



# Warner Leisure Hotels

Nidd Hall Hotel, Nidd, Harrogate, North Yorkshire, HG3 3BN  
Salon 01423 771166 • Hotel 01423 771598

**Opening Times**  
Mon, Wed & Thu 9am – 7pm • Tue, Fri, Sat & Sun 9am – 5.30pm  
Open Sundays & Bank Holidays  
Please enquire for late night opening times

NHNOV10



NIDD HALL  
★★★★

# HEALTH & BEAUTY TREATMENTS



# RELAXING NEAR THE ROMANTIC MOORS

Some locations simply sum up the words opulence, relaxation and invigoration, conjuring up images of class as soon as you see them. These same locations ask you to step in, indulge your senses and forget about the strains of everyday life.

Nidd Hall, with its beautiful architecture, delicious dining and pampering treatments, is one of these locations.

## GIFTS FOR SOMEONE SPECIAL

Gift Vouchers are the perfect gift for a thank you, birthday or anniversary present, a special gift for someone or just because!

They come in £5, £10 and £20 denominations and are valid for 12 months from the date of purchase. They can be redeemed against treatments and beauty products. Beautiful gifts from Decléor, Jessica and bareMinerals are available. A large selection of gift ideas for any occasion.

DECLÉOR  
PARIS

JESSICA

bareMinerals

## PRESTIGE PAMPERING

At Nidd Hall we offer an excellent range of indulgent treatments to suit everyone, but we have built up a reputation for providing an outstanding 'Experience Beauty' package – perfect for giving yourself or your loved one a treat.

EXPERIENCE BEAUTY (1hr 30mins) £75

Aroma Time Precious Facial, Aromassage – *For the Back* & Mini Manicure

BLISSFUL SPA DAY (2hrs 30mins) £143

Classic Facial, Aromassage – *For the Back*, Deluxe Manicure or Pedicure

TURN BACK TIME (1hr 30mins) £90

Eyes become clearer, fine lines and wrinkles smoothed, shadows and puffiness eased.

EXPERIENCE RELAXATION (2hrs 30mins) £122

Classic Facial, Tranquillity Scalp Massage, Aromassage – *Full Body* & Light Lunch

ESSENTIAL TIME OUT FOR MEN (1hr 45mins) £80

Cleansing Facial Treatment & Cleansing Back Treatment

All of our packages include full use of the leisure facilities, complimentary bath robes, slippers, towels and a light lunch.

We can also tailor-make a variety of packages just for you.



# FACE TREATMENTS

Spoil your skin with one of these fabulous facials, guaranteed to leave your skin feeling refreshed, radiant and reinvigorated – the perfect antidote to the rigours of everyday life.

CLASSIC FACIAL (1hr) £52

This multi-active 100% natural treatment is tailored to every skin type. Your therapist selects products to rebalance your skin's concerns. At the heart of this treatment is a 100% natural mask that has a truly unique and surprising texture, with linseed, wheatgerm and sunflower.

AROMA EXPERT FACIALS (1hr 15mins) £62

Looking for a treatment with high-precision action? These targeted treatments provide an expert response to the needs of all skin types. Even the most demanding skin is satisfied. Every Aroma Expert treatment offers a concentrate of highly targeted essential oils and plant extracts.

AROMA TIME PRECIOUS FACIAL (30mins) £37

Enjoy all the benefits of one of the most powerful ingredients, essential oils. This introductory facial is perfect when time is of the essence and the skin needs a boost of radiance.

RE-VITAL EYES (45mins) £41

Eyes become clearer, fine lines and puffiness eased.

DECLÉOR  
PARIS



## CHOOSE A TREATMENT TO SUIT YOU...



Dehydrated/  
normal skin

### Essential

This precision treatment provides an instant and long term response for thirsty skin.



Combination/  
normal skin

### Purify

An intensive balancing treatment for oily or combination skin.



Dry skin

### Nourish

A deep nourishing treatment to replenish lost moisture and reinforce the skin's barrier function.



Sensitive skin

### Soothe

A wonderful calming treatment to comfort sensitive skin.



Dull skin with  
pigmentation

### Radiance

An intensive facial rich in Vitamin C to brighten the entire complexion.



Mature skin

### Lift

Designed to combat the first visible signs of ageing. Choose from these three treatments:

**Evidence** Designed to combat the first visible signs of ageing, this revitalising treatment restores radiance and softens the appearance of expression lines.

**Experience** The ultimate holistic answer to facial firming and lifting to enhance the youthful appearance of rejuvenated skin.

**Excellence – Age Defying Facial** This incredible treatment restores facial volume with innovative "lipo-filling" technology. Wrinkles appear to be plumped from within, leaving the skin visibly glowing and feeling firmer.

# BODY TREATMENTS

Relax as our experienced team ease away your stresses and strains with one of our indulgent body massages. Whether you choose a back, neck and shoulder massage or the full body treatment, you'll feel truly pampered afterwards.

FULL BODY AND FACE (1hr 20mins) £69

FULL BODY (1hr) £56

BACK MASSAGE OR LOCALISED AREA (30mins) £37

AROMA BODY SILK GLISTENER (45mins) £41

Radiant, bright and petal soft – your skin will glisten with health and vitality after this natural exfoliation treatment. Perfectly prepared for any occasion, this is the ultimate skin enhancer.

AROMA BODY COCOON (1hr 15mins) £56

Deeply relaxing and warming envelopment to leave you feeling wonderfully replenished and with skin soft, smooth and refreshed.

**Relaxing Lavender & Orange Blossom**  
A sumptuous creamy mask is smoothed over the body to leave soft and silky skin.

**Energising Lemon & Peppermint**  
A refreshing treatment to stimulate circulation and invigorate.

**Refining Grapefruit & Geranium**  
Marine algae rich in minerals break down fatty deposits, drain toxins and excess water.

**Firming Frankincense & Rose**  
Increases skin's radiance with a unique blend of toning, firming and anti-ageing ingredients.

## CHOOSE A TREATMENT TO SUIT YOU...

**Flow** - To energise your body  
A refreshing and energising treatment to eliminate toxins and remove excess fluid.

**Relax** - To soothe your body  
After a gentle exfoliation, warm aromatic balm is smoothed over the body followed by a sumptuous mask leaving soft and silky skin.

**Detox** - To refine your body  
Essential oils and marine algae rich in minerals break down fatty deposits, drain toxins and eliminate excess water retention.

**Tonic** - To firm your body  
Instantly increases skin's radiance with a unique blend of toning, firming and anti-ageing ingredients.

TRANQUILLITY SCALP MASSAGE (30mins) £37

Drift into a deep relaxation with this sublimely calming massage. All traces of tension are gently eased from scalp, décolleté, neck and shoulders, and the soothing essential oils enhance the calming experience.

PERFECT FIRMING TREATMENT (45mins) £41

Perfect for the bust, stomach or any localised area in need of firming. Zesty butter with extracts of lemon and mango will tone, strengthen and condition slack skin and also skin suffering from stretch marks.

INTENSIVE LEG & FOOT RELIEF (40mins) £48

Therapeutic massage which relieves water retention and stimulates circulation using the natural powers of peppermint, eucalyptus and arnica.

HEAVENLY HAND OR FOOT TREATMENT (25mins) £31

A perfectly relaxing ritual to add on to any Facial or Body treatment.



# NAIL TREATMENTS

Give your hands and feet the attention they deserve!

HAND TREATMENT (30mins) £16

Your hands will be silkier, smoother and firmer with this complete exfoliating and conditioning hand treatment.

PRESCRIPTIVE MANICURE (1hr) £29

Your nails will be analysed and treated for their specific nail type. The Manicure will include exfoliation, massage and cuticle care. Your nails will be beautifully shaped and treated with a prescriptive basecoat finishing with a perfect polish.

DELUXE MANICURE WITH THERMAL HEATED MITTS (1hr 30mins) £34

The Jessica Prescriptive Manicure with the luxurious added benefit of Thermal Heated Mittens for deeper penetration of the oils and creams and excellent for increasing circulation and relieving stiff and painful joints.

FRENCH MANICURE (1hr) £29

TIME PRECIOUS MANICURE (30mins) £19

Your nails are beautifully shaped and treated with a prescriptive basecoat and perfectly polished.

ZENSPA PEDICURE (1hr) £30

Choose between Energising Ginger, Calming Green Tea or Revitalising Citrus for this luxury foot and leg treatment. Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.

ZENSPA PEDICURE DELUXE (1hr 15mins) £38

The ZenSpa pedicure with the luxurious added benefit of Thermal Heated Booties for deeper penetration of the oils and creams, excellent for increasing circulation and relieving stiff and painful joints.

JUST FOR HIM MANICURE (30mins) £24

JUST FOR HIM PEDICURE (45mins) £26

# GEL NAILS

With the health of the natural nail in mind, this gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail.

SCULPTED MANICURE (1hr 30mins) £60

Includes hand exfoliation, massage and cuticle care with a full set of sculpted nails finished with gel polish.

SCULPTED NAILS (10mins per nail) per nail £8

DELUXE GEL OVERLAY MANICURE (45mins) £45

Includes hand exfoliation, massage, cuticle care and nail shape, finished with gel polish.

GEL NAIL SHAPE AND POLISH (35mins) £35

Nails are filed, shaped and finished with gel polish.

REFRESH MANICURE WITH CLEAR GEL (20mins) £20

A clear gel is applied over your existing manicure. Hands are massaged and cuticles conditioned.

REFRESH MANICURE WITH COLOURED GEL (30mins) £25

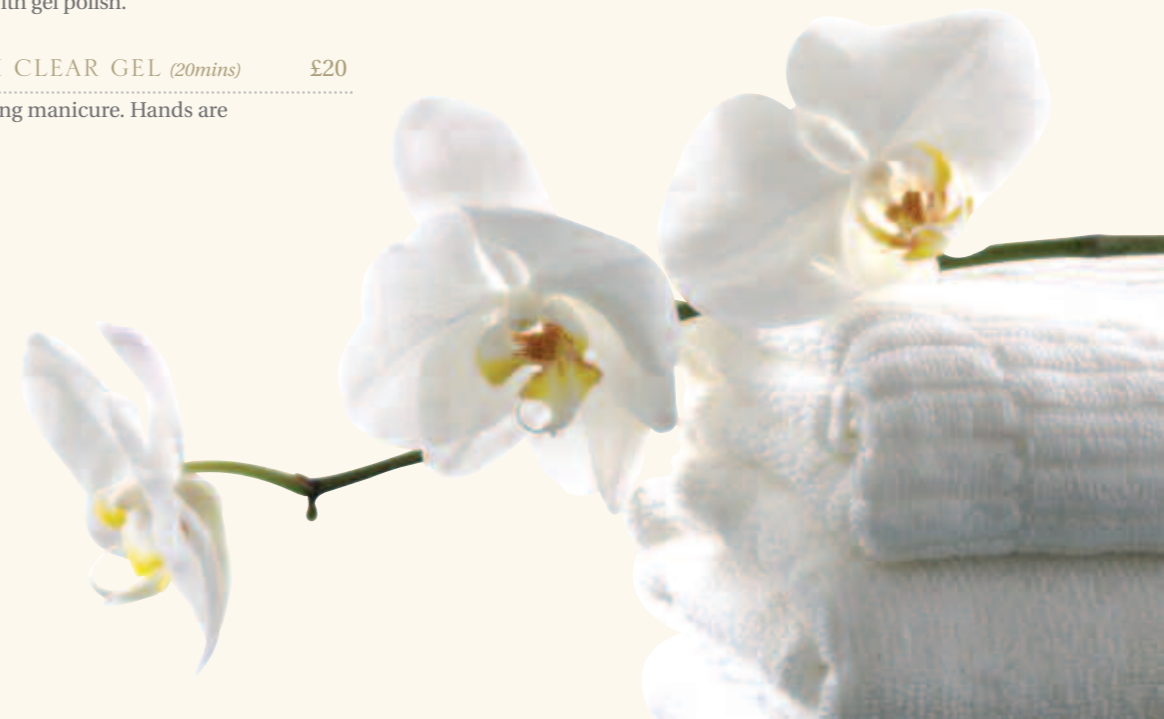
As above and including a coat of your existing gel polish to make your manicure last even longer.

ZENSPA PEDICURE AND GEL NAILS (1hr) £55

Choose from either Calming Green Tea, Energising Ginger or Revitalising Citrus for this luxurious foot and leg treatment. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toenails are shaped and finished with gel polish.

EXISTING GEL REMOVAL (15mins) £4

Removal of existing gels before a manicure or pedicure.



# NIDD HALL SIGNATURE TREATMENTS

Discover a whole range of extra body treatments, from massages to makeovers...

## SUMPTUOUS MOTHER TO BE TREATMENT (1hr 30mins) £55

Let us take complete care of your skin throughout your pregnancy and for the first few months as a new mum. This nurturing treatment will help to preserve the tone of your skin. Reduce the risk of stretch marks, lighten your legs and brighten your complexion to ensure you look as radiant as you feel.

## SUNRISE SELF-TANNING TREATMENT (1hr 30mins) £55

An exquisite face and body skin preparation, using Atlantic Sea salt and calendula petals, which leaves your skin gently exfoliated and silky soft to the touch. This natural application of self-tan will leave you ready for any occasion.

## EXPRESS SELF-TANNING TREATMENT (45mins) £39

Exfoliation and application of Decléor self-tan.

## SUNSET TREATMENT (1hr 30mins) £55

Created to replenish and soothe sun-exposed skin from top-to-toe. This unique treatment will prolong your tan, prevent peeling and saturate your skin with a much-needed moisture boost.

## VERTICAL TANNING (3mins) £2.75 (6mins) £4.75 (9mins) £6.75

New 1600w stand up sun bed.

## REFLEXOLOGY (1hr) £40

An acupressure therapy focusing on hands and feet which promotes healing and detoxing to restore harmony in the body.

## HOT STONE MASSAGE

An intense massage with hot basalt stones which helps you relax and soothes away those aches and pains.

Back & Neck or Legs (30mins) £40

Full Body (1hr) £55

## SPORTS MASSAGE

An effective therapy for releasing muscle tension. Received regularly, this helps to prevent and restore function after injury.

Back (30mins) £40

Full Body (1hr) £55

## PHYSIOTHERAPY (45mins) Available upon request £40

The aim of physiotherapy is to restore proper function to the body. As well as treating a specific injury or illness, physiotherapy also teaches you how to manage your condition more effectively.

## REIKI

A unique healing technique, which releases blocked energies promoting healing, relaxation and well-being.

Full session (1hr) £35

Taster session (30mins) £15

# EYE TREATMENTS

Eyebrow Shape (20mins) £15 Eyelash & Eyebrow Tint\* £19

Eyelash Tint\* (15mins) £13 (30mins)

Eyebrow Tint\* (15mins) £15

\*Patch test is required 24 hours before these treatments.

# WAXING

Full Leg (45mins) £27 Chin (15mins) £9

Half Leg (30mins) £17 Lip & Chin (30mins) £14

Bikini (15mins) £12 Eyebrow (15mins) £12

Full Leg & Bikini (1hr) £29 Just for Him

Half Leg & Bikini (45mins) £23 Back Wax (30mins) £17

Underarm (15mins) £10 Just for Him

Lip (15mins) £9 Chest Wax (45mins) £17



# JUST FOR HIM

It's not just the ladies who need spoiling with a bit of me-time – this exclusive range of relaxing treatments is for men only!

## EXPRESS CLEANSING (1hr) £52

This holistic treatment is essential for improving the skin's tone and appearance. Incorporating the relaxing back diagnostic massage, it offers deep cleansing and exfoliation and combats daily aggressions such as shaving. It includes the application of 'Le Soin' aromatic products and our exclusive multi-vitamin mask to hydrate and revitalise the skin, leaving the complexion refined and totally refreshed.

## DEEPLY ENERGISING (1hr 15mins) £62

More than just a facial, this tension-relieving aromatherapy treatment can be individually tailored to meet the needs of all skin types. Combines a unique massage to the back, face and shoulders with the specialised, high performance 'Le Soin' products and application of specific face masks selected to suit your personal skincare needs. The complexion is bright, supple and energised, and the results are immediately noticeable.

## CLEANSING BACK TREATMENT (45mins) £41

The back is often a neglected area, this complete treatment acts like a facial. A unique diagnostic massage combined with deep cleansing, purifying and balancing essential oils will decongest, hydrate and restore clarity, leaving the skin clearer, brighter and healthier.

## BODY AROMASSAGE (30mins) £37 (1hr) £52

Every bit of tension is eased from your body with this heavenly massage. Your skin is treated to the incredibly soothing sensation of a warm aromatic balm selected to suit your needs while the expert touch of your therapist's hands melt away stresses and ease tense and tired muscles to leave your body with renewed energy.

## BACK, NECK & SHOULDER MASSAGE (30mins) £37

A deeply relaxing massage treatment to de-stress, release built-in tension and coax skin into better condition. Pure aromatic balms diffuse their relaxing, stimulating, detoxifying or toning benefits deep into your skin, while expert massage techniques soothe away muscular tension and stiffness.

## INTENSIVE ENERGISING BODY TREATMENT (1hr) £52

Renew your body with this skin-reviving treatment. A complete body exfoliation with ultra-effective sea salt removes all traces of surface dead skin cells. Pure essential oils and Japanese hot towels then soothe tension from the back, neck and shoulders. Your skin is moisturised from top-to-toe for a complete sense of well-being.

## EXPRESS ENERGY (25mins) £37

An express face treatment to refresh and energise.

DECLÉOR  
PARIS



# USING OUR BEAUTY SALON

Please read the information below carefully:

## GIFT VOUCHERS

Gift Vouchers are available and they are a perfect gift for someone special. They are ideal for a thank you, birthday or anniversary present, a special gift for someone or just because! They come in £5, £10 and £20 denominations and are valid for 12 months from the date of purchase. They can be redeemed against treatments and beauty products.

## GIFTS

Beautiful gifts from Decléor, Jessica and bareMinerals are available. A large selection of gift ideas for any occasion.

## CONTRAINDICATIONS

Contraindications are listed below. If you suffer from any of the following conditions then you must inform us at the time of booking and bring a doctor's note to your treatment so that we can evaluate if the treatment can be carried out. If it can't then we will endeavour to find you another, more suitable, treatment. Please inform us if you require a downstairs room.

- Heart Conditions • Cancer • Epilepsy • Strokes • Diabetes • Skin Disorders/Diseases • Thyroid Conditions or Allergies (food and product)
- Taking Medication • Under a Doctor's Supervision

## CANCELLATION POLICY

24 hours' cancellation is required for all the treatment bookings, otherwise the total amount of your treatment(s) will be charged in full.

## ARRIVING FOR YOUR TREATMENT

Arrive at least 15 minutes prior to your treatment to ensure that you can prepare and relax for your treatment. If you do arrive late for your treatment then we regret that your treatment time will be reduced with no reduction in price.

## CONSULTATION

All times shown are appointment times which include a consultation as well as the treatment.

## PATCH TEST

A patch test is required 24 hours before an eyelash or eyebrow tint.

## COURSES

Courses are available; if you purchase five identical treatments at one time then you receive the sixth free. This is ideal if you want a specific result, such as slimming, as you will get the best results from the treatment at a lowered overall price!

