



5 senses
spa

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5 senses spa

2,000 years ago it was believed that a spa was a place that should be more than a retreat - it was considered to be a place to nurture your mind and body.

Here at the 5 Senses Spa we have created a welcoming and relaxing environment for you to enjoy the fundamental principle of SPA.

Situated within walking distance of the historical York Minster, we offer the ultimate in relaxation and pampering with treatments and massages that indulge, enhance and emphasise the importance of the five senses:- sight, taste, smell, hearing and touch.

The fragrance of specially blended oils, herbs and spices fills the air so your body and mind immediately relax in anticipation of the exotic experience that awaits.

Ancient Thai rituals using native herbs, spices and aromatic oils inspire our extraordinary range of 5 Senses Spa treatments.



5 Senses Spa Journey - Signature Treatment

An extraordinary experience- to begin, deliciously warm aromatherapy balm melts into your skin applied by the four hands of our specially trained Thai therapists working together seamlessly to ease your mind and body into a deep state of relaxation.

Gradually the tension dissolves from each area of your body until it is difficult to decide which is more blissful, the divine neck, shoulder and scalp massage or the heavenly pressure points applied at the same time, to reflex zones on the soles of the feet - pure bliss! 1 hour 30 mins

Facial Therapy

Signature Facial

This treatment creates a visible change in the skin's appearance, complexion, tone and increases moisture level.

This treatment incorporates specific manual lifting and firming techniques to energize the facial muscles and tone the skin, along with a back, neck and shoulder massage to compliment this amazing signature facial experience.

1 hour 45 mins

Moisture Defence Facial

The effectiveness of the moisturising programme is based on components obtained from aromatic plants which have a low molecular weight and are easily absorbed by the skin.

1 hour 15 mins

Purifying Facial

It quickly and effectively removes make up and eliminates dead skin cells with an Oatmeal Face Scrub while simultaneously stimulating surface blood circulation with a Detoxifying Clay Mask leaving the skin cleansed and moisturised. 1 hour

Fitness Facial

Cleanses and exfoliates. Anti aging massage techniques help to lift your facial muscles and reduce puffiness for a younger looking complexion.

An excellent alternative to pill popping for headaches and stress related tension. Ideal when combined with an Indian Head Massage or Aromatherapy Scalp treatment. 45 mins

Ta Ngam, Eye Awakening Treatment

Let your eyes be pampered and rejuvenated with this amazing eye treatment that helps to relax and refresh tired eyes. This treatment includes the use of a heated herbal poultice with beautiful aromas from essential oils and spices. Products suited to your skin type will hydrate and refine fine lines and wrinkles. 1 hour

Hot Stone Face Therapy

An absolute moment of pleasure and relaxation. The method at the heart of this treatment, is based on regressive, slow circular movements using natural basalt and marine stones. Through this unique sensorial experience, the face regains its natural beauty. Tension melts away, the face is radiant and 100% relaxed. 1 hour





Swedish Massage

Most people will suffer stress through pressures of everyday living. Stress is often responsible for causing tension in our muscles. Swedish massage can reduce muscle soreness, stiffness and discomfort. It can help relieve mental and physical fatigue. 1 hour

Aroma Massage

A therapeutic full body and scalp massage including face reflexology. Designed to focus on the lymphatic and circulatory systems to promote a soothing and balancing result. 1 hour

Traditional Thai Massage

This massage is excellent for those who want to feel invigorated, stretched and alive. Your muscles are worked on without the use of massage oil, simply by your therapist's strength and expertise. We provide our own 5 Senses Spa pyjamas for your comfort. 1 hour 30 mins



Massage Therapy

Traditional Thai Massage with Look Pra Krob

Experience the ancient healing art of Hmong Shamans used to treat muscular aches and pains.

A steamed herbal poultice filled with pure remedial ingredients is thoroughly pounded over your body.

Then surrender to a deep massage using palms, thumbs and elbows to loosen muscles and stimulate blood circulation and ease away tension.

Full Body 1 hour 50 mins

Back, Neck and Shoulder 45 mins

Thai Aromatic Oil Massage

A deep tissue massage, using firm palm strokes and thumb pressures to relieve and heal muscular pains.

Employing a blend of Thai and other Asian healing techniques combined with our own signature massage oil blend, it reduces tension as well as relaxes the body.

This rejuvenating massage treatment is recommended for active people or after any sport activity.

1 hour 30 mins

Thai Foot Massage

This traditional treatment reduces stress, induces deep relaxation and improves circulation. The treatment includes a ritual cleansing of the legs as you feel the tension drift from your body.

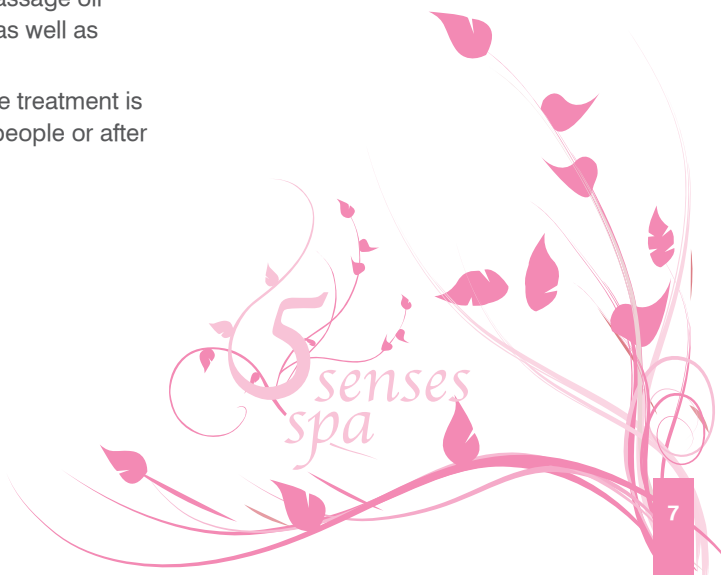
You will experience a deep cleansing skin polish, followed by the foot and leg massage. It promotes a sense of calmness and relaxation.

1 hour

Energiser Back, Neck and Shoulder Massage

Massage movements are used that are designed to focus on stressed muscles, in particular areas of the back, neck and shoulders, to improve circulation and ease away chronic muscular aches and pains by loosening up tight muscles caused by everyday modern lifestyles.

1 hour





Senses
spa

Specialised Therapy

Ayurvedic Head Massage

This head massage is particularly beneficial in balancing chakras, the energy centres of the body. There are seven main chakras situated at different levels, running from the crown of the head to the lowest at the base of the spine. This treatment releases the tension and restores the balance of energy allowing the body and mind to feel relaxed and rested. 45 mins

Mums To Be

Let our therapists pamper you at this important time and take away your stresses. Relax with a blissful massage, incorporating a massage and a mask to tired, swollen and aching feet, whilst your head and scalp is massaged into a sublime sense of well being.

1 Hour - *Please note treatments are only suitable after 12 weeks of pregnancy*

Hot Stone Therapy Back, Neck and Shoulder

This therapeutic massage uses the natural healing energy of Hot Stones. This treatment is remarkably relaxing and assists the body in its self healing process. 45 mins

Indian Head Massage

Traditionally known in India as 'Champissage' this treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm. 45 mins

Hot Stone Therapy Full Body Massage

Tibetan monks and American Indians used stones for their many benefits. This deluxe full body massage using Basalt stones will instill a deep level of calmness while relaxing tight muscles, removing blockages and dissolving stress. You will leave the spa feeling renewed and energized through the healing properties of these natural volcanic stones.

This therapeutic massage uses the natural healing energy of Hot Stones. This treatment is remarkably relaxing and assists the body in its self healing and rebalancing process. 1 hour

Ear Candling

Ear candling is an ancient, natural therapy used by the Indians of North and South America. Used traditionally by Shamen healers to cleanse and harmonise the different energy fields of the individual (aura) in preparation of the state of trance and to drive out negative energies.

The therapist will use specially designed candles which are lit and held inside the ear whilst massaging facial pressure points to enhance and promote a clean and healthy atmosphere in the ears, sinuses and throat.

It has been used successfully for many problems related to the ear and head region. 45 mins



Mur Sa Aad, Beautiful Hands

Pamper your hands with the same botanical healers Thai women use to beautify their hands before ceremonies. This treatment starts with gentle exfoliation to prepare your hands for a rejuvenating wrap that will nourish and refine the texture of the hands.

A relaxing massage is then applied to the hands and forearms to release all the tensions. This treatment will leave your hands softened, smoothed and moisturised.

45 mins

Aromatic Salt Scrub

A detoxifying body scrub designed to stimulate the circulatory system. Provides the benefits of moisturising rice bran oil, exfoliating sea salt with essential oils of eucalyptus, thyme, rosemary and peppermint, orange and nutmeg, kaffir lime and lemongrass leaving your skin fresh, revitalised and silky smooth.

1 hour



Lavender Floral Body Polish

An amazing body exfoliating treatment that gently removes dry, dead skin cells using a combination of Vitamin-E, Rice Bran oil infused with Lavender, Geranium and Eucalyptus Oils for sweet intoxication followed by application of Lavender Massage Oil. Your skin will be smooth and glowing with health.

1 hour



Body Cleansers

Thann Corn Cob Body Scrub

Gentle and nourishing, this mild formula is suitable for all skin types with natural scrubs from corn cob, tamarind, and apricot kernel. Includes sweet almond oil, one of the best natural cleansers, Rice bran oil containing high levels of essential fatty acids and Vitamin E moisturizers, Alpha hydroxyl Acid in lime extract exfoliates dead skin cells.

45 mins

Walnut Body Scrub

Gently exfoliates and nourishes skin. This mild formula is suitable for all skin types. The scrub contains rice bran with high levels of Vitamin E, Witchhazel and cucumber extracts which eliminates excess oil and helps keep skin soft and supple with Green tea extract helping to protect skin from free radicals.

45 mins

Tow Sa Aad, Clean and Healthy Feet

Experience heavenly feet rituals that will take you to a new relaxation era. This treatment starts with a gentle exfoliation to prepare your feet, soak in a warm bath with Lemongrass essential oil that will relieve heaviness and tiredness.

Then your feet are cocooned in a wrap of Green Tea and Ginseng to help detox and release tensions. An invigorating foot massage completes the treatment to envelop your feet with a feeling of exquisite lightness and freshness.

1 hour

Aob Tua, Cleansing Body Wrap

Let your senses experience this wonderful tropical treat. A gentle body scrub is applied to eliminate impurities and prepare your skin for a cleansing wrap that will help to improve circulation and help eliminate toxic wastes.

This treatment is then followed by a deep tissue massage using essential oils to help eliminate and break down fatty deposits. This treatment is ideally suited to refine your skin and boost your metabolism, leaving your body deeply cleansed and your mind with a renewed vitality.

2 hours 30 mins

Golden Glow Tanning Treatment with Body Scrub.

Now you can achieve a golden glow without the risk of sun damage, thanks to Fake Bake self tanning products. A thorough exfoliation is followed by a gentle tan application leaving the skin with a natural Golden Glow and a healthy tan in a matter of 6 hours.

We advise that you wear loose comfortable clothing, please carry out all hair removal 24 hours prior to treatment.

Full Body 1 hour 10 mins

Polishing & Finishing

Nailtiques

Nailtiques Prescriptive Manicure

The Nailtiques manicure includes nail re-shape, cuticle tidy, hand massage, nail analysis, and application of prescribed nail treatments, prior to an application of your selected colour.

55 mins

Nailtiques Deluxe Manicure

The Nailtiques Deluxe Manicure includes nail analysis and nourishing preparations for the hands and nails, with the use of heated mittens to intensely re-condition prior to an application of your selected colour. 1 Hour 10 mins

Nailtiques File and Polish

30 mins

Gentlemen's Executive Manicure and Arm Massage

The executive manicure includes nail analysis, nail re-shape, cuticle tidy, exfoliation with hand and arm massage.

45 mins

Essie

Essie Aroma Spa Pedicure

The aroma foot therapy combines natural extracts and botanicals with scientific aromatherapy for perfect results. Tired feet are left revitalised and softened prior to the application of your selected colour. Nailtiques deluxe manicure.

55 mins

Essie Aroma Spa Deluxe Pedicure

An extension of the aroma spa pedicure to include heated booties to deeply condition and soften areas of hard skin and a nourishing foot mask to alleviate tired, heavy legs prior to the application of your selected colour.

1 hour 10 mins

Gentlemen's Executive Pedicure

A treat for executive feet!

As the aroma spa pedicure with a half leg and foot massage leaving the feet softened and refreshed. 1 hour

Waxing

Full leg wax, Half Leg wax
Bikini wax, Brazilian Wax
Forearm wax, Back/Chest Wax
Underarm wax, Eyebrow Wax
Lip Wax, Chin Wax

Tinting

Eyelash Tint,
Eyebrow Tint
Combination
of Eyelash
& Eyebrow
available.



Pamper Packages

FULL DAY PACKAGES

Revitaliser

Traditional Thai Full Body Massage
with Look Pra Krob
Thai Light Lunch
Tow Sa Aad, Clean and Healthy Feet
Fitness Facial
3 hours 15 mins

Ladies Hideaway

Essie Aroma Spa Pedicure
Nailtiques Prescriptive Manicure
Thai Light Lunch
Aroma Full Body Massage
Purifying Facial
3 hours 45 mins

Over Indulgent

Tow Sa Aad, Clean and Healthy Feet
Mur Sa Aad, Beautiful Hands
Thai Light Lunch
Hot Stone Therapy Full Body Massage
Purifying Facial 4 hours

Energiser

Traditional Thai Massage with Look
Pra Krob
Thai Light Lunch
Purifying Facial
3 hours 15 mins

Couples Day Package In Harmony

Aromatic Salt Scrub
Thai Aromatic Oil Massage
Thai Light Lunch
Purifying Facial 4 hours

HALF DAY

Invigorator

Walnut Full Body Scrub
Thai Aroma Full Body Massage
Fitness Facial
Thai Snack
2 hours 30 mins

Recovery

Tow Sa Aad, Clean and Healthy Feet
Indian Head Massage
Thai Snack
2 hours

Relaxer

Aroma Massage
Purifying Facial
Thai Snack
2 hours

Couples Half Day Package Heaven

Thai Aromatic Massage
Deluxe Manicure/Pedicure
Thai Snack
2 hours 45 mins

Bliss

Aroma Massage
Purifying Facial
Thai Snack
2 hours

THANN and HARNN STORY

Harnn and Thann natural botanical products use extracts with roots in traditional herbal medicine and proven scientific properties providing the active ingredients to counter the effects of stress and pollution from urban lifestyle and environment.

HARNN PRODUCTS

HARNN daily hair and body care products, with active ingredients derived from natural plant extracts, clean, soothe, nourish and protect without destroying the natural balance of your hair and skin. Natural Spa products when used with traditional massage techniques, such as, stretching, acupressure, warm compress and herbal scrubs, reduce tension, improve circulations and invigorate your senses. Home aromatic products and accessories create calm and relaxing interiors with environmental friendly aromatherapy products, for a pampering experience you can enjoy and share with loved ones.

HARNN product range excites all your senses with creative colours, textures, forms and natural aromas. This creative design along with unique dermatological properties from grains, spices, herbs and natural plant essential oils have won HARNN a patent for natural rice bran oil soap formulation along with numerous international awards for design excellence.

THANN PRODUCTS

Thann products are formulated from botanicals derivatives combining art of natural therapy and modern dermatological science. Development of each collection is inspired by the concept of aromatherapy and scientific findings on the benefits of plant extracts. All products are mild with natural essential oils, suitable for every day use and for all skin type. Thann products are chemically and dermally tested

ESSIE PRODUCTS

Essie Spa products are designed to awaken the senses as it soothes and calms the spirit. Formulated with a special blend of natural aroma therapeutic herbs and essential oils, Essie Spa Pedicure is designed to energise and hydrate the feet while at the same time soothing and softening the skin.

The Essie brand was formulated some two decades ago in NY by Essie Weingarten. As professionals worked with her line, they found Essie's chip resistant formula, outstanding durability and of course, colour selection to be far superior to anything else on the market. Today, top nail techs, models, editors and celebrities - such as Madonna, Sharon Stone, Cindy Crawford and Gillian Anderson - are among Essie's biggest fans.

NAILTQUES PRODUCTS

Nailtiques is an innovator in the worldwide nail care industry. Nailtiques company is dedicated to the development and maintenance of healthy, natural nails. Their complete line of prescribed, salon-tested products provides the best nail care system available today. Nailtiques company's success is based upon its unique products that promote natural nail growth, strength and moisture retention.

Since 1990, Nailtiques has been providing therapeutic nail treatments that surpass all others. Nailtiques nail care system treats multiple nail problems with six specially formulated protein strengths. They not only supply nourishment to strengthen nails, they also eliminate peeling. Nailtiques crèmes are a vital source for healthy skin and nails. The unique formulations provide complete nourishment that promotes and maintains a healthy foundation for long strong

Etiquette

To ensure that guests can enjoy the peaceful sanctuary of Five Senses Spa, we respectfully request that all visitors keep noise to a minimum. Mobile phones and electronic devices are discouraged.

Gift Certificate

Gift certificates for our spa treatments are available. For more information, please contact our receptionist.

Reservations

Advanced bookings are highly recommended to secure your preferred date and time of treatment. A deposit of 25% is required on bookings over £100.

Check-in

Please check-in at the spa reception at least 15 minutes prior to your scheduled appointment to avoid reduced treatment time.

Smoking

Smoking is prohibited

Alcohol

Consumption of alcohol within the spa will be at the manager's discretion.



Special Consideration

Guests who have high blood pressure, heart conditions, allergies, are pregnant or have any other medical complications are advised to consult their doctors before signing up for any spa services. Kindly inform your spa therapist of any existing medical condition.

Valuables

The management accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

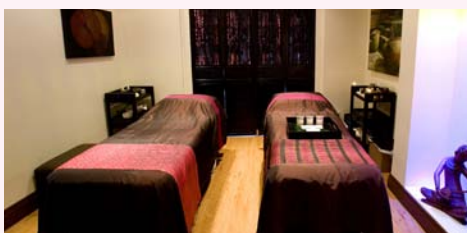
Cancellation Policy

A 24hr cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours will incur a 50% cancellation fee. Full charges will be imposed for a "no show".

Refund Policy

Treatment packages and Gift Vouchers are non refundable. Prices may be subject to change.





Opening Times:

Mon-Tue 9am - 6pm
Wed-Thu 10am - 8pm
Fri - Sat 9am - 6pm
Sun 10am - 6pm

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