

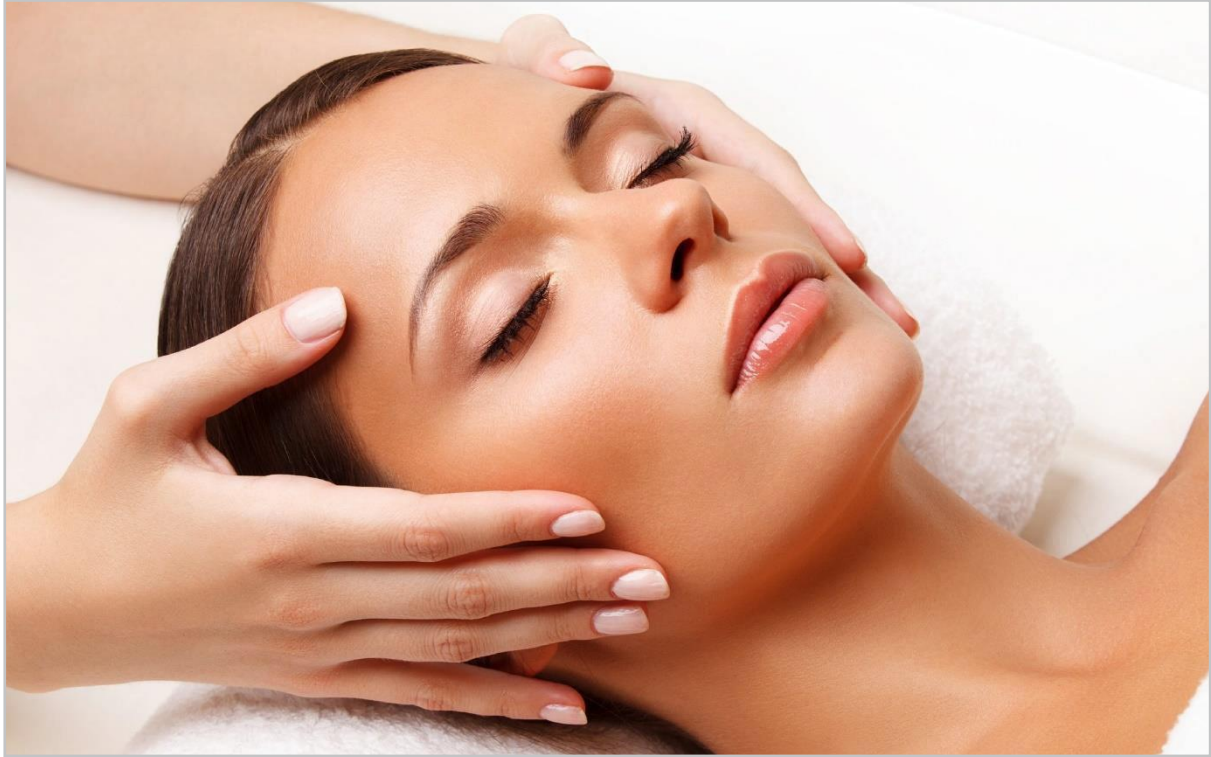
The background of the entire image is a repeating pattern of stylized tropical leaves. The leaves are rendered in white outlines against a teal background. The pattern is dense and covers the entire frame. In the center, there is a semi-transparent white rectangular box containing the text.

THE SPA

AT

SKETCHLEY GRANGE

HOTEL & SPA



THE SPA

The Spa at Sketchley Grange is where you can escape the everyday, enjoy a moment of tranquillity and focus on your wellness. Our experienced spa therapists are dedicated to ensuring that you feel completely revitalised and have the most relaxing time. From hot stone massages to luxurious body wraps, our treatments are perfect for instant relaxation and bliss.

Spa and leisure facilities include a 17m indoor pool, gym, whirlpool, sauna and steam room.

Our spa uses luxury beauty products from ESPA, pioneers in beauty and wellbeing therapy. Working with experts in biochemistry and aromatherapy, ESPA combines the wisdom from traditional holistic therapies with the scientific power of the purest natural ingredients.

ESPA

Natural Beauty
Inner Calm

CONTACT US

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

For Spa Days and Overnight Packages please call **01455 251 133** - *Option 1*

For Treatment Only bookings please call **01455 237111**

Alternatively, please email [**healthclub@sketchleygrangehotel.co.uk**](mailto:healthclub@sketchleygrangehotel.co.uk)



SPA MEMBERSHIP

Treat yourself to our Annual Spa Membership and enjoy a range of treatments, benefits and discounts from just £199.00 for 12 months.

Membership includes:

- 6x visits to the spa (Monday – Thursday)
- 2x 25-minute treatments of your choice
- Towel and robe hire for each visit
- Hot beverage and cookies on arrival
- 15% off on all additional spa treatments (Monday – Thursday)
- 25% off food and drink in the Garden Bar & Restaurant
- 25% off weekend hotel breaks at Sketchley Grange

**Terms and conditions apply. Must be used within 12 months of purchase.*

DAY PACKAGES

SIMPLY SPA DAY

£54.00 per person, Monday - Friday

Enjoy a visit to Sketchley Grange for a tasty lunch and use of our spa facilities.

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

RISE & SHINE SPA DAY

£66.00 per person, Monday-Friday

Take a mini spa day to rejuvenate in the morning.

- Buffet Full English Breakfast (7am-9.30am)
- 1x 25-minute treatment (Choice of Back Massage, Express Facial, Express Manicure or Express Pedicure)
- Use of spa and leisure facilities from 9am-3pm
- Complimentary use of robes & towels

RETREAT AT ROMANS SPA DAY

£71.00 per person, Sunday - Friday

£83.00 per person, Saturday

Enjoy a visit to Sketchley Grange for a tasty lunch and use of our spa facilities.

- One course light lunch in our Terrace Lounge
- 1x 25-minute treatment (Choice of Back Massage, Express Facial, Express Manicure or Express Pedicure)
- Use of spa and leisure facilities from 10am-4pm

ARRIVE & REVIVE SPA DAY

£95.00 per person, Sunday - Friday

£107.00 per person, Saturday

Treat yourself and choose your own combination of pampering treatments.

- One course light lunch in our Terrace Lounge
- 2x 25-minute treatments (Choice of Back Massage, Express Facial, Express Manicure or Express Pedicure) or 1x 50-minute treatment (Choice of Full Body Aromatherapy Massage, Spa Facial, Full Manicure or Full Pedicure)
- Use of spa and leisure facilities from 10am-4pm

TEA TIME, ME TIME SPA DAY

£83.00 per person, Monday - Friday
£95.00 per Person-Sunday

Enjoy a visit to Sketchley Grange for a tasty lunch and use of our spa facilities.

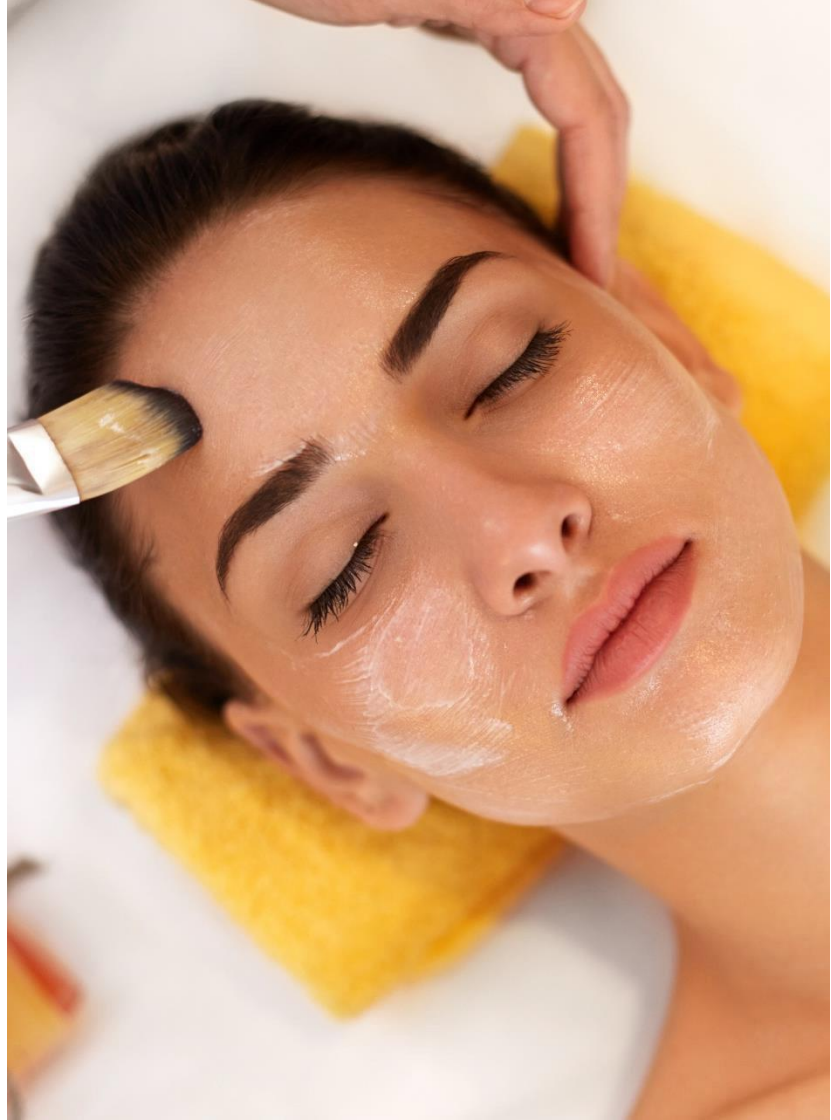
- 1x 25-minute treatments (Choice of Back Massage, Express Facial, Express Manicure or Express Pedicure)
- Use of spa and leisure facilities from 10am-4pm
- Traditional Afternoon Tea (2pm-4pm)

TAKE THE AFTERNOON OFF -SPA DAY

£83.00 per person, Sunday - Friday
£95.00 per Person-Saturday

Enjoy a visit to Sketchley Grange for a 2 course evening meal and use of our spa facilities.

- 1x 25-minute treatments (Choice of Back Massage, Express Facial, Express Manicure or Express Pedicure)
- Use of spa and leisure facilities from 2pm-8pm
- 2 course evening meal in our Restaurant



OVERNIGHT PACKAGES

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

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

SKETCHLEY SIGNATURE SPA BREAK

- 3x 25-minute treatments *or* 1x 50-minute treatment and 1x 25-minute treatment
- Afternoon Tea on Day of Departure

SUNDAY SIESTA SPA BREAK

- 1x 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

[CLICK HERE FOR AVAILABILITY AND PRICES](#)

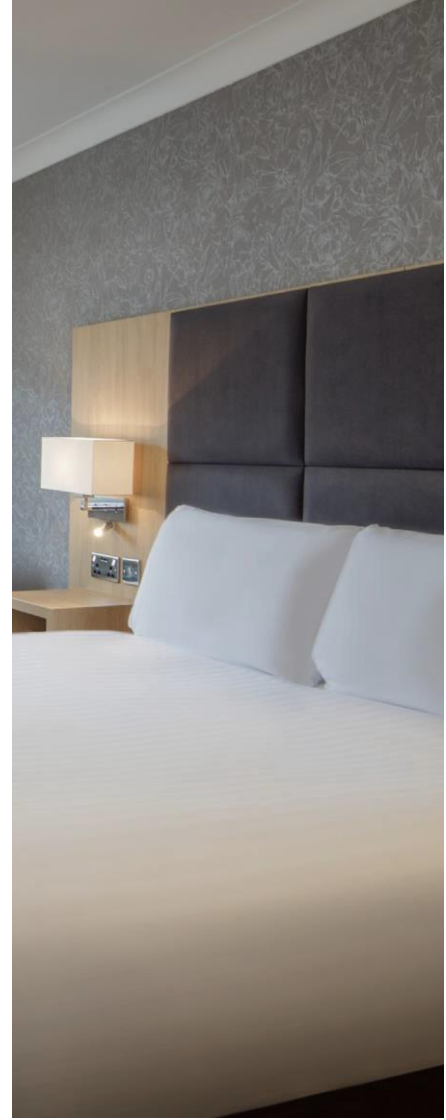
CHOOSE YOUR TREATMENTS

25 MINUTE TREATMENTS

- Back Massage
- Express Facial
- Express Manicure
- Express Pedicure

50 MINUTE TREATMENTS

- Full Body Aromatherapy Massage
- Spa Facial
- Full Manicure
- Full Pedicure





ESPA MASSAGES

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.

ESPA INNER CALM MASSAGE

Mon-Thu £64.00 · Fri-Sun £84.00

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.

55 minutes. Includes: *Full Body Aromatherapy Massage, Scalp Massage*

ESPA HOT STONE MASSAGE

Mon-Thu £64.00 · Fri-Sun £84.00

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.

55 minutes. Includes: *Full Body Aromatherapy Massage with Hot Stones, Scalp Massage*

ESPA SWEDISH MASSAGE

Mon-Thu £59.00 · Fri-Sun £78.00

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.

55 minutes. Includes: *Full Body Swedish Massage, Scalp Massage*

ESPA BODY TREATMENTS

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

ESPA BACK, FACE & SCALP TREATMENT

Mon-Thu £78.00 · Fri-Sun £105.00

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combined 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.

75 minutes. Includes: *Back Exfoliation, Back Massage, Inner Beauty Facial, Scalp Massage*

ESPA BODY POLISH

Mon-Thu £30.00 · Fri-Sun £40.00

Reveal nourished, smooth and supple skin with this exceptionally softening full body exfoliation. Following a complete body brush and exfoliation to cleanse and invigorate the body, cooling Spearmint refreshes, while Aloe Vera hydrates, nourishes and conditions for an instantly revitalized, smooth finish.

25 minutes. Includes: *Body Brushing, Body Exfoliation*

ESPA INVIGORATING FOOT TREATMENT

Mon-Thu £25.00 · Fri-Sun £32.00

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

25 minutes. Includes: *Foot and Lower Leg Exfoliation, Foot Massage*

ESPA FACIALS

Reveal skin that glows each day with natural health and beauty. By assessing your skin, and wellbeing needs, our ESPA Experts create a truly personalised, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting - skin looks clear, radiant and inner calm is blissfully restored.

ESPA INNER BEAUTY FACIAL

Mon-Thu £54.00 · Fri-Sun £71.00

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's needs, Tri-Active™ formulas work immediately to transform your complexion whilst pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally glowing.

55 minutes. Includes: *Skin Analysis with SkinVision™ Lamp, Triple Cleanse, Exfoliation, Facial Massage, Personalised Mask, Scalp Massage*

ESPA OPTIMAL SKIN HEALTH FACIAL

Mon-Thu £54.00 · Fri-Sun £71.00

Visibly revive skin's natural beauty, balance and health. Achieving instant results with long-lasting benefits, this intelligent facial harnesses nature's most potent actives alongside high performance massage to deeply cleanse, refine and hydrate skin. You emerge with a smooth, profoundly nourished complexion, glowing with natural health.

55 minutes. Includes: *Skin Analysis with SkinVision™ Lamp, Triple Cleanse including Deep Brush Cleanse, Exfoliation, Facial Massage, Mask, Hand and Arm Exfoliation and Massage*

100% Vegan Facial also available. Mon-Thu £54.00 · Fri-Sun £71.00

Please speak to a member of our team or call us for more details.

ESPA PRE-NATAL TREATMENTS

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

ESPA PRE-NATAL BACK MASSAGE

Mon-Thu £35.00 · Fri-Sun £46.00

25 minutes. Includes: *Back, Neck and Shoulder Massage*

ESPA PRE-NATAL FULL BODY MASSAGE

Mon-Thu £59.00 · Fri-Sun £78.00

55 minutes. Includes: *Full Body Massage and Scalp Massage*

ESPA PRE-NATAL RELAX AND RESTORE

Mon-Thu £64.00 · Fri-Sun £84.00

75 minutes. Includes: *Back Exfoliant, Full Body Massage and Scalp Massage*



ESPA FOR MEN

Our ESPA face and body treatments from men are specifically tailored to your skin type, each one designed carefully to ensure you experience the best physical and therapeutic benefits depending on your needs.

ESPA DEEP CLEANSING FACIAL Mon-Thu £48.00 · Fri-Sun £65.00

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's needs, Tri-Active™ formulas work immediately to purify and reawaken your skin whilst aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

55 minutes. Includes: *Skin Analysis with SkinVision™ Lamp, Triple Cleanse, Exfoliation, Facial Massage, Personalised Mask, Scalp Massage*

EXPRESS TREATMENTS

If you don't have time for a full spa day, enjoy a quick, rejuvenating treatment that you can fit easily into your schedule.

ESPA EYE LIFT

Mon-Thu £30.00 · Fri-Sun £40.00

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

25 minutes. Includes: *Skin Analysis with SkinVision™ Lamp, Cleanse, Exfoliation to Face and Eye Contour, Eye Contour Massage, Firming Eye Mask*

ESPA BACK, NECK & SHOULDER MASSAGE

Mon-Thu £35.00 · Fri-Sun £46.00

Ease tension where you need it most with this fast-acting destressing treatment. Personalised to your unique needs, targeted massage with a blend of pure aromatherapy oils relaxes tense muscles, re-energises your body and calms your mind.

25 minutes. Includes: *Skin Analysis with SkinVision™ Lamp, Triple Cleanse, Exfoliation, Age-Defying Facial Massage, Mask, Scalp Massage*

ESPA EXPRESS FACIAL

Mon-Thu £35.00 · Fri-Sun £46.00

Reveal a clear, refreshed, naturally beautiful complexion. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

25 minutes. Includes: *Skin Analysis with SkinVision™ Lamp, Triple Cleanse, Exfoliation, Age-Defying Facial Massage, Mask, Scalp Massage*

ESPA SHOULDER, NECK & SCALP MASSAGE

Mon-Thu £30.00 · Fri-Sun £40.00

Soothe away stress, re-energize the spirit and balance the mind with this deeply therapeutic and nourishing scalp massage. This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs

25 minutes. Includes: *Shoulder, Neck and Scalp Massage*

HANDS & FEET

Treat your hands and feet to some pampering so they look perfect and polished.

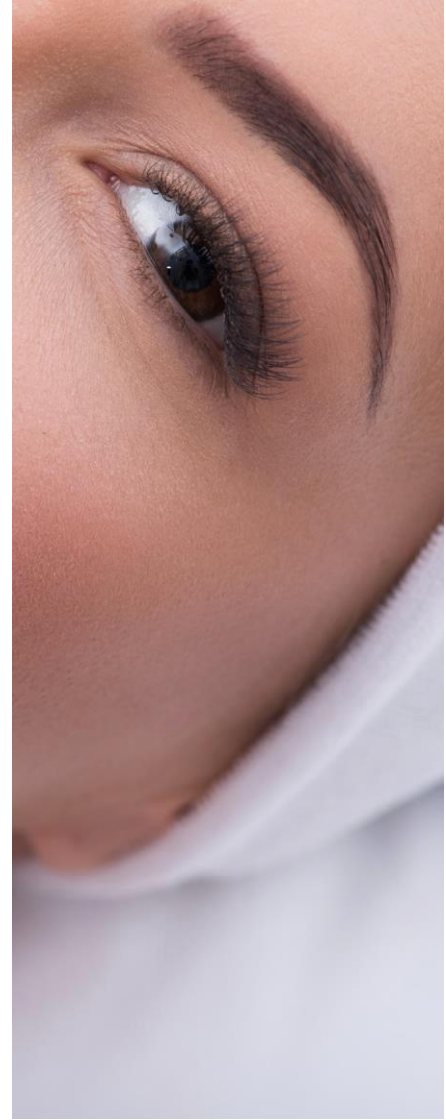
FILE & POLISH ON HANDS OR FEET	25 minutes	£16.00
MINI MANICURE	25 minutes	£24.00
FULL MANICURE	45 minutes	£29.00
DELUXE MANICURE	60 minutes	£42.00
MINI PEDICURE	25 minutes	£24.00
FULL PEDICURE	45 minutes	£32.00
DELUXE PEDICURE	60 minutes	£46.00



FACE & BODY

Whether you are prepping for a holiday or event, or simply want to refresh your look, our spa has a range of beauty treatments to ensure you look your best.

EYEBROW TINT	£11.00
EYELASH TINT	£16.00
EYEBROW SHAPE & TINT	£19.00
EYEBROW & EYELASH TINT	£22.00
EYEBROW WAX	£13.00
HALF LEG WAX	£24.00
FULL LEG WAX	£31.00
UNDERARM WAX	£22.00
BIKINI WAX	£29.00
LIP & CHIN WAX	£11.00



TERMS & CONDITIONS

SPA ARRIVAL

It is advisable to arrive at the spa reception at least 15 minutes prior to your treatment reservation to enable you complete our health questionnaire. Please be aware that late arrivals will not receive an extension to their treatment.

AGE REQUIREMENTS

The minimum age requirement for access into the spa and to experience treatments is 16.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your choice of treatment when making your spa reservation.

PREGNANCY

Please allow the spa team to guide you in selecting which treatments (excluding body massages) are most suitable for you during this special time. Client must have reached second trimester to receive massage treatments.

WHAT TO BRING

Please wear comfortable clothing. Robes are not provided for individual treatments.

SPA ETIQUETTE

The spa environment is one of tranquillity and relaxation. Please respect other guests' rights to privacy and serenity and do not use mobile phones or pagers within the spa.

CANCELLATION POLICY

A 100% cancellation charge will be incurred for any Treatment not cancelled at least 24 hours prior to appointment. All Spa Package payments are taken at the stage of booking, are non-refundable and non-transferable, and also require the treatment selections at the stage of booking.

HOMECARE

To continue your spa experience at home, all ESPA products used within your spa treatments are available at spa reception, where one of our team would be delighted to advise you on the most suitable products for your needs.

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Sketchley Grange Hotel & Spa
Sketchley Lane, Hinckley, Leicestershire LE10 3HU

sketchleygrangehotel.co.uk