



The Spa

AT NO.1, YORK

Down in the hush of our spa, skilled therapists await the chance to listen to your needs and tailor highly beneficial treatments to address them. They are passionate about enhancing wellness, and their work focuses on transformation and renewal.

By pinpointing and targeting the root causes of muscular aches and pains, they can alleviate tension, stress and discomfort and boost wellbeing, recovery, flexibility and mood. And the vegan, organic skincare products they use are both sustainably crafted and visibly effective.

Rituals

We use the word rituals to describe experiences that combine treatments to bring maximum benefit.

**NO.1 SIGNATURE:
THE HERBAL HEALER**

90 minutes (*for two*)

£320

This extra-special ritual calls on the calming and anti-inflammatory properties of locally grown Yorkshire Lavender. Performed in our serene treatment room for two, the whole experience will leave you feeling restored, relaxed and profoundly connected through the act of sharing beautiful time together.

The treatment begins with an invigorating lavender-infused salt scrub, followed by a stress-busting aromatherapy massage, both focused on your back, neck and shoulders. Warm herbal poultices are then placed along your spinal pressure points, helping to realign and rebalance you while the back of your legs and feet are worked on. Then, we move on to the front of the body, applying flowing, wave-like "Lomi-Lomi" massage techniques to your legs and arms in unison. The ritual ends with a nourishing facial treatment, using organic products rich in lavender, antioxidising green tea and super-hydrating elite natural vitamin E. As if that wasn't enough, our therapists will work their scalp-massage magic to leave you in a state of total relaxation.

TIME TOGETHER

60 minutes (*for two*)

£230

This massage and facial duo is for those who like to enjoy their treatment time together. In our especially-for-two therapy room, the ritual begins with a side-by-side tension-melting back, shoulder and neck massage. Then, to further boost your relaxation, you'll both receive a bespoke mini facial, together with a soothing face, neck, shoulder, and scalp massage. The two of you will be left feeling totally stress-free, and thanks to the active ingredients in the wonderful organic products applied, you'll also be saying hello to the natural radiance of your skin.

LESSEN YOUR STRESS

60 minutes

£105

This ritual starts with a targeted massage that releases the tension held in your neck, back and shoulders. As your therapist works on areas of tightness, your circulation will be stimulated, your levels of the stress hormone cortisol lowered, and inflammation and pain reduced.

Then, you will receive a full organic facial to restore the natural balance of your skin. And a scalp massage will deepen your level of relaxation even further, while a rosehip and rose clay mask works its soothing, detoxifying magic. The combination will leave you feeling released, realigned, hydrated and revitalised.

EASE YOUR TENSION

60 minutes

£105

The body parts that hold the most tension are given TLC in this ritual designed to rectify the aches and pains caused by muscle tension and fascia tightness. Our therapist targets your neck, back and shoulders first, then moves to the hardworking feet. After a refreshing eucalyptus and wild mint scrub, a foot massage stimulates circulation and revives you in readiness for another day's exploration of York. To complete the ritual, you'll relax during the sheer pleasure of an indulgent scalp massage.

RELAX REGIMEN FOR HIM

60 minutes

£105

This made-for-men ritual begins with a revitalising back, neck and shoulder massage using potent, nutritionally rich massage oils to nourish the skin while muscular tension is released. Then, an organic facial tailored to male skin deeply cleanses, exfoliates and hydrates through the application of essential fatty acids, powerful antioxidants and face-massage techniques.

Your skin will feel profoundly refreshed, and with the massages having boosted circulation and the release of endorphins, you'll feel that your mood has been boosted, too.

TIME OUT FOR MUM-TO-BE

60 minutes

**Only suitable after the first trimester*

£105

This specialist ritual helps ease muscular aches, pains and discomforts. It starts with a soothing back massage in response to your individual needs and choice of aromatherapy oil. Our therapist will gently work on alleviating those tightnesses while also making sure you feel profoundly relaxed because, there's no doubt about it, you deserve it. Then the choice is yours – a circulation-boosting foot treatment or a glow-boosting organic facial and blissful scalp massage.

TOP-TO-TOE GLOW

90 minutes | 120 minutes

£160 | £210

The most luxurious of our individual rituals is a transformative journey for mind and body, taken by stimulating the senses. The treatment begins with an invigorating lemongrass back scrub, helping to remove dead skin cells and awaken the skin. Once your skin has been prepared for hydration, our therapist then applies organic aromatherapy oils during a relaxing, back, neck and shoulder massage. This releases muscle tension, boosts circulation and leaves your skin silky smooth. Next, you will enjoy a foot scrub and massage helping your body to fully relax and realign.

Not forgetting the face, the ritual then moves into a rejuvenating organic facial and scalp massage designed to de-puff and decongest the skin, leaving you with a radiant glow.

**The 120-minute version includes a full-body scrub and massage.*

Massage

FULL-BODY MASSAGE

60 minutes | 90 minutes

£115 | £165

Our massage therapists are highly skilled. They focus their experience, passion and healing hands on making a genuine difference to your muscular comfort and sense of wellbeing. And they will take your lead as to what you would like to address and how you would like to feel during this full-body massage.

DEEP-TISSUE MASSAGE

60 minutes | 90 minutes

£135 | £185

Our therapists can work further into your muscles, using deep-tissue techniques if you prefer firmer pressure or suffer from chronic tension.

REFLEXOLOGY

60 minutes | 90 minutes

£105 | £155

Tap into the ancient philosophy of connecting pressure points on the foot to internal organs to promote overall health and wellbeing. To further the benefits of your Reflexology session you can opt to include a back, neck and shoulder massage within your treatment.

(subject to available Reflexologist)

Skincare

THE BESPOKE NO.1 FACIAL

60 minutes

£105

After a consultation, a member of our talented team will customise a treatment designed to target your areas of skin concern and boost your natural radiance.

Choosing from a range of incredible, organic and sustainably sourced ingredients, they will deeply cleanse, antioxidise, treat, repair, stimulate, balance and hydrate your skin to promote a fresh, glowing complexion.

*To further the benefits of your
Bespoke No.1 Facial, you can add:*

TLC for the body +£50

Allow our therapists to target stress, tension and tightness by adding 30 minutes of massage therapy focused on your back, neck and shoulders (*subject to availability*).

A few need-to-knows before you
join us down in the spa:

DRESS CODE

For maximum comfort, we recommend guests wear loose-fitting clothes. We would greatly appreciate it if you could shower before arriving for your appointment to help us maintain our high cleanliness levels. Guests staying with us at the hotel are very welcome to make the journey between their room and the spa in the ultimate comfort of robe and slippers. We ask that all guests wear underwear for their treatment/s.

ARRIVING AT THE SPA

Please arrive at the spa reception 10-minutes ahead of your booked treatment time. It's also important to note that arriving later than the recommended time will mean a shorter or cancelled treatment.

CANCELLATIONS

We hugely appreciate seven days' notice for cancellations and booking changes. But we won't charge for appointments cancelled with at least 48 hours' notice. In the event of a cancellation within 48 hours, we will have to charge the full amount of the booked treatment/s.

ACCESSIBILITY

Our spa is accessible from the front of the hotel, via the restaurant entrance. Once inside you can take the lift down to the basement where our spa is situated. To avoid any disappointment, we recommend you get in touch with a team member before booking your appointment to discuss any requirements you have.

MOBILE PHONES

Please set your phone to silent to maintain the oh-so-relaxing peace of the spa. And please be sure to respect other people's privacy when taking photos.

HEALTH CONCERNS

When booking, please let us know of any existing medical conditions, allergies or concerns.

It means that we can advise in advance if the treatment/s are unsuitable and recommend the best alternatives or tailored treatments.

Our therapists reserve the right to decline to perform a treatment on the day if, for any reason, they feel it would not be in a guest's best interests.

Treatments are booked at the guests' own risk, and the spa does not accept responsibility for allergic reactions.

PREGNANCY

The *Bespoke No.1 Facial* and *Time Out for Mum-To-Be* treatments can be safely enjoyed during pregnancy, but we ask that bookings are only made for beyond the first trimester. Please ask for more details if you have any questions or concerns.

CHILDREN

Sorry, treatments are for over-18s only.

VALUABLES

We have a limited number of lockers for spa guests, and we cannot accept responsibility for any loss or damage. So, it's best to leave valuables at home or in your room if possible. Don't forget to check your robe pockets before handing it back into reception.

PARKING

Our carpark is reserved for hotel guests, but good news – there are several car parks near No.1, York;

Marygate Car Park (YO30 7DT) Bootham Row Car Park (YO30 7DU) are both about a 10-minute walk away.

PRICES AND TREATMENT MENU

Our therapists may change available treatments, products and prices without notice. We can promise, though, that your booked treatment and price will always be honoured, so there are no surprises.

guest. house

NO.1, YORK

1 Clifton, York, YO30 6AA

OPENING HOURS

10am – 7pm seven days a week.

BOOKINGS

01904 644744

no1.spa@guesthousehotels.co.uk

BOOK ONLINE HERE

