

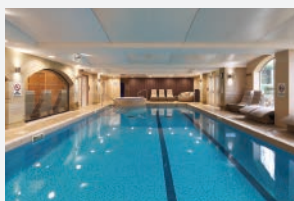


SPA MENU



WELCOME TO THE SPA AT TANKERSLEY MANOR

Discover your escape at Tankersley Manor Hotel and Spa - a contemporary retreat with centuries of history. Set in the heart of South Yorkshire, our tranquil spa is the perfect destination for indulgent day experiences or stylish overnight stays. Blending modern comfort with a calming atmosphere, it's a place where you can relax, recharge and reconnect.



GIFT VOUCHERS

Give the gift of relaxation with a Tankersley Manor Spa gift voucher. Perfect for birthdays, anniversaries, special occasions or simply to treat someone special.

To purchase a gift voucher or find out more, visit our website tankersleymanorhotel.com, call **01226 744700** or email spa@tankersleymanorhotel.com.

ESPA FACIALS

Reveal Your Natural Glow

Experience a results-driven ESPA facial tailored to your skin, lifestyle and wellbeing. Using advanced techniques and Tri-Active™ blends, our experts restore radiance, clarity and inner calm - leaving your skin visibly refreshed and glowing.

ESPA INNER BEAUTY FACIAL

£85.00 50 MINUTES

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

INCLUDES

Skin analysis – double cleanse – exfoliation – chest, shoulder and facial massage – personalised mask – scalp massage

ACTIVE NUTRIENTS GLOW FROM WITHIN FACIAL

£90.00 50 MINUTES

This invigorating nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face glow with vitality.

Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

INCLUDES

Skin analysis – cleanse and exfoliation (including Clarisonic skin brush) – Gua Sha facial massage – mask – hand and arm Gua Sha massage

ESPA EXPRESS FACIAL

£55.00 25 MINUTES

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

INCLUDES:

Skin analysis – cleanse – exfoliation – personalised mask – choice of chest and shoulder or scalp massage

ESPA SHOULDER, NECK & SCALP MASSAGE

£55.00 25 MINUTES

Focusing on key areas of tension using ESPA Body oil chosen for your needs and an application of Pink hair and scalp mud for your relaxing scalp massage. Leaving you relaxed and released of tension.

INCLUDES

Chest, shoulder and scalp massage

ESPA EYE LIFT

£55.00 25 MINUTES

Smooth, firm and hydrate with this instantly revitalising eye treatment. Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

INCLUDES

Skin analysis – cleanse – exfoliation to face and eye contour – eye contour massage – firming eye mask

MEN'S FACIAL

ESPA DEEP CLEANSING FACIAL

£85.00 50 MINUTES

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energised, while inner calm is restored.

INCLUDES

Skin analysis – double cleanse – exfoliation – chest, shoulder and facial massage – personalised mask – scalp massage

ESPA BODY MASSAGE

Rediscover inner calm and physical wellbeing.

Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.

ESPA INNER CALM MASSAGE

£90.00 50 MINUTES

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

INCLUDES

Breathwork – full body aromatherapy massage.

ESPA SWEDISH MASSAGE

£85.00 50 MINUTES

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

INCLUDES

Full body Swedish massage

ESPA HOT STONE MASSAGE

£95.00 50 MINUTES

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

INCLUDES

Full body aromatherapy massage with hot stones.

ESPA BACK, NECK & SHOULDER MASSAGE

£55.00 25 MINUTES

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

INCLUDES:

Massage to the back, neck and shoulders

INVIGORATING FOOT TREATMENT

£55.00 25 MINUTES

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

INCLUDES

A refreshing exfoliation – deeply therapeutic foot and lower leg massage



ESPA BODY TREATMENTS

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals.

Unique in every sense, they make use of nature's most powerful and effective tri-actives and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

ESPA BACK, FACE & SCALP TREATMENT - HERO TREATMENT

£110.00 80 MINUTES

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment.

Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

INCLUDES

Back exfoliation – back massage with or without hot stones – inner beauty facial – scalp massage



ESPA BODY WRAP

£85.00 50 MINUTES

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Pink Hair and Scalp Mud. Completed with face and scalp pressure point massage to help release tension and leave you feeling relaxed and renewed.

INCLUDES

Skin brush – body exfoliation – pink hair and scalp mud – face and scalp pressure point massage



ESPA SALT & OIL SCRUB

£55.00 25 MINUTES

Revive skin's natural softness and glow with this intensely exfoliating treatment.

An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

INCLUDES

Hot mitts - salt and oil full body exfoliation

ESPA PRENATAL TREATMENTS

ESPA PRENATAL RELAX & RESTORE

£85.00 50 MINUTES

Nurture your changing body and calm your mind with this beautifully comforting treatment.

Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

INCLUDES

Back exfoliation (if required) – focussed body massage – scalp massage

ESPA PRENATAL BACK, NECK & SHOULDER MASSAGE

£55.00 25 MINUTES

Ease tension where you need it most with this fast-acting de-stressing treatment.

Personalised to your unique needs, targeted massage relaxes tense muscles, nourishes skin and leaves you in a state of total relaxation.

INCLUDES

Massage to the back, neck and shoulders

Our prenatal massage treatments offer a relaxing and nurturing experience for expectant mothers. Our specially trained therapists ensure both you and your baby are comfortable and supported throughout our signature prenatal massage, giving you the care you deserve. Please note that treatments are available after 12 weeks of pregnancy.



ESPA RITUALS

ESPA RITUALS £80.00 50 MINUTES

Book as a stand-alone treatment or included in the highlighted Spa Days.

ESPA REVITALISING RITUAL

Revive skin's natural softness and glow with this intensely exfoliating treatment.

An ideal way to prepare skin before a deeply relaxing back, neck and shoulder massage focusing on areas of tension.

A natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment whilst the ESPA Body oil from your massage continues to hydrate, relax and soothe you from within.

Skin feels smooth, supple and looks radiantly healthy.

INCLUDES

Hot mitts - salt and oil full body exfoliation - back, neck and shoulder massage

ESPA REBALANCING RITUAL

Restore equilibrium and peace of mind with this unique combination of a personalised express facial followed by a revitalising lower leg and foot exfoliation and massage to help soothe tired feet and heavy legs.

INCLUDES

Skin analysis- cleanse - exfoliation - personalised mask - choice of chest and shoulder or scalp massage- lower legs and foot exfoliation - lower leg and foot massage

ESPA FIT FOR BUSINESS BACK RITUAL

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs.

INCLUDES

Back cleanse, back exfoliation, back, neck and shoulder massage, back mask, full back of leg massage and foot massage

ESPA RELAXING FACE & BACK RITUAL

A perfect combination of both tension relieving back massage after a cleansing exfoliation followed by a personalised express facial to suit your needs, including the choice of either a mini chest and shoulder massage or scalp massage.

INCLUDES

Back exfoliation, back, neck and shoulder massage - personalised express facial - chest and shoulder massage or scalp massage.

ESPA BODY WRAP RITUAL

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying pink hair and scalp mud. Completed with a face and scalp pressure point massage to help release tension and leave you feeling relaxed and renewed.

INCLUDES

Skin brush - body exfoliation - pink hair and scalp mud wrap - face and scalp pressure point massage

ESPA COMFORT AND GLOW RITUAL

Nurture body and mind with this comforting, glow-enhancing experience. Beginning with calming breath work, this ritual gently revitalises the skin through body brushing before easing tension with a soothing back, neck and shoulder massage followed with a massage to the backs of the legs and feet. A refreshing facial cleanse and exfoliation restores radiance, while a calming scalp massage leaves you feeling relaxed, balanced and renewed.

INCLUDES

Breath work - body brushing - back, neck and shoulder massage - Massage to the backs of legs and feet - facial cleanse and exfoliation - moisturise - scalp massage

ESPA EXPRESS

ESPA EXPRESS TREATMENTS £55.00 25 MINUTES

Book as a stand-alone treatment or included in the highlighted Spa Days.

ESPA EXPRESS FACIAL

INCLUDES

Skin analysis– cleanse – exfoliation – personalised mask – choice of chest and shoulder or scalp massage

ESPA BACK, NECK & SHOULDER MASSAGE

INCLUDES

Massage to the back, neck and shoulders

ESPA SHOULDER, NECK & SCALP MASSAGE

INCLUDES

Chest, shoulder and scalp massage

ESPA SALT & OIL SCRUB

INCLUDES

Hot mitts - salt and oil full body exfoliation

ESPA EYE LIFT

INCLUDES

Skin analysis– cleanse – exfoliation to face and eye contour – eye contour massage – firming eye mask

INVIGORATING FOOT TREATMENT

INCLUDES

A refreshing exfoliation -deeply therapeutic foot and lower leg massage



SPA DAY PACKAGES

LUXURY ESPA EXPERIENCE

£165.00 PER PERSON

Escape the everyday and indulge in a day of pure relaxation with full access to our luxurious spa facilities from 9:30am to 6:00pm. Settle into a fluffy robe and slippers, with soft towels provided and enjoy a peaceful day dedicated entirely to your wellbeing.

Enhance your experience with your choice of one luxurious ESPA Ritual or two ESPA Express Treatments, before savoring a delicious light lunch in The Woodman Restaurant. Whether you're treating yourself or sharing the experience with someone special, it's the perfect way to relax, reconnect and recharge.

To make your visit even more enjoyable, you'll also receive **20% off** any additional food and beverages purchased on the day in The Woodman Restaurant, giving you every reason to extend your spa escape.

CHOOSE ANY TWO OF THE FOLLOWING TREATMENTS

ESPA Swedish Massage

Manicure

ESPA Inner Calm Massage

Pedicure

ESPA Inner Beauty Facial

INDULGENT ESPA EXPERIENCE

£125.00 PER PERSON

Enjoy a day lounging by the pool before you immerse yourself into ESPA's Hero treatment, feel relaxed from head to toe with this 80-minute treatment which includes a back exfoliation and back, neck and shoulder massage followed by a personalised facial with shoulder, neck and scalp massage.

Enjoy a full day of relaxation with access to our spa facilities from 9:30am until 6:00pm. You'll be provided with a luxurious fluffy robe, soft towels and comfortable slippers, so you can unwind in complete comfort. To make your visit even more enjoyable, you'll also receive **20% off** all food and beverages purchased on the day in The Woodman Restaurant, allowing you to complement your spa experience with a delicious meal or refreshing drink.

AFTERNOON TEA EXPERIENCE

£120.00 PER PERSON

Treat yourself to the ultimate day of relaxation with full access to our luxurious spa facilities from 9:30am to 6:00pm. Slip into a cosy robe and slippers, with soft towels provided throughout your visit, allowing you to unwind in complete comfort.

Indulge in Afternoon Tea served in The Woodman Restaurant, accompanied by a glass of bubbly, before enjoying your choice of an ESPA Ritual or two ESPA Express Treatments

To make your day even more special, you'll also enjoy **20% off** any additional food or beverages purchased on the day in The Woodman Restaurant, giving you the perfect excuse to linger a little longer.

Whether you're catching up with friends, celebrating a special occasion, or simply taking some well-deserved time for yourself, this indulgent spa experience is the perfect way to relax, recharge and leave feeling completely refreshed.

ESPA RELAX & RETREAT EXPERIENCE

MONDAY TO THURSDAY £99.00 PER PERSON

FRIDAY TO SUNDAY £109.00 PER PERSON

Escape the everyday and indulge in a day of pure relaxation with full access to our luxurious spa facilities from 9:30am to 6:00pm. Settle into a fluffy robe and slippers, with soft towels provided and enjoy a peaceful day dedicated entirely to your wellbeing.

Enhance your experience with your choice of one luxurious ESPA Ritual or two ESPA Express Treatments, before savoring a delicious light lunch in The Woodman Restaurant. Whether you're treating yourself or sharing the experience with someone special, it's the perfect way to relax, reconnect and recharge.

To make your visit even more enjoyable, you'll also receive **20% off** any additional food and beverages purchased on the day in The Woodman Restaurant, giving you every reason to extend your spa escape.

EXPRESS SPA DAY

£69.00 PER PERSON

Short on time but in need of some well-deserved relaxation? Our Express Spa Day is the perfect escape. Choose from a morning retreat (8am-1pm) or an afternoon escape (2pm-7pm) and enjoy access to our luxurious spa facilities, complete with a fluffy robe, soft towels and slippers.

Enhance your visit with a soothing ESPA Express Treatment, designed to leave you feeling refreshed, revitalised and ready to take on the day.

Available Monday to Friday, you'll also receive **20% off** all food and beverages purchased on the day in The Woodman Restaurant, making it the perfect opportunity to complete your spa experience with a delicious meal or refreshing drink.

TWILIGHT SPA

**AVAILABLE MONDAY TO FRIDAY
FROM £55 FOR TWO GUESTS**

Let the stresses of the day melt away with our indulgent Twilight Spa Experience. From 5pm to 9pm, immerse yourself in an evening of relaxation with full access to our luxurious spa and gym facilities. Slip into a cosy robe and slippers, with soft towels provided and enjoy a peaceful escape designed to help you unwind and recharge.

Raise a glass of chilled prosecco as you relax, then complete your evening with **20% off** all food and beverages purchased in The Woodman Restaurant. Whether you're enjoying a romantic evening or catching up with friends, our Twilight Spa Experience is the perfect way to end the day feeling refreshed, restored and completely revitalised.

OVERNIGHT SPA BREAKS

ONE NIGHT SPA BREAK FROM £189.00 PER PERSON

Escape for the ultimate overnight retreat and enjoy a relaxing spa getaway designed to leave you feeling completely refreshed. Your stay includes one night's accommodation in a comfortable classic bedroom a delicious full breakfast, a light lunch and a £28 per person dinner allowance to enjoy in The Woodman Restaurant.

Enhance your experience with your choice of one luxurious ESPA Ritual or two ESPA Express Treatments, expertly tailored to help you relax, restore and rejuvenate. On arrival, toast your stay with a complimentary drink, before settling into a well-deserved escape where every detail has been thoughtfully taken care of.

Whether you're celebrating a special occasion, enjoying quality time together, or simply escaping the everyday, our one night spa break is the perfect blend of relaxation, indulgence and luxury.

FIZZ FRIDAY FROM £127.50 PER PERSON

Enjoy the perfect overnight retreat with a relaxing spa escape designed to help you switch off and recharge. Unwind with one ESPA Express Treatment, then make the most of full access to our luxurious leisure and spa facilities, with a fluffy robe and soft towels provided for your comfort.

On arrival, a bottle of chilled Prosecco will be waiting in your classic bedroom, setting the tone for a truly indulgent stay. In the evening, savour a delicious dinner with a £28 per person dining allowance in The Woodman Restaurant, before settling into a restful night's sleep in your comfortable accommodation. Wake feeling refreshed and enjoy a delicious full breakfast before heading home, relaxed, rejuvenated and ready to take on the world.

TWO NIGHT SPA BREAK FROM £279.00 PER PERSON

Take time to truly unwind with our indulgent two night spa break, giving you the perfect opportunity to relax, recharge and escape the everyday. Enjoy two nights' accommodation in a comfortable classic bedroom, with a delicious full breakfast each morning to start your day.

During your stay, savour a £28 per person dinner allowance on your first evening, together with a light lunch on one day, allowing you to enjoy delicious dining throughout your escape.

Complete your spa experience with one luxurious ESPA Ritual and one ESPA Express Treatment, carefully designed to restore both body and mind. On arrival, you'll also be welcomed with a complimentary drink, setting the tone for a truly relaxing stay.

Whether you're celebrating a special occasion, enjoying a romantic getaway or simply treating yourself to some well-earned time out, our two night spa break offers the perfect combination of comfort, indulgence and wellbeing.



FINISHING TOUCHES

Revive your nails with a shape and file, followed by an application of Mii Polish.

FILE AND POLISH FINGERS OR TOES

£40.00 25 MINUTES

FILE AND GEL POLISH FINGERS OR TOES

£45.00 25 MINUTES

MANICURE

£60.00 50 MINUTES

A relaxing exfoliation, massage and moisturise, cuticle care and nail shape. Finished with Mii Colour polish of your choice.

Upgrade to gel polish for just £5.00

PEDICURE

£60.00 50 MINUTES

A relaxing exfoliation, massage and moisturise, cuticle care and nail shape. Finished with Mii Colour polish of your choice.

Upgrade to gel polish for just £5.00

SPA INFORMATION

BOOKING CONFIRMATION

If your booking confirmation has not arrived within 2 hours, we recommend checking your junk or spam folder. Should you be unable to locate it, our spa team will be delighted to assist and resend your confirmation.

LATE ARRIVALS

We kindly ask that you arrive on time for your appointment. Late arrival may result in a reduced treatment time; however, the full treatment price will still apply. All treatments must end as scheduled to ensure the next guest is not delayed.

CANCELLATION POLICY

Our spa operates on a scheduled appointment basis. Should you need to cancel or amend your booking, please provide at least 48 hours' notice to avoid a cancellation charge. Treatments cancelled within 48 hours of the appointment will be charged in full.

WHAT TO WEAR

You are welcome to wear your own swimwear, such as a bikini, briefs, or swim shorts. For your comfort and privacy, our therapists use professional draping techniques throughout your treatment.

BEFORE YOUR TREATMENT

We recommend taking a short shower prior to your treatment. This helps to relax the body and remove any products or impurities that may affect your experience.

VALUABLES

We advise guests not to bring valuables to the spa. Lockers are provided for your convenience; however, we cannot accept responsibility for any loss or damage to personal belongings.

HEALTH & WELLBEING

Your safety is our priority. Some treatments may not be suitable if you have certain medical conditions. Please contact our spa team prior to booking if you are pregnant or have any health concerns, including heart conditions, blood pressure issues, recent surgery, skin conditions, allergies, cancer or ongoing treatment, or contagious illnesses.

If you are unsure, our team will be happy to guide you and recommend suitable alternatives.

CHILD POLICY

The spa is not suitable for children under 16 years of age, and access will not be permitted. Guests aged 16–18 must contact the spa team prior to booking.

ROBES & SLIPPERS

Robes, towels and slippers are typically included within your spa package. A refundable deposit of £5 per person will be required on arrival and returned when items are handed back at the end of your visit.

POOL INFORMATION

Aqua Aerobics

During these sessions, the pool will be unavailable. All other poolside facilities remain open:

Monday: 11:15am – 12:00pm

Tuesday: 6:45pm – 7:30pm

Children's Swim Times

Monday–Friday: 8:00–10:00am & 4:00–6:00pm

Saturday–Sunday: 8:00–10:00am & 3:00–5:00pm

Please note that during children's swim times, the pool area may be busier and noisier than usual.



Tankersley Manor Hotel
Church Lane, Barnsley, South Yorkshire S75 3DQ
01226 744700
spa@tankersleymanorhotel.com
www.tankersleymanorhotel.com

Terms and conditions apply and offers are subject to availability.
All treatments include client care, consultation time and clean down time ready for the next appointment.