Treatment Includes:

Back exfoliation, back massage with hot stones (optional), personalised facial, scalp massage.

<b>Without hot stones</b>	
<b>1 hour 30 minutes</b>	<b>£102</b>

<b>With hot stones</b>	
<b>2 hours</b>	<b>£135</b>

### Aromatherapy Massage

ESPA aromatherapy massage is essential professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive the unique treatment to suit your specific needs.

#### Choose from the following:

- Detoxifier
- Muscle relaxer
- Immune booster
- Body toner
- De-stresser
- Jet-lag reviver
- Energiser

#### Treatment Includes:

Aromatherapy massage to back, legs, arms, neck and shoulder massage.

<b>Full body</b>	
<b>1 hour</b>	<b>£81</b>

<b>Back, neck and shoulders</b>	
<b>40 minutes</b>	<b>£60</b>

### Deep Muscle Massage

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, lower back pain and sore, tight shoulders.

#### Treatment Includes:

Specialised massage to specific areas of concern.

<b>30 minutes</b>	<b>£51</b>
<b>40 minutes</b>	<b>£61</b>
<b>1 hour</b>	<b>£81</b>

### Hot Stone Massage

A therapeutic massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, helping you to unwind and body to feel rejuvenated.

<b>Full body</b>	
<b>1 hour 15 minutes</b>	<b>£91</b>

<b>Back, neck and shoulders</b>	
<b>45 minutes</b>	<b>£65</b>

THE  
**RISE**  
RESTAURANT  
TERRACE & BAR

Packages including lunch at The Rise will be 3 small plates per person.



All treatment times include consultation and aftercare.

## Treatments for Men

### Men's Stress-buster

Ideal for those suffering from stress-related tension from business pressure, travel and fast-paced lifestyle.

Gentle skin cleanse involving skin brushing and body exfoliation, full body massage with hot stones, and scalp massage.

Gentle stretching leaves your body feeling soothed, revitalised and de-stressed.

**Package includes:**

- Body exfoliation
- Body massage with hot stones
- Scalp massage

**2 hours £138**

### Re-charge Spa Day for Men

This is the perfect Spa Day for those looking for a re-charging yet relaxing experience. Start your day by taking some time out to use our spa facilities.

**Package includes:**

- 1 hour personalised back treatment
- 30 minutes reviving facial
- Hand scrub and nail tidy

*Lunch in The Rise Restaurant is also included.*

**2 hours £158**

### Muscle Reviver

A massage for those suffering with tension related headaches and neck strain.

This deeply soothing back, face and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You'll feel revived and invigorated for the day ahead or relaxed and calm for a peaceful nights sleep.

**1 hour 15 minutes £98**

## Treatments for Men



### Personalised Facial

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience a personalised facial, which your therapist will tailor to suit your skin's needs.

**Package includes:**

- Triple cleanse
- Exfoliation
- Facial massage
- Mask

**1 hour £81**

### Deep Muscle Massage

A powerful massage designed to alleviate deep-seated tension and muscular stress.

Specialised techniques concentrate on specific areas of concern and target common discomforts such as a stiff neck, painful lower back and sore, tight shoulders.

Includes a specialised massage to specific areas of concern.

**30 minutes £50**  
**40 minutes £61**  
**1 hour £81**

### Hand Scrub & Nail Tidy

Includes exfoliating hand scrub to remove dry skin, nail trim and cuticle tidy to leave hands looking immaculate. The treatment is completed with a relaxing hand massage.

Your hands are exfoliated to remove any dryness and massaged with treatment creams. Cuticles are conditioned and groomed, and nails are trimmed and perfectly shaped.

**30 minutes £39**

### Ultimate Foot Treatment

The average person takes 18,000 steps a day. At The Grand your foot treatment will leave your feet feeling refreshed and revitalised. This is the ultimate grooming and de-stressing treatment for your feet.

A relaxing foot and lower leg treatment. Hard skin is removed, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Your cuticles will be neat and tidy and your toenails will be perfectly shaped.

**45 minutes £48**

## Spa Body Treatments

### Salt & Oil Scrub

**This exceptional skin-softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.**

Perfect as a stand-alone treatment, or in preparation for an ESPA massage. For a lighter application, body polish is applied instead of a salt and oil scrub.

**30 minutes**      **£50**

### Lift and Firm Hip & Thigh Treatment

**A highly effective, stimulating treatment to target cellulite, fluid retention, uneven skin texture and tonicity.**

Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results. Ideal for people concerned by the appearance of cellulite.

#### Treatment includes:

Skin brushing, detoxifying salt & oil scrub, iced and warm mitts, detoxifying massage to specific areas and specialised colonic massage techniques.

**1 hour**      **£81**

### ESPA Detox Wrap

**A body wrap specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation.**

Following skin brushing and exfoliation, a complete body wrap of marine algae combined with detoxifying body oil is blended and applied to help purify the body and hydrate the skin. The treatment includes a mind calming scalp massage for ultimate relaxation.

#### Treatment includes:

- Skin brush
- Body exfoliation
- Detox algae wrap
- Scalp massage

**1 hour 15 minutes** **£87**

*All treatment times include consultation and aftercare.*

### Body Wrap

**This personalised body wrap us a tailor-made experience designed to target your body's needs.**

Following skin brushing and exfoliation, a complete body wrap of algae or marine mud combined with essential oils is blended and applied to meet your specific needs.

The treatment ends with a mind calming Oriental head massage during the wrap for ultimate relaxation.

#### Treatment includes:

- Skin brush
- Body exfoliation
- Wrap
- Head massage

#### Choose from the following:

##### De-stresser

To de-stress the mind and body

##### Muscle relaxer

To relax tired and aching joints and muscles

##### Jet-lag reviver

Rebalance the body and mind

##### Body toner

Tightening and toning

##### Energiser

Ideal for those needing an energy boost

##### Immune booster

Ideal for those feeling run down

##### Skin hydrator

Pre or post holiday treatment

**1 hour 15 minutes** **£85**



## Mum to be Treatments

### Massage

**A relaxing full body massage to help improve skin elasticity, reduce fatigue and target areas prone to tension during pregnancy.**

This massage is ideal to relax and relieve tension when shifts in posture causes muscles to tighten and feel uncomfortable.

Depending on your requirements, may include body exfoliation, body mask and scalp massage.

**1 hour**      **£81**

### Lighter Legs

**This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.**

Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage. It is suitable for all but we recommend it as a perfect treat during pregnancy.

**25 minutes**      **£39**

### Pre & Post Natal Treatment

**A deeply nourishing body treatment designed to target stress and tension during or after pregnancy.**

Gentle back exfoliation is followed by a nourishing massage. Finally, truly relax your mind and body whilst your scalp is massaged.

A course of six treatments is recommended after the first trimester of pregnancy.

#### Package includes:

- Back exfoliation
- Body massage
- Scalp massage

**1 hour 15 minutes**      **£98**

### Yummy Mummy Spa Day

**The perfect package for a 'Mum to Be' customised to suit your individual concerns. This can include the following treatments:**

- Gentle back exfoliation
- Nourishing massage, body mask and scalp massage.
- File and polish for fingers or toes

You will leave feeling completely pampered and ready to face the world.

**2 hours**      **£140**

## Salt of the Earth

The Spa at the Grand is one of the first Spas in the UK to offer Salt of the Earth products which we use in our manicures, pedicures and spa treatments.

The entire product range is infused with natural ingredients and trace minerals straight from America's Great Salt Lake.

### Salt of the Earth Blend Bar

Design and create your own personalised products using our Blend Bar.

The Blend Bar is a mixing station which allows you to create your own manicure, pedicure, body cremes and bath salts. Choose from a selection of seasonal aromas and essential oil blends. We will then hand blend your scent of choice with natural ingredients of shea butter scrub, natural salt and grapeseed oil infused with a complex of 72 organic minerals from the Great Salt Lake.

These unique products make the perfect gift or special treat. You can then add your own signature to the product you have designed.

Prices from £23

Perfect for a Private Event - Price available upon request



## Manicures & Pedicures

For manicure and pedicure treatments we use Salt of the Earth's Blend Box. This system allows your therapist to customise your treatment by choosing a booster ingredients to help with conditions such as dryness, ageing or inflammation along with a choice of one of our seasonal aromas.

### File & Polish for Fingers or Toes

Compromise on time, not quality with this treatment. After analyzing your nails, cuticles are conditioned and finished with the perfect shape and paint.

30 minutes £32

### Miss Manicure

Mini manicure for guests of 16 or under. Includes nail shape and tidy plus file and polish.

20 minutes £17

### Spa Manicure

Beginning with a nail analysis to treat your nail type, the manicure includes massage, exfoliation and cuticle care. Your nails will be beautifully shaped and finished with the perfect polish.

Without polish  
30 minutes £42

With polish  
45 minutes £47

French finish  
1 hour £52

For a semi long lasting finish add gel

With gel finish  
1 hour £57

With gel French finish or sparkling finish  
1 hour 15 minutes £59

### The Grand Manicure

Your nails will be analysed and treated for their nail type. The manicure will include exfoliation, massage and cuticle care.

Also includes a luxury hand treatment mask and thermal heated mitts for deeper penetration of the oils and creams.

This treatment is excellent for increasing circulation and relieving stiff, painful joints.

Nails will be beautifully shaped and treated with a prescriptive base-coat and your choice of one of the following:

Without polish  
45 minutes £52

With polish  
1 hour £57

French finish  
1 hour 15 minutes £59

### Spa Pedicure

Hard skin is removed and feet are massaged and exfoliated with deep conditioning creams to leave them soft and smooth. Cuticles are groomed and toenails are beautifully shaped and polished.

Without polish  
30 minutes £42

With polish  
45 minutes £47

French finish  
1 hour £52

For a semi long lasting finish add gel

With gel finish  
1 hour £57

With gel French finish or sparkling finish  
1 hour 15 minutes £59

### The Grand Pedicure

This treatment includes all the benefits of the spa pedicure with the added benefit of the heated boots for deeper penetration of the oils and creams. The gentle heat is excellent for increasing circulation and relieving stiff and painful joints.

Without polish  
45 minutes £52

With polish  
1 hour £57

French finish  
1 hour 15 minutes £59

Why not upgrade to a champagne manicure?

Ask at reception for details

## Gel Manicure & Pedicures

With the health of the natural nail in mind, gel formula delivers a long-lasting, artistic finish that is dry in seconds and protects the natural nail. Gel treatments can last up to two weeks and offer a great alternative to the traditional manicure or pedicure.

### Gel Removal

Removal of an existing gel manicure. Please book this in when booking your gel manicure if you currently have gel nails. This removal will not remove acrylic or shellac nails.

20 minutes     £10

### Gel Treatments for Fingers and Toes

This treatment includes cuticle care and nail shaping. Your gel will be applied, then choose from a wide selection of colours, French finish or sparkling finish.

**Colour or clear finish**  
45 minutes     £45

**French finish**  
1 hour     £49

**Sparkling finish**  
1 hour     £49

This treatment is for either fingers or toes. Book both together and receive a £5 discount on your total treatment price.

### Celebration Champagne Nail Bar

Gather the girls and book a Champagne Nail Bar. Enjoy a file and polish for fingers with a Champagne cocktail. This private event can be organised for groups of 6 or more Monday to Friday.

Only £30 per head

## Express Treatments & Finishing Touches

### Express Treatments

When time is short we have a selection of treatments that can be performed in 30 minutes.

- Back, neck and shoulder massage
- Scalp massage
- Full body exfoliation
- Express facial

Please note these treatments do not include use of the spa facilities in the price.

A supplement of £25 will be charged for day guests wishing to use the spa facilities.

30 minutes     £50

### Finishing Touches Brows & Lashes

**Eyelash tint**  
20 minutes     £20

**Eyebrow tint**  
15 minutes     £20

**Grand lashes**  
15 minutes     £20

Choose from our selection of lashes for the perfect party look. We will apply your lashes and you can return for complimentary reapplication for the life of your lashes.

**Eye packages**     £51  
Lash and brow tint plus brow shape

*For tint treatments a patch test is required at least 24 hours prior to treatment*

### Waxing

**Lip wax**  
15 minutes     £12

**Eyebrow shape**  
15 minutes     £20

**Underarm wax**  
15 minutes     £19

**Bikini wax**  
30 minutes     £27

**Brazilian**  
30 minutes     £49

**Hollywood**  
45 minutes     £57

**Back wax**  
30 minutes     £30

**Chest wax**  
30 minutes     £30

**Half leg wax**  
30 minutes     £30

**Full leg wax**  
1 hour     £44

**Waxing package A**     £87  
Full leg, bikini line, under arm and eyebrow shape

**Waxing package B**     £77  
Half leg wax, bikini line, under arm and eyebrow shape

*Please avoid using heat facilities 12 hours before and 24 hours after any waxing treatments.*



## Let's Celebrate

Available Monday - Thursday

See page 18  
for our Private  
Champagne  
Events

THE  
**RISE**  
RESTAURANT  
TERRACE & BAR  
Packages including  
dinner at The Rise will  
be 3 small plates  
per person.

Spa at The Grand is set in the hotel's atmospheric vaults, this secluded and tranquil environment makes the perfect partnership with an indulgent afternoon tea or sumptuous dinner. Choose one of our following Spa and Dine packages for the perfect treat.

### Beautiful Afternoon Tea

Enjoy a delicious afternoon tea in The Rise Restaurant before letting our spa therapists work wonders on your hands in the serene atmosphere of Spa at The Grand.

£40.50

Includes Grand Afternoon Tea followed by a file and polish for the hands.

### Blissful Afternoon Tea

Spend the whole afternoon in luxury where you will enjoy a Grand Afternoon Tea in The Rise Restaurant, plus full access to the spa facilities.

£40.50

### Blend & Tea

Indulge with an Afternoon Tea in the sumptuous surroundings of The Rise Restaurant, then make your way to the Spa to receive your blended Salt of the Earth gift. Choose whether you would like a salt scrub, hand and body lotion or a salt soak. Then select your scent from a choice of 12 seasonal fragrances and we will blend your gift especially for you to take home.

£42.50

### Spa & Dine Twilight Package

Start your evening with two hours in the spa from 4pm, where you can enjoy full use of the spa facilities including swimming pool, aromatic steam room, Nordic dry sauna, whirlpool jacuzzi, a state of the art gymnasium and relaxation lounge. Complete your evening with dinner in The Rise Restaurant for up to £30 / head.

£55 per person

### Twilight Package with Treatments

Upgrade your spa and dinner package to include a treatment.

Spa & Dine plus 30 minutes treatment  
£70 per person

Spa & Dine plus 1 hour treatment  
£96 per person

### Breakfast Dip

Start your day with a morning spa session for up to 2 hours where you can enjoy full use of the spa facilities including swimming pool, aromatic steam room, Nordic dry sauna, whirlpool jacuzzi, gymnasium and relaxation lounge. Then enjoy a breakfast from our breakfast buffet served in The Rise Restaurant between 7am - 10am.

£30 per person

## Weddings

A visit to the Spa at The Grand can allow you some much needed pampering prior to your big day for the bride, the groom and indeed the whole wedding party.

*Bespoke packages can be designed to meet your needs.*

### Ultimate Bridal Package

#### Wedding Week

- One house prescriptive ESPA facial
- Eyelash tint
- Eyebrow shape

#### Day before

- Spa manicure with French or natural finish (can be upgraded to gel manicure plus £10)
- Back, neck and shoulder massage to aid a good night's sleep prior to your big day

£175

### Groom the Groom

Start your day with full use of our spa facilities.

#### Treatment includes:

- 1 hour personalised ESPA Facial for men. This is designed to exfoliate and refresh the skin to promote a closer shave for your wedding and help alleviate in-growing hairs and skin irritation

- Deep cleansing back exfoliation
- 30 minutes back, neck and shoulder massage designed to release tension

- Hand scrub with nail trim and tidy. Your hands, nails and cuticles will look perfectly manicured

This complete package is designed to leave you feeling relaxed and looking and feeling your best for the big day.

2 hours 30 minutes £162

### Mothers & Brides

Relax together and enjoy some special time relaxing in the sauna, steam room or pool.

#### Treatment includes:

- 1 hour ESPA Skin Solutions Facial
- 30 minutes ESPA back, neck and shoulders massage.

#### Choose on of the following treatments:

- File and polish for fingers
- File and polish for toes
- Eyebrow shape

£135 per person

Package plus 2 of the above treatments  
£148

Package plus 3 of the above treatments  
£158

*Available Sunday to Friday*

### Mother of the Bride and Bridesmaids

This package is designed to leave you perfectly polished.

- File and polish for fingers
- File and polish for toes
- Eyebrow shape

1 hour 15 minutes £78 per person

*Use of spa facilities available Sunday to Friday. This package is suitable for small groups.*

## Holistic Therapies

Our holistic treatments are designed to bring balance and equilibrium to your mind, body and spirit.

Your treatment will leave you with the deepest sense of harmony and well-being, helping to ensure you are ready to face the world.

### Reflexology

This treatment combines ancient and scientific theory that a map of the body is reflected in the feet. The reflex points help to activate the body's self healing mechanism.

Reflexology is a relaxing and rebalancing treatment, ideal for those feeling stressed and anxious. This holistic treatment helps with many common problems and conditions.

1 hour      £58

### Indian Head Massage

A stimulating yet deeply relaxing, de-stressing treatment that will leave you feeling energised. Indian head massage comprises massage movements over the shoulder, neck, scalp and arms. This is combined with aromatherapy oils and a deep conditioning mud that is an intensive treatment for the hair and scalp.

45 minutes      £58



Members will receive a 20% discount on all personal training sessions

## Personal Training

Personal training is an excellent way to achieve your fitness objective. Our trainers will assess your fitness levels and design a personalised programme using exercise and nutritional advice to help you fulfil your fitness potential.

Personal training is also ideal for those recovering injury, medical conditions or operations.

### Prices per hour

Individual session	£45
4 sessions	£140 (£35 each)
8 sessions	£240 (£30 each)
12 session	£300 (£25 each)

### Fitness Package

- 60 minutes personal training
- 30 minutes deep muscle massage
- Use of spa facilities

Package price	£80
4 sessions	£280 (£70 each)
8 sessions	£520 (£65 each)
12 session	£720 (£60 each)



## Membership

### Spa Membership Prices

Includes a one hour treatment or one hour personal training every month

Month	£99	(Joining fee of £100)
Annual	£1089	(Joining fee of £75)
Couples	£89 each	(Joining fee of £75)

Our exclusive Spa Membership includes access to all the facilities plus a choice of 1 hour treatment which would normally cost around £81.00 or 1 hour personal training session each month.

After you have been a Spa member for twelve months we will treat you to a complimentary one night stay including breakfast from our breakfast buffet at The Grand Hotel & Spa York for two people (Sunday – Thursday, subject to availability).

- Treatments must be pre-booked and are subject to availability
- One treatment per month (treatments are non-transferable to following months)

### Classic Membership Prices

This membership is perfect for those wishing to improve their fitness.

Month	£65	(Joining fee of £100)
Annual	£715	(Joining fee of £75)
Couples	£55 each	(Joining fee of £75)

Become a classic member and receive full use of the leisure facilities and all our exclusive membership benefits.

- Limited membership ensures a discreet alternative to the work out chains.
- Corporate rates available upon request.

Joint memberships available on application

### Membership Benefits

- 20% off - Spa treatments subject to availability (Monday to Friday)
- 20% off - Personal training sessions
- 20% off - Food and beverage in the hotels' restaurants and bar (maximum of 4 people, subject to availability, excluding function bar)
- 10% off - Any accommodation booked at The Grand Hotel & Spa York (subject to availability)
- Free Induction - With programme and reviews, with a personal fitness instructor
- Your guests - Members may bring their guests for the reduced rate of £15 per day, (normal charge £25)

*Benefits and fees subject to change and availability*

<b>Hours for members</b>	
Monday to Friday	6:30am - 9:00pm (Last entry 8:30pm)
Sundays & Bank Holidays	3.00pm - 8.30pm (Last entry 8:00pm)

## Use of Spa Facilities

**If you would like to make use of the spa facilities with out a treatment, this is available at a charge of £25 per day. This must be booked in advance and is subject to availability.**

Day guests: If you book a treatment of one hour or more, full use of the spa facilities is included. If booking less than one hour of treatment time, a supplement of £25 will be charged for full use of the spa facilities.

*Use of the spa facilities without treatments is only available Monday to Friday.*

### Facilities

- 14 metre pool with jets
- Spa whirlpool
- Aromatic steam room
- Nordic dry sauna
- Relaxation lounge
- Changing rooms and lockers with robes, towels and slippers
- State-of-the-art air-conditioned gym

# How To Spa

## Spa Opening Times

Monday to Friday  
6.30am – 9.00pm (Last entry 8.30pm)

Weekends & Bank Holidays  
8.00am – 8.30pm (Last entry 8.00pm)

*Please check opening times for Christmas Day with our spa team.*

## Spa Treatment Times

Monday to Saturday  
9.00am – 7.00pm

Sundays & Bank Holidays  
9.00am – 6.30pm

*Please note treatments are not available on Christmas Day.  
Opening hours are subject to change without notice.*

## Arrival Time

Prior to your scheduled treatment you will need to allow time to complete a spa consultation card and get changed for your treatment. Please arrive a minimum of 15 minutes prior to your treatment appointment time.

We recommend those wishing to use our spa facilities arrive approximately 30-60 minutes prior to the start of the treatment.

Please be advised that late arrivals result in a reduction of treatment time.

## Scheduling an Appointment

To schedule an appointment for treatment, please contact our spa team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend you book in advance.

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

Advanced booking is essential to ensure the availability of your preferred time and service.

All spa treatments will need to be guaranteed with a credit card if you are not a resident of the hotel.

## Use of Spa Facilities

Day guests booking less than one hour of treatment, a supplement of £25 will be charged for full use of the facilities. (Children under the age of 16, £15)

Day guests not having treatment, just using the spa facilities may do so Monday to Friday all day and Sundays after 3.00pm. (Strictly no Saturday admission).

Hotel guests – please ask at the spa reception for details of charges for use of spa facilities Not all our reservations include this free of charge.

## Hotel Guests Using Spa Facilities

In your rooms you will find dressing gowns and slippers for use in the spa, so please change into these before visiting the spa.

We provide towels in the spa for your convenience.

We recommend that you leave any valuables in your room safe.

Guest with free use of the facilities included in their stay may also use the facilities on the day of departure after check-out at a cost of £15.00 per head.

## Spa Attire

Hotel guests please use the robes and slippers provided in your room. (Towels will be provided).

If you are using the gym or pool please remember to bring the appropriate footwear, clothing and swimwear to make the most of your visit. Spa day guests will be provided with towels, robes and slippers. Swimwear must be worn in all wet area facilities. Please be aware that chlorine is present in both the spa and the pool which may cause some swimsuit colour to fade, please ensure that swimwear is fit to wear in these areas.

Please remove all jewellery before using the pool, sauna, steam room or spa whirlpool as chlorine and heat may cause damage.

Babies and young children will be required to wear waterproof nappies suitable for swimming.

# Spa Etiquette

## Children’s Policy

We are delighted to offer a selected list of treatments for children under 16 years old however they must be accompanied by an adult for the whole duration. Please contact the spa reception reservations team for details on treatments available for our younger guests.

Children under the age of 16 are not permitted to use the spa whirlpool, sauna, steam room or gym.

Any children under the age of 16 must be accompanied by an adult over 18 years of age whilst using the pool. One adult may be responsible for two children.

## Cancellation Policy

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten treatment time.

## Spa Etiquette

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests’ right to privacy and serenity.

Electronic devises, mobile phones and cameras should not be used in the spa. The spa is a smoke free zone.

## Health Conditions

Kindly advise us of any health conditions, allergies, injuries or if you have undergone surgery which could affect your choice of treatment when making your spa reservation.

There are certain medical conditions that may preclude you from having spa treatments. To ensure that you are able to have a treatment with a pre-existing medical condition we recommend that you consult with your doctor prior to treatment and ask for a written confirmation as to your suitability for treatment. If we are unable to carry out a treatment on medical grounds, refunds can not be given.

## Pregnancy

Please advise the spa on booking if you think you could be pregnant as certain treatments may not be suitable. We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

## Valuables

Whilst lockers and safety deposit boxes are provided for your belongings we do not accept any liability for loss or theft of any personal items. Please do not bring valuables or jewellery into the spa.

## Gift Vouchers

An ideal gift for someone special. Please contact the spa team for details.

## Homecare

To continue your spa experience, your therapist will give you any specific advice after your treatment to allow you to carry on the good work back at home. Most products used in our treatments are available to purchase at our spa reception.

## Prices

All prices are quoted in GBP and are subject to change at any time. VAT is included and charged at the current rate.

## Gratuities

Gratuities are not included and are welcomed at your discretion.



Call 01904 380 050 or visit [www.thegrandyork.co.uk/spa](http://www.thegrandyork.co.uk/spa)

Email [spa@thegrandyork.co.uk](mailto:spa@thegrandyork.co.uk)

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