



BARNSELY SPA

Spa Time  
*Treatment Guide*

August 2020

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## Spa Time

### Spa Time

Barnsley Spa is a tranquil sanctuary for ultimate relaxation offering a range of indulgent treatments and therapies - tucked away in a corner of our beautiful gardens it's available for guests to enjoy for a blissful amount of spa time

Following government guidelines and social distancing measures we have taken this opportunity to make your visit feel even more special by adapting the way we offer our spa experience to guests and with this in mind, from now on the spa can only be enjoyed through the booking of 'spa time' which consists of over two hours devoted to relaxing in the steam room, sauna, hydrotherapy pool, relaxation room and spa garden terrace including a 55 minute indulgent treatment.

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#### What's included...

Your Spa Time begins with a warm welcome from our Spa manager and introduction to our spa garden oasis for 45 minutes of countryside views and relaxation, followed by an indulgent 55 minute treatment in one of our restful treatment rooms. Finally, lie back for a completely decadent switch off in the relaxation room for half an hour before making your way relaxed and floating back to the hotel feeling fully rejuvenated to enjoy the remainder of your stay.

**130 mins   £130.00**

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We are knowledgeable in tailoring your spa day experience and advising appropriate treatments for anyone undergoing current treatment for or recovering from cancer, or for anyone with an acute medical condition. Please contact us for advice from our trained Therapists, so we can design a spa day around your needs.



## ELEMIS Massage & Body Therapy

ELEMIS is...The #1 Luxury British Skincare Brand. Your skin, your body and your wellness lie at the heart of ELEMIS.

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### Tailored For You Massage with Facial

The best of both. A bespoke de-stressing massage focusing on back, neck and shoulders melts away stress and tension, combined with an ELEMIS results driven facial.

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### Tailored For You Full Body Massage

A tailored Swedish massage focusing on your individual needs.

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### Tailored For You Upper Body Massage

A tailored massage for those with tension in the upper body. Focusing on back, neck, shoulder and scalp. Melt away stresses, tension, headaches and aching muscles.

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### Back of Body De-stress Massage

Back of body de-stressing massage focusing on back, neck and shoulders and back of legs. Finished with the cooling benefits of camphor and menthol to relieve tired legs and muscular tension.

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### Tailored for you Mindful Massage

A freestyle massage working deep into any tension, encouraging optimum circulation. With an ELEMIS aromatic blend to suit your concerns the massage will balance and re-charge you both emotionally and physically.

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### ELEMIS Peaceful Pregnancy

Take some time out for you with this relaxing full body massage. An adaptive treatment for every stage of pregnancy this massage will leave you feeling soothed and rebalanced. This treatment is suitable throughout any stage of pregnancy.

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## Holistic Treatments

### Holistic Treatments

#### Reflexology

This is a non-invasive treatment working on reflex points on the feet, all of which correlate to different areas of the body. Reflexology is deeply relaxing, promotes general well-being and is known to be of benefit to many specific health problems.

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#### Aromaflex

Combining reflexology with an invigorating massage focussing on back, neck and shoulders.

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## Hands-on Facials

### **ELEMIS Facials**

All the power of ELEMIS actives, combined with the touch of your therapist's hands. This is where intuition meets expertise with clinically proven results.

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#### **Pro-Collagen Age Defy**

This is the treatment to tackle fine lines and wrinkles, visibly improving firmness and elasticity for beautifully nourished, younger looking skin.

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#### **Pro-Definition Lift & Contour**

Targeting sagging jowls, cheeks and jawlines, this facial helps to restore the architecture of the face, creating a more sculpted and youthful effect.

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#### **Superfood Pro Radiance**

This highly potent resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. This system delivers powerful exfoliation and renewal for smoother, younger looking skin. A new start for new skin that has never looked better.

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#### **Dynamic Resurfacing**

This highly potent resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. This system delivers powerful exfoliation and renewal for smoother, younger-looking skin. A new start for new skin that has never looked better. A firm favorite among our Barnsley Spa therapists.

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Face  
Technology:  
ELEMIS

## ELEMIS BIOTEC

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. The clinically proven result? Thriving, visibly healthy and energised skin. Choose from the following ELEMIS BIOTEC treatments...

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### BIOTEC Line Eraser

Wrinkles are targeted using a combination of microcurrent, LED light therapy and a blast of oxygen therapy delivers a breath of fresh air, effectively ironing out lines and wrinkles.

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### BIOTEC Firm-a-Lift

For targeting sagging jowls, cheeks and jawlines, this facial uses a combination of galvanic and microcurrent to tighten, lift and revitalize slackening skin.

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### BIOTEC Radiance Renew

A powerful facial to illuminate dull and tired skin. Through deep cleansing using ultrasonic, galvanic and energizing LED light therapy, you'll leave with instantly clearer, brighter and more radiant skin.

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### BIOTEC Skin Resurfacer

For resurfacing skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel reveals a noticeably smoother complexion and LED light therapy restores equilibrium. Wrinkles and fine lines are reduced to leave a complexion that has never been softer or smoother. *(Not suitable in conjunction with the use of heat facilities such as sauna, steam room and hot tub or facial waxing.)*

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## CACI Face Technology

CACI (Computer Aided Cosmetology Instrument) facial is your answer to cosmetic surgery results—without the surgery. Using the power of electric waveforms, this is a sure-fire way to tighten and tone the muscles while smoothing away fine lines and wrinkles. Combining the powers of micro-current, LED light therapy, galvanic, Ultrasonic and microdermabrasion there is a facial to suit any skin type and concern.

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### Anti-Ageing...

#### CACI Signature Non-Surgical Facial

CACI's signature Non-Surgical Facial is an advanced non-invasive facial, with twenty years of medical research behind it. Microcurrent impulses will lift and tone the facial muscles, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles. This gives a more youthful, fresh appearance and glow.

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#### CACI Ultimate Facial

The Ultimate Skin Rejuvenation treatment uses controlled orbital microdermabrasion to exfoliate and deeply cleanse the skin, leaving a brighter, smoother complexion. Microcurrent impulses will visibly lift and tone the facial muscles for your non-surgical face lift. CACI's unique Wrinkle Comb will then target fine lines and wrinkles providing a non-invasive alternative to collagen injections with LED light therapy to heal and trigger tissue repair. This facial is completed with the CACI Hydro Mask that intensively hydrates and nourishes the skin.

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### Rejuvenating...

#### CACI Microdermabrasion Facial

This ultimate facial targets blemishes, age spots and pigmentation. Controlled orbital microdermabrasion exfoliates the skin to reveal a brighter, smoother complexion. It combines anti-bacterial and anti-inflammatory red and blue LED light therapy to help heal the skin and trigger tissue repair. The treatment is completed with a thirst-quenching hydratone mask.

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*\*Micro-current results are visible after a single treatment however long-lasting results of CACI are cumulative, so a course of 10 or more treatments are advised. Your CACI therapist will happily prescribe a course to suit your individual needs and maximize your results*



## For The Men

### For the Men

All of our menu is suitable for both men and women. But to help you decide we have a few of our favorites to choose from. ELEMIS know just how to treat their men. Designing high-performance facial therapies that restore energy and leave you sporting a welcome glow!

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#### **ELEMIS High Performance Skin Energiser Facial**

A hard-working facial that gives some TLC to ageing, stressed, dehydrated skin and tired eyes.

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#### **ELEMIS BIOTEC Super-Charger Facial**

A result-focused facial with the added benefit of ultrasonic peeling and galvanic current.

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## Manicures and Pedicures

### Prescriptive Manicure

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### Pedicure

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## Gel Manicures

The gel formula delivers a long-lasting, flawless finish that's dry in seconds, protects the natural nails and is available in most popular colours – perfect for weddings and holidays. Gels can last one to two weeks providing the aftercare is followed.

### Gel Manicure

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### Gel Pedicure

*Please inform us at time of booking if you have existing gels on that need removing. This requires an additional 25-minute appointment prior to your manicure or pedicure. Alternatively, please remove them yourself before arrival.*

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## Spa General Information

### **Attire**

Please arrive 'Spa ready' and arrive at the Spa in your gown. We will provide you with flip flops and fresh fluffy towels for your session. Swim wear is required at all times for all of our heat and water facilities and disposable underwear can be provided by your therapist for your treatment.

### **Opening Hours**

Treatments are available seven days a week and evening appointments are also available.

### **Arrivals**

Please arrive promptly for your Spa session to ensure maximum use of your time with us but please do not arrive early as we are limiting the number of guests in our Spa.

### **Booking Policy**

Spa time must be pre-booked and paid at time of booking.

### **Health Concerns**

Some treatments are not suitable for certain medical conditions or during pregnancy. To avoid disappointment, please raise any concerns at the time of booking. We also ask clients to fill out a medical questionnaire on arrival at the spa, to ensure that treatments are appropriate. If you are undergoing treatment, have been affected by or are recovering from cancer please make us aware at the point of booking. We have specialised Therapists in place who can offer a suitable and effective treatment either during your treatment or as part of your recovery.

We ask you to postpone your treatment if you are feeling unwell as we are unable to honour treatments to those who have symptoms including a fever, cough or sore throat.

### **Pregnancy**

Many of our treatments are suitable during pregnancy, but do ask for information when booking.

### **Mobile Phones**

Please ensure that mobile phones are switched off during your visit to the spa.

### **Valuables**

We strongly recommend that you leave your valuables in your locker. Some treatments require the removal of jewellery. Please ensure you retrieve all valuables before leaving the premises and in particular check the pockets of your robe as we cannot be held responsible for any losses.

### **Children Policy**

Children under 14 years of age are not permitted to use the spa at any time.

### **Cancellation Policy**

We require a minimum of 24 hours' notice if you wish to cancel your Spa time to enable us to offer it to someone else. Not turning up for your pre-booked spa time or cancelling with less than 24 hours' notice, will be charged in full. Arriving late to your scheduled time will result in less opportunity to relax in our Spa facilities.

*Prices and treatments are subject to change without prior notice.*

