



the courtyard spa

Facials

The Courtyard Spa Express Facial

(25 minutes) £35

Revitalise your skin with this relaxing and results driven treatment. Enjoy a cleanse, tone, exfoliation, mask and facial massage with moisturising treatment and oil.

Luxury Facial (50 minutes) £55

Enjoy all the benefits of an express facial with the added indulgence of a tailored nourishing mask and longer massage.

Mother to be Facial Ritual (25 minutes) £45

Unwind before your new arrival makes an appearance. Relax with a hydrating facial and enjoy a soothing neck, shoulder and scalp massage. All of this with our tailored Pregnancy product range.

Dermaplaning Facial (50 minutes) £65

Dermaplaning is a procedure that exfoliates your skin and gets rid of dirt, dead and dry skin cells and vellus hair, better known as "peach fuzz." It is painless but will leave your skin feeling smoother than ever before. There is no down time with this advanced facial and our experienced facialists will have you feeling at ease throughout the treatment.

Micro-needling Facial (50 minutes) £65

Micro-needling is a derma-pen procedure that uses small needles to penetrate the skin on a deeper level. The purpose of treatment is to generate new collagen and skin tissue for smoother, firmer, more toned skin. Micro-needling is mostly used on the face and may treat various scars, wrinkles, blemishes and large pores.

Body Treatments

Hopi Ear Candling (50 minutes) £45

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.

Peppermint Foot Scrub (25 minutes) £35

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothes aches and pains. The treatment includes a refreshing peppermint scrub exfoliation and a lower leg and foot massage sending you into a pure relaxed state.

Full Body Salt Scrub (50 minutes) £50

Choose your scrub and enjoy a full body exfoliation to invigorate and revitalise tired skin. Scrub will be applied with a massaging technique and showered off. This treatment will leave you feeling head to toe refreshed and polished.

Mother To Be Foot Ritual (40 minutes) £45

Put your feet up and relax with this treatment designed to help improve circulation and relieve swollen tired ankles. Using our stunning Bumps A Daisy pregnancy range, enjoy a foot and leg exfoliation, application of a foot mask and heated booties and a soothing foot and leg massage.

Massages

Back, Neck & Shoulder Massage

(25 minutes) £40

Aroma Candle Back, Neck & Shoulder Massage

(25 minutes) £45

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) £45

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) £70

Hot Stones Full Body Massage (50 minutes) £75

Mother To Be Full Body Massage (50 minutes) £85

This full body massage has been designed especially for expecting mothers. Enjoy a full body massage experience whilst laying safely and comfortably on your back. The therapist will massage your arms, legs, feet, shoulders, neck and scalp from above whilst our massage mattress works its massage magic from underneath you for your back.

Pregnancy Treatment Range

Mother to be Facial Ritual (25 minutes) £45

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natural spa factory®

— EST. BATH ENGLAND —

To make an appointment call 01937 580115

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



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Day Spa Packages

Courtyard Spa Indulgence

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

£35 per person Monday - Thursday
£40 per person Friday - Sunday

Courtyard Spa Pamper

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

£58 per person Monday - Thursday
£63 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.

£69.00 per person Monday – Thursday
£74.00 per person Friday, Saturday and Sunday

Unwind and Dine

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

£53 per person Monday - Thursday
£58 per person Friday - Sunday

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 £40 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.

£93 per person Monday - Thursday
£98 per person Friday - Sunday

Non-Therapist Treatments

Mud Rasul

(30 minutes) **£40**

The mud rasul is a traditional Arabian body bathing ritual. Cover your body in glacial mud from the Austrian Alps and then experience the aroma scented steam followed by a warm rain shower leaving your skin feeling deeply cleansed and beautifully soft.

Clay Rasul/wrap

(choice of wrap mix) (30 mins) **£50**

Choice of flavoured clay body bathing experience. Cover your body in a choice of clays to suit your needs and mood, then enjoy the aroma steam and warming rain shower leaving your skin feeling stimulated and detoxed.

Package Treatments

Face & Body Duo

(facial and back massage) (50 mins) **£70**

Experience this ultimate treatment duo; enjoy a relaxing back massage to help relieve aching muscles and reduce tension, then revive your skin with a nourishing facial to leave you feeling relaxed and radiant.

Face & Feet Duo

(facial and back peppermint foot scrub) (50 mins) **£60**

The best of both with our invigorating peppermint foot scrub, and our relaxing facial with this double treatment package. Walk out feeling fully pampered.

Hands & Feet Gel Manicure Duo

(50 mins) **£60**

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

Waxing

Eyebrow wax (15 mins) **£10**
Lip/Chin wax (15 mins) **£10**

Further waxing treatments are available, please ask for details.

Nail Treatments

File & Polish Regular **£17.50** Gel **£25.00 (25 mins)**

Manicure (Nails only) Regular **£25** Gel **£30.00 (40 mins)**
Cuticle work, file, buff and polishing of the nails.

Luxury Manicure Regular **£35** Gel **£40.00 (50 mins)**
Hand soaked and exfoliation, luxury hand mask applied followed by heated mits. Afterwards we will work on your cuticles and nails, this treatment will have you feeling refreshed and pampered.

File and Polish (Toes) Regular **£20** Gel **£27.50 (25 mins)**

Pedicure (Nails only) Regular **£32.50** Gel **£35.00 (40 mins)**
Cuticle work, file, buff and polishing of the nails.

Luxury Pedicure (Feet & toes) Regular **£42.50** Gel **£45.00 (50 mins)**

Feet soaked and exfoliation, luxury foot mask applied followed by heated booties. Afterwards we will work on your cuticles and nails leaving you feeling relaxed and pampered.

Acrylic Nail Enhancements (white tips/natural tips.) Regular **£45 (75mins)** Gel **£50.00 (90mins)**

Extend, enhance and add strength to your natural nails with an acrylic overlay or added tips and acrylic overlay.

Acrylic Nail Rebalancing Infills Regular **£35 (65mins)** Gel **£40.00 (80 min)**

Soak Off **£20.00 (50 mins)**

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 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.