



REFRESH & RESTORE **YOUR WAY**

TREATMENT MENU

WELCOME TO YOUR SANCTUARY

Step into your Warner Hotels spa and discover the perfect destination to pause, pamper and feel revitalised.

We invite you to rediscover your senses, rest your mind and add a little joy to your day. Within these pages, you'll find details of our wide range of therapies – each beginning with a personal consultation and tailored recommendation to suit your needs.

Our warm and friendly team is here to guide you and answer any questions you may have about our treatments or facilities.

In partnership with TEMPLESPA – a brand that believes true beauty is more than skin deep, we're delighted to bring you products and experiences designed to nurture your body, mind, and soul.

Your relaxation starts here.



TEMPLESPA

We are proud to partner with the Amethyst Trust and exceptional product brand, TEMPLESPA, to offer specialist treatments for people living with cancer and other life-limiting conditions.



The Amethyst Trust is a charitable organisation dedicated to supporting those who have undergone cancer treatment and are seeking massage, relaxation, and pampering therapies.

Our therapists are specially trained to provide safe, professional massage that promotes wellness when it's needed most – so you can relax knowing you're in expert hands.

Look for the Amethyst Trust logo next to suitable treatments, and please let us know when booking so we can ensure one of our experienced therapists is available for you.

WARNER SIGNATURE EXPERIENCES

Bespoke Back and Face Sensation

The ultimate relaxation experience

This tailored treatment starts with a bespoke back, neck and shoulder massage followed by a soothing face treatment to help you relax and feel rejuvenated. It finishes with a divine scalp massage to tease away any final traces of tension and stress.

45 minutes

Energy Booster

An energiser for the back, legs and feet

Starting with a body brush to stimulate and energise, a tension-relieving back, neck and shoulder massage follows to help you feel re-energised. Releasing any tension and pain on the back of the legs to ease tight, aching muscles, finishing with a soothing and detoxifying foot massage.

45 minutes

Go in Strength

Leg, arm and shoulder strengthener

This invigorating rub begins with a body brush to stimulate and invigorate, followed by an intensive massage to the front of the legs to release stiff, tight muscles. Your therapist will then work on the upper body, including the arms, décolletage and shoulders, to soothe tired, aching muscles, giving you that much-needed energy boost.

45 minutes



SUPER-LUXE FACIALS

Champagne & Truffles Deluxe Treatment

A luxurious facial designed to firm and lift

This stunning facial is the ultimate celebration for your skin. Indulge in the award-winning truffle skincare from TEMPLESPA, paired with specialist lifting massage techniques that smooth deep lines, refine wrinkles, strengthen muscle tone, and reduce puffiness. The result? Skin that's visibly plumper, firmer, and utterly radiant.

For the ultimate treat, choose the 90-minute upgrade for a blissful shoulder and neck massage with warm stones, an indulgent cooling alginate mask, and soothing rose quartz massage therapy. Enjoy simply irresistible results that will leave you floating.

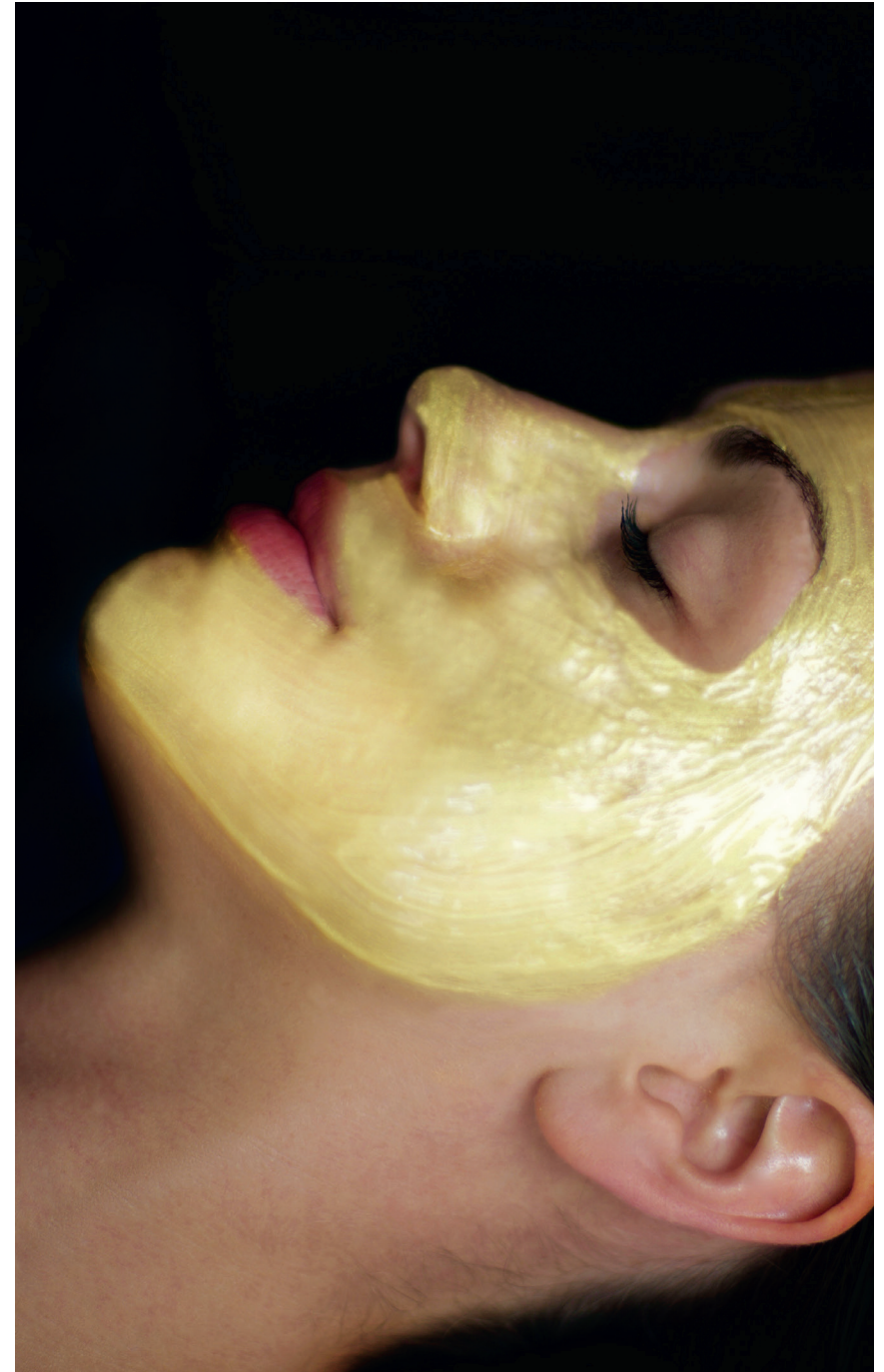
60/90 minutes

All About the Glow

A Vitamin C radiance facial that sculpts and brightens

This advanced, skin-transforming facial delivers an instant, radiant glow with visibly firmer, brighter, and healthier-looking skin. Transform your complexion thanks to the intelligent active ingredients, powered by Vitamin C and our glycolic acid complexes. Enhanced by our signature skin-lifting massage techniques, the results are nothing short of luminous.

60 minutes



SKIN-BOOSTING FACIALS

My Kinda Skin

A bespoke prescription facial for your skin type

We begin with a detailed skin analysis to create a treatment perfectly tailored to your needs. Enjoy a bespoke face and décolletage massage, complemented by a soothing scalp massage for complete relaxation. You'll leave feeling rejuvenated, with skin that looks beautifully refreshed and radiant.

30/60 minutes

Relax and Restore Facial

Melt away the stress and emerge feeling restored

Stress may leave its mark on your skin, but deep relaxation can smooth it away. This indulgent aromatherapy ritual combines a rejuvenating facial with a soothing face massage and targeted eye treatment to refresh and revitalise your complexion. A warm oil scalp massage melts away tension, while a hand and arm massage adds the perfect finishing touch.

75 minutes

Go Guy – Male Executive

Release tension and revitalise your skin

This results-driven facial designed for men begins with a deep brush cleanse and refining exfoliating mask to restore clarity and freshness, while your choice of an energising or relaxing massage melts away any stress. The experience concludes with a hot stone neck and shoulder massage leaving you recharged and ready to take on the day.

30/60 minutes



MASSAGES

Drift Away

Relaxing aromatherapy massage

Drift into serenity with this deeply relaxing massage formulated with a dreamy blend of Mediterranean essential oils. Designed to soothe an active mind, it gently melts away stress and tension.

30/60 minutes

Work It Out

Reviving deep tissue massage

This tension-easing, deep tissue massage uses a detoxifying massage oil to untangle knots, ease tightness and invigorate aching muscles and overworked limbs. The energising, body-boosting massage technique leaves you feeling revitalised and wonderfully renewed.

30/60 minutes



Rocks of the Mediterranean

Hot stone massage

Experience the ultimate in relaxation with this renowned thermal stone massage. Warm basalt lava stones are used to massage and soothe the body from head to toe, their gentle heat melting tension and creating a cocoon of comforting warmth on the back. Muscles are left deeply relaxed and the unique sensation of this stone massage restores your balance. An unforgettable ritual that everyone should experience at least once.

30/75 minutes

New Beginnings Massage

Pregnancy massage

Embrace the magical journey of pregnancy with this nurturing treatment, specially designed for your comfort and wellbeing. Fully relax into the full body massage, without the need to lie on your tummy, as our specially trained therapists expertly ease sore, tired and aching muscles.

The experience is completed with a soothing face and scalp massage, leaving your body deeply relaxed and your skin baby soft.

60 minutes

TOP-TO-TOE RITUALS

The Mediterranean Float

A mini holiday for your skin, no passport needed

The fully loaded skin-luxe facial & body duo. Packed with delicious ingredients, this double deluxe all over treatment will leave you looking and feeling like you've taken a mini holiday. Your mind will escape as your body is polished and nourished with the iconic Mediterranean body scrub, prior to being cocooned in an aromatic infusion to soften and hydrate. Your rejuvenating facial contains our unique Mediterranean marinade. The results...A totally smoothed and soothed skin, head to toe.

90 minutes

My Kinda Mood 🍷

A prescriptive facial & massage bespoke to you

Not sure how to spend the next couple of hours? We begin by discovering how you're feeling – skin, body and soul – letting you smell different aromas to match one to your mood. Your treatment starts with a wonderfully relaxing and restorative full-body massage, followed by an indulgent facial. By using products and techniques tailored to your wants and needs, the results will leave you looking, feeling and smelling oh-so-good.

120 minutes



A Brush with Heaven

Totally unique face & body treatment using only brushes

Imagine the sensation of a sequence of brushes in varying sizes and textures being used from top to toe to massage, stimulate, drain toxins and apply delicious preparations to the face and body. Once lavished in rich warm body oil, you will be cocooned, then treated to the exclusive Temple Spa facial treatment. Carried out entirely with brushes while you doze, it's heaven.

90 minutes

BODY TREATMENTS

Aaahhh!

An energising foot & leg treatment

This oh-so-good treatment is instant relief for tired, overworked legs and feet. It begins with skin brushing, to help eliminate excess fluids, and is followed by a warm oil massage, then an invigorating foot rub.

Perfect as a standalone treatment or a beautiful complement to any other treatment.

30 minutes

Your Best You

A top-to-toe treatment to rediscover your best you

This luxurious ritual is tailored exclusively to you and blends the power of our expert therapist's touch with the healing energy of Himalayan salt stones and Temple Spa's most nurturing skincare. Rhythmic stretches and soothing joint rotation rescue achy limbs and a gentle lymphatic drainage facial calms, depuffs and refreshes, leaving your skin radiant.

For the ultimate indulgence, choose the 90-minute experience and enjoy a skin-lifting facial massage, blissful hot oil scalp massage and the benefits of the award-winning Truffle product collection.

60/90 minutes

I'll Be Back

The ultimate facial for the back

This back treatment starts with an invigorating Mediterranean-inspired skin exfoliation that refreshes the skin. A warm, purifying mud is applied, deeply cleansing and nourishing while melting away any tension. Heated mitts are used to gently remove the mask before a revitalising massage reawakens your senses, leaving you energised and feeling beautifully polished and renewed.

45 minutes

The Outer Glow

Face & body exfoliation

An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to prep your skin for a massage and an absolute must before your holiday or a special event. Off you glow.

45 minutes

The Body Detox

Skin-conditioning & detoxifying mud wrap

This heavenly treatment starts with lymphatic body brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage. Wallowing in mud never felt soooo good.

60 minutes

HOLISTIC COLLECTION*

Reflexology

Reflexology is the technique of applying gentle pressure over the reflex points found on the feet in order to stimulate the body's own healing capacity. It promotes relaxation and helps you return to a state of balance and wellbeing.

45 minutes

Indian Head Massage

This treatment is ideal for the relief of head, neck and shoulder tension.

45 minutes

Hopi Ear Candles

This relaxing, gentle treatment is excellent for anyone who suffers from sinusitis, headaches, migraines, glue ear, hayfever or excessive earwax. Perfect for drawing out impurities and helping to rebalance the ear.

30 minutes

Reiki

Reiki is a natural energy healing treatment which promotes relaxation, stress reduction and improvement to overall health and wellbeing.

60 minutes

*Please be aware that holistic treatments are only available at selected Hotels.
Please ask a member of the team for more details and availability.



HANDS AND FEET

Treat your hands and feet to the care they truly deserve. Our luxurious manicures and pedicures combine expert grooming, nourishing products, and soothing massage to leave skin silky, nails perfectly polished, and you feeling utterly pampered. From everyday upkeep to pure spa indulgence, we'll have you looking and feeling flawless from your fingers to your toes.

Hands

The Signature Manicure

A treatment manicure in which cuticles are cared for with oils and creams, the nails shaped to perfection and finished with an application of colour.

45 minutes

The Finishing Touch

Reshaping of your nails, finished with an application of colour.

25 minutes

The Essential Manicure

A thorough grooming session for the nails and cuticles, finished with an invigorating hand and arm massage.

25 minutes

Feet

The Signature Pedicure

A luxury foot treatment. Cuticles are cared for with oils and creams, leaving you with smoother, softer and revitalised feet, finished with an application of colour.

60 minutes

The Finishing Touch

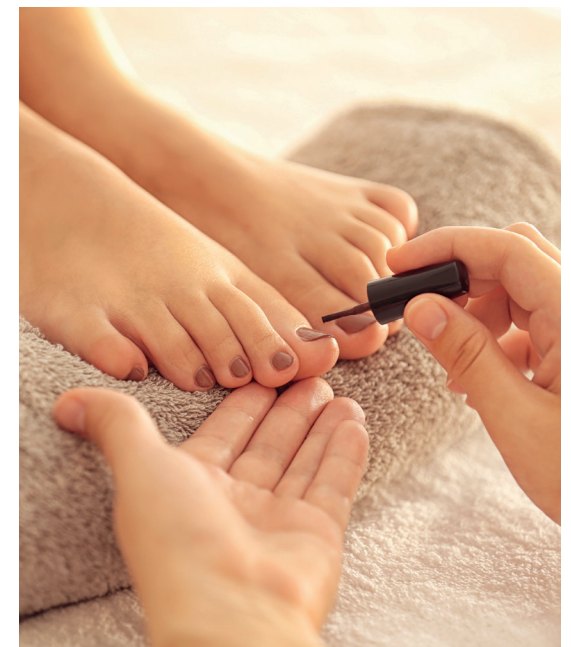
Reshaping of your toenails, finished with an application of colour.

25 minutes

The Essential Pedicure

A soothing foot bath with attention to nails and cuticles, including a relaxing foot and leg massage.

30 minutes



GEL NAIL TREATMENTS

File and Gel Polish

Created with the nurture of your natural nail in mind, our natural gel polish protects your nails while offering weak, bitten or problem nails the opportunity to grow underneath the gel.

45 minutes

Gel Manicure

Long lasting gel overlay polish finish is the final step in a luxurious hand treatment.

60 minutes

Gel Pedicure

Long-lasting gel overlay polish finish is the final step in a luxurious foot treatment.

60 minutes

Gel Removal

Expert removal of your existing long-lasting gel polish.

Information and frequently asked questions

What if I have a medical condition or take medication?

If you are experiencing or have suffered from any medical conditions, please call your Warner Hotels location directly to discuss this in detail. Some of our treatments are not suitable for those with medical conditions and may need to be adapted or amended to ensure your treatment is safe for you. To ensure your visit is relaxing and the appropriate treatment can be performed, it is paramount the team are aware of any previous or current medical history prior to arrival at the hotel.

I've never had a treatment before, what can I expect?

You can expect a friendly, highly trained therapist who will explain your treatment, the benefits, and answer any questions you may have to put your mind at ease. We highly recommend arriving at the spa at least 15 minutes prior to your allocated treatment time to complete the Medical Consultation form and start your wellness experience.

What do I need to wear or bring?

As it's not necessary to remove clothing for all of our treatments please just wear something you can relax in. Our therapists take special care to make you feel comfortable before your treatment begins, and underwear or swimwear may be worn if you prefer.

Cancellation and lateness policy

As a courtesy to other guests and to our therapists, lateness and/or cancellation of treatments may incur a charge. To read our full policy and terms and conditions please visit warnerhotels.co.uk/company/terms-and-conditions.

How do I book?

You can browse and book our fantastic selection of treatments by logging into mywarnerstay.co.uk.

Our treatments are extremely popular and we would strongly recommend that you call to book in advance to ensure you don't miss out.

