

THE SPA

AT THE GRAND, YORK

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The spa is nestled in the former vaults of the North Eastern Railway company. Passing through its heavy steel doors guests will find a relaxing haven, a place to unwind and recharge.

The spa boasts a 14-metre swimming pool, gym, spa whirlpool, aromatic steam room, nordic dry sauna in which to enjoy a range of health, beauty and wellness therapies and remedies.





TREATMENTS FOR THE FACE

The focus of our Skin Therapy is to nourish your skin and deliver outstanding long-term benefits. Our products are results driven, and provide skincare with an abundance of exquisite botanicals that nature is kind enough to lend us, combined with state-of-the-art complexes. Our formulas are developed by the most gifted of product creators using the empirical knowledge of doctors or derma science, professional therapists and artisan herbalists. The results will astound you!



POWER BREAKFAST

30 MINUTE TREATMENT

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!

MY KINDA SKIN- BESPOKE PRESCRIPTIVE FACIAL

60 MINUTE TREATMENT

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

THE TOTALLY QUENCHED & DRENCHED - REHYDRATING FACIAL

60 MINUTE TREATMENT

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

CHAMPAGNE & TRUFFLES - THE CRÈME DE LA CRÈME OF ANTI-AGEING FACIALS

60 MINUTE TREATMENT

This luxury facial combines our award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel, followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow.

GO GUY - THE EXECUTIVE MEN'S FACIAL

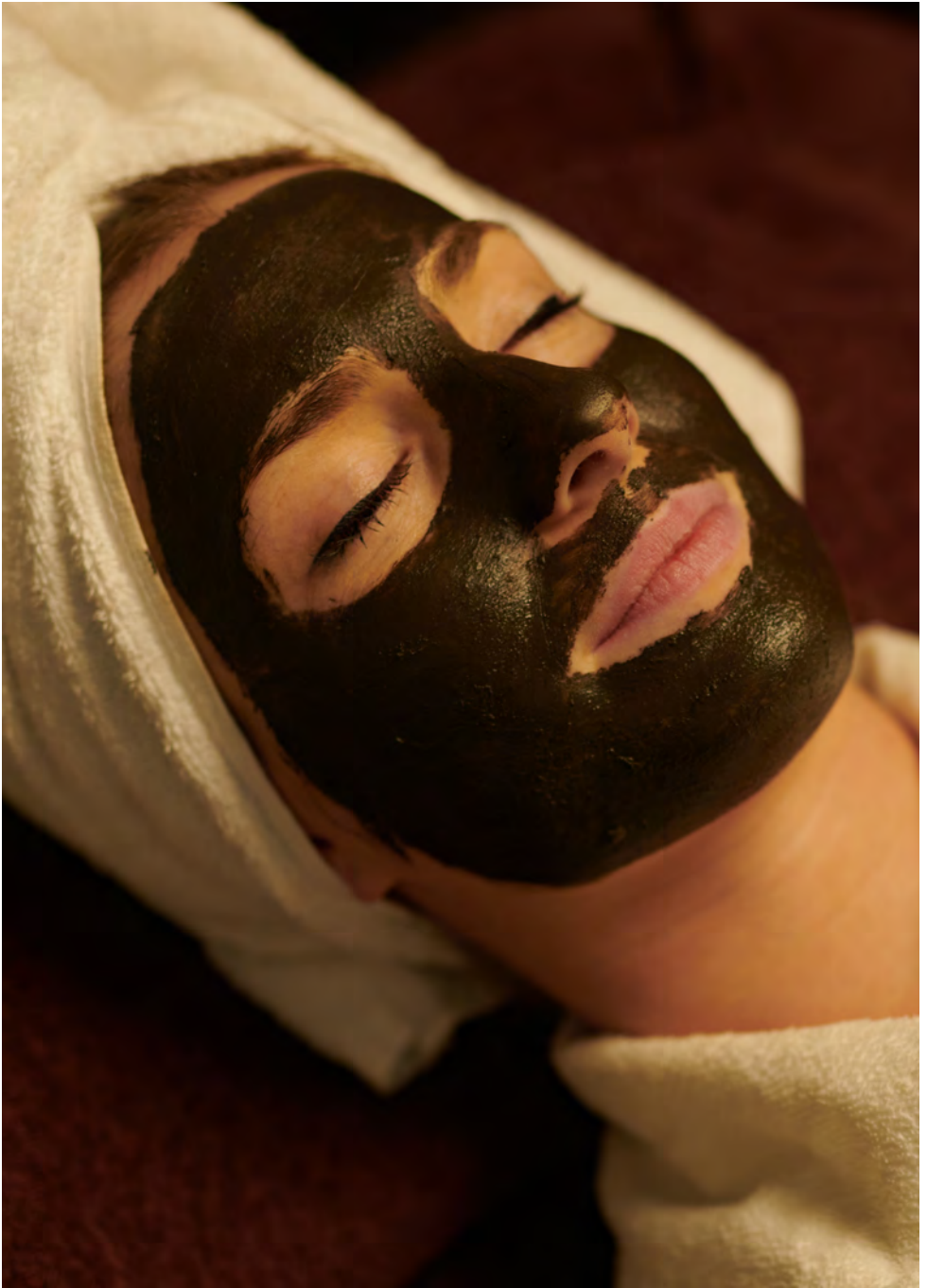
60 MINUTE TREATMENT

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing massage. For the finale, a detoxifying foot massage.

WINDOWS OF THE SOUL

30 MINUTE TREATMENT

Perfect for when you look tired, with gentle formulas and 'cold therapy' to tighten and tone, plus special eye massage techniques to lift, smooth and revitalise. Puts the sparkle back into your eyes. Can also be added to any facial.



TREATMENTS FOR THE BODY

Our tried and tested body treatments offer you the highest quality as well as optimum results, to ensure you have a treatment to remember. Whether you seek a body detox, some muscle tension relief, skin firming, hydration or simply to improve your skin's texture. Our body therapy products have you covered from head-to-toe.



DRIFT AWAY - RELAXING MASSAGE

30 MINUTE TREATMENT

60 MINUTE TREATMENT - FULL BODY

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including frankincense, lavender and patchouli, is guaranteed to have you drifting away. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away...

WORK IT OUT - DEEP MUSCLE MASSAGE

30 MINUTE TREATMENT

60 MINUTE TREATMENT - FULL BODY

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of juniper, lavender and cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process.

ROCKS OF THE MEDITERRANEAN - HOT STONE MASSAGE

30 MINUTE TREATMENT

60 MINUTE TREATMENT - FULL BODY

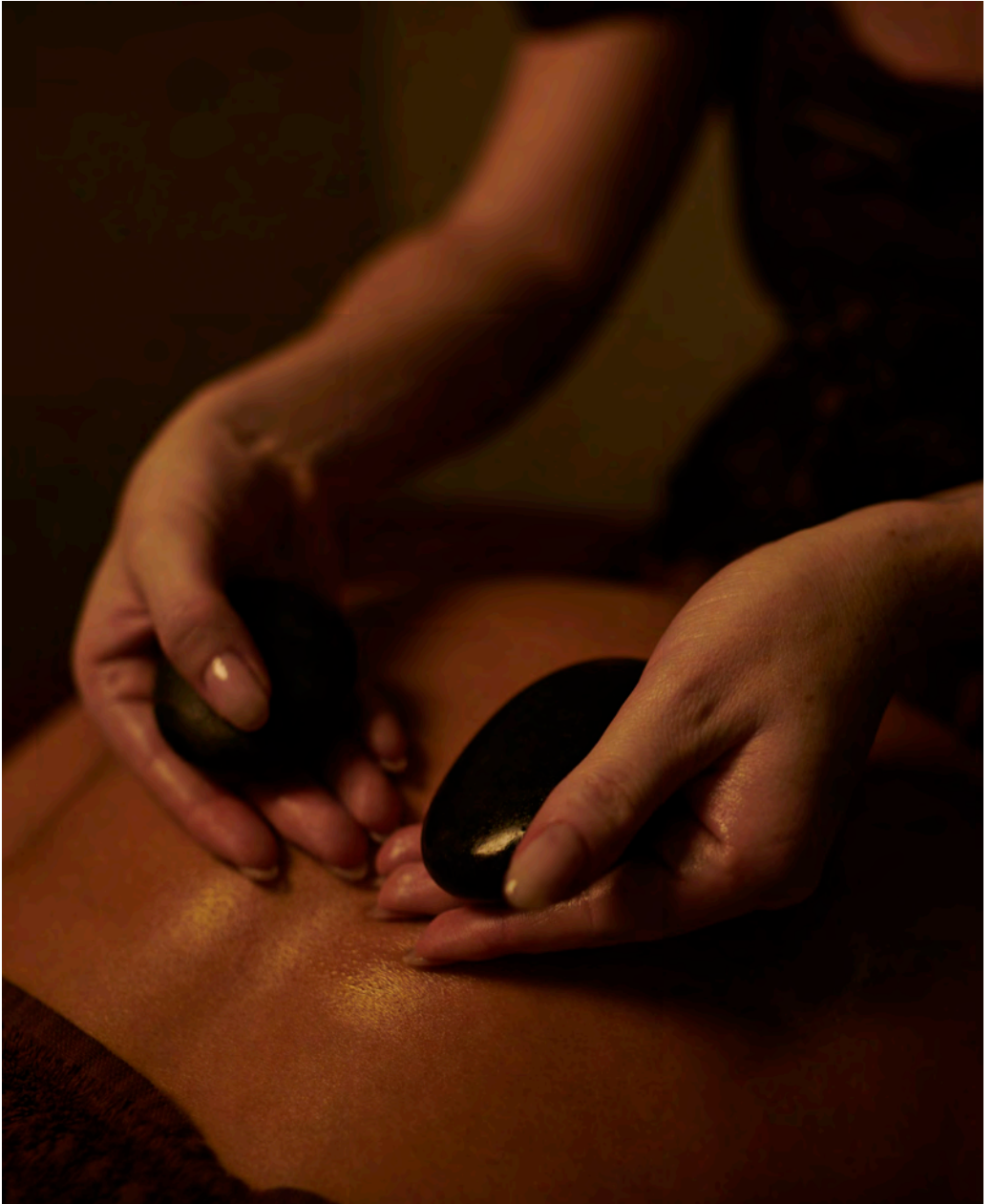
This popular thermal stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

RAINDROP MASSAGE

30 MINUTE TREATMENT

60 MINUTE TREATMENT - FULL BODY

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache.



NEW BEGINNINGS - MUM TO BE MASSAGE

30 MINUTE TREATMENT

60 MINUTE TREATMENT - FULL BODY

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

I'LL BE BACK

30 MINUTE TREATMENT

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of.

THE OUTER GLOW - BODY EXFOLIATION

30 MINUTE TREATMENT

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!

GO FIGURE - A FIRMING, TONING, TIGHTENING BODY DETOX TREATMENT

60 MINUTE TREATMENT

Need help with the wobbly bits? This starts with lymphatic skin brushing techniques, followed by a targeted detox massage for hips, thighs & abs. Then a marine and earth mud wrap continues the good work before a friction, anti-cellulite rub. One treatment is fab, a course of six is amazing!

AAAHHH! LEG & FOOT ENERGISER

30 MINUTE TREATMENT

This oh-so-good treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.



THE GRAND FINALE

Our Finishing Touches are the perfect additions to enhance your spa day. From express treatments to beautiful nails, we understand the importance of the little details.



HOT OIL SCALP MASSAGE

15 MINUTE TREATMENT

A truly relaxing experience, we have developed a unique scalp massage incorporating pressure point techniques to the scalp and ears and tension releasing movements that will place you into a state of pure bliss.

MINI CLEANSE AND BOOST

15 MINUTE TREATMENT

This mini facial includes a deep cleanse with serum application to boost and refresh the skin. All finished with a prescribed day and eye cream, leaving you looking and feeling beautiful!

COOLING LEG AND FOOT TREATMENT

15 MINUTE TREATMENT

This relaxing treatment designed to invigorate and refresh tired legs and feet involves a relaxing massage using draining movements to help stimulate blood flow and circulation.

EYES

EYELASH TINT - 30 MINUTE TREATMENT

EYEBROW TINT - 15 MINUTE TREATMENT

EYELASH AND BROW TINT - 30 MINUTE TREATMENT

A patch test is required 24 hours prior to any tinting treatments.

WAXING

EYEBROW

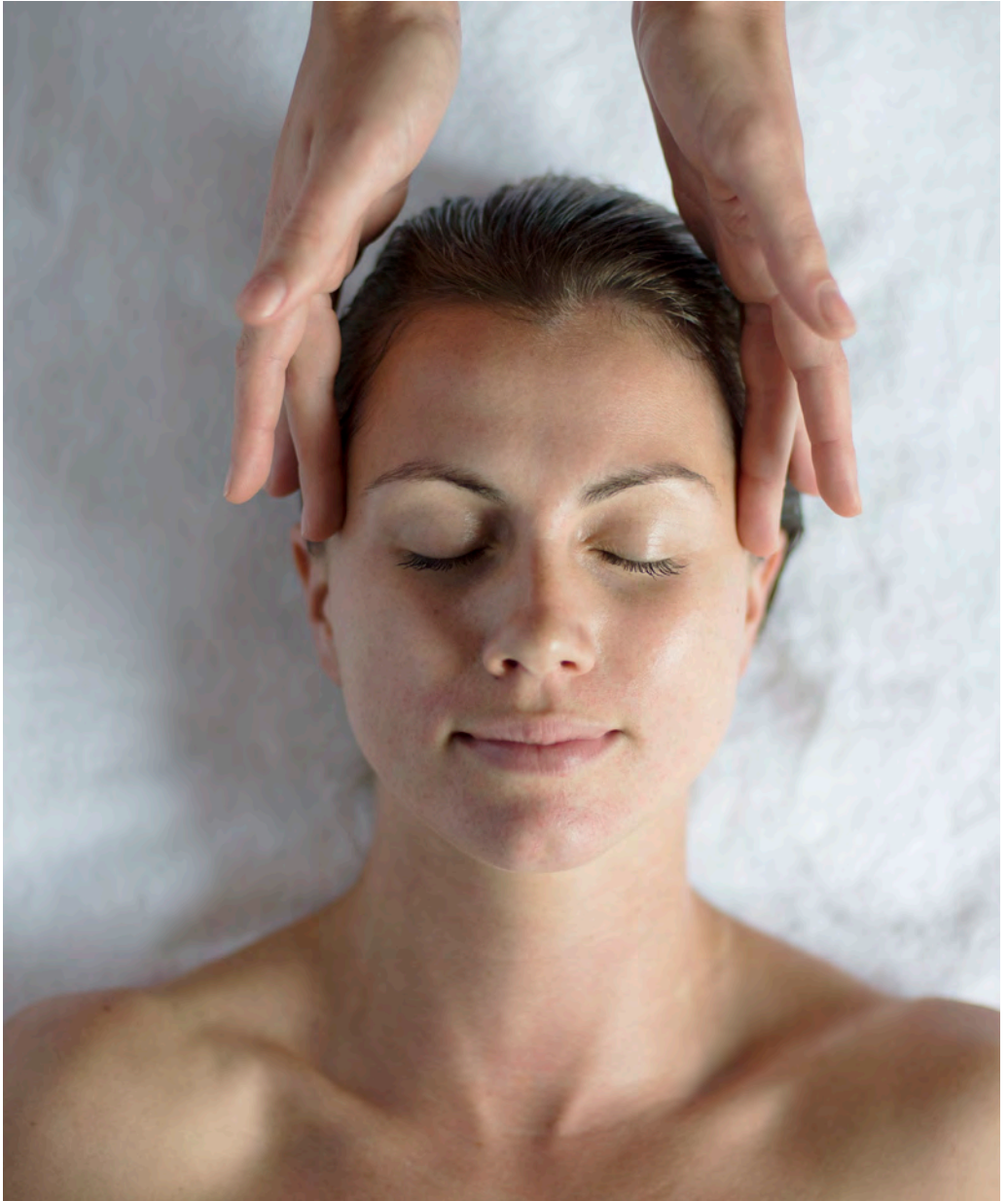
LIP OR CHIN

LIP AND CHIN

MAKE-UP APPLICATION/LESSON

45 MINUTE TREATMENT

Learn about our make-up range and how to apply it - the therapist will advise you what will work for your skin and why. Alternatively, just come and relax while we apply your make-up for you, perfect after one of our luxurious facials.



MINI MANICURE/PEDICURE

30 MINUTE TREATMENT

A maintenance treatment to help you keep your nails in tip top condition. Create a sparkle or a gloss by adding a splash of colour for that perfect finishing touch.

LITTLE MANICURE

30 MINUTE TREATMENT

A mini manicure for guests of 16 or under, with or without nail polish. Includes nail shape and tidy plus file.

MEN'S MANICURE

30 MINUTE TREATMENT

A treatment for the hands, this specialist manicure will strengthen and condition your hands and nails.

THE GRAND MANICURE

60 MINUTE TREATMENT

A luxury treatment for the hands, this specialist manicure will strengthen and condition your hands and nails and includes use of our specially designed heated mitts.

THE GRAND PEDICURE

60 MINUTE TREATMENT

Sheer bliss for your feet, this conditioning treatment nourishes and softens the skin, using a cooling mask to leave your skin feeling silky soft and finished with revitalising Jessica Midi polish to take away with you.

GEL NAIL OVERLAY

15 GEL REMOVAL

60 MINUTE GEL MANICURE OR PEDICURE

75 MINUTE GEL REMOVAL WITH MANICURE OR PEDICURE

A revolutionary soak-off gel polish that offers a longer lasting manicure with total protection for your nails unlike previous gels. It's quick, easy and dries in seconds. Smudge and chip resistant giving active people the freedom to work hard and play hard whilst keeping their nails looking their best.



A STUNNING SPA EXPERIENCE

Our day spa packages are designed to meet your individual health and beauty needs and offer the opportunity to get the most value out of your visit.

They incorporate a combination of dedicated therapist treatment time coupled with the opportunity for you to experience our luxurious pool and poolside facilities as well as our large relaxation room.



Our day spa programmes are designed to meet your individual health and beauty needs and offer the opportunity to get the most value out of your visit.

For flexibility and convenience our day spa packages are time orientated, as opposed to treatment led. They incorporate a combination of dedicated therapist treatment time coupled with the opportunity for you to experience our luxurious pool and poolside facilities as well as our large relaxation room.

So, booking a spa experience is based on you making just two decisions:

1. How much time you can spend with us
2. How you want to feel when you leave us - relaxed, revitalised or restored

Our time packages come in either half day or full day options, so, once you know how long you will be spending with us, you can choose between three programmes, each designed to provide a slightly different experience.

The Discover Experience - for the first time spa goer who may be unsure about having treatments and therapies, or for those who prefer to have more time in our luxurious facilities, the Discover package offers a great way for you to discover the delights of the day spa.

The Enrich Experience - if you can't decide whether its more treatment time or relaxation in our luxurious facilities time you want, why not opt for The Enrich Experience giving you time to make the most of both. Kick back and we will bring you back to your very best and leave you feeling on top of the world.

The Indulge Experience - is pure pampering at its best! With extended treatment time you can enjoy more of our fabulous therapies and still have plenty of time in our luxurious facilities.

At this stage no specific treatment booking is required in advance. Part of your overall experience is the freedom to select your treatment on the day of your visit. Choose from our extensive range of massages, facials and body treatments to suit your needs.

When you arrive - sit down and tell us how you feel, if there are specific areas you would like to concentrate on and most importantly how you would like to feel on leaving us - relaxed, restored or revitalised. Our therapists will then go through our range of face, body and alternative treatments and help you to create a personalised plan tailored to meet your needs.

The treatment time included within these packages is designed for any of our massages, facials or body treatments. Any of the treatments from the Finishing Touches menus can be booked as additional to your package, subject to availability.

When you leave - we want you to have both enjoyed your time and developed a greater understanding of the short and long term benefit of spa treatments. All we ask is that you tell us how you feel, what worked for you and how you imagine your next visit to us will be.

Length of visit	Experience	Therapist time	Spa time	Mon- Fri	Sat - Sun
Half Day	Thermal Relax	N/A	210 mins	£35	N/A
	Discover	30 mins	210 mins	£80	£90
	Enrich	60 mins	180 mins	£100	£110
*Full Day	Discover	60 mins	420 mins	£120	£130
	Enrich	90 mins	390 mins	£150	£160
	Indulge	120 mins	360 mins	£180	£190

*All full day experiences include a light lunch.

MAKE A BOOKING

For all spa and membership enquiries, please
speak to our team on:

+44(0)1904 380 050

Or visit our website:
www.thegrandyorkspa.co.uk

Or email us at:
spa@thegrandyork.co.uk

We look forward to treating you soon.

