

## Massages

**Back, Neck & Shoulder Massage** (25 minutes) £50.00

**Aroma Candle Back, Neck & Shoulder Massage** (25 minutes) £60.00

A luxury back massage using the oil from an aromatherapy candle to warm and relax your muscles. Take away the remainder of your candle to recreate this unique experience at home.

**Hot Stones, Back, Neck & Shoulder Massage** (25 minutes) £60.00

A truly therapeutic massage using hot stones to heat the muscles, relieve tension and deeply relax and rebalance the mind and body.

**Full Body Massage** (50 minutes) £85.00

**Aroma Candle Full Body** (50 minutes) £90.00

A luxury full body body massage using the oil from an aromatherapy candle to warm and relax your muscles. Take away the remainder of your candle to recreate this unique experience at home.

**Hot Stone Full Body** (50 minutes) £90.00

A truly therapeutic full body massage using the hot stones to heat the muscles, relieve tension and deeply relax and rebalance the mind and body.

## Nail Treatments

**Gel Manicure** (up to 50 minutes) £30.00

Cuticle preparation, nail shaping and gel polish application.

**Gel Pedicure** (up to 50 minutes) £30.00

Cuticle preparation, nail shaping and gel polish application.

**Mani-Pedi** (up to 1hr 30 minutes) £60.00

Get pampered and pretty with our Gel nails manicure and pedicure combo.

**Luxury Gel Pedicure** (up to 1hr 30 minutes) £50.00

Sit back and relax in our massage chairs enjoying a warm foot soak, dead skin removal, deep foot scrub and massage. Cuticle preparation, nail shaping and gel polish application.



the courtyard spa

To make an appointment call 01937 580115

**Terms & conditions:** Treatments must be prepaid at time of booking. Cancellations within 48 hours or a no show will incur 100% charge. It is essential to pre-book all treatments to avoid disappointment. All prices maybe subject to change without notice. Please arrive 10 minutes prior to your appointment as every treatment time includes consultation and aftercare. The minimum age for treatments is 16 years and above and must be accompanied by an adult. Don't forget to bring along swimwear, we provide robes, towels and flip flops. We respectfully request that only food and alcohol bought on the premises is consumed in the spa. All medical conditions and pregnancy must be stated at the time of booking.



the courtyard spa

## Courtyard Spa Indulgence

3 hours use of our spa facilities. Glass of fizz. Choice of foot salts.

£40.00 per person Monday - Thursday

£45.00 per person Friday - Sunday

## Courtyard Spa Pamper

3 hours use of our spa facilities. Glass of fizz. Choice of foot salts. 25 minutes treatment.

£68.00 per person Monday - Thursday

£73.00 per person Friday - Sunday

## Courtyard Afternoon Tea Pamper

Three hours use of our facilities, a glass of bubbly on arrival, choice of foot salts and a delicious Afternoon Tea. You also choose a 25 minute treatment from the following, aromatherapy back massage, Courtyard express facial, indian head massage or tired feet massage, taken with the three hours.

£74.00 per person Monday – Thursday

£79.00 per person Friday, Saturday and Sunday

## Unwind and Dine

3 hours use of our spa facilities. Glass of fizz. Two course carvery meal.

£58.00 per person Monday - Thursday

£63.00 per person Friday - Sunday

## Pizza, Pamper and Fizz

3 hours use of our spa facilities. Glass of fizz on arrival. Choice of foot salts. Evening meal from our Pizza/Salad menu

£55.00 per person

## Exclusive Use Evening in the Courtyard Spa

7.30pm – 10.30pm use of our spa facilities. Glass of fizz. Choice of foot salts.

Prices from £45.00 per person (min 8 people)

If you require any treatments they MUST be pre-booked to confirm therapist's availability. Buffet also must be prebooked 2 weeks in advance.

## Two's Company in the Courtyard Spa

3 hours use of our spa facilities. Glass of fizz. Choice of salts. Full body massage 50 mins. Afternoon tea.

£98.00 per person Monday - Thursday

£103.00 per person Friday - Sunday

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To make an appointment call 01937 580115

The Courtyard Spa at The Bridge Hotel & Spa, Walshford, Wetherby LS22 5HS

## Non-Therapist Treatments

### Traditional Mud Rasul

(30 minutes) £40.00

The rasil is a traditional Arabian body treatment involving steam and mud. Apply glacial mud from the Astrian Alps and leave on the body as you enjoy scented steam. Finally, wash off with our warm rain shower leaving your skin feeling deeply cleansed and soft.

### Deluxe Mud Rasul

(30 minutes) £50.00

Enjoy the same indulgent treatment as the traditional mud rasil with the addition of targeted blends. Apply purifying white mud that is deep cleansing and calming for the face, use revitalising yellow mud that refines the texture of the skin on the upper body and arms, our grey mud is a potent detoxifier perfect for the back and our dark mud that has a coarser texture for exfoliation of the legs. Once the mud begins to loosen with the steam, then use our Himalayan salt scrub to help lift of the muds before showering. Our authentic blended rasil mud will draw out impurities and remove dead skin cells leaving your skin glowing.

### Body Boost

(20 minute massage treatment) £25.00

Our new massage chairs are designed to give you control of the strength and speed of your treatment whilst you lie back and enjoy the sounds of relaxing music. Also included is a luxury face mask of your choice and himalayan foot salts that enhance energy and relieve stress so sit back, relax and sooth your soles!

## Facials

Who doesn't want glowing skin? Every product in our facial is designed to do exactly that 'illuminate'. A facial for everyone, with ingredients that are known for leaving the skin looking more youthful and full of life.

### Express Facial

(20 minutes) £45.00

The express facial is your standard facial (double cleanse, tone, exfoliate, serum, moisturise), using our illuminate range filled with actives to help reduce skin blemishes, even skin tone, and reduce appearance of age spots.

### Full Facial

(50 minutes) £65.00

From start to finish you will be greeted with the calming scents of vanilla and white flower, the full facial includes a illuminate face mask and a relaxing chest shoulder, arm and hand massage. our illuminate range is filled with actives to help to help reduce skin blemishes, even skin tone and reduce appearance of age spots.

### Deluxe Facial

(65 minutes) £85.00

From start to finish you will be greeted with the calming scents of vanilla and white flower, Our deluxe facial includes a peel off face mask followed by a illuminate face mask, whilst the masks to there work out therapists will perform a chest scrub and relaxing massage. The illuminate range is filled with actives to help to help reduce skin blemishes, even skin tone and reduce appearance of age spots.

**Terms & conditions:** Treatments must be prepaid at time of booking. Cancellations within 48 hours or a no show will incur 100% charge. It is essential to pre-book all treatments to avoid disappointment. All prices maybe subject to change without notice. Please arrive 10 minutes prior to your appointment as every treatment time includes consultation and aftercare. The minimum age for treatments is 16 years and above and must be accompanied by an adult. Don't forget to bring along swimwear, we provide robes, towels and flip flops. We respectfully request that only food and alcohol bought on the premises is consumed in the spa. All medical conditions and pregnancy must be stated at the time of booking.

## Body Treatments

### Hopi Ear Candling

(25 minutes) £50.00

An ancient, Indian Relaxation Ceremony that calms the mind and soothes the head and ears. Hopi Ear Candling can benefit conditions such as compacted ear wax, headaches, and much more. Includes a relaxing massage and will leave you feeling lighter and feeling completely zen.

### Unwind and Recharge

(45 minutes) £55.00

Foot & Leg Treatment - when you are always on the go! The ultimate pamper, combining a foot soak, scrub & super moisturising wrap with the calming fragrances of neroli and sweet orange, not forgetting a nail shaper and cuticle tidy!. Enjoy all this whilst relaxing on one of our massage chairs.

### Deep Cleansing Back Treatment

(25 minutes) £55.00

Targeting the areas where you hold the most tension, this treatment will provide an invigorating back scrub, and an indulgent back massage.

### Deep Body Scrub

(50 minutes) £90.00

Condition your skin and muscles with this all-embracing full body scrub & massage, using your scrub of choice. Helping to relieve stress, aching muscles and refresh the mind, body and soul.

### The Conscious Healer - Post Pregnancy Treatment

(50 minutes) £90.00

Bring balance and help heal the maternal body through the skin with a selection of natural products packed with reviving scents. Feel the stress melt away with this rejuvenating treatment which includes a gentle scrub of the legs and purifying rosemary & guarana peel off wrap on the back meanwhile a relaxing scalp massage, followed by a back massage. Infused with nourishing mandarin and neroli oils to help boost circulation and soothe.

### Be Back Ready

(50 minutes) £80.00

Get ready to bare those shoulders and treat your back with a 50 minute back treatment to buff away dull skin leaving a glowing radiance and noticeably less visible pores with our scrub. Gain an even skin tone, with a feeling of soft, smooth and rejuvenated skin. The Rosemary oil in this treatment helps stimulate cell renewal, our rosemary and guarana peel off wrap keeps skin taut and toned and lock moisture back into the skin. Kaolin improves skin's balance and reduces the levels of pore-clogging oils, dirt, and toxins whilst giving a smoothing effect to the skin. Scrub if choice.

### Illuminating Radiant Arms, Shoulders & Décolleté Treatments (50 minutes) £80.00

Buff away all dead skin with our body polish followed with a peel off wrap and a relaxing massage, this radiating range will even skin tone, lighten blemishes, reduce the appearance of pigmentation leaving a luminous glow with instant results!

### Indian Head Massage with Hair Therapy

(25 minutes) £55.00

Release stress in the muscles and joints of the head and neck with our therapeutic Indian head massage followed by a hair and scalp purifying, restorative and hydrating therapy. The purifying green tea and enriched vitamin E will help condition, strengthen & smooth the hair, whilst the chamomile soothes the scalp. After your treatment your therapist will point you in the direction of our steam room where you can enjoy relaxing as the hair therapy works its magic. After 10-15 minutes head to the showers to rinse it off and the result is gleaming & healthy hair.

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