

*Relax and restore balance to your life*



*Holistic health and well-being spa*



Enjoy the space and calmness of the spa

## Welcome to Alexandra House

From the moment you step into the gorgeous building that is Alexandra House Spa, you'll leave your worries at the door and will feel instantly relaxed and calm.

With our blissful therapies and warm and friendly staff, you can enjoy an individual treatment or a pampering spa break in our beautiful day spa.

Each treatment room is individually styled with antique furniture, little buddhas, soft lighting, candles and beautiful music. We also have a double treatment room which is ideal for couples, mums and daughters or friends wishing to share their time together at Alexandra House.

Brilliantly located close to the M62, yet hidden away and surrounded by trees and beautiful gardens, you can enjoy a few hours of peace, quiet, pure relaxation and pampering.

Our pampering packages include freshly made fruit smoothies and delicious fresh cakes, completing your day of pure heaven. Whatever you are looking for, escape to Alexandra House and let us take you on a journey to inner peace and total relaxation.



Indulge yourself with soothing treatments

## For Your Mind, Body and Soul

What makes Alexandra House unique is the calm, comfortable and friendly surroundings, where you can restore your energy and revive your spirits.

All of our treatments are carried out in a sensitive manner by qualified and caring therapists. Our massage treatments will help you to release any tensions, aches or pains. Our beautiful range of facials and body treatments will make your skin feel silky smooth and more hydrated. And our holistic therapies will help to balance your energy and relieve any emotional or physical problems.

Create peace and harmony in the beautiful and tranquil space of the spa, and let us nurture your mind, body and soul with our wide range of holistic therapies and our comfy and peaceful treatment and relaxation rooms.

A warm Yorkshire welcome always awaits you at Alexandra House.

Enjoy xxx



Relaxation room pure pampering



Relaxation for your mind, body and soul



An oasis of peace and relaxation

shhhh... it's time to relax...



Unwind and switch off with our gorgeous body treatments

### Individual treatments

If you're short of time or just fancy an individual treatment, you can visit the spa for one or two individual treatments. Our range of treatments will help you feel less stressed, more balanced and re-energised.

#### Karin Herzog Facials

- All include a hand or scalp massage
- Glyco-rose facial – great for any skin type, gives instant radiance (30 mins) £27
- Chocolate facial – ideal for any skin type and all chocoholics (60 mins) £49
- Fruit smoothie facial – ideal for normal, oily or combination skin (60 mins) £49
- Nourishing monoi facial – wonderful for dry or ageing skin (60 mins) £49

#### Eve Taylor Aromatherapy Facials

- All include a foot or scalp massage
- Soothing, balancing or purifying facial (30 mins) £27
- Soothing facial – ideal for dry or ageing skin (60 mins) £45
- Balancing facial – suits normal or combination skin (60 mins) £45
- Purifying facial – clears blemished or sluggish skin (60 mins) £45

#### Karin Herzog Body Treatments

- Back exfoliation and massage – a nourishing and relaxing treat (45 mins) £40
- Chocolate body wrap and massage – divine indulgence (75 mins) £56
- Lymphatic drainage body massage and body mud mask (105 mins) £79
- Acupressure massage, body exfoliation and body wrap (105 mins) £79



Relax with our beautiful facials

### Pure Fiji Body Treatments

- Foot ritual – a facial for your feet (30 mins) £23
- Hand ritual – a facial for your hands (30 mins) £23
- Paradise glow – full body exfoliation and massage (55 mins) £49
- Island hydrating wrap – full body exfoliation, massage and detox wrap (55 mins) £49
- Paradise ritual wrap – full body exfoliation, massage and hydrating wrap (85 mins) £65
- Honey and milk Fiji firming wrap – massage and wrap, great for cellulite (85 mins) £65
- Heavenly honey ritual – conditioning full body exfoliation, mask and massage using hot stones (85 mins) £70

### Massage and Body Treatments

- Back massage – release tension, aches and pains (30 mins) £23
- Holistic face and scalp massage – using hot stones, melt away tensions (30 mins) £23
- Hot stone back massage – melt away tensions (30 mins) £27
- Hot stone full body massage – melt away tensions (60 mins) £40
- Full body massage – relax tired and aching muscles (60 mins) £45
- Aromatherapy full body massage – relaxing massage with essential oils (75 mins) £45
- Hot stone full body massage – soothe away tensions and stress (75 mins) £56

### Holistic Therapies

- Relaxation/meditation – calm your mind and body (20 mins) £10
- Indian head massage – relieve tensions in the shoulders, neck and head (45 mins) £34
- Hopi ear candles – relieve aches and pressure in the ears (45 mins) £34
- Chakra balancing and Reiki therapy – a natural healing therapy (60 mins) £40
- Reflexology – restore your body's balance (60 mins) £40



'Fantastic treatments, excellent therapists, and a wonderful experience'. Eric and Viv



Find inner peace with our holistic therapies

# Other Experiences

## Pampering Packages @ Alexandra House

If you really want to chill out and relax, then choose one of our delightful pampering packages. Each package includes the following pampering treats:

Foot soak

Use of our relaxation rooms

Luxury paraffin wax hand treatment

Fresh cakes and drinks, including fresh fruit smoothies

Robes and slippers

### You have 3 options for a pampering package:

- You can create your own bespoke package by choosing one or more of our individual treatments (cost = price of your chosen treatments + £30 for the pampering treats). Allow 1½ hours for the pampering treats, plus your treatment time.
- You can choose from one of our set packages such as Romantic Couples, Nurturing Mum-to-be, Hot Stone Heaven – see our website [www.alexandrahouse.org.uk](http://www.alexandrahouse.org.uk)
- You can choose one of our regular special offers, also listed on our website.

## Introductory Twilight Taster

If you haven't been to Alexandra House before and are not sure what to expect, or are tempted by some of our treatments but would like to try them first, join us for our regular Twilight Taster evenings. Includes two 20-minute treatments, a meditation and use of our relaxation rooms.

**Available Wednesday evenings between 4.00pm and 7.30pm. £38.00**

## Pre-wedding and hen party packages

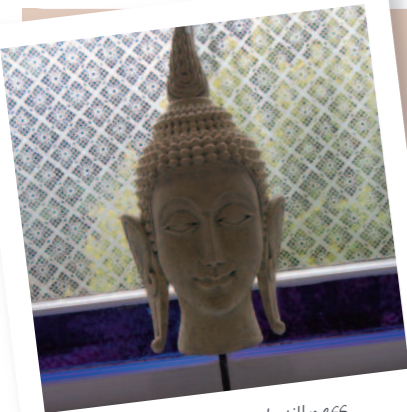
Take some time out before your wedding to relax and prepare your mind and body for your big day. One of our most popular hen party packages is:

### Miss-chievous hens chillout

- Choice of two 30 minute treatments: back massage, hot stone back massage, aromatherapy back massage, Indian head massage, facial, hand ritual, foot ritual, Hopi ear candles, reflexology, reiki
- Luxury paraffin wax hand treatment, foot soak, use of our relaxation rooms, fresh cakes and drinks, including fresh fruit smoothies, robes and slippers

A perfect pre-wedding treat for you and your friends and family.

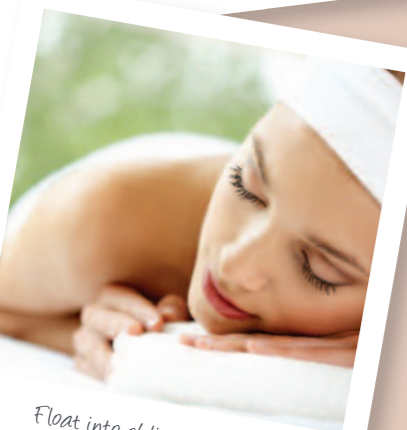
**2-3 hours £69.00 per person.**



Create calm and stillness in your mind and body



Tranquility, serenity and harmony



Float into oblivion with our wonderful pampering packages



Relax and chill-out with your hens

## Other Information

Our gift vouchers make the perfect present for a birthday, wedding anniversary, Christmas, Mother's Day or any other special occasion. Gift vouchers are available either for specific Alexandra House packages or treatments, or for a specific amount of money and are valid for 12 months.

Group bookings (up to 12 people), corporate packages, hypnotherapy, self coaching workshops, pregnancy massage, psychic readings and teeth whitening are also available at Alexandra House.



### Alexandra House

2 Murray Road, Edgerton,  
Huddersfield HD2 2AD  
Telephone 01484 303786  
info@alexandrahouse.org.uk  
www.alexandrahouse.org.uk

### Opening Times

Tuesday – Saturday 9.00am-5.00pm  
Wednesday 11.30am-7.30pm  
Thursday 10.00am-7.30pm

Please provide 24 hours notice for cancellations to avoid a 50% charge. Full payment will be taken for appointments that are unattended without prior notice. Prices are subject to change. See website for current prices.

