



The Spa at Ramside Hall Hotel, Carrville Durham DH1 1TD  
0191 375 3088 | [www.ramsidespa.co.uk](http://www.ramsidespa.co.uk) | [enquiries@ramsespa.co.uk](mailto:enquiries@ramsespa.co.uk)

### Spa Reservations

Monday to Friday 8am - 8pm, Saturday and Sunday 9am - 7pm





Welcome to the Spa at Ramside Hall Hotel. Boasting a sophisticated thermal suite, six pools including one of the UK's largest hydrotherapy and plunge pools plus an outdoor infinity pool, as well as a state-of-the art gym, Ramside Hall is home to one of the very best luxury spas in Durham.

Our highly skilled team offer a wide range of therapeutic beauty and treatment rituals in our sumptuous treatment rooms, using only the finest Elemis and Voya products to ensure you have an experience that goes far deeper than the skin.

Wellness lies at the heart of the Spa at Ramside, and we believe a healthy mind is as essential as a healthy body, and we offer our own bespoke holistic health plan to members.

We also have our very own award-winning pan-Asian restaurant, Fusion, one of the very best restaurants in Durham serving everything from delicious evening meals to afternoon tea with an oriental twist. The recipes are inspired by the cuisine of South East Asia, but prepared using only the freshest locally sourced ingredients to create a menu like no other all served within a relaxed dining environment.

Whether you are looking to pamper yourself with one of our spa days, or want to extend your stay with one of our spa breaks in our luxury hotel rooms, we guarantee you will have an experience like no other.



# Spa Escapes

Whether you're visiting us yourself, with a loved one or friends, every aspect of The Spa at Ramside will dedicate your mind, body and soul to the pursuit of pure relaxation.

## ELEMIS ESCAPE

As part of our Elemis Escape, enjoy a two-course lunch in our Fusion restaurant.

Make use of our outstanding Spa facilities from 10am - 5pm or 11am - 6pm.

Treatment choices:

- Elemis Touch Facial.
- Elemis Deep Tissue Massage.
- Elemis Face & Body Ritual.
- Elemis Hot Stone Massage.
- Ramside Swedish Massage.
- Happy Hands & Feet.

## THE VOYAGER SPA DAY

As part of your Voyager Spa day, enjoy Tapas in our Fusion restaurant.

Use of Spa facilities until 10am - 5pm or 11am - 6pm.

**85 minute Voya treatment - Choose from the below:**

- **Voya Crystal Restore Ritual** Incorporating crystals, guided meditation, body and facial massage.
- **Voya Mindful Dreams Ritual** Full body exfoliation with a sleep-inducing massage using lavender and rosemary.
- **Voya Nourishing Cocoon Ritual** A full body warm mud wrap with lymphatic body brushing and full body massage.

## SPARKLING SPA AFTERNOON TEA

Escape the outside world for a whole morning of blissful peace and well-earned relaxation before enjoying some delicious food. Just a few hours in the spa can make all the difference!

Includes:

- Full use of the Spa facilities 9am - 2pm.
- Sparkling Afternoon Tea with an Asian twist.
- Luxury self-administered Mud Rasul treatment.

**Minimum 2 guests Maximum 4 guests.**

## TWILIGHT

- Arrival at 5.30pm use of our outstanding Spa facilities until 9.30pm.
- Dining on arrival, two course evening meal served in the Fusion restaurant.
- Upgrades available to include a 25 minute or 55 minute treatment with your Twilight experience.

# Spa Breaks

Escape for more than one day, with carefully created packages to extend your relaxation experience.

## THE SPA RITUAL

As part of your Spa Ritual Spa day, enjoy a two course lunch in our Fusion restaurant.

Includes:

- 1 hour in our private balcony Infinity pool.
- Make use of our outstanding Spa facilities until 9am - 4pm.

**85 minute ritual treatment choices:**

- **Elemis** Elemis Expert Tech Facial 55 minutes & 25 minute back neck and shoulder massage.
- **Voya** Full body exfoliation with a sleep-inducing massage using lavender and rose quartz.
- **Voya** A full body warm mud wrap with lymphatic body brushing and full body massage.

## MAKE MY STAY

- Overnight stay in a Premier Room.
- Spa access from 12 noon on day of check-in until 11am on day of check out.
- A luxurious 55 minute treatment.
- £50 dinner allowance, per couple, in either Fusion restaurant or The Rib Room.
- Spa Brunch in Fusion restaurant the following day.

# Mud Rasul Rituals

This Mud Ritual offers a unique, relaxing and indulgent experience in your own private steam chamber.

## THE MUD RASUL

The Mud Rasul is a self-administered treatment. Nourishing muds are provided for you to apply to your body and face while a gentle stream of steam drifts into your Rasul chamber.

Concluding with a tropical monsoon shower to rinse away the clays - leaving skin nourished, hydrated, and super soft.

**⌚ 45 minutes 2 to 4 guests £35pp**

Perfect to add to any Spa Day or break.



# Private Hire

Enjoy use of our luxury infinity pool area perfect for a private or special occasion moment.



## BUBBLE ONE

This package includes:

- 2 hours use of our private balcony infinity pool
- Asian Tapas
- Gin Tree (flavoured options available)

**Maximum 10 people £590**

## BUBBLE TWO

This package includes:

- 2 hours use of our private balcony infinity pool
- Asian Tapas

**Maximum 10 people £520**

## BUBBLE THREE

This package includes:

- 1 hour use of our private balcony infinity pool
- Asian Tapas

**Maximum 10 people £400**



# Skin

## ELEMIS EXPERT TOUCH FACIAL

The ultimate facial experience!

Delivering clinically proven intelligent skincare with an expert touch.

⌚ 55 minutes £125.00

## ELEMIS EXPERT DEFINE FACIAL

Tailored to your skins needs to brighten, renew, smooth and replenish your skin for the glowing skin.

⌚ 85 minutes £155.00



## ELEMIS EXPERT TECH + FACIAL

Using a powerful synergy of hands-on touch, active ingredience and Biotec technologies to turbo-charge your facial experience.

Tailored by your therapist to achieve desired results.

⌚ 55 minutes £135

## ELEMIS EXPERT TECH SCULPT + FIRM FACIAL

Our ultimate facial customised to target your skin needs using 6 Biotec technologies for a transformative facial experience like no other. Revealing a radiant, youthful and even complexion.

⌚ 85 minutes £175

## ELEMIS EXPERT ADD ON

The perfect addition to any facial to enhance your experience.

- **Elemis Expert Collagen Eye Booster** Brighten, hydrate & Revitalise.
- **Elemis Expert LED Energy Mask** Glow, Smooth and Energise.

⌚ 15 minutes £35 each



# Massage

## VOYAGE TO RAMSIDE SIGNATURE MASSAGE

A journey to total relaxation easing away muscle tension with massage that replicates the movement of the sea combining both gentle and stimulating movements and stretches. The ultimate luxury treatment to relieve aches and pains tailored to your individual needs.

Choose one of these VOYA oils:

- **Uplift** - Angelicus Serratus
- **Relax** - Mindful Moments
- **Muscle** - Reenergise

⌚ 55 minutes £99

## VOYA CRYO-REVIVE MASSAGE

Ultimate relief and rejuvenation, reducing muscle tension and inflammation while boosting energy and vitality.

This luxurious treatment combines warming and cooling techniques, harnessing the power of carefully selected products to deliver a soothing yet invigorating full body experience. Blending heat and cool leaving you feeling refreshed and ready for your day!

⌚ 55 minutes £109

## REFLEX RENEW FOOT MASSAGE

Perfect for treating tired feet and legs, this treatment will have you walking on air. A deeply hydrating and relaxing experience starts with exfoliation to remove dry skin and improve circulation.

Now renewed your therapist helps you unwind with reflexology pressure points and massage.

⌚ 45 minutes £78

## RAMSIDE SWEDISH MASSAGE

A traditional massage to promote relaxation and soothe the body leaving you feeling relaxed and revived.

⌚ 55 minutes £99 | ⌚ 85 minutes £140

## ELEMIS EXPERT DEEP TISSUE MASSAGE

Combats a busy lifestyle, offering more than just muscle relaxation.

Tailored to ease tension and target deep-seated muscle knots leaving you feeling renewed, grounded and focused.

⌚ 55 minutes £109 | ⌚ 85 minutes £150

**ADD ON: Cryo-Revive Massage** ⌚ 15 minutes £10

## ELEMIS EXPERT HOT STONE MASSAGE

This deeply transformative treatment incorporates heated volcanic stones that are worked into the body persuading the muscles to relax with warm Frangipani Moni Body oil soothe a tired mind and relieve aching muscles.

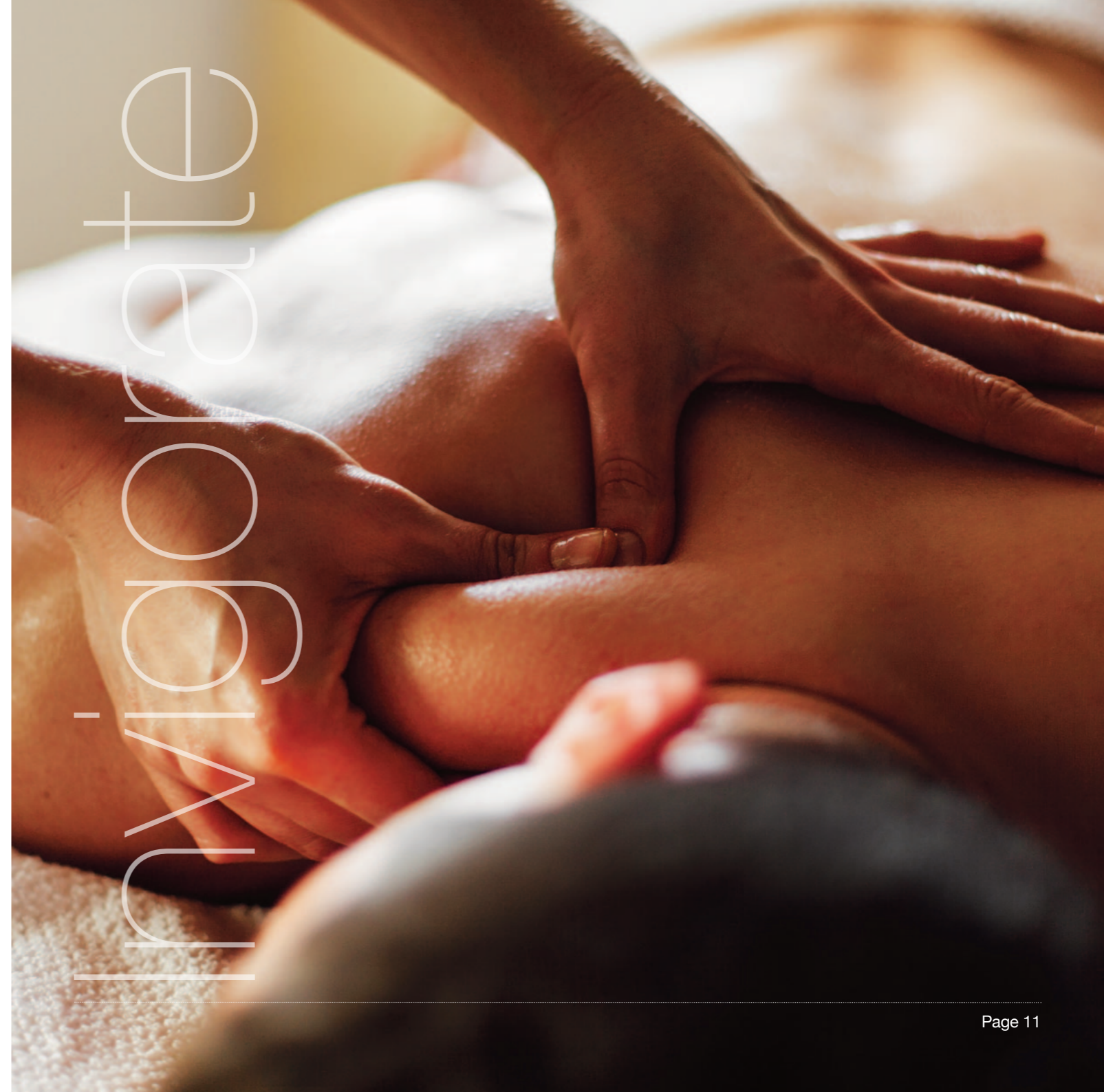
⌚ 55 minutes £115 | ⌚ 85 minutes £155

## TRANQUIL INDIAN SCALP MASSAGE

Helping to relieve tension from the neck and shoulders as well as quieten a busy mind, this is a pure moment of relaxation.

Your therapist will ease away tense muscle before helping you to drift away with a divine scalp massage.

⌚ 45 minutes £78



# Rituals

## VOYA MINDFUL DREAMS RITUAL

Discover the restorative power of wild, organic ingredients for the land and sea on the skin and let the wondrous scent of lavender and rosemary envelop body and soul and melt away any stresses, promoting relaxation, inner harmony and a peaceful night's sleep. Start the treatment with a full body lavender and rosemary exfoliation, then indulge the senses in a sleep-inducing massage using rose quartz and Balinese inspired movements. Finish the treatments with Singing bowls to leave you perfectly balanced.

This wellbeing focused treatment evokes instant tranquillity and nurtures inner wellbeing, calmness and serenity.

🕒 85 minutes £155

## VOYA CRYSTAL RESTORE RITUAL

Bring tranquillity to the body and mind with this wellbeing treatment incorporating crystals and guided meditation to bring the body's energy centres into balance.

Using a combination of breathing techniques, visualization and massage movements inspired by the sea allows deep seated tension to be released from the body. Followed with an advanced facial massage to sculpt and revitalise your skin and reflex points on the feet to bring complete the physical and mental wellbeing.

🕒 85 minutes £155

## VOYA NOURISHING COCOON RITUAL

Indulge yourself with this nourishing and detoxing treatment which soothe muscular aches and pains, relieve stress, and energize the mind and soul. After a stimulating lymphatic body brush, warm spiced mud Infused with aromatic spices of ginger and orange is applied to the body. As the wrap gets to work indulge in a reflex foot massage to help detox the body and rebalance the mind.

To finish a full body massage to relive deep seated tension from the muscles.

🕒 85 minutes £155

## ELEMIS EXPERT ABSOLUTE FACE & BODY RITUAL

Bespoke ritual combining both face and body therapies which are tailored to your concerns.

You will leave feeling restored from head to toe.

🕒 55 minutes £109 | 🕒 85 minutes £150

## INTENSELY CLEANSING SALT SCRUB

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

🕒 25 minutes £65



Elemis

## Living with and Beyond Cancer

### BE NURTURED FACIAL

A relaxing, rebalancing and deeply nourishing facial combining advanced skin assessment, expertly tailored facial massage and a bespoke advanced skincare.

🕒 55 minutes £125

### BE NURTURED MASSAGE

A unique experience delivering just what body and mind need, this personalised massage concentrates on areas of concern to gently soothe tense muscles, relax the mind boost spirit and help restore balance to body - while gentle yet rich oils leave skin feeling nourished.

🕒 55 minutes £109

### BE NURTURED BACK, FACE & SCALP

An adaptation of our most popular renowned ritual to soothe both mind and body. Relaxing and gently effective, the experience addresses the main areas of tension - the back, the face and the scalp - nurturing massage to help alleviate stress.

🕒 85 minutes £150

## Mother To Be

### PEACEFUL PREGNANCY MASSAGE

This intuitive, restorative, and relaxing massage for mothers-to-be deeply hydrates skin that is expanding to accommodate a growing baby.

Aromatics are specially selected for optimum wellness and deep calm.

🕒 55 minutes £109

🕒 85 minutes £150 Includes a bespoke facial to complete the full body, face and mind ritual for a mother to be.

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# The Gelbottle INC

## MANICURE

Nails are filed and cuticles are tidied before hands and arms are gently exfoliated with invigorating salt scrub for fresh revitalised skin.

A nourishing mask is then applied to your hands and arms followed by a heavenly massage leaving your skin silky soft.

To conclude your nails will be painted in your chosen polish.

🕒 50 minutes £50

**Add on Paraffin Wax £15**

**Add on Gel £8 / Remove Gel £10**

## PEDICURE

Nails are filed and cuticles are tidied before lower legs and feet are gently exfoliated with invigorating salt scrub for fresh revitalised skin.

A nourishing mask is then applied to your lower legs and feet followed by a heavenly massage leaving your skin silky soft.

To conclude your nails will be painted in your chosen polish.

🕒 55 minutes £55

**Add on Paraffin Wax £15**

**Add on Gel £8 / Remove Gel £10**

## HAPPY HANDS & FEET

Hands, arms, feet and lower legs are gently exfoliated with an invigorating salt scrub followed by a heavenly massage, finishing with a deluxe paraffin wax treatment.

🕒 50 minutes £65

## GEL HANDS OR FEET

Enjoy a cuticle tidy, file and buff then finish your nails off with one of our Gel polishes. **£36**

**Add on Paraffin Wax £15**

**Remove Gel £10**

## BIAB APPLICATION

Enjoy cuticle work, file, buff and application of BIAB in a colour of your choice. **£42**

**Add on Paraffin Wax £15**

**BIAB Removal £14**

**BIAB Infill** Infill your current BIAB Gel, includes buff, file, cuticle tidy and re-application. **£39**

## PROFORMER ENHANCEMENTS

Hema-free extension system, create durable and realistic nail enhancement.

**Full set of enhancements £62**

**Proforma infill £45**

**Application (No enhancements) £55**

**Removal £15**

## FILE & POLISH HANDS/FEET

Your nails will be filed to your desired shape and painted in your chosen colour. **£25**

**Add on Paraffin Wax £15**

**Remove Gel £10**



# Spa Etiquette

Follow our Spa guidance to ensure you fully enjoy your Spa experience.

## SPA GUIDANCE

Our spa environment is one of relaxation and tranquillity. Please do not use your phone or other device to negatively impact on the relaxation of other spa users, taking photographs and videos is not permitted in the Spa or changing areas. The service and consumption of alcohol is only permitted on poolside from our selected menu Monday to Thursday after 12 noon. We may bring to your attention any behaviour which we feel is detrimental to the enjoyment of the spa by other guests.

## TREATMENT

For treatment only we recommend that you arrive at least 10-15 minutes early to allow sufficient time before your treatment to complete a Spa Consultation Form and/or Health Questionnaire and get changed if necessary. As a courtesy to all our Spa guests we do offer a prompt treatment schedule, any late arrivals will result in a reduction of treatment time and no refund will be given. Please note treatment only guests do not have access to the spa facilities.

Treatments time includes consultation and aftercare advice.

Please note if on a Spa Day or Break your treatment time is a guide and may change due to unforeseen circumstances and can be booked anytime between your arrival and departure time.

## AGE RESTRICTIONS

Treatments are only suitable for 18 yrs and over however 16yrs can have facials but an adult must be present in the treatment room throughout the treatment. Our double rooms are available to have treatments at the same time.

## HEALTH CONDITIONS

Please advise us on booking of any health conditions, allergies or injuries as this could affect your choice of treatment when making your spa reservation.

## HOME CARE

To continue your Spa experience at home, most products used in our treatments are available at Spa Reception

## PRICES

Full payment is required at time of booking and all prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

## WHAT TO BRING

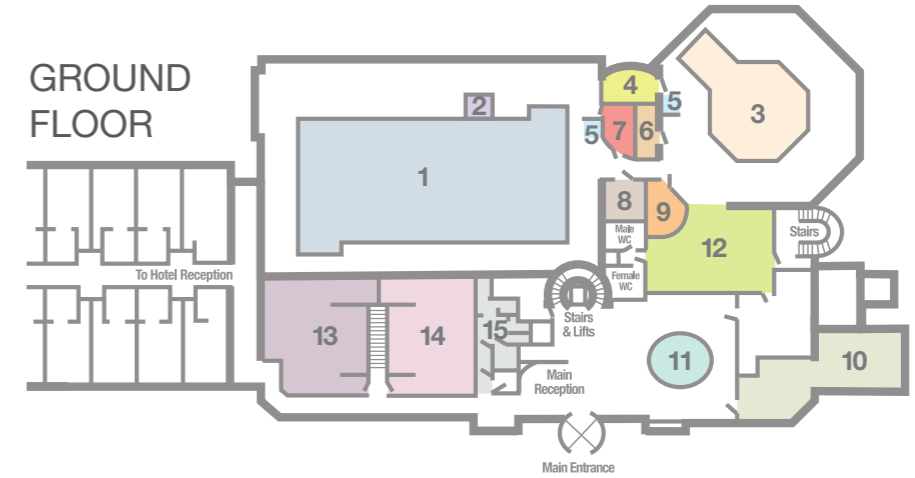
Please bring along your swimwear and appropriate gym wear if wanting to use the fitness suite or attend classes. The spa will provide you with fluffy robes, towels and spa footwear and any amenities you need will be provided for you in our changing facilities including hairdryers.

## CANCELLATION POLICY

A 50% refund will be offered if notice is given prior to 48 hours of the scheduled appointment, re-booking may be offered up to 3 weeks however please note this is subject to availability and cannot be guaranteed.

If cancellation notice takes place inside 48 hours no refund will be given.

Arriving late for your scheduled reservation will result in a reduced treatment/ spa time and full payment will still be charged. In the event you do not attend a treatment scheduled for you full treatment will be charged.



## GROUND FLOOR

- 1 25m Pool
- 2 Jacuzzi
- 3 Hydrotherapy Pool
- 4 Herbal Infusion Sauna
- 5 Drench Showers
- 6 Himalayan Salt Steam
- 7 Aroma Steam
- 8 Sunken Sauna
- 9 Frigidarium Pool
- 10 Reef Hair Salon
- 11 Bar Area
- 12 Fusion Dining
- 13 Male Changing Area
- 14 Female Changing Area
- 15 Family & Accessible Changing Area

## FIRST FLOOR

- 16 Fitness Studios
- 17 Fitness Suite
- 18 Beauty Snug
- 19 Mud Rasul
- 20 Sleep Sanctuary
- 21 Treatment Rooms
- 22 Infinity Pool