



ROMANS

at Sketchley Grange Hotel & Spa

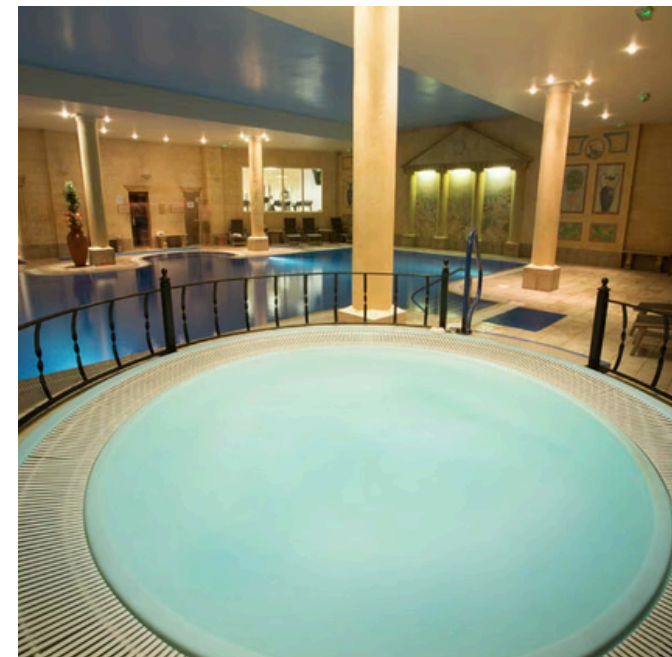
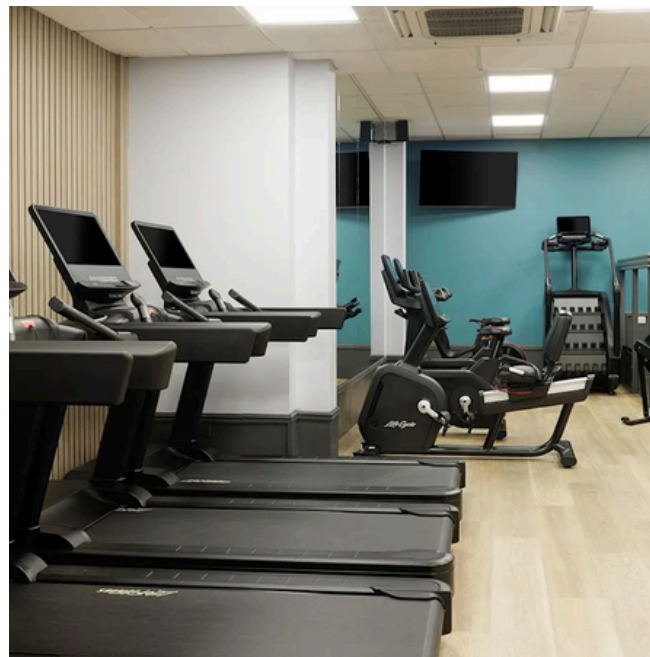
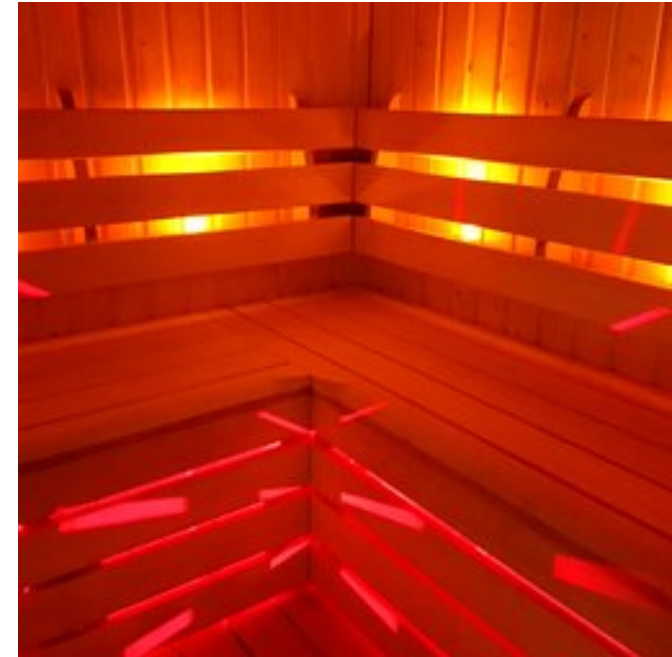
SPA BROCHURE

The Spa

The Spa at Romans Leisure Club, Sketchley Grange Hotel offers the perfect retreat to unwind, leave everyday stresses behind, and focus on your wellbeing.

Our skilled therapists are committed to helping you feel fully refreshed, ensuring a truly relaxing and rejuvenating experience. From soothing hot stone massages to indulgent facials, each treatment is designed to deliver pure relaxation and bliss.

Our spa and leisure facilities feature a 17m indoor swimming pool, a fully equipped gym, a whirlpool, sauna, and steam room for your complete enjoyment.





BEGIN YOUR JOURNEY TO

Inner Calm

A relaxing retreat from the demands of everyday life, Sketchley Grange is the perfect destination for peaceful spa days, indulgent overnight breaks, and personalised treatments designed just for you.



elemental herbology

At Romans Leisure Club & Spa, we are proud to partner with Elemental Herbology, a multi-award-winning natural spa brand dedicated to community, culture, and sustainability. Together, we bring you a fresh, results-driven approach to holistic wellbeing.

Elemental Herbology blends innovative skincare with advanced spa therapies to create immersive wellness experiences. With a focus on balance and lifestyle, each product is ethically crafted, eco-conscious, and enriched with luxurious textures and exquisite aromatherapy blends - awakening the senses while nurturing the skin.

At the heart of the brand lies the Five Element Theory -Wood, Fire, Earth, Metal, and Water. These elements influence our physical, emotional, and mental wellbeing. Modern life can disrupt this natural harmony, leaving us feeling out of balance.

During your spa journey, our expert therapists will help you discover your unique elemental balance. Through personalised treatments, carefully selected products, and therapeutic aromas, we work to restore harmony, leaving you feeling renewed, rebalanced, and deeply relaxed.



← book your
experience today



Elemental Herbology is more than *skincare*
it's a complete wellbeing *experience*



Wood

The Wood element is most predominant during the season of spring and represents new beginnings, growth and development. The Wood dominant character is drawn to new possibilities; they are often determined, seek out challenges and do well under pressure, but when out of balance, they can become irritable and frustrated and can suffer from headaches and tight, aching muscles.



HO-LEAF AND ROSEMARY MUSCLE MELT MASSAGE

50 MIN

Monday - Thursday: £70

Friday - Sunday: £80

85 MIN

Monday - Thursday: £85

Friday - Sunday: £95

Combining the stimulating and warming essential oils of ho-leaf, lemongrass, nutmeg and rosemary with deep massage, this targeted treatment will help to unravel tension in sore, tight muscles and will encourage post-workout muscle recovery. Incorporating hot stones and a warm steam towel to the back, this treatment is highly recommended for anyone suffering from chronic stress or deep-seated tension.



Fire

The Fire element is most predominant during the season of early summer and represents power and transformation. The Fire dominant character is energetic, charismatic, sociable and approaches life with an infectious enthusiasm. They make great leaders because of their ability to “fire up” other people, but exert a lot of mental energy, and when out of balance, they can become impatient and hyperactive, leading to them feeling mentally exhausted.



FIRE ZEST AROMA MASSAGE

50 MIN

Monday - Thursday: £70

Friday - Sunday: £80

85 MIN

Monday - Thursday: £85

Friday - Sunday: £95

This treatment combines the energising Zest Body Oil blend with warm steam towels, heated stones and a skilful blend of eastern and western massage techniques to deliver the ultimate massage experience. Featuring acupressure points to help balance the Fire element, you will leave feeling relaxed yet energised, and with greater mental clarity.



Earth

The Earth element is most predominant during the season of late summer and represents stability but also transition and continuity. The Earth dominant character is considered to be nurturing, grounded and reliable. When out of balance, they can often worry unnecessarily and can feel emotionally depleted, due to giving too much of themselves to others.



THAI-QI FLOW MASSAGE

50 MIN

Monday - Thursday: £120

Friday - Sunday: £135

85 MIN

Monday - Thursday: £135

Friday - Sunday: £150

This therapeutic, warming and nurturing massage integrates our Harmony Body Oil blend with Thai herbal compresses, hands-on massage, acupressure techniques and stretches to help release any stagnation and restore a healthy flow of Qi energy, resulting in a more balanced body and mind. Thai-Qi Flow Massage will also aid the release of tight muscles, promoting a feeling of optimum wellbeing.



Water

The Water element is most predominant during the season of winter and represents tranquillity, creativity and imagination. The Water dominant character goes with the flow, but with a strong will to get things done. They are known for their determination and are often described as self-sufficient and quietly philosophical. They seek out solitude and tranquillity, but when out of balance they can become fearful and indecisive, which can often lead to insomnia.



WATER SOOTHE AROMA MASSAGE

50 MIN

Monday - Thursday: £70

Friday - Sunday: £80

85 MIN

Monday - Thursday: £85

Friday - Sunday: £95

This treatment combines the deeply relaxing Soothe Body Oil blend with warm steam towels, heated stones and a skilful blend of eastern and western massage techniques to deliver the ultimate massage experience. Featuring acupressure points to help balance the Water element and encourage restful sleep, you will leave feeling deeply nurtured and relaxed.



Metal

The Metal element is most predominant during the season of autumn and represents the processes of separation, refinement and elimination, and in TCM, autumn is the season for eliminating impurities through detoxification. The Metal dominant character is self-disciplined, organised and methodical. Perfectionists in everything they do, they are detail-oriented and good problem solvers. When out of balance, they can feel sluggish and bloated, and their mind can feel cluttered with too many plans and ideas.

METAL LONGEVITY FACIAL

85 MIN

Monday - Thursday: £85

Friday - Sunday: £95

This intensive facial treatment combines a powerful blend of high-tech plant ingredients with targeted anti-ageing massage techniques to address the signs of physiological skin ageing such as fine lines, deeper wrinkles, loss of elasticity and lack of radiance. Acupressure massage will encourage a release of tension in the facial muscles, while a firming and hydrating mask combined with a rose quartz roller massage will leave the skin looking plump and rejuvenated.

METAL DETOX AROMA MASSAGE

50 MIN

Monday - Thursday: £70

Friday - Sunday: £80

85 MIN

Monday - Thursday: £85

Friday - Sunday: £95

This treatment combines the purifying Detox Body Oil blend with warm steam towels, heated stones and a skilful blend of eastern and western massage techniques to deliver the ultimate massage experience. Featuring acupressure points to help balance the Metal element, you will leave feeling relaxed, less sluggish and with a clearer and more focused mind.



Balance all Elements



FIVE ELEMENT AROMA BOOSTER FACIAL

25 MIN

Monday - Thursday: £40

Friday - Sunday: £49

Refresh, hydrate and illuminate your skin with a thorough cleanse, gentle exfoliation and a relaxing face, neck and décolleté massage. Maximum results in minimum time!

FIVE ELEMENT HOT STONES MASSAGE

50 MIN

Monday - Thursday: £72

Friday - Sunday: £83

Combining therapeutic essential oils with tailored massage using hot stones, this treatment can help to unravel persistent muscular tightness and discomfort. Gentle heat throughout the treatment will help to relieve stiffness, improve circulation and promote a profound sense of calm. Our Five Element Face & Body Profile will reveal your dominant element, allowing your therapist to select the most beneficial oil blend for you, ensuring a truly bespoke treatment.

PRE-NATAL WELLBEING MASSAGE

50 MIN

Monday - Thursday: £85

Friday - Sunday: £95

A treatment developed specifically to address the body's needs during pregnancy, this massage is the perfect remedy to ease any pregnancy-related aches and pains, help reduce fluid retention and promote a state of calm and relaxation.

FIVE ELEMENT AROMA FACIAL

50 MIN

Monday - Thursday: £65

Friday - Sunday: £75

Every step of this bespoke facial will be customised to your skin concerns. Our Five Element Face & Body Profile will reveal your dominant element, allowing your therapist to tailor our products to your specific needs. Skin is deeply cleansed and exfoliated, then treated to a luxurious face, neck and décolleté massage followed by a bespoke mask, leaving you with a beautiful, healthy glow.

FIVE ELEMENT AROMA MASSAGE

25 MIN

Monday - Thursday: £40

Friday - Sunday: £49

50 MIN

Monday - Thursday: £69

Friday - Sunday: £80

85 MIN

Monday - Thursday: £84

Friday - Sunday: £95

This treatment combines the use of therapeutic essential oils with warm steam towels, heated stones and a skilful blend of eastern and western massage techniques to deliver the ultimate massage experience. Our Five Element Face & Body Profile will reveal your dominant element, allowing your therapist to select the most beneficial oil blend for you, ensuring a truly bespoke treatment.

Treatment Enhancements

FIVE ELEMENT FOOT SOAK AND MASSAGE

25 MIN

Monday - Thursday: £40

Friday - Sunday: £46

Perfect for reviving tired, aching feet.

FIVE ELEMENT ACUPRESSURE SCALP MASSAGE

25 MIN

Monday - Thursday: £40

Friday - Sunday: £46

Perfect for centring the mind and releasing deep-seated tension.

FIVE ELEMENT EYELIFT

15 MIN

Monday - Sunday: £15

Perfect for hydrating and brightening the delicate eye area.



Spa Day Packages

Enjoy one of our relaxing spa day packages. You'll leave feeling destressed, relaxed and refreshed.

SIMPLY SPA

£55.00 per person, Monday - Friday

- One course light lunch in our Terrace Lounge
- Use of spa and leisure facilities from 10am-4pm
- Complimentary use of robes & towels

RETREAT AT ROMANS

£75.00 per person, Monday - Friday

£90.00 per person, Saturday & Sunday

- One course light lunch in our Terrace Lounge
- 1x 25-minute treatment
- Use of spa and leisure facilities from 10am-4pm
- Complimentary use of robes & towels

ARRIVE & REVIVE

£105.00 per person, Monday - Friday

£120.00 per person, Saturday & Sunday

- One course light lunch in our Terrace Lounge
- 2 x 25-minute treatments
- Use of spa and leisure facilities from 10am-4pm
- Complimentary use of robes & towels

AFTERNOON TEA DELIGHT

£75.00 for 2 people, Monday - Friday

- Traditional afternoon tea
- Use of spa and leisure facilities from 10am – 4pm
- Complimentary use of robes & towels

RELAX & REFRESH

£145.00 for 2 people, Monday - Friday

Your day of pure pampering will include:

- Traditional afternoon tea with fizz
- Use of spa and leisure facilities from 10am-4pm
- 50 minute treatment or 2 x 25-minute treatments
- Complimentary use of robes & towels

SEASONAL SPA

£120.00 per person, Monday - Friday

£130.00 per person, Saturday & Sunday

- Traditional afternoon tea
- Use of spa and leisure facilities from 10am-4pm
- Bespoke, seasonal 50 minute treatment
- Complimentary use of robes, towels & slippers



Overnight Spa Packages

Indulge in one of our luxurious overnight spa packages and unwind in complete comfort. Enjoy a truly restorative escape, leaving you feeling relaxed, refreshed, and revitalised.

All our overnight spa packages include:

- Overnight stay in a room of your choosing
- A delicious two course evening meal (starter and main course)
- Full English Breakfast the next morning
- Use of spa and leisure facilities from 10am on day of arrival until 4pm on day of departure

MINI SPA BREAK

- 1x 25 minute treatment

CLASSIC SPA BREAK

- 2 x 25 minute treatments or 1x 50-minute treatment

SKETCHLEY SIGNATURE SPA BREAK

- 3 x 25 minute treatments or 1x 50-minute treatment and 1x 25 minute treatment
- Afternoon Tea on Day of Departure
- Late checkout 13.00pm

SUNDAY SIESTA SPA BREAK

- 1 x 25 minute treatment
- 12pm late check out

TWICE AS NICE SPA BREAK

- 2x 25 minute treatments or 1x 50 minute treatment
- Light Lunch on Second Day





Beauty Treatments

FILE & POLISH - 25 MIN £20

MINI MANICURE/PEDICURE - 25 MIN £25

FULL MANICURE/PEDICURE - 45 MIN £32/£35

DELUXE MANICURE/PEDICURE - 60 MIN £45/£49

EYEBROW TINT £15

EYELASH TINT £20

EYEBROW SHAPE & TINT £23

EYEBROW & EYELASH TINT £26

EYEBROW WAX £15

HALF LEG WAX £25

FULL LEG WAX £35

UNDERARM WAX £22

BIKINI WAX £29

LIP & CHIN WAX £15



Terms and Conditions

SPA ARRIVAL

We recommend arriving at the spa reception at least 15 minutes prior to your scheduled treatment. This allows sufficient time to complete your health questionnaire and begin your experience in a relaxed manner. Please note that late arrivals may result in a reduced treatment time, and extensions cannot be accommodated.

AGE REQUIREMENTS

Guests must be aged 16 or over to access the spa and receive treatments.

HEALTH CONDITIONS

Please inform us of any medical conditions, allergies, or injuries at the time of booking, as these may affect your treatment options.

PREGNANCY

Our team will be happy to guide you in selecting suitable treatments during pregnancy (excluding body massages where appropriate). Please note that massage treatments are only available after the first trimester.

WHAT TO BRING

We recommend wearing comfortable clothing and bringing suitable footwear. Please note that robes are not provided for individual treatments, and slippers are not included with all spa packages.

SPA ETIQUETTE

Our spa is a place of relaxation and tranquillity. We kindly ask guests to respect the privacy and comfort of others by keeping noise to a minimum and refraining from using mobile phones or electronic devices within the spa.

To ensure fairness and comfort for all guests, we also ask that loungers are not reserved by leaving towels or personal belongings unattended for extended periods. Items left unattended may be removed by our team.

CANCELLATION POLICY

A 100% cancellation charge will apply to any treatment not cancelled at least 24 hours in advance. All spa package payments are taken at the time of booking and are non-refundable and non-transferable. Treatment selections must also be confirmed at the time of booking.

RESERVING LOUNGERS

Reserving loungers by placing towels, bags, or personal items on them is not permitted. Any unattended items left on loungers for this purpose may be removed by staff to ensure fair access for all guests.

TAKE ELEMENTAL HERBOLOGY HOME

Continue your spa experience at home with our range of Elemental Herbology products, available at spa reception. Our team will be delighted to recommend products tailored to your needs.

GIFT VOUCHERS

A range of gift vouchers are available and are available to purchase online.

For the full range of vouchers please visit our website
[.sketchleygrangehotel.co.uk](http://sketchleygrangehotel.co.uk)
or scan the QR code below.



For more information or to make a booking, please contact us.

For Spa Days and Overnight Packages please call 01455 251 133 - Option 4

For Treatment Only bookings please call 01455 237111

Alternatively, please email info@sketchleygrangehotel.co.uk

