

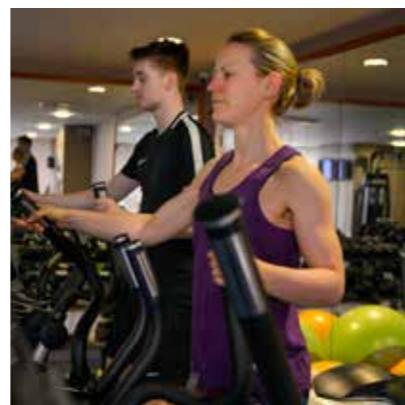
RELAX & UNWIND

at Mercure Manchester Norton Grange Hotel & Spa



spa
Naturel
fitness

welcome to wellness



YOUR SPA JOURNEY BEGINS HERE...

At Spa Naturel, we are dedicated to putting your well being at the heart of everything we do. From the moment you arrive you will be met by tranquil countryside to start your day of relaxation and peace.

We've created a space to escape the everyday and find a moment helping you to unwind, de-stress and leave feeling totally refreshed. We do this by infusing quality through every decision we make.

We're passionate about personalising our services at every point so, whether you take your Spa journey through our unique heat and ice experience or a luxurious treatment, we are positive this will be an experience you won't forget.





Thermal Spa Experience



Let our Thermal Spa facilities help you to unwind and relax, featuring:

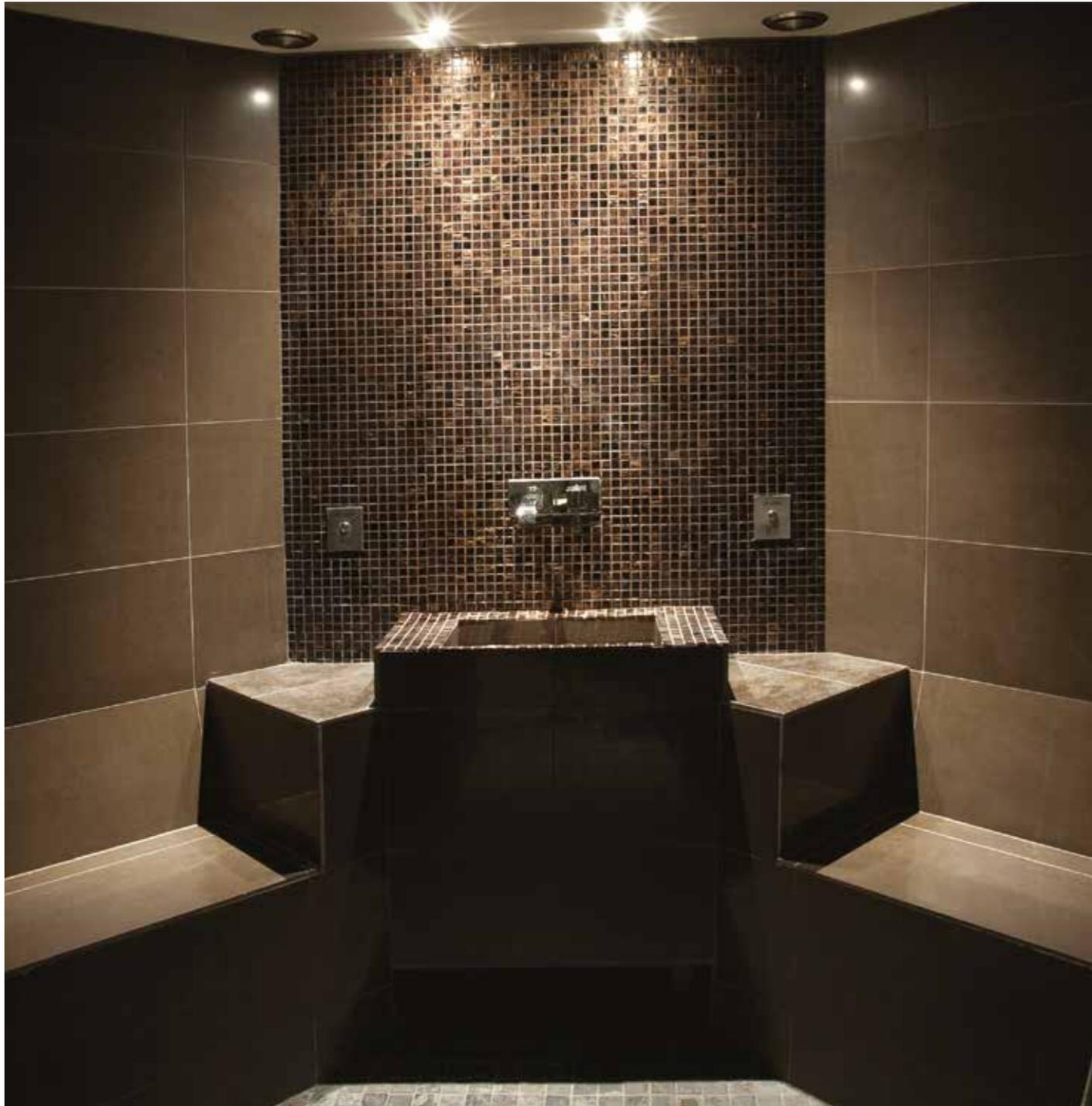
- 18m Heated Indoor Swimming Pool
- Aroma Steam Room
- Steam Room
- Ice Room
- Rock Sauna
- Bio Sauna
- Hydrotherapy Pool

Thermal Spa Experience £30

Luxury Thermal Spa Experience
Inclusive of two course lunch **From £40**

Deluxe Thermal Spa Experience
Inclusive of lunch and Mud Rasul **From £49**

All of our Thermal Spa experiences are inclusive of Robes, Towels and Slippers and use of facilities for the full day.



MUD RASUL CHAMBER

Nourish and hydrate your skin

Our Mud Rasul chamber is perfect for sharing with your friends or loved one. Once you have been taken through to this amazing facility which has been specially designed, you will be left alone to apply a range of muds to your face and body. Once you have applied yourself top to toe in our all natural products, relax in the thermal chamber and let the steam activate to release impurities and cleanse your skin leaving you feeling polished and refreshed.

Our Mud Rasul Experience is included in our Deluxe Thermal Spa experience or simply upgrade this to any of our treatments or packages for:

Mud Rasul Experience
Two Guests £40
Three Guest £50
Four Guests £60

OPENING TIMES

Monday - Friday
9.15am - 7.45pm

Saturday
10.15am - 4.45pm

Sunday
9.15am - 3.15pm





REFRESH

Spa Days

Our Spa Packages have been designed to give you pure indulgence. On arrival you will be greeted and led to our break room to enjoy a light snack along with refreshments. Once you get cosy in your robe and slippers, take full advantage of unlimited access to all of our facilities for your entire day including our tranquil relaxation lounge. A light lunch will be served to you at a time of your choice within our relaxed break area. Outlined below are our spa day packages.

Refresh and Revive **Mon-Thurs £69** **Fri-Sun £84**
Back, Neck and Shoulder Massage 25 mins and Declor Discovery Facial 25 mins

Perfect Solutions **Mon-Thurs £100** **Fri-Sun £115**
A choice of Signature Full Body Massage 50 mins with Discovery Facial 25 mins
OR Reset and Revitalise Facial 55 mins with a Back, Neck and Shoulder Massage 25 mins

Pure Indulgence Day **Mon-Thurs £150** **Fri-Sun £165**
Signature Full Body Massage 50 mins, Discovery Facial 25 mins and a Jessica
Luxury Manicure 60 mins

Escape Spa Day **Mon-Thurs £170** **Fri-Sun £185**
Full Body Scrub 25 mins, Signature Full Body Massage 50 mins and Expert Facial
tailored to your needs 60 mins

Spa Breaks

1 Night Pamper Break **£125 per person**
Based on 2 people sharing. Includes 1 x 25 mins treatment each, three course
dinner, full English breakfast, full use of facilities

Choose one from the following treatments:
Mini Jessica Manicure, Mini Jessica Pedicure, Discovery Facial, Spa Natural
Signature Back, Neck & Shoulder Massage

2 Night Pamper Break **£225 per person**
Based on 2 people sharing. Includes 2 x 25 mins treatments each, three course
dinner for each night and full English breakfast

Choose two from the following treatments:
Mini Jessica Manicure, Mini Jessica Pedicure, Discovery Facial, Spa Natural
Signature Back, Neck & Shoulder Massage

Please note - The treatments are not automatically booked when you book a
spa break. Please contact us on 01706 630788 to check the availability prior to
booking. Upon booking a room, please contact our dedicated leisure club team
to book the treatment separately.

OUR PRODUCTS

Simply the best



DECLÉOR PARIS

We are proud lovers of Multi award winning Decléor face and body skincare brand. Nature's purest and most potent active ingredients are infused in each and every product. Decléor scientist's select premium blends of essential oils to ensure every skin type is cared for and especially created massage techniques are used within each treatment to deliver the ultimate skincare results.



JESSICA®

Jessica is one of the leaders for natural nails providing the highest quality nail products to professionals all around the world. Their high class products are designed to maintain naturally beautiful nails with many VIPs and celebs across the globe being avid users of the original Jessica polish.



Outback Organics is an all natural waxing product from down under in the suburb of Australia. Natural extracts from the coastlines, forest and bush lands have been infused to create this unique organic skincare solution with an Aussie twist. Down to its botanical roots this waxing company is perfect for those with a sensitive skin against waxing and is sure to leave you feeling smoother than ever.

OUR SIGNATURE RANGE

Just for you

Signature Back, Neck and Shoulder Massage

£30 - 25mins

Is perfect to melt away those everyday aches and pains

Signature Full Body Massage

£50 - 50mins

A warm massage oil targeting your tension areas will leave your body and mind feeling completely rebalanced and soothed.

Signature Scalp Massage

£30 - 25mins

Targeting pressure points, rebalance your mind to aid restful sleep and gently release tension around your head and neck.

Signature Body Scrub

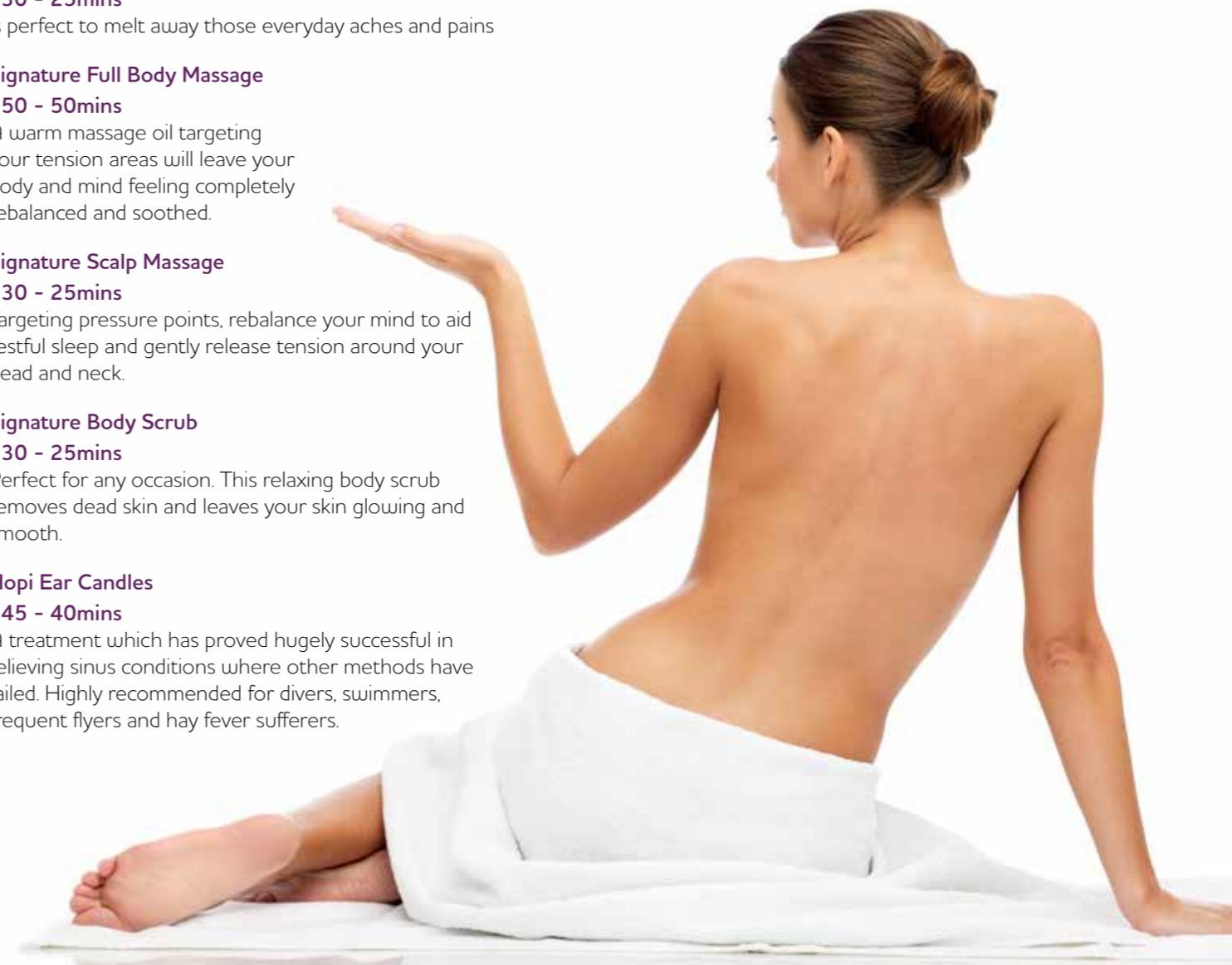
£30 - 25mins

Perfect for any occasion. This relaxing body scrub removes dead skin and leaves your skin glowing and smooth.

Hopi Ear Candles

£45 - 40mins

A treatment which has proved hugely successful in relieving sinus conditions where other methods have failed. Highly recommended for divers, swimmers, frequent flyers and hay fever sufferers.



DECLÉOR
PARIS

FACIALS

Time to treat your face

Discovery Facial **25mins - £45**
Discover what makes Decléor facials world famous with this taster facial. Your therapist will use 100% essential oils for rapid results leaving you balanced and comforted.

Smooth & Revitalise Eye Treatment **40mins - £50**
Created especially to target fine line and wrinkles around the eye area with a professional mask and massage.

Decléor Signature Reset & Revitalise Facial **55mins - £65**
The very first Decléor bespoke treatment that brings out your natural complexion. Perfectly replenishes skin thanks to a blend of flaxseed, sunflowers and plant vitamins.

Try something a little more tailored to you **70mins - £80**
with expertly created facials, choose one of:

Quench and Protect
Deeply hydrating and anti-pollution with Neroli

Cocoon and Repair
Instantly nourishing and anti-tightness with Neroli

Clean and Rebalance
Purifying and anti-blemish with Ylang - Ylang

Calm and Strengthen
Soothing and anti -redness with rose damascena

Anti - Ageing Smooth and Glow
Energise and anti-oxident with Mandarin

Plump and Lift
Lifting and plumping your target areas with Lavender

Sculpt and Rejuvenating
Redensifying and global anti-ageing with White Magnolia

Decléor Oressence Energy
Face & Body Treatment **90mins - £100**
The ultimate face & body treatment featuring a unique combination of essential oils. An award winning power packed mask with vitamins, with aromatherapy full body massage.

BODY TREATMENTS

Treat your body

At the heart of all our body treatments we use powerful essential oils that work deep within your skin for total rebalancing and relaxation.

Perfect Legs **25 mins - £40**

Designed to treat tired, aching legs and remove water retention - Perfect for mums to be or pre and post holiday.

Relax and Detress Body Massage

Aromatherapy massage using the finest essential oils to aid deep relaxation.

Back, Neck and Shoulder Massage **25 mins - £38**

Full Body Massage **55 mins - £60**

Deep Tissue Muscle Energiser

Intensely hydrate and release tension from your body with this deep muscle soother. Pepper and Cypress essential oils are specially chosen to restore energy levels.

Back, Neck and Shoulder Massage **25 mins - £40**

Full Body Massage **55 mins - £70**

Aromatherapy Warm Stone Massage

Warm stones are used to melt the tension from your body and mind for the ultimate escape from the everyday.

Back, Neck and Shoulder Massage **25 mins - £45**

Full Body Massage **55 mins - £75**

Offering total comfort our Body Wraps include, full body exfoliation, warm essential oils massaged into the skin followed by a top to toe body mask for intense nourishing.

Vanilla and Ylang Relaxation Body Wrap **60 mins - £75**

Wrap your body in essential oils and relaxing body mask for perfectly hydrated skin.

Revitalising Body Wrap **60 mins - £75**

Uplifting essential oils will bring a glow to your skin with this energising body wrap.



DECLÉOR
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PARIS

MEN

Especially for men



Energising Face Treatment 25 mins - £45

Re-charge and refresh your skin instantly with this quick fix that will fit into even the busiest of diaries, perfect for any occasion.

Perform and Energise Skin Facial 55 mins - £65

Energise and hydrate your skin with this specially created facial for men.

Deep Tissue Muscle Energiser

Intensely hydrate and release tension from your body with this deep muscle soother. Pepper and Cypress essential oils are specially chosen to restore energy levels.

Full Body Massage 55 mins - £70

Mens Back, Neck and Shoulder Massage 25 mins - £45

MANICURE & PEDICURE

Jessica Prescriptive Manicure

45 mins - £40

This all over manicure includes filing and shaping of the nails, cuticles will be refreshed followed by a hand massage with nourishing hand cream and beautifully finished polished.

Jessica Luxury Manicure

60 mins - £50

This is a Jessica prescriptive manicure with the added luxuries of exfoliation to remove dead skin and thermal heated mittens to intensely hydrate your nails and hands.

Jessica Zenspa Pedicure

45 mins - £40

This all over pedicure includes filing and shaping of the nails, cuticles will be refreshed followed by a hard skin removal and a replenishing foot cream will be massaged into your super soft feet and beautifully finished polished.

Jessica Zenspa Pedicure Deluxe

60 mins - £50

This is a Jessica Zenspa Pedicure with the added luxuries of exfoliation to remove dead skin and thermal heated booties to intensely hydrate your nails and feet.

Upgrade your Manicure or Pedicure to a longer lasting GELeration finish for £7.50

Jessica GELeration Polish

25 mins - £25

Your nails will be shaped and painted with a longer lasting Gel polish with a super glossy finish.

Gel Removal and Nail Conditioning Treatment 25 mins £15

Gel Removal added to any Manicure or Pedicure 15 mins £5

File and Polish 25 mins £20





PRE/POST NATAL TREATMENTS

Time for those
precious moments
in life....

Baby on Board Face and Body

Treatment

70 mins - £80

This head to toe pregnancy treatment combats fatigue and elasticity of the skin while carrying and nurturing your bundle of joy. Your treatment can be tailor made to target water retention, lower back pains and soothe your skin back to hydration.

Special Delivery Face and Body

Treatment

70 mins - £80

New mums deserve a little time out from around the clock care of their new born baby. Relax and unwind with this all over body massage to revive your energy levels and restore your skin with specially selected essential oils for ultimate firming.

WAXING

Eye brow Wax £8	Underarm £6	Back & Chest £35	Full Leg / Bikini £32
Lip & Chin £10	Forearm £15	Back £20	Bikini £10
Upper Lip £6	Full Arm £20	Half Leg £18	Brazilian £30
Chin £6	Chest £20	Full Leg £25	Hollywood £36



BEAUTIFUL EYES

Get your eyes ready! Whether this is a special occasion or a regular treat, your eyes are going to sparkle with our enhancing treatments.

Eyebrow Tint	£10
Eyelash Tint	£18
Eyelash and Brow Tint	£24
Individual False Eyelash – Lasting up to 1 week	£15

SPA ETIQUETTE

Please have consideration for other Spa guests. Mobile phone use is prohibited within the Spa area as this distracts you from your overall relaxation. In addition to this, within the relaxation area, conversations are fine, but please moderate your voice as other guests may be enjoying a post therapy sleep. We request that no outdoor footwear is to be worn in the Spa thermal areas. We also ask that during treatments, all guests keep their under garments on.

HOW TO BOOK

At Spa Naturel, all guest must be 16 years and over (under 18s must be accompanied by an adult). To ensure your preferred date, time and service is available we recommend booking well in advance. Our Spa reservations team are available on **01706 630788** or email spanaturel@nortongrangehotel.com Alternatively, you may also book directly from our website www.nortongrangehotel.com

SPA TREATMENTS

All Spa guests are advised to arrive a least 15 minutes prior to their first treatment. All appointment times include consultation and aftercare advice. Please be advised that late arrivals will result in treatment time being shortened accordingly

CANCELLATION POLICY

We have a 48 hour cancellation/amendment policy. If your Spa day is cancelled within this period we reserve the right to retain your deposit/payment, within this period Spa days are non transferable. Your deposit/payment will be valid if the Spa day is cancelled outside the period of 48 hours.

HEALTH CONDITIONS & PREGNANCY

Please inform us prior to your visit if any guests have allergies to potential product usage and if there are any medical reasons which may interfere or hinder your treatments including:

- Cancer (past or present)
- Pregnancy
- Recent Operations

All our prices are inclusive of VAT; however we reserve the right to amend prices without prior notification. All of our Spa therapies are subject to availability. With regard to our Spa Days, we would require a 50% pre-payment on booking to secure your appointment. In the case of a gift voucher or credit note, the reference number will be required upon booking.

Gift Vouchers

Looking for the ideal gift? Why not purchase one of our vouchers?

Available for either a specific treatment or in monetary value.

Ask a member of the team for more details or call directly **01706 630788**

SPRAY TAN

Want the summer tan without the holiday?

Sun Junkie Spray Tan

25 mins £20

Enhance your natural complexion with a choice of 2 different shades, Original Solution creates a natural beach look tan and our Supreme Solution gives a dark olive tone to your skin.

Opening Times

Facilities

Monday - Friday: 06:30 - 22:00

Saturday: 07:00 - 20:00

Sunday: 07:00 - 19:00

Spa

Monday -Thursday: 09:00 - 21:00

Friday: 09:00 - 20:00

Saturday: 10:00 - 18:00

Sunday: 09:00 - 17:00



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