



 | TANKERSLEY MANOR

Tankersley Manor Hotel
Church Lane, Barnsley, South Yorkshire S75 3DQ
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spa@tankersleymanorhotel.com
www.tankersleymanorhotel.com

Terms and conditions apply and offers are subject to availability.

Please note an extra £10pp supplement applies Friday to Sunday. For full terms and conditions speak to a member of the spa team.

All treatments include client care and consultation time.



THE
SPA
AT TANKERSLEY MANOR

EXPLORE OUR SPA MENU

 | TANKERSLEY MANOR

Let our dedicated spa team guide you through your journey of relaxation

ALL OUR SPA PACKAGES INCLUDE USE OF OUR FANTASTIC HEALTH CLUB FACILITIES, ROBES AND SLIPPERS

LUXURY ESPA EXPERIENCE £126 PER PERSON

While away the hours with this relaxing and decadent spa day, perfect on your own, with a loved one or a friend!

- Choose two treatments from the following four:
 - Decadent ESPA Swedish Massage
 - Revitalising ESPA Facial
 - Luxury Manicure or Luxury Pedicure
 - A glass of bubbly and light lunch

LITTLE SLICE OF HEAVEN

£89 PER PERSON *£10 supplement applies Friday to Sunday*

- Back, Neck and Shoulder massage
- Express Facial
- File and Polish Fingers
- File and Polish Toes
- Glass of fizz
- Robes, towels and slippers
- Full use of the spa facilities

YOUR FOR TWO EXPERIENCE

£159 PER COUPLE *Monday to Thursday*

£169 PER COUPLE *Friday to Sunday*

Relax, unwind and experience luxury ESPA treatments with a friend or loved one - the perfect introduction to spa days. Includes a light lunch.

- 1 x 50 minute ESPA Ritual. *Valid Monday to Thursday*

EXPRESS DAY SPA FOR YOU...

£49 PER PERSON *£10 surcharge applies on Friday & Sunday*

Choose one of the following 25 minute treatments:

- Express facial
- Back, neck and shoulder massage
- Shoulder, neck and scalp massage
- Salt and oil scrub
- Invigorating foot treatment
- Lift and firm eye treatment
- File and polish fingers or toes

DISCOVERY EXPERIENCE £47 PER PERSON

An introduction to spa with use of our relaxing health club and a light lunch - ideal for catching up with a friend in a tranquil resort. Access to facilities morning or afternoon, between 10am - 6pm

INDULGENT ESPA EXPERIENCE TOGETHER £105 PER PERSON

Experience ESPA's luxurious 'Hero' treatment.

Loved by all this treatment includes;

- 1 x 90 minute Luxurious ESPA Back, Face and Scalp treatment which includes Back exfoliation and massage followed by a Personalised facial and scalp massage - perfect for indulgent shared moments.
- A glass of bubbly and light lunch

A SPA DAY WITH AN AFTERNOON TEA EXPERIENCE

£89 PER PERSON

This package celebrates the art of relaxation and style.

- 1 x 50 minute ESPA Ritual or 2 x 25 minute spa treatments
- Delicious afternoon tea and a glass of bubbly

SPA BREAKS

1 NIGHT FROM £148 PER PERSON

2 NIGHTS FROM £233 PER PERSON

Your experience includes;

- Overnight accommodation
- One complimentary drink (house wines, beers and spirits, small, single measure)
- Light lunch
- Evening meal up to the value of £28 per guest
- Breakfast
- Full use of the leisure facilities
- Complimentary use of towels and robe
- Check in from 3pm - Room departure 11am
- Includes 1 ESPA ritual per person (1 night break) 1 ESPA ritual and 1 Express treatment per person (2 night spa breaks)

Discover our Rituals and Express Treatments

ESPA RITUALS 50 MINUTES £69

REVITALISING RITUAL WITH ESPA

A refreshing full body exfoliation followed by a therapeutic back massage to soothe tension and leave you relaxed and revived.

REBALANCING RITUAL WITH ESPA

Restore equilibrium and peace of mind with this unique combination of a personalised facial and soothing foot massage.

FIT FOR BUSINESS BACK RITUAL WITH ESPA

After a stressful day relax with a back cleanse, exfoliation and deep massage followed by a purifying back mask. A tension relieving massage to the legs and feet to help revitalise will leave you feeling totally rejuvenated

RELAXING FACE & BACK RITUAL WITH ESPA

A gentle exfoliation and relaxing aromatherapy back massage, with a face and scalp massage, to melt away tension and leave skin radiant.

REJUVENATING RITUAL WITH ESPA

A nourishing & hydrating Body Wrap for all skin types. A full body brushing, followed by a full body application of Nourishing Body Oil & Pink hair and scalp mud. Finished with lymphatic drainage and scalp and facial pressure points to leave you feeling relaxed and Rejuvenated.

GELERATION HAND SPA RITUAL

A relaxing hand exfoliation, massage and moisturise including cuticle care and a nail shape. Your fingers will be finished perfectly with Jessica's long lasting GEL polish - the complete treatment to ensure your nails are looking party perfect!

GELERATION FOOT SPA RITUAL

A luxury foot and leg treatment including a relaxing massage and moisturise. Your feet are tended to; any hard skin removed, your cuticles and nails shaped before your toe nails experience Jessica's long lasting GEL polish.

EXPRESS TREATMENTS 25 MINUTES £42

PERSONALISED EXPRESS FACIAL

Your therapist will select the most suitable express facial for your skin. Conducted with ESPA products, the treatment involves a consultation, skin analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to protect your skin.

SHOULDER, NECK AND SCALP MASSAGE

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs and an application of pink hair & Scalp Mud for your relaxing scalp massage.

SALT AND OIL SCRUB

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment or together with an express facial or massage.

INVIGORATING FOOT TREATMENT

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

LIFT AND FIRM EYE TREATMENT

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, to reduce fine lines and relieve tension from eyestrain and headaches. Incorporating a cleanse, exfoliation, massage and application of our lift and firm intensive eye serum.

BACK, NECK AND SHOULDER MASSAGE

A condensed massage for those who suffer with tension related headaches and neck strain. If you have little time to spare, this deeply soothing back, neck and shoulder massage is an ideal way to melt away tension and relieve tight muscles.

Discover our ESPA Facials

AGE DEFYING FACIAL

£93 90 minutes

Highly effective and entirely personalised, this advanced facial treatment uses specialised lifting massage techniques alongside naturally powerful skincare to stimulate collagen production and help combat the signs of ageing.

The results are instant – lines and wrinkles are minimised and the complexion is smoother, firmer, even-toned and instantly rejuvenated.

ESPA OPTIMAL SKIN PRO FACIAL

£73 50 minutes

Reveal your skin's true potential by having this facial. Experience expertly tailored facial techniques and the Optimal skin collection.

It is designed to rebalance, hydrate and revitalise.

Including a deep cleanse using the Clarisonic skin brush with an exfoliating hand and lower arm massage to finish.

ESPA FACIALS

RE-HYDRATOR FACIAL

£67 50 minutes

An intensive and regenerating facial for dehydrated skin, leaving it supple and nourished.

Recommended for normal to dry skin.

DE-SENSITISER FACIAL

£67 50 minutes

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calm and nourished.

Recommended for sensitive skin.



SKIN PURIFYING FACIAL

£67 50 minutes

A deep cleansing facial for congested and problematic skin, or those suffering from hormonal imbalance.

Recommended for oily/combination skin.

MEN'S FACIAL

£67 50 minutes

Weather your skin needs a deep cleanse, a healthy glow, soothing or hydrating.

This Facial is suited for your needs, including a deeply relaxing shoulder, facial & Scalp massage.

All skin types.

Discover our ESPA Body Treatments

ESPA BODY TREATMENTS

BACK, FACE AND SCALP TREATMENT

£87 85 minutes

Renowned as our 'hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation and hot stone back massage, plus a personalised facial/scalp massage.

HOT STONE MASSAGE

£77 50 minutes

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind.

Includes: Hot stone aromatherapy massage to back, legs, arms and a neck/shoulder massage.

AROMATHERAPY MASSAGE

£72 50 minutes

ESPA aromatherapy massage is professional and specific, using a blend of individually chosen oils.

A personal consultation will ensure that you receive a unique treatment to suit your specific needs, chosen from the following: Detoxifying, energising, restorative, nourishing, fitness, regenerating, resistance and soothing body oils.

Includes: Aromatherapy massage to back, legs, arms and a neck/shoulder massage.

SWEDISH MASSAGE

£67 50 minutes

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension.

This treatment is ideal as an introduction to massage; to help soothe tired aching muscles to leave you relaxed and revived.

Includes: Swedish massage to back, legs, arms and a neck/shoulder massage.

ESPA BODY WRAP

£67 50 minutes

A tailor-made experience to purify the body or deeply nourish skin, this instantly effective treatment uses skin brushing and exfoliation alongside a complete body wrap of detoxifying algae or nourishing marine mud, combined with essential oils to deeply replenish skin, before a soothing scalp massage relaxes the mind.



Explore our finishing touches treatments

NAIL TREATMENTS

Our luxurious manicures and pedicures are pure pampering for hands and feet that help to nourish and soften the skin. Perfectly shaped nails are then finished off with the polish or gel of your choice.

FILE & POLISH FINGERS OR TOES

£23 25 minutes

FILE & GEL FINGERS OR TOES

£28 25 minutes

Revive your nails with a shape and file, followed by an application of Jessica Nail Polish.



MANICURE

£33 50 minutes

A relaxing hand exfoliation, massage and moisturise, relaxing heated mitts, cuticle care, and a nail shape.

Your fingers will be finished perfectly with Jessica's great range of colour. The complete treatment to ensure your nails are looking ready to go.

PEDICURE

£38 50 minutes

A Relaxing foot and leg treatment including a relaxing massage, exfoliation and moisturise.

Your feet are tended to, any hard skin removed, cuticles and nails shaped before your toe nails experience Jessica's great range of colour.

GEL MANICURE

£43 50 minutes

A relaxing hand exfoliation, massage and moisturise including cuticle care and a nail shape.

Your fingers will be finished perfectly with Jessica's long lasting GEL polish – the complete treatment to ensure your nails are looking party perfect!

GEL PEDICURE

£48 50 minutes

A luxury foot and leg treatment including a relaxing massage and moisturise.

Your feet are tendered to, any hard skin removed, your cuticles and nails shaped before your toe nails experience Jessica's long lasting GEL polish.

ZENSPA DELUXE MANICURE

£48 75 minutes

A relaxing hand exfoliation, massage and moisturise, relaxing heated mitts, cuticle care, and a nail shape.

Your fingers will be finished perfectly with Jessica's great range of colour. The complete treatment to ensure your nails are looking ready to go.

ZENSPA DELUXE PEDICURE

£53 75 minutes

A luxury foot and leg treatment including a relaxing massage, heated booties and moisturise.

Your feet are tendered to; any hard skin removed, cuticles and nails shaped before your toe nails experience Jessica's great range of colour.

GEL REMOVAL STARTING FROM £5

Explore our finishing touches treatments

WAXING

We offer a variety of waxing treatments that will leave your skin feeling soft, smooth and supple.

WAXING

EYEBROW WAX £9

LIP/CHIN WAX £7

UNDERARM £13

BIKINI £16

FULL LEG £31

HALF LEG £21

EYE TREATMENTS

EYEBROW TINT £9

EYELASH TINT £13



Spa Etiquette

ARRIVAL TIME Please arrive 30 minutes prior to your scheduled time, so that you may relax and unwind before your treatment.

LATE ARRIVALS We regret that arriving late will decrease the time of your treatment but you will still be charged the full price. Scheduled treatments must end on time so that the next guest is not delayed.

CANCELLATION POLICY Please remember that our team works by appointment times. Should you need to cancel your appointment, please call a minimum 6 hours prior to your booking time. Otherwise, a charge of equal to 50% of your treatment fee will be applied.

WHAT TO WEAR You may wish to wear your own bikini and briefs, or swim shorts/costumes. Our therapists use draping techniques to respect your privacy.

SHOWER A quick shower just before your treatment is relaxing and washes off any salts, minerals or chemicals that could clog pores when mixed with essential oils.

WHAT ABOUT MY VALUABLES? Please avoid bringing valuables to The Spa. Lockers are provided for your use but The Spa will not accept responsibility for any loss incurred. It is your time and you should enjoy the experience to the fullest. Whether it is the room temperature, lights or massage pressure, please ask your therapist to adjust to suit your needs.

SHAVING BEFORE FACIAL TREATMENT

We recommend that men shave a few hours before their facial appointment rather than immediately before.

PREGNANCIES or ANY CONTRA INDICATIONS

Please contact our spa receptionists for advice on treatments that are safe to enjoy during pregnancy. We cannot perform any spa treatments during pregnancies in their first trimester.

CHILD POLICY The Spa is not suitable for children under 16 years of age and entry will not be permitted. Please contact the spa receptionists if you are aged between 16-18 years prior to booking your visit.