



face

[comfort zone] a luxurious Italian skincare range that draws inspiration from aromatherapy, phytotherapy and advanced chemistry. Facials begin with the tranquility welcome to relax and soothe the senses, followed by cleansing, toning, exfoliation, a slow deep massage to face, neck and décolleté, a prescribed mask and finishing products.

REBALANCE & CALM

SKIN RESONANCE FACIAL

A desensitising & reinforcing treatment for sensitive delicate skin. This facial is decongesting, rebalancing and protective for reactive skins prone to couperose redness and fragile capillaries. The skin is left nourished and toned. 60 minutes £38.00

PURIFY

ACTIVE PURENESS REBALANCING FACIAL

A deep cleansing treatment ideal for oily, depleted and impure skin. Extracts of sage, balm mint and orange fruit water deeply cleanse and leave the skin feeling fresh and restored. Includes steam and extraction if required. 60 minutes £38.00

MOISTURISE

HYDRAMEMORY FACIAL

A deeply hydrating treatment for face, neck and décolleté that results in renewed moisture and silkiness. Tone and luminosity is restored, whilst hipbiscus and honey work to retain moisture in the skin. 60 minutes £39.50

ANTI-AGE

CHRONO-REVERSER COLLAGEN FACIAL

Extraordinary treatment to resurface, revitalize and deeply hydrate the skin. Plumps out fine lines & leaves skin supple and moisturised with a radiant glow. 60 minutes £44.00

GLORIOUS SKIN

An immediate lifting, plumping and tensing effect. Excellent for a special occasion & will give ongoing lifting and firming effects, especially when used in conjunction with a homecare programme. 60 minutes £42.00

LIP BLOOMING TREATMENT

Nourish, plump, hydrate and volumize the lip and lip contour area. Combine with any facial £8.50

EYE SUPREME ANTI-AGING

Rejuvenates the area around the eyes, reducing dark circles, puffiness and wrinkles. 30 minutes £22.00
Combine with any facial £15.00



Jessica have developed innovative products specifically designed to treat dry, brittle, normal or post-radiatic nails. Treatments include cuticle care, shaping, massage and a Jessica mild polish of your choice (excluding French painting).

HANDS & FEET

SPA MANICURE

45 minutes £22.50

LUXURY SPA MANICURE

With LeRemede exfoliation and a luxury mask. 75 minutes £29.50

LUXURY THERMAL MANICURE

Perfect for dry skin, poor circulation or aching joints. 75 minutes £29.50

SPA PEDICURE

60 minutes £26.50

LUXURY THERMAL PEDICURE

Perfect for dry skin, poor circulation or aching joints. 75 minutes £32.50

FILE & POLISH

30 minutes £16.50

massage

THE RAPID THERAPEUTIC

SWEDISH MASSAGE

A deep and therapeutic massage, perfect for muscle tension and targeting aches and pains. 60 minutes £40.00

Full Body 60 minutes £40.00

Back, Neck & Shoulders 30 minutes £25.00

SPORTS MASSAGE

Relieves muscle tension, reduces swelling & promotes flexibility after physical exertion. 60 minutes £42.00

Full Body 75 minutes (Plus 15 mins rest) £27.00

HOLISTIC

AROMATHERAPY MASSAGE

Holistic massage using prescriptive essential oil blends. 60 minutes £40.00

Full Body 30 minutes £25.00

Back 30 minutes £25.00

Head & Body 90 minutes £55.00

HOT STONES MASSAGE

Deeply relaxing massage treatment using smooth heated Mexican basalt stones. 60 minutes £55.00

Full Body 75 minutes (Plus 15 mins rest) £36.00

Back 45 minutes £36.00

INDIAN HEAD MASSAGE

The head, neck and shoulders are important energy centres of the body. This holistic treatment calms the spirit and promotes a deep sense of relaxation. 30 minutes £25.00



aspara infinity signature treatment

Our infinity signature treatment restores vitality and a profound sense of well-being for mind, body and soul. This unique treatment includes a purifying exfoliation, energising massage including manipulation and stretching, a rebalancing and hydrating facial and a hair & scalp treatment. 90 minutes £80.00

BODY

DETOX & DRAIN

MONTECELLI MUD WRAP

Detoxifying and draining action due to the active ingredients in the hot, soft Monticelli mud, enriched with mineral salts. 60 minutes £42.00

DETOXIFYING MUD WRAP

Using marine sediment and essential oils to produce intense purification, stimulates the lymphatic system and re-mineralises the skin. Intense treatment that will reduce and drain excess fluid. 60 minutes £42.00

BODY STRATEGIST REMODELLING CELLULITE WRAP

Intense cellulite reducing treatment, caffeine and caffeine have an exceptional effect on eliminating fatty deposits. A course is highly recommended for best results. 60 minutes £42.00

MOISTURISE

AROMATIC BODY TOUCH WRAP

Relieving tension and stress using [comfort zone's] blend of tranquility oil to calm and soothe the senses, leaving the skin extremely smooth & velvety. 60 minutes £42.00

ELASTICISE & FIRM

D-AGE WRAP

Improves skin tone & firmness and reduces the appearance of stretch marks. Kamanil oil stimulates collagen synthesis and walnut extract restores natural elasticity. 60 minutes £42.00

exfoliate

LUXURY SPA EXFOLIATING TREATMENT

A rejuvenating body treatment, ideal for any skin type. Improves circulation and eliminates toxins, leaving the skin luminous, hydrated and soft. 45 minutes £35.00

top to toe

A stimulating body exfoliation, an anti-aging serum to improve elasticity and a rich firming body cream. A hydrating facial, including massage and mask, is incorporated into this all over treatment that leaves the skin nourished from top to toe. 90 minutes £60.00

packages

Our packages begin with use of the hydra-spa (excluding 'nms to be'), an excellent precursor to treatment, helping to relax the body & promote increased circulation.

HOLISTIC

Hydra-Spa, Indian Head Massage, Hot Stone Back Massage & Aromatic Facial. 3 hours 30 minutes £99.00

RELAX

Hydra-Spa, Aromatherapy Back Massage, Aromatic Facial & Luxury Spa Manicure 3 hours 45 minutes £92.50

FIT FOR THE BEACH

Hydra-Spa, Eyelash Trim, Eyebrow Shape, Luxury Spa Exfoliating Treatment, Hair/Leg Wax & Pedicure. 4 hours 15 minutes £96.50

EVER YOUTHFUL

Hydra-Spa, D-Age Wrap & Chrono-Reverser Collagen Facial. 3 hours 15 minutes £86.00

AFTER THE MATCH

Hydra-Spa, Indian Head Massage, Swedish Back Massage & Pedicure. 3 hours 15 minutes £74.00 male
£76.50 female

MUMS TO BE

Indian Head Massage, Spa Pedicure & Facial 2 hours 30 minutes £81.00

HYDRASPA

BODY, MIND & SOUL



With a stunning interior featuring Italian natural stone, glass screens and subtle lighting, the centrepiece of the spa is a mosaic tiled hydrotherapy pool. As well as relaxing the mind, easing tension and generally promoting well-being, the warm temperature and buoyancy of the water relaxes the muscles, eases painful joints and reduces inflammation.

Water jets provide a deep localised massage, airjets, a gentler, soft tissue massage. The gleaming steel water cannon eases tension in the back, neck and shoulders, and bathers can comfortably swim or exercise against the counter current units of the pool.

The Hydra-Spa also has a steam cabin and traditional sauna, both excellent for releasing harmful toxins, cleansing the skin and improving circulation. After enjoying the facilities of the Hydra-Spa relax in your robe on our poolside loungers. Towels, Robe, Slippers & Lockers are provided.

Single Session (90 minutes) £12.00
Precursor to Treatment (over £20.00) £7.50
Hotel Guest £6.00

SHAPING & TINTING

eyebrow SHAPE	£7.00
eyebrow TINT	£7.00
eyelash TINT	£12.50
eyelash & eyebrow TINT	£16.50

WAXING

Lip	£7.00	half leg	£15.50
CHIN	£7.00	full leg	£24.00
UNDERARM	£10.00	BIKINI	from £10.00

JUST FOR MEN

Many treatments are suitable for both men & women although the following are specific:

PRESCRIPTION FACIAL

Skin is assessed and products selected to combat signs of ageing, moisture loss, congestion or sensitivity.

60 minutes £36.00

Using Jessica prescriptive products, the treatment includes cuticle care, nail shaping, hand and arm massage.

45 minutes £20.00

MANICURE

Using products energised with ginger, the feet are exfoliated, bathed and purified. Includes cuticle care, nail shaping and foot massage.

60 minutes £24.00

CHEST WAX

from £15.50

BACK WAX

from £17.50

BOOKING terms & CONDITIONS

The Hydra-Spa is open from 9:30 a.m. - 10:00 p.m. Tuesday to Sunday.

Treatments are available Tuesday to Saturday including evening appointments.

Please arrive ten minutes before your first appointment to complete a consultation form.

Times indicated are for the full duration of the appointment & include treatment time & dressing.

Clients arriving for treatment appointments may use the hotel's car park, subject to availability, although car keys must be left with the spa reception.

During periods when the spa reception is unattended, please access the hydra-spa & treatment rooms via the hotel reception.

If you are undergoing treatment or using prescribed medication, it is recommended that you consult with your doctor before using the hydra-spa.

Patch test required 24 hours prior to tinting if you have not had tint in the past 6 months

Anyone requiring walking aids must be accompanied in the Hydra-Spa at all times.

Hydra-Spa minimum age - 16 years.

Please switch mobile phones to silent.

Gift Vouchers are available in monetary values or for any treatments.

Any of our treatments may be pre-paid as a course of six, attracting a 10% discount.

We would be happy to arrange inclusion of lunch or refreshments at the popular

Blinis Café-Bar, adjacent to Aspara.

24 hours notice is required in the event of a cancellation to avoid incurring charges.

Packages must be paid in full in advance.

Treatments & prices are subject to change without prior notice.

Hotel guests enjoy 10% discount.

No discount is allowed on packages.

Prices include VAT at 17.5%.

ROYAL YORK & FALUKKAR HOTEL
NORTH

dermalogica®

your future is written all over your face

Combining our advanced treatment expertise with Dermalogica's revolutionary formulations, we can treat the cause of your skin problems, not just the symptoms.



AGEsmart
Duration 75 mins \$45
This most powerful Dermalogica treatment combats prematurely ageing, dry & sun damaged skins, using a combined vitamin and hydroxy acid exfoliation.



medBac
Duration 1 hour \$40
Ultimate treatment for oily, congested skin, helping to purify skin whilst helping prevent further breakouts. Deep cleansing and calming.



calm control
Duration 1 hour \$40
Ultra calming treatment to reduce inflammation & soothe sensitised exposed skins.



ChromaWhite
Duration 1 hour \$40
This all over brightening to the skin surface, exfoliates dulling surface debris & treats pigmentation.



professional face treatment
Duration 1 hour \$38
Includes a thorough skin consultation, face mapping, cleansing, exfoliation, massage and treatment masque. Products are selected according to skin type.



men's face treatment
Duration 1 hour \$36
Addresses problems associated with male skin types: soothing and calming irritations caused by shaving whilst preventing ingrown hairs.

microzone

microzone treatments target pressing skin issues in just 30 minutes!

They're the quick skin fix that gets you in, gets skin repaired and gets you out the door in less time than you take for a lunch break.
30 mins - £25

blackhead relief

Intense purifying treatment dives deep into pores to extract sebum and breakout-causing bacteria.

purifying back treatment

A super smoothing back treatment to rid the skin of impurities and congestion.

decollete rescue

Don't stop at the neckline! This treatment is great for prematurely aging, congested, sunburned or irritated skin

lash exfoliation

Firms, resurfaces and brightens skin with a maximum strength exfoliation.

rapid spot clearing

Helps target and expedite the clearing process of that irritating breakout with extensive cleansing ingredients to clear sebum.

revitalising eye rescue

Helps to reduce puffiness and soothe irritated and tired eyes.

lip renewal

Lips will be full and plump as well as smoothed, conditioned and rested.

men's skin fitness

Help skin recover from breakouts, irritation, blackheads and ingrown hairs.

treatments



treat the body calm the mind
Lift the soul

aspara's philosophy is to promote health and well being with the restorative properties of hydrotherapy, heat treatment and therapeutic touch.

aspara

Dial: 4473

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