

Relax
Rejuvenate
Recharge



TO BOOK
015395 33666 | spa@grange-hotel.co.uk

HOTEL GUESTS
Call 0 to speak with Reception to book

*Grange Hotel, Station Square
Grange-over-Sands, Cumbria, LA11 6EJ*



Spa Treatment List



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Massages

FULL BODY MASSAGE

50 minutes **£75**

A luxurious selection of natural products melts on contact with the skin. Focusing on relieving stress and muscle tension, this antioxidant rich treatment will help circulation, lymphatic drainage and exfoliate dry skin while boosting the immune system.

BACK, NECK & SHOULDER MASSAGE

30 minutes **£40**

A traditional and relaxing massage at your desired pressure level to keep you feeling relaxed and de-stressed.

AROMATHERAPY FULL BODY MASSAGE

55 minutes **£80**

A therapeutic traditional massage using your selection of the purest essential oils. Focused on relaxation and helping with circulation. The added essential oils offer an additional sense of luxury with their natural fragrance catered to your body's needs.

AROMATHERAPY BACK MASSAGE

25 minutes **£40**

Focused on the back to improve circulation, ease muscles, release toxins and stress relief. Using essential oils to aid in relaxing and re-energising the body and mind.

HAND AND FEET MASSAGE

25 minutes **£35**

A soothing treatment aiding in improving circulation, softening and nourishing skin.

SCALP AND SHOULDER MASSAGE

30 minutes **£40**

Focused on the head and upper body enhancing circulation and promoting relaxation using pressure points.

BACK OF BODY MASSAGE

35 minutes **£50**

Focused on back of legs, back and shoulders, this massage aids with fluid retention, circulation and lymphatic drainage leaving your body feeling re-energised and relaxed.



Facials

EXPRESS FACIAL

25 minutes **£40**

Tailored to your individual needs this rehydrating facial will leave you feeling refreshed, rejuvenated and reenergized.

ANTI-AGING FACIAL

50 minutes **£65**

With vital influences from the sea, using marine pro-collagen rich product. Focused on leaving your skin, soft and renewed resulting in youthful radiance and a plumping and firming effect.

Finishing Touches

GEL MANICURE

30 minutes **£35**

GEL PEDICURE

30 minutes **£35**

LUXURY MANICURE

30 minutes **£35**

Includes cuticle work alongside nail and hand exfoliation finishing with mask, hand and arm massage.

LUXURY PEDICURE

30 minutes **£35**

Includes cuticle work alongside nail and hand exfoliation finishing with mask, foot and leg massage.

Spa guests at The Grange Hotel also benefit from the use of our swimming pool, sauna, steam room and jacuzzi.