



VJW Holistic Therapies
Health & Beauty Spa



How to Spa with VJW

The spa environment is one of tranquillity and relaxation. Please respect other guests rights to privacy and serenity at all times.

Your Health is our Priority

A full consultation must be completed before your first appointment and updated on each visit. Please notify your therapist of any health changes on booking. We reserve the right to refuse treatment if we feel the treatment is unsuitable. We may also require a doctors written permission with some health conditions to ensure it is completely safe.

Polite Notices

- Please arrive on time for your appointment. Late arrival may result in shorted treatment time.
- We cannot accommodate babies or toddlers.
- The use of mobile phones whilst within the spa in not permitted.
- Inappropriate behaviour or language will not be tolerated and you will be asked to leave the premises immediately.

Cancellation policy

Our cancellation policy is under monthly review due to the current situation, please see our website for more information

Parking

Parking is within our Court Yard, Plover Road, New Hey Road of surrounding areas. Weekends and Weekdays after 4.30pm we have an overflow car park just past 'The Heritage' arch way to the left hand side.

Other Onsite ammenaties

From a coffee at the onsite 'Heritage Deli Kitchen', a Power Hour at 'ReForm Gym' or a Cut and Colour at the renowned 'Rubies Hairdressing'. Visit our little haven just a few minutes walk from the centre of Lindley.

Give the gift of relaxation...

VJW Gift Vouchers are available all year round and really do make the perfect gift.

Starting from just £20, gift vouchers can be bought for monetary amounts or Spa Days at our reception, over the phone or online. Vouchers are valid for 6 months after purchase.

Beauty

Kind to your natural nails, instantly dry, long lasting 10-21 days, durable yet flexible, high shine and available in a wide range of over 80 beautiful colours.

Hands

GEleration Application

File, Cuticle Work, Nail Preparation, Gel Base Coat, Gel Colour & Top Coat

35minutes £25 add £6 for existing gel removal

GEleration Manicure

File, Cuticle Work, Nail Preparation, Gel Base Coat, Gel Colour & Top Coat, Nourishing Hand Massage and scented cuticle oil.

45minutes £28 add £6 for existing gel removal

Gel Removal Treatment

Gel Removal, File, Cuticle Work, Hand Massage and Critical Care nail treatment.

20 minutes £18

Feet

GEleration Application

File, Cuticle Work, Nail Preparation, Gel Base Coat, Gel Colour & Top Coat

35minutes £26 add £6 for existing gel removal

GEleration Pedicure

Foot Soak, File, Hard Skin Reduction, Cuticle Work, Nail Preparation, Gel Base Coat, Gel Colour & Top Coat, Exfoliation, Nourishing Foot Massage and scented cuticle oil.

60minutes £36 add £6 for existing gel removal

Gel Removal Treatment on Toes

Gel Removal, File, Cuticle Work, Foot Massage and Critical Care Nail Treatment.

20 minutes £18

Fancy a french polish?

No problem, please let our team know on booking as this can take a little longer. £2 supplement

Waxing

VJW Brows

Using a combination of tinting, waxing, trimming and tweezing the VJW Brow is designed to highlight the brows and create the desired natural looking brow using the NEW Mii Brow range.

30minutes £20

Be kind to your skin....

the natural, gentle way to facial wax

Eye Brow Wax £9 Lip or Chin Wax £9

Threading

Threaded to perfection

Eye Brow Threading £9 Lip or Chin Threading £9

PHd Body Waxing

PHd is the most hygienic and professional waxing system on the market. A new wax applicator head is used for each client on every visit.

Full Leg	£30	Under Arm	£13
Half Leg	£16	Chest/Back	£26
Standard Bikini	£14		

Spray Tanning

Skinny Tanning

A combination of cutting edge, naturally derived tanning agents work with the melanin cells, which lie in the top layers of the skin. This develops into a tan that can compliment your skin tones for a perfectly natural looking results.

*For best tanning results – please exfoliate and remove any unwanted hair 24 hours before a tan. On the day ensure no make-up, no moisturiser, no deodorant or perfume is worn and bring loose dark clothing to wear after.

Skinny Full Body Tan £25

Skinny Leg Tan £15



Massage

Traditional Massage

Rejuvenate tired muscles and unwind a busy mind

Lay back on a warm, cosy bed in a peaceful, tranquil room. Our traditional massage relieves aching muscles and aids relaxation, using a range of traditional massage techniques tailored to suit you, using our bespoke massage balm.

Full Body	60 Minutes	£55
Back of Body	45 Minutes	£42
Back	30 Minutes	£32

Target Massage **NEW**

Find relief from tension

This unique massage is designed to target congested areas within the neck, and shoulders. Using a range of renowned Swedish massage techniques and our powerful muscle ease massage balm. After working the congested areas your therapist will change techniques to a slower massage style including a scalp massage, to leave you feeling relaxed and pampered. It's the happy medium between a Traditional and a Deep Tissue Massage!

Back	40 Minutes	£45
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Deep Tissue Massage

Intense pressure for potent results

A range of intense pressures and techniques are applied to release the harmful build-up of lactic acid within the muscles - often causes discomfort and tension on a day-to-day basis.

Each and every deep tissue massage is unique and tailored to the individual. We incorporate moderate to firm traditional massage techniques for maximum results.

Full Body	70 Minutes	£65
Back of Body	40 Minutes	£45
Back	30 Minutes	£35 - Best Seller

Traditional Foot Ritual

Take the weight off with our relaxing foot ritual.

Designed to ease tension from the lower legs, ankles and feet, this therapeutic massage, involves an invigorating scrub and calming foot massage using our unique massage balm.

40 Minutes	£38
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Aromatherapy Massage

Drift away on an aromatic cloud

Calming, soothing, fragrant - this massage experience lifts you up, up and away on a cloud of aromatic scents. A truly therapeutic treat, on arrival choose between one of our unique aromatherapy balms to help balance the mind, body and soul.

Full Body	60 Minutes	£56
Back	30 Minutes	£33

Indian Head Massage

A Balancing and Uplifting Retreat

Treat, relieve and ease the tensest of areas - a relaxing yet stimulating treatment for the upper back, shoulders, neck, face and scalp.

Extremely effective for reducing stress, and alleviating physical and mental tension stored in the upper body. Release pressure, increase mental clarity and boost energy levels.

Indian Head	45 Minutes	£42
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Hot Stones Massage

A beautifully reassuring cocoon of warmth

A deeply relaxing and soothing experience, this treatment involves the right combination of hot basalt stones with essential oils – for a relaxed mind, reinvigorated body and rejuvenated spirit.

Advanced massage techniques are used with the heated stones - for a sensation of warmth, comfort and deep relaxation.

Full Body	70 Minutes	£63
Back Massage	40 Minutes	£42



Holistic Therapies

Hopi Ear Candles

Just hear me out...

An exquisitely relaxing experience. Using hopi ear candles, followed by a hot towel cleanse and therapeutic face & scalp massage, this treatment releases built-up tension and pressure from within the head.

This non-invasive treatment acts as a natural alternative remedy to relieve congestion and the problems associated with the ears, nose and throat. These can include wax, tinnitus, hay fever, sinusitis, migraines, headaches and pressure within the ear.

Hopi Ear Candles	40 Minutes	£40
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Reiki

Welcome the feeling of peace, security and well-being...

Reiki is a simple, natural and safe method of spiritual healing and self improvement that everyone can experience. It's the ideal treatment to help many ailments from stress and restlessness to muscular aches and tension. Reiki is often found to help induce balance and calm within the mind and body.

Reiki Session	1 Hour	£44
Taster Reiki	30 Minutes	£30
Taster Reiki & Aromatherapy Back Massage	1 Hour	£52

Reflexology

Unravel your past tension

Reflexology is a natural holistic treatment using specialist techniques, manipulation and pressure to reflex points mapped on the feet. Stimulating these reflexes helps to correct congestion and imbalances in the body on both a physical and an emotional level.

Stress is a modern-day affliction, and today contributes to many illnesses. Reflexology is an effective answer, and has been found to be one of the most efficient solutions for reducing stress levels and aiding relaxation.

Reflexology	1 Hour	£44
Taster Reflexology	30 Minutes	£30
Traditional Back Massage & Reflexology	1 Hour	£52



Pregnancy

Lady In Waiting

Embrace this magical time

This soothing, full-body pregnancy massage and restorative face and scalp treatment is just what's needed for the pressures and rigours of pregnancy. Ease tired muscles, calm a busy mind and soothe tight skin. Let one of our expertly trained therapists deliver a dreamy experience for you and baby.

Lady In Waiting 1 Hour 30 Minutes £63

In Bloom

A place of perfect calm

A calming tailor-made back massage, aimed to release tension and extra pressure placed on the back during pregnancy. Switch off your busy nesting mind with a therapeutic scalp massage and facial – for an enhanced glow of a blossoming mum to be.

In Bloom 40 Minutes £45



All pregnancy treatments are suitable from 14 weeks plus in a healthy pregnancy. Have confidence in the fact that all our therapists are specially trained in maternity massage.

New Mummy Magic

A new mummy deserves a well earned rest...

Snuggle down, enjoy a calming back, neck and scalp ritual incorporating warm basalt stones to ease tension and restore calm. Now rest your heavy eyes and enjoy 15 minutes of 'snooze time' after your treatment and dream of sweet nothings. Your therapist will quietly enter the room with a warming herbal tea to sip as you come round.

Mummy Magic 1 Hour £50



Facials

Flawless Facials from VJW

Vino Therapy Facial

Uplifting and energising

An energising beauty ritual to boost tired skin and add immediate radiance to your skin. The perfect pick me up after a long week!

30 Minutes

£32

Vino Source

A facial of fresh grapes – for a deeply nourishing treatment

Designed to redress dehydrated skin, the Vino Source facial restores brightness, radiance and softness. Treatment highlights include: skin cleansing, circular smoothing techniques with fresh grapes, a long sculpting massage with our nourishing concentrate and our signature moisturising mask.

A perfect moment of well-being.

45 minutes

£45

Vino Perfect **BEST SELLER**

A unique treatment for restoring radiance

Specifically created for tired, grumpy skin, this treatment restores radiance and vitality. Alongside a thorough cleanse, the sculpting modelage is the highlight of this treatment.

Using essential oils worked into the skin with small hot and cold basalt stones, microcirculation is stimulated, while a radiance mask enriched with glycolic acid gently peels away the dull layers to restore luminosity. The powerful combination between the Vino Perfect Radiance Serum Complexion Corrector and Radiance Moisturiser add a finishing touch to this treatment – for a rested, radiant, whole new you.

55 Minutes

£50

Resveratrol Facial

Uncover your skin's lost vitality and sparkle

A Caudalie cult favourite, specially developed for skin that lacks vitality and firmness, this facial is a true feat of advanced techniques. This innovative facial massage technique combines with an almighty alchemy of essential oils – for stimulating a healthy production of collagen and elastin, for reshaping the outline of the face and firmness of your skin. The Resveratrol-enriched mask carries the ultra-effective anti-aging ingredients deep into your skin. This treatment is completed with Vinexpert anti-wrinkle and firming products - for an instant lift and youth-restoring tightening effect.

70 minutes

£64

Body Treatments

Divine Body Ritual **NEW**

Luxuriously lush

Indulge with our Divine brown sugar scrub to exfoliate away dead skin cells for intensely soft, delicately fragranced skin. Now enter a place of pure luxury with a full body massage featuring our award winning Divine Oil - With notes of grapefruit, rose, pink pepper, cedar and white musk. Your skin will be luxuriously softened, moisturised and wrapped in a delicate fragrance.

Divine Body Ritual

1hour 30 minutes

£80

Crushed Cabernet Scrub

Awaken your Senses

Regain your skin's radiance and softness, with this specially developed scrub. A sumptuous blend of grape-seed, honey, brown sugar and essential oils, topped off with a rich, luxurious body butter, this scrub restores your glow, radiance and skin's silky smoothness.

Crushed Cabernet Scrub

1 Hour

£55



Spa Days

The VJW Day Retreat

Ease tension, awaken your senses, reinvigorate your body and mind

A wonderful array of treatments for a single day of deep rest, relaxation and recuperation

1.5 Hour Private Heat Experience | 65 Minute Full Body Massage | Vino Perfect Facial | Afternoon Tea | GELeration Manicure | GELeration Pedicure | Relaxation Time with Coffee

*Dressing Gown and Towel Provided. Please bring Swimwear and flip-flops

Recommended time: Allow 7 hours + **£215 pp**

The Half Day Hide Away **BEST SELLER**

Escape the stresses and strains of everyday life - recharge and refresh

Hand-selected treatments in a package of pure indulgence

1 Hour Heat Private Experience | Traditional Back Massage | Vino Source Facial
Afternoon Tea | GELeration application on fingers or toes
Relaxation Time with Coffee

*Dressing Gown and Towel Provided. Please bring Swimwear and flip-flops

Recommended time: Allow 4.5 hours + **£135 pp**

Top to Toe **NEW**

Head up, shoulders back, best foot forward - feel restored and ready to face the world with this formidable treatment package

Top to toe pampering for a dramatically different you – energy levels restored, mind, body and soul, refreshed.

1 Hour Private Heat Experience | Traditional Full Body Massage | Vino Therapy Facial
Relaxation Time with a Caudalie Tea

*Dressing Gown and Towel Provided. Please bring Swimwear and flip-flops

Recommended time: Allow 3 hours **£98 pp**

Duo Delight for Two People

Relax, unwind and revitalise - together

A unique selection of treatments for you and a friend, undertaken in our NEW duo treatment room

1 Hour Private Heat Experience together | A 60 minute Fleur De Vigne Candle Massage in our Duo Room | Afternoon Tea for two

*Dressing Gown and Towel Provided. Please bring Swimwear and flip-flops

Recommended time: Allow 3 hours **£90pp (min. 2 ppl)**

Treatment Packages

Indulge in these packages as standalone treatments or upgrade and step into our sumptuous **NEW** heat facilities.

Target Tension

Aids relaxation and releases tension from the body

Escape the pressures of everyday life with this powerful package. Designed to target tension with a laser precise aim - restoring a perfect calm.

40 Minute Target Back Massage | VINO Therapy Facial

Recommended treatment time: 1 hour 10 minutes

£60 Treatments Only

£80 with Heat Experience

Holistic Heaven **BEST SELLER**

Enclose yourself in a cocoon of cosiness

Tension... melt it all away with this deeply warming experience. Using a combination between traditional massage and hot basalt lava stones over the back, neck and shoulders, tired muscles are eased, relieved and reinvigorated. Then enter an even deeper state of relaxation with a nourishing VINO Therapy facial.

Hot Stone Back Massage | VINO Therapy facial

Recommended treatment time: 1 hour 10 minutes

£65 Treatments Only

£85 with Heat Experience

On The Rocks

Deeply delicious, discover why hot stone treatments have prevailed through the ages – from ancient rituals to modern day massages

Deluxe Full Body Hot Stones Massage including a VJW Basalt Stone Facial

Recommended treatment time: 2 hours

£75 treatments Only

£95 with Heat Experience

Just fancy trying our Heat Experience?

Indulge in some well earned R&R...

Enjoy 1 hour in our Steam | Sauna | Jacuzzi and then take a 30 minute break in our relaxation suite with a warm drink as you pop your feet up.

* Dressing Gown and towel provided. Please bring swimwear and flip-flops.

£25pp - booking in advanced required.

About us

From Massage to Manicures, Facials to Spa days - we are here for you!

VJW Holistic Therapies is a leading health and beauty Spa, situated in a beautifully converted mill complex in Lindley, Huddersfield. We pride ourselves on providing only the highest quality of Spa Days, Massages and Beauty Treatments in Yorkshire.

Our newest addition to VJW is our heat experience. This includes a Hydro jacuzzi, swedish sauna, steam room and ice shower along with our luxury relaxation suite. These areas have been developed with privacy and luxury in mind to help you truly relax. Enjoy this area as part of a spa day or as a stand alone experience... the choice is yours.

Now, sit back relax and read our treatment list with a cup of Yorkshire tea and start planning your visit to our world, where a warm welcome is always included!

We look forward to seeing you...

Love, Peace and Joy

Vicky & Team VJW x





VJW Holistic Therapies
Health & Beauty Spa

We're a safe place to **SPA**

We've always been and will remain to be a hygienic spa - Client health is our priority. We politely ask that clients have the same respect for the team and their health too.

It's an unexpected change to everyone's daily lives and one we are all in together. We must work simultaneously to help resume our lives, with trust, honesty and respect for all around.

Stay Safe and Stay Alert.



Staying Safe



All clients will be required to wear Face Masks, please arrive with your mask on.*

*If you forget your mask, they can be purchased from reception.



Please attend your appointment at the time stated and alone - we can't accomodate extra guests at this time.



You will be asked to sanitise your hands and have a temperature check on arrival.



If you feel unwell - you **MUST** reschedule your appointment.



ALL consultation forms must be done prior to arrival digitally. You will also receive a text message remind 24 hours before a booking, this will have a COVID-19 disclaimer to consent to.



Payment in full for all bookings will be required to prevent congestion at reception.



Mobiles will not be permitted in our spa as these are a high touch item and do not add to the tranquility.



We can only provide water in disposable cups for clients at this time



Gift Vouchers and Products can still be purchased, please sanitise hands on arrival and stand at the designated area.

*Vouchers can be bought in spa, over the phone or online.



VJW Holistic Therapies

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