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THE
SPA
AT TANKERSLEY MANOR

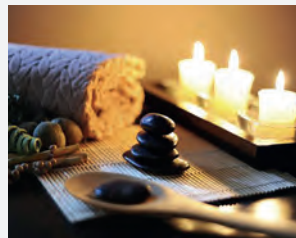
EXPLORE OUR SPA MENU

Terms and conditions apply and offers are subject to availability.
All treatments include client care, consultation time and clean down time ready for the next appointment.

WELCOME TO THE SPA

A beautiful retreat with a heritage dating back to the 17th century, the fabulous Tankersley Manor Hotel & Spa is ideal for days of indulgence and overnight breaks dripping with opulence..

Located in the heart of South Yorkshire, it boasts all the elegance and sophistication your mind, body and spirit will ever need.



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ESPA FACIALS

Reveal skin that glows each day with natural health and beauty.

By assessing your skin, lifestyle 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

£75.00 60 MINUTES

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

INCLUDES

Skin analysis – double cleanse – exfoliation – chest, shoulder and facial massage – personalised mask – scalp massage

ESPA INTENSE REGENERATING FACIAL

£80.00 60 MINUTES

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial. Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened, and your skin is left feeling beautifully refined, soft and supple.

INCLUDES

Skin analysis – double cleanse – exfoliation – age-defying facial massage – mask – chest & shoulder or scalp massage

ACTIVE NUTRIENTS GLOW FROM WITHIN FACIAL

£80.00 60 MINUTES

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow with vitality.

Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

INCLUDES

Skin analysis – cleanse & exfoliation (including Clarisonic skin brush) – Gua Sha facial massage – mask – hand and arm GuaSha massage

ESPA DEEP CLEANSING FACIAL FOR MEN

£75.00 60 MINUTES

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

INCLUDES

Skin analysis – double cleanse – exfoliation – chest, shoulder and facial massage – personalised mask – scalp massage

ESPA EXPRESS FACIAL

£45.00 30 MINUTES

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. 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.

INCLUDES:

Skin analysis – cleanse – exfoliation – personalised mask – choice of chest & shoulder or scalp massage

ESPA SHOULDER, NECK & SCALP MASSAGE

£45.00 30 MINUTES

Focusing on key areas of tension using ESPA Body oil chosen for your needs and an application of Pink hair & scalp mud for your relaxing scalp massage. Leaving you relaxed and released of tension.

INCLUDES

Chest, shoulder and scalp massage

ESPA EYE LIFT

£45.00 30 MINUTES

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.

INCLUDES

Skin analysis – cleanse – exfoliation to face and eye contour – eye contour massage – firming eye mask

ESPA BODY MASSAGE

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

£82.00 60 MINUTES

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.

INCLUDES

Breathwork – full body aromatherapy massage.

ESPA SWEDISH MASSAGE

£75.00 60 MINUTES

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.

INCLUDES

Full body Swedish massage

ESPA HOT STONE MASSAGE

£87.00 60 MINUTES

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.

INCLUDES

Full body aromatherapy massage with hot stones.

ESPA BACK, NECK & SHOULDER MASSAGE

£45.00 30 MINUTES

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

INCLUDES:

Massage to the back, neck and shoulders

INVIGORATING FOOT TREATMENT

£45.00 30 MINUTES

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

INCLUDES

A refreshing exfoliation – deeply therapeutic foot and lower leg 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 - HERO TREATMENT

£99.00 90 MINUTES

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

Targeted massage techniques combine 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.

INCLUDES

Back exfoliation – back massage with or without hot stones – inner beauty facial – scalp massage



ESPA BODY WRAP

£75.00 60 MINUTES

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud.

Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

INCLUDES

Skin brush – body exfoliation – algae or mud wrap – scalp massage



ESPA SALT & OIL SCRUB

£45.00 30 MINUTES

Revive skin's natural softness and glow with this intensely exfoliating treatment.

An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

INCLUDES

Hot mitts - salt & oil full body exfoliation

ESPA ADVANCED TREATMENTS

ESPA PRE-NATAL

ESPA PRE-NATAL RELAX & RESTORE

£80.00 60 MINUTES

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.

INCLUDES

Back exfoliation (if required) – focussed body massage – scalp massage

ESPA PRE-NATAL BACK, NECK AND SHOULDER MASSAGE

£50.00 30 MINUTES

Ease tension where you need it most with this fast-acting de-stressing treatment.

Personalised to your unique needs, targeted massage relaxes tense muscles, nourishes skin and leaves you in a state of total relaxation.

INCLUDES

Massage to the back, neck and shoulders

SPECIALIST SPA DAY EXPERIENCES

For those guests who require specialist treatments (Pre-natal and Nurture and Support Treatments) we can adapt any of spa-packages to allow for a treatment suitable to your needs.

Due to the specialist nature of these treatments, there may be a supplement charge to accommodate the treatments.

Please contact the spa prior to booking to discuss this matter.

UPLIFT AND RESTORE SPA DAY

£84.00

A spa experience for those who's focus is not solely on the poolside lounging but still wish for that day of relaxation.

Use of the health club facilities may be limited for some so this package may be the perfect solution.

The Uplift and Restore Spa Day includes any 60-minute specialist treatment and afternoon tea; guests not requiring a specialist treatment may choose any 60-minute ESPA ritual.

ESPA NURTURE & SUPPORT

Calming and supportive, these deeply nurturing treatment experiences soothe the senses while encouraging the art of compassion and self-care.

For those currently undergoing cancer treatment or in recovery, these treatments will help relax, soothe and ensure total inner calm.

Each experience begins with breathwork to unite the body and mind, welcoming a new-found sense of comfort and reassurance.

ESPA BE NURTURED MESSAGE

£75.00 60 MINUTES

Focusing on areas of concern and using a gentle but rich oil, this unique experience will deeply nourish and hydrate the skin whilst calming the mind.

INCLUDES

Breathwork – full body massage.

ESPA BE NURTURED FACIAL

£75.00 60 MINUTES

Beginning with a detailed consultation and entirely tailored to your concerns, this facial combines the most suitable selection of products to help you glow from within.

INCLUDES

Skin analysis – double cleanse – exfoliation – chest, shoulder and facial massage – personalised mask – scalp massage

ESPA BE NURTURED BACK, FACE & SCALP

£99.00 90 MINUTES

Soothe mind and body with this renowned experience.

This relaxing and deeply effective ritual addresses the main areas of tension – the back, the face and the scalp.

A soothing back massage addresses areas of tension before a personalised facial completes this totally indulgent experience.

ESPA RITUALS + EXPRESS

ESPA RITUALS £70.00 60 MINUTES

Book as a stand-alone treatment or included in the highlighted Spa Days.

ESPA REVITALISING RITUAL

Revive skin's natural softness and glow with this intensely exfoliating treatment.

An ideal way to prepare skin before a deeply relaxing back, neck & shoulder massage focusing on areas of tension.

A natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment whilst the ESPA Body oil from your massage continues to hydrate, relax and soothe you from within.

Skin feels smooth, supple and looks radiantly healthy.

INCLUDES

Hot mitts - salt & oil full body exfoliation - back, neck & shoulder massage

ESPA REBALANCING RITUAL

Restore equilibrium and peace of mind with this unique combination of a personalised express facial followed by a revitalising lower leg and foot exfoliation and massage to help soothe tired feet and heavy legs.

INCLUDES

Skin analysis - cleanse - exfoliation - personalised mask - choice of chest & shoulder or scalp massage - lower legs and foot exfoliation - lower leg and foot massage

ESPA EXPRESS TREATMENTS £45.00 30 MINUTES

Book as a stand-alone treatment or included in the highlighted Spa Days.

ESPA EXPRESS FACIAL

INCLUDES

Skin analysis - cleanse - exfoliation - personalised mask - choice of chest & shoulder or scalp massage

ESPA BACK, NECK & SHOULDER MASSAGE

INCLUDES

Massage to the back, neck and shoulders

ESPA SHOULDER, NECK & SCALP MASSAGE

INCLUDES

Chest, shoulder and scalp massage

ESPA FIT FOR BUSINESS BACK RITUAL

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs.

INCLUDES

Back cleanse - back exfoliation - back, neck and shoulder massage - back mask - lower leg and foot massage

ESPA RELAXING FACE & BACK RITUAL

A perfect combination of both tension relieving back massage after a cleansing exfoliation followed by a personalised express facial to suit your needs, including the choice of either a mini chest & shoulder massage or scalp massage.

INCLUDES

Back exfoliation, back, neck & shoulder massage - personalised express facial - chest and shoulder massage or scalp massage.

ESPA BODY WRAP RITUAL

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Completed with face and scalp pressure point massage to help release tension and leave you feeling relaxed and renewed.

INCLUDES

Skin brush - body exfoliation - algae or mud wrap - face and scalp pressure point massage.

ESPA SALT & OIL SCRUB

INCLUDES

Hot mitts - salt and oil full body exfoliation

ESPA EYE LIFT

INCLUDES

Skin analysis - cleanse - exfoliation to face and eye contour - eye contour massage - firming eye mask

INVIGORATING FOOT TREATMENT

INCLUDES

A refreshing exfoliation - deeply therapeutic foot and lower leg massage

SPA DAY PACKAGES

LUXURY ESPA EXPERIENCE

£144.00 PER PERSON

Your Luxury ESPA Experience provides the perfect day of indulgence.

Get away from it all in style and treat yourself to some much-needed decadence at the hands of our experts.

With two hours' worth of treatments, a light lunch with a glass of bubbly, full access to spa facilities between 9:30am - 6pm and fluffy robes, towel and slippers - you will leave feeling totally relaxed and renewed.

CHOOSE ANY TWO OF THE FOLLOWING TREATMENTS

ESPA Swedish massage

ESPA Inner Calm Facial

Manicure

Pedicure

INDULGENT ESPA EXPERIENCE

£105.00 PER PERSON

Enjoy a day lounging by the pool before you immerse yourself into ESPA's Hero treatment, feel relaxed from head to toe with this 90-minute treatment which includes a back exfoliation and back, neck and shoulder massage followed by a personalised facial with shoulder, neck and scalp massage.

INCLUDES

Full access to spa facilities between 9:30am-6:00pm, fluffy robes towels and slippers.

20% off any food and beverage purchased on the day.

AFTERNOON TEA EXPERIENCE

£99.00 PER PERSON

Including full access to spa facilities between 9:30am-6:00pm, robes, towels and slippers, traditional Afternoon Tea with a glass of bubbly in our Woodman restaurant and either a ESPA Ritual of your choice or two ESPA express treatments (please see previous page).

The perfect experience for a day with friends or taking the day for yourself.

ESPA RELAX AND RETREAT EXPERIENCE

MONDAY TO THURSDAY £85.00 PER PERSON

FRIDAY TO SUNDAY £92.50 PER PERSON

Relax and unwind with full day spa access between 9:30am-6:00pm with fluffy robes, towels and slippers included.

Enjoy one of our ESPA Rituals or two ESPA express treatments (please see previous page) and a light lunch served in our Woodman restaurant this is the perfect spa day for you and a loved one.

EXPRESS SPA DAY

£55.00 PER PERSON

For those who don't have much time, this is the perfect package. Enjoy a half day spa day including access to spa facilities, robes, towel and slippers and an ESPA Express treatment (see previous page).

Choose either a morning spa day 8am-1pm or evening 2pm-7pm.

20% off any Food and beverage purchased on the day.

DISCOVERY EXPERIENCE

£47.00 PER PERSON

An introduction to spa with access to spa facilities robes, towel and slippers and a light lunch, ideal for catching up with friends.

Choose either a morning spa day 8am-1pm or evening 2pm-8pm.



OVERNIGHT SPA BREAKS

ONE NIGHT SPA BREAK

Accommodation in a standard double or twin room

Breakfast

Dinner (£28 food allowance per person)

Light lunch

ESPA Ritual or two ESPA Express treatments

Complimentary drink

FROM £169.00 PER PERSON

TWO NIGHT SPA BREAK

Accommodation in a standard double or twin room

Breakfast each morning

Dinner first night only (£28 food allowance per person)

A Light lunch one of the days

An ESPA Ritual and a ESPA Express treatment

Complimentary drink

FROM £259.00 PER PERSON



FINISHING TOUCHES

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

FILE & POLISH FINGERS OR TOES

£27.00 30 MINUTES

FILE AND GEL POLISH FINGERS OR TOES

£32.00 30 MINUTES

A relaxing exfoliation, massage and moisturise, cuticle care and nail shape. Finished with Mii Colour polish of your choice.

30-minute treatments include a 5-minute consultation

MANICURE

£43.00 60 MINUTES

60-minute treatments include a 10-minute consultation

Upgrade to gel polish for just £5.00

PEDICURE

£48.00 60 MINUTES

60-minute treatments include a 10-minute consultation

Upgrade to gel polish for just £5.00

SPA ETIQUETTE

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.

Please notify us at least 48 hours in advance if you wish to cancel or reschedule your appointment to avoid a cancellation charge.

Payment will be taken in full for any treatments cancelled within 48 hours of the scheduled appointment.

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.

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.

