

INDULGE YOURSELF



BREADSALL PRIORY
A MARRIOTT® HOTEL & COUNTRY CLUB





THE PRIORY RETREAT

Relax and feel the tension float away with a soothing massage or expert facial at the Priory Retreat. Part of the historic Breadsall Priory, A Marriott Hotel & Country Club, set in 300 acres of stunning parkland, it is only a four mile drive from Derby City Centre.

Using only the finest products, our expert therapists will rejuvenate and revive tired minds and bodies. This is time devoted entirely to you.

For those requiring a day of pampering bliss, a pamper day provides the perfect opportunity to relax and unwind. The hotel boasts extensive leisure facilities including heated indoor swimming pool, steam room, sauna and spa bath for an unrivalled day of delight.

Opening times

Monday – Tuesday:	9am – 6pm
Wednesday – Friday:	9am – 7pm
Saturday:	9am – 6pm
Sunday:	9am – 4pm

*Seasonal changes may apply.



MAKE-UP – ID BARE ESSENTUALS*

- Make-Up Lesson** (60mins)
Cleanse, Tone and Make-Up with helpful hints on how to achieve the look you want at home.
- Bridal Make-Up** (60mins)
Includes consultation and trial in addition to make-up application on your wedding day.
- Evening Make-Up** (45mins)

WAXING

Temporary hair removal with PHD warm wax. Clean, hygienic and effective, a superb result is achieved every time with use of the unique disposable applicator.

Full Leg Wax, Half Leg Wax, Underarm, Bikini, Lip, Chin, Back, Chest, Forearm and Eye Brows,

We strongly advise you not to have any heat treatments (sauna, steam, sun bed) or swim, exercise or sunbathe for 4 hours before or 24 hours after waxing.

*We use the highest quality mineral products from ID Bare Escentuals. The unique formula is used with 100% bare minerals with no additives and zero irritants. All applications can be tailored to individual needs and occasions.

HAND AND FOOT CARE TREATMENTS

- Both treatments concluded with a sealed and glazed polish from a wide range of colours.
- Luxury Jessica Manicure** (60mins)
A unique manicure commencing with warm mittens to aid the penetration of products to the hands.
- Luxury Jessica Pedicure** (60mins)
Aromatherapy products are used to soften and heal the skin on the feet.
- File and Polish** (25mins)
- Jessica Geleration Nails**
 - Gel overlay manicure (60mins)
 - Gel nail shape and polish (45mins)
 - Refresh manicure with coloured gel (30mins)
 - Existing gel removal (15mins)

HOLISTIC TREATMENTS

- Aromatherapy** (90mins)
- Reflexology** (60mins)
A relaxing pressure point massage on the feet using ancient techniques.
- Hopi Ear Candles** (45mins)
The magical, soothing power of our ear candles evokes a feeling of relaxation that calms the mind and releases tension in the head and ears.
- Indian Head Massage** (30mins)
A professional treatment using specially trained techniques to relax the tension in the head, neck and shoulder area. True luxury after a stressful time.

DECLÉOR TREATMENTS

- Every Decléor facial begins with a wonderfully relaxing diagnostic back massage, using the pure essential aromatherapy oils for which Decléor is uniquely famous. Your therapist gently soothes and stimulates your senses with a delightful combination of touch and essences to induce a profound sense of well-being.
- Aroma Massage Facial** (55mins)
This treatment begins with a relaxing back massage and continues with a facial designed to help relax and unwind with unique oils to suit your skin type.
- Classic Aromatic Facial** (70mins)
This highly personalised facial is specially designed to meet all your skincare needs. Discover the rejuvenating and anti-aging benefits of this treatment that incorporates a unique blend of Linseed, Wheat Germ and Sunflower mask. You will see and feel a complete difference after your very first treatment- a radiant complexion and velvety smooth skin.



Decléor Aroma Expert Facials

Essential Orange Blossom (1hr 10mins)

This deeply nourishing and gentle treatment immediately replenishes lost moisture and the skin is visibly refreshed and completely hydrated once again.

Soothing Rose (1hr 10mins)

This calming treatment brings immediate comfort to stressed and sensitive skin. It not only soothes and re-balances but also increases the tolerance level of the skin leaving the complexion smooth and cool.

DECLÉOR AGE DEFYING FACIALS

Expression (1hr 10mins)

Soothes expression lines visibly after just one treatment.

Experience (1hr 10mins)

Tones and firms the contours of your face, smoothes and brightens the complexion.

Excellence (1hr 10mins)

Restores facial volume with innovative "lipo-filling" technology. Wrinkles appear plumped and contours of the face appear reshaped.

DECLÉOR BODY TREATMENTS

Aroma Body Cocoon (60mins)

Deeply relaxing and warming envelopment to leave you feeling wonderfully replenished and skin feeling soft, smooth and refreshed. Using energising lemon and peppermint this is a refreshing treatment to stimulate circulation and invigorate.

Perfect Slim Effect (70mins)

Exfoliation, massage and a marine algae mask rich in minerals help to drain away toxins and eliminate water retention, producing increased energy and smooth, soft even skin.

Perfect Legs Treatment (45mins)

The perfect antidote for tired, aching and heavy legs, this instantly refreshing treatment will immediately eliminate swelling in the lower legs and feet, relieve muscle tension, improve circulation and revitalise skin texture. We recommend a course of 6 treatments to get full benefits from this.

Back Neck and Shoulder Massage (25mins)

Using Decléor Aromessence body oils, tension areas in your back, neck and shoulders are eased. Completely tailored to suit your individual needs.

Purifying Back Treatment (45mins)

A unique deep cleansing treatment for the back while purifying and balancing essential oils decongest, hydrate and restore clarity to this delicate area where the condition of the skin is easy to neglect.

Deep Exfoliation Treatment (45mins)

A luxurious full body exfoliation to gently lift off dull, dry skin followed by an application of body moisturiser leaving skin silky smooth.

Sumptuous Mother-To-Be Treatment (70mins)

This specialised treatment focuses on preventing the appearance of stretch marks, reducing water retention, restoring comfort to aching legs and rebalancing complexion problems.

You are safe to have treatments from three months right up to your due date.

Decléor Aroma Body Massage (55mins)

A heavenly massage with the soothing sensation of warm aromatic balms combined with the expert touch of the therapist's hand. Choose from Relaxing, Firming, Energising or Refining Balms.

CACI QUANTUM

Caci is the original non-surgical face and body lifting treatment. Caci gently tightens and tones the muscles while smoothing the appearance of the skin. Courses are recommended for optimum results.

CACI Facial (60mins)

Course of 12 facials

CACI Inch Loss Body Treatment (60mins)

Course of 12 body treatments

CACI Electro Massager (20mins)

This treatment works on the back of the legs and buttocks, it will firm, tone and improve circulation aiding the breakdown of fatty deposits.



NEW CACI ULTRA (Facial Toning and Skin Rejuvenation)

The multifunctional CACI ultra is the ultimate facial treatment system. There are two technologies that effectively pump out and soften lines and wrinkles, thereby providing a non invasive alternative to collagen injections and other dermal fillers.

CACI Ultra (30mins)

CACI Ultra (1hr)

CACI Ultra (1hr 30mins)

CACI course of ultra 10 facials and 1 free

JUST FOR MEN TREATMENTS

Gentlemen's Manicure (30mins)

A relaxing treatment that includes a reviving hand massage.

Gentlemen's Pedicure (30mins)

A relaxing treatment that includes a reviving foot massage.

Intensive Energy (55mins)

The ultimate face treatment for a clear, balanced and relaxed complexion with long lasting results.

Express Energy Treatment (30mins)

An express facial treatment for a burst of energy to the skin.

Back, Neck and Shoulder Massage (25mins)

Using Decl or Aromessence body oils, tension areas in your back, neck and shoulders are eased. Completely tailored to suit your individual needs.

Back Treatment (40mins)

This treatment begins with an exfoliation, mask then leading into a luxurious back, neck and shoulder massage.

FINISHING TOUCHES

A patch test is required 48 hours prior to tinting treatments.

Eyebrow Shape (15mins)

Eyebrow Tint (15mins)

Eyelash Tint (30mins)

BRONZING

St Tropez Full Body Tan (90mins)

The tinted self tanning lotion works instantly for a streak-less application that lasts for days. You are advised to wear loose dark clothing on the day of your treatment.

PAMPER DAY PACKAGES

Each pamper day includes:

- Use of the leisure facilities: Exercise Studio (16+), Cardio Vascular Suite (16+), Free Weights and Fitness Suite (16+), Indoor Heated Swimming Pool, Sauna, Steam Room and Spa Pool.
- Light lunch is served in the caf  bar.
- Complimentary hot or soft drink on arrival in Tempo Restaurant.

Refresh and Revive (1hr 25mins)

Treatments include a prescription facial and a back, neck and shoulder massage.

Just for Men (1hr 25mins)

Treatments include a refresh and replenish facial, back, neck, shoulder and scalp massage.

Sheer Luxury (1hr 55mins)

Treatments include a prescription facial designed to suit your skin type and a full body massage.

Ultimate Retreat (2hrs 55mins)

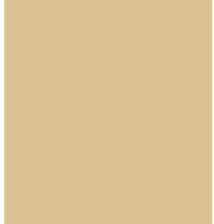
Treatments include a prescription facial designed to suit your skin type, a full body massage and a luxury Jessica Manicure. This package can be tailored to expectant mothers.

Girls Day Out (1hr)

Arrive and enjoy a relaxing drink before starting your day, spend your morning either in the gym, swimming pool, sauna, steam room or relaxing in the spa pool.

Treatments include a quick fix facial and a file and polish to hands or feet.

(Minimum of 4 ladies, lunch not included)



THE HEALTH AND BEAUTY RETREAT BOOKING AND TREATMENT ADVICE

We require 24 hours notice if you would like to cancel an appointment. A 50% charge will be made for non cancellation of appointments. Credit card details are taken to secure bookings.

Some treatments are not recommended during pregnancy, If you are in any doubt, please contact us.

We do not carry out treatments on children under 16 years of age.

The Priory Retreat is open to non members.

May we politely request that children are not brought with you when attending your beauty treatment.

Treatment Selection

We offer a menu to pamper, relax and revive the body. Our Therapists can help you select those treatments that are most appealing and beneficial to you.

Our consultations are confidential and complimentary and will be carried out before all our treatments. Please notify us when booking your treatment if you have any allergies. If you have any concerns regarding your health or body, please let us know.

Arrival

We advise our guests on day packages to arrive 60 minutes prior to your appointment so that we can register your arrival at reception, after which you may use our leisure and hotel facilities and allow time to change and unwind.

We advise out treatment guests to arrive 15 minutes prior to your appointment to register at reception and complete our Health Questionnaire.

Arriving late will deprive you of precious minutes of your spa or treatment time.

Continue Your Experience At Home.

As part of your complete experience, our trained Therapists will gladly recommend a skincare routine to enable you to continue the benefits of your treatment at home. Our products are available to buy directly from the salon.

Peace Of Mind

We endeavour to provide you with a tranquil, relaxing and reviving environment. We therefore request that you respect the needs of fellow clients by leaving your mobile phones and pagers in your locker. Smoking is not permitted on the premises.

Gift Vouchers

Vouchers are an ideal way of solving those 'what-to-buy dilemmas' for that special occasion, an anniversary surprise, birthday treat or just because you care!

Beautifully presented gift vouchers are available at a variety of monetary values and for any treatment or package; these can be purchased from Reception.

And Finally, A Few Spa Tips

To ensure a wonderful spa experience, please make us aware of any preferences that you may have. Talking with your therapist will help them customise their service to ensure maximum enjoyment.

Re-hydration is an important part of spa therapy. We therefore recommend that you drink plenty of water.

We recommend that men shave a few hours before a facial.

TREAT YOURSELF

Telephone: 01332 836011

Fax: 01332836035

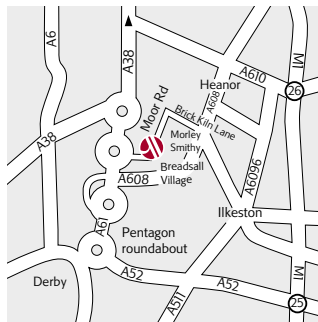
Email: mhrs.emags.spa@marriotthotels.com

MarriottBreadsallPriory.co.uk

DIRECTIONS

Travelling north: at M1 J25, take A52 to Derby. At 1st roundabout after approx. 7 Miles take A61 to Chesterfield. At the next two roundabouts go straight across. At the third roundabout turn right into Breadsall Village. Turn left into Rectory Lane. Turn left into Moor Road and the hotel is on the left.

Travelling south: at M1 J28 take A38 to Derby. Turn left at 1st and 2nd roundabouts into Breadsall Village. Turn left into Rectory Lane. Turn left into Moor Road and the hotel is on the left.



AA Hotel Group of the Year
2010 - 2011

Breadsall Priory, A Marriott Hotel & Country Club
Moor Road, Morley, Nr Derby, Derbyshire DE7 6DL
t: 44 1332 832 235 f: 44 1332 833 509
MarriottBreadsallPriory.co.uk

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and are subject to change without notice.



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