



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.

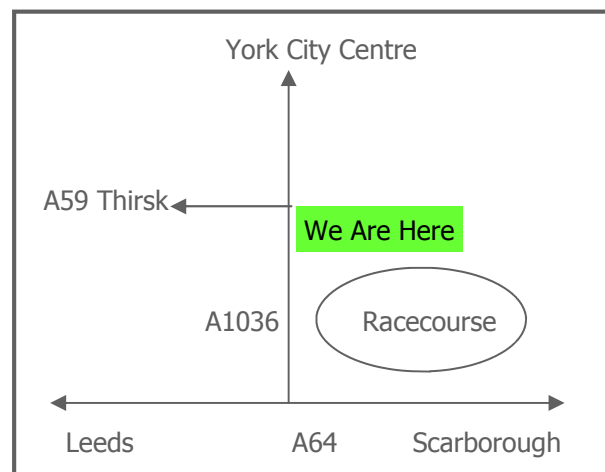
Whilst at *bodytonix* you can enjoy a stroll in the gardens, a refreshing drink at the bar, a tasty meal in the One 19 restaurant & access to the garden spa facilities. See www.mountroyale.co.uk for more details.

For complete relaxation and indulgence, why not stay in one of the luxurious bedroom suites – some of which are located within the gardens!

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.

How to find us.
The Mount Royale Hotel
117-119 The Mount
York
YO24 1GU



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

Email: Info@body-tonix.co.uk

Bodytonix Ltd
Reg. Office: Hathaway House, Selby, YO8 9EG
Reg. in England: Company no. 6900812



Spa Packages
For
**Health, Beauty
&
Relaxation**

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Packages

Half Day.....£69

Includes 1 x 60min spa collection treatment

Full Day..... £89

Includes 1 x 90min spa collection treatment

Weekend Chill Out..... £130

Includes 2 x 60min spa collection treatment
(excludes overnight accommodation)

All packages include the following as standard:

- A two course lunch & glass of wine
- Robe & towel
- Access to hotel garden spa

Bed & Breakfast available please ask
Hotel for details on 01904 628856

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 see our web site.
www.body-tonix.co.uk

Manicures from£15

Pedicures from.....£25

**Gift vouchers
available on request.**

Spa Collection

Treatment duration is subject to package
choice.

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
therapy, using smooth volcanic stones for
deep relaxation & body firming moisturise to
feed the skin & leave it feeling soft & smooth.

Heavenly Scrub:

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

Oriental Thai Massage:

(limited spaces)

Mind relaxation aromatherapy full body
massage by our international Thai therapist, a
combination of soft & soothing massage
techniques to melt away physical & mental
tension.
(sweet Orange, Cedarwood & Ylang Ylang oil)

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 and 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.