



THE  
**SPA**  
AT TANKERSLEY MANOR

EXPLORE OUR SPA MENU



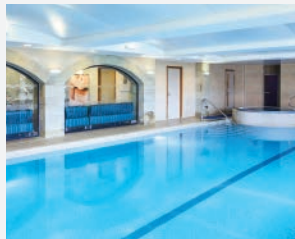
TANKERSLEY MANOR  
HOTEL AND SPA

# WELCOME TO THE SPA

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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

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## 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-focussed 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** 50 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*

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### ESPA INTENSE REGENERATING FACIAL

**£80.00** 50 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*

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### ACTIVE NUTRIENTS GLOW FROM WITHIN FACIAL

**£80.00** 50 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*

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### ESPA DEEP CLEANSING FACIAL FOR MEN

**£75.00** 50 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*

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### ESPA EXPRESS FACIAL

**£45.00** 25 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*

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### ESPA SHOULDER, NECK & SCALP MASSAGE

**£45.00** 25 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*

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### ESPA EYE LIFT

**£45.00** 25 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*

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# ESPA BODY MASSAGE

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## 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** 50 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.*

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### ESPA SWEDISH MASSAGE

**£75.00** 50 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*

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### ESPA HOT STONE MASSAGE

**£87.00** 50 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** 25 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*

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### INVIGORATING FOOT TREATMENT

**£45.00** 25 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

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**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** 80 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*

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## **ESPA BODY WRAP**

**£75.00** 50 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*

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## **ESPA SALT & OIL SCRUB**

**£45.00** 25 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 PRE-NATAL TREATMENTS

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## ESPA PRE-NATAL

### ESPA PRE-NATAL RELAX & RESTORE

**£80.00** 50 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** 25 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*

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*Our prenatal massage treatments offer a relaxing and nurturing experience for expectant mothers. Our specially trained therapists ensure both you and your baby are comfortable and supported throughout our signature prenatal massage, giving you the care you deserve. Please note that treatments are available after 12 weeks of pregnancy.*



# ESPA RITUALS + EXPRESS

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## ESPA RITUALS £70.00 50 MINUTES

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

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### 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*

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### 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*

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## ESPA EXPRESS TREATMENTS £45.00 25 MINUTES

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

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### ESPA EXPRESS FACIAL

#### INCLUDES

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

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### ESPA BACK, NECK & SHOULDER MASSAGE

#### INCLUDES

*Massage to the back, neck and shoulders*

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### ESPA SHOULDER, NECK & SCALP MASSAGE

#### INCLUDES

*Chest, shoulder and scalp massage*

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### 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*

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### 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.*

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### 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.*

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### ESPA SALT & OIL SCRUB

#### INCLUDES

*Hot mitts - salt and oil full body exfoliation*

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### ESPA EYE LIFT

#### INCLUDES

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

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### INVIGORATING FOOT TREATMENT

#### INCLUDES

*A refreshing exfoliation - deeply therapeutic foot and lower leg massage*

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# SPA DAY PACKAGES

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## 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*

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## 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 80-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.*

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## 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.

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## 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. Sunday evening session 1pm-6pm.*

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

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## 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. Sunday evening session 1pm-6pm.*



# OVERNIGHT SPA BREAKS

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## 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

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

## FILE & POLISH FINGERS OR TOES

**£27.00** 25 MINUTES

## FILE AND GEL POLISH FINGERS OR TOES

**£32.00** 25 MINUTES

## MANICURE

**£43.00** 50 MINUTES

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

*Upgrade to gel polish for just £5.00*

## PEDICURE

**£48.00** 50 MINUTES

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

*Upgrade to gel polish for just £5.00*

# SPA ETIQUETTE

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## 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. The lockers within our facilities take a £1 coin or trolley token.

## PREGNANCIES or ANY CONTRA INDICATIONS

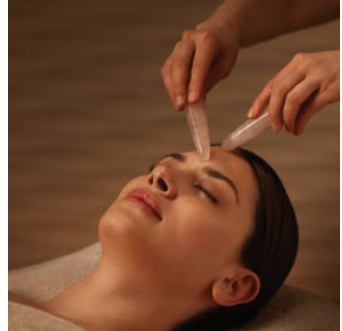
Please contact our spa receptionists for advice on treatments that are safe to enjoy during pregnancy. We cannot perform any spa treatments during pregnancies in their first trimester.

## 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.

## ROBE AND SLIPPER HIRE

The hire of robes, towels and slippers is often included within the price of a package which you book with us. We will also require a £5pp deposit on the day of your visit which is refunded to you upon our receipt back of these items at the end of your spa experience.





**Tankersley Manor Hotel**  
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[www.tankersleymanorhotel.com](http://www.tankersleymanorhotel.com)

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.