



DOXFORD HALL  
HOTEL AND SPA



ΥΤΣΑΓΑ





Clinically Proven.  
Vegan. Dermatology  
Tested

## Balance. Connection. Care.

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Doxford Hall offers a wide range of therapeutic and beauty treatments using products from the holistic spa brand Ytsara.

Ytsara is a 100% natural, vegan spa range which harnesses the healing properties of 'living' water, along with plant and marine extracts.

Their unique formulations contain potent Asian rare botanicals that are responsibly harvested, empowered by French science and delivered with methods steeped in ancient wisdom from Eastern and Western holistic practice.

YTSARA



Rediscover the  
luxury of time



## Day Packages



We have created a haven of tranquility where you can escape the everyday and take time for yourself and we offer a variety of spa days to suit your needs.

Our day packages include your chosen treatments and the following:

- Use of our pool, heat experiences, fitness equipment and relaxation suite
- Two-course lunch served in the George Runciman Restaurant

Arrive at 9.30 am, departing by 5.30 pm

**\*Please ask the Spa team for a list of treatments that you can choose from and please ensure that your treatments are booked prior to your arrival from a list of selected treatments included in these packages.**



### SERENE

Monday to Friday £100  
Saturday and Sunday £110  
55 minutes of spa treatments

### TRANQUIL

Monday to Friday £125  
Saturday and Sunday £135  
85 minutes of spa treatments

### DIVINE

Monday to Friday £155  
Saturday and Sunday £165  
115 minutes of spa treatments

### MOTHER-TO-BE EXPERIENCE

Monday to Friday £100  
Saturday and Sunday £110  
Which includes an hour use of facilities,  
Two course lunch or Traditional afternoon  
tea and a 55-minute spa treatment of  
your choice

### DIVINE MOTHER-TO-BE EXPERIENCE

Monday to Friday £155  
Saturday and Sunday £165  
115 minutes, suitable from 12 weeks of  
pregnancy right up until your due date

### TIME OUT FOR MEN

Monday to Friday £100  
Saturday and Sunday £110  
Which includes an hour use of facilities,  
Two course lunch or Traditional afternoon  
tea and a 55-minute spa treatment of  
your choice

## Afternoon Tea



### AFTERNOON TEA AND TREATMENT

Monday to Friday £70  
Saturday and Sunday £80  
Includes full use of the leisure facilities,  
relaxation suite, 25 minutes of spa  
treatments and a delightful afternoon tea  
served in one of our lounges or outside if  
the weather permits

### BOOK A LITTLE EXTRA...

Found the ideal package but  
want to treat yourself to something  
extra such as a facial, mini pedicure  
or even an eyebrow wax?

Please ask for additional  
treatments when making your  
booking. Additional treatments will  
be subject to availability.

# Facial treatments

Vegan  
100% Natural  
Clinically Proven



## **FACIAL YOGA for total rejuvenation**

25 minutes / £50 / All skin types

Considered more precious than gold, jade stone brings beauty, balance and vibrancy to your face. Sacred Lotus, combats the effects of aging while Marine extracts increases inner moisture. Deep sculpting Guasha massage stimulates blood circulation thereby oxygenating and nourishing the tissues, plumping up the skin and smoothing away wrinkles. Skin is toned, lively and radiant.

Includes: Cleanse, exfoliation, Guasha Jade stone massage, hydration

## **SKIN BOOSTING for soothed radiance**

25 minutes / £50 / All skin types

Enjoy a deep, express face care that leaves your skin fresh and clear. Calming and detoxifying ingredients balance and purify the skin, whilst gentle Luffa particles smooth the skin's texture.

Includes: Cleanse, exfoliation, mask, hydration

## **MEN'S FACE PERFECT for fresh, clean skin**

25 minutes / £50 / All skin types

Enjoy a deep, express face care that leaves your skin matte and clear. Calming and detoxifying French Green clay masque helps to draw out toxins and sebum responsible for dull, rough skin. Bamboo Tears re-mineralize, whilst Centella and Hibiscus calm and refine pores.

Includes: Cleanse, exfoliation, mask, hydration

## **THE YTSARA PRESCRIPTIVE 55 MINUTE FACIAL**

for all skin types and concerns

Choose any treatment from the following or speak with your spa therapist to decide on

the best treatment suited to your skin type and any concerns you may have.

All treatments include: Cleanse, exfoliation, massage, mask, hydration

## **SKIN DRINK for total nourishment and hydration**

55 minutes / £80 / Dry, dehydrated skin

Marine plankton extract, restores physical and chemical skin barrier to prevent water loss and protect against external assailants while, at a deep level, replenishing the skin water reservoir essential to flawless appearance. Anti-oxidant rich Sacred Lotus prevents cells damages. Skin restructuring Hyaluronic acid plumps the skin from inside out.

Includes: Cleanse, exfoliation, massage, mask, hydration

## **CORRECT AND BRIGHTEN for a luminous complexion**

55 minutes / £80 / Dull, lifeless skin

Grapefruit Citro-flavonoids work at a deep level to fade and reduce existing age spots and provides the skin with a defense system that prevents the appearance of new one. This early stage skin color prevention system is complemented by anti-oxidant Pearl Tea to protect against loss of collagen. Licorice and Mulberry further lighten the skin for a perfect even skin.

Includes: Cleanse, exfoliation, massage, mask, hydration

## **URBAN SHIELD for erasing city life**

55 minutes / £80 / Skin challenged by the effects of urban pollution.

Boost the skin's protective function and preserve its ecosystem. Moringa and Sacred

Lotus neutralize harmful urban pollution, detox the skin combat environmental aggressors that cause premature aging. Marine Plankton extract restores physical and chemical skin barrier to prevent water loss and protect against external assailants while, at a deep level, replenishing the skin water reservoir, essential for a flawless appearance.

## **TIME REWIND for a visible, lifted look**

55 minutes / £80 / Mature skin

Proven to boost the rejuvenating system of the skin, this treatment addresses the most visible signs of aging. Laminaria returns stem cells to the vitality of young skin, stimulates internal defense system to erase fine lines and wrinkles, Marine ferments stimulate collagen and elastin production for firmer skin and a sculpting Guasha massage helps to lift and firm.

Includes: Cleanse, exfoliation, Guasha Jade stone massage, mask, hydration

## **ABSOLUTE CONTROL AND CLARITY for clean and clear skin**

55 minutes / £80 / Combination / Oily skin

A potent blend of actives keeps complexion matte, clear and balanced around the clock. Bamboo Tears controls excess oil and fight acne while a rare tree gum, reduces pore size and blemishes. Plankton extract decreases skin reactivity and Safflower restores essential hydration. Skin is soothed and radiant.

Includes: Cleanse, exfoliation, massage, mask, hydration

## **BEAUTY SLEEP for powerful regeneration**

55 minutes / £80 / All skin types

Accelerate the nighttime renewal process on a much deeper level with time erasing nutrients specifically chosen to suits your needs. This skin boosting treatment will slowly infuse its healing and restorative elements whilst you are dreaming. A heavenly scalp massage induces calm to the mind for a peaceful night's sleep.

Includes: Cleanse, exfoliation, massage, mask, scalp massage, hydration

## **ULTIMATE FUSION FACIAL for deep relaxation and visible results**

85mins / £110 / All skin types

Eastern and Western skincare techniques are blended together in this ultimate face ritual. Chinese Guasha Jade stone massage, Thai warm poultice and French massage techniques work in synergy to awaken the skin's optimum potential. Deeply rejuvenating on a holistic and physical level. Your skin is glowing, luminous and healthy.

Includes: Cleanse, exfoliation, Guasha Jade stone massage, Thai silk poultice massage, mask, targeted eye and neck treatment, hydration

## **FACE TREATMENT ENHANCERS**

All 15 mins / £25

Include one or more treatment enhancers as an 'add-on' for a personalized and targeted treatment.

**Warm poultice facial massage** To stimulate blood circulation and enhance relaxation

**Flawless eye contour** To erase signs of fatigue around the eye area

# Body Treatment Menu

## Relaxation

### **COCONUT HEAD MASSAGE** for a calmed mind and nourished hair

45 minutes / £60

Targeting the hotspots of the shoulders, neck and head, a massage focusing on pressure points correlating to the body's chakras, promotes whole body energy flow. Organic Coconut Oil and a warm poultice further evokes relaxation and a conditioning hair wrap intensely nourishes the hair.

### **GARDEN OF DEEP CALM** for quiet harmony

55 minutes / £80

Restore your body, mind & spirit with Thai style and western massage techniques. Malabar Grass melts tension away while Sweet Orange and Vetiver help to create an inner peace. Oils of Rice Bran, Sweet Almond, Soy and Wheat Germ help soothe and nourish the skin.

### **WARM COCONUT SOOTHER** for a relaxed body and softened skin

85 minutes / £120

Drift into tropical wonders when warm, Virgin Coconut oil is drizzled over your body and a steamed, sesame and coconut poultice is gently glided to massage, nourish and condition your skin. Exhilarating sweet scents permeate your mind and nurture your soul.

### **BACK, NECK & SHOULDER MASSAGE**

25 minutes / £50

Experience the healing effects of Thai style massage combined with western massage techniques and tropical essential oils. Focusing on the key areas where tension becomes stored and providing a much-needed dose of restoration.



SIGNATURE  
TREATMENT

### **TRANQUIL JOURNEY** for total relaxation

85 minutes / £120

Slow, deep movements work in tune with your breathing whilst a warm and calming, herbal poultice melts away tension. Everything around you has slowed down. Your mind and body are reconnecting.



## Deep Pressure

### **MOHOM DEEP PRESSURE** for sculpting and toning

55 minutes / £90

Designed to encourage blood flow, stretch muscles and ease joints, this deep massage conditions the whole body. Thai therapeutic massage and pure essential oils work synergistically together and a warm, herbal poultice provides a medicinal remedy for sore or overworked muscles.

## Contour

### **BODY CONTOUR** for sculpting and toning

55 minutes / £80

A stimulating massage that uses Black pepper, Cinnamon and Ginger to help sculpt the figure and re-define the shape. An excellent way to drain and regenerate tissues while dispelling the tensions that have built up and attain a state of absolute relaxations. A regenerative mask targets the abdomen for a more intense effect on this key area.

### **WARM BAMBOO ANMA** to sculpt figure

90 minutes / £120

Warm bamboo, called Take in Japanese, represents youth, prosperity and serenity in Asia. The warm bamboo is slowly rolled on target areas help break down fatty deposits and increase circulation and relax the muscles. Used in combination with Ytsara Sculpting oil, this treatment fights cellulite, tones muscles, and helps to detoxify the organs.

### **PINK HIMALAYAN SALT SCRUB** including a back, neck and shoulder massage

55 minutes / £80

Reveal the body's hidden glow with ingredients known to purify and refine the skin. The pink Himalayan salt scrub was discovered millions of years ago, pristine seawater was crystallised and covered by lava, protecting it from modern-day pollution. Infused with over 80 minerals, pink salt delivers its pure nutrients while gently smoothing your skin. Refreshing Aloe Vera cream further nourishes. Your skin feels baby soft.

## Pregnancy

### **SAMSARA MOTHER TO BE** to feel cocooned

55 minutes / £80

A gentle side-lying massage to release tensions in the back and the legs. Organic virgin Coconut oil nourishes dry and sensitive skin. Recommended after first trimester only.

### **BODY TREATMENT ENHANCERS**

All 15 mins / £25

Include one or more treatment enhancers as an 'add-on' for a personalised and targeted treatment.

**POULTICE** Include a steamed, herbal poultice as part of your massage treatment for added warmth, relaxation and indulgence.

**HEAD MASSAGE** Aids relaxation, eases tension and enhances clarity of mind.

**FOOT TREATMENT** A foot exfoliation and massage to erase fatigue and balance energy.

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## Finishing Touches: Nail Care, Waxing and Eye Treatments

### Hands

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#### AGELESS FACIAL FOR HANDS

25 minutes / £50

Skin on your hands reveals your age so they should be treated with the same care as your face. Pea extract and a special blend of citrus compounds, liquorice and mulberry work to fade dark spots, pearl tea helps to dramatically increase antioxidant activity while macadamia nut oil restores the skin barrier and geranium provides deep moisture.

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#### MINI MANICURE

45 minutes / £35

Our mini manicure includes a file, cuticle work and paint with a Jessica polish of your choice. Perfect to keep nails looking their best even when time is tight.

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#### DELUXE MANICURE

55 minutes / £50

Our deluxe manicures begin with a nail analysis and is followed by a revitalizing exfoliation of the hands, a moisturizing massage, a file, conditioning cuticle care and paint with a Jessica prescriptive basecoat and a colour of your choice to finish.

### Feet

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#### SOOTHING STEPS

25 minutes / £50

A Himalayan salt exfoliation and soak to the feet softens the skin and soothes aches and pains. Then lie back and enjoy further relief through a soothing foot and calf massage.

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#### MINI PEDICURE

45 minutes £35

Our mini manicure includes a file, cuticle work and paint with a Jessica polish of your choice. Perfect to keep nails looking their best even when time is tight.

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#### DELUXE PEDICURE

55 minutes £50

A facial for the feet! This soothing pedicure starts with a cleansing exfoliation, followed by gentle foot and leg massage. Cuticles are conditioning, nails are trimmed and perfectly polished using a Jessica colour of your choice..

If you are having a manicure or pedicure, please ensure you DO NOT already have gel polish on as we are unable to remove this.

Please note: there will be an additional charge of £5 for a French polish finish on any hand/foot treatment above. Subject to availability.



## Alternative Treatments

### HOT STONE MASSAGE

25 minutes / £55

55 minutes / £85

The deepest form of massage, uses various sizes of hot stones to massage the body for the ultimate relaxing treatment, penetrating deep enough to relieve any aches and pains.

### SCALP MASSAGE

25 minutes / £50

## Waxing and Eye Treatment

### Full leg

45 minutes

£35

### Half leg

30 minutes

£25

### Standard bikini line

30 minutes

£20

### Half leg and bikini waxing

45 minutes

£35

### Underarm

15 minutes

£20

### Full leg including standard bikini line

60 minutes

£45

### Forearm

30 minutes

£20

### Lip or chin

15 minutes

£10

### Lip and chin

15 minutes

£20

### Eyebrow

15 minutes

£15

### Chest or back

30 minutes

£20

### \*Eyelash tint

30 minutes

£18

### \*Eyebrow tint

10 minutes

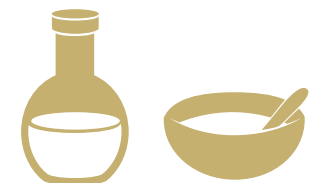
£15

### Eyelash and eyebrow tint

30 minutes

£25

\*patch test is required at least 24 hours prior to any tinting treatments



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## Information and advice

A spa visit should be a completely relaxing experience. Please take a few moments to read the following information before your visit to ensure you get the most out of your trip.

### Opening hours

The swimming pool, jacuzzi, sauna and fitness room are open between 7.00am and 6.00pm. Treatments can be booked between 10am and 5.00pm by calling 01665 589709 or emailing us at [spa@doxfordhall.com](mailto:spa@doxfordhall.com).

### Parking

There is a large car park at Doxford Hall Hotel & Spa, for spa guests to use free of charge.

### Arrival

Please make your way to the spa reception on the lower ground floor of the hotel. You will be greeted by a spa host who will guide you around the spa. In order to make the most of your treatment we recommend that you arrive a minimum of 15 minutes prior to a scheduled appointment. Regrettably, late arrival will result in a reduced treatment time and there will be no deduction to the price charged.

### Treatments

All treatments are subject to availability. Some treatments may require a medical note from your physician. All of our treatment times include consultation and aftercare advice.

### Spa Attire

Robes, slippers and towels are provided for your comfort during your spa day and we would advise changing into your robe before any spa treatments. There are lockers available for your

use in our changing area. We recommend you wear underwear or swimwear under your robe. If you are having lunch we ask that you wear smart casual clothing while in the hotel dining area, for consideration of the other guests.

### Spa Etiquette

Please respect all spa guests' right to privacy and serenity. We ask that you turn off your mobile phone whilst in the spa.

### Personal Belongings

We have a limited number of lockers available for us on a first come, first served basis. Alternatively, items may be left at Reception and a receipt obtained. The management cannot accept responsibility for loss or damage to personal items not deposited in lockers.

### Safety Risks

Please note that the swimming pool, spa bath, gym equipment and sauna are unmanned. Every person using the swimming pool, sauna and spa bath facilities do so at their own risk and children must be supervised at all times. The management cannot be held responsible for any damage or injury resulting from the use of these facilities.

### Your Health

It is recommended that no alcohol is consumed immediately prior to your arrival and that you consume plenty of water following any treatments.

Please notify our staff if you are pregnant or have any special medical considerations at the time of booking so that appropriate treatment can be recommended. Doxford Hall Aqueous Spa cannot be held responsible for any changes to treatments or cancellations that occur due to non-disclosure of medical conditions at the time of booking.

### Patch Test

Clients wishing to have tinting treatments must have a patch test 24 hours prior to their appointment; please call us to arrange a suitable time. Unfortunately, we will be unable to perform the treatment without a prior patch test.

### Age Requirements

We are unable to perform massage on children under the age of 16 years.

### Spa Products

We have a large range of retail products available to continue your experience at home. Please ask any of our therapists if you need any advice. Should you require a tester of the product prior to purchase our therapists will be able to advise you on products. We are unable to offer refunds on any products that may have been opened, used or tampered with.

### Gift Vouchers

Gift vouchers are available for any treatment, spa day or product and make ideal presents. Vouchers are valid for 12 months from the date of purchase

unless otherwise stated. Vouchers cannot be refunded, transferred or redeemed for cash credit and must be presented to spa reception on arrival. The life of the voucher cannot under any circumstances be extended.

### Payment

We accept all major credit and debit cards. We regret that we are unable to provisionally reserve appointments and pamper days. We require a 50% non-refundable deposit per person or a Doxford Hall gift voucher number on day of booking to secure a spa experience. Price included VAT at the current rate. Any change in the rate of VAT will be reflected in the price at the time of invoicing. Doxford Hall reserves the right to amend prices, adjust or remove treatments without prior notice.

### Cancellation Policy

As a courtesy to other guests all spa packages require a minimum of 72 hours' notice of cancellation. Groups of 6 people or more are subject to a seven-day cancellation policy, after which time full charges will be applicable. Should you need to cancel a scheduled appointment or an individual treatment less than 72 hours beforehand, you will be charged in full.



A close-up photograph of a person's face lying on a white towel. A pair of hands is using a green jade roller to massage the skin around the mouth and chin. The person's eyes are closed, and their expression is relaxed. The background is a soft, out-of-focus white surface.

ΥΤΣΑΡΑ



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Vegan. Dermatology  
Tested



# DOXFORD HALL HOTEL AND SPA

— part of —

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· Hotels Limited ·

Doxford Hall Hotel & Spa, Chathill, Alnwick  
Northumberland NE67 5DN

[www.doxfordhall.com](http://www.doxfordhall.com) • [info@doxfordhall.com](mailto:info@doxfordhall.com)

Tel: 01665 589709

