

RUDDING PARK
— HARROGATE —

SPA PRICE LIST

SPA DAYS

Spa Days include a 50 minute treatment from the selection below. Alternatively use your £75 per person allowance towards a treatment from the full treatment menu.

Monday to Sunday		
Full Day including lunch	10am - 6pm	from £143
Morning	9am - 1pm	from £106
Afternoon Tea	12pm - 5pm	from £117
Afternoon	2pm - 6pm	from £106
Thursday to Saturday		
Starlight Spa	5.30pm - 9.30pm	from £106

SPA DAY TREATMENT SELECTION

Radiance Facial

Thermal Detox Wrap

Relax Foot and Head Heaven

Mother to Be Hydration Facial

Essential Manicure or Pedicure

Gentlemen's Hand or Foot Maintenance

Living With and Beyond Cancer treatments (50 minutes)

ROOF TOP SPA EXPERIENCES

Monday to Sunday		
Full Day including lunch	10.30am - 5.30pm	from £81
Brunch	9.00am - 1.00pm	from £55
Morning	9.30am - 12.30pm	from £48
Afternoon Tea	12.30pm - 4.30pm	from £58
Afternoon	2.30pm - 5.30pm	from £48
Starlight Spa	6.30pm - 9.30pm	from £48

BOOK ONLINE ruddingpark.co.uk

SUPPER AND SPA

£110 FOR TWO

Sunday – Thursday

Two course supper at Clocktower
Roof Top Spa and Garden

RASUL, SPA AND LUNCH

£165 FOR TWO

Monday – Friday

25 minute traditional Moorish mud experience
(Himalayan Zest)

Two course lunch at Horto
Roof Top Spa and Garden (two hours access)

SLEEPING BEAUTY SPA BREAK

FROM £185PP

Dinner, bed, Yorkshire breakfast
50 minute bespoke treatment per person
Access to the Roof Top Spa and Garden

BOOK ONLINE ruddingpark.co.uk

MUD RASUL - TO BOOK CALL 01423 844840

Choose your 25 minute rasul experience from the menu below. All guests must have the same. Includes access to the Indoor Pool, Juniper Log Sauna and Bucket Shower for one hour.

2 - 6 people	Residents	Non-residents
Himalayan Zest	£15 pp	£30 pp
Citrus Burst	£20 pp	£40 pp
Mocha Fix	£25 pp	£50 pp

HORTO CAFE - TO BOOK CALL 01423 844840

	Pre-booked	On the day
2 Course Lunch	£26	£31.50
3 Course Lunch	£31	£41
Afternoon Tea	£22.50	£27.50

TREATMENTS TO BOOK CALL 01423 844840

SIGNATURE TREATMENTS

Rudding Park Jewel Ritual	2 hours 15 minutes	£205
Sunshine Ritual	2 hours 15 minutes	£205
Dreamtime Journey	2 hours 15 minutes	£205

FACIALS

Crystal Facial Therapy	50 minutes	£90
	1 hour 15 minutes	£135
Rejuvenating Age Support	1 hour 15 minutes	£135
CARITA Anti-Age	1 hours 15 minutes	£140
Radiance Facial	50 minutes	£90

CARITA CINETIC LIFT EXPERT FACIALS

Book a course of six facials and receive one free.

Gold Perfection (45 Years +)	1 hour 45 minutes	£165
Genesis of Youth (40 Years +)	1 hour 45 minutes	£165
Cinetic Lift	50 minutes	£100
Resurfacing Peel & Reveal	50 minutes	£90
	1 hour 45 minutes	£165

BODY RITUALS

Thermal Detox Wrap	50 minutes	£90
Anti Oxidant Booster Ritual	50 minutes	£90
Vitality Body Ritual	1 hours 15 minutes	£135
Pearl & Jasmine Body Renewal	1 hours 15 minutes	£135

TANNING

Kissed by Mii	25 minutes	£25
Kissed by Mii including scrub	50 minutes	£50

MASSAGE

Flow Wellbeing	50 minutes	£95
	1 hours 15 minutes	£140
Chakra Wellbeing	50 minutes	£95
	1 hour 15 minutes	£140
Hot Stone Muscle Melt	50 minutes	£95
	1 hours 15 minutes	£140
Karuna Kaya Deep Tissue	50 minutes	£95
	1 hours 15 minutes	£140

LIVING WITH AND BEYOND CANCER

We understand individual circumstances vary and therefore recommend consulting your own medical team before using spa facilities.

Jennifer Young Treatments		
Blissful Facial	50 minutes	£90
Mind & Body Balance	50 minutes	£90
Mind, Face & Body Balance	1 hour 15 minutes	£125
Gentle Manicure or Pedicure	50 minutes	£50

PREGNANCY TREATMENTS

Mother to Be Hydration Facial (pre 12 wks)	50 minutes	£90
Mother to Be Massage (post 12 wks)	1 hour 15 minutes	£135
Anti-Age Facial (post 12 wks)	1 hour 15 minutes	£140

TIME FOR TWO

	Price per couple	
Couples Connect*	2 hour 15 minutes	£350
Duo Massage Masterclass*	1 hour 45 minutes	£290

* Includes a Bath Ritual and access to the Roof Top Spa for two hours.

TREATMENTS TO BOOK CALL 01423 844840

BATH RITUALS

Choose from the menu below depending on your mood.

	Price per couple	
Destress	25 minutes	£65
Love Bath	25 minutes	£65
Uplifting	25 minutes	£65
Bedtime Bliss	25 minutes	£65

Enhance your Bath Ritual Experience with Champagne or Prosecco.

ADD-ONS

Must be booked with a treatment of 50 minutes or more.

Roof Top Spa Access Non-residents	2 hours	£50
Add-On Treatments		
Relax Back Massage	25 minutes	£45
Relax Foot Massage	25 minutes	£45
Body Scrub	25 minutes	£45

NAIL AND BEAUTY STUDIO

For manicure, pedicure, makeup and waxing
Refer to the Nail and Beauty Studio Treatment Menu

AVAILABLE FOR PRIVATE PARTIES

Catch up with friends over cocktails,
wine, gin or fizz whilst making sure
you look your best from top to toe

TO BOOK CALL 01423 844840

HAIR CUTTING AND STYLING

Ladies Cut and Blow Dry	£55
Restyle	£65
Gents Cut and Blow Dry	£42
Blow Dry	£40
Hair Up	from £45
Blow Dry / Styling Lesson	£50

HAIR COLOURING

Exclusive of blow dry. A £5 supplement will be charged on all INOA hair colours. A patch test is recommended 48 hours prior to your treatment.

Full Head Highlights	£88
Half Head Highlights	£75
Crown and Parting	£62
Full Head Colour	£60
Re-Growth Colour	£53
Bespoke Colour (price on consultation)	—

ADD-ON HAIR TREATMENT AND RITUALS

L'Oreal Smartbond Treatment	from £10
Kerastase Fusio-Dose Ritual	from £10
Kerastase Intense Ritual	from £15
Kerastase Indulgent Ritual	from £15

WEDDING HAIR

	Hair Up	Half Hair Up	Blow Dry
Bridal Trial	£85	£77	£60
Wedding Day Bride	£94	£85	£70
Wedding Day Bridesmaid	£72	£65	£60
Wedding Day Mother of Bride	£69	£61	£57

RUDDING PARK FOLLIFOOT HARROGATE NORTH YORKSHIRE HG3 1JH
01423 844840 enquiries@ruddingpark.com ruddingpark.co.uk/spa

Prices may change at the management's discretion. Valid until 31 March 2019.