



Welcome to Wellness!

Congratulations on making the first step to having a healthy lifestyle!
Firstly, we would like to thank you for making the right decision by joining Spa Naturel Fitness.

As a member of Spa Naturel Fitness, you have given yourself the chance to experience many ways of getting yourself in shape as well as enhancing your personal wellbeing.

Please find enclosed your 'Welcome Pack' which is full of information to help you in and around the club. With our extensive range of beauty treatments, modern gym technology and our highly trained team, we are confident that we can help you get the most out of your experience here at Spa Naturel.

At Spa Naturel Fitness our priority is for everyone to enjoy all the bespoke and relaxing experiences we have on offer and hope that you enjoy the club over the coming weeks, months and hopefully years. If you have any queries about anything contained within this pack, please ask a member of the reception team, alternatively you can contact the team via:

Telephone: 01706 516710

Email: spanaturel@nortongrangehotel.com

We look forward to seeing you very soon!



A Guide to Our Facilities & Services

Opening Hours: (last entry 45 minutes before closing)

Monday – Friday	06:30 - 22.00
Saturday	07.00 - 20.00
Sunday	07.00 - 19.00

Children (under 16 years of age)

Due to health and safety reasons, children are only permitted to use the swimming pool and must always be accompanied by an adult.

Children's Swimming Times are as follows:

Monday – Thursday	08.00 - 10.00 15.30 - 17.00
Friday	08.00 - 10.00 15.30 - 19.00
Saturday	07.00 - 11.30 13.00 - 20.00
Sunday	07.00 - 11.30 13.00 - 19.00

Pool, spa, sauna and steam facilities will close 15 minutes before the advertised closing time to allow members time to change. The gym will remain open until the advertised closing time.



Facilities

Changing Rooms

The changing rooms provide storage lockers, vanity and grooming areas and showering facilities. You are also provided with complimentary body shampoo in the changing areas. Bags are provided for your damp swimwear. Towels are available for hire at £1.00

Gymnasium 16 years + only.

The gymnasium is fully air conditioned and offers the ultimate fitness area for all abilities. It is a stress free and social environment in which to enjoy your work out. The gymnasium also contains visual entertainment screens, just simply bring your own headphones, and plug in to music and TV channels. The system is very user friendly but if in doubt, there is always an instructor available for help and advice.

Swimming Pool

The pool is 18 metres and is heated to a temperature between 29 –30 degrees, a temperature comfortable enough to swim as well as relax in. Loungers can be found around the pool for relaxation and socialising.

Rock Sauna - 16 years + only.

The sauna provides a warm, dry atmosphere in which to recuperate after a workout or swim. The sauna cleanses the body by opening the skin pores, and helps the body with the detox process, leaving the user with a feeling of well-being. We advise that the maximum time you should use this facility is 10 minutes.

Bio Sauna - 16 years + only.

The bio sauna is great way to relax because it has similarities to the sauna and the steam room, with damp mist being sprayed into the room on regular basis.

Steam Room - 16 years + only.

Similar to the sauna, the difference being that the steam room provides a hot, moist environment in which to wind down. We advise that the maximum time you should use this facility is 10 minutes.

Aroma Room - 16 years + only.

The aroma room is a similar experience to that of the steam room. It has a different scent that is sprayed into the room regularly.

Ice Room - 16 years + only.

The ice room has three main benefits, they are: exfoliation, circulation and also helps train the immune system to cope from change of temperatures.

Hydrotherapy Pool - 16 years + only.

The spa pool is an ideal way to relax and ease tired muscles after a workout or swim. It is also a good way of resting any strains or relaxing after a stressful day.



Services

Gym Induction

Included in your membership you also have the option of a gym induction. During a gym induction you will be taken around the gym with one of our instructors and you will be shown how to use all of the equipment.



Member Benefits

- 10% off Decleor products
- 15% off Treatments Monday—Thursday
- 20% off hotel events
(excluding Christmas / new year, subject to availability)
- 15% off food & drink in the Pickwick bar and The Grange
(alcoholic beverages included only when purchased with meal)

To enjoy any of these fantastic benefits just present your membership card
upon purchasing



Additional Fees

- Towels are available for hire at a cost of £1
(this must be paid upon entry of club)
- Robes, towel and slipper bundles are also available to hire at a cost of £5
(this must be paid upon entry of club)

Lost Property

For hygiene reasons, perishable, personal hygiene items and specific items such as underwear shall be disposed of if left in the club. All other items will be placed in lost property at the club for a period of 3 months, they will then be disposed of or donated to charity



Beauty Department

Our highly trained team of Spa Therapists here at the club, are all expertly trained by Decléor, Jessica and Sun Junkie

All our treatments are designed to help you to unwind and relax, and with a wide range available we cater to your every wish and desire. Our therapists use only the industries best products.

All treatments available can be found in our spa brochure which you will find available at the main spa reception.

Each treatment works in natural synergy with the skin, body and mind, they are designed to offer a unique experience, using powerful massage sequences and the most potent actives in the world today. We also have our very own Spa Signature Treatments designed to take you into total sensory indulgence.

The beauty department is open seven days a week and offers more than just your traditional treatments. With a popular demand for pamper days we offer a wide range to suit all your needs. All members of the club receive a 15% discount off Spa treatments Monday—Thursday

Queries about your existing membership?

Call: 01706 516710

Email: spanaturel@nortongrangehotel.com



Club Rules & Etiquette

All users are asked to adhere to the following rules as a courtesy to other users and to maintain our high standards. Spa Naturel Fitness reserves the right to exclude anyone who repeatedly breaks these rules.

GENERAL

1. Photography is strictly prohibited in all areas of the leisure club
2. Do not arrive at the leisure club under the influence of alcohol or drugs, you WILL be refused entry if suspected
3. Abusive or threatening behavior will not be tolerated against our staff
4. Be respectful to other users, they are here to relax, boisterous behaviour will not be accepted in our club
5. Do not use abusive, offensive or foul language

WET AREAS

1. Shaving is not permitted anywhere on poolside or shower areas
2. Soaps, oils & menthol/echalypus are prohibited in the pool area and thermal suite
3. No glass in the pool areas
4. Do not take a mobile phone or camera on poolside
5. Shower before entering the swimming pool and hydro pool
6. No outdoor shoes to be worn in any wet area
7. No food in the pool areas
8. No alcohol in the pool areas
9. Swimwear must be worn at all times
10. No children under the age of 16 are allowed in the thermal suite
11. Do not place towels/water/ice on the sauna/steam heaters or temperature probes
12. e cigarets are not permitted anywhere in the club
13. Do not reserve loungers, towels will regularly be removed
14. No diving or running on poolside

GYM

1. Suitable clothing and clean appropriate footwear must be worn whilst using the gym facilities.
2. All equipment must be wiped down after each use.
3. Please reposition weights back on to the racks when they are not in use.

CHILDREN

1. Children over the age of 8 must use the appropriate changing rooms.
2. Any person under 16 must be accompanied by an adult at all times.
3. Children are prohibited from entering any areas of the leisure facilities other than the swimming pool.



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GUESTS AND VISITORS

- Guests and Visitors are not permitted to use the leisure club
- To use the Leisure Club & Spa you must either hold a valid membership or booking



Class Timetable

Monday

Yoga 18:30-19:30

Tuesday

Aqua 10:00-10:45

Thursday

Aqua 10:00-10:45

Yoga 19:30-20:30

Book onto your next class by clicking [**HERE**](#)