

A U R A

Make Time For Yourself...



Welcome to Your Sanctuary

At **AURA** Spa, every detail is designed to help you slow down, switch off, and find your balance.

From the scent of essential oils to the warmth of our outdoor hydrotherapy pool, we invite you to unwind and reconnect – mind, body, and soul.

Our expert therapists use award-winning ESPA products and tailored techniques to deliver results-driven treatments in a setting of quiet luxury.

This is more than a spa. It's a sanctuary of calm.

ESPA

**We look after our team,
because they look after you:**

- 10% of our net profits are shared with every employee who's been with us 12+ months. The amount is based on hours worked, not salary, to make it fair.
- Should you choose to leave a tip, through card or cash, 100% of it will be allocated to the team in this venue, and is shared out through a system controlled by a team representative.

AURA

Spa Experience

Sink into pure tranquillity with our **AURA** Spa Experience, designed to help you unwind from the moment you arrive.

Enjoy 1.5 hours of complete relaxation as you drift between our serene spa and leisure facilities, including our:

Outdoor hydrotherapy pool

Spa sauna

Swimming pool

Indoor hot tub

Sauna and steam room

Invigorating plunge bucket shower

You'll also have peaceful access to our relaxation rooms and lounge, the perfect spaces to switch off and settle in.

Wrap yourself in comfort with complimentary use of a fluffy robe, towel & slippers, all waiting for you on arrival.

The **AURA** Spa Experience is included within all of our spa packages. If you've booked a standalone treatment, you can add this soothing experience to your visit for **£20 per person**.

Please note, the AURA Spa Experience cannot be booked on its own.



AURA

Spa Packages

All of our spa packages include:

- Use of all spa & leisure facilities for 1.5 hours
- Complimentary use of fluffy robe, slippers & towel
- Complimentary post-treatment refreshment
- Use of our private relaxation rooms and lounge

Thoughtfully curated journeys to soothe the body and calm the mind.



AURA Revive

Choose one 25-minute treatment:
ESPA Back, Neck & Shoulder Massage
Head & Scalp Massage
ESPA Express Facial
Invigorating Foot Treatment

Soup & sandwich

Glass of Prosecco

Available Tuesday–Thursday only.



AURA Replenish

Choose one 55-minute treatment:
Traditional Full Body Massage
ESPA Inner Beauty Facial

OR

Choose two 25-minute treatments:
ESPA Back, Neck & Shoulder Massage
Head & Scalp Massage
ESPA Express Facial
Invigorating Foot Treatment

Afternoon Tea with tea or
coffee & a glass of Prosecco



AURA Restore

ESPA Inner Calm Massage
(60 mins)

ESPA Inner Beauty Facial
(60 mins)

Afternoon Tea with tea or
coffee & a glass of Prosecco



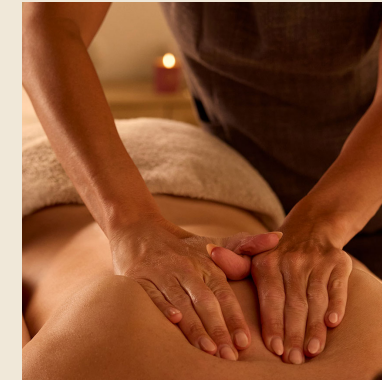
AURA Pre-Natal

ESPA Inner Beauty Facial
(60 mins)

Pre-Natal Massage
(55 mins)

Use of swimming pool &
relaxation rooms for 1.5 hours

Afternoon Tea



AURA Couples

ESPA Hero Treatment
(90 mins) each in our couples
treatment room

Afternoon Tea for 2 with tea or
coffee & a glass of Prosecco each

Twilight Spa Nights

Choose one 25-minute treatment:
ESPA Back, Neck & Shoulder Massage
ESPA Express Facial

2-course meal

Glass of Prosecco

*Minimum groups of 4. This package is only available
Friday & Saturday from 5pm.*

Mum & Daughter Experience

ESPA Inner Beauty Facial
(60 mins) each in our couples treatment room

Afternoon Tea for 2 with tea or coffee
& a glass of Prosecco each



Let the gentle rhythm of water and nature's touch restore your calm.

NEW

ThermaBalance Ritual

Step into a world of sensory contrast with our new 90-minute hot & cold experience, designed to energise, soothe, and restore.

Hot mitts to the feet with a gentle foot exfoliation

Hot Stone Back, Neck & Shoulder Massage (40 mins)

Cryo Globe Facial with cold stones to the eyes (35 mins)

Warm Pink Hair & Scalp Mud Massage (15 mins)

Continue your spa journey with use of our spa facilities for 1.5 hours, including our hot sauna and invigorating cold plunge bucket, leaving your body revitalised and your mind refreshed.
Finish with Afternoon Tea with tea or coffee & a glass of Prosecco.

NEW

Ultimate Relaxation Retreat

Beautifully personalised and designed around you – our tailored package brings a bespoke wellness journey to **AURA** Spa delivering targeted results over a 12-week period.

A 20-minute consultation with an expert therapist

A personalised treatment plan

Five 55-minute or 60-minute treatments over a 12-week period

A full-size ESPA product to support your wellness goals

20% discount on retail products purchased at any appointment

Use of all spa & leisure facilities for 1.5 hours at each appointment

Complimentary fluffy robe, slippers & towel at each appointment

Hot stones can be added to any massage treatment to enhance your experience.

Massage Treatments

AURA Signature Upgrades

Enhance any 55-minute massage with a 25-minute treatment of your choice:

- ESPA Back, Neck & Shoulder Massage
- ESPA Express Facial
- Head & Scalp Massage
- Invigorating Foot Treatment
- Salt & Oil Body Scrub

ESPA Back, Neck & Shoulder Massage

25 mins

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, this targeted massage features pure aromatherapy blends to soothe sore muscles, invigorate your body and calm your mind.

Includes:

- Massage to the Back, Neck and Shoulders

ESPA Swedish Massage

55 mins | 80 mins

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, this traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

Includes:

- Full Body Swedish Massage



ESPA Hot Stone Massage

55 mins | 80 mins

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort, while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits, and leave you feeling rejuvenated.

Includes:

- Full Body Aromatherapy Massage with Hot Stones
- Scalp Massage

ESPA Muscle Reviver

45 mins

Relax and revive the body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energised, and a positive mindset is restored.

Includes:

- Back Massage
- Facial Massage
- Scalp Massage

Traditional Full Body Massage

55 mins | 80 mins

A full body massage using personally selected essential oils to improve circulation, release tension and help soothe your muscles. This massage is tailored to each individual, including the type of pressure you prefer.

Includes:

- Scalp Massage



ESPA Deep Muscle Massage

55 mins | 80 mins

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

Includes:

- Targeted Massage Focussing on Areas of Concern



ESPA Inner Calm Massage

60 mins

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse, or energise, while advanced massage techniques alleviate muscular pressure, soothes anxiety, and invites profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes:

- Breathwork
- Full Body Aromatherapy Massage
- Scalp Massage with Rose Quartz Crystals

Facial Treatments

Eye masks can be added to any facial treatment to enhance your experience.

ESPA Express Facial

30 mins

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

Includes:

Skin Analysis with Skin Vision™ Lamp
Double Cleanse | Exfoliation
Personalised Mask | Scalp Massage

AURA Advanced Facial

60 mins

Reveal exceptional results with this bespoke facial. Expertly selected plant and marine-based products, combined with a tailored massage to deeply cleanse, exfoliate, and purify your skin, finishing with a divinely relaxing scalp massage for complete rejuvenation.

Includes:

Skin Analysis with Skin Vision™ Lamp
Triple Cleanse | Facial Massage with Jade Crystals | Personalised Mask | Head & Scalp Massage



ESPA Active Nutrients Glow From Within Facial

60 mins

A nutrient-rich treatment to restore radiance inside and out. Gua Sha massage stimulates circulation and lymphatic flow, while exfoliation and multi-masking on scalp, face, neck, and décolleté leave skin luminous and body and mind renewed.

Includes:

Skin Analysis with Skin Vision™ Lamp
Cleanse & Exfoliation (Including Foreo)
Gua Sha Facial Massage | Double Mask
Hand & Arm Gua Sha Massage

ESPA Inner Beauty Facial

60 mins

Deeply cleanse, hydrate, and renew with this instant-results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes:

Skin Analysis with Skin Vision™ Lamp
Triple Cleanse | Exfoliation | Facial Massage
Personalised Mask | Scalp Massage

ESPA Cryo Facial

60 mins

Alleviate stress and restore natural beauty with this bespoke treatment. Natural active formulas cleanse, rebalance and hydrate to reveal a clear, refreshed, naturally beautiful complexion which is enhanced with a cooling, awakening Cryo Globe Massage.

Includes:

Skin Analysis with Skin Vision™ Lamp
Double Cleanse with Exfoliation
Scalp Massage with Oil
Cryo Globe Massage



ESPA Tri-Active™ LED Facial

30 mins | 60 mins

Designed to brighten and revive dull skin with nano-dermabrasion and a cellular-level LED mask. Focusing on face, neck, décolleté and scalp, it smooths texture, boosts radiance and leaves body, mind and skin deeply renewed.

Includes:

Skin Analysis with Skin Vision™ Lamp
Double Cleanse | Exfoliation | Nano Dermabrasion
Facial Massage | Scalp Massage
Hand & Arm Massage

ESPA Natural Face Lift

75 mins

This revitalising treatment boosts healthy-looking skin with pre- and probiotic technology. Combining detoxifying, sculpting and relaxing techniques with age-defying Kobido-inspired movements and cooling jade rollers, it delivers a youthful, energised complexion from within.

Includes:

Skin Analysis with Skin Vision™ Lamp
Double Cleanse & Gentle Exfoliation
Kobido Massage
Deep Massage to Tighten and Tone
ESPA Lifting and Smoothing Mask
Scalp Massage



Nurture & Support

The following rituals have been carefully designed to soothe and nourish your body, using specially selected products. These rituals are designed for guests who are undergoing or have recently undergone treatment for cancer.

All experiences begin with breath-work and visualisation to commence relaxation, with the emphasis on a holistic approach.

A peaceful space made for
your moment of calm.



Be Nurtured Facial

60 mins

Leave skin nourished and radiant with this relaxing facial. Beginning with a detailed consultation and entirely tailored to your individual concerns, this facial expertly combines the most suitable selection of cleansing, massage, mask, serum and moisturiser according to your needs.

Includes:

Cleanse | Massage | Mask | Serum & Moisturiser

Be Nurtured Massage

60 mins

Soothe, relax and rebalance the body with this personalised massage. Focussing on areas of concern and using a gentle but rich oil, this unique experience will deeply nourish and hydrate skin while calming the mind.

Includes:

Full Body Aromatherapy Massage | Scalp Massage with Rose Quartz Crystals

Be Nurtured Back, Face & Scalp

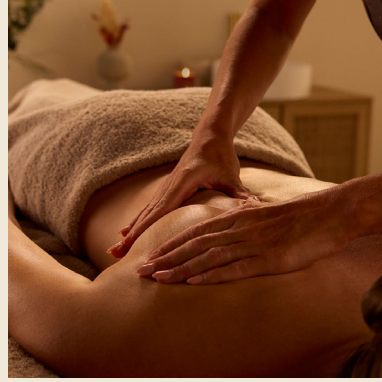
90 mins

Soothe mind and body with this renowned experience. This relaxing and deeply effective ritual addresses the main areas of tension – the back, the face and the scalp. A soothing back massage addresses areas of tension before a personalised facial completes this totally indulgent experience.

Includes:

Foot Ritual | Soothing Back Massage | Personalised Facial | Scalp Massage

Body Treatments



ESPA Hero Treatment – Back, Face & Scalp

90 mins

Unravel tension, instantly boost your complexion and restore inner calm with ESPA's most renowned treatment.

Targeted massage techniques combined with the purest aromatherapy oils and a highly personalised facial, helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Includes:

Refreshing Exfoliation
Deeply Therapeutic Foot
& Lower Leg Massage



Pre-Natal Relax & Restore

25 mins | 55 mins

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes:

Focussed Body Massage
Scalp Massage



Lighter Legs

40 mins
(suitable for pre-natal)

Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment. Cleanse and smooth hard-working feet and lower legs, then treat them to a rejuvenating and intensely reviving massage – restoring cool comfort and leaving you ready for another active day.

Includes:

Foot Ritual
Lower Leg and Foot
Exfoliation and Massage



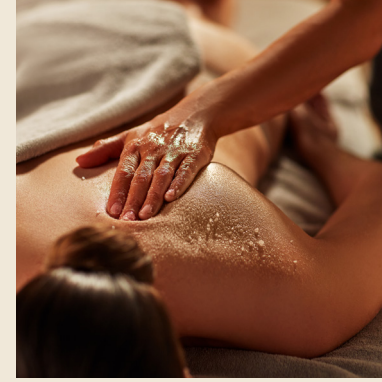
Body Wrap

60 mins
(suitable for pre-natal)

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying algae or nourishing marine mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Includes:

Skin Brush
Body Exfoliation
Algae or Mud Wrap
Scalp Massage



Salt & Oil Scrub

40 mins

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes:

Skin Brush
Salt & Oil Full Body Exfoliation



Invigorating Foot Treatment

25 mins

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothes aches and pains.

Includes:

A Refreshing Exfoliation
Deeply Therapeutic Foot & Lower
Leg Massage



Head & Scalp Massage

25 mins

Experience soothing relaxation as gentle attention is given to your head and scalp. This treatment is designed to ease tension, help you unwind, and leave you feeling refreshed. Ideal for anyone seeking a calming moment and a renewed sense of wellbeing.

Includes:

Scalp Massage
Neck Massage
Pink Hair & Scalp Mud

GIFT VOUCHERS

Treat someone special to the gift of relaxation with an **AURA** Spa gift voucher.

Not sure which experience to choose?
Our friendly team will be delighted to help you find the perfect treat.

All vouchers are available in the form of a gift card or e-voucher, which you can personalise to make your gift truly unique.

01505 890030
bowfieldhotel.co.uk/spa

RETAIL BOUTIQUE

Extend the indulgence of your spa experience at home with products from our spa boutique.

Our expert therapists are on hand to guide you, helping you select the perfect products to maintain your skincare routine and enjoy the very best results long after your visit.



THINGS TO KNOW

Arrival at the Spa

We invite you to arrive at our spa reception a minimum of 30 minutes prior to your scheduled appointment time. This will allow you to fill out relevant pre-treatment paperwork and change into your robe & slippers. Kindly note that additional time beyond the scheduled treatment period will not be granted in case of late arrivals. Treatment times are inclusive of consultation and home care advice. A robe, slippers & towel will be provided for you.

Health Conditions

Your wellbeing is our priority, so please advise us of any health conditions, recent operations, allergies or injuries when making your spa reservation, as a doctor's note may be required.

Pregnancy

We have specially designed treatments for expectant mothers in their second & third trimesters. Please contact our spa team for further information and to help you make the correct treatment choice.

AURA Spa Experience

Our spa experience, which includes 1.5 hours' use of the sauna, relaxation rooms, outdoor hydrotherapy pool, and all leisure facilities, plus complimentary fluffy robe, slippers & towel, is included in our spa packages. Guests who have booked a spa treatment outwith a package are entitled to upgrade and include the spa experience for £20 per person. Please note the **AURA** Spa Experience can't be booked on its own.

Spa Dining & Refreshments

Enjoy dining and refreshments in our restaurant. You can also indulge in a glass of Prosecco or Champagne, or simply relax with our selection of teas, coffees or soft drinks.

Children

Our spa is for individuals aged 16+; children are not permitted to use our facilities.

Loss or Damage

Please keep all valuables locked in the locker provided during your visit. We regret that we cannot be held responsible for any loss or damage to personal items.

Cancellation Policy

Free cancellation up to 48 hours before treatment. Within 48 hours of treatment, cancellations will be charged at 50% of the total cost. If you do not show up for the booked appointment, we will charge 100% of the total cost.

Advance Bookings

We strongly recommend booking your treatments in advance to guarantee your preferred time and service. Please contact our spa team to help you with your treatment selection.

Enhance Your Experience

If you wish to enhance your spa experience by adding on an overnight stay, please let us know. We have some excellent packages available, including dinner, bed & breakfast, in addition to spa treatments.

Price List

	Duration Minutes	Price
SPA PACKAGES		
Pre-Natal	120	£194
AURA Revive (<i>Tuesday – Thursday</i>)	25	£89
AURA Replenish	55	£124
AURA Restore	120	£219
AURA Couples	90	£329
Twilight Spa Nights	25	£99
Mum & Daughter Experience	60	£248
ThermaBalance Ritual	90	£169
Ultimate Relaxation Retreat	300	£499

Spa Packages

Prices shown Monday – Thursday, £20 per person (£25 per person for **AURA** Replenish) supplement applies Friday – Sunday (this does not apply to Twilight Spa Nights and Ultimate Relaxation Retreat). The **AURA** Spa Experience is included in all of our spa packages. Guests who have booked a spa treatment outwith a package have the option to add our **AURA** Spa Experience onto their visit **for £20 per person**. Please note the experience is not available to book on its own.

Afternoon Tea in a package can be upgraded to a 2-course lunch with glass of Prosecco for **£9.50 per person**.

	Duration Minutes	Price
SPA TREATMENTS		
Massage Treatments		
ESPA Inner Calm Massage	60	£105
ESPA Back, Neck & Shoulder Massage	25	£60
ESPA Hot Stone Massage	55	£109
	80	£159
ESPA Swedish Massage	55	£105
ESPA Deep Muscle Massage	55	£109
	80	£159
ESPA Muscle Reviver	45	£89
Traditional Full Body Massage	55	£105
	80	£155
Add Hot Stones		£5

AURA Signature Upgrades

£50

Enhance any 55-minute massage treatment with a 25-minute treatment of your choice:

ESPA Back, Neck & Shoulder Massage

ESPA Express Facial

Head & Scalp Massage

Salt & Oil Body Scrub

Invigorating Foot Treatment

	Duration Minutes	Price
SPA TREATMENTS		
Facial Treatments		
ESPA Express Facial	30	£60
ESPA Inner Beauty Facial	60	£105
Active Nutrients Glow From Within Facial	60	£109
AURA Advanced Facial	60	£109
ESPA Cryo Facial	60	£109

LED Tri Active Facial	30	£74
	55	£130

ESPA Natural Face Lift Facial	75	£120
Add Eye Mask		£5

Nurture & Support

Be Nurtured Facial	60	£99
Be Nurtured Massage	60	£99
Be Nurtured Back, Face & Scalp	90	£134

Body Treatments

ESPA Hero Treatment – Back, Face & Scalp	90	£144
Lighter Legs	40	£75
ESPA Body Wrap	60	£109
ESPA Salt & Oil Scrub	40	£75
Head & Scalp Massage	25	£60
Invigorating Foot Treatment	25	£60

ESPA Pre-Natal Relax & Restore	25	£60
	55	£105

Spa Treatments

Prices shown Monday – Thursday, £10 per person supplement applies Friday – Sunday.



Bowfield Hotel & Spa | Howwood, Renfrewshire PA9 1DZ
01505 890030 | Bowfieldhotel.co.uk/spa