



The Oaks

TREATMENTS & SPA DAYS

Spa Days

All Spa Days unless stated otherwise include tea, coffee & biscuits on arrival, robe, towel, slippers, shampoo & conditioner in your locker, one course lunch with a glass of wine or soft drink & use of all downstairs Spa Facilities.

Lazy Sunday Sundays Only 10am to 4pm : £49

Come & enjoy a relaxed Sunday Spa Session with coffees on arrival, use of facilities 10am to 4pm and a 3 course Sunday Lunch.

Morning Chill Out 9.30am to 1.30pm : £65

Includes a 30 minute treatment – choice of Power Breakfast Facial, Tranquillity Head Massage, Express Go Guy Facial, Windows of the Soul Eye Treatment, File & Polish Manicure or Pedicure or Indulgent Foot Ritual.

Afternoon Escape 1.30pm to 5.30pm : £65

Includes a 30 minute treatment – choice of Power Breakfast Facial, Tranquillity Head Massage, Express Go Guy Facial, Windows of the Soul Eye Treatment, File & Polish Manicure or Pedicure or Indulgent Foot Ritual.

Twilight Indulgence 3.30pm to 8.30pm (Monday to Friday) : £65

Includes a 30 minute treatment – choice of Relaxing Drift Away Back Massage, File & Polish Manicure or Pedicure or Hot Oil Scalp Sensation.

The Oaks Oasis 9.30am to 5.30pm : £85

Includes a 60 minute treatment - Give yourself a treat with this beautifully nurturing therapy that will leave you feeling comforted and peaceful. We commence with our truly wonderful back, neck and shoulder massage to relieve stress and tension followed by our conditioning foot ritual where we exfoliate and treat the feet. Finally, a taster facial finishes off your hours Oasis!

Bespoke To You 9.30am to 5.30pm : £95

Includes a 60 minute treatment - My Kinda Skin Bespoke Prescription Facial or Mediterranean Work It Out Massage. Undecided? Why not go half and half.

The Mediterranean Mini Break 9.30am to 5.30pm : £115

Includes a 90 minute treatment - This deluxe treatment will leave you feeling like you've taken a mini vacation. Your mind will escape as your body is polished and nourished with our iconic Mediterranean body scrub and your face is indulged with our unique Mediterranean marinade facial. Totally smoothed and soothed, head to toe.

A Brush with Heaven 9.30am to 5.30pm : £115

Includes a 90 minute treatment - Imagine the sensation from a sequence of brushes in varying sizes and textures being used from top to toe to massage, stimulate, drain toxins and smooth on delicious preparations to the face and body. Once lavished in rich warm body oil, you will be cocooned then treated to the exclusive Temple Spa facial treatment. Carried out entirely with brushes, this really is a unique treatment.

Champagne & Truffles 9.30am to 5.30pm : £135

Includes a 90 minute treatment - This luxury facial combines our award winning truffle formulas with a deep double cleansing ritual, a glycolic resurfacing peel, a skin de-stressing alginate mask & hot and cold stone therapy followed by a unique skin lifting & muscle firming massage. The visible result is ironed out deep lines & wrinkles, firmer feeling & toned skin, reduced puffiness & youthful radiance with a supreme healthy glow.

Mum To Be 9.30am to 5.30pm : £95

Pregnancy is the most wonderful time that requires treatments specially designed for you. Pick 60 mins of pregnancy marked treatments. You never know, your little bambino might enjoy the sense of calm too!

Please note that not all our Spa Facilities are suitable for Pregnancy. Heat facilities are to be avoided. A full treatment consultation will take place before your treatment & the therapist will only commence if they are happy that there is no risk to Mother or Baby. Suitable for 13 weeks and over.

Design Your Own Day 9.30am to 5.30pm

Can't decide? Spend over £100 on treatments per guest & gain access to our Spa Facilities for the day. Please note there are no food or drinks included in this package.

VIP Truffle Treatments

All treatments on this page include a glass of prosecco & chocolate truffle in our relaxation room after your treatment.

Champagne & Truffles Deluxe Treatment The Crème de la Crème of Radiance Facials

60/90 minutes : £75/£95

This luxury facial combines our award winning truffle formulas with a deep double cleansing ritual, a glycolic resurfacing peel, a skin de-stressing alginate mask & hot and cold stone therapy followed by a unique skin lifting & muscle firming massage. The visible result is ironed out deep lines & wrinkles, firmer feeling & toned skin, reduced puffiness & youthful radiance with a supreme healthy glow.

VIP Golden Truffle Experience Luxe Top to Toe Face & Body Treatment

120 minutes : £155

The ultimate in total luxury. This treatment delivers all over radiance boosting results starting with a leg energiser & an invigorating full body scrub followed by a relaxing massage using our unique advanced anti-ageing body techniques, both tightening & toning. Add to this our Champagne & Truffles Deluxe Facial & Skin is left glowing, brighter & revived beyond expectation.

Cashmere & Truffles Body Treatment Total Body Rejuvenation – 60 minutes : £85

This indulgent treatment combines an invigorating, radiance boosting body exfoliation followed by a skin transforming treat with our luxurious TRUFFLE BODY MASSAGE OIL & a layer of our award winning BODY TRUFFLE Crème. Skin is left feeling cashmere soft & revived, beautifully fragrant & ready for the red carpet.

Rose Quartz & Truffles Body Massage Total Body Relaxation

60/90 minutes : £85/£125

This indulgent treatment will leave you feeling totally relaxed from top to toe with our skin transforming massage using our unique TRUFFLE BODY MASSAGE OIL. Skin is left feeling restored & radiant & you, oh so relaxed!

Signature Spa Experiences

All of the below treatments include Spa Access 9.30am to 5.30pm. Already an Oaks Member? Enjoy a glass of Prosecco after your treatment.

Mediterranean Mini Break The fully loaded skin luxe facial & body duo

90 Minutes : £100

This deluxe treatment will leave you feeling like you've taken a mini vacation. Your mind will escape as your body is polished and nourished with our iconic Mediterranean body scrub and your face is indulged with our unique Mediterranean marinade facial. Totally smoothed and soothed, head to toe.

My Kinda Mood A prescription facial & massage bespoke to you - 120 Minutes : £125

Not sure what you'd like? Then this is the ideal treatment. First, we help you choose the aromatherapy fragrance to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent facial. Products and techniques will be bespoke to your wants and needs. Look, feel and smell oh so good.

The Serious Detox The ultimate detox package - 120 Minutes : £125

If you are serious about detoxing this is the one for you. We have put together the perfect combination to cleanse and detoxify. We commence by exfoliating the whole body. The hips, thighs & abs are treated to a detoxifying massage using targeted techniques, followed by a stimulating marine and earth mud wrap. We finish with a facial to detox and brighten your skin to leave you thoroughly rejuvenated and supported in your quest to get in shape.

VIP Golden Truffle Experience Luxe Top to Toe Face & Body Treatment

120 minutes : £155

The ultimate in total luxury. This treatment delivers all over radiance boosting results starting with a leg energiser & an invigorating full body scrub followed by a relaxing massage using our unique advanced anti-ageing body techniques, both tightening & toning. Add to this our Champagne & Truffles Deluxe Facial & Skin is left glowing, brighter & revived beyond expectation.

Facial Therapies

Power Breakfast Facial Express Facial for all skin types - 30 Minutes : £38



Looking for results, like now? This revitalising facial includes a deep power cleanse & nutritious clay mask for rapid turnaround topped with a wake-up scalp massage. Quick, go!

Windows of The Soul Anti Ageing eye treatment - 30 Minutes : £38

This results-driven eye treatment is designed to deliver speedy results for tired, dull and puffy eyes. A pressure point eye massage lifts, firms and smooths eyes preparing them for the application of EYE WILL SURVIVE eye mask patches; very clever coconut-derived patches drenched in a serum-maskconcentrate.

My Kinda Skin Facial Bespoke prescription facial - 60 Minutes : £65



Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolletage massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

Mediterranean Marinade Facial A calming facial - 60 Minutes : £65

A luxurious facial to help soothe and calm the effects of fatigued, delicate or stressed skin. The secret is in our cooling, calming marinade mask, gentle lymph draining and oh so tranquil face massage.

Purification Facial A deeply cleansing & relaxing facial - 60 Minutes : £65

The solution for skin in need of a good spring clean. A professional deep cleanse that leaves your complexion feeling squeaky clean, un-clogged, decongested and as fresh as a daisy.

Repose Aromatherapy Facial Relaxing, indulgent facial - 75 Minutes : £85

There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed with hot oil scalp massage, plus a hand & arm massage. Pure bliss.

The Totally Quenched & Drenched Facial Rehydrating facial - 75 Minutes : £85

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

Champagne & Truffles Deluxe Treatment The Crème de la Crème of Radiance Facials

60/90 minutes : £75/£95

This luxury facial combines our award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel, a skin-destressing alginate mask and hot & cold stone therapy followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow. Add a glass of Fizz and a delicious chocolate truffle to complete the luxury and help you relax.

Elemis Biotec Facial 30/60/90 minutes : £49, £79 or £99

Combining Touch & Technology, your therapist will deliver a highly effective, supercharged electric facial tailored to your skin's needs.

Enhance Your Facial : Popular Side Orders

STRESSED OUT? Enjoy our 15 minute hot stone neck and shoulder treatment : £15

SPRING IN YOUR STEP? Want a spring in your step?

Select our 15 minute indulgent foot ritual : £15

Mediterranean Massage

Relaxing Drift Away Massage Back, Neck and Shoulder - 30 Minutes : £38



Full body massage - 60/90 minutes : £65/£90

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature scalp massage. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melt away... zzzzzzz!!!!

Energizing In Good Spirits Massage Back, Neck and Shoulder - 30 Minutes : £38

Full body massage - 60/90 minutes : £65/£90

An invigorating massage designed to leave you full of vitality. We use an uplifting blend of Mediterranean essential oils including Ginger, Lemon and Bergamot that are carefully chosen to stimulate and refresh the skin, body & soul. The clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life. Upgrade your experience to 90 minutes to include a signature scalp massage. All guaranteed to restore and revive you, putting a spring back into your step!

Detoxing Work It Out Massage Back, Neck and Shoulder - 30 Minutes : £38

Full body massage - 60/90 minutes : £65/£90

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious! Upgrade your experience to 90 minutes to include a signature scalp massage.

Rose Quartz & Truffles Body Massage 60/90 minutes : £85/£125

This indulgent treatment will leave you feeling totally relaxed from top to toe with our skin transforming massage using our unique TRUFFLE BODY MASSAGE OIL. Skin is left feeling restored & radiant & you, oh so relaxed!

Rocks of The Mediterranean Hot Stones Massage 75 Minutes : £80

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

The Oaks Scalp Massage 30 Minutes : £38



This treatment commences with our unique welcome ritual, a deep cleanse and tone of the face and then a neck shoulder and face massage. The main scalp massage then promises total relaxation.

AAAH!! Leg & foot energiser - 30 Minutes : £38



This oh-so-good treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

Enhance Your Massage : Popular Side Orders

SECRET EYE? Want to look less tired?

Discover our 15 minute secret eye remedy : £15

SPRING IN YOUR STEP? Want a spring in your step?

Select our 15 minute indulgent foot ritual : £15

Body Scrubs & Wraps

I'll Be Back A facial for the back - 45 Minutes : £50

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of.

The Outer Glow Face & body exfoliation - 45 Minutes : £50

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!

Glorious Mud Skin conditioning & detoxifying mud wrap - 60 Minutes : £65

This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage. Wallowing in mud never felt so good!

Go Figure A firming, toning, tightening body detox treatment - 60 Minutes : £68 **Course of 6 : £350**

Need help with the wobbly bits? This starts with lymphatic skin brushing techniques, followed by a targeted detox massage for hips, thighs & abs. Then a marine and earth mud wrap continues the good work before a friction, anti-cellulite rub. One treatment is fab, a course of six is amazing!

Cashmere & Truffles Body Treatment Total Body Rejuvenation - 60 minutes : £85

This indulgent treatment combines an invigorating, radiance boosting body exfoliation followed by a skin transforming treat with our luxurious TRUFFLE BODY MASSAGE OIL & a layer of our award winning BODY TRUFFLE Crème. Skin is left feeling cashmere soft & revived, beautifully fragrant & ready for the red carpet.

Hands & Feet


Shape & Polish Manicure/Pedicure 30 Minutes : £22

Your nails will be filed to your desired shape followed by an application of your chosen OPI nail polish. Includes cuticle work and buffing of the nails. 

Classic Manicure/Pedicure - 45 Minutes : £32

Replenish your skin with essential moisture with this hand or foot treatment. This therapy helps maintain the skin on the hands or feet. Cuticle work, exfoliating, moisturising and conditioning help renew and revitalise. The treatment is completed with an OPI nail polish application of your choice..

Long Lasting Gel Manicure/Pedicure with IBX 60 Minutes : £34

Long lasting OPI gel nail colour with zero risk of smudging, giving you instantly dry high gloss colour. Includes cuticle work, moisturising and conditioning, the perfect on the go manicure or pedicure. This manicure gel treatment also includes a coating of the revolutionary IBX Protective Nail Shield under the gel which leaves your nails continuously shielded and conditioned. 

Perfect Sense Paraffin Wax Hand or Foot Treatment 75 Minutes : £58

With Swiss apple stem cell, grapeseed oil and white and green tea, as well as essential vitamins A, C and E, these effective mitts nourish and soften, whilst promoting the renewal of cells and protecting the skin from harmful free radicals. Through heat and hydration, antioxidant paraffin nutrients vital to healthy skin hydrate and protect from dryness, cracking, soreness and irritation. This fantastic treatment includes with cuticle work, exfoliation, paraffin application with Perfect Sense wax infused booties or mitts, moisturising and conditioning and finishing with an OPI nail colour of your choice.

Gel Removal 45 Minutes - £15

A gentle soak off for Gel Lacquer.

At Home Gel Removal Kits £10.50

Available from reception.

All The Extras

Kissed By Mii Full Body Exfoliation & Spray Tan 45 Minutes : £35

Let our therapist exfoliate away the dry skin before applying our popular moisturising Spray Tan, rich in Marine Minerals. Timing includes drying time.

Kissed By Mii Express Spray Tan 30 Minutes : £28

Our therapist will apply our popular moisturising Spray Tan, rich in Marine Minerals with a 3 hour development time. Timing includes drying time.

Lash Extensions 75 Minutes : £60

By applying multiple lash extensions onto each natural lash, we create seriously impressive volume. The results look gorgeously full, giving depth & volume without coming across as strongly styled or heavy.

2 Week Lash Infill 45 Minutes : £25

3 Week Lash Infill 60 Minutes : £30

Waxing

| | | | |
|-----------------------|-------------------------|------------------|-------------------------|
| Full Leg Wax | 45 Minutes : £22 | Lip & Chin Wax | 15 Minutes : £10 |
| Half Leg Wax | 30 Minutes : £15 | Eye Brow Wax | 15 Minutes : £8 |
| Full Leg & Bikini Wax | 60 Minutes : £30 | Brow Tint | 15 Minutes : £8 |
| Bikini Wax | 15 Minutes : £10 | Lash Tint | 20 Minutes : £15 |
| Underarm Wax | 15 Minutes : £10 | Brow & Lash Tint | 30 Minutes : £15 |
| Lip or Chin Wax | 10 Minutes : £8 | | |
| Back/Chest Wax | 20 Minutes : £15 | | |

Mens Selection

Go Guy Male Executive Facial - 60 Minutes : £65

This macho facial is perfect to revive, refresh and invigorate. Your skin will be revitalised with a deep brush cleanse, a choice of lifting or tranquil massage, compression massage and exfoliating mask. Aching neck muscles will be massaged, worry lines smoothed and headaches soothed. You'll feel glad you gave us an hour of your time.

Relaxing Drift Away Massage Back, Neck and Shoulder - 30 Minutes : £38

Full body massage - 60/90 minutes : £65/£90

This is our really relaxing top to toe massage formulated with a dreamy blend of essential oils guaranteed to have you drifting away. We will wind you down and take your mind off your thoughts. The 90 minute massage also includes a relaxing spa head massage.

Energizing In Good Spirits Massage Back, Neck and Shoulder - 30 Minutes : £38

Full body massage - 60/90 minutes : £65/£90

An invigorating massage designed to leave you full of vitality. We use IN GOOD SPIRITS a gorgeous blend of Mediterranean essential oils that are carefully chosen to stimulate and refresh the skin, body & soul. The clever massage movements encourage circulation and stimulate the whole body. Your aching muscles will feel eased and soothed, guaranteed to restore and revive you top to toe. The 90 minute massage also includes a relaxing spa head massage.

Detoxing Work It Out Massage Back, Neck and Shoulder - 30 Minutes : £38

Full body massage - 60/90 minutes : £65/£90

A detoxing massage that will sculpt the body, relieve fluid retention and work out tired muscles using the ingenious WORK IT OUT detox oil. We perform a really deep tissue body boosting massage with special techniques to really give your muscles a work out, working on knots, tensions, tightness and helping the detox process. Detox-licious! The 90 minute massage also includes a relaxing spa head massage.

Sports Manicure or Pedicure 45 minutes : £32

A relaxing and grooming foot and leg treatment. Hard skin is softened, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy, with toenails perfectly shaped.

Benefits of Memberships

There are many perks to becoming a Spa Member here at The Oaks including:

- 10% Discount on food, drinks, treatments and products
- Access to a variety of fitness classes
- Discount Spa Day passes for friends & family
- Make it a day - when you and a guest spend £25 each on treatments, your guest will receive complimentary Spa Access for the day

With 3 different types of memberships to suit your schedule and a discounted rate for joint memberships, our Spa is the perfect place to unwind, relax and focus on your wellness.

Amethyst Trust

Any treatments with the Ribbon Symbol are part of our specially adapted menu of wonderful TEMPLESPA treatments suitable for clients who are medically frail, recovering from illness or are immunocompromised such as those with or recovering from cancer.

Delightful treats to add onto your main treatment : all £15

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of 15 minute options to add onto your main treatment. These can be added to any facial, massage or body treatment.

- 1 Stressed Out? Enjoy our hot stone neck & shoulder treatment
- 2 Head feel heavy and uptight? You will love our sedating hot oil scalp massage
- 3 Love your hands to be pampered? Select our indulgent hand ritual
- 4 Want a spring in your step? Select our indulgent foot ritual
- 5 Want to look less tired? Discover our secret eye remedy

Terms & Conditions

Treatments: All treatments are subject to availability. The management of The Oaks reserves the right to cancel/move/substitute treatments in the event that they are unable to fulfil the customers original request.

Booking: No provisional booking can be made. Spa Days and treatments to the value of £40 or more require a 50% deposit payable at time of booking. No firm booking contract exists until the company has issued confirmation of the booking.

Price & Payment: The price is specified in the published price list. The price includes Value Added Tax at the rate applicable on the day. Cash, cheques supported by current Bankers Card, MasterCard, Visa & Switch are accepted. American Express cards are not accepted.

Cancellation by Guests: Provided the cancellation is effected at least 7 days before the confirmed booking date a full refund of the deposit will be made, this will be offered in the form of a gift voucher which is valid for 12 months. If the booking is cancelled within 48 hours The Oaks will be entitled to retain the deposit. If a booking is changed to another date within 48 hours of the confirmed original date the deposit paid will be transferred to the new date.

Cancellation by The Oaks: The Oaks cannot accept liability for cancellation due to circumstances outside their control. If such circumstances arise The Oaks reserves the right to cancel the contract and refund all sums paid by guests or offer other such alternative arrangements.

Valuables: Guests who bring valuables such as jewellery, do so entirely at their own risk. Guests are strongly advised to ensure in their own interests that all valuables are properly covered by their own insurance.

Children: Users of The spa must be 16 or over. We regret that infants & toddlers are not allowed in The Spa. Treatments are offered to clients aged 12 or over however clients aged between 12 & 15 must be accompanied by an adult.



The Oaks

The Oaks Golf Club & Spa
Long Lane, Aughton, York, North Yorkshire, YO42 4PW
Tel: 01757 288 465
Email: spa@theoaksgolfclub.co.uk.