



MENU



natural Spa factory™

Throughout our treatments we use 'Natural Spa' products, who are a company that provide us with innovative, quirky and exquisite spa products which have not been tested on animals.

The Natural Spa are passionate about provenance and most of their luxury products are often made in the UK with some coming from Europe with continental expertise in fragrance, beauty and quality.

Above all, the Natural Spa products have an honesty and excitement about them and are about ensuring you have a great experience, smell great, feel great and most of all enjoy.



Welcome to Crown Spa Treatments,

Our aim is to provide you with a relaxing and memorable experience, helping you to revitalize and pamper yourself, thus redressing the balance of both body and mind by achieving a sense of well being.

Our extensive treatment menu offers a wide range of luxurious spa treatments which have been carefully designed to include something for everyone, whether you are looking for total relaxation, me time or pampering, Crown Spa Treatments is the perfect choice. Our highly trained therapists are on hand to make you feel at home as soon as you arrive. We also offer a great selection of spa days, so if you are seeking a romantic getaway, a day out with your girlfriends or some time-out with your nearest and dearest, Crown Spa Treatments really is the spa to visit.

How to book

For availability, opening times and appointments please call **01723 357488**

Full payment will be taken on booking to secure your appointment. We advise that you arrive 10 minutes before your treatment time.

Terms and Conditions

Children

All clients must be 16 years of age or over

Cancellation Policy

We require 48hours notice when cancelling a spa treatment otherwise the full cost of the treatment will not be refunded.

Group bookings of 6 or more require 1 weeks' notice.

Choice of treatments

Not all treatments complement each other. If you are considering booking a range of treatments please seek the advice from our fully qualified spa therapists and reservation team by contacting the spa by telephone or email.

Medical Conditions

If you have any of the following medical conditions or are undergoing treatment please check with a member of the spa team before booking your spa treatment. A doctor's note may be required for certain conditions: Back or neck injury, radiotherapy, chemotherapy, skin allergies/sensitivity, pregnancy, DVT, heart conditions or fitted devices and cancer. We are unable to refund you if you fail to disclose medical conditions or specialized treatments that would be incompatible with the treatments and products we offer..





Salt Scrubs

Lime & Lemongrass Salt Scrub with Evening Primrose and Ylang Ylang Oil Massage

Refreshing and uplifting, our most popular salt scrub to revive tired skin. The fresh lime and zesty lemon notes in the gorgeous scrub makes it a perfect pick me up, followed by our calming evening primrose and sensuous ylang ylang oil massaged to the whole body. This will leave you oozing with moisture and smelling divine.

50min £48.50

Wild Rose Salt Scrub with Raspberry and Rose oil Massage

The classic fresh and delicate rose notes in this decadent scrub, combined with the gentle exfoliation properties of the salt makes this a real treat for the skin and the senses, followed by our wild rose and raspberry oil massaged to the whole body – how can you resist?

50min £48.50

Invigorating Peppermint Salt Scrub with Rosehip and Mint Oil Massage

The refreshing and stimulating properties of the peppermint scrub will awaken your body and mind; perfect for a minty pick me up. Followed by an invigorating rosehip and mint massage to recharge your skin!

50min £48.50





Body Wraps

Body wrap includes: Body brush exfoliation, scalp and facial massage whilst in the wrap and moisture to the whole body to complete, 1hr use of Fire and Ice Suite with herbal tea and complementary use of a cosy snug robe, slippers and towel.

Ginger Spice Body Wrap

This zingy ginger spice and star anise stimulating and energising body wrap is packed full of anti-oxidants and anti-ageing properties to awaken the senses and revive the whole body. This wrap is also great for anybody suffering from tight tense muscles. This has to go to the top of your wish list!

50min £55.00

Herbal Green Tea Body Wrap

Indulge in this fresh and detoxifying body wrap. Formulated with Vitamin C and E, antioxidants and green tea leaves, this wrap boasts amazing slimming and anti-oxidant properties whilst draining toxins from the body. This spa slimming wrap creates a feeling of wellbeing, eliminating stress in the process, you would be mad to miss this one.

50min £57.00

Champagne & Gold Body Wrap

This absolutely fabulous Gold anti-ageing body wrap with extract of champagne and grape is our most prestigious body pack range. Benefit from the anti-ageing and protective properties of champagne – naturally rich in active fruit acids (AHA) perfect for skin cell renewal. Feel totally pampered as this treatment is truly fit for a queen.

50min £59.00





Massage Treatments

Back, Neck & Shoulder Massage

A choice of relaxing or medium pressure massage for the back, neck and shoulders which focuses on key stress areas to help relieve muscular tension.

25min £37.50

Head, Neck and Shoulder Massage

This is a gentle and relaxing massage that targets all the places which hold the most tension. This massage will focus on key areas to relieve tense, tired muscles. A truly stress relieving experience.

25min £37.50

Leg & Foot Massage

A scrumptious leg and foot massage using our stimulating and invigorating peppermint and rosehip oil which helps to soothe and reduce inflammation, aiding the release of muscular tension aches and pains, a perfect treat for your tired legs and feet.

40min £47.50

Full Body Massage

This classic full body massage uses relaxing or medium pressure to effectively relieve stress and soothe muscular tension.

50min £59.00

Fitness Body Massage

A full body, firm pressure massage with pre blended luxury oil rosehip and a fresh burst of mint to help stimulate the lymph system and relax tired sore muscles.

50min £60.00





Holistic Body & Massage Treatments

Serenity Candle Massage

A back, neck and shoulder massage with light to medium pressure designed to nourish and hydrate the skin. A special candle is burned to release Shea butter and almond oil which is gently poured over the back to produce a warm, smooth massage to melt away tension and awaken the senses.

40min £49.00

Relax & Calm Hot Oil Aroma Massage

A light to medium pressure massage, the relaxing and calming hot oil of Ylang Ylang and evening primrose is gently applied to each body part to help sooth your stresses away.

50min £60.00

Scents Of Morocco Body Treatment

Enjoy the healing and calming properties of Sweet Mandarin combined with the gentle and refreshing Neroli and Olive Stone body exfoliation. Followed by a luxurious full body massage using the finest mandarin and neroli massage oil, we can guarantee you will feel truly pampered.

80min £78.00

Citrus & Spice Body & Facial Treatment

Organic sweet orange and ground argon oil granite body exfoliation followed by an energising and anti-ageing ginger and star anise full body wrap. For an extra treat, indulge in an organic facial mask with sparkling bergamot and rose petals to stimulate circulation and eliminate toxins.

80min £80.00





Facials

Express Facial

A great introduction to facials, your skin is cleansed, exfoliated and once a mask is applied, enjoy a relaxing scalp massage. After a moisturising sequence the skin is left feeling fresh and revitalised.

25min £37.50

Luminous Rice Facial

This luxury facial is deeply nourishing and rehydrating, is suitable for all skin types. Your skin will be left feeling soft, supple and nourished, giving you a more radiant complexion with a perfect matte finish, pigmentation spots are less obvious and your skin tone will look more even— what a treat!

50min £50.00

Refresh & Revive Facial

A deeply nourishing facial combining rose, honey, cranberry and bergamot, this treatment is ideal for tired, sensitive skin. It begins with a trio of cleanses, followed by a gentle cranberry face polish exfoliation specially formulated to nourish maturing skin. Whilst relaxing with our calming and soothing bergamot and rose petal mask enjoy a scalp or hand and arm massage. After a moisturising sequence your skin will feel truly rejuvenated.

50min £50.00

Champagne & Pearl Facial

Our exquisite Gold range answers the demand for high quality, luxury products combining the perfect medley of champagne, pearl and caviar extract, gold shine and skin loving ingredients. In this fabulous facial our premium ingredients work to firm, reduce fine lines and give your skin a golden glow with results that are visible and thoroughly recommended.

70min £67.50





Pregnancy Treatments

Not suitable for the first tri-mester of pregnancy

These deeply nourishing pregnancy treatments with mandarin, neroli, calming palmarosa and rosewood have been carefully designed specifically for Mum's to Be during this really special time!

Shoulder, Neck, Face & Scalp Massage

Relax with this shoulder, neck and scalp massage to help ease and sooth any tension, a perfect treat for mum and baby.

25min **£37.50**

Leg & Foot Massage

Lay back and enjoy a gentle relaxing leg and foot massage which can be tailored to your specific needs and designed to help ease muscular aches and pains, restore moisture, ease the effects of water retention and increase circulation resulting in a more restful night's sleep.

40min **£47.50**

Mum to be Massage

Our pampering, baby safe massage starts with a relaxing back massage to help ease away aches and pains followed by a soothing head, neck and shoulders massage. A hand and arm massage aids the release of tension and is finished off with a gentle massage of the legs and feet leaving you feeling calm and relaxed

50min **£59.00**





Mud Rasul Ritual

An enjoyable, cleansing and detoxifying treatment which can be shared. Extend your treatment by adding time in our Fire and Ice Suite

History & Benefits

For millennia the glacial snows have thawed and flowed down the mountains bringing a gift from nature. Mud – a finely ground mineral dust, rich in quartz and mica which imparts its beneficial minerals when applied to the skin. These detoxifying muds have been used for decades as part of a cleansing ritual combining steam and heat to draw out impurities and remove dead skin cells. This deeply cleansing, detoxifying, calming and soothing treatment improves skin moisture, skin texture, circulation, relaxes muscular tension and promotes skin renewal slowing down the aging process.

The Treatment

This unique treatment experience starts inside the chamber with one our therapist advising you on the different muds which most benefits the particular area of the body. You then get to apply the mud, smothering yourself from head to toe in velvety layers. Once you are covered, the heat from the chamber will bake the mud to your skin, making it feel tighter - this is when the properties of the mud take effect and draw out any impurities in your body and add nourishment to your skin. Lay back, relax and breathe in the essential oil infused steam that fills the chamber, aiding congestion, softening the mud and opening your pores in readiness for the mud to be washed away. Enjoy the warm tropical rain shower at the end of the treatment as it gently washes away the mud leaving your skin feeling soft, smooth and refreshed.

Fire & Ice Suite Experience

Located in the heart of the spa, the relaxing experiences of hot and cold forms a therapeutic element of your spa journey. Relax in our uplifting steam room, herbal sauna and cool down in our refreshing artic ice room. Unwind your senses further in our candle lit rejuvenation suite, which includes heated loungers, relaxing music and light refreshments.

Mud Rasul £30.00pp

With 1hr Fire & Ice Experience £32.50pp





Indian Head Massage

History & Benefits

Indian Head Massage has been practised for over 1000 years in India. Traditionally the techniques were restricted to the head and hair. Nowadays a system incorporating the upper back, shoulders, neck, upper arms and face, has evolved in the belief that these are important energy centres in the body and by treating these the whole body can benefit. There are many benefits from this treatment including helping prevent migraines, headaches and back pain, detoxifying the body by stimulating lymphatic drainage, and it helps to relieve sleeplessness, restlessness and insomnia.

The Treatment

This simple yet effective treatment uses a variety of techniques to manipulate soft tissue. The treatment is performed with the client in a seated position, with the client wearing light clothing and with or without the use of oils. The therapist uses a range of different massage pressures and rhythms to stimulate the head, neck, and upper back and shoulder area, the therapist will also gently stimulate the pressure points on the face. The massage lasts 40 minutes

Indian Head Massage 40 mins **£45.00**





Manicure & Pedicure

Mum's On The Run Pedicure

Take some time out with our express fruit boost pedicure. Starting with a refreshing and uplifting citrus foot soak, followed by a exfoliation with a powerful grapefruit salt scrub with a hint of geranium. All this is finished off with a fresh Mandarin and Neroli massage for perfectly smooth and relaxed feet!

£28.00

Mojito Manicure

Indulge yourself in a zesty treat for the hands with scents of refreshing lime and lemongrass to revive tired skin. Your hands will be bathed and scrubbed with lime and lemongrass salts and massaged to perfection with a Mandarin and Neroli oil.

£26.00





Men's Menu

Men's Full Body Massage

This full body massage uses a medium or firm pressure to relieve stress and muscular tension.

£59.00

Energising back, neck and shoulder massage

A massage with a choice of pressure for the back, neck and shoulders which focuses on key stress areas to help relieve muscular tension.

£37.50

Ultimate foot treat

This relaxing treatment focuses on the calf muscle and achy feet leaving you walking on air.

£28.00

Hand Care

Uplift your senses with our lime and lemongrass scrub. refresh and revive dry skin and achy hands with ylang ylang oil, the ultimate pick me up.

£26.00

Men's Renew Facial

The ultimate detoxifying treatment for a clear, pure fresh skin that rebalances and de-stresses and helps calm irritation.

£50.00





Spa Packages

Simply Spa

This is the perfect midweek treat, it allows you to relax and unwind with friends or a loved one. Enjoy the award winning facilities of The Crown Spa Health Club; take a dip in our heated indoor pool, unwind in our jacuzzi and explore the heat experiences in our Victorian style relaxation suite. Next, put your feet up, relax and fully recharge your batteries in our popular Fire and Ice suite where you will be uplifted and rejuvenated by a variety of aromas to help de-stress and stimulate your senses. Finally, you'll enjoy a delicious one course lunch in our Taste Restaurant to finish off a perfect pamper day.

This package includes:

- Complimentary use of cosy snug robe, towel and slippers
- 2hr Use of the Leisure Facilities
- 1hr Use of the Fire and Ice Suite
- Spa Lunch

*Available Monday – Friday
(Min of 1 persons Max of 6 persons)*

4hr £25

Crown Spa by Candlelight

Unwind after a hectic day in the relaxing atmosphere of the Crown Spa, where time stands still with this truly relaxing spa experience. An ideal treat for couples, a girly catch up or to spoil the people we love the most. Relax in the Fire and Ice suite with our up lifting steam room, herbal sauna, refreshing arctic ice wall and unwind your senses further with a choice of a back, neck and shoulder massage or facial before enjoying a cocktail each in our candlelit lit rejuvenation suite.

This package includes:

- Complimentary use of cosy snug robe, towel and slippers
- 2hr Use of Fire and Ice Suite
- Choose from a 25min Back Neck and Shoulder Massage or Facial
- One alcohol or non-alcoholic cocktail each.

Available from 2pm Tuesday – Friday (Max of 6 persons)

2hr £45pp





Heavenly Spa

This popular package is perfect for Hen Parties and Birthday Celebrations. The ideal opportunity to catch up with your friends and family. We offer something for everybody with a choice of one 25 minute treatment, use of leisure facilities and a one course light lunch. After all who needs a night on the town when cosy robes, slippers and pampering are on offer?

This package includes:

- Complimentary use of cosy snug robe, slippers & towel
- 2.5hr Use of Leisure Facilities
- 1 x 25min Treatment from the choice of a Facial or Back, Neck & Shoulder Massage
- Light Lunch

4hr £45pp

Earthly Heaven

Rejuvenate your skin with our cleansing DIY Mud Rasul treatment before relaxing in our Fire and Ice suite located in the heart of the spa. Enjoy our uplifting steam room, herbal sauna, refreshing arctic ice room then experience a soothing full body massage.

This package includes:

- Complimentary use of cosy snug robe, slippers & towel
- 1hr Use of Fire & Suite
- 45min DIY Mud Rasul
- 50min Soothing Full Body Massage

3hr £75pp





Absolute Spa Ritual

Relax and enjoy this perfect Crown Spa Treatment Duo, a sensational full body massage combined with our refresh and revive facial to help restore a more youthful glow.

This Package includes:

- Complimentary use of cosy snug robe, slippers & towel
- 1hr Use of Leisure Facilities
- 50min Soothing Full Body Massage
- 50min Refresh & Revive Facial

3hr **£95pp**

Spa Indulgence

Escape from the world outside, lay back and relax as you are about to experience our most luxurious spa indulgence day. Our treatments and oils will help you fall into a deep state of relaxation with the holistic touch of our spa therapists. Choose one of our popular Salt and Oil Scrubs, followed by relaxing hot oil back, neck and shoulder massage, before your refresh and revive facial and light lunch.

This package includes:

- Complimentary use of cosy snug robe, slippers & towel
- 1hr use of the Fire and Ice Suite
- 50min Salt & Oil Scrub
- 25min Relax & Calm Hot Oil Back, Neck & Shoulder Massage
- 25min Refresh & Revive Facial
- Light Lunch

4hr **£110pp**





Crown Spa Golden Touch Spa Day

Relax and indulge yourself from head to toe whilst enjoying the benefits of our luxurious regenerating spa treatment.

This package has been carefully created to help combat and reduce the signs of ageing and sun exposed skin.

Your day starts with the use of our leisure facilities followed by our luxury gold body wrap with champagne and grape extracts, the perfect combination to help slow down the ageing process. Whilst you are cocooned in the wrap enjoy a relaxing scalp massage, before concluding the treatment with a soothing full body massage and facial.

A blissful treatment trio which will leave your skin glowing and healthy and your tension eased.

This package includes:

- Complimentary use of cosy snug robe, slippers & towel
- 1hr Use of the Fire and Ice Suite
- 50min Champagne and Gold Body Wrap with Scalp Massage
- 50min Soothing Body Massage
- 25min Champagne & Pearl Facial
- Spa Lunch

5hr **£150pp**





Blissful New Beginnings

This relaxing prenatal spa day is the perfect treat for Mum before the new arrival makes an appearance.

This is an especially tailored package for Mum's to be and is safe for those who are over the 1st trimester of pregnancy.

Completely relax and unwind in the warm and serene environment of the Spa with a luxurious Shoulder, Neck and Face Massage using our hot Mandarin and Neroli oil to relax and pamper you. Next, ease and soothe your tired legs, hands and feet to help relieve tension and alleviate swelling, while easing the mind and uplifting the spirit with our Oriental Scalp Massage.

This package includes:

- Complimentary use of cosy snug robe, slippers & towel
- 1hr Use of our candle lit Rejuvenation Suite and swimming pool
- 25min Shoulder, Neck and Face Massage
- 25min Scalp, Hand and Arm Massage
- 40min Leg and Foot Massage
- Spa Lunch

3.5hr **£105pp**







Crown Spa Treatments
Esplanade, Scarborough
YO11 2AG

www.crownspahotel.com

01723 357488