



**NETHERWOOD**  
HOTEL & SPA



SPA TREATMENT

**ELEMIS**

A woman is lying on her back on a white massage table, eyes closed, smiling slightly. A therapist in a white uniform is using a wooden back brush with a white fabric strap to massage her back. The background is softly blurred, showing white flowers and a bright, airy setting.

# 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 £60

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 £80

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 £120

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 £60

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 Soothing Neck & Scalp Massage**

25 mins £45

40 mins £60

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

## **Aroma Therapy Massage**

25 mins £50

55 mins £80

Using an essential oil blend this massage alternates between gentle and deeper pressure, starting on the back of the legs, then moving onto the back, neck and shoulders for the ultimate de-stress and relaxation.



## Netherwood Quintessence

### *Our classic treatments*

#### **Freestyle Custom Massage**

Back, Neck & Shoulders 25 mins £45

Full Body 55 mins £75

Choose light, medium or deep pressure. The flowing massage encourages relaxation while working deeper into the tension for optimum circulation using Swedish techniques.

#### **Netherwood Refresher**

75 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.

## 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.

### Gelated 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.

### Gelated 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

### 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.





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