



Bookings

01756 718142

Opening Times

Monday	8am to 8pm
Tuesday	8am to 8pm
Wednesday	8am to 8pm
Thursday	8am to 8pm
Friday	8am to 8pm
Saturday	9am to 6pm
Sunday	9am to 6pm

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Welcome...

to the Devonshire Health Spa – a haven of peace and tranquillity in the unique setting of an historical barn on the Bolton Abbey Estate.

We are pleased to offer you a comprehensive range of body, facial and beauty treatments to pamper, soothe and restore.

Our treatments are designed to suit you as an individual and therefore we allow time to include a period for consultation and preparation. Please try and arrive ten to fifteen minutes prior to your treatment to enable you to relax.

Pool

Spa Pool

Steam Room

Sauna

Cold Plunge Pool

Gym

Relaxation Lounge

Sun Terrace

All Weather Tennis Court

Beauty Therapy Rooms

Cycles

Therapy

ELEMIS

Designed to respect the body's complex physiology, Elemis spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today. Elemis spa-therapies offer scientific solutions to every skin, body or lifestyle concern.

ELEMIS FACE

Elemis Advanced Anti-Ageing Facials

These superior face treatments are further enhanced by luxurious hand, arm and scalp massage sequences for the ultimate in scientific skin-therapy.

Tri-Enzyme Resurfacing Facial - 1 hour

£65

Peel away the years for smoother, more radiant skin

This unique treatment targets blemishes, uneven skin tone, superficial scarring and fine lines, revealing a younger looking skin. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

Visible Brilliance Facial - 1 hour 15 minutes

£70

To combat ageing, stressed and slackened skin.

This anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles.

Pro-Collagen Quartz Lift Facial - 1 hour 15 minutes

£70

ONE Anti-Wrinkle Facial with Proven Results

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficacy, leaving a firmer, uplifted, more youthful looking appearance.

Elimis Skin Specific Facials

Skin specific treatments to suit your particular skin type.

Fruit Active Glow - 1 hour

£50

Bring back the glow to a lifeless complexion.

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Exotic Moisture Dew - 1 hour

£50

Treat your skin to a moisture boost.

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Herbal Lavender Repair - 1 hour

£50

For perfect restoration of skin balance.

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Taster Facial - 30 minutes

£25

This introductory facial provides a quick and instant pick-me-up for any occasion.

ELEMIS BODY AND MASSAGE

Elemis Face and Body Therapy - 55 minutes

£55

Cooling Hot Stone Body & Facial

Your Elemis therapist will customise a unique Elemis ice-cool thermal muscle massage to your specific problem areas alleviating stress and easing aching muscles. Whilst your body is in a pure state of blissful relaxation receive an intensive anti-ageing booster facial that will smooth out your wrinkles and restore youthful radiance.

Absolute Spa Ritual - 2 hours

£95

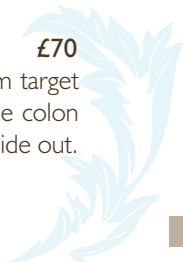
The ultimate skin and body therapy for maximum results.

Skin Specifics Facials combine with the powerful effects of the Elemis Deep Tissue Muscle Massage.

Body Sculpting Cellulite and Colon Therapy - 1 hour

£70

The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.



Deep Tissue Back Massage - 30 minutes **£30**

Minimum time, maximum tension-relieving results.

Specifically targeting the back, shoulders and neck areas, where you need it most.

Deep Tissue Muscle Massage - 1 hour **£55**

Deep rhythmic pressure massage.

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Ease the tension...

Musclease Aroma Spa Ocean Wrap/Float - 1 hour 15 minutes **£55**

Powerful seaweed wrap for complete muscle relaxation.

Drift away whilst you are cocooned in a comforting foil wrap or unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.

Cellutox Aroma Spa Ocean Wrap - 1 hour 15 minutes **£55**

A deeply detoxifying blend to decongest and stimulate the system.

This therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

TAILOR MADE FOR YOU

The Best Bespoke Body Massage - 1 hour **£55**

As relaxing or as stimulating as you like. This massage caters for all your needs using essential oils promoting a feeling of well being.

Heaven Sent Back Massage - 30 minutes **£30**

Just what it says on the tin!

Head in the Clouds Scalp Massage - 30 minutes **£30**

An intensely therapeutic and deeply relaxing treatment that concentrates on specific pressure points of the shoulders and scalp. If time is of the essence then this compact treatment will help reduce tension, increase circulation and leave you feeling refreshed and relaxed.

Remarkable Reflexology - 1 hour **£40**

An ancient healing practice, working mostly on the soles of the feet to identify problematic areas elsewhere within the body and stimulate your own healing powers.

Extremely effective and relaxing.



ESPECIALLY FOR MEN

Skin IQ+ Facial - 1 hour 15 minutes **£70**

Anti-Ageing booster for tired, stressed skin.

This treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel.

Urban Cleanse Facial - 1 hour 15 minutes **£70**

Deep cleanse and complete skin detox.

This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities, leaving the skin visibly clear and squeaky clean.

Total Time Out - 2 hours **£95**

The ultimate skin and body therapy for men.

Dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage and a skin specific facial.

Executive Guys - Stress Buster - 1 hour 30 minutes **£70**

Restoring and revitalising, bringing harmony to both mind and body, this all encompassing treatment prepares the skin with a full body brushing exfoliation, leaving it feeling soft and smooth, followed by a deep body, face and scalp massage using a bespoke blend of essential oils.

ELEMIS EXOTIC THERAPY AND ADVANCED TREATMENTS

Please ask about the following advanced treatments

Aroma Stone Therapy - 1 hour 15 minutes **£60**

Warm Basalt stones to melt away tension.

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

Exotic Lime and Ginger Salt Glow - 30 minutes **£30**

Invigorated, cleansed and polished to perfection.

Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.



Exotic Coconut Rub and Milk Ritual Wrap/Float - 45 minutes

£45

Pure sensuality to enliven the senses.

This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial meassage and de-stress scalp treatment.

Exotic Frangipani Body Nourish Wrap - 45 minutes

£45

Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

ELEMIS MOTHER-TO-BE

Advanced Treatment

Nurturing Massage for Mother-to-Be - 1 hour 15 minutes

£70

Massage adapted to each stage of pregnancy.

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

DEVONSHIRE DAYS

Our luxury full spa days include full use of all the facilities: swimming pool, spa pool, sauna, steam room, cold water plunge pool and gym. A light lunch and soft drinks are served in the relaxation lounge. Luxury towelling robes and towels are provided together with your own changing room.

Absolute Revival **£195** **4 hours**

A day to indulge all your senses. Your mind and body will leave feeling totally relaxed and balanced.

Treatments include:

- Facial
- Full body massage
- Manicure
- Pedicure

Stress Away Day **£145** **3 Hours**

The perfect day to create total relaxation and combat the effect of everyday stresses.

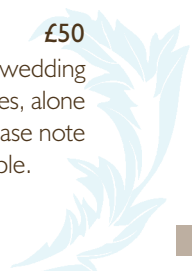
Treatments include:

- Full body massage
- Facial
- Manicure or pedicure

The Ultimate Escape Day - free time, no treatments

£50

If you are looking for somewhere just to chill, away from the house, builders, wedding plans or phone, then this day is ideal for you. Enjoy the use of all the spas facilities, alone or with a friend. Towels, robes a light lunch and soft drink are all included. Please note the Ultimate Escape Day is restricted and limited to a maximum of two people.



DEMI DEVONSHIRE DAYS

Our luxury half spa days include full use of all the facilities: swimming pool, spa pool, sauna, steam room, cold-water plunge pool and gym, plus towelling robes, towel and changing room.

Relax and Revive - 1 hour 30 minutes for treatment time

£75

Designed to restore and treat the body, mind and spirit leaving you feeling totally pampered.

Choose from either:

- Full body massage and mini facial
- Full body massage and scalp massage
- Skin specifics facial and back massage

Men's MOT - 1 hour 15 minutes for treatment time

£65

Perfect to relieve tension and leave you feeling revived

Treatments include:

- Deep tissue back massage
- Scalp and face massage

FINISHING TOUCHES

JESSICA FOR HANDS AND FEET

Manicure using the exclusive Jessana treatments by Jessica.

Treatment Manicure £30

45 minutes

Exfoliation, hand massage, cuticle care and file and polish.

Includes a polish to take home.

French Manicure £35

1 hour

Exfoliation, hand massage, cuticle care and file and polish.

Includes a polish to take home.

Heavenly Hands Luxury Manicure £35

1 hour

Exfoliation, mask and heated mitt treatment, massage, cuticle care and file and polish.

Includes a polish to take home.

Espresso Hands - 30 minutes £15

File and paint.

Perfect Pedicure - 1 hour £35

Hard skin removal, soak, exfoliation, massage, cuticle care and file and polish.

Includes a polish to take home.

Fabulous Feet Luxury Pedicure £40

1 hour 15 minutes

Exfoliation, mask and heated bootie treatment, massage, cuticle care and file and polish.

Includes a polish to take home.

Espresso Feet - 30 minutes £15

File and paint.

WAXING AND ZAPPING

Pheew! That feels smoother

Unwanted hair removal lasts up to six weeks

Full skin preparation prior to waxing followed by a light moisturising balm after treatment completes the treatments.

Full leg - 1 hour	£30
Half leg - 30 minutes	£20
Bikini - 15 minutes	£15
Underarm - 15 minutes	£15
Back/Chest - 30 minutes	£20
Lip - 15 minutes	£8
Chin - 15 minutes	£8
The Full Wax Works - 1 hour	£40
Half leg, bikini and underarm	

EYE ESSENTIALS

Eyebrow Shape - 15 minutes	£10
Eyebrow re-shape - 30 minutes	£15
Eyelash Tint* - 30 minutes	£15
Eyebrow Tint* - 15 minutes	£10
Eyelash and Eye brow Tint* 45 minutes	£20

*All tints require a 24 hour patch prior to the treatment.

FAKE BAKE

Fake Bake is a tanning treatment that incorporates luxury into all its products and treatments. Unlike other tanning products Fake Bake includes two of the most advanced ingredients available on the market. Together they aid the visibility of your own natural tanning agent, melanin, the second maintains an even appearance without the feeling of an uneven skin tone.

Full Body - 1 hour	£45
Upper body only - 45 minutes Includes back, arms, face and stomach	£35
Legs - 30 minutes	£25
Face - 30 minutes	£20

DEVONSHIRE MAKE UP

The Devonshire range of professional make up is the key to enhancing your individual beauty for your wedding day.

Bridal Make up - 2 sessions of 45 minutes **£65**

To ensure that you look and feel wonderful for your important day, the Vincent Longo bridal make up includes a full trial session prior to the wedding with discussion on skincare in the build up to the big day. On the day of your wedding you will be able to wear your make up with complete confidence.

Bridal packages are available. Please ask for more details.



GIFT VOUCHERS

Devonshire Health Spa Gift Vouchers, the perfect present solution and beautifully presented, can be purchased either for a monetary amount or a specific treatment.

BEAUTY THERAPY PRODUCTS

To enable you to keep up the good work at home we stock all Elemis, Jessana and Fake Bake products for retail.

EXCLUSIVE MEMBERSHIP

Membership of The Devonshire Health Spa brings all sorts of benefits not least of all is a special members' rate for all the above beauty therapy treatments. Members are entitled to complimentary one-to-one personal training, use of the tennis courts, fishing tackle, bike hire and hotel benefits. By strictly limiting the membership numbers we ensure that all our guests receive maximum personal attention and space in which to relax and enjoy the facilities. For further information please speak to Andy Waggett.

SPA BREAK

The perfect treat.

Take advantage of our special spa rate of £320.00 per night for two people including dinner in either The Burlington restaurant or The Devonshire Brasserie and Bar, overnight in a double Wharfedale bedroom, full English breakfast and your choice of a luxury 1 hour facial or body massage. Your stay also includes complimentary access to the Bolton Abbey Estate with miles of footpaths and hiking trails alongside the river Wharfe, through Strid Woods and up onto the fells. Visit the riverside café and gift shop and explore medieval Barden Tower and the 12th century Augustinian Bolton Priory.

The above rate is valid for a double Wharfedale bedroom, available Sunday to Thursday nights inclusive. The beauty therapy treatments are available Monday to Thursday. The Spa Break rate is valid until 31st March 2009, subject to availability. Please note Nidderdale, Littondale and Bishopdale category bedrooms are available at a supplement.

To book, please call reservations on 01756 718111 or res@devonshirehotels.co.uk

For your information

Upon arrival you will be asked to complete a consultation form. If you have any health concerns please check at the time of booking to ensure your chosen treatment is suitable.

Please book well in advance to avoid disappointment and in the event that you need to cancel please give us 48 hours notice.

If cancelled with less than 48 hours notice a 50 % cancellation charge will be made.

01756 718142



The Devonshire Health Spa

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