

# Relax & Unwind

at Mercure Manchester Norton Grange Hotel & Spa



20%  
DISCOUNT  
on Twilight  
Packages

Mon-Thu

spa  
**Naturel**  
fitness

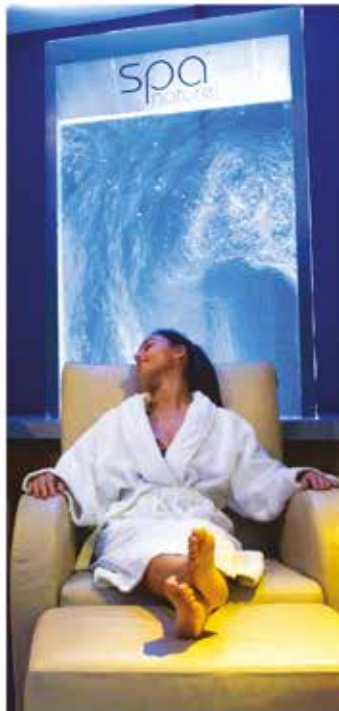
welcome to wellness



YOUR SPA  
JOURNEY  
BEGINS  
HERE...







At Spa Naturel, we are dedicated to putting your well-being at the core of everything we do. From the moment you arrive you will be met with tranquil countryside – a taste of the bliss that awaits you.

We have created a space to transcend the everyday. To find a moment to relax, disentangle the stresses of life and discover serenity.

We're passionate about you. This passion has been woven into the fibres of every decision we make. So, whether you choose our unique heat and ice experience, or indulge in a luxurious treatment. We have cultivated a paradise that you won't soon forget.





Spa Days & Spa Breaks



# 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 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- £85**

**Fri-Sun £100**

Back, Neck and Shoulder Massage 25 mins and Decleor Discovery Facial 25 mins

## Perfect Solutions

**Mon-Thurs £115**

**Fri-Sun £140**

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 £165**

**Fri-Sun £185**

Signature Full Body Massage 50 mins, Discovery Facial 25 mins and a Jessica Prescriptive Manicure/Pedicure 45mins

## Escape Spa Day

**Mon-Thurs £190**

**Fri-Sun £220**

Full Body Scrub 25 mins, Signature Full Body Massage 50 mins and Expert Facial tailored to your needs 70 mins

# Spa Breaks

## 1 Night Pamper Break

**Mon-Thurs from £165pp    Fri-Sun from £180pp**

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

**Mon-Thurs from £275pp    Fri-Sun from £290pp**

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.**

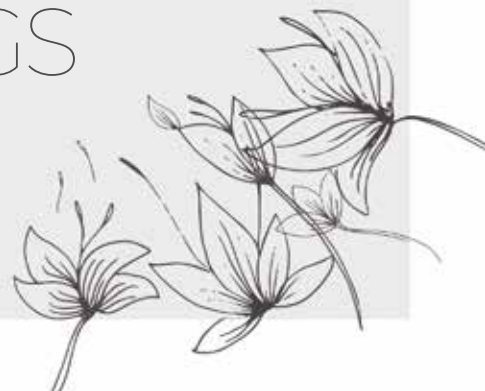
# TWILIGHT SPA EVENINGS

**Monday to Thursday 5pm to 10pm £42.50 per person**

Package includes:

Mud rasul spa treatment, towel, robe and slippers and full use of all the thermal suites & relaxation room.

**Pre-order your Bento box light supper for £12.50**



# Deluxe Thermal Spa Experience



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

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

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

## Deluxe Thermal Spa Experience

Inclusive of lunch and Mud Rasul

**(Mon-Thur) £54pp (Fri-Sun) £65pp**

# MUD RASUL CHAMBER



Our Mud Rasul chamber is perfect for sharing with your friends or loved one. Once you have been taken through to this unique facility, which has been specifically 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 refined and refreshed. The journey from start to finish will give you a 60 minute experience, inclusive of 30 minutes within the steam room chamber.

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 £50**

**Three Guests £66**

**Four Guests £80**



A woman with dark hair is applying a thick, light-colored face mask to her face. She is holding a small white bowl of the mask in her left hand and using her right hand to apply it. She is wearing a dark floral top. The background is a steamy spa environment with wooden walls and a glass partition. In the top left corner, there is a black and white line drawing of a plant with large leaves and small flowers.

*Nourish and hydrate your skin*

**Opening times**

Monday - Friday 9.15am - 7.45pm

Saturday 10.15am - 4.45pm

Sunday 9.15am - 3.15pm

we are equally flexible based on availability

# OUR PRODUCTS

## *Simply the best*



**DECLÉOR**  
PARIS

We are proud lovers of the multi-award winning Decleor face and body skincare brand. Nature's purest and most potent active ingredients are infused in each and every product. Decleor scientists 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.



**MADE FOR LIFE**



Made for life Organics skincare grew from a desire to create skincare that nourishes your body both inside and out. All of our products were developed by a qualified doctor, who combined dermatological science with the strength and purity of botanicals. Since their conception the formulations have continued to evolve with scientific research that helps us to unlock the incredible power of nature.



**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, Australia. Natural extracts from the coastlines, forests 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**

**£40 - 25mins**

Is perfect to melt away those everyday aches and pains

## **Signature Full Body Massage**

**£62 - 50mins**

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

## **Signature Scalp Massage**

**£40 - 25mins**

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

## **Deep Tissue Massage**

**Back neck and shoulder £50 - 25mins**

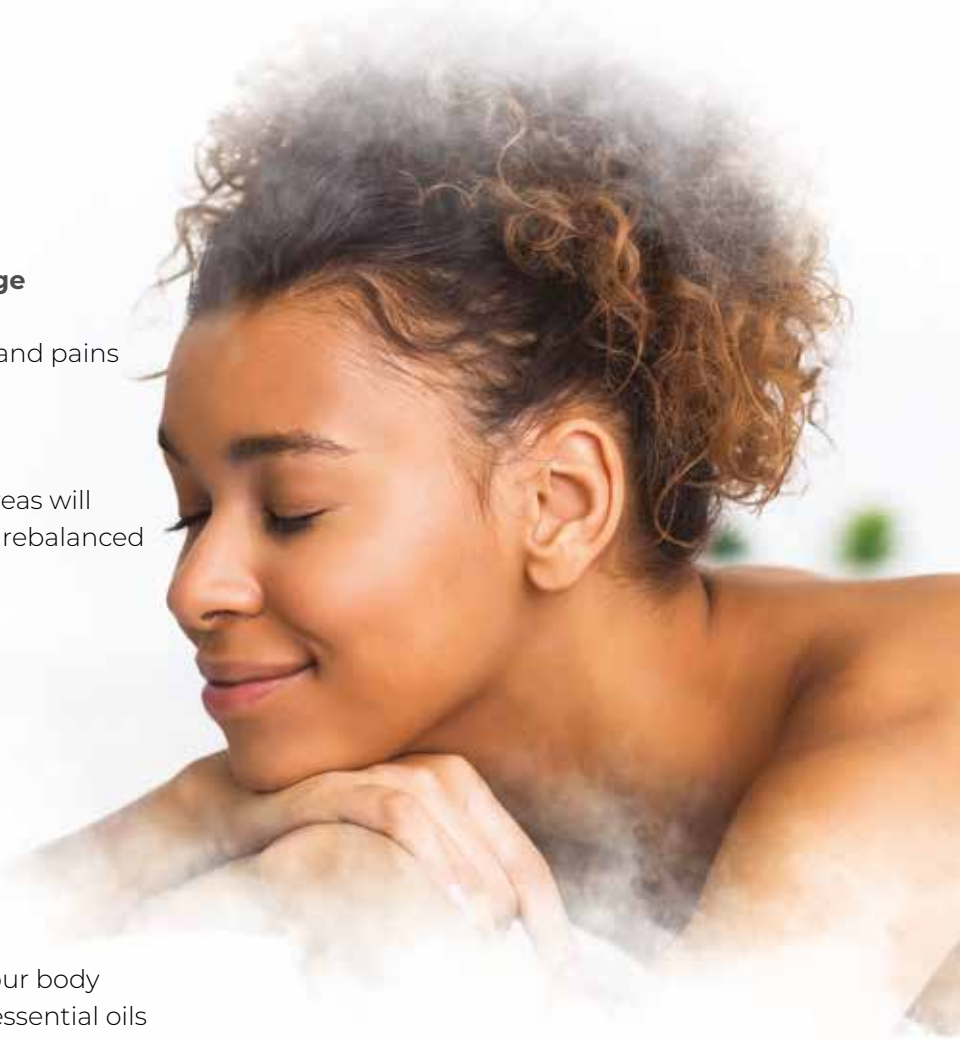
**Full body massage £80 - 55mins**

Refresh your skin and release tension from your body with this deep muscle soother. Hand picked essential oils are chosen specifically to replenish your energy levels.

## **Signature Body Scrub**

**£40 - 25mins**

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



# TIME TO TREAT YOUR FACE

## **Discovery Facial**

**25mins - £50**

Discover what makes Decleor 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 - £60**

Created especially to target fine line and wrinkles around the eye area with a professional mask and massage.

## **Signature Reset & Revitalise Facial**

**55mins - £72**

The very first bespoke treatment that brings out your natural complexion. Perfectly replenishes skin thanks to a blend of flaxseed, sunflowers and plant vitamins.



*Facials*







# OUR SIGNATURE FACIAL RANGE

**Due to popular demand we have tailor made this range of signature treatments with hand picked luxury products to suit your skin. 70mins - £85**

## **Rehydrate and Protect**

Boost your skin with this deeply hydrating facial

## **Purifying and Rebalancing**

Designed exclusively to deep clean and target blemishes

## **Repair and Strengthen**

Instantly soothing and repairing against tightness and redness

## **Anti-ageing Smooth and Glow**

Soothing and hydrating those first lines

## **Plump and Lift**

Sculpting and lifting your targeted areas

## **Oressence Energy**

### **Face & Body Treatment**

**90mins - £110**

The ultimate face & body treatment featuring a unique combination of essential oils. An award winning power packed mask with vitamins, with an aromatherapy full body massage.

# Massage Types



## SIGNATURE MASSAGE

Our signature massage is a therapeutic treatment that works the soft tissues and muscles to help restore health - creating a calming and balancing effect on the nervous system.



## AROMATHERAPY MASSAGE

A light, calming massage using a blend of aromatherapy oils, this massage is personally tailored to the individual's needs and will treat all areas of the body most prone to stress and tension, such as the back, shoulders and neck, along with the upper and lower legs, arms and hands.

VERY GENTLE

GENTLE





# and Benefits



## HOT STONE MASSAGE

The heat of the stones penetrates deep into the muscle easing tension and revitalising the muscle tissue by increasing blood circulation. The deep relaxation and increased blood flow to the areas being worked not only accelerates any healing processes but also creates a state of deep mental relaxation.

MEDIUM



## DEEP TISSUE MASSAGE

Deep tissue massage is a type of massage technique which uses deep pressure. Combining slow strokes and notable finger pressure, the purpose is to release the tension and tightness held deeply in your muscles and your connective tissues.

HEAVY



## BAMBOO MASSAGE

Relieve your daily stresses and tiredness with this deep tissue massage using natural bamboo and deep pressures to accentuate the massage effects and instantly relieve muscle tensions. Aimed at relieving muscle tension, stimulating blood circulation and offering an enhanced warming effect.

VERY HEAVY



# Body Treatments



# 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 - £45

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

## **Relax and Destress Body Massage**

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

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

## **Full Body Massage** 55 mins - £72

## **Bamboo Treatment**

Relieve your daily tension and tiredness with this deep tissue massage using natural bamboo sticks. Pressures are applied using warming Cica Balm and Essential oils to help instantly release muscle tension and improve your blood circulation.

## **Full Body Massage** 55 mins - £82

## **Leg Massage** 25 mins - £50

## **Back Neck & Shoulder Massage** 25 mins - £50

## **Relaxing & Nourishing Wrap or Firming & Detoxifying Wrap** 60 mins - £85

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

## **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 - £50

## **Full Body Massage** 55 mins - £82



# ESPECIALLY FOR MEN



## **Energising Face Treatment** 25 mins - £50

Recharge 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 - £72

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

## **Smooth & Revitalise**

### **Eye Treatment** 40mins - £60

Created especially to target fine lines and wrinkles around the eye area with a professional mask and massage.

## **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.

### **Mens Back, Neck and Shoulder Massage** 25 mins - £50

### **Full Body Massage** 55 mins - £80

## **Bamboo Treatment**

Relieve your daily tension and tiredness with this deep tissue massage using natural bamboo sticks. Pressures are applied using warming Cica Balm and Essential oils to help release muscle tension and improve your blood circulation.

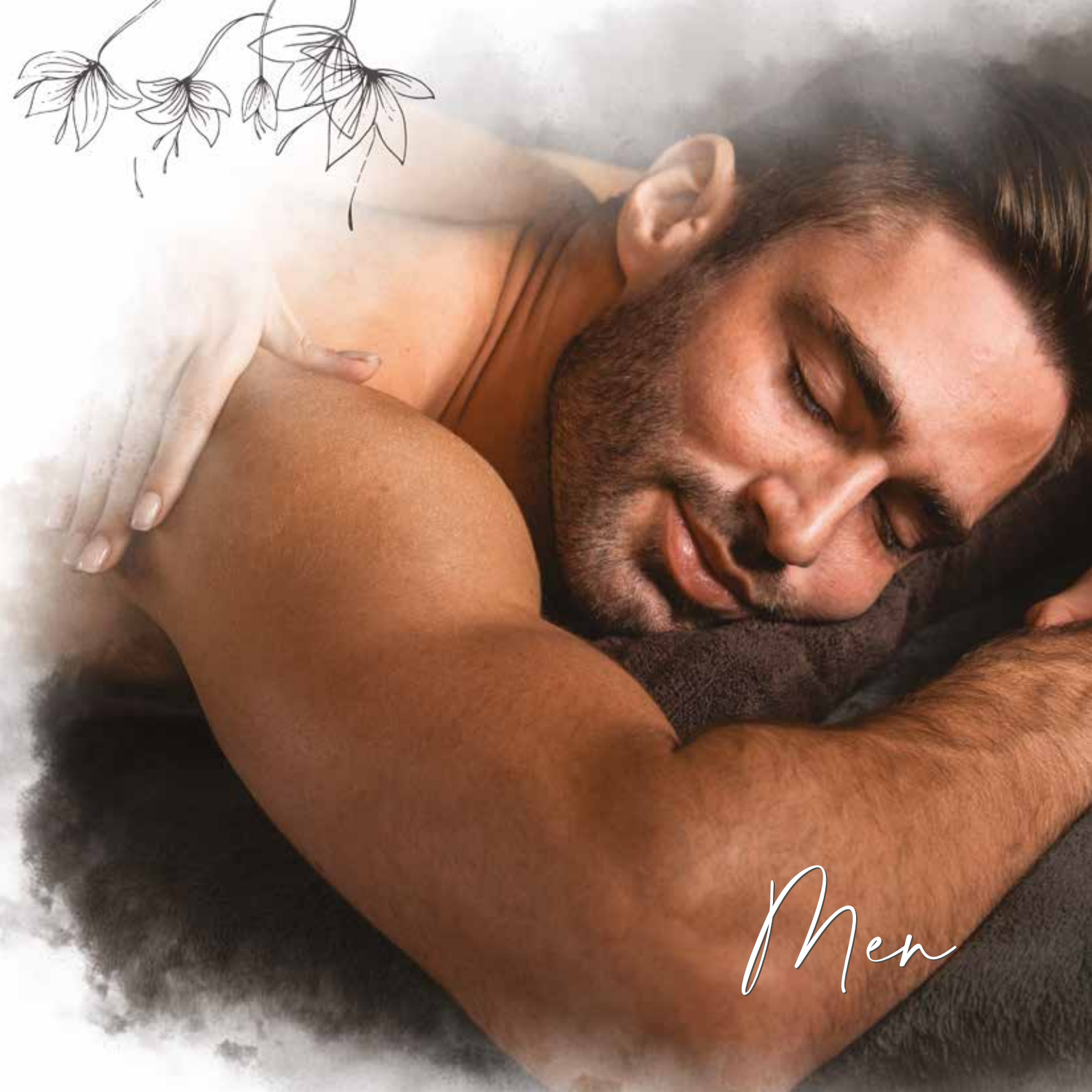
### **Full Body Massage** 55 mins - £82

### **Leg Massage** 25 mins - £50

### **Back Neck & Shoulder Massage** 25 mins - £50







Men





# MANICURE & PEDICURE

## **Jessica Prescriptive Manicure      45 mins - £50**

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 polished finish.

## **Jessica Luxury Manicure      60 mins - £62**

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 - £50**

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 irresistibly soft feet with a beautifully polished finish.

## **Jessica Zenspa Pedicure Deluxe      60 mins - £62**

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 Prescriptive Manicure or Pedicure to a longer lasting GELeration finish for £7.50**

## **Jessica GELeration Polish      25 mins - £30**

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

## **Jessica GELeration Polish Removal and Reapply 50 mins £42**

**Gel removal 25 mins £15**

**File and Polish 25 mins £25**







# PRE/POST NATAL TREATMENTS

*Time for those precious  
moments in life..*

## **Baby on Board Face and Body Treatment** **70 mins - £90**

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 - £90**

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 replenish your energy levels and rejuvenate your skin with specially selected essential oils for ultimate firming.

*Treatment record card to be completed and medical history to be discussed with the therapist upon having this treatment to ensure it is safe for you and your baby.*



# RELAX AND RETREAT CANCER MASSAGE THERAPY

We are proud to now offer massage therapy specifically for anyone diagnosed with cancer or undergoing cancer treatment.

Book in with our highly-trained therapists that are specialised in cancer massage therapy treatments. Massage is a natural way to relax and cope with stress, anxiety and pain.

**Please contact us on 01706 516710  
for further details**





# WAXING



Eye Brow Wax  
15 mins £17

Lip & Chin  
15 mins £17



## 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.

<b>Eye brow Tint</b>	<b>£10</b>
<b>Eyelash Tint</b>	<b>£18</b>
<b>Eyelash and Brow Tint</b>	<b>£24</b>

## 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



## 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.

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## 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](mailto:spanaturel@nortongrangehotel.com) Alternatively, you may also book directly from our website [www.nortongrangehotel.com](http://www.nortongrangehotel.com)

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## 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.

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## 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**
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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.



## 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

Please call reception for Bank Holiday opening times



SCAN ME

## MERCURE HOTELS

Mercure Manchester Norton Grange Hotel & Spa  
Manchester Road, Castleton, Rochdale OL11 2XZ  
+44 (0) 1706 630788 (option 2)  
[spanaturel@nortongrangehotel.com](mailto:spanaturel@nortongrangehotel.com)