THE FARMHOUSE TREATMENT ROOMS

HOLDSWORTH HOUSE HOTEL & RESTAURANT

TREATMENT MENU

THE FARMHOUSE TREATMENT ROOMS

The Farmhouse Treatment Rooms bring wellness and relaxation to our historic Halifax retreat.

Our luxurious treatment rooms and cosy relaxation spaces offer guests a soothing experience to complement everything the hotel is known for: fine dining, luxury stays and unforgettable weddings.

With decor and designs inspired by Yorkshire's moorland and countryside, visit the treatment rooms at Holdsworth House for a truly restorative stay.

GROUND

INTRODUCTION TO GROUND WELLBEING

We're proud to partner with GROUND Wellbeing for our products and treatments.

Founded by wellness expert Peigin Crowley, GROUND Wellbeing is renowned for its award-winning rituals and 100% vegan and natural products that blend science, nature and the healing power of touch.

Each treatment is crafted to support real-world needs—from stress and sleep to hormonal balance and recovery—using sustainably sourced botanicals.

With GROUND Wellbeing, we offer guests access to world-class experiences, thoughtfully designed to restore balance and reconnect your body and mind.

HOLDSWORTH HOUSE
HOTEL & RESTAURANT

SIGNATURE MASSAGE RITUALS

The Grounding Ritual

60 minutes - £95

90 minutes inc. face Gua Sha & scalp massage - £120

This specialist massage treatment will provide you with the space and time to tap into your body's ability to self-repair and realign, and will leave you feeling replenished and grounded in your body. Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will perform this treatment in long, flowing movements, working the full length of the body.

Restorative Ritual

60 minutes - £95

90 minutes inc. back massage - £120

Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment works to reconnect mind and body. The focus is on the face, neck, décolleté and scalp and as such will have a positive effect on tightness and tension, eyestrain, migraines, headaches, TMJ issues and the sinuses.

'Tóg go bog é': Take it Softly

60 minutes - £95

90 minutes inc. face Gua Sha & scalp massage - £120

This full body massage treatment incorporates aromatherapy and breath work alongside slow and rhythmical techniques helping to alleviate muscular tension while having a mediative, deeply relaxing effect. The essential oils that you choose will help restore balance in the body.

SIGNATURE FACIAL RITUALS

Biome Repair Facial

60 minutes - £95
90 minutes - £120

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome Repair Facial works to soothe and repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

Biome Calm Facial

60 minutes - £95
90 minutes - £120

Support your skin's natural ability to soothe and heal with this deeply relaxing facial that will comfort your skin and calm your mind. Designed to nourish the skin to restore, replenish and soothe, this facial blends bio-identical ingredients, plant lipids, calming massage and face reflexology techniques.

Biome Detox Facial

60 minute - £95
90 minutes - £120

Restore energy flow and vitality to your skin. This invigorating but deeply relaxing facial combines the power of probiotic-rich botanicals from Ground's BIOME range, with detoxifying techniques to trigger the skin's natural cell-renewal process. Gua Sha massage encourages circulation and lymphatic flow, stimulating the natural exfoliation process to leave your skin feeling purified and renewed.

ADVANCED MASSAGE RITUALS

Muscle Recovery

60 minutes (back of body) - £115 | 90 minutes (full body) - £140

Flowing, rhythmical and firm. This back of body massage assists in releasing the overworked muscles of the body from their tense and tightened position. Helps to alleviate aches, stiffness and improves circulation

Salt Stone

60 minutes - £115

90 minutes inc. face Gua Sha & scalp massage - £140

A deeply relaxing full body massage. Mineral-rich Himalayan salt stones aid the body's natural detoxification, reducing inflammation and pain while omitting negative ions to create a sense of peace and deep relaxation to support overall wellbeing.

Deeply Grounded Face and Body

120 mins includes full body massage & face ritual - £185

Our signature ritual to relieve stress and anxiety, followed by a GROUND face ritual to restore skin wellness and repair its delicate barrier

PREGNANCY MASSAGE RITUALS

For the second or third trimesters

The Comforting Ritual

60 minutes - £95

90 minutes inc. face Gua Sha & scalp massage - £120

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting ritual. This is an intuitive and grounding massage designed to soothe and release tired shoulders, back, hips and lower legs as the body grows throughout pregnancy.

Restorative Ritual

60 minutes - £95 | 90 minutes - £120

Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment reconnects mind and body. The focus within the treatment is on the face, neck, décolleté and scalp.

SPA DAYS

All our full and half spa days include the use of robe and slippers, a welcome drink and snack, a sensory test to personalise your visit, access to our relaxation lounges with heated eye masks, plus a choice of refreshments and one-course lunch. Arrivals times vary.

The Farmhouse Wellness Experience

5 hours - £285 (Mon-Thurs) / £300 (Fri-Sun)

Immerse yourself in our ultimate, signature experience. Includes tea and a home-baked scone on arrival, a relaxing foot bath, 120-minute Deeply Grounding full body massage and face ritual.

Seasonal Spa Experience

4 hours - £185 (Mon-Thurs) / £195 (Fri-Sun)

Cosy robes, seasonal treats and complete relaxation. Includes a smoothie or mocktail with a pastry or cake, a 90-minute therapy treatment that's suitable for the season.

Pregnancy Pause Experience

4 hours £185 (Mon-Thurs) / £195 (Fri-Sun)

A calming pause for mums-to-be in the second or third trimester. Includes a refreshing smoothie or pregnancy tea with a pastry or cake, a 60-minute Comforting Ritual (full-body pregnancy massage) or Biome Facial (soothing, skin-repairing facial).

Couple's Retreat Experience

4 hours £370 (Mon-Thurs) | £390 (Fri-Sun) prices per couple

Share total relaxation in The Farmhouse Treatment Rooms. This half-day escape includes a 60-minute treatment — Grounding Ritual, Restorative Ritual, Biome Facial, Tóg go bog é Massage or Pregnancy Massage.

Half-Day Spa Experience

4 hours £185 (Mon-Thurs) / £195 (Fri-Sun)

Find your balance – Calm mind, rested body, restored energy. Includes a smoothie, pastry selection or cake, your chpice of a 60-minute treatment: Grounding Ritual, Restorative Ritual, Biome Facial, Salt Stone Massage or Tóg go bog é (Take it Softly) Massage.

NEW INFRARED SAUNA

Our infrared sauna uses gentle infrared light to warm the body so you can enjoy a deep, soothing heat at a lower, more comfortable temperature than a traditional sauna. Sessions can help ease tired or aching muscles, loosen stiff joints and leave you feeling relaxed and refreshed. The quiet, calming warmth also makes it a lovely way to unwind and switch off from a busy day to support better sleep.

Sauna Room Exclusive Access

60 minutes (maximum 4 people)
£40 one person
£60 two people
£80 three people
£100 four people

Includes use of robes and slippers,
plus access to the relaxation lounge afterwards with refrehsments included.

HELPFUL INFORMATION

Health Conditions

Some treatments may not be suitable during pregnancy or for certain health conditions.
To ensure your comfort, we ask all guests to complete a short health questionnaire.
If you have any concerns, please mention them at the time of booking.
Please note, the treatment rooms access includes steps.

Age Restrictions

The Farmhouse Treatment Rooms are available to guests aged 18 and above.

Groups

Our peaceful setting is ideal for small groups and special occasions,
with tailored packages and exclusive-use available. Please ask at reception for details.

Dress Code

For comfort, we suggest wearing loose clothing. Slippers are provided on arrival
and robes are offered to hotel and spa day guests.

Valuables

As there are no secure lockers, we recommend leaving valuables at home or in your room.

Etiquette

The Farmhouse Treatment Rooms are designed as a sanctuary of calm. We kindly ask
guests to be mindful of others and to leave phones in your room or on silent.

Timing

Please arrive 15 minutes early to complete any information and to settle in.
Late arrivals may shorten your treatment time and the full price will still apply.
Please enjoy our relaxation areas and gardens for as long as you wish
before and after your treatment.

Cancellations

If you need to cancel, let us know at least 48 hours before your appointment.
Cancellations after this time will be charged in full.

Location & Parking

Please park in the hotel car park and come to the main hotel reception desk
15 minutes before your treatment.