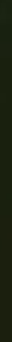


SUBR&SA
SPA AT THE GRAND, YORK



Spa Day
Treatment Menu



SEABODY™



SubRosa Day Treatment Menu

Step into a slower rhythm with a SubRosa spa day, designed for those who need a moment to pause, recharge, and feel truly at ease. Choose from a selection of tailored treatments, from refreshing facials to soothing body therapies, each delivered by our expert therapists. Afterwards, take your time in our peaceful thermal suite and let the day unfold at leisure.

Our treatments are carried out using Seabody, a science-led, sustainable skincare brand born from the power of the ocean. Rooted in marine biotechnology, Seabody harnesses wild, sustainably sourced seaweed to create high-performance skincare that works from the outside in, making every treatment as restorative for your skin as it is for your mind.

Because some things are simply worth taking your time over.

Yorkshire Balance

50 minutes

From the earth beneath your feet to the crown of your head, Yorkshire Balance is a journey of restoration and calm.

This soothing treatment combines a tension-relieving foot massage with a deeply relaxing scalp ritual, complemented by a nurturing massage of the neck, shoulders, and décolleté.

SEABODY™
at SubRosa



Cellular Rejuvenation Facial

50 minutes

Step beyond the ordinary with Seabody's signature facial, where marine biotechnology meets advanced skin therapy.

Working at a cellular level, our marine bioactives deeply hydrates, restores elasticity, and reinforces the skin's natural barrier.

Sculpting massage techniques and a curated Gua Sha sequence enhance lymphatic flow and boost collagen and elastin from within, leaving skin visibly firmer, more radiant, and deeply restored.

Connect Full Body Massage

50 minutes | £20 upgrade

This deeply restorative treatment uses continuous, wave-like movements designed to engage the fascia to release tension, enhance circulation, and reawaken energy flow.

Each stroke is fluid yet intentional, working beneath the surface to gently unwind physical and emotional holding patterns.

You'll leave not only relaxed but truly restored, rebalanced, and better in your body.

The White Rose Ritual

50 minutes

An exclusive SubRosa experience inspired by the timeless elegance of York.

The White Rose Ritual opens with a massage for the back, neck, and shoulders, melting away tension and inviting deep calm, before your skin is treated to a luxurious facial infused with marine bioactives, delivering nourishment, hydration, and natural regeneration from within.

Together, a harmonious journey for body and skin; indulgent, restorative, and unmistakably Yorkshire.

Silken Spine Sanctuary

50 minutes

This indulgent ritual combines a revitalising full-body exfoliation with the comforting warmth of a hot stone spinal layout throughout the treatment, helping to ease tension and encourage profound relaxation.

A nourishing application of luxurious body oil replenishes the skin, locking in moisture and leaving it beautifully soft, radiant, and delicately scented.

New Beginnings

60 minutes | £20 upgrade

Created especially for expecting mothers, this deeply nurturing ritual soothes the mind and honours the incredible journey of pregnancy* and motherhood.

A gentle back exfoliation awakens the senses before a grounding full-body pregnancy massage melts tension and restores balance, leaving you feeling truly cared for.

A moment of calm, connection, and indulgence, because every mom deserves to be nurtured, celebrated, and restored.

*for expecting mothers over 12 weeks only.

