

For full information and bookings:
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www.harrogate.gov.uk/turkishbaths

Working for you

Turkish Baths and Health Spa

restored to reflect their original intention

April 2009



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With the pace of life today, it's more important than ever to take time out to unwind - to regularly devote an hour and a half to the serious business of relaxing! At Harrogate's Turkish Baths & Health Spa, amidst surroundings that are pure Victorian, you'll enjoy a total leisure experience enhanced by friendly yet unobtrusive attention.

Although Turkish Baths were common in Victorian times, only seven remain which date back to the 19th century. None of them is as historically complete and in full working order as Harrogate's Turkish Baths. Their importance lies in their decoration, elaboration and rarity. The Baths' Moorish design with great Islamic arches and screens, walls of vibrant glazed brickwork, the arabesque painted ceilings and terrazzo floors (laid by the very best Italian experts) all add to its historic fantasy qualities.

Architect Peter Gaze Pace, a specialist in historic buildings, completed a six month restoration programme in July 2004, at a cost of £596,700 with the Heritage Lottery Fund contributing 75% of this funding. Seeking out the very best specialist contractors in the country the completed work now sees the Baths restored 'in a manner to match the original intention'.

a total leisure experience with that unique Turkish Feeling

About your Health

Certain medical conditions may be aggravated by the intense heat of the Turkish Baths. **If you are in any doubt about your health, please consult your doctor prior to your visit. Pregnant ladies and those under 16 years are not permitted to use the Baths.** Certain treatments however are appropriate during pregnancy, as indicated in the treatment descriptions.

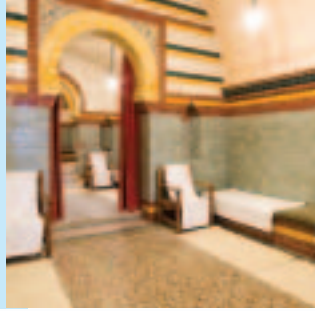
Allow yourself a recommended visit time of one and a half hours to obtain maximum benefit from the Turkish Baths. All you need to bring with you are your personal toiletries as towels are provided. Please note that swimwear is compulsory for mixed sessions.

After a shower, relax in the steam room, which is scented with eucalyptus, then take a bracing dip in the **Plunge Pool**. Towel down and work your way up through the three inter-connecting **Hot Room Chambers - the Tepidarium (warm), the Calidarium (hot), and the Laconium (hottest)** allowing the warmth to continue its therapeutic effect on skin and musculature.

Repeat this cycle as often as you wish, then spend half an hour cooling down in the elegant **Frigidarium (Relaxation Room)** to round off this enjoyable experience. At the end of the session, many of our clients report a feeling that combines **exhilaration, euphoria, total relaxation and absolute cleanliness.** The **extraordinary feeling** most people experience after a Turkish Bath is enjoyed by ladies and gentlemen alike - business people, students, sports men and women.



Turkish Baths Timetable



Ladies:

Mon:	9.30am – 12.30pm	
	1.00pm – 5.00pm	
Tues:	1.00pm – 5.00pm	
	5.30pm – 9.00pm	
Thurs:	1.00pm – 5.00pm	
Fri:	9.30am – 12.30pm	
Sun:	12.00pm – 2.30pm (peak session)	
	3.00pm – 5.30pm (peak session)	

Gentlemen:

Mon:	5.30pm – 9.00pm
Wed:	1.00pm – 5.00pm
Fri:	1.00pm – 5.00pm

Mixed Sessions:*

Admission for singles or groups, both Ladies and Gentlemen. Swimwear must be worn.

Tues:	9.30am – 12.30pm (off-peak)
Wed:	5.30pm – 9.00pm
Thurs:	5.30pm – 9.00pm
Fri:	5.30pm – 9.00pm
Sat:	9.00am – 11.30am (peak session)
	12.00pm – 2.30pm (peak session)
	3.00pm – 5.30pm (peak session)
	6.00pm – 8.30pm (peak session)
Sun:	9.00am – 11.30am (peak session)
	6.00pm – 8.30pm

* Mixed sessions. Admission for 'singles' or 'groups', both Ladies and Gentlemen. Timetable correct at time of print, but may be subject to change. Note: The Turkish Baths and Health Spa is closed on Bank Holidays, Christmas Day, Boxing Day and New Year's Day.

Turkish Baths Admission Prices

Off Peak Session (Tues)	£12.50
Peak Sessions (Sat & Sun)	£18.00
All other sessions	£15.00
Book of 6 visits	£83.00
Book of 10 visits	£136.00
Book of 12 visits	£156.00

Maximum capacity 60 customers. Entry cannot be guaranteed so we strongly recommend pre booking to avoid any disappointment. Recommended stay 1 hour 30 minutes.

Private Hire

The Turkish Baths are available for private out-of-hours corporate hospitality events, private use and for photographic/publicity purposes.

Facilities available include: Three Hot Rooms, Steam Room, Plunge Pool, Rest Area and Winter Garden Lounge.

Private Hire Availability

Wednesdays	9.30am – 12.00pm	£420 for up to 30 customers
Saturdays	6.00pm – 8.30pm	£420 for up to 30 customers
		£650 for up to 60 customers

We request a £100 deposit, which is non-refundable

Guided Tours

Wednesdays	9.30am – 12.00pm	£2.75 per person
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Please note that this is subject to availability. We do not take bookings for this service.

Health Spa Timetable

IMPORTANT CUSTOMER INFORMATION

In order that all of our customers enjoy their visit in a safe and pleasant environment, and to adhere to health and safety regulations, please observe the following during your visit to the Turkish Baths:

- The following are exempt from use
 - Alcohol
 - Cameras and mobile phones
 - Electrical or gas equipment, such as straighteners
 - Glass containers
 - Massage/body oils
- Self administered treatments such as massage are not permitted
- Exfoliation and shaving is permitted only in the shower area, and NOT in the Steam Room
- Jacuzzi subject to availability. Swimwear must be worn in this area
- Please keep noise to a minimum for the comfort and relaxation of all customers

Thank you

The Turkish Bath's Health Spa is renowned for its tranquil and peaceful surroundings, enhanced by our team of highly qualified and friendly staff who carry out our extensive menu of treatments and therapies.

The Fountain Spa Room is the perfect place to relax and unwind before or after treatments. It comes complete with a jacuzzi and is a complimentary facility for clients who have treatments booked in the Health Spa. Please note that this area is available to both male and female customers and that swimwear must be worn.

Our range of treatments originate from around the world; we also have day packages for that perfect gift or just pure indulgence.

The Health Spa is open at the following times

Monday - Sunday 9.30 am - 8.30 pm

Cancellations:

At least 24 hours notice of cancellation is required, otherwise the full fee may be levied. Entry to the Turkish Baths incurs an additional cost.

(Closed Bank Holidays, Christmas Day, Boxing Day and New Year's Day.) Advance bookings and payments required for all treatments. **Telephone 01423 556746.**

For further information, or to discuss your requirements, please contact the reception team, telephone 01423 556746.

facials



Leading skin care range based on **vitamins** and **bio technology** for immediate results.

All treatment times include consultation and homecare advice. (Facial treatments are suitable during pregnancy). Would clients please arrive 15 minutes prior to appointment times.

Facials

Classic Care Facial

A classic prescription facial to treat sensitive, oily, combination or dry skins using suitable products tailored to treat individual and specific concerns such as congestion and lack of radiance.

75 mins £42.00

The Vit. C Facial

A natural anti-ageing boost. Great for skin looking tired through smoking, stress or hormonal outbreaks. Home care products available in retail to maintain salon results. Please ask at reception.

90 mins £48.00

Excel Therapy 02 Facial (Anti-Ageing)

For skin that needs to activate and strengthen defences to prevent premature ageing. Effectively works against environmental stress and lack of oxygen. Germaine De Capuccini has developed a bio-active product called MPC - Mixture of Powerful Cytokines; these stimulate the effect of the natural function of Cytokines.

90 mins £60.00



[comfort zone]

facials

Comfort Zone from Italy – our holistic range combined with relaxation techniques to give you a complete sense of well being.

Hydramemory

A deeply hydrating treatment to improve moisture levels in the skin. Hibiscus and honey work to retain moisture whilst the special ingredient, trehalose, taken from a desert plant works to increase the moisture and leave the skin feeling silky smooth.

1hr 15 mins £52.00

Skin Resonance

A treatment developed to rebalance and strengthen sensitive skins, which not only cools and calms but reduces any irritation within the skin.

1hr 15 mins £52.00

Glorious Skin

This treatment gives an immediate lifting and tensing effect by working on the muscle contractions that naturally cause the skin to sag and facial muscles to drop.

30 mins £30.00

Active Pureness

A soft purifying mask based on green clay with the consistency of a mousse. This treatment is recommended for oily and impure skins as it favours an intensive absorption of impurities and excess sebum.

1hr 15 mins £52.00

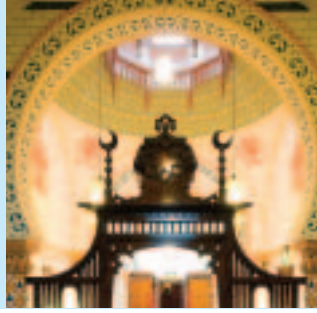


Advance bookings and payments required, see page 15. Treatment times are approximate.

Treatment times are approximate.

Purchase five treatments and you'll receive the sixth free of charge.

body treatments



Choose a **Germaine de Capuccini Spa body wrap** to suit your requirements; all treatments include **innovative massage techniques** and complementary therapies. Or why not indulge yourself with **Spa Marine Privilege** – products that have been created with the most **exquisite detail**, combining **sumptuous textures** and **evocative fragrances** with **holistic rituals** to make these the **ultimate body treatments**.

All treatment times include consultation and homecare advice. (Our body wraps are not recommended during pregnancy). Would clients please arrive 15 minutes prior to appointment times.

Spa Shaping Wrap

Begin your Spa Shaping experience with an algae based body exfoliation, followed by a rich algae wrap to help eliminate toxins and help to reduce the appearance of cellulite. To complete this treatment, oils are massaged into the skin working with the body's lymphatic system.

1 hr 30 mins £56.00

Spa Remineralising Wrap

Be washed away with the power of the ocean and achieve total wellbeing with a Spa Remineralising treatment. You will be wrapped in generous amounts of warm creamy Spa Mud, applied with a holistic massage designed to calm and soothe the mind.

1 hr 15 mins £52.00

Deluxe Chocolate Wrap

Delicious body wrap based on cocoa releasing 'happy endorphins'. Stimulating the senses, releasing tension and producing a sense of well being. A wonderful, warm, smooth creamy body wrap. This treatment is not suitable in conjunction with the Dry Float.

1 hr 30 mins £49.00

Spa Total Hydration

Prepares your skin for exposure to the sun by applying an algae based exfoliator with added oils of Geranium, Patchouli and Coriander. This treatment enhances the clarity and tone leaving the skin soft and smooth, remineralised and detoxified.

1 hr £39.00

Advance bookings and payments required, see page 15.
Treatment times are approximate.

[comfort zone]

body treatments

Spa Marine Pearl Therapy Rebirth for your Skin

This is an exquisite Pearl body wrap that also includes a Pearl Facial. Pearl Sensation products have been created to reactivate the skin's natural functions, to fight skin ageing, which favours cellular rebirth, leaving incredibly beautiful skin, full of youthfulness.

2 hrs £75.00

Spa Marine Spice Wrap

Cardamom, cinnamon, saffron and vanilla were the most highly valued spices of the Silk Route during the Middle Ages. These spices, thanks to their exotic fragrances and benefits for the body, are the stars of the Spa Marine Spice Body Wrap. This treatment is delivered using stretching techniques to release tension and to give you a sense of wellbeing.

2 hrs £75.00

An holistic range combined with relaxation techniques, these treatments give a complete sense of wellbeing.

Monticelli Mud Detox

A warm creamy mud enriched with Monticelli thermal waters which are draining and decongesting. Mixed with essential oils, this treatment is ideal for elimination of toxins. Suitable for sports injuries and arthritis.

1hr 15 mins £62.00

Body Strategist and Nutritional

A deep hydrating anti stress treatment, relieving tension and stress, smoothing and toning the skin, resulting in a general feeling of well being and total relaxation.

1hr 15 mins £56.00

Dry Flotation Spa Treatment

Our dry floatation treatments combine passive immersion with relaxing body wraps. Your body does not directly touch water but is gently submerged into the dry float spa whilst resting on a cushioned mattress, which floats on the warmed spa water below.

Session time: 30 mins £19.00

The Dry Float Spa is half price with any facial or body treatment.



Advance bookings and payments required, see page 15.
Treatment times are approximate.

Complementary & alternative therapies

All treatment times include consultation and homecare advice. Would clients please arrive 15 minutes prior to appointment times.

Reflexology

This ancient relaxation technique applies light pressure to the reflex points in the feet, stimulating the body's own natural resources. As congestion and tension are relieved, a great feeling of relaxation pervades.

1 hour £35.00

Reiki

Reiki is an ancient Japanese healing technique. It supports and enhances all medical or complementary treatments. Reiki is a hands-on treatment, whilst the client lies fully clothed our therapist's hands rest gently over various areas of the body for a few minutes at a time. Stress is released and there is a feeling of deep relaxation.

1 hour £30.00

Hot Stone Therapy

A deep physiological experience. Heat from the stones increases circulation. Blood, rich in oxygen is boosted, lymph flow stimulates immunology. Tired, sore and aching muscles are relaxed with improvements in flexibility and strength. Tensions held at the deepest level are released. A truly unique treatment.

1 hr 30 mins £60.00

It is not advisable to enter the Turkish Baths before or after Hot Stones.



**Advance bookings and payments required, see page 15.
Treatment times are approximate.**

Complementary & alternative therapies

Massage for both ladies and gentlemen is a **popular option** with sessions varying in duration and price. (These treatments are not suitable during pregnancy).

All treatment times include consultation and homecare advice. Would clients please arrive 15 minutes prior to appointment times.

Our qualified therapists apply specially blended aromatic and essential oils.

Indian Head Massage

The **Indian Head Massage** uses gentle fingertip pressure working over the face, scalp, neck and shoulder to help release blockages and ease tension.

30 mins £26.00

Placid Paradise Massage

An exquisite massage inspired by Thai techniques, Placid Paradise uses pindas that have been filled with a blend of spices, such as cardamom, nutmeg and cinnamon combined with bamboo and wrapped in muslin cloths. The pindas are steamed to release the aromas before dipping into warm oriental oil. An excellent top to toe treat leaving the body feeling silky smooth and completely nourished.

55 mins £55.00

Swedish Relaxation Massage

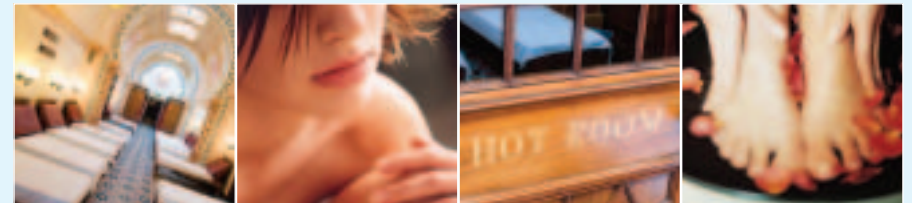
This **traditional massage** is designed to relax the body and ease the mind, reducing tension and promoting a sense of well being.

Back, Neck and Shoulder Massage

30 mins £28.00

Full Body Massage

60 mins £44.00



**Advance bookings and payments required, see page 15.
Treatment times are approximate.**



Finishing touches beauty treatments

Waxing

It is advisable not to enter the Turkish Baths before or after waxing.

Full Leg	1 hr	£29.00
Half Leg	30 mins	£18.00
Underarm	30 mins	£10.00
Bikini	30 mins	£11.50
Lip Wax	15 mins	£9.00
Chin Wax	15 mins	£9.00
Lip and Chin	30 mins	£16.50
Chest or Back	30 mins	£19.00

Jessica Natural Nails

A new generation of totally individualised treatments that put the world's most advanced natural nail care right at your fingertips.

Treatments to suit everyone's specific nail type and condition. (Also suitable during pregnancy.)

Manicure	45 mins	£20.00
Luxury Manicure	60 mins	£25.00
Pedicure	60 mins	£23.00
Luxury Pedicure	75 mins	£28.00

Le Remedi Hand Treatment product range available.

Fake Bake Gold	1 hour	£35.00
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The ultimate tanning application using fantastic products.

Fake Bake Gold retail products are exclusive to salons delivering the treatment. Allow 24 hours before and after other treatments.

Eyecare

*Tint treatments require a patch test at least 24 hours in advance.

Eyelash Tint*	30 mins	£12.50
Eyebrow Tint*	15 mins	£8.50
Combination Eyelash & Brow Tint*	30 mins	£18.00
Eyebrow Shaping	30 mins	£8.50

day packages

All day packages include the use of the **Fountain Spa Room**.

Gowns and towels are provided. Lunch and buffets are also available for an additional cost.

Anti-Ageing & Detox Day

Includes:

- Glorious Skin Facial
- Monticelli Mud Body Detox
- Hot Stone Therapy
- Holistic Hands and Feet Treatments

5 hrs £160.00

Half Day of Pampering

Includes:

- Spa Total Hydration Experience
- Dry Float Bed
- Full Body Massage

2 hrs 45 mins £82.00

Relaxation & Alleviation Day

Includes:

- Hydramemory Facial
- Body Strategist & Nutritional
- Relaxation Aromatic Total Alleviation
- Hot Stone Therapy
- Holistic Hands and Feet Treatments

5 hrs 30 mins £182.00

Detox & Recharge Package

Includes:

- Classic Care Facial
- Spa Remineralising Body Wrap & Float
- Manicure

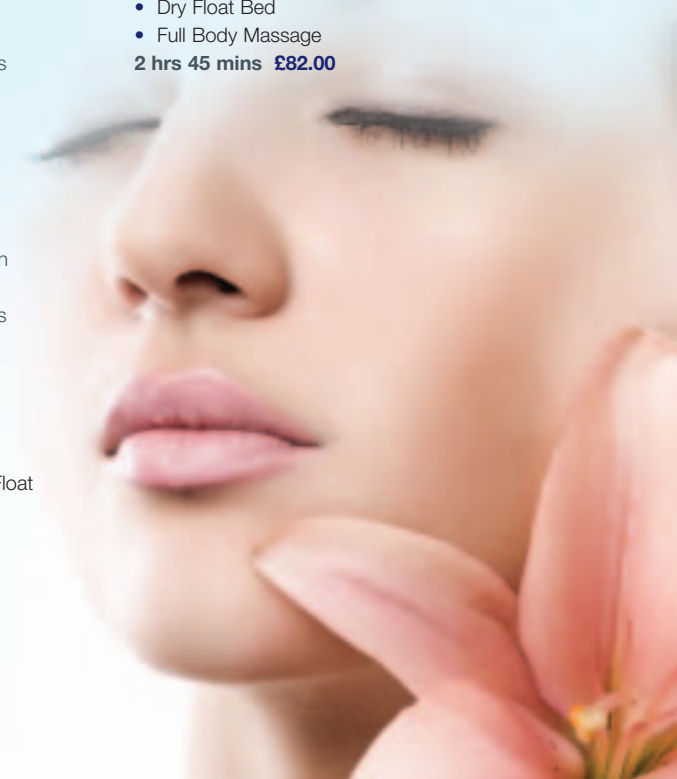
4 hrs £107.00

Half Day of Beauty

Includes:

- Classic Care Facial
- Full Body Massage
- Manicure or Pedicure

3 hrs 30 mins £95.00



for men



Time For Men

Based on a cocktail of citrus, sake, olive leaf, eashave, trace elements and Birch sap, a range of ingredients combined specifically to cater for men's skin, which is often irritated by the daily ritual of shaving, this excellent treatment is highly relaxing and most effective. Our facial therapy is combined with a highly relaxing 30 minute 'Chi-Zen' Back Massage, - the perfect way to unwind!

1 hour 30 mins £65.00

Back, Neck & Shoulder Massage

Re-energise and relieve muscular tensions with this deep massage. Just relax and de-stress as our therapist applies specially blended aromatic and essential oils to ease the tension from your back, neck and shoulders.

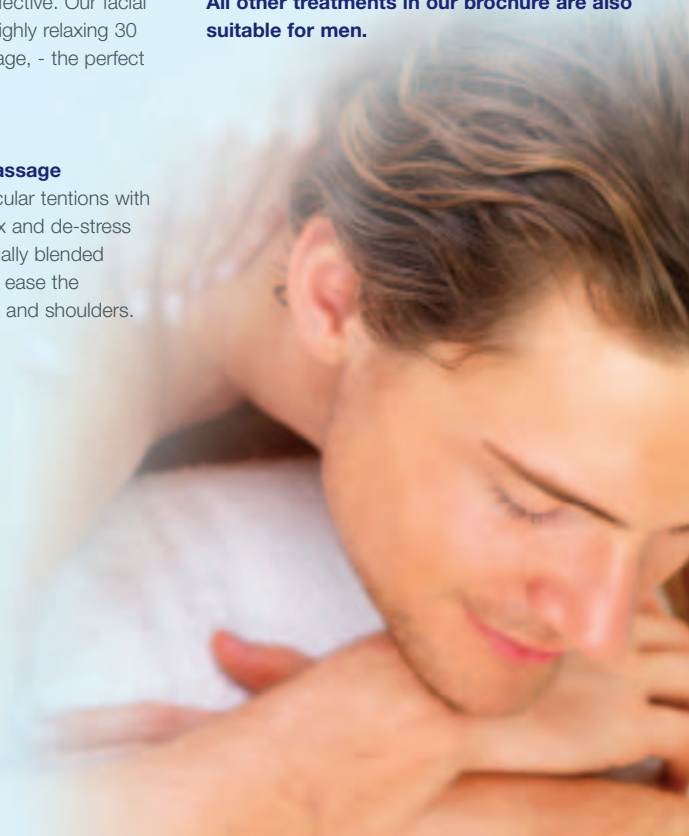
30 mins £28.00

Chest or Back Wax

Our therapist will apply a honey warm wax to remove the unwanted hair. Afterwards, a soothing lotion is applied to help the skin recover.

30 mins £19.00

All other treatments in our brochure are also suitable for men.



your questions answered

How do I Book?

Treatments and day package bookings can be made through our reception desk on 01423 556746. All bookings require advanced payment. We regret bookings cannot be made by fax, e-mail or through the internet. Credit card and debit payments accepted.

If I need to cancel, what do I do?

Please contact our reception on 01423 556746 to cancel any appointments. At least 24 hours notice of cancellation is required, otherwise the full fee may be levied.

Do you sell Gift Vouchers?

Gift vouchers can be purchased in denominations of £5, £10 and £20. Vouchers are valid for 12 months from date of purchase. Please note that vouchers cannot be extended once expired, nor can they be exchanged for cash. Vouchers can be redeemed against entry to the Turkish Baths, treatments or any products we sell. Vouchers can be purchased over the phone or in person. Please allow five working days for postal delivery.

Do you sell refreshments?

The Winter Garden Lounge, with its splendid glass roof offering a spectacular night time view of the building's spire, serves hot and cold drinks along with light refreshments.

How old do I need to be to visit the Spa?

The minimum age for the Health Spa is 16 years.

Are all treatments suitable for everyone?

Some treatments are unsuitable for pregnant ladies and people with either high or low blood pressure or allergies. Please check when enquiring at reception prior to booking. Using the Turkish Baths may aggravate certain medical conditions. Please check with your GP to ensure the Baths are safe to use.

When do I arrive and what do I bring?

Please arrive 15 minutes before the start of your treatment. Please bring swimwear if you wish to use the Fountain Spa Room (please note that use of the Jacuzzi is subject to availability). Health and Beauty products are available to purchase at reception so please bring a method of payment if you would like to take advantage of this service. You will require a £1.00 coin to operate the lockers but this is returnable. Gowns are provided for clients having treatments.

Where do I park?

Pay and display parking is available on Parliament Street, but places can be limited. The nearest car park is the Jubilee car park behind Debenhams department store. Parliament Street is situated to the front of Debenhams. The Turkish Baths Health Spa is located at the bottom of Parliament Street, on the left hand side.