



FORMBY HALL

GOLF RESORT & SPA

THE SPA



START YOUR JOURNEY TO INNER CALM

A relaxing haven away from the rigours of daily life. Formby Hall is perfect for tranquil spa days, overnight spa breaks and those special individual spa treatments.

An experience of relaxation and luxury designed just for you

ESPA

ESPA treatments are guided by a holistic philosophy, caring for your whole wellbeing. Working with biochemists, skin experts and aromatherapists, they took the knowledge from traditional holistic therapies and combined this with the scientific power of the purest natural ingredients from around the world, developing a range of natural products and tailored treatments to achieve beautiful skin and inner calm.

A more balanced and vibrant you awaits



ESPA MASSAGE

ESPA INNER CALM MASSAGE £70

55 MINUTE TREATMENT

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored. Includes: Full body aromatherapy massage.

ESPA HOT STONE MASSAGE £80

55 MINUTE TREATMENT

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated. Includes: Full body aromatherapy massage with hot stones.

ESPA SWEDISH MASSAGE £70 (P)

55 MINUTE TREATMENT

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe. Includes: Full body Swedish massage.

ESPA DEEP MUSCLE MASSAGE £80

55 MINUTE TREATMENT

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised. Includes: Targeted massage, focussing on areas of concern.

ESPA MUSCLE REVIVER £55

40 MINUTE TREATMENT

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored. Includes: Back massage – facial massage – scalp massage.

ESPA BACK, NECK & SHOULDER MASSAGE £45 (P)

25 MINUTE TREATMENT

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind. Includes: Massage to the back, neck and shoulders.

INVIGORATING FOOT TREATMENT £45

25 MINUTE TREATMENT

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes: A refreshing exfoliation – deeply therapeutic lower leg and foot massage.

(P) Pregnancy safe treatments

ESPA FACIALS

ESPA ACTIVE NUTRIENTS GLOW FACIAL £75 (P)

55 MINUTE TREATMENT

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glows with vitality. Dull, lethargic complexions are brightened, massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity. Includes: Skin analysis with Skin Vision™ lamp – cleanse & exfoliation.

ESPA INSTANT RADIANCE FACIAL £75 (P)

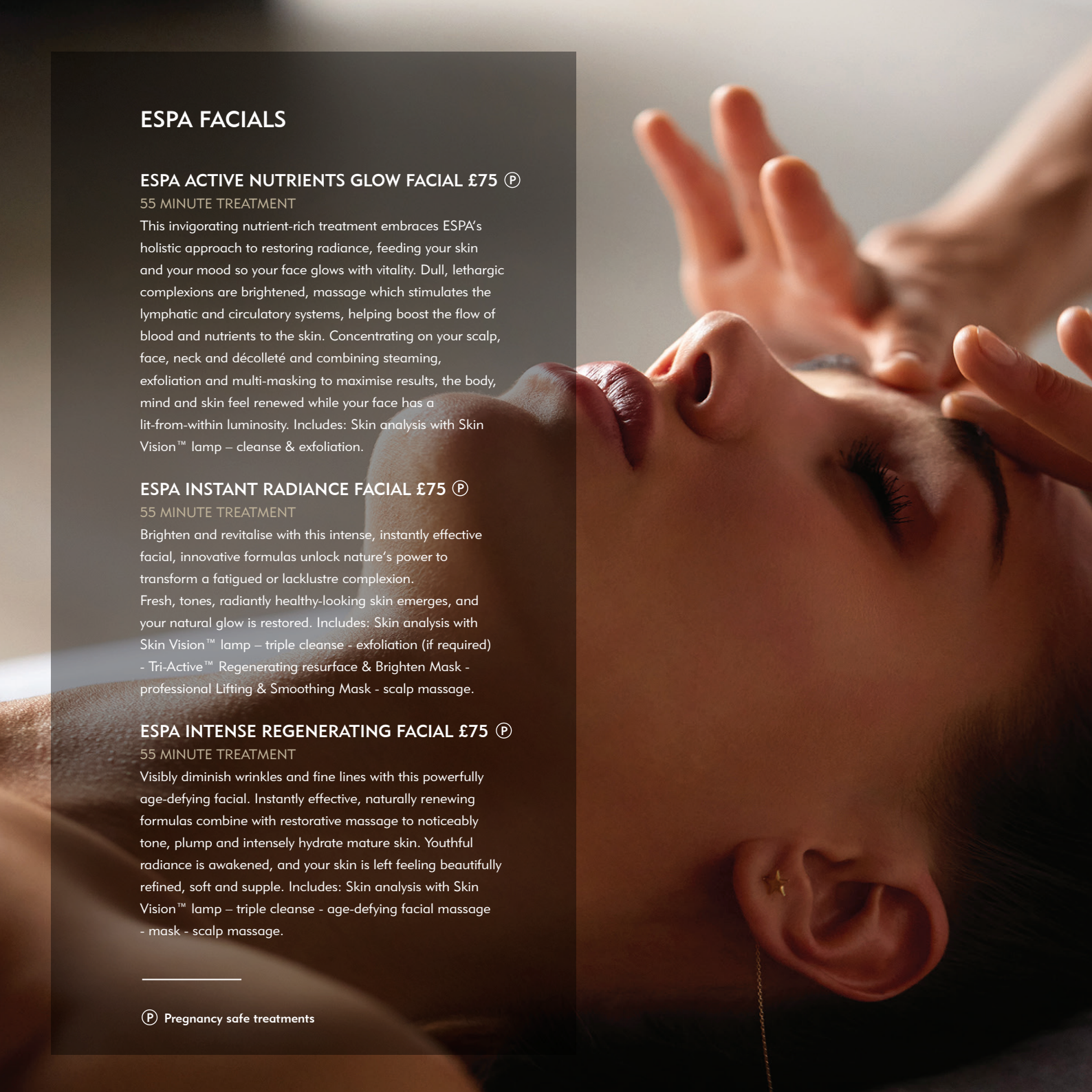
55 MINUTE TREATMENT

Brighten and revitalise with this intense, instantly effective facial, innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, tones, radiantly healthy-looking skin emerges, and your natural glow is restored. Includes: Skin analysis with Skin Vision™ lamp – triple cleanse - exfoliation (if required) - Tri-Active™ Regenerating resurface & Brighten Mask - professional Lifting & Smoothing Mask - scalp massage.

ESPA INTENSE REGENERATING FACIAL £75 (P)

55 MINUTE TREATMENT

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened, and your skin is left feeling beautifully refined, soft and supple. Includes: Skin analysis with Skin Vision™ lamp – triple cleanse - age-defying facial massage - mask - scalp massage.





ESPA BODY TREATMENTS

ESPA SALT AND OIL SCRUB £45

25 MINUTE TREATMENT

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

ESPA BODY WRAP £75

60 MINUTE TREATMENT

Purify your body and deeply replenish your skin with personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner clam. Includes: Skin brush – body exfoliation – algae or mud wrap – scalp massage.

ESPA DEEP CLEANSING BACK TREATMENT £85

55 MINUTE TREATMENT

A tension releasing massage for tight muscles and congested skin on the back, neck and shoulders. The back is deep cleansed and exfoliated to help stimulate circulation and refresh the skin. A marine mask is then smoothed onto the back to remove impurities; lowers legs and feet receive a deeply relaxing massage while the mask takes effect. Finally soothe away tension from the back with a calming back massage.

ESPA BACK, FACE AND SCALP TREATMENT HOT STONES £130 WITHOUT HOT STONES £90

90 MINUTE TREATMENT

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant. Includes: Back exfoliation – back massage with or without hot stones – inner beauty facial – scalp.



GROUND

Ground have developed treatments and products that address anxiety, insomnia, hormone fluctuations, burnout, gut health & cancer care. Their mission is to encourage us all to slow down and connect inwards in order to achieve longevity through purposeful self-care and education. Creating a fluid path to transformative experiences and intuitive self-care

————— *Completes your sensory journey*

GROUND RITUALS AND TREATMENTS

THE GROUNDING RITUAL

60 MIN FULL BODY MASSAGE - £80

90 MIN ADDITION OF FACE & SCALP - £119

Soothing Mental Anxiety & Stress

This specialist massage treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align leaving you feeling replenished and grounded in your body. Includes: Full body massage.

THE BALANCING RITUAL

90 MIN FULL BODY, FACE, NECK AND SCALP - £119

120 MIN ADDITION OF BALANCING BODY POLISH - £159

Empowering through Menopause

Designed with women in mind, this hands-on approach to wellbeing is truly holistic helping to soothe the body during hormone fluctuations. Includes: Full Body, Face, Neck, Décolleté and Scalp.

THE CLEANSING RITUAL

90 MIN – BACK, FACE ABDOMEN & FEET - £119

120 MIN ADDITION OF UPLIFTING BODY POLISH - £159

To Encourage Gut Harmony

With the intention to move our system into the state of rest and digest, this abdominal massage treatment helps encourage our gut to connect deeply into our body. Includes: Back, Face, Abdomen & Feet Massage.


THE COMFORTING RITUAL [Ⓟ]

60 MIN FULL BODY - £80

90 MIN ADDITION OF FACE & SCALP - £119

Relief for the 2nd or 3rd Trimester

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting ritual. Includes: Full Body Massage.



Escape the everyday and step into a world of tranquility at Formby Hall's spa. Take time for yourself, unwind in our thermal suites, and enjoy the calming ambiance that makes Formby Hall a haven of relaxation.

SPA DAYS

All of the following Spa Days include robes, slippers & towels, 2 hours access to our Spa facilities, Thermal Heaven experience and Traditional Afternoon Tea in the Fairway Grill.

A DAY OF GROUNDING £159 per person (£179 Sat-Sun)

A day designed to leave you feeling replenished and grounded in your body. Relax in our Spa and enjoy one of the following 90 minute Ground rituals: The Grounding Ritual. The Balancing Ritual. The Cleansing Ritual. The Comforting Ritual.

SIGNATURE SPA DAY £134 per person (£154 Sat-Sun)

Immerse yourself in relaxation with a soothing ESPA treatment. A choice of one 55-minute ESPA treatment from the following: ESPA Hot Stones Massage. ESPA Inner Calm Massage. ESPA Deep Muscle Massage. ESPA Body Wrap. ESPA Instant Radiance Facial. ESPA Glow Facial.

REST & RECOVER £99 per person (£119 Sat-Sun)

Relax and unwind with our Rest & Recover Spa Day and choose from one of the following 25-minute treatments: ESPA Express Facial, ESPA Essential Tension Massage, ESPA Oriental Head, Neck and Shoulder Massage, ESPA Full Body Exfoliation, ESPA Lighter Legs Treatment, ESPA Express Facial, ESPA Essential Tension Massage, ESPA Oriental Head, Neck and Shoulder Massage, ESPA Full Body Exfoliation, ESPA Lighter Legs Treatment.

PURE BLISS £119 per person (£139 Sat-Sun)

Your Pure Bliss Spa Day will leave you glowing with happiness. Relax in our sumptuous spa and choose from one of the following luxurious 2 x 25 minute treatments: ESPA Express Facial, ESPA Essential Tension Massage, ESPA Oriental Head, Neck and Shoulder Massage, ESPA Full Body Exfoliation, ESPA Lighter Legs Treatment.

A DAY OF PEACE £310 per couple (£350 Sat-Sun)

The perfect spa day for two. Relax and enjoy the Formby Hall luxury spa and the following treatments: ESPA Skin Solutions Facial - 25 minutes, Full Body Massage - 55 minutes, Atlas Rasul – skin enriching mud steam room - 40 minutes.

MIND & BODY RETREAT £195 per person (£215 Sat-Sun)

Our ultimate Spa Day especially created for those guests who want to truly indulge their senses to leave feeling rebalanced and rejuvenated. Relax and enjoy the outstanding facilities of the Formby Hall luxury spa and benefit from the following treatments: ESPA Salt and Oil Scrub - 25 minutes, ESPA Aromatherapy Massage - 55 minutes, ESPA Skin Solutions Facial - 25 minutes, Atlas Rasul – skin enriching mud steam room - 40 minutes.



ATLAS RASUL EXPERIENCE

£25 PER PERSON

40 MINUTE TREATMENT

Enter our private Rasul Chamber and leave feeling silky smooth, relaxed and radiant. Your journey starts with a self-applying, scented salt & oil body scrub. This deeply detoxifies the skin, leaving you refreshed and ready for your seasonally scented mud application. Once you have applied the mud all over the body, the gentle steam begins, opening up the pores, allowing the minerals to work their magic. The combination of mud and steam is deeply cleansing, nourishing and designed to leave you glowing from head to toe.

SPA BREAKS

REST AND RECOVER SPA BREAK from £239

Step into a haven of wellness with our Rest and Recover Spa Break. Indulge in delicious food, escape with luxurious accommodation and rejuvenate from head to toe with a signature ESPA treatment. A deeply relaxing spa experience that will leave you feeling tranquil, reconnected and restored. Choose one 25-minute ESPA treatments from the following: ESPA Express Facial. ESPA Essential Tension Massage. ESPA Oriental Head, Neck and Should Massage. ESPA Full Body Exfoliation. ESPA Light Legs Treatment.

PURE BLISS SPA BREAK from £274

Embark on a journey of complete rejuvenation with our Pure Bliss Spa Break. Sink into pure relaxation with luxurious accommodation, delicious dining and a spa treatment designed to reveal your natural glow. A relaxing and tranquil spa experience that is guaranteed to surface your inner calm and leave you feeling completely restored. Choose two 25-minute ESPA treatments from the following*: ESPA Express Facial. ESPA Essential Tension Massage. ESPA Oriental Head, Neck and Should Massage. ESPA Full Body Exfoliation. ESPA Light Legs Treatment.

TWO NIGHT SPA ESCAPE from £499

Escape the stresses and strains of everyday life with our Two Night Spa Escape. Our luxury accommodation, fine dining and award winning spa provides the perfect wellness experience for couples, individuals or friends looking for a chance to reconnect, relax and recharge. A calming retreat that is guaranteed to leave you feeling replenished from the inside out. Choose three 25-minute ESPA treatment each from the following: ESPA Express Facial. ESPA Essential Tension Massage. ESPA Oriental Head, Neck and Should Massage. ESPA Full Body Exfoliation. ESPA Light Legs Treatment

Let your stresses melt away from the moment you arrive. We have a whole range of indulgent spa breaks that include spoiling treatments that will leave you glowing both inside and out.



HOW TO SPA

As we want you to make the most of your me-time and enjoy your visit to the Formby Hall Spa, we have set out below some helpful tips and advice on how to get the best out of your spa experience.

DRESS

Always bring a swimming costume or even two if you would like a dry one to change into, and we will provide a towel, robe and slippers. If you are staying in the hotel and would like to use the facilities prior to checking in at 3pm we advise that you bring a bag for the spa along with your overnight bag which we can safely store for you. Don't forget we also have an excellent gym and an extensive class exercise programme if you wish to bring your gym kit and your trainers. Alternatively, like many of our guests, bring along a good book to lose yourself in.

TREATMENTS

We would advise that you arrive at least 30 minutes prior to your first Spa treatment to allow sufficient time to check in, change and familiarise yourself with the Spa. As a courtesy to all our guests we do operate a prompt appointment schedule. A late arrival may mean that your treatment time is reduced.

CONSULTATIONS

All of our treatment times include a full consultation lasting 5 minutes. As we want you to have the best possible experience.

AGE

The minimum age requirement to have spa treatments and use our spa, poolside and thermal experiences is 16 years old. (Children's swim times in the pool are from 9am - 10am and 4pm - 5pm.)

IF YOU ARE PREGNANT OR SUFFERING OR RECOVERING FROM CANCER

It is especially important that you let us know in advance of your stay if you are or may be pregnant, or if you are suffering or recovering from cancer, so that we can advise on what facilities are safe to use.

CANCELLATION POLICY

For treatments from our Treatment Menu, full pre-payment is taken at the time of booking to secure your appointment. 48 hours' notice is required to re-schedule an appointment and transfer your deposit. Please Note - some of our spa packages require full payment at the time of booking. These bookings are normally non-transferrable and non-refundable. Please see package Terms & Conditions.

SPA ETIQUETTE

Our ethos is relaxation and calm. Please do not allow the use of your phone or other device to negatively impact on the relaxation of other spa users. We also kindly ask that the heat treatment rooms, treatment corridor and relaxation lounge are treated as 'whisper zones'.

DOUBLE TREATMENT ROOMS

Our double treatment rooms are ideal for couples or friends to share their treatment time together. Please request these rooms on booking.

ADDITIONAL TREATMENTS

Please book additional treatments prior to arrival at the Spa to avoid disappointment.

SPA QUESTIONNAIRES

Regular spa use can be extremely beneficial to your health, but it is important that you highlight any health conditions, allergies, medication or injuries that may affect your choice of Spa treatment or exercise options when making your reservation. You will be asked on arrival to complete a questionnaire on your health and lifestyle so that we can give you the best and safest possible experience.

DIETARY REQUIREMENTS

Please let us know before your arrival if you have any special dietary requirements as we will do everything possible to accommodate your requests.

OPENING HOURS

Sunday - Monday 10:00am - 5:30pm

We reserve the right to withdraw from use, any facility for essential maintenance at anytime. Upon arrival at Formby Hall Golf Resort & Spa, please make your way to either the Spa or Resort Reception (dependant on your treatment/package) where one of our friendly team will be there to welcome you. We want you to thoroughly enjoy your time at the Spa and if there is anything we can do to support this please contact us prior to your visit or speak to a member of the team on the day.