



Y U S P A

yuspa.co.uk

Welcome

YU SPA

For thousands of years, the Japanese have enjoyed the healing power of hot water. They call this Yu. This tradition was the inspiration for our holistic spa; a place to relax, rejuvenate and repose.

Energise in our Technogym Studio, unwind in the 12m swimming pool, soak in the hydrotherapy hot tub and relax and ease your tensions away in the sauna and steam room.

With a range of treatments to address various needs and concerns whether it be specific skincare concerns, tense muscles or stress; Yu Spa is the perfect place to escape the busy everyday life and take time for calm contemplation. You're in good hands - Our team of experienced therapists will deliver a truly personalised treatment to create a memorable experience for you. Whatever your need, take time for you at Yu Spa.

ELEMIS - Defined by Nature. Led by Science.

We are proud to partner with Elemis, the #1 Luxury British Skincare Brand to bring you the very best face and body treatments.

Every GROUND-BREAKING formula is an innovative blend of science with the chemistry of nature. Encompassing the most POWERFUL biological actives available from both 'above and below' the earth's surface, ELEMIS' meticulous attention to detail, pioneering formulas and remarkably transformative RESULTS are what truly sets their skincare apart.

Maintain the effects of your relaxing and restorative facial at home and discover the Elemis skincare range to experience truly dramatic results. The Bath & Body range ensures your whole body receives the highest level of luxury care, allowing you to continue your spa experience at home. The men's product range caters to the unique physiology of a man's skin. So whether you are treating yourself or taking home a holiday gift for a loved one, there is something for everyone to allow you to enjoy a little bit of Yu Spa at home.

Spa fully booked? Why not indulge yourself with some luxury Elemis products and enjoy a spa experience in your room - lights down low, bath and relax. Our team can help you choose the perfect products to enjoy your in-room DIY spa ritual.

Night Time Routine

Make the most of your extra comfy bed and ensure you get the "beauty sleep" that your body and skin need.

Follow the steps below:

1. **PJ's on**
2. **Apply a set of Hydra Active Soothing Gel Eye Masks**
3. **Apply Peptide 4 Thousand Flower Mask and relax for 10-15 minutes. Remove mask with a warm cloth**
4. **Gently apply Peptide 4 Eye Recovery Cream around the delicate eye area. Apply Hydra Nourish Night Cream over your face and a spot of Quiet Mind Temple Balm on your temples.**
5. **Head hits the pillow and zzz.**

All of the above products conveniently come in sizes under 100ml making them the perfect travel companions.

Indulgent Pamper Routine

Had a hectic day at work, been driving all day? Order some Elemis goodies with your Room Service and enjoy a night of pampering to yourself.

Follow the steps below:

1. **Dry body brush your whole body with the Elemis Skin Detox Brush to remove dead skin cells and increase circulation.**
2. **Enjoy a soak in the bath with Aching Muscle Super Soak which will help to relax aching muscles, relieve tension and recharge the body.**
3. **Apply Papaya Enzyme Peel to your face whilst you relax in the bath for at least 15 mins. Refrain from trying to eat it (smells gorgeous!)**
4. **A little bit of Frangipani Monoi Body Oil goes a long way – apply some to your scalp also whilst relaxing in the bath which will nourish the scalp and hair. Use this also to moisturise your body to leave the skin silky smooth and is great for your cuticles.**
5. **Remove the Papaya Enzyme Peel to reveal bright and smooth skin.**
6. **Apply some Instant Refreshing Gel to aching muscles for an instant, tingly relief. Great for calves, back, neck, shoulders and temples. Handy to have when driving long distances and helpful to relieve tension headaches/migraines.**

Visiting Yu Spa

Day Pass

Day use of Yu Spa facilities including Technogym® studio, Ozone pool, sauna, herbal infused steam room & sunken hottubs, use of towel included. Must be booked in advance.

Treatment Client Day Pass

Any client booking individual treatments can upgrade to use the spa facilities for 2 hours before your treatments. Available everyday with any treatments booked. Only valid on day of treatment. Includes use of towel, robe and slippers.

Robe & Slipper Hire

Please note robes and slippers are not included with all packages or individual treatments but can be hired for use during your visit. Subject to availability.

Appointments

Yu Spa welcomes members, non-members and hotel residents. Booking in advance is strongly advised. Please arrive at least 15 minutes prior to your appointment. All appointment times include time to change, consultation and recommendations. If you are late for your appointment, we may not be able to perform the full treatment. Late arrivals will be charged in full. All appointments require a 50% pre-payment at the time of booking

Cancellation

Individuals rescheduling or cancelling within 24 hours of the booking date will be charged a 50% cancellation fee. Groups of 4 or more rescheduling or cancelling within 72 hours of the booking date will be charged a 50% cancellation fee. All packages cancelling within one week of the booking date will be charged a 50% cancellation fee.

Mon-Fri only £20

Children

Minimum age for treatments is 16 years. Under 16s are not permitted to use the spa. Children of hotel guests have access to the swimming pool at restricted times, please ask staff for details.

Contra-Indications

Some treatments are not recommended with certain medical conditions/history or pregnancy. Treatments suitable during pregnancy are indicated with (P) symbol. If you are suffering from a medical condition or have any concerns, please contact us prior to your arrival.

We may require a referral letter from your GP if you have had any past or current conditions or illnesses.

Day Packages

It is advised to use the spa facilities before your treatments.

Treatments cannot be substituted. Any changes or cancellations within one week are chargeable at 50%.

Etiquette

All clients are asked to respect the calm and quiet atmosphere of the spa and think of others. Use of mobile phones, cameras and recording equipment is not permitted in the spa area. Please arrive early for your appointment time.

Opening Hours

Mon-Fri, 6.30am-10pm (last entry 9.30pm)

Sat-Sun, 8am-9pm (last entry 8.30pm)

Hours subject to change over the festive period.

(P) Suitable during pregnancy | **(ft)** Double treatment room available
All treatments are suitable for males, however these are particularly recommended

Taster Packages

Energising Escape

Get away from the stresses and strains of a hectic lifestyle and recharge your batteries with this mini spa package.

- Time To Spa
- Yu Spa lunch

Mon-Fri only £30

Taste of Spa * (P)

Discover a new you with this taster package designed to help you unwind, relax and refuel.

- Time To Spa
- Taster facial OR back, neck & shoulders massage
- Yu Spa lunch
- Use of robe & slippers

Mon-Thurs only £60

*Massage not recommended within first trimester. Available Mon-Thurs only. Allow 25 minutes for your treatment.

Yu Spa Ritual

An ideal package for celebrations, get-togethers and catch ups with friends. Sashes and tutus not for you? Make your hen do a Zen Do with this relaxing alternative. Nourishes the skin, feeds your soul and delights your senses.

- Time To Spa
- Back Massage
- Taster Facial
- Decadent afternoon tea
- Glass of bubbly
- Use of robe, towel and slippers
- £5 retail voucher**
- £10 treatment voucher***

Mon-Thurs £99 | Fri-Sun £109

*Massage not recommended within first trimester. Allow 60 minutes for your treatments.

For all packages Spa time is limited to 2 hours and will be scheduled in for allocated time slot. Spa facilities include Technogym studio, swimming pool, hydrotherapy hot tub, steam room and sauna. Fresh towels are provided for your use. Under 16's are not permitted. Must be booked in advance. Subject to availability.

**Valid with minimum spend of £25 on the day of treatment.

*** Valid on future bookings for individual treatments booked over £50, not applicable on packages, cannot be transferred.

Packages

Choose from one of our spa packages where you'll enjoy a range of treatments and full use of our spa facilities. Included in your day is use of a robe, slippers and towel. Time To Spa is limited to two hours which should be scheduled before your treatments. Package treatments cannot be changed or substituted.

Bespoke to Yu

Mon-Thurs £99

Choose any 3 treatments to create a truly bespoke spa experience.

Taster Facial
Bright Eyes
Foot Massage
Deep Heat Back Treatment
Deep Heat Foot Treatment
Indian Head Massage
Back, Neck & Shoulders Massage
Body Polish
Purifying Back Cleanse

Please allow 90 minutes for your treatments.

Total Harmony

Mon-Thurs £180

Enjoy a journey of complete pampering from head to toe with this Signature package, designed to leave you with a feeling of total wellbeing.

- Yu Spa Signature Lime & Ginger Salt Glow
- Yu Spa Personalised Full Body Massage
- Yu Spa Personalised Facial
- Yu Spa Lunch

Please allow 3 hours for your treatments.

New Yu Detox

Mon-Thurs £110

- Body Exfoliation
- Express facial
- Invigorating Full Body massage

A focussed detoxifying treatment to cleanse the body from the inside out. An exfoliation will polish the skin to perfection, leaving it silky soft before an invigorating body massage will help to stimulate the body's systems, cleansing from within, improving circulation and eliminating toxins. Helps to promote physical and mental wellbeing and leaves the skin smooth and supple. A great way to boost or kickstart a healthy regime or perfect before a holiday or special occasion.

Please allow 90 minutes for your treatments.

Time for Two

Enjoy treatments side by side with a partner, friend or relative in our luxurious double treatment room. Relax in the calm, oriental themed room and share the experience of your treatment together. Double treatment experiences include use of the spa facilities prior to your treatment. Selected individual treatments from the brochure may be performed as indicated in the double room, however a surcharge of £40 is applied.

Issho (Together) (††)

Mon-Thurs £200 | Fri-Sun £220

Find your inner peace with this intensive treatment which combines the power of heat with massage and active, boosting ingredients to replenish and hydrate your skin, whilst allowing you to drift into the depth of complete relaxation.

- Aromastone back, neck & shoulders massage
- Taster facial
- Heated foot treatment

Allow 90 minutes for treatment.

Futatsu (Two) (††)

Mon-Thurs £130 | Fri-Sun £140

Indulge yourself with this intensive back treatment to remove toxins, reveal silky soft, smooth skin, relieve tension and soothe aching muscles.

- Back cleanse and exfoliation
- Hot compress
- Back, neck and shoulders massage

Allow 45 minutes for treatment.

Mamma Zen

During pregnancy, your body is working hard to nurture you and your bump. It's common you'll be feeling tired and achy - the perfect excuse to book a relaxing pamper session. Shed your concerns, lighten the load and indulge yourself with a specialised pre-natal treatment, designed to help you reach a state of Zen.

Peaceful Pregnancy Massage (P)

Mon-Thurs £75 | Fri-Sun £80

The nine-month journey of nurturing is a special time. Connecting with the mother through the power of touch and working with two heartbeats as one. Extra support is given with plenty of pillows and cosy blankets to ensure the ultimate in comfort and relaxation and evoke a sense of weightlessness.

Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy. Helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

Allow 60 minutes for treatment.

Other treatments recommended during pregnancy:

- Elemis TOUCH facial
- Elemis TECHNOLOGY BIOTEC Sensitive Skin Soother facial
- Indian Head Massage
- Garden of England Rose Restore Hand Treatment
- Best Foot Forward

ELEMIS Touch

TOUCH | ANTI-AGEING

Mon-Thurs £65 | Fri-Sun £70

Pro Definition Lift & Contour (P)

Time to shape up and sharpen up. Conditioning massage and tightening jowl and chin masks help restore youthful contour to the cheeks and jawline. Skin is left elasticised and supported – it's still you, but in high definition.

Pro Collagen Age Defy (P)

There's a fine line between you and younger looking skin – make the leap with this powerful anti-ageing fast-track treatment. Wrinkles – shut the door on your way out!

Dynamic Resurfacing Precision Peel (P)

This resurfacing champion is designed to deliver powerful exfoliation and renewal, working in partnership with your skin's unique structure. Plus a healthy dose of potent enzyme action. New beginnings.

White Brightening Pigment Perfector (P)

This highly effective skin brightening facial visibly illuminates the complexion to leave it naturally more even and translucently clear. Light, precision movements delicately layer proven brightening actives onto the skin to systematically encourage the washing out of melanin, whilst reducing the visible dullness that develops over time. Leaves the complexion illuminated and even, visibly more youthful and refined.

Allow 60 minutes for treatment.

TOUCH | SKIN SOLUTIONS

Mon-Thurs £65 | Fri-Sun £70

Superfood Pro-Radiance (P)

The last word in skin nourishment. This superfood and mineral-packed wonder-child of ELEMIS' innovative nature meets- science philosophy, feeds every layer of the skin. Expect good health and glow.

Anti Blemish Mattify and Calm (P)

This is the time-efficient trouble shooter to tame oily and blemished complexions. High alpine Lavender goes to work detoxifying, decongesting and cleansing while massage gives skin a breath of fresh air. A clean sweep.

Sensitive Skin Soother (P)

Feeling fragile? You need some attention. Subtle, strengthening, empowering attention. Gentle Rose, soothing Chamomile and moisturising Neroli are combined with vibrational massage to nurture even the most sensitive of skin.

High Performance Skin Energiser for Men

Be a man for all seasons with this hydrating, energising treatment for stressed, fatigued skin. The tailored massage sequence boosts circulation while moisture and nutrients are restored. Vibrant and vital, you will reign supreme.

Allow 60 minutes for treatment.

ELEMIS Technology

TECHNOLOGY | ANTI AGEING

BIOTEC Firm-a-Lift

Super-lifting facial to help firm and tighten cheeks, neck and jawline.

BIOTEC Line Eraser

The ultimate wrinkle-smoothing facial to rejuvenate ageing skin.

BIOTEC Anti-Pigment Brightener

The ultimate performance facial for total skin perfection. Brighten and illuminate. Restore and refine.

BIOTEC Skin Resurfacer

Revolutionary resurfacing facial to even skin tone, reduce blemish marks and smooth fine lines

Allow 60 minutes for treatment.

An extra touch of pampering can be added on to any biotec facial

15 minutes for £15

Choose from:

- Biotec eye treatment
- Biotec contouring jawline treatment
- Hands on facial massage

Must be booked at same time as facial

Biotec offers a new generation of facials with uncompromising results and client experience using the latest innovation in bio-electric technology.

TECHNOLOGY | SKIN SOLUTIONS

BIOTEC Radiance Renew

Radiance-boosting, brightening facial to energise tired, dull and stressed skin.

BIOTEC Blemish Control

Deep cleansing, detoxifying facial to visibly clear and re-balance oily, blemish prone skin.

BIOTEC Sensitive Skin Soother (P)

De-sensitising anti-redness facial, to soothe and calm a delicate skin.

BIOTEC Super-Charger Facial for Men

High performance facial for men to de-grease, de-age and calm a stressed, dehydrated skin

Allow 60 minutes for treatment.

All Biotec treatments

Mon-Thurs £75, Fri-Sun £80

Purchase a full course of 5 Biotec facials

Mon-Thurs £375, Fri-Sun £400

Course of 6-10 recommended for maximum results. **Facials should be taken no more than every 21 days apart. To be paid in advance and the course of treatments must be booked and taken within 4 months of booking otherwise the free facial cannot be redeemed. Treatments are non transferrable, no refunds available.** Contra-indications apply to certain treatments, please check before booking your treatment if you have any concerns. Courses are perfect for pre-wedding preparations to get your skin looking as radiant as possible.

Yu Spa Signature Treatments

Yu Spa Signature Facial (P)

Mon-Thurs £55 | Fri-Sun £60

A relaxing and reviving signature facial designed to your specific skin type. Gentle cleanse, exfoliation, mask and massage will leave your skin refreshed and glowing.

Allow 50 minutes for treatment.

Yu Spa Deep Cleansing Facial

Mon-Thurs £62.50 | Fri-Sun £67.50

Particularly good for problematic or congested skin and as a start to detox. Follow with a massage, hot compress, steam treatment, deep exfoliation, extraction (if required) with toning and healing mask.

Allow 60 minutes for treatment.

Yu Spa Face & Body Sensation

Mon-Thurs £70 | Fri-Sun £75

Experience the luxurious hot and cold sensations of this massage targeting specific areas of the back and legs to alleviate stress and ease aching muscles. You will then be treated to an express Elemis Advanced Anti-Ageing Facial. Allow 60 minutes.

Yu Spa Signature Massage

Mon-Thurs £55 | Fri-Sun £60

A relaxing yet reviving massage focussing on the main areas of tension - back of the legs, back, neck, shoulders and decollete. A body brush of the back will first kickstart the circulation and promote toxin release whilst softening the skin in preparation for a targeted massage which will help to alleviate tension and ease aching muscles. Allow 50 minutes.

Yu Spa Hot Stone Massage

Small stones are placed on key energy points of the body, evoking an aura of warmth. The deep penetrating heat from the stones is used to massage the body to ease muscles and deeply relax the mind and body.

Back, Neck & Shoulders (30 mins)

Mon-Thurs £40 | Fri-Sun £45

Full Body (75 mins)

Mon-Thurs £70 | Fri-Sun £75

Yu Spa Deep Heat Stone Treatment

Mon-Thurs £65 | Fri-Sun £70

An indulgent treat for the back - a warm paraffin wax mask is applied after a deep cleanse and is followed by an indulgent hot stone back massage to help you relax and allow you to melt your stress away. This intense back treatment will help relieve painful muscles and tension and leave your skin feeling silky soft and smooth. Allow 60 minutes.

Devils Delight Back Treatment

Mon-Thurs £45 | Fri-Sun £50

Exfoliation removes dead skin cells and stimulates circulation, followed by steam extraction to decongest the skin. A Deep Tissue Massage then helps to relieve tense muscles leaving you wonderfully relaxed. Allow 45 minutes.

Please be aware that treatment time includes consultation, changing and homecare recommendation time. We may also have to book out slightly more time that is stated to allow us to set up for the next client, this does not effect your treatment time.

Massage

Personalised Massage (††)

This deep rhythmic pressure massage gives the whole body a vigorous workout. Combined with specially blended oils, this treatment is tailored to the individual's needs, focussing on relieving muscle aches and tension.

Full Body (60 mins)

Mon-Thurs £62.50 | Fri-Sun £70

Back, Neck & Shoulders (P*) (30 mins)

Mon-Thurs £35.00 | Fri-Sun £43

*not recommended within first trimester.

Aromatherapy (††)

A relaxing and soothing massage for body and mind. Essential oils are blended by your therapist to address your specific concerns, creating a truly individual, holistic and blissful experience.

Full Body (70 mins)

Mon-Thurs £65 | Fri-Sun £70

Back, Neck & Shoulders (40 mins)

Mon-Thurs £45 | Fri-Sun £50

Yu Spa Golfer's Massage

Mon-Thurs £60 | Fri-Sun £65

This massage is ideal for those just off the green, or indeed if you have been training particularly hard and deserve (or need) a therapeutic massage. A targeted massage to alleviate specific areas of tension and aching muscles in your back, neck, shoulders, calves and feet. A combination of hot compresses, warm oil and a cooling, refreshing gel in your therapist's hands will also increase the blood circulation, relieve stiffness and relax the muscles ensuring you are ready for the next 18! Allow 55 minutes for treatment.

ELEMIS Massage

Hot Mineral Body Boost

Mon-Thurs £65 | Fri-Sun £70

This unique treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. A revolutionary, mineral-charged experience of skin conditioning, metabolic balancing and energising wellness. Painful knots are eased. Tension is dissolved. Completed by a restorative facial massage, this powerful mineral treatment invigorates the body and elasticises the skin.

TARGETS - Stress | Tension | Toxins

Garden of England Rose Restore

Mon-Thurs £65 | Fri-Sun £70

Take a walk in a rose garden with this lavishly hydrating body massage and micro-wrap. The unique trio of Rose, Camelina and Poppy seed oils maintain and restore elasticity, whilst encouraging skin renewal. The skin is anointed with nourishing oils whilst a nurturing Rose balm and bespoke massage comfort the skin, and ground the spirit. Skin is left exquisitely moisturised, intensely supple and deliciously scented.

TARGETS - Dehydrated skin | Dull, tired skin

Allow 60 minutes for treatments.

Body

EXOTIC WRAPS

Yu Spa Signature Exotic Lime & Ginger Salt Glow **Mon-Thurs £60**
Fri-Sun £65

An exotic exfoliation ritual to invigorate and revitalise the body. After body brushing, the Exotic Lime and Ginger Salt Glow is applied using warm oil to polish the skin and stimulate the senses. Your skin will be deeply cleansed, polished and softened to perfection with an express facial whilst you are cocooned in your exotic wrap. A perfect pre-holiday treatment which leaves the skin glowing, vibrant, replenished and flawless.

TARGETS - Dehydrated skin | Rough, dry skin | Dull, tired skin

Yu Spa Signature Exotic Frangipani Wrap **Mon-Thurs £60**
Fri-Sun £65

This treatment starts with a frangipani monoi salt glow after a body brush. This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic, aromatic Tahitian coconut and frangipani flowers are soaked together to produce the Monoi oil used in this wrap, which provides the ultimate radiance, vitality and all over body glow. An intensive moisturising and conditioning treatment which is excellent for dry skin and is combined with a facial pressure point massage and de-stress scalp treatment.

TARGETS - Dehydrated skin | Dull, tired skin

DETOX

Thousand Flower Detox Wrap **Mon-Thurs £65**
Fri-Sun £70

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

TARGETS - Toxins | Dehydrated skin | Energy levels

Please allow 60 minutes for all of our wraps.

Targeted Toning Tightener **Mon-Thurs £70 | Fri - Sun £75**

Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms. Nigari salt deeply cleanses, followed by a targeted sculpting massage to kick-start the micro-circulation, promoting a smoother silhouette and invigorating the entire body. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae redefines areas prone to sagging. The result is a targeted body airbrush and skin that looks and feels intensely toned and refreshed.

TARGETS - Slackness and sagging | Uneven skin tone | Build up of cellulite | Sluggish circulation

Allow 90 minutes for your treatment.

2 a week recommended for 4 weeks then once a month to maintain.

Holistic Therapy

Reiki (P) (60 mins) **Mon-Thurs £42.50 | Fri-Sun £47.50**

This natural healing art originated in Japan and restores the natural balance in the body using the energy which is all around us. Hands are placed in a sequence of positions around the body to channel energy forces and promote a sense of wellbeing and calm.

Reflexology (P*) (60 mins) **Mon-Thurs £50 | Fri-Sun £55**

Reflexology encourages the body to work naturally to restore its own healthy balance. Treatment involves applying pressure to the precise reflex points on your feet.

*Not recommended within first trimester

Hopi Ear Candling (45mins) **Mon-Thurs £40**
Fri-Sun £45

This ancient therapy provides a soothing treatment helping to balance pressure in ears, forehead and sinuses. Helps with stress, nerves, headaches and ear noise. Treatment is further enhanced with a lymphatic drainage massage of the face to stimulate the system and encourage elimination of toxins.

Indian Head Massage (P) (45 mins) **Mon-Thurs £55**
Fri-Sun £60

A deeply relaxing massage using firm yet gentle rhythms to unblock tension in the upper back, neck, shoulders, arms, face and scalp. The treatment is individually designed to energise mind, body and spirit.

Finishing Touches

Garden of England Rose Restore Hand Treatment (P) (30 mins)
Mon-Thurs £35 | Fri-Sun £40

Hand massages are alarmingly relaxing. And this is the last word in conditioning, restorative, anti-ageing hand treatments. Targeting age spots and dryness, you'll waft out with the softest little paws and a blissed-out smile on your face.

Best Foot Forward (P) (30 mins) **Mon-Thurs £35 | Fri-Sun £40**

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Softens and smoothes to leave feet as supple and fragrant as a Rose.

*Does not include polish. Option to upgrade with a file & polish for only £10, saving £10

Nail care (basic manicure and pedicure) waxing and tinting are available Mon-Thurs only. Please ask for details.

Gift Cards:

Yu Spa Gift Cards make an ideal gift for any special occasion. Buy Gift Cards online yuspa.co.uk or at Yu Spa.

Zen Men

FACE

High Performance Skin Energiser for Men

Mon-Thurs £65

Fri-Sun £70

Be a man for all seasons with this hydrating, energising treatment for stressed, fatigued skin. The tailored massage sequence boosts circulation while moisture and nutrients are restored. Vibrant and vital, you will reign supreme.

Allow 60 minutes for treatment.

BIOTEC Super-Charger Facial for Men

Mon-thurs £75, Fri-Sun £80

Purchase a full course of 6 Biotec Facials for just £350, saving £70

High performance facial for men to de-grease, de-age and calm a stressed, dehydrated skin

Allow 60 minutes for treatment.

Yu Spa Deep Cleansing Facial

Mon-Thurs £62.50 | Fri-Sun £67.50

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Mon-Thurs £70 | Fri-Sun £75

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BODY

Personalised Massage

This massage is tailored to your individual concerns, particularly good for alleviating stress and tension and relieving aching muscles. Using specially blended Elemis oils, this is a prescriptive and therapeutic massage. Pressure is applied according to your preference.

Full Body (60 mins)

Mon-Thurs £62.50 | Fri-Sun £70

Back, Neck & Shoulders (P*) (30 mins)

Mon-Thurs £35 | Fri-Sun £43

Yu Spa Golfer's Massage

Mon-Thurs £60 | Fri-Sun £65

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Mon-Thurs £45 | Fri-Sun £50

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Membership

Join Yu Spa and become a Member today
Multiple membership options available
Annual Subscription discount available
Ask Yu Spa Staff for Membership information

Yu Spa

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