

Indulge in the art of  
*timeless relaxation*

*Treatment menu*

# Welcome to *your sanctuary*

*Whether you're a seasoned spa-goer or treating yourself for the first time, our spas at Reserve, by Warner Hotels, are the perfect place to indulge, unwind, and feel your best.*

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**

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.

# The Reserve collection

*Exclusively available at Reserve,  
by Warner Hotels locations*

## The Total Glow Up

*A face and body experience to restore your  
radiance and glow*

This unique experience leaves your skin, face and body positively glowing all over. To begin, you will be treated to a body brush and scrub, followed by a face and body contouring treatment which works on relieving tension and improving muscle tone. Lastly, our advanced skin-transforming facial turns up your glow with instant and visible results. A total face and body glow-up!

**90 minutes**

## VIP Golden Truffle Experience

*A firming and lifting experience for the body and face*

The ultimate in total luxury. This treatment delivers all over radiance-boosting results starting with a leg energizer and an invigorating full body scrub, followed by a relaxing massage using our unique advanced anti-ageing body techniques to help tighten and tone. Upgrade to the 120 -minute treatment and experience the crème' de la crème of all facials with the Champagne & Truffles deluxe facial treatment. Skin is left glowing, brighter and revived beyond expectation.

**60/120 minutes**



## Rose Quartz and Truffles Body Massage

*A firming and lifting body treatment*

This indulgent treatment will leave you feeling totally relaxed from top-to-toe with our skin transforming massage using TEMPLESPA's unique Truffle body massage oil. Skin is left feeling restored and radiant and you oh-so-relaxed.

**60/90 minutes**

# Super-luxe *facials*

*Where luxury meets luminosity*

## 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*

*Elevate your glow*

## 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**

## The Skin Detox

*Designed to purify, rebalance and refresh your complexion*

The perfect solution for skin craving a fresh start. This professional deep cleansing treatment sweeps away impurities, unclogs pores and restores clarity, leaving your complexion refreshed, refined and beautifully purified.

**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**



## The Go Guy

*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**

# Wellbeing *massages*

*Where tension melts and wellbeing begins*

## 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**

## New Beginnings Massage

### *Pregnancy massage*

Embrace the magical journey of pregnancy with this nurturing treatment specially designed for you 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**

## Feeling Good

### *Energising aromatherapy massage*

Combat fatigue and improve circulation with this revitalising and powerful massage that uses the combination of Mediterranean-inspired aromatic oils and invigorating massage movements. You'll be left feeling vibrant, re-energised and completely at ease.

**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.

**30/75 minutes**

## Energy Booster

### *An energiser for the back, legs and feet*

Starting with a body brush to stimulate and invigorate, 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**

## 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 regenerated. It finishes with a divine scalp massage to tease away any final traces of tension and stress.

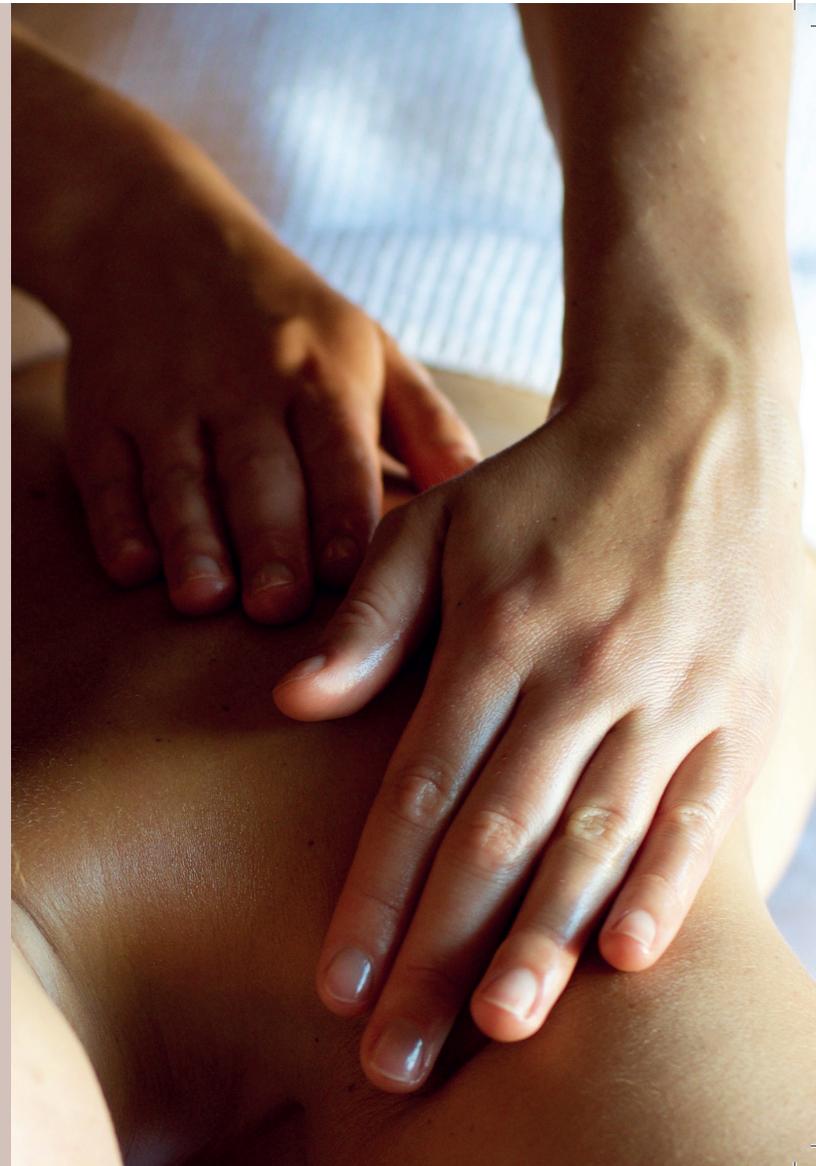
**45 minutes**

## 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**



# Body treatments

*Because every inch of you deserves indulgence*

Aaahhh! 🌿

## *An energising foot and leg treatment*

This treatment is an indulgent revival for tired, overworked legs and feet. It begins with gentle skin-brushing to encourage circulation and flush away excess fluids. The Mediterranean-inspired scrub smooths and polishes the skin, preparing it for the deeply nourishing warm oil massage that soothes and softens.

The finishing touch involves the cooling 'Aaahhh!' balm, leaving your legs feeling light and refreshed. Perfect as a standalone treatment or a beautiful complement to any other therapy.

**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 expert therapist 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*

Starting with an invigorating Mediterranean-inspired skin exfoliation using 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**

# *Holistic* collection\*

*Harmony for mind, body and soul*

## 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.

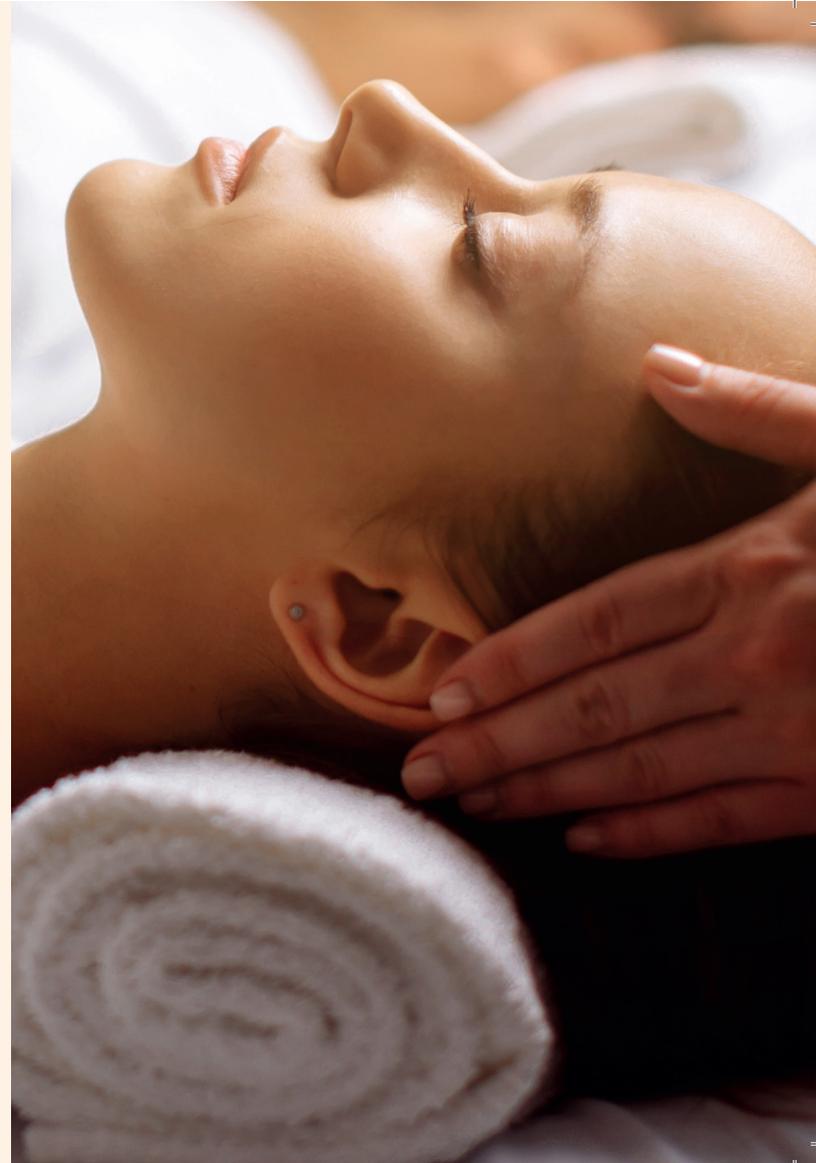
**30 minutes**

## 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

## Hand and foot indulgence

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

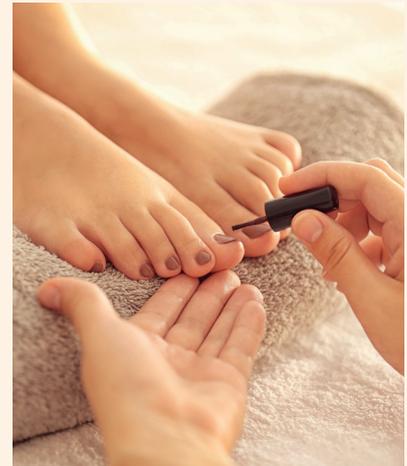
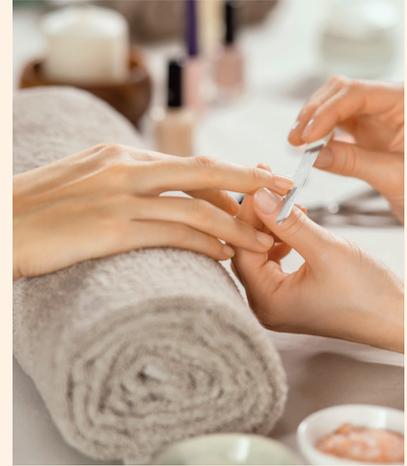
Reshaping of your toenails, finished with an application of colour.

**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 Reserve by 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 & conditions please visit [warnerhotels.co.uk/company/terms-and-conditions](http://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](http://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.



RESERVE

BY WARNER HOTELS