



NETHERWOOD
HOTEL & SPA

SPA TREATMENT

ELEMIS

A woman is lying on her back on a white towel, receiving a back massage. A therapist's hands are visible, using a wooden backscrubber with a white fabric strap to massage her back. The woman has her eyes closed and a relaxed expression. The background is softly blurred, showing white linens and a bouquet of white flowers.

Netherwood Spa

A LUXURIOUS SPA NESTLED IN THE
GROUNDS OF THE NETHERWOOD HOTEL,
OVERLOOKING MORECAMBE BAY ON THE
CARTMEL PENINSULA.

Netherwood Spa offers a haven for rest and relaxation, restorative treatments and pampering beauty treats. The Thermal Experience is an amazing treat for your senses, from the aroma steam room, monsoon shower to the ice fountain you will certainly feel invigorated. If you need indulgence, pampering and relaxation, welcome.

ELEMIS

The Body – Elemis

Frangipani or Lime & Ginger Salt Glow Full Body Scrub

25 mins £50

Our frangipani or lime and ginger salt glow sloughs away the dead skin cells on the full body leaving you smooth and invigorated. An invigorating express treatment to stimulate circulation and leave the skin feeling refreshed and detoxified.

Frangipani Monoi or Lime & Ginger Salt Glow Body Buster

50 mins £70

Using our frangipani or lime and ginger body salt glow exfoliator to gently sweep away dead skin cells. This is followed by a deeply relaxing back massage to restore vitality and wellbeing.

Frangipani or Lime & Ginger Salt Glow Body Ritual

75 mins £115

The Body ritual commences using the frangipani or lime and ginger scented exfoliator, ridding the skin of unneeded skin cells. Follow this with a full body massage using exotic frangipani oil to nourish thirsty skin leaving you hydrated and invigorated.

Muscle Ease Leg Therapy

40 mins £55

Perfect for tired achy legs. Using frangipani or lime and ginger salt glow scented scrub to stimulate the muscles, a warm body oil is then massaged into the legs and lastly a cooling refreshing gel is applied to the calves, leaving the legs relaxed and eased. Perfect after a long hike in the hills.

ELEMIS Back, Scalp & Foot Therapy Massage

50 mins £80

Choosing an oil to give the best results for you, the massage will work deep into your tension and encourage circulation to relieve muscle aches within the back, scalp and feet.

ELEMIS Deep Tissue Full Body Massage

60 mins £95

ELEMIS Deep Tissue Back, Neck & Shoulders Massage

30 mins £55

Netherwood Quintessence

Our classic treatments

Scalp Massages

25 mins £45

A relaxing and deep head and neck massage, focusing on stress relief within the shoulders. Perfect to be added onto a facial or on its own.

Whether you need to [float away](#) or [invigorate](#), choose our bespoke Netherwood Swedish massage.

Swedish Back, Neck & Shoulders Massage

25 mins £45

Swedish Back of Body Massage

45 mins £65

Swedish Full Body Massage

55 mins £75

Swedish Full Body Massage

75 mins £95

Hot Stones Full Body Massage

60 mins £90

Hot Stones Back, Neck & Shoulders Massage

30 mins £55

Sports Massage

Specific area (1) - 30 mins £45

Specific areas (2) - 45 mins £55

Specific areas (3) - 55 mins £65

Netherwood Refresher

90 mins £100

A treatment specifically created to ease tension and leave you refreshed. Enjoy a back, neck and shoulder massage followed by an Elemis Pro-Glow renewal facial.



The Face – Elemis

Bespoke skin wellness powered by Elemis.

Pro-Glow Facial Menu

25 mins £50 - 50 mins £85

Pro-Glow Renewal

For gorgeous glowing skin

ELEMIS signature triple cleanse facial provides hyper-focused resurfacing and moisture boosting results to unlock a healthy, lit-from within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

Pro-Glow Smooth

The HIIT workout for your skin

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

Pro-Glow Resurfacing

Resurfacing for stunningly smooth skin

(Patch test required 30 minute prior to treatment)

Transform the skin's texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion.

Pro-Glow Brilliance

Your recipe for radiance

Awaken dull, lacklustre-looking skin with this radiance boosting facial for a visibly brighter, glowing complexion.

Pro-Glow Genius Facial

Your line-fighting super hero

75 mins £105

Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high performance facial restores bounce and resilience whilst smoothing, firming and illuminating the skin for maximum, multi-faceted rejuvenation in just one treatment.

The Face – Elemis Biotech

ELEMIS BIOTEC Line Eraser

55 mins £90

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating facial treatment that effectively irons out wrinkles and fills out lines.

ELEMIS BIOTEC Firm-a-Lift

55 mins £90

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

ELEMIS BIOTEC Skin Resurfacer

55 mins £85

This revolutionary facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

ELEMIS BIOTEC Radiance Renew

55 mins £75

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

We recommend that you call to discuss any of our BIOTEC facial treatments before booking.

Discount for 10 course treatments.

ELEMIS BIOTEC Peptide 24/7 Skin Sync

55 mins £80

Inspired by the body's miraculous inner clock and formulated to support tired complexions, our skin renewing 24/7 Skin Sync facial has been designed to target the look of tired skin and help you achieve a well-rested glow.

ELEMIS BIOTEC Blemish Control

55 mins £85

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

ELEMIS BIOTEC Sensitive Skin Soother

55 mins £90

This anti-redness treatment soothes sensitive skin. Oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

ELEMIS BIOTEC Super Charge For Men

55 mins £85

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

Manicures & Pedicures

(Upgrade any hand and foot treatment to gel for £5. Upgrade to glitter £5)

Express Manicure

25 mins £20

Nails are beautifully shaped and completed by the perfect polish.

Gelerated Express Manicure

25 mins £25

Nails are beautifully shaped and completed with a gel application.

Jessica Prescriptive Manicure

55 mins £45

Nails are analysed and treated for their specific type. Shape, cuticle care, exfoliation, massage, prescriptive base coat and perfect polish.

Express Pedicure

25 mins £20

Nails are beautifully shaped and completed by the perfect polish.

Gelerated Express Pedicure

25 mins £25

Nails are beautifully shaped and completed with a gel application.

Jessica Prescriptive Pedicure

55 mins £45

Hard skin is removed, feet and legs massaged and exfoliated. Cuticles are groomed, toe nails shaped and perfectly polished.

Existing Gel Removal

30 mins £10

Body Waxing

Standard Bikini

20 mins £20

Deep Bikini

25 mins £22.50

Brazilian

30 mins £25

Hollywood

40 mins £30

Half Leg

30 mins £30

Full Leg

45 mins £35

Under Arm

20 mins £12

Chest or Back

30 mins £25

Lip & Chin

15 mins £10

Waxing & Tinting

Eye package

(Lash and brow tint with brow shape)

40 mins £40

Eyelash Tint

30 mins £25

Eyebrow Tint

15 mins £20

Eyebrow Shape & Wax

20 mins £20

Eyebrow Shape, Wax & Tint

35 mins £30

A patch test is essential

48 hours prior to any tinting treatment

The Thermal Journey Experience

Enjoy an experience that treats your mind and body to a range of unique stimuli and varying temperatures to relax, detoxify and revive. We provide towels, robes and slippers for use during your thermal experience.

The Thermal Journey is available Monday – Sunday 10am – 5pm.
If you have any questions please call our friendly team.
The Thermal Journey is charged at £20 per person for a 90 minute session, an additional 60 minutes can be booked at an extra £10 per person.





NETHERWOOD

HOTEL & SPA

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