

Spa Menu

Aromatherapy Associates offers a full range of spa treatments for men, women and pregnant clients including full body traditional aromatherapy massage, specialised body treatments for cellulite, muscle release and antiviral action, body booster wrap treatments, intensive facials for all skin types from oily to dry, young to mature and luxury hand and foot treatments



MASSAGE & COMPLEMENTARY TREATMENTS

THE ULTIMATE AROMATHERAPY EXPERIENCE Time: 90 mins £90.00

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressures stimulate the nervous system, Swedish & neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation. Stresses and strains are dissolved away.

INTENSIVE MUSCLE RELEASE: Time: 60 mins £65.00

An intensive massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension

EXPRESS BACK & SHOULDER MASSAGE Time: 30 mins £40.00

REFLEXOLOGY Time: 55 mins £55.00

An ancient healing treatment focusing on the soles of the feet which combines massage and thumb/finger pressure techniques on specific points to treat the whole body and mind. Energy is stimulated through the release of blockages to help restore equilibrium and generate self healing.

REIKI Time: 55 mins: £55.00

(By special appointment)

Japanese of origin and meaning 'spiritually guided life force energy', Reiki is an unseen entity but quite profoundly felt. Beautiful and divine, it harmonises the body's energy systems to promote self healing on physical, mental, emotional and spiritual levels. (can be performed over clothing)

SCRUB AND WRAP TREATMENTS

INTENSE NOURISHMENT Time: 90 mins £90.00

A deep treatment for dry, devitalised skin, to leave the whole body intensely nourished and smooth. Includes a scrub, followed by the layering of hydrating marine algae and a velvety moisturising body butter.

ROSE HYDRATOR Time: 60mins £65.00

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth and your spirits bright and uplifted.

DETOX & REVIVE Time: 60mins £65.00

Perfect for times of over-indulgence or when you're just feeling a little sluggish, this treatment combines zesty citrus oils to leave you feeling invigorated and full of energy.

FACIAL TREATMENTS

ULTIMATE FACIAL Time: 90 mins £90.00

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

AGE REPAIR FACIAL Time: 90 mins £90.00
An intensive treatment for ageing skin, including a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Delivers instantly visible results.

ESSENTIAL ROSE FACIAL Time: 60 mins £65.00
Time: 90 mins with back massage £90.00
Luxurious rose oils help condition the skin and deeply nourish. The result is a smooth, radiant complexion and a relaxed state of mind.

HAND TREATMENT

Give your hands some much-needed attention with a luxurious treatment, which is the perfect addition to a manicure.

AGE REPAIR HANDS Time: 30 mins £40.00
A combination of deeply restorative and nourishing essential oils are combined to leave hands and arms looking perfectly conditioned and feeling deeply moisturised.

FOOT TREATMENTS

Give your feet a little much-needed attention with these luxurious treatments, which are the perfect addition to a pedicure.

ROSE HYDRATING FOOT TREATMENT Time: 30 mins £40.00
A combination of rose, geranium and lavender work to help leave rough, dry feet & heels intensely nourished and smooth.

INTENSELY NOURISHING FOOT TREATMENT Time: 30mins £40.00
Feet and lower legs feel silky soft and deeply moisturised after the layering of rich body oil and cream

DAY SPA PACKAGES

A day of luxurious pampering at Holm House starts with a welcome glass of juice or water on arrival, before you are handed your Frette robe and slippers; and encouraged to think of nothing for the rest of the day but pure indulgence.

All spa packages include:
Full use of our luxury facilities
Light lunch
Herbal teas & juices
Slippers, robes and towels

The 'Healthy'	60 mins treatment time	£ 85.00
The 'House'	1h 30min treatment time	£115.00
The 'Heavenly'	2h 15min treatment time	£145.00
The 'Holistic'	2h 45min of treatment time	£170.00
The 'Hedonistic'	3h 15mins of treatment time	£195.00

(Includes champagne on arrival)

ESSENTIAL SPA INFORMATION

Opening Times

Use of the hydrotherapy pool and sun terrace are available between the hours of 8am - 8pm, and the gym until 9pm. Treatments are available from 9am until 6pm, though you are welcome to contact us on +44 (0)29 20701572 or by emailing spa@holmhouse.com if you wish to discuss an earlier or later appointment.

Guest arrival

Please aim to arrive at least 15mins prior to your treatment reservation to allow sufficient time to relax and fill in your consultation form, which your therapist will then thoroughly read through with you to individually tailor your treatment/s to your specific needs.

Medical Conditions

It is important that you advise us in advance of any health conditions, allergies or injuries, which could affect your treatment when making your reservation. Upon arrival at the spa you will be asked to complete a medical questionnaire. There are some circumstances where a treatment will be unsuitable for those with health problems and it may need to be adjusted. If any of the following contra-indications apply to you, please inform our reservation team at the time of booking.

- *Pregnancy
- *Heart Conditions
- *Epilepsy
- *High/Low blood pressure
- *Allergies
- *Diabetes
- *Thrombosis
- *Cancer
- *Skin Diseases

Cancellation Policy

Please advise of any cancellations within 48 hours prior to arrival. Cancellations within this period will incur a 50% cancellation fee.

Age requirement

All treatments including the use of the hydrotherapy pool are available to adults over the age of 16, and children above the age of 12 if accompanied by an adult.

What to wear

Clients on Spa Days (both men and women) will feel most comfortable going into treatments with their robe over their swimwear. Towels, robes and slippers are provided. Disposable pants and boxer shorts are provided for wet treatments and we respectfully request that underwear is worn for all other treatments. During treatments our therapists are trained to observe client modesty at all times. Please bring your swimwear if you wish to use our pool facilities.

Hotel residents

Robes and slippers will be in your room. Please feel free to wear these to the spa. We encourage you to leave valuables safely in your room. Please note the management take no responsibility for any item left in any area of the spa at any time

All details and prices are valid from Nov 1st 2010 and are subject to change.

