

GRANGE SPA COLLABORATES WITH THE BEAUTIFUL

Tropic Skincare Range

With powerful, freshly-made formulations bursting with nature's most nourishing ingredients, we feel this is the perfect brand to compliment what our Spa feels is important – natural wellbeing.

All our treatments have been carefully paired with the Tropic products to create a perfect blend of relaxation with maximum results using freshly made ingredients all from within the UK.

Our therapists will be more than happy to talk you through all our Tropic range. You can also purchase the products here at the hotel.



THE GRANGE SPA TREATMENT LIST

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

TAKE YOUR TIME, UNWIND AND
LET US TAKE CARE OF YOU



MASSAGES

FULL BODY MASSAGE

50mins | £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

30mins | £40

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

AROMATHERAPY FULL BODY

55mins | £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

25mins | £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

25mins | £35

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

SCALP AND SHOULDER MASSAGE

30mins | £40

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

BACK OF BODY MASSAGE

35mins | £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

25mins | £40

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

ANTI-AGING FACIAL

50mins | £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

30mins | £35

GEL PEDICURE

30mins | £35

LUXURY MANICURE

30mins | £35

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

LUXURY PEDICURE

30mins | £35

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



RELAX. REST. RECHARGE

Whether you're visiting for a bit of self-care, relaxation, or a full day of pampering, we're here to make your experience special.

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