



*Turkish Baths  
& Health Spa*

HARROGATE

*restored to reflect their original intention*







## Take time out

With the pace of life today, it's more important than ever to take time out to unwind - to regularly devote an hour and a half to the serious business of relaxing! At Harrogate's Turkish Baths & Health Spa, amidst surroundings that are pure Victorian, you'll enjoy a unique experience enhanced by friendly, yet unobtrusive, attention.

Although Turkish Baths were common in Victorian times, only seven remain which date back to the 19th century. None is as historically complete and in full working order as Harrogate's Turkish Baths: their importance lies in their decoration, elaboration and rarity. The Baths' Moorish design with great Islamic arches and screens, walls of vibrant glazed brickwork, the arabesque painted ceilings and terrazzo floors (laid by the very best Italian experts) all add to its historic fantasy qualities.

Our Spa is renowned for its tranquil and peaceful surroundings, enhanced by our highly qualified and friendly team who carry out our extensive menu of treatments and therapies.

The Fountain Spa Room is the perfect place to relax and unwind before or after treatments. It comes complete with a spa pool and is a complimentary facility for clients who have treatments booked. Please note that this area is available to both male and female clients and that swimwear must be worn.

Our range of treatments originates from around the world; we also have Day Escapes for that perfect gift or just for pure indulgence.



## Advance Bookings: 01423 55 67 46

Prepare yourself for the relaxation experience of a lifetime... A Turkish Baths ritual is a journey of heating, cooling and cleansing the body, promoting a sense of relaxation and a clear mind. At the end of the session many of our clients say they experience exhilaration, euphoria, total relaxation and absolute cleanliness.

## STEAM ROOM

This hot room, with high levels of humidity combined with eucalyptus infused steam, allows your body to relax, melts away tension in the muscles and opens pores helping to eliminate toxins.

## THE HEATED CHAMBERS

Tepidarium (Warm Room): Heat warms the body and prepares you for the hotter chambers.

Calidarium (Hot Room): The intermediate heated room allows the warmth to continue its therapeutic effect on the musculature.

Laconium (Hottest Room): A more relaxing, less intense environment than a modern sauna, the Laconium purifies and detoxifies the body by opening the pores and stimulating the circulation.



## PLUNGE POOL

Brace yourself when you immerse your body in this cold invigorating pool. The change in temperature improves circulation, flushes out toxins in the muscles and provides a toning effect.

## RELAXATION ROOM

Spend 30 minutes cooling down in the elegant Frigidarium to round off the Turkish experience.

## SHOWERS

Throughout the Turkish Baths there are showers to wash away any impurities on the body and prepare your skin for the next experience.

Allow yourself a recommended visit time of one and a half hours to obtain maximum benefit from the Turkish Baths. All you need to bring with you are your personal toiletries as towels are provided. Please note that swimwear is compulsory for mixed sessions.

We ask that our heat rooms are treated as quiet zones, where we request that you keep your voice to a whisper.



	Morning		Afternoon		Evening /Twilight
Monday	9.30 - 12.30 Ladies £17.50		13.00 - 17.00 Ladies £17.50		17.30 - 21.00 Mixed £17.50
Tuesday	9.30 - 12.30 Mixed £17.50		13.00 - 17.00 Ladies £17.50		17.30 - 21.00 Ladies £17.50
Wednesday	10.00 - 12.30 Mixed £15.50		13.00 - 17.00 Mixed £17.50		17.30 - 21.00 Mixed £17.50
Thursday	10.00 - 12.30 Mixed £15.50		13.00 - 17.00 Ladies £17.50		17.30 - 21.00 Mixed £17.50
Friday	9.30 - 12.30 Ladies £21.00		13.00 - 17.00 Mixed £21.00		17.30 - 21.00 Mixed £21.00
Saturday	9.00 - 11.30 Mixed £29.50	12.00 - 14.30 Mixed £29.50	15.00 - 17.30 Mixed £29.50	18.00 - 20.30 Mixed £29.50	
Sunday	9.00 - 11.30 Mixed £29.50	12.00 - 14.30 Mixed £29.50	15.00 - 17.30 Mixed £29.50	18.00 - 20.30 Mixed £21.00	

Note: The Turkish Baths and Health Spa is closed on Bank Holiday Mondays, Christmas Day, Boxing Day and New Year's Day.

The Turkish Baths are not suitable during pregnancy.

Swimwear is required on mixed sessions and optional on ladies only sessions.



## TURKISH BATHS COURSES

Courses are available for redemption from Sunday evening to Thursday.

Book of 6 visits	£88.00
Book of 10 visits	£141.00
Book of 12 visits	£163.00

## EXCLUSIVE USE

Facilities available include: Three Hot Rooms, Steam Room, Plunge Pool, Rest Area and Winter Garden Lounge.

Prices start at £750.00 for up to 60 customers.

We request a £100 deposit, which is non-refundable.

## GUIDED TOURS

Wednesdays 9 am - 10 am.

£3.75 per person.

Please note that tours are subject to availability.

For further information, or to discuss your requirements, please contact the Reception team.



## SKIN REGIMEN: LONGEVITY FACE AND BODY TREATMENTS

### Face

£36.50 for 30 minutes

Prepare to rejuvenate your skin with our double corrective and protective action against the major causes and signs of ageing. The results are visible and amazing, renewing, restoring, toning and repositioning the skin tissue for a youthful, healthier appearance.

#### **Benefits:**

- Immediate replumping of the skin
- Lifting and softening of expression lines and deeper wrinkles
- Fresh, vibrant, dewy appearance to the skin
- Nutritional replenishment for depleted skins

### Body

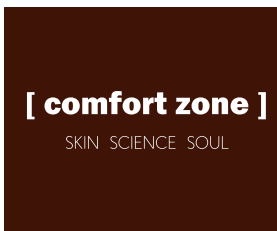
£36.50 for 30 minutes

An innovative, anti-ageing body treatment that offers a preventative action against the body's natural signs of ageing. Exceptional, visible results are achieved by the combination of particularly active formulations and specific and targeted massage techniques. To prevent the first signs of ageing, to restore skin tone, elasticity and to stimulate metabolism. Recommended for everyone all year round.

### Face & Body

£62.50 for 60 minutes





## [ comfort zone ] FACIALS

### **Bespoke Facial**

£59 for 60 minutes

An all-encompassing prescriptive facial designed to suit the specific needs and condition of your skin, providing instant and long-term results. Includes a thorough yet gentle cleansing and exfoliation, a therapeutic 'comfort touch' face, neck, shoulder and scalp massage and a restoring or rebalancing customised mask application. Includes a heavenly hand and arm massage.

### **Age-Defying and Rejuvenating Facial**

£69 for 75 minutes

The ultimate treatment for face and eyes with an immediate lifting effect, revealing fresh, toned and radiant skin with expression lines visibly softened and reduced – a must-have alternative to Botox! Superior active ingredients provide a powerful anti-ageing treatment to reveal instantly glorious skin.

### **Recover Touch Anti-Oxidant Vitamin Facial**

£69 for 75 minutes

This anti-oxidant vitamin enriched treatment for face and eyes is ideal for all skin types to give skin a much-needed boost. Nourishing canola oil and goji berry revive a dull, tired complexion, whilst also providing a powerful anti-oxidant action to repair and protect the skin. Your senses will also be aroused with the cocktail of ingredients used within this divine treatment.



## SIGNATURE BODY TREATMENTS

### The Royal Baths Stately Retreat

£72.50 for 90 minutes

#### **For Her - Fit For A Queen:**

This fabulous treatment begins with a luxurious and relaxing back exfoliation and massage followed by a sensational bespoke facial treatment.

### The Royal Baths Stately Retreat

£72.50 for 90 minutes

#### **For Him - Fit For A King:**

Retreat from the world and enjoy an energising back exfoliation and tension relieving massage, followed by a men's prescriptive facial.

### Turkish Spa Body Ritual

£72.50 for 90 minutes

Inspired by traditional Mediterranean and Eastern bathing culture, this cleansing, purifying and nourishing body ritual encourages an overall sense of well-being and vitality and is not to be missed. Incorporates a stimulating volcanic scrub consisting of minute lava particles to smooth and revitalise the skin and an energising body massage using warm jojoba oil infused with essential oils. This effective renewing treatment is recommended for men and women and is perfect all year round.



## [ comfort zone ] BODY TREATMENTS

### Rejuvenating Body Scrub

£26 for 25 minutes

An effective 'double-action' exfoliation is achieved with a combination of jojoba spheres and gentle fruit acids resulting in improved circulation and super smooth skin.

### Nourishing and Firming Cocoon Wrap

£65 for 75 minutes

A firming and anti-ageing body treatment that will leave the skin elasticised and deeply nourished. During the treatment you will be enveloped in a warm body mask rich in pumpkin, tomato and basil and high in vitamins B1, B2 and vitamin C to deeply nourish the tissues and recondition the skin.

### Detoxifying Mud Therapy

£72 for 75 minutes

A powerful combination of algae, marine sediments and essential oils provide remineralisation and detoxification for the body. It will improve circulation, stimulate vital systems of the body and relieve and soothe tired and tense muscles. This treatment includes the rejuvenating body exfoliation, a warm mud envelopment and concludes with a revitalising massage.







## CHOOSE THE PERFECT MASSAGE FOR YOU

**Aromatic Full Body Massage**  
**Aromatic Back, Neck & Shoulders Massage**

£58 for 60 minutes  
£36 for 30 minutes

Your therapist will use a customised blend of aroma therapeutic oils to meet your needs:  
To uplift the mind or to reduce physical tension.

**Swedish Full Body Massage**

£52 for 60 minutes

**Back, Neck & Shoulders Massage**

£32.50 for 30 minutes

**Mum To Be**

£54 for 60 minutes

Prepare your mind and body for this very special time. With its gentle and delicate ingredients this treatment has a draining effect and relieves joint tension by reducing swelling and heaviness. This treatment is safe for clients who are 12 weeks pregnant or more to maintain the skin tone and elasticity whilst deeply relaxing muscles and the lower back area.





## COMPLEMENTARY & ALTERNATIVE THERAPY

All treatment times include consultation and homecare advice. We request that clients arrive 15 minutes prior to appointment times.

### Reflexology

£41 for 60 minutes

This ancient relaxation technique applies light pressure to the reflex points in the feet, stimulating the body's own natural resources. As congestion and tension are relieved, a great feeling of relaxation pervades.

### Reiki

£42 for 60 minutes

Reiki is an ancient Japanese healing technique which supports and enhances all medical or complementary treatments. Reiki is a hands-on treatment: the client lies fully clothed whilst our therapist's hands rest gently over various areas of the body for a few minutes at a time. Stress is released and there is a feeling of deep relaxation.

### Hot Stone Therapy

£70 for 60 minutes

A deep physiological experience. Heat from the stones increases circulation. Blood, rich in oxygen is boosted, lymph flow stimulates immunology. Tired, sore and aching muscles are relaxed with improvements in flexibility and strength. Tensions held at the deepest level are released. A truly unique treatment.

It is not advisable to enter the Turkish Baths prior to or after the Hot Stone Therapy.



## DAY ESCAPES

Includes use of the Turkish Baths experience. Available Monday to Friday.

### **Turkish Delight**

£85 for 75 minutes

Includes a full body exfoliation, a hydrating rose and vanilla milk wrap and massage and concludes with a rose or vanilla tea served with delicious Turkish Delight.

### **Tranquillity Face & Body Ritual**

£89.50 for 90 minutes

A decadent facial and body massage ritual using the unique 'tranquillity' signature system from [ comfort zone ]. Mind, body and soul are deeply relaxed, whilst circulation is improved and skin is left exquisitely fragranced, velvety soft and beautifully hydrated.

### **Sacred Nature Face & Body Ritual**

£89.50 for 90 minutes

An anti-ageing face and body treatment that nourishes and protects using natural organic products, which have been formulated according to ECOCERT® guidelines. Suitable for all skins, even the most delicate, this embracing ritual incorporates a full body exfoliation, massage and a complete facial.





## FOR MEN

### Bespoke Prescriptive Facial

£59 for 60 minutes

An all-encompassing prescriptive facial designed to suit the specific needs and condition of your skin, providing instant and long term results. Includes a thorough yet gentle cleansing and exfoliation, a therapeutic 'comfort touch' face, neck, shoulder and scalp massage and a restoring or rebalancing customised mask application.

### Fit For A King

£72.50 for 90 minutes

Retreat from the world and enjoy an energising back scrub and tension relieving massage, followed by a men's prescriptive facial.

### Turkish Spa Body Ritual

£72.50 for 90 minutes

Inspired by traditional Mediterranean and Eastern bathing culture, this cleansing, purifying and nourishing body ritual encourages an overall sense of well-being, vitality and is not to be missed. It incorporates a stimulating volcanic scrub consisting of minute lava particles to smooth and revitalise the skin and an energising body massage using warm jojoba oil infused with essential oils. This effective renewing treatment is recommended for men and women and is perfect all year round.

All other treatments in this brochure are suitable for men.



## EXPRESS TREATMENTS

For optimum results in minimum time.

### **Bespoke Express Facial**

£33 for 30 minutes

A prescriptive facial designed to suit the specific needs and condition of your skin. Includes thorough cleansing, a customised mask application and a heavenly hand and arm or scalp massage.

### **Age Defying Express**

£45 for 45 minutes

An immediate lifting facial which visibly reduces expression lines and leaves the skin plumped, refreshed and glowing. A must have alternative to botox.

### **Rejuvenating Body Scrub**

£26 for 25 minutes

Effective 'double-action' exfoliation is achieved with a combination of jojoba spheres and gentle fruit acids that results in improved circulation and super smooth skin.



[ **comfort zone** ]

SKIN SCIENCE SOUL

## EXPRESS TREATMENTS

### Aromatic Back, Neck & Shoulders Massage

£36 for 30 minutes

Your therapist will use a customised blend of aroma-therapeutic oils to meet your needs:  
To uplift the mind or to reduce physical tension

### Swedish Back, Neck & Shoulders Massage

£32.50 for 30 minutes

### Indian Head Massage

£31 for 30 minutes

### Dry Flotation Treatment

£24 for 30 minutes

Our dry flotation treatments combine passive immersion with relaxing body wraps. Your body does not directly touch water but is gently submerged into the dry float spa whilst resting on a cushioned mattress, which floats on the warmed spa water below.

Add the Dry Flotation Treatment to any facial or body treatment for HALF PRICE.



## FINISHING TOUCHES

### Eyecare

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Eyelash Tint*	£14.50 for 30 minutes
Eyebrow Tint*	£9 for 15 minutes
Eyelash & Brow Tint*	£20 for 30 minutes
Eyebrow Shaping	£10.50 for 30 minutes

\*Tint treatments require a patch test at least 24 hours in advance.

### Waxing

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We do not advise entering the Turkish Baths before or after waxing.

Full Leg	£31.50 for 60 minutes
Half Leg	£20.00 for 30 minutes
Underarm	£12.20 for 30 minutes
Bikini	£13.30 for 30 minutes
Lip or Chin	£9.70 for 15 minutes
Lip and Chin	£18.20 for 30 minutes
Chest or Back	£21.50 for 30 minutes



## BEAUTY ESSENTIALS

### Jessica Natural Nails

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A new generation of totally individualised treatments that put the world's most advanced natural nail care right at your fingertips. Treatments to suit everyone's specific nail type and condition. (Also suitable during pregnancy.)

Manicure	£24.00 for 45 minutes
Luxury Manicure	£31.00 for 60 minutes
Pedicure	£29.75 for 60 minutes
Luxury Pedicure	£35.00 for 75 minutes



## RESERVATIONS

All treatments and Turkish Baths experiences can be booked via our reservation team on: **01423 55 67 46**  
Full payment is required at the time of booking.

Some treatments may be unsuitable for some medical conditions or if you are pregnant. We advise you to consult with us at the time of booking.  
Please consult with your GP if you are unsure about your visit prior to contacting us.

Clients who wish to cancel or reschedule their appointment are kindly requested to give seven days' notice.

We regret that cancellations less than seven days prior will not be refunded.

The minimum age for the Turkish Baths experience and treatments is 16 years.

All treatment times include consultation and homecare advice.

## SPA ETIQUETTE

Please arrive 15 minutes prior to your treatment. This will allow you to relax and change into your robe (as a courtesy to all our guests a late arrival may mean that your treatment time is reduced).

For the comfort of other clients and to allow you to escape from the outside world, we do not permit use of mobile phones and electronic devices in the Turkish Baths & Health spa areas.

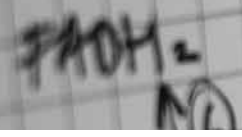
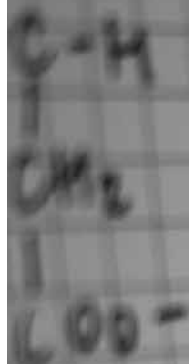
For the comfort of other clients, young children are not permitted in the treatment rooms.

We ask that our heat rooms are treated as quiet zones, and request that you keep your voice to a whisper.

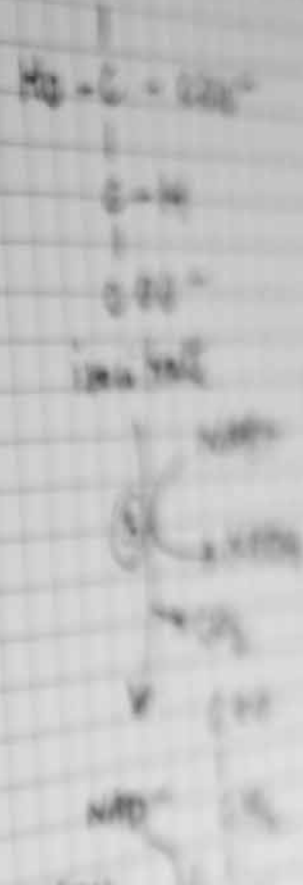
## GIFT CERTIFICATES

Valid for 12 months from the date of purchase, gift vouchers may be redeemed against visits to the Turkish Baths, treatments or homecare products.  
Vouchers are not transferable or refundable. You can also purchase gift vouchers online via our website.

acetate



COO citrate  $\rightarrow$   $\text{H}-\text{C}-\text{COO}^-$



they may forget  
what you said,  
or what you did,  
but they will  
always remember  
how you made  
them feel.



Royal Baths | Parliament Street | Harrogate HG1 2WH  
Tel: 01423 556746 | [www.turkishbathsharrogate.co.uk](http://www.turkishbathsharrogate.co.uk)

The Turkish Baths and Health Spa are owned and managed by Harrogate Borough Council