



NETHERWOOD
HOTEL & SPA

SPA TREATMENTS

ELEMIS

A woman is lying on her back on a white towel, receiving a back massage. A therapist, wearing a white shirt, is using a wooden backbrush with light-colored bristles to massage her back. The woman has her eyes closed and a relaxed expression. In the background, there is a blurred bouquet of white flowers.

Netherwood Spa

A LUXURIOUS SPA NESTLED IN THE
GROUNDS OF THE NETHERWOOD HOTEL,
OVERLOOKING MORECAMBE BAY ON THE
CARTMEL PENINSULA.

Netherwood Spa offers a haven for rest and relaxation, restorative treatments and pampering beauty treats. The Thermal Experience is an amazing treat for your senses, from the aroma steam room, monsoon shower to the ice fountain you will certainly feel invigorated. If you need indulgence, pampering and relaxation, welcome.

ELEMIS

The Body – Elemis

Frangipani or Lime & Ginger Salt Glow Full Body Scrub

25 mins £60

Our frangipani or lime and ginger salt glow sloughs away the dead skin cells on the full body leaving you smooth and invigorated. An invigorating express treatment to stimulate circulation and leave the skin feeling refreshed and detoxified.

Frangipani Monoi or Lime & Ginger Salt Glow Body Buster

50 mins £90

Using our frangipani or lime and ginger body salt glow to exfoliate the whole body. This is followed by a deeply relaxing back massage to restore vitality and wellbeing.

Muscle Ease Leg Therapy

30 mins £55

Perfect for tired achy legs. A warm body oil is massaged into the legs and a cooling refreshing gel is applied to the calves, leaving the legs relaxed and eased. Perfect after a long hike in the hills.

Soothing Neck & Scalp Massage

25 mins £45

A relaxing and deep head and neck massage, focusing on stress relief. Perfect to be added onto a facial or on its own.

Aroma Therapy Massage

30 mins £60

60 mins £90

Using an essential oil blend this massage alternates between gentle and deeper pressure, starting on the back of the legs, then moving onto the back, neck and shoulders for the ultimate de-stress and relaxation, for 25 minutes or the full body for 55 minutes.

Please note that if any of the below conditions apply to you we will not be able to offer any massage treatment options.

- Pregnancy (please check with us before booking a spa experience to confirm what treatments are available and which spa facilities)
- Circulation Problems
- Vein Issues
- Thrombosis
- Cancer
- Epilepsy



Netherwood Quintessence

Our classic treatments

Freestyle Custom Massage

Back, Neck & Shoulders 30 mins £55

Full Body 60 mins £85

Choose light, medium or firm pressure. The flowing massage encourages relaxation while working deeper into the tension for optimum circulation using Swedish techniques.

Netherwood Refresher

75 mins £110

A treatment specifically created to ease tension and leave you refreshed. Enjoy a back, neck and shoulder massage followed by an Elemis Expert Touch renewal facial.

Indian Head Massage

40 mins £60

A relaxing holistic treatment that focuses on the upper back, neck, head and face using techniques to help reduce stress and tension.

The Face – Elemis

Bespoke skin wellness powered by Elemis.

Expert Touch Facial Menu

30 mins £60 - 55 mins £95

Expert Touch Nourish

For gorgeous glowing skin

ELEMIS signature triple cleanse facial provides hyper-focused resurfacing and moisture boosting results to unlock a healthy, lit-from within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

Expert Touch Renew

The HIIT workout for your skin

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

Expert Touch Reveal

Resurfacing for stunningly smooth skin

(Patch test required 30 minute prior to treatment)

Transform the skin's texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion.

Expert Touch De ne

Your line-fighting super hero

75 mins £115

Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high performance facial restores bounce and resilience whilst smoothing, firming and illuminating the skin for maximum, multi-faceted rejuvenation in just one treatment.

Please note that if any of the below conditions apply to you we will not be able to offer any facial treatment options.

- Pregnancy (please check with us before booking a spa experience to confirm what treatments are available and which spa facilities)
- Thrombosis
- Cancer
- Epilepsy
- Botox - within last 10 days
- Fillers - within last 3 months



Manicures & Pedicures

Shape & Polish - Fingers & Toes

30 mins £20

Nails are beautifully shaped and completed by the perfect polish.

Netherwood Signature Manicure or Pedicure

55 mins £45

Nails are perfectly shaped, cuticle care, then exfoliation and massage - base coat and polish of choice.

Netherwood Luxury Manicure or Pedicure

70 mins £65

Nails are carefully shaped, cuticle work, then exfoliation, massage and treatment oil using Elemis products and heated mitts or booties, finished with nail polish of choice.

Gel Upgrade

£10 per Manicure or Pedicure

Please arrive for your treatment without any gel on your finger or toe nails, as we do not offer a gel removal service.

Waxing & Tinting

Eye Package

(Lash and brow tint
with brow shape)

40 mins £40

Eyelash Tint

30 mins £25

Eyebrow Tint

15 mins £20

Eyebrow Shape & Wax

20 mins £20

Eyebrow Shape, Wax & Tint

35 mins £30

A patch test is essential 48 hours prior to any tinting treatment

The Thermal Journey Experience

Enjoy an experience that treats your mind and body to a range of unique stimuli and varying temperatures to relax, detoxify and revive. We provide towels, robes and slippers for use during your thermal experience.

The Thermal Journey is available Monday – Sunday 10am – 5.30pm. If you have any questions please call our friendly team. The Thermal Journey is charged at £20 per person for a 90 minute session, an additional 60 minutes can be booked at an extra £10 per person.





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