



bodytonix Spa  
The Mount Royale Hotel  
117-119 The Mount  
York  
YO24 1GU



*bodytonix* can be found within the old wine cellars of the hotel. Our unique salon offers non-invasive treatments, some of which are organic using exclusive products such as *'Heaven by Deborah Mitchell'* - a lovely heavenly experience not to be missed.

Whilst at bodytonix you can enjoy a stroll in the gardens, a refreshing drink at the bar, a tasty meal in the La Sala Del Monte restaurant & access to the garden spa facilities. See [www.mountroyale.co.uk](http://www.mountroyale.co.uk) for more details.

For complete relaxation and indulgence, why not stay in one of the luxurious bedroom suites – some of which are located within the gardens! Book on line at [www.booking.com](http://www.booking.com)

We are confident we have a treatment to suit everyone from our heavenly pamper collection & look forward to seeing you soon.

N.B. The use of hotel facilities & on site parking are entirely at your own risk.



Lines open daily  
9am – 8pm

A £20 per person, deposit is required when booking your pamper day.

Terms & Conditions apply

All major debit/credit cards accepted

Tel 01904 675852

[www.body-tonix.co.uk](http://www.body-tonix.co.uk)

Email: [Info@body-tonix.co.uk](mailto:Info@body-tonix.co.uk)

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## Spa Packages



Tel. 01904 675852  
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Visit us at  
[www.body-tonix.co.uk](http://www.body-tonix.co.uk)

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## Packages

*Half Day*.....£79

Incl: 1 x spa collection treatment

*Full Day* (Sunday - Friday).. £99

Incl: 2 x spa collection treatment

*All Day Chill Out* (Saturday) £119

Incl: 2 x spa collection treatment

All packages include the following as standard:

- A one course lunch & glass of wine
- Robe & towels
- Access to hotel garden spa

Bed & Breakfast available please ask Hotel for details on 01904 628856 or book on line at [www.booking.com](http://www.booking.com)

Hotel Garden Spa:

- Heated swimming pool (open May—Sep)
- Jacuzzi hot tub
- Sauna
- Steam room

NB: please bring suitable swimwear & footwear e.g. flip-flops.

For current offers or to buy/book on line please see our web site.

**[www.body-tonix.co.uk](http://www.body-tonix.co.uk)**

Gift vouchers also available on line

Save 10% by booking your spa day online (excludes offers)

## Spa Collection

Each treatment duration is approx. 55mins.

*Cloud 9:* (Split treatment)

Relaxing back head & shoulder massage using uplifting oils. With a soothing foot soak & massage working the body reflex points to help boost the immune system & promote wellbeing.

*Volcanic Indulgence:*

Exfoliating body brush to stimulate the circulatory system followed by hot stone massage, using smooth volcanic stones for deep relaxation & body firming moisturise to feed the skin & leave it feeling soft & smooth.

*Heavenly Scrub:*

Tingling back scrub, followed by a deep cleansing mask & massage using organic oils to reduce the build up of stress, cleansing the body, mind & spirit.

*Top2Toe Delight:*

Manicure & Pedicure to help relax the mind and body using vanilla & tea tree organic cream. A delightful experience. (Incl: standard polish).

Available at an additional charge:

French or Gel polish (hands or feet).....£5.00  
Foil Tips ( hands or feet).....£10.00  
(subject to availability)

*Dreamy Facial:*

A deeply relaxing organic facial, with a tingling, non-abrasive Aloe Vera exfoliation, dreamy massage, hydrating or deep cleansing mask, anti ageing moisturiser & eye drink. A truly natural experience. Includes brow tidy.

*Luminary Facial:*

A relaxing facial using uplifting aroma oils, ear candles & firming mask to release stress & tension from the face & sinuses, whilst cleansing deep into the pores, leaving the skin feeling smooth & renewed.

*Totally Heaven:*

A deeply relaxing body massage & moisturise. Gentle manipulation of stressed muscle fibres allows toxins to expel from the body whilst hydrating & toning the skin. A total sense of wellbeing.

*Halo Wrap:*

A treatment for the hips, thighs, buttocks & stomach area. To target cellulite & loose skin. By wrapping the body in a creamy mask, we attack areas of concern, leaving the skin fresh & toned. Body scrub included.

Please choose your preferred treatment/s (plus a reserve option) in accordance with your chosen package.