

spa
Naturel
fitness

welcome to wellness



Our philosophy

At Spa Naturel Fitness, we are dedicated to putting your wellbeing at the heart of everything we do.

We've created a space to escape the everyday and find a moment of relaxation, helping you to unwind, de-stress and feel totally refreshed.

We do this by infusing quality through every decision we make. Our spas, our team members and our locations are all centred around helping you feel like the best possible you.

And we believe our attitude is just as important as our spas. So we treat each member and every guest as individuals. We're passionate about personalising our service at every point, from tailoring our consultations to ensuring that every treatment is unique.

Book your treatment online at
www.spanaturelfitness.com

Time for an overnight stay

Spa packages to relax and rejuvenate

Here at Spa Naturel Fitness, we are experts in relaxation and making sure you feel refreshed and de-stressed. A rejuvenating spa package is all about making time, in a place dedicated to you.

Choose from any of our beautiful locations to leave your stress behind and absorb yourself in peace and tranquillity.

SPA TIME TOGETHER from £95.00
(per person/per night based on 2 people sharing)

When you need to get away from it all, we have the perfect solution. We'll make sure you check out feeling revived, relaxed and ready to face the world again.

This escape includes:

- One nights' stay with dinner & breakfast for 2 people
- One 40 minute treatment each from the spa brochure

SPA WELLNESS PACKAGE from £82.00
(per person/per night based on 2 people sharing)

This two-night package will allow you to benefit from the hotel facilities and surrounding areas while at the same time unwinding and rejuvenating in the spa.

Your Spa Wellness Package includes:

- Two nights' stay with breakfast and dinner included for two people
- Spa gift per room
- Two x 25 minute treatments per person from the list below per stay or any 1 hour treatment from the brochure
- Express Facial • Express Scalp & Shoulder massage
- Express Cleansing and Purifying Back Treatment
- Express Perfect Legs • Mini Manicure or Pedicure

SPA REVIVER PACKAGE from £84.50
(per person/per night based on 2 people sharing)

When you need to get away from it all, we have the perfect solution. We'll make sure you check out feeling revived, relaxed and ready to face the world again.

Your escape includes:

- One nights' stay with dinner & breakfast for 2 people
- One 25 minute treatment per person from the list below,
- Express Facial • Express Scalp & Shoulder massage
- Express Cleansing and Purifying Back Treatment
- Express Perfect Legs • Mini Manicure or Pedicure

Why not upgrade for £10 to any 40 minute treatment from the brochure.

For more information or to book your overnight stay visit www.mercure.com



Time for a day of pampering

TIME TO RELAX

Time with therapists: 40 mins £55

Your time is precious, so take a mini pamper day to relax and refresh your mind and body. Your mini pamper day can be in the morning or afternoon, or why not enjoy a post-work twilight experience after 5pm? Your day of relaxation will include a robe, slippers, and any 40 minute treatment from our brochure.

Add Spa lunch additional £10 per person

TIME TO INDULGE

Time with therapists: 55 mins £79

Enjoy quality time with your loved one, friends or family with this wonderful spa experience. Relax, rejuvenate and de-stress; our therapists will create a bespoke experience for you. Your day of indulgence will include a robe, slippers, spa lunch, and any 55 minute treatment from our brochure.

THERAPISTS CHOICE

TIME TO MELT

Time with therapists: 80 mins from £99

If you are feeling exhausted, stressed out and tense, this package guarantees to soothe, unwind and recharge. The perfect combination of treatments to rejuvenate the body and uplift your spirit. Your day of pampering will include a robe, slippers, spa lunch and any two 40 minute treatments from our brochure.

PREGNANCY PAMPER

Time with therapists: 110 mins £99

We'll help you to nourish your skin and soothe aching muscles, so you feel truly pampered and relaxed during your pregnancy. Your day of relaxation will include:

Decléor Radiant Mum to be
Toe Tidy
Spa Lunch
Robes and slippers
Full days use of the spa facilities

Treatment enhancers

SPA RITUAL

10 mins £10

Steeped in the rich cultures and philosophies of Asia, the foot ritual is the perfect way to begin any treatment. Relax as our therapists exfoliate and massage your feet, blended with bespoke aromatherapy oils. The sequence of movements as they work over your feet and around your ankles have been specifically combined to kick-start the circulation, facilitate drainage of toxins and relax the mind and body.

SPA BRUSH-UP

10 minutes £12

The perfect way to kick-start the circulation before any spa body treatment or massage. Gentle sweeping strokes stimulate the blood and lymphatic circulation to promote the elimination of toxins, reduce cellulite and enhance all spa treatments.

We will teach you how to do this at home on a daily basis and give you a professional dry body brush to take away with you.



Time for your face

DECLÉOR AROMATHERAPY DISCOVERY FACIAL

40 mins £45

The effective rescue remedy for perfectly radiant skin. When you want to bring back an irresistibly healthy complexion, this is the perfect rescue-remedy. For rapid results, your expert therapist uses a combination of massage and Essential Oils to smooth and revitalise tired skin.

DECLÉOR VITAL EYES

40 mins £45

Anti-ageing and visibly plumping for a smoother eye zone. This specialised treatment is fatigue-fighting, moisture-quenching and wrinkle-erasing. Decléor's unique toning eye technique stimulates micro-circulation and encourages cell renewal, while an intensively repairing, anti-ageing eye mask also decongests and de-puffs.

THERAPIST CHOICE

DECLÉOR POWER PACKED VITAMIN SURGE FACIAL

55 mins £62

Award winning vitamin facial to leave your skin visibly radiant.

This internationally renowned, multi-award winning facial is power-packed with vitamins and anti-oxidants. Stress simply melts away thanks to five deeply relaxing massage techniques and the ideal rebalancing aromatic elixir for your complexion. Skin is left deep cleansed, perfectly replenished and glowing with vitality.

DECLÉOR BEAUTY ENHANCING FACIALS

70 mins £72

Personalised facial to address your skin needs. A sensation of extreme effectiveness and wellbeing prescribed to your individual skin needs. After an expert skin analysis, your therapist will select from one of our targeted active masks with renowned properties that will enhance the beauty of your own skin.

DECLÉOR WRINKLE ERASER YOUTH BOOSTER

70 mins £72

Youth-boosting anti-wrinkle treatment. The secret to eternal youth! Using powerful youth-boosting botanicals, this pampering facial intensively targets the appearance of lines and wrinkles. The mineral-loaded mask lifts, plumps and firms while gentle exfoliation refines skin texture. Bringing dramatic and immediate results, expression lines and wrinkles are smoothed, ensuring skin looks luminous.

DECLÉOR COLLAGEN PLUMP AND LIFT

70 mins £72

Ultimately effective anti-ageing facial leaving the skin plumper and firmer.

This facial includes our effective 'lifting' massage to recharge skin tissues. Youth-activating formulas then infuse the skin with naturally energising ingredients to help kick-start its natural renewal process. An indulgent and collagen-rich mask ensures skin feels plumped and tightened too. The result? A flawless, youthful new radiance.

DECLÉOR MEN'S INTENSIVE ENERGISING FACE TREATMENT

55 mins £62

Kick-starts tired skin and minimises irritations.

This fatigue-fighting treatment targets and treats shaving bumps and irritation. An invigorating and hydrating pure energy mask made from Oak and Green Clay decongests deep-down to re-energise skin. Combined with stress-releasing massage techniques, skin is left relaxed, smooth and healthy looking.

DECLÉOR MEN'S ENERGISING FACE TREATMENT

40 mins £45

Time saving and face saving.

Developed to re-energise skin, and re-charge skin instantly, this facial includes thorough exfoliation and revitalising massage to give tired skin a lease of new life. Leaves every skin type clear and fresh.



Time to combine face & body

THERAPIST CHOICE
DECLÉOR HEAVENLY ESCAPE
FACE AND BODY RITUAL

Exclusive to Spa Naturel 55 mins **£62**

This truly heavenly treatment allows you to escape from everyday stresses and totally unwind. The aromatherapy massage will therapeutically ease tension and give total relaxation. The use of Warm Aromatherapy balms, expertly blended from an elixir of natural Essential Oils, will melt away stress and leave skin feeling like silk. A pressure point and drainage massage to the face will remove built-up toxins and tension, and a prescribed mask will deeply treat the skin, leaving you looking refreshed and glowing.

DECLÉOR SIMPLY SMOOTH ME FACIAL
AND BACK MASSAGE RITUAL 40 mins **£45**

Exclusive to Spa Naturel.

Allow your therapist to melt away stress and tension by massaging with our Relax Intense Balm. Natural Essential Oils will de-stress your mind and deeply nourish your skin. The skin will be soothed and cooled with Gel Prolagène, helping to reinforce stressed or damaged skin. For your facial, the Essential Oil of Damask Rose will help to strengthen the skin. Your expert therapist will ensure you leave with perfectly radiant skin.

DECLÉOR ORESSENCE ENERGY³
FACE AND BODY RITUAL 90 mins **£85**

Working on the body's 3 vital energy flows (cell, muscle and peace of mind), Decléor offers the ultimate in face & body treatments.

Featuring a unique combination of Essential Oils and plant oils blended to meet your needs, ORESSENCE ENERGY³ includes the award-winning salon mask, power-packed with vitamins and anti-oxidants, as well as a heavenly Aromatherapy full body massage, using an incredibly effective elixir of plant oils rich in Omega 6 & 9 and Vitamin E. This is expertly mixed with three 100% pure & active precious blends of Essential Oils.

The most blissful way to soothe the body and mind, you will feel revitalised, with energy levels rebalanced. Skin is left deeply cleansed, perfectly replenished and glowing with youthfulness and vitality.

DECLÉOR NEW MUM
INDULGENCE TREAT 70 mins **£72**

Luxurious and pampering to regain balance after baby arrives...

Our post-natal treatment takes care of you top-to-toe. Deeply relaxing, this face and body treat includes a divine draining massage which soothes tired legs and an over-tired body and mind, while an illuminating facial leaves the skin as soft as your newborn's.

DECLÉOR RADIANT MUM 2 BE 70 mins £72

Nurturing pregnancy ritual, suitable for pregnancies over 12 weeks.

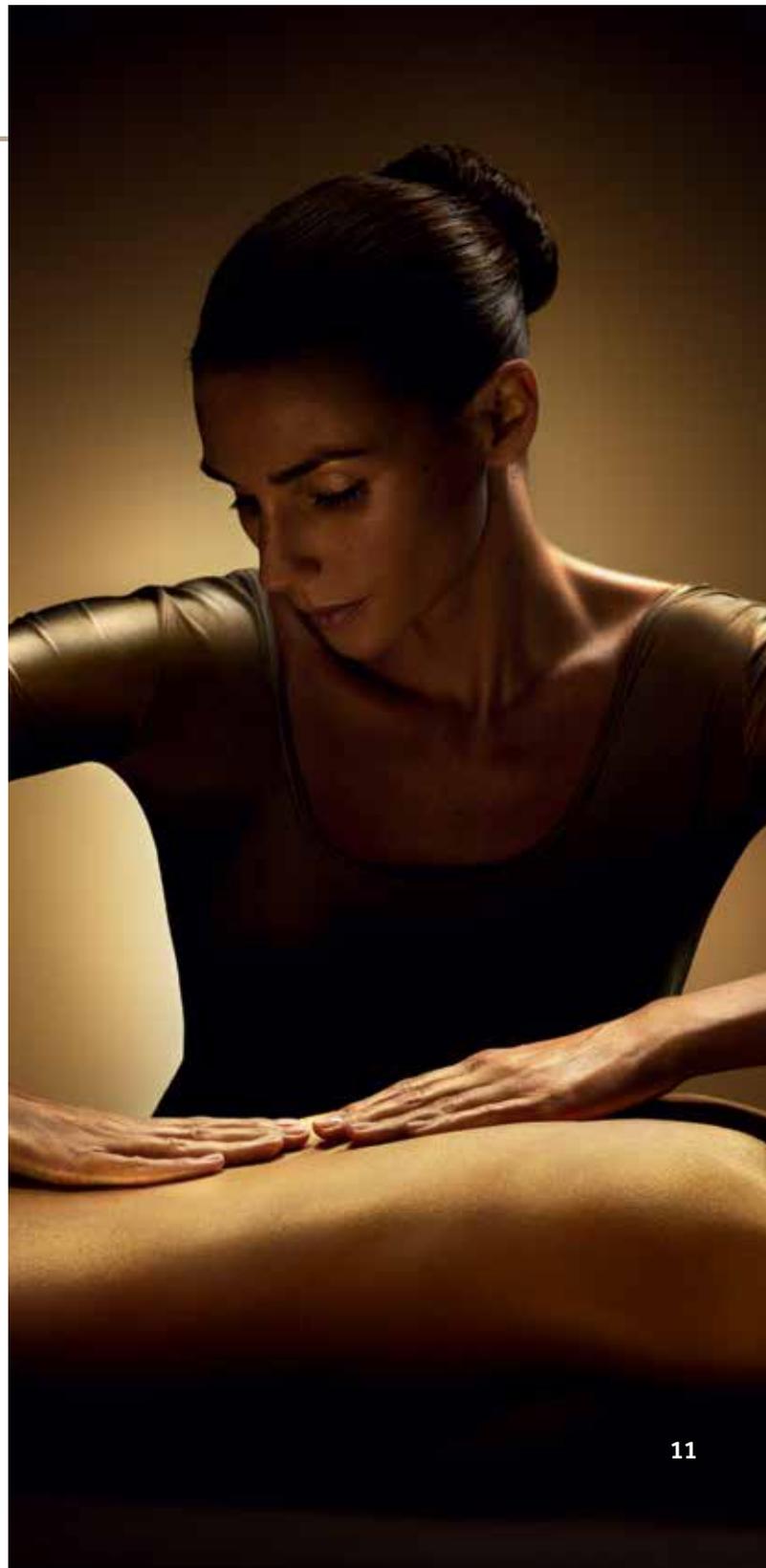
This blissful face and body treatment includes a comforting tummy mask that helps to reduce the risk of stretch marks, plus a draining massage to reduce water retention, thus lightening 'heavy' legs. A skin-brightening facial ensures you look as glowing as you feel.

THERAPISTS CHOICE

**DECLÉOR MEN'S DEEP TISSUE BACK
MASSAGE & FACIAL**

55 mins £62

An intensive, energy-inducing massage which focuses on back, neck and shoulder tension to eliminate tired and tense muscles. A stimulating facial using potent and highly-effective energising ingredients ensures skin is left healthy and invigorated, whilst the mind is transported to a place of tranquillity.



Time for massage

YOUR MASSAGE – BESPOKE AND TAILORED TO MEET YOUR NEEDS

2 easy steps to create your massage; first choose your massage style, then choose your massage time.

THERAPISTS CHOICE

DECLÉOR AROMA BLEND REFINE AND FIRM

40 mins - £45 / 55 mins - £62 / 70 mins - £72

A tailor-made body shaping ritual for lasting skin transformation. A completely new approach to massage and body sculpting, this highly effective massage is bespoke to you and your refining and firming needs. Your therapist will blend a fusion of Essential Oils and plants oils to focus on what you would like to achieve and how you would like to feel. Your body will feel recharged and your emotions balanced.

DECLÉOR AROMATHERAPY

40 mins - £45 / 55 mins - £62 / 70 mins - £72

Everyday stresses and strains simply disappear with our heavenly Aromatherapy Massage. The incredibly soothing sensation of the Warm Aromatherapy Balms, expertly blended from an exquisite elixir of natural Essential Oils, melt away tension and ease stress for renewed energy and velvety skin.

DECLÉOR DEEP TISSUE MUSCLE ENERGISER

40 mins - £45 / 55 mins - £62 / 70 mins - £72

Powerful, deep and strongly rhythmic movements make this customised massage pure therapy for the body and soul. Created to alleviate stress and release the discomfort of aching muscles, whether through fatigue or stress. Decléor Essential Oil Balms work with your body to release localised areas of tension. Your mind will be left feeling less cluttered, and your muscles intensely relaxed.

DECLÉOR WARM STONES

40 mins - £45 / 55 mins - £62 / 70 mins - £72

The most blissful way to soothe body and mind; stress doesn't stand a chance against this divine warm stone massage. Your personalised sensorial journey relies on the therapist's intuitive touch, in harmony with smooth, heat-releasing stones. Individually shaped, these magical stones help release tension, soothe aches and rebalance energy levels; the use of luxuriously melting Aromatic Balms ensure skin emerges soft as silk too.

INDIAN HEAD MASSAGE

40 mins - £45

Using this traditional Indian massage, circulation is greatly improved, head tension is relieved and a general feeling of wellbeing experienced.

Time for body

THERAPISTS CHOICE

DECLÉOR ORANGE AND APRICOT FRUIT SEED SCRUB

60 mins £68

Massage and exfoliation combined in an exotic body treatment.

Inspired by the magical island of Madagascar, fruit Seeds of Orange and Apricot plus Essential Oils and Spices are used to polish and perfect skin leaving it in supreme condition. A delightfully relaxing massage with warm aromatherapy oils then allows your therapist to focus on any areas of tension and stress, re-energising and restoring vitality for skin that's beautifully nourished and exceptionally soft all over.

DECLÉOR CLEANSING & PURIFYING BACK TREATMENT

40 mins £45

Decongests and brightens for a beautiful back.

A facial for your back! Following our unique back diagnostic massage to relax and release blocked energy, a skin-brightening exfoliation re-oxygenates skin while targeting spots, blackheads and general congestion. Essential Oils and plant extracts help rebalance and control oil and moisture levels.

ALWAYS BRONZED

£28 BUY 4 SESSIONS £100

(Selected sites).

Using the latest and most sophisticated spray tan, our therapists will ensure you leave the spa looking bronzed and beautiful.

DECLÉOR COCOONING FULL BODY WRAPS

LEMON & MANGO, FIRM & TONE

60 mins £68

Tightening, sculpting and smoothing.

This collagen-boosting body wrap works to tone slackened skin and repair sun damage. Potent radiance enhancing Essential Oils of Immortelle, Lemon and Frankincense are combined together for a deliciously nourishing feel. This sculpting envelopment hydrates and moisturises too, improving hydration levels for radiant, firm and soft skin all over.

ANTI-FATIGUE CITRUS

ENERGY BOOST

60 mins £68

Energising and revitalising to improve circulation.

Aches, pains and tiredness melt away with this super-stimulating treatment. This refreshing full body wrap eases aching muscles and fights fatigue. Revitalising Essential Oils of Lemon, Pepper and Cypress are combined to leave you feeling energised and refreshed.

VANILLA & YLANG YLANG

RELAXING HYDRATION

60 mins £68

Intensely calming and nourishing for super soft skin.

Banish stress with this cocooning and warming relaxation wrap. Developed to improve wellbeing by relieving stress and unloading busy minds. This sublimely relaxing envelopment includes deliciously soothing Vanilla as well as brightening Papaya Extract to leave skin satin smooth.



Time for waxing

Whether it's a special occasion or your regular treat, our team of therapists will ensure you're always looking your very best.

WAX SMOOTH

Full Leg and Bikini £38

Full Arm £25

Full Leg £32

Upper Lip £12

Half Leg £21

Chin £12

Underarm £12

Lip and Chin £15

Three-Quarter Leg £28

Eyebrow £12 (£6 when added to a facial)

Bikini £14

Brazilian Bikini £30

Forearm £18

Hollywood Bikini £40

Men – back £25

Men – chest £25

Men - back and shoulder £35

BEAUTIFUL EYES

To enhance the experience of the following treatments, a relaxing scalp massage is included. A 24-hour patch test is required for all

Beautiful Eyes treatments.

Eyebrow Tint £10

Eyelash Tint £18

Eyelash and Brow Tint £24

Time for hands and feet

HAND OR FOOT REJUVENATION

55 mins £45

The ultimate deluxe hand or foot, combining attention to the nail plates and cuticles and a thermal treatment to soften the skin and hydrate.

Finished to perfection with your choice of colour.

TOE TIDY

OR MANICURE GROOMING

40 mins £28

If your hands or feet appear tired, let our specialists help achieve the best condition for the nails and cuticles, not forgetting the polish application to achieve the finished look.

FRENCH POLISH

10 mins £8

Can be added to either:

Hand or Foot Rejuvenation or Toe Tidy or Manicure Grooming or Express File and Polish.

THERAPISTS CHOICE

GEL EFFECT

45 mins £35

Beautiful nails with the strength to maintain them. Using gel, in a colour of your choice, a high gloss finish will be applied.

If you have gels please book the gel removal.

GEL REMOVAL & GEL EFFECT

70 mins £50

GEL REMOVAL

40 mins £30

EXPRESS FILE AND POLISH

15 mins £15

We will file your nails and finish off with a colour of your choice. Choose either your hands or your feet.

If you're looking for more attention to the skin and cuticles we recommend Hand or Foot Rejuvenation or Toe Tidy or Hand Grooming.

NAIL TREATMENT ENHANCERS

French Polish (price in addition to your chosen hand or foot treatment) 10 minutes £8

Enhance your manicure or pedicure with an application of French polish. This natural look will lengthen the appearance of your nails and is perfect for any occasion.



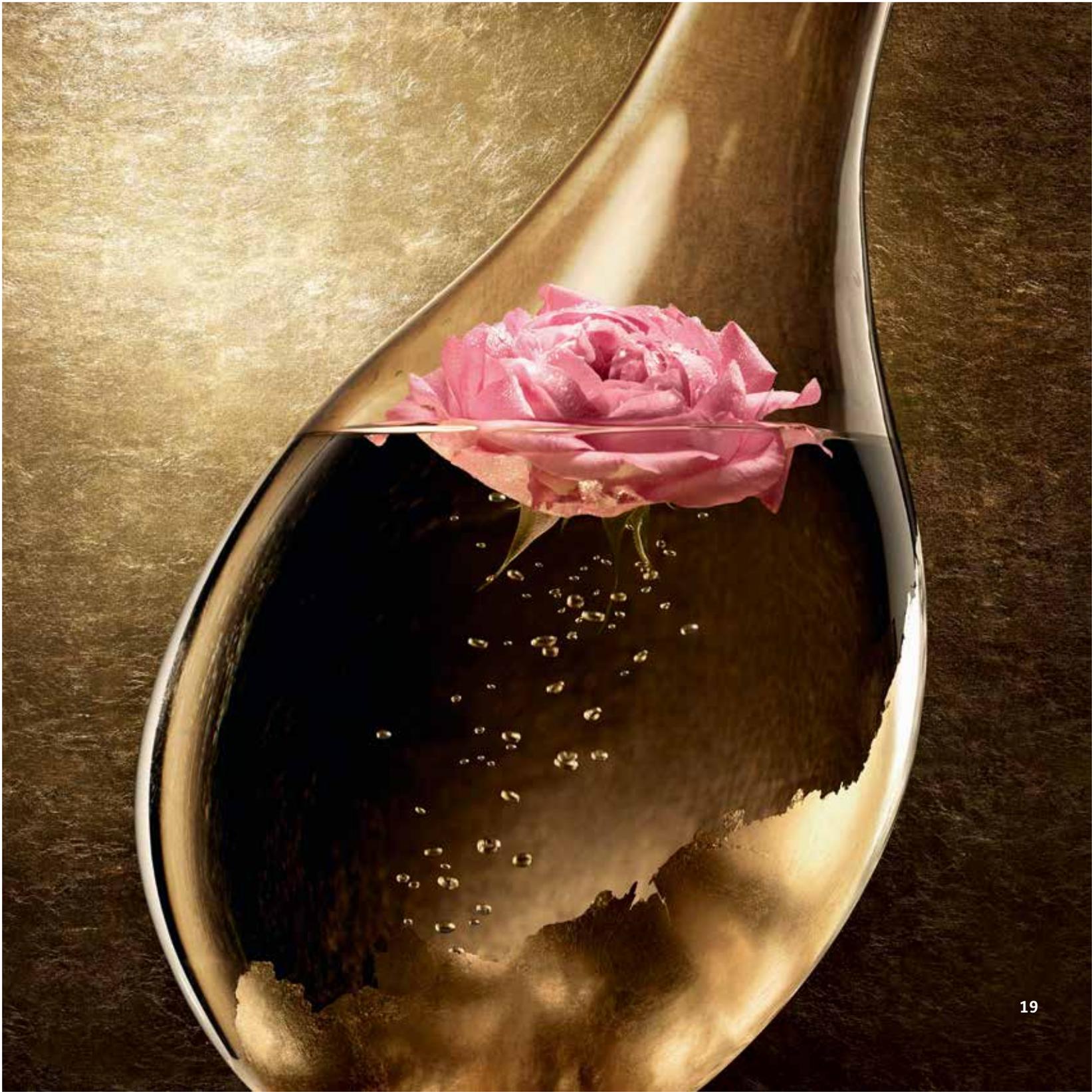
Spa information

- Treatments can be booked either by email, calling your chosen spa direct or online at www.spanaturefitness.com. To guarantee your perfect time and date, please book well in advance.
- Please arrive 15 minutes prior to your treatment time to guarantee that your treatment begins on time. This will allow you to be fully relaxed and have completed or updated your wellness questionnaire.
- To confirm your treatments a 50% deposit is required on booking. In the event your treatment is cancelled within 48 hours the deposit is non-refundable and non-transferable.
- Full payment is required on bookings made 24 hours prior to the treatment start time. This is not refundable should you cancel your booking.
- In an effort to provide a totally relaxed environment, we ask that you refrain from using your mobile phone in public areas in the spa.
- A swimming costume is obligatory when using our thermal suite.
- Underwear must be worn during treatments.
- Consultation and aftercare advice are included in the treatment time.
- For health and safety reasons, children under the age of 16 are not permitted in the thermal suite.
- Child and teenage treatments are available; please ask at reception for more information.
- On making your reservation, please advise us if you have any health concerns or if you may be pregnant so that we can guide you towards the best treatments.
- If you would like us to create a bespoke treatment plan during your stay, private spa consultations are available free of charge by appointment.
- We recommend you leave all valuables at home.

We cannot be responsible for any missing items in the spa. Jewellery needs to be removed prior to treatments commencing.

- All treatments are subject to availability. Please contact the spa directly before making your booking.

*Spa facilities may vary per hotel: please contact the spa direct for more information.





spanaturelfitness.com