TREATMENT LIST

The spa at Fredrick's is a haven of tranquility with peaceful spaces and excellent facilities. We have complied with the government's 'COVID-19 Secure' guidance on managing the risk of COVID-19 in the hotel. For the forseeable future we will be offering this reduced menu. Please note the sauna and steam room is temporally closed. Our internal operating practices and protocols will be continuously reviewed and immediately updated. The information detailed below may, therefore, change without notice. We hope you can understand, and we hope to get back to usual as soon as possible.

OPENING HOURS

Monday - Friday:	3pm-8pm
Saturday - Sunday:	12pm-8pm
Use of facilities:	£10 1 hour per person
	£20 2 hours per person

BODY MASSAGE

Back massage	45 mins	£55
Full body massage	60 mins	£75
Aromatherapy massage	60 mins	£80
Deep tissue massage	60 mins	£80
Renew leg foot refresher	30 mins	£45

HANDS & FEET

Luxury manicure	75 mins	£65
Luxury pedicure	75 mins	£65
Mini manicure	30 mins	£30
Mini pedicure	30 mins	£30
Manicure	50mins	£45
Pedicure	50 mins	£45