



# PRICE LIST

Spa Reservations Monday to Sunday 8.30am - 8.30pm Telephone: 0191 375 3088

## SPA DAY EXPERIENCES

### MAKE MY DAY

- ⌚ 60 mins £140
- ⌚ 90 mins £170
- ⌚ 2 hours £195

### TWO PEAS IN A POD

£280 per couple

### WAKE UP & SPA

Mon - Fri £55

### MINI SPA

Mon - Fri £65

### EVERYTHING STOPS FOR TEA

Mon - Thurs £60

### TWILIGHT CATCH UP

Sun - Thurs £75

### WEEKEND TWILIGHT

Fri - Sat £125

## ESPA UPGRADES

### INFINITY POOL

£20pp (per hour)

### EXPRESS FACE OR BODY TREATMENT

⌚ 45 mins £50

### MUD RASUL RITUAL

⌚ 45 mins  
£35pp (min 2 / max 4)

## SPA BEAUTY

### FILE & POLISH HANDS/FEET

⌚ 25 mins £25

### SIGNATURE SALT OF THE EARTH MANI/ PEDI

⌚ 55 mins £55

### MAKE UP BY Mii

#### SHOW Mii

⌚ 60 mins £50

#### TREAT Mii

⌚ 30 mins £30

#### BROWS BY Mii

⌚ 30 mins £25

#### EYELASH TINT

⌚ 15 mins £15

### UPGRADES

#### WELL GEL

⌚ 15 mins £10

#### FIRE & ICE

⌚ 5 mins £5

#### OO LA LA - GO FRENCH

⌚ 15 mins £10

## TREATMENTS

### THAI & MIGHTY

- ⌚ 90 mins £110
- ⌚ 2 hours £145

### SLEEP

#### SOLUTION

⌚ 2 hours £145

### PURE RADIANCE RITUAL

⌚ 2 hours £145

### AROMATHERAPY MASSAGE

- ⌚ 60 mins £80
- ⌚ 90 mins £110

### BACK, NECK & SHOULDER

#### MASSAGE

⌚ 45 mins £65

### HOT ROCK MASSAGE

- ⌚ 60 mins £80
- ⌚ 90 mins £110

### SWEDISH MASSAGE

- ⌚ 60 mins £80
- ⌚ 90 mins £110

### DEEP MUSCLE MASSAGE

- ⌚ 60 mins £80
- ⌚ 90 mins £110

### BALI ISLAND MASSAGE

- ⌚ 60 mins £80
- ⌚ 90 mins £110

### ULTIMATE LIFESTAGE FACIAL

⌚ 90 mins £110

### RADIANCE FACIAL

⌚ 60 mins £80

### RE-HYDRATOR FACIAL

⌚ 60 mins £80

### DE-SENSITISER FACIAL

⌚ 60 mins £80

### SKIN PURIFYING FACIAL

⌚ 60 mins £80

### LIFT & FIRM EYE TREATMENT

⌚ 30 mins £30

Upgrade Only

### MY HERO

- ⌚ 90 mins £110
- ⌚ 2 hours £145

### BACK IN BALANCE

⌚ 2 hours £145

### REFRESH & RENEW

⌚ 2 hours £145

### LIFT & FIRM ANTI-CELLULITE TREATMENT

⌚ 60 mins £80  
Course of 6 £440

### MEN'S REVIVER

⌚ 60 mins £80

### HEAVEN ON EARTH

⌚ 90 minutes £110  
⌚ 2 hour £145

### MADE FOR MEN

⌚ 60 mins £80

### GOLFER'S TONIC

⌚ 60 mins £80

## WAXING & TINTING

### MENS

#### EYEBROW TIDY

⌚ 15 mins £15

#### MANICURE OR PEDICURE

⌚ 25 mins £25

#### CHEST OR BACK WAX

⌚ 30 mins £30

### LADIES

#### FOREARM

⌚ 15 mins £15

#### UNDERARM

⌚ 15 mins £15

#### FACIAL WAXING

⌚ 20 mins £20

#### HALF LEG

⌚ 25 mins £25

#### BIKINI

⌚ 25 mins £25

#### FULL LEG

⌚ 40 mins £40

#### BRAZILLIAN

⌚ 40 mins £40

#### HALF LEG, BIKINI, UNDERARM

⌚ 55 mins £60

#### FULL LEG, BIKINI, UNDERARM

⌚ 75 mins £75

## SPA BREAKS

STAY SUNDAY, SPA MONDAY £309 per couple\*

CLASSIC SPA BREAK Sun to Thurs\* £175 pp | Fri & Sat\* £195 pp

WHOLE IN ONE Mon to Thurs\* £365 per couple | Fri & Sat\* £430 per couple

\*Subject to availability. Prices are per person unless otherwise stated.

Spa Breaks – single supplement of £60 per night applies.

# Spa Guidance - For the best Spa experience

Please read the following information in order for you to get the best from your Spa visit.

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## Arrival Time

All Spa day guests will be given an arrival time which will be confirmed on booking, we would politely ask that you arrive at your scheduled time to ensure we can offer you the very best welcome possible.

## Treatment Only

If you have booked a treatment only please allow sufficient time before your treatment to complete a Spa Consultation Form and get changed if necessary. As a courtesy to all our Spa guests we do offer a prompt treatment schedule, we recommend you arrive up to 15 minutes prior to your scheduled time as any late arrivals will result in a reduction of treatment time and no refund will be given. Please note treatment only guests do not have access to the spa facilities.

## Children's Policy

We do not offer treatments for under 18 year olds. Access to the rest of the spa including the changing facilities, spa and heat experiences and gym are restricted to over 18's. Children's times are strictly Monday to Saturday 7am - 9am / 4pm - 6pm & Sunday 7am - 10.30am, which includes access to the 25 metre swimming pool only.

In the interests of hygiene please ensure water babies wear appropriate aqua nappies.

## Cancellation Policy

Full payment is required on all bookings. A 50% refund will be given if notice is given prior to 48 hours of the scheduled appointment. Re-booking may also be offered up to 4 weeks following original date, however please note this is subject to availability and cannot be guaranteed. If cancellation notice takes place inside 48 hours no refund will be given. Arriving late for your scheduled appointment will unfortunately result in a reduced treatment time and full payment will still be charged. In the event you do not attend a scheduled treatment, full payment will still be charged.

## Spa Etiquette

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, Blackberry, pager, camera and smoke free zone. We may bring to your attention any behaviour which we feel is detrimental to the enjoyment of the spa by other guests.

## Gift Vouchers

We have a wide range of Spa vouchers which make an ideal gift for someone special. Please contact the Spa reservations team for details.

## Valuables

The Spa at Ramside accepts no responsibility for loss of valuables and jewellery at any time on the spa premises, we advise you to leave any precious or sentimental items at home as small items are easily misplaced when in a state of relaxation.

## Lost Property

All lost property found on the premises should be handed in at Spa reception. Items will be stored for four months, if they are not collected within this time they will be donated to local charities. Liquids, swimwear, under garments and hair brushes are kept for 24 hours only.

## Prices

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

## What to Bring

Please bring along your swimwear and appropriate gym wear if wanting to use the fitness suite or attend classes. The spa will provide you with fluffy robes, towels and spa footwear and any amenities you need will be provided for you in our changing facilities including hairdryers.

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# Treatment Advice

## Health Conditions

Kindly advise us on booking of any health conditions, allergies or injuries as this could affect your choice of treatment when making your spa reservation.

## Nail Treatments

We do not perform any nail treatment over acrylic overlays, extensions or gel nails other than our own brand Artistic Gloss, nor do we remove them - full cost will be charged in the event we are unable to perform nail treatment due to this. Please note that we will only rectify any peeling or lifting within the first 7 days of your Artistic Gel application. Anyone booking a Gel nail treatment with us has complimentary removal, however this must be booked prior to arrival to allow sufficient time.

## Homecare

To continue your Spa experience at home, most products used in our treatments are available at Spa Reception.

## Pregnancy

Please advise us if there is a possibility you may be pregnant or you are undergoing any fertility treatment. We have specially designed treatments for expectant women or nursing mothers. Please allow our Spa Reservations team to guide you in selecting which treatments are most suitable during this special time.