



HEADLAM HALL

HOTEL & RURAL RETREAT

HEADLAM SPA

TREATMENT MENU & DAY SPA PACKAGES



WELCOME TO HEADLAM SPA

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PRODUCT RANGES

Elemental Herbology

A natural skincare and wellness brand based on the 5 elements of traditional Chinese Medicine – Wood, Fire, Earth, Metal and Water. Discover your element and enjoy the beautiful products incorporated in the treatments we offer. Your therapist will guide you through this journey.

We believe in ethical and sustainable skincare and are committed to reduce waste, sourcing responsibly and respecting the world we live in.



All of the products that we use are sustainable, cruelty free and eco-friendly.

Thalgo

Let the sea empower your beauty. A marine active skincare brand using selectively sourced algae extracts and minerals to create a healthy supple skin. Thalgo are committed to clean beauty using no artificial colours or preservatives.



Opi Nature Strong

Discover a natural origin nail polish. A plant based, long wearing, vegan lacquer with up to 7 days of wear and shine.

Delilah

A truly fabulous range of cosmetics to suit all skin types. Vegan Friendly, Powered by Plants and 100% Cruelty Free.

BEYOND THE SPA

Wellbeing & Fitness

Here at the Spa, we offer Personal Training, Pilates, Yoga and much more. For further information and prices please contact our Fitness Manager. We offer fitness advise to all ages and all abilities and if you don`t want to come alone then share the experience and bring a friend.

Electric Bikes

We have electric bikes available for hire so you can explore the local area.

Golf

For details on our challenging 9 hole golf course please contact the Pro Shop.

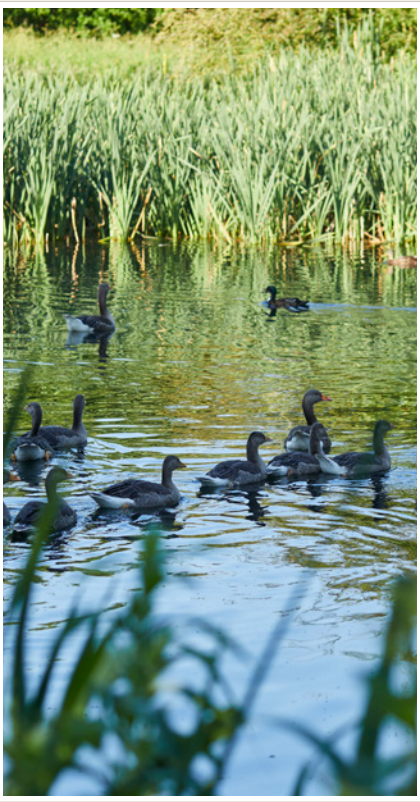


The Brasserie

Open 7 days a week, offering great coffee, pastries, scones, cake, brunch and lunch. Please see our website for opening times.

The Gardens

Just a stone's throw from the spa you will find the wonderful walled gardens of Headlam Hall. Covering over four acres they also include an outdoor exercise area and a tennis court.



FACE THERAPY (THALGO)

Anti-Ageing Collagen

This anti-ageing facial is designed to reduce the appearance of fine lines and wrinkles using our unique Marine Collagen and 3 types of Hyaluronic Acid. This facial will reveal a younger you with visible results after just 1 treatment.

60 mins for **£85**

Marine Facial

Using unique marine algae this facial is bespoke for any skin type. Skin will feel replenished and hydrated.

30 mins for **£45**

45 mins for **£65**

60 mins for **£75**

90 mins for **£100** *(inc. Back Massage)*



MASSAGE THERAPY

Five Element Aroma Massage (EH)

Using customised essential oil infusions with herbal steam towels, heated stones and skilful therapeutic techniques to deliver the ultimate massage, including facial massage.

45 mins for £70
60 mins for £80
90 mins for £105 *(inc. facial cleanse)*

Head & Scalp Massage

An ancient massage technique which works to relieve stress and tensions.

25 mins for £45

Pre-Natal Well-Being Massage *(only available after 14 weeks)*

A massage using a scent-free oil, specifically designed to address the body’s needs during pregnancy. This treatment is the perfect remedy to ease an aching back, shift fluid retention, alleviate stretch marks and promote a state of calm.

60 mins for £85

Muscle Melt Back Massage (EH)

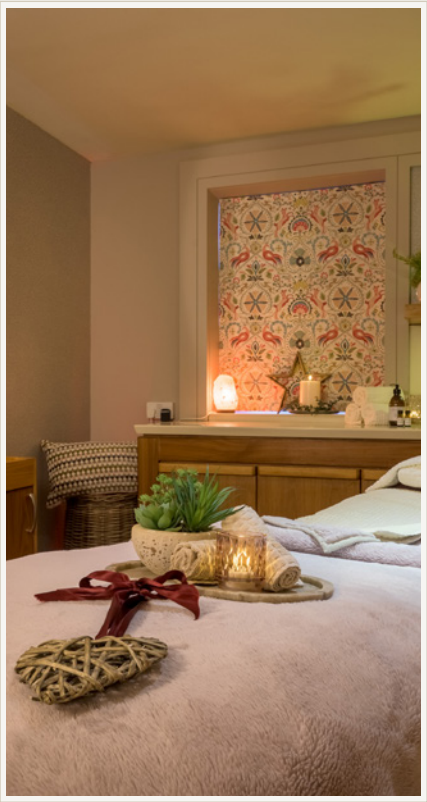
Releases stress and aches.

30 mins for £55

Sea & Senses - Hot Stone Massage

Increase your sense of relaxation and calm using the smoothest of volcanic stones.

30 mins for £60 *(back, neck & shoulder only)*
60 mins for £85



BODY TREATMENTS

Headlam Bespoke Body Scrub (Th) (EH)

Using either our Elemental Herbology or Thalgo scrub.

30 mins for £45

Îles Pacifique - Relaxing Ritual (Th)

With beautiful aromas of vanilla and monoi along with unique massage techniques, this ritual will relax body and mind.

90 mins for £100

Reflexology

An ancient, holistic healing technique using manipulation and pressure applied to specific areas of the feet (which correspond to specific organs of the body). The specialised finger pressure technique will restore balance, increase circulation to the organs, free blocked energy, boost the immune system and activate the body’s natural self-healing process.

45 mins for £70
(We recommend a minimum 4 week course – 15% discount would apply)

Headlam Bespoke Ritual

Commencing with a relaxing foot soak and exfoliation your therapist will consult on specific concerns to suit your needs. Following with a body brushing technique to increase blood flow, then a warm oil back, neck and shoulder massage and application of oil over the entire body. Finishing with a Thalgo Marine facial tailored to suit your skin and a relaxing foot, arm and hand massage. Pure bliss!

90 mins for £105





ESSENTIAL GROOMING

Shape & Varnish *(Opi)*

Polish	(up to) 30 mins for £27
Gel Polish	(up to) 45 mins for £30
Gel Soak Off	£17 <i>Only available when it has been applied here</i>

Prescriptive Manicure

Polish	(up to) 45 mins for £40
Gel Polish	(up to) 60 mins for £45

Treatment Pedicure

Polish	(up to) 60 mins for £40
Gel Polish	(up to) 60 mins for £45

Mens Manicure

25 mins for **£30**

Mens Pedicure

25 mins for **£30**

Tinting

Pre-test tint required every 6 months. This can be done very quickly at the spa reception but at least 24 hours prior to your treatment.

Eyelash	£20
Eyelash & Eyebrow	£27
Eyebrow	£16

Waxing

Eyebrow Shape	£16
1/2 Leg	£25
Full Leg	£33
Bikini	£17
Under-arm	£17
Lip or Chin	£14

Men's Waxing

Back	£28
Chest	£28
Chest & Stomach	£39
Eyebrow Groom	£16



DAY SPA PACKAGES

Our day spa experiences focus on your wellbeing and comfort combining authentic spa therapy with time to relax and enjoy the benefits of the spa facilities that include a 15m swimming pool, outdoor hydrotherapy pool, sauna, steam room and both indoor and outdoor lounging zones.

Spa Touch
(Available Tuesday - Saturday)

- Arrive at 9.30am for a hot drink of your choice and a homemade smoothie
- Two-course lunch in the brasserie
- 60 minutes therapy time*
- Robes & towels
- Use of the spa facilities from 10am - 2.30pm

£160 per person

Brunch Spa
(Available Sunday & Monday)

- Arrive at 10am for a hot drink of your choice and brunch in the brasserie
- 45 minutes therapy time
- Robes & towels
- Use of the spa facilities from 11am - 2.30pm
- Conclude with tea/coffee and scones in the brasserie at 3pm

£145 per person

Afternoon Tea Spa
(Available Monday - Saturday)

- Arrive at 11am for a hot drink of your choice and a toasted muffin
- 30 minutes therapy time
- Use of the spa facilities from 11.30am - 2.30pm
- Robes & towels
- Full afternoon tea with a glass of Prosecco or a Mocktail in the Hall at 3pm

£145 per person

Spa Ritual
(Available Tuesday - Saturday)

- Arrive at 9.30am for a hot drink of your choice and a homemade smoothie
- Two-course lunch in the brasserie
- 90 minutes therapy time
- Robes & towels
- Use of the spa facilities from 10am - 2.30pm

£195 per person

Spa at Night
(Available Sunday to Friday for a maximum of 4 people)

- Arrival at 4.30pm for a glass of prosecco or a mocktail
- 30 minutes of spa therapy time
- Robes & towels
- Use of the spa facilities from 5pm - 8pm
- Robes, towels & flip flops
- A three-course a la carte dinner in the Hall Restaurant at 8.30pm

£150 per person

*Exclusions apply



BESPOKE PACKAGES
AVAILABLE UPON
REQUEST

Please contact the spa team



ENHANCE YOUR SPA EXPERIENCE

With an overnight stay at Headlam in one of our beautifully appointed bedrooms with English breakfast the following morning.

For best available B&B rates please call (01325) 730238 or email reception@headlamhall.co.uk

SPA USER GUIDE

Booking Guidelines

We advise hotel guests to book all treatments in advance to avoid disappointment.

It is vital that you inform the receptionist if you are or think you may be pregnant as this will influence which treatments are safe for you to experience.

Arrival

It is requested that you arrive in the spa, at least ten minutes prior to your first appointment to allow time for you to change and to complete the spa registration/disclaimer form.

Please be prompt for your appointment as it may not be possible to accommodate late arrivals. We regret that clients who are late for their appointment will be charged the full fee for the shortened treatment.

Cancellation Policy

Our cancellation policy for individual treatments is 48 hours and for multi treatments or Spa Packages is 7 days. After this time cancellations are non-refundable.

Health & Safety

It is essential that you inform your therapist of any medical conditions or medications taken, before commencing your treatment and that all details are fully disclosed on the Spa Health Form. It is vital that you inform your therapist if you are or think you may be pregnant.

The Spa is a non-smoking area.

Spa Tranquillity

It is our aim to create a peaceful environment for the benefit of all our guests. We would therefore politely request that you respect the needs of the other spa users and turn mobile phones to silent and keep noise levels to a minimum.

Use of Facilities

Whilst we welcome non members to book treatments, the use of the Headlam Spa facilities are limited to guests staying at Headlam Hall, Spa Members and our Day Spa Guests. If you are interested in enjoying the facilities at Headlam Spa, please enquire about our range of Day Spa Packages.

Gift Vouchers

Gift vouchers for treatments, products or spa days are available to purchase from the spa, over the phone and also available to purchase online.

Opening Times

Treatments can be booked from 10am - 7pm.

Contact Details

T: 01325 730691
E: spa@headlamhall.co.uk
www.headlamhall.co.uk/spa

Headlam Hall, Headlam,
Near Gainford, Darlington,
Co. Durham DL2 3HA





Headlam Hall Headlam Near Gainford Darlington DL2 3HA

Spa Reception Tel: 01325 730691 Hotel Reception Tel: 01325 730238 spa@headlamhall.co.uk

www.headlamhall.co.uk/spa