



# spa

AT YE OLDE BELL



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## Spa at Ye Olde Bell offers you a warm welcome...

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**Spa** - Step into a world where exciting experiences await, immerse your senses and drift away.

**Pamper** - Enjoy luxurious treatments personalised to your wellbeing and beauty needs.

**Relax** - Unwind in our relaxation areas - let our spa butlers take care of you, so you can enjoy doing a little bit of nothing or spend quality time with friends.

**Eat** - Revive yourself with amazing fresh healthy cuisine or truly indulgent dishes.

**Drink** - Refresh with herbal infusions or party with cocktails & Champagne.

Relax  
Indulge  
Escape



Our **Front Of House** facilities include:

- Reception and retail area
- Relaxation Lounge and Bar
- Theatre Kitchen, Brasserie and external terrace

Enter our **Thermal Area** and try our numerous experiences:

- Pool side relaxation area
- Indoor/Outdoor Vitality Pool
- Snowstorm Experience
- Herbal Laconium
- Stone Bath™
- Alpine Sauna
- Foot Baths
- Shower walk and Ice Bucket
- Steam Bath
- Salt Inhalation Room
- External Courtyard and relaxation areas

Our First Floor **Treatment Area** has been designed to help you relax and enable us to deliver outstanding treatments:

- 6 Treatment Rooms (including 2 doubles)
- Post-treatment quiet relaxation space
- Relaxation lounge
- Pedicure Suite
- Sabbia Med™ (sunlight therapy)
- Rasul

The **Hair Boutique and Express Salon** are there to cater for your regular hair and beauty needs:

- Occasion Hair, Colour, Cuts and Blow Dries
- Occasion Make Up, HD Brows, Lash treatments and Waxing



# Spa Days

## Want to just spa?

### Morning Spa From £65

Arrivals between 9.30am and 10.30am with 4 hours spa access and 2 course lunch.

### Afternoon Spa From £50

Simply Spa Access from 3pm to 6pm. Lunch can be added on request. (Subject to availability).

### Full Day Spa From £95

All day access from 9.30am to 5.30pm with 2 course lunch.

### Twilight From £55

Evening access from 5.30pm to 8.30pm on selected days  
Canapes from £8.00 per person (must be ordered in advance).

### Spa Overnight Package From £149.50pp

## Treatments to share

### Rasul £30pp

30 minutes - minimum  
2 people experience.

### Sabbia Med™ £20pp

30 minutes - minimum  
2 people experience.

## Want More?

Spa at Ye Olde Bell offers the finest treatments and products available. Choose from a variety of treatments including traditional massages or more unusual ritualistic therapies from around the world.

### 30 minutes - £40

Mini Aromatic Body Exfoliation  
Mini Turkish Ritual Massage  
Spierience Elements Massage  
A Taste of Germaine de Capuccini Mini Facial  
Timexpert Rides Collagen Boost Eyes

### 60 minutes - £75

Rose & Honey Elixir Calming Facial  
Purexpert Re-Balance  
Hydracure Intense Hydration  
C+ Energy Facial for Men  
Aromatic Body Exfoliation  
Spierience Elements Massage  
Turkish Ritual Massage  
Spierience Silk Wrap

### 90 minutes - £100

Timexpert C+ Anti-Glycation Advanced Facial  
Timexpert Rides Collagen Boost Advanced Facial  
Timexpert Lift & Contour Advanced Facial  
Timexpert SRNS Global Anti-Age ON  
Algae Detox Wrap  
Royal Victorian Ritual  
Ye Perfect Gent

### 120 minutes - £120

Lady Jane Priceless Gem  
Alpine Dew  
Japanese Hydrating Water Therapy  
Men's Ritual

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## 30 Minute Treatments

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### **Mini Aromatic Body Exfoliation**

*A deep exfoliation combining sea salt & oil*

Using powerful ingredients from the sea to nourish and exfoliate the skin, followed by a spritz of seawater spray to hydrate the skin.

### **Mini Turkish Ritual Massage**

*A saffron body massage incorporating gentle stretches*

Originating from Turkey, this treatment focuses on releasing tension in the neck, back and shoulders. After our unique feather ritual, a light silk fabric is used to gently stretch the body combined with specialised massage movements. The aromas from our saffron massage balm will melt away any stresses of the day.

### **Sperience Elements Massage**

*A Feng Shui inspired massage*

Based on traditional Chinese philosophy, our Sperience Elements massage is specifically tailored for you by matching one of our 5 active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body.

### **A Taste of Germaine de Capuccini**

*A mini facial tailored for your skin*

Designed to refresh your skin with prescriptive products, this facial includes a cleanse, exfoliation and massage.

### **Timexpert Rides Collagen Boost Eyes**

*Express eye treatment to reduce puffiness & wrinkles*

Express eye treatment to reduce puffiness and wrinkles Utilising our exclusive Micro-Dermoxine Complex® and Azarole Buds, results are seen immediately after this 30 minute flash treatment. Lines and wrinkles are filled in and puffiness is reduced, rejuvenating the eye contour. In just a single session, 87% of clients have reduced wrinkles\*, increasing to 100% after a course of 4\*\*.

\*Self-assessment test on 67 individuals after 1 treatment

\*\*Self-assessment test on 15 individuals after 4 treatment



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# 60 Minute Treatments

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## Prescriptive Facials

Our relaxing facials are tailored for your skin. They combine the best highly active ingredients with relaxing massage therapies. Try our prescriptive approach, you're in safe hands and you'll be back for more!

### Rose & Honey Elixir Calming Facial

*Contains rose petals to soothe stressed skin*

This exquisite facial uses the extract of five different roses to neutralise the effects of emotional stress. Stressed skin can show redness, signs of fatigue, dehydration and premature ageing. Relax and breathe in the natural scents of the roses whilst this facial soothes, hydrates and nourishes the skin whilst strengthening its natural barrier. For all skin types including delicate skin.

### Purexpert Re-Balance

*Purifying facial to reduce oiliness & spots*

Purexpert commences with an enzyme packed gel to extract blackheads and whiteheads, followed by a red clay mask to deeply cleanse and reduce the size of the pores. The treatment concludes with a Blemish Balm (BB) Cream to leave the skin smooth & hydrated. After just one treatment, 98.6% of clients had cleaner skin with a more matt appearance\*.

\*Self-assessment test on 146 individuals after 1 treatment

### Hydracure Intense Hydration

*Deeply hydrating facial for dehydrated skin*

This facial provides your skin with the natural healing ability to retain moisture. This is achieved through our unique "Hydractive" blend of ingredients including Hyaluronic acid and natural spring water from the Izumo Yumura thermal spring in Japan. After just one treatment, 100% of clients have more hydrated skin\*.

\*Self-assessment test on 146 individuals after 1 treatment

### C+ Energy Facial for Men

*Deeply hydrating facial for dehydrated skin*

A facial which includes relaxing pressure point massage for the body. Cleansing and exfoliation is followed by a serum application and a mask containing a cocktail of natural elements designed to cater for men's skin and soothe the irritation from daily shaving.

## Other Treatments

### **Aromatic Body Exfoliation**

*A deep exfoliation combining sea salt & oil*

Using powerful ingredients from the sea to nourish and exfoliate the skin, followed by a warm oil massage and a spritz of seawater spray to hydrate the skin.

### **Sperience Elements Massage**

*A Feng Shui inspired full body massage*

Based on traditional Chinese philosophy, our Sperience Elements massage is specifically tailored for you by matching one of our five active oils to your zodiac sign. During this sensual massage, your therapist will relieve tension and negative energy throughout your body.

### **Turkish Ritual Massage**

*A saffron body massage with stretches*

Commencing with our feather ritual, this treatment focuses on the neck, back and shoulders. Originating from Turkey, this therapy uses a light silk fabric to gently stretch the body combined with specialised massage movements. The aromas from our saffron massage balm will melt away any stresses of the day.

### **Sperience Silk Wrap**

*Envelop your skin with velvety smooth silk extract*

Like a second skin, this exquisite mask deeply hydrates your skin and provides it with a satin appearance and a silky touch. This treatment improves firmness and luminosity and is extremely hydrating.



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# 90 Minute Treatments

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## **Timexpert C+ Anti-Glycation**

*Illuminating facial to combat the first signs of ageing*

An advanced anti-glycation facial utilising the benefits of Ume extract to fight against the damaged elastin and collagen fibres caused by sugar and UV radiation. Additional Vitamin C derivative provides a powerful antioxidant, protector and firmer, offering the skin a fresh, healthy glow. In just one session, 97% of clients declare their skin is smoother, more radiant and healthy\*.

\*Self-assessment test on 123 individuals after 1 treatment

## **Timexpert Rides Collagen Boost**

*Advanced facial to reduce expression lines & wrinkles*

Our exclusive Micro-Dermoxine Complex® and Pro-Collagestine Fill technology combine to neutralise and inhibit micro-tensions whilst increasing natural collagen and elastin production. 98% of our clients declared their wrinkles were reduced.\* Course of 5 treatments recommended.

\*Self-assessment test on 41 individuals after 4 treatments

## **Timexpert Lift & Contour**

*The ultimate facial to lift & re-define facial features*

At the heart of this treatment lies our unique and exclusive complex, V-Matrix. With flaccidity in the skin beginning in the deepest layers, V-matrix works at the root of the problem to rebuild and restructure the dermis, transforming the skin from the inside out. 100% of clients have a more defined facial contour after a single session\*.

\*Self-assessment test on 111 individuals after 1 treatment



## **Timexpert SRNS Global Anti-Age ON**

*Anti-ageing face and eye treatment based on epigenetics*

Every day, thousands of our cells are damaged by lifestyle and environmental aggressions. Over time, the gene structure within these cells becomes unable to repair itself and stops producing essential proteins which naturally slow down the ageing process. Global Anti-age ON reactivates these dormant genes and boosts cellular regeneration using "Epigenol" and "Zinc-Glycine Complex". A powerful all-round anti-ageing treatment which provides firming, wrinkle reduction, revitalisation, improved pigmentation and hydration. 99% of clients have firmer, more supple and nourished skin after a single session\*.

\*Self-assessment test on 173 individuals after 1 treatment

## **Algae Detox Wrap**

*Body exfoliation & anti-cellulite wrap*

Combining micronized algae and seawater this therapy, reduces the appearance of cellulite by eliminating fat in the adipocytes (fat cells) and stimulating drainage. Your treatment commences with an aromatic salt and oil exfoliation followed by an Algae Wrap and is completed with a relaxing lymph drainage massage.

## **Royal Victorian Ritual**

*Warming back massage & anti-stress rose facial*

This truly British ritual uses highly nourishing ingredients to relax the body and de-stress the skin. Your therapy commences with a warm oil back massage and is completed with our Rose and Honey Calming Facial.

## **Ye Perfect Gent**

*Back exfoliation, massage & vitamin facial*

The perfect treat to allow you to relax, unwind and recharge your batteries. Your treatment package includes a back exfoliation, deeply relaxing back massage and our C+ energy facial design for male skin. Rich in Vitamin C it will smooth the skin, leaving it fresh and revitalised.



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# 120 Minute Treatments

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## Lady Jane Priceless Gem

*An exquisite anti-ageing ritual for the face and body*  
Your treatment commences with our Crystal Harmony body therapy an exquisite massage using extracts of Diamond, Amethyst, Sapphire and Ruby to gently exfoliate the skin, energise the body and restore inner wellbeing. Then choose one of our Timexpert anti-ageing facials to suit your skin and any concerns you may have.

## Alpine Dew

*An awakening & revitalising therapy for the body*  
Let your mind and body escape to the Alpine Hills. Your treatment commences with an exfoliating and soothing warm VIP foot ritual, followed by an Aroma Massage with Lemon and Lime oil to awaken the senses. This is combined with a nourishing silk body wrap and a scalp massage, leaving you totally revitalised.

## Japanese Hydrating Water Therapy

*Nurture your mind, body & soul...*  
This therapy begins with a salt and oil full body exfoliation followed by a relaxing full body massage with warmed floral oriental oil. Finally, enjoy our full body Hydracure Intense Hydration facial, enriched with Japanese Spring water to deeply hydrate your skin.

## Men's Ritual

*A face & body treatment to re-energize*  
Designed to meet the needs of male skin often irritated by the daily shaving ritual. Your therapy includes a 60 minute invigorating massage followed by a facial packed with plant extracts and vitamins to soothe the skin.



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# Spa Packages

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## Mini Meet Up

*Perfect for those doing the school run or with a busy schedule you can squeeze this in during the day and still have time to achieve great things after your visit*

Includes: Morning Spa, lunch and a 30 minute treatment

Arrive at the Spa at 10:30am and enjoy 4 blissful hours in our spa. Included in this package is a 2 course lunch in our Herb Garden Brassiere and a 30 minute treatment of your choice. We love our 'A Taste of Germaine de Capuccini' facial. It will melt your tensions away and leave your skin feeling refreshed and revived. **£99 per person**

## Afternoon Unwind

*Let go of the morning's stresses with our afternoon spa package*

Includes: Afternoon spa and a 30 minute treatment

Enjoy 3 hours in the spa and let your mind clear as you try our 8 thermal experiences. This package includes a 30 minute treatment of your choice with one of our fantastic therapists who are sure to help you achieve a relaxed state of mind. Why not try the Turkish ritual massage which will help release tension in your neck, back and shoulders and is a firm favourite with our spa staff. **£85 per person**

## Twilight for Two

*A perfect way to switch off after a hectic Wednesday or Friday*

Includes: Twilight spa for 2 and a Rasul for 2

With full use of our thermal area you can relax by the pool with a drink or next to the outdoor fires; both are sure to make your evening really special. Try our 8 thermal experiences - alternate between hot and cold and enliven your senses. Rasul - Our private temple under the light of a thousand stars will host you for 30 minutes during which time you will cover your body in either foam or mud and relax in your own private steam room/hammam. It is sure to be an experience that you will not forget. **£135 for two**

## Spa Day Special

*Simply spa all day and indulge with a treatment*

Includes: Full day spa, lunch & 60 minute treatment

The upgrade from our mini meet up this package is for those who love to spa and want to make the most of our thermal facilities. With full day access to the spa you can choose how to spend your time. Whether you want to relax, revive or invigorate, choose a treatment to suit your mood and use the wide range of thermal experiences to complement this.

**£149 per person**

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## Spa Packages (continued)

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### Mother to Be

*Pamper yourself and your bump with our special package*

Includes: Full day spa, lunch, complementary Sabbia Med for you and a guest and a 60 minute facial

Enjoy a full day spa and lunch in our Herb Garden Brassiere with a menu sure to help combat some pregnancy cravings. The Sabbia Med (sunlight therapy) will transport you from Barnby Moor to Cannes in an instant as you relax on the sand or deck chair and feel the sand between your toes. A great way to relax and get a boost of vitamin D for you both. To complete the package we include a 60 minute facial of your choice. We recommend our Rose and Honey Elixir Calming Facial which is perfect for calming and soothing your skin and helping you look and feel de-stressed enhancing your pregnancy glow. **£150 per person**

### Treat for Two

*Perfect for a gift for your best friend or someone you love*

Includes: Full day spa for two, lunch, Rasul and a 60 minute treatment each

A package sure to leave you both feeling truly pampered and spoilt. With a full day in the Spa and private use of our fabulous rasul it will help detox your body and de-stress your mind. Drift away into a world of relaxation with a choice of any of our 60 minute treatments, either in a shared treatment room or alone. Our Turkish Ritual Massage with silk and real ostrich feathers is a treatment that we are sure neither of you will forget! **£360 for two**

### Ladies Who Lunch

*Sun, fun, therapy & fizz!*

Includes: Full day spa, lunch, Sabbia Med, 60 minute treatment & bottle of prosecco (between 2)

We have created this package for ladies who like a bit of luxury, sun and fizz in their day! Join us for a full day spa with 2 course lunch, laze on the sand in the Sabbia Med with a glass of fizz and then choose whether to finish your bubbles whilst relaxing in the pool or chatting around an open fire in one of our alpine lodges. Indulge with one of our 60 minute treatments leaving you feeling truly pampered and refreshed.

**From £175 per person** (minimum 2 people).

## Relax and Rejuvenate

*For those who need more time to switch off and truly relax this package is the one of you*

Includes: Full day spa, lunch Sabbia Med and 60 minute treatment. Dinner, Bed and breakfast in the hotel and a late check out.

Totally switch off and enjoy a full spa day and two course lunch with overnight stay in one of our exquisite hotel rooms. Transport yourself from Retford to Cannes with use of our Sabbia Med and let all of the goodness from the sun sink in and help you wind down. Your day will also include a 60 minute treatment of your choice whether it be facial, scrub or body treatment. Any of our treatments can be adapted to suit your emotional and physical needs. We have ensured you can have a lazy morning with a late check out and a beautiful breakfast in the hotel. **From**

**£265 per person**

## If In Doubt Pamper It Out

*The ultimate overnight spa package; A divine treat for yourself or your loved ones*

Includes: Full day spa, lunch, 60 minute treatment, big hair blow out and gel nails or toes. Dinner, Bed and breakfast in the hotel and a late check out.

A full spa day with lunch in our fabulous Herb Garden Brasserie. Lounge inside or outside on our heated lounges and large day bed. Choose from any of any of our 60 minute treatments and then be pampered from head to toe with gel nails or toes and a big bouncy blow dry.

Then head over to the hotel for a delicious dinner and an overnight stay in one of our gorgeous bedrooms. Wake up in the morning for a wide selection of breakfast and lounge in the hotel with a late check out. **From £299 per person**

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# The Hair Boutique & Express Beauty Lounge

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We have created a beautiful space open to everyone (including non spa guests) for all your regular and occasion hair and beauty needs.

## Hair Boutique

Ladies Cut and Finish	£38.50
Ladies Wet Cut	£23
Ladies Blow Dry	£19
Ladies Blow Dry Specialised	£26
Gents Cut & Finish	£20
Child's Cut from	£10

## Colours including finish

Full Head Permanent Colour	£60
Regrowth	£55
Full Head Foils	£90
Full Head Foils and Roots	£105
Speed 10	£60
Gents Colour	£50

Occasion Hair from	£30
Wedding Trial	£60
Wedding Day	£60

## Bridal and Occasion Make up

From your first prom to the biggest day in your life let our highly trained team transform you.

Occasion Makeup	£65
Prom / Bridal Makeup	£75*

Discount available for 3 or more guests

\*lipstick/gloss used included in the price.

## Eyelash and Eyebrow Treatments

Eyelash Tint 15mins	£15
Lashes Lift & Tint 45mins	£40
Individual Lashes 60mins	£60
Lash Infills (after 2 weeks)	£30
Eyebrow Shape	£15
Eyebrow Tint	£15

## HD Brows

Thanks to this Unique 7 step brow treatment, you can have the ultimate in well groomed, high definition eyebrows.  
45mins £40

## Hands & Feet

Gel Fingers/Toes* 30mins (includes soak off)	£30
Orly Manicure 45mins	£45
Orly Pedicure 50mins	£50
Orly Luxury Manicure 50mins	£50
Orly Luxury Pedicure 75mins	£60
Acrylic Nails	£60
Soak Off 15mins	£10

## Waxing

Azulene wax by London Spa Company is designed to provide gentler hair removal.

Full Leg 60mins	£50
Half Leg 30mins	£25
Bikini 15mins	£15
Underarm 15mins	£15
Forearm 30mins	£25
Back 45mins	£40
Chest 30mins	£25
Lip 15mins	£15
Chin 15mins	£15



Great North Rd  
Barnby Moor  
DN22 8QS

01777 705121  
reception@yeoldebellsa.co.uk  
[www.yeoldebellsa.co.uk](http://www.yeoldebellsa.co.uk)