



VERBEIA
SPA & FITNESS



WELCOME TO VERBEIA SPA & FITNESS

Combining stylish contemporary interiors with our classic Victorian Grandeur, The Verbeia Spa & Fitness is the perfect place to let your senses be massaged into pure relaxation. Our array of top Aromatherapy treatments, Vitality Spa pool, Bespoke made Mud Rasul Chamber and Sauna and Steam room is all we need to take care of you from head to toe. Whilst nestled into acres of woodland and the breath taking Yorkshire Moors, let us welcome you to tranquillity.

SPA EXPERIENCE

Come and enjoy all of our facilities for a max of 3 hours.

**Inclusive of robes and slippers*

LUXURY EXPERIENCE

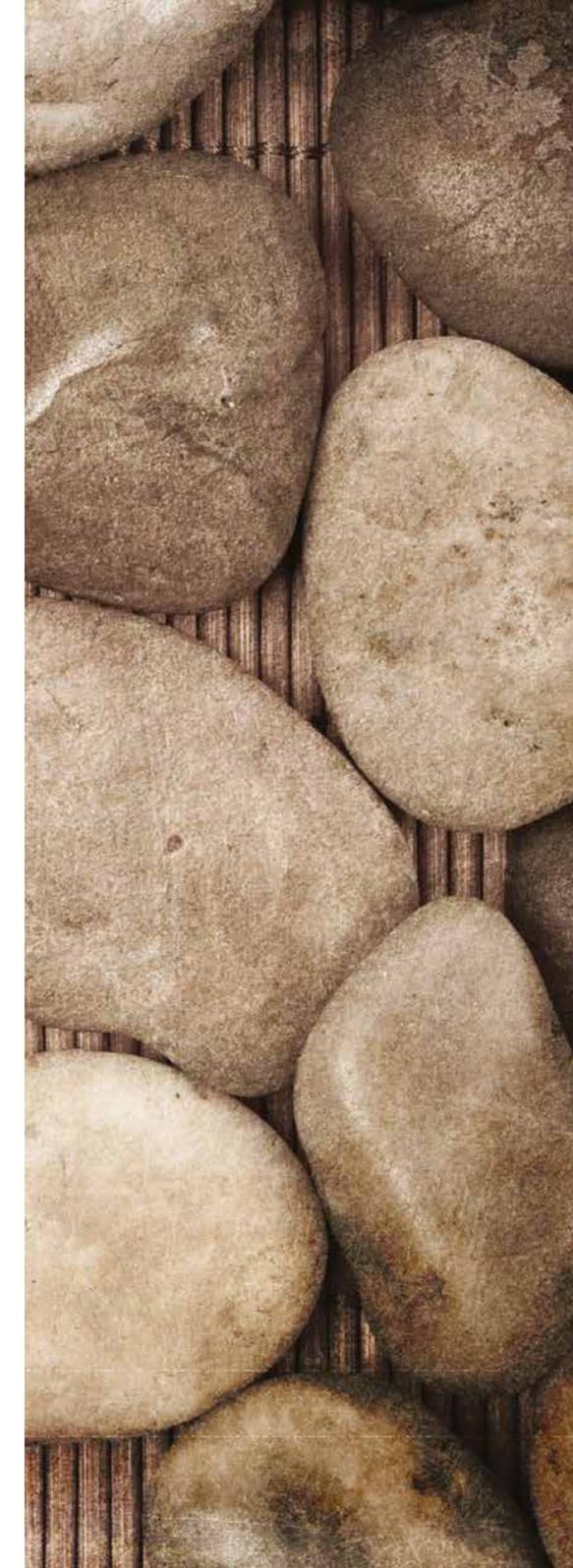
Includes access to all facilities including our state of the art Gym with Techno Gym equipment £25 per person

DELUXE EXPERIENCE

Includes access to all of our facilities and our delicious Afternoon Tea £40 per person

**Upgrade to Champagne Afternoon Tea for an extra £8 per person*

Add a Mud Rasul experience for £40 for 2 people.



MUD RASUAL CHAMBER

A Complete relaxation of ancient middle eastern origin. The Rasul Therapy allows the bather to apply natural mud product to the face and body, before the room lighting is gently dimmed and relaxing fibre optic lighting fills the ceiling. The bather sits in the enfolding warmth of the heated chamber before steam is introduced into the Rasul. Warmth of the steam room opens pores and allows the enriched products to enter the body, where it stimulates the blood flow, helps revive the tissue and stimulates the lymphatic system. After approximately 20 minutes the treatment is brought to an end when a warm shower mist descends from the ceiling to gently wash away the remaining product.

MUD RASUAL EXPERIENCE

2 people £40 | 3 people £50 | 4 people £60

For complete relaxation and maximum benefit, complete your Rasul experience with our signature full body massage for £65 (60mins)

**Please note that our rasual ritual is self-application treatment (without a therapist) in order to provide you with a private relaxation experience*



SPA DAYS

Our spa packages have been designed to give you pure indulgence. You will receive your bathrobe and slippers, a 2 course light lunch and use of all wet and dry facilities and deep relaxation room for 2 hour period.

	MON - THURS	FRI - SUN
REFRESH AND REVIVE Enjoy a Back, Neck and Shoulder massage <i>25mins</i> and Decleor Discovery Facial <i>25mins</i>	£69	£84
PERFECT SOLUTIONS A choice of Signature Full Body Massage <i>50mins</i> with a Discovery Facial <i>25mins</i> OR Ultimate Vitamin Glow Facial <i>55mins</i> with a Back, Neck and Shoulder Massage <i>25mins</i>	£100	£115
PURE INDULGENCE DAY Signature Full Body Massage <i>50mins</i> , Discovery Facial <i>25mins</i> and a Scalp Massage <i>25mins</i>	£150	£165
ESCAPE SPA DAY Full Body Scrub <i>25mins</i> . Signature Full Body Massage <i>50mins</i> and Expert Facial tailored to your needs <i>60mins</i>	£170	£185
TWILIGHT SPA 6-10pm Enjoy use of Wet and Dry facilities for 2 hours and 2 course light Dinner	£30	£40
AFTERNOON TEA SPA DAY Enjoy a delicious Afternoon Tea, 1x <i>25min</i> treatment and use of facilities. Choose from Mini Luxury Manicure, Mini Luxury Pedicure, Discovery Facial, Signature Back, Neck and Shoulder massage	£45	£55



RESIDENTIAL SPA BREAKS

1 Night Pamper break £110 pp Sunday – Thursday | £129 pp Friday – Saturday

Based on 2 people sharing, includes 1 60 min treatment, 3 course dinner, full English breakfast, use of facilities

Choose one of the following treatments:

Mini Luxury Manicure, Mini Luxury Pedicure, discovery facial. Signature back, neck and shoulder massage.



OUR SIGNATURE RANGE

REFRESH AND REVIVE

A warm massage oil targeting your tension areas, will leave your body and mind feeling completely rebalanced and soothed.

Full Body 50mins £50

25 MINS

£30

SIGNATURE SCALP MASSAGE

Targeted pressure points, rebalance your mind to aid restful sleep and gently release tension around your head and neck.

25 MINS

£30

SIGNATURE BODY SCRUB

Perfect for any occasion. This relaxing body scrub removes dead skin and leaves your skin glowing and smooth.

25 MINS

£30

TIME TO TREAT YOUR FACE

AROMATHERAPY DISCOVERY FACIAL

Short of time? Discover why Decléor facials are world famous with this rescue remedy. Includes revitalising massage, Essential Oils and a gentle polish to wake-up tired skin leaving it fresh and radiant.

25 MINS

£45

SMOOTH AND REVITALISE

Put the sparkle back! Featuring restoring and intensively hydrating eye masks. This targeting treatment fights fatigue, quenches moisture loss and helps erase the appearance of wrinkles for a rested sparkling eye zone.

25 MINS

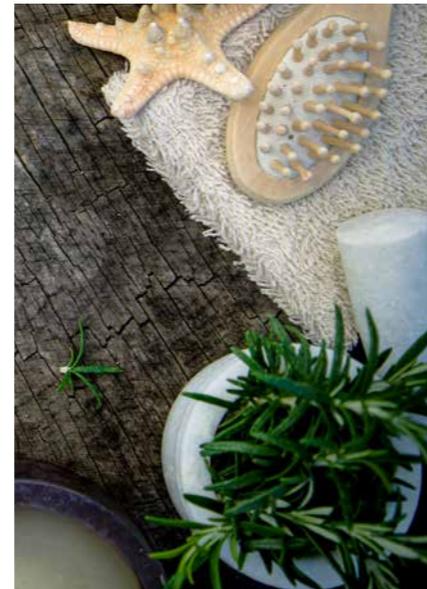
£45

ULTIMATE VITAMIN GLOW

Power packed with vitamins and anti-oxidants, this award winning facial melts away stress. Combines a rebalancing essential oils elixir plus warm, decongesting mask for skin that's purified, perfectly replenished and glowing.

55 MINS

£60



QUENCH AND PROTECT

This super hydrating facial quenches the thirstiest skin. Includes gentle exfoliation to leave the skin smooth velvety and perfectly prepped for our nourishing AROMESSENCE Neroli Amara concentrate.

70 MINS

£75

EVEN AND BRIGHT *(with hydra floral ultra-plumping mask and white petal)*

A brightening treatment with a vitamin c power booster to help restore luminosity, lighten pigmentation marks and turbo-charge cell regeneration.

70 MINS

£75

COCOON AND REPAIR

By cocooning skin in deliciously nourishing Essential Oils and active nutrients, this facial comforts, renews and restores. Ultra-nourishing to feed dull, dry, exposed skin, it transforms complexions to radiant and satin smooth.

70 MINS

£75

CALM AND STRENGTHEN

Acting like a calming comfort blanket, this blissful treatment relieves stressed, angry skin. Power-packed with skin strengthening Essential Oils and including a skin-perfecting peel-off mask, it works immediately for clear, soothed and resilient skin.

70 MINS

£75

CLEAN AND REBALANCE

For instant clarity on dull, devitalised skin, this antibacterial and mattifying facial treats spots and shine. Includes Aquatic Plant Powders and an oxygenating power mask for a brighter and shine-free complexion that's simply flawless

70 MINS

£75

SMOOTH AND GLOW *(using a Bamboo massage)* FACIAL

For immediate visible results, powerful ingredients and gentle exfoliation target lines and wrinkles. A mineral mask also lifts, plumps and firms for a luminous, younger-looking complexion.

70 MINS

£75

PLUMP AND LIFT *Anti -Ageing- Sculpting series*

A lifting facial for smoothed, firmed and luminous skin – for 40 years +

70 MINS

£75

SCULPT AND REJUVENATE

Inspired by Pilates, delivers a natural lift to the face, whilst helping reshape the contours of the facial with a re-cushioning effect. The skin is left flawless, glowing with rosy youthfulness.

70 MINS

£75



BODY TREATMENTS

Treat your body

At the heart of all our body treatments we use powerful essential oils that work deep within your skin for total rebalancing and relaxation.

WRAPS

FIRM AND TONE

A collagen-boosting wrap to erase imperfections and strengthen beautifully toned skin. Restores and moisturises skin all over for a smooth, firm and radiantly younger looking body.

55 MINS

£60

RELAX AND DE-STRESS

Relax, refine, tone or stimulate with one of these tension-releasing, holistic treatments. Stresses and strains blissfully melt away and skin all over is left revitalised and velvety.

55 MINS

£60

DEEP TISSUE MUSCLE ENERGISER

Pure therapeutic relaxation to alleviate stress deep down and release the discomfort of aching muscles. 100% natural Essential Oil Balms enhance the experience, leaving your mind calmer and muscles intensely soothed.

25 MINS

55 MINS

£30

£60

DIVINE INDULGENCE FACE AND BODY

Stimulate energy flow while soothing body and mind with this heavenly massage that uses the warmth of heated stones to ease every tension. Decleor's Aromatic Balms heighten the ecstasy and also supremely soften skin. Just heaven.

55 MINS

£75

DIVINE INDULGENCE FACE AND BODY RITUAL

DECLEOR offers the ultimate in a Face & Body Treatment. The most blissful way to soothe the body and mind, you will feel revitalised and the energy levels rebalanced. Skin is left deeply cleansed, perfectly replenished and glowing with youthfulness and vitality.

1HR 30 MINS

£90

RELAX AND DE-STRESS MASSAGE BACK NECK SHOULDER

Our expert Therapists will create your very own personally-tailored sculpting massage targeted to your individual needs be it; waistline, thighs and bottom, legs or all three. Whether its pure relaxation, body firming or refining your silhouette, this highly effective massage will ensure your needs will be met.

25 MINS

£40

Full Body 55mins £60

PRE AND POST- NATAL TREATMENTS

Time for those precious moments in life...

BABY ON BOARD FACE AND BODY TREATMENT

Relax while your highly trained therapist safely and gently treats your tummy, legs and face to a truly nurturing experience that helps reduce the risk of stretch marks, relieves 'heavy' legs and brightens skin.

SPECIAL DELIVERY FACE AND BODY TREATMENT

Combining a divine body massage, tailor-made facial and soothing mask, this rejuvenating and relaxing treatment has been specifically created for the needs of new mums. Leaves skin perfected and strengthened...as you unwind.

60 MINS

£65

60 MINS

£65



MANICURES & PEDICURE

JESSICA PRESCRIPTIVE MANICURE

This all over manicure includes filing and shaping of the nails, cuticles will be refreshed followed by a hand massage with nourishing hand cream and beautifully finished and polished.

45 MINS

£40

JESSICA LUXURY MANICURE

This is Jessica prescription manicure with the added luxury of exfoliation to remove dead skin and thermal heated mittens to intensely hydrate your nails and hands.

*upgrade to a GELeration Polish for £10

60 MINS

£50

JESSICA ZENSPA PEDICURE

This all over pedicure includes filing and shaping of the nails, cuticles will be refreshed followed by hard skin removal and a replenishing foot cream will be massaged into your super soft feet and beautifully finished and polished.

45 MINS

£40

JESSICA ZENSPA PEDICURE DELUXE

This is Jessica ZENspa Pedicure with the added luxury's of exfoliation to remove dead skin thermal heated booties to intensely hydrate your nails and feet.

60 MINS

£50

JESSICA GELERATION POLISH

Your nails will be shaped and painted with a longer lasting GEL polish and a super glossy finish.

25 MINS

£25

GEL REMOVAL AND NAIL CONDITIONING TREATMENT

25 MINS

£15

GEL REMOVAL ADDED TO ANY MANICURE OR PEDICURE

25 MINS

£5





WAXING

EYEBROW WAX	£10
LIP AND CHIN	£10
UPPERLIP	£8
CHIN	£6
UNDERARM	£10
FOREARM	£15
FULL ARM	£20
CHEST	£25
BACK AND CHEST	£35
BACK	£30
HALF LEG	£20
FULL LEG	£30
FULL LEG & BIKINI	£35
NORMAL BIKINI	£15
BRAZILIAN	£30
HOLLYWOOD	£35



HD BROWS

£29

HD Brows is all about creating bespoke brows that are totally tailored to you and your style - not a brow stencil in sight. The unique HD design formula is combined with tinting, waxing and threading to help you achieve your brow goals.



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OPENING TIMES

9.00am - 6.00pm: Monday - Wednesday & Friday

9.00am - 7.00pm: Thursday

9.00am - 7.00pm: Saturday

10.00am - 6.00pm: Sunday & Bank Holidays

The perfect Gift- Spa Vouchers available at www.craiglands.co.uk/vouchers

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