

Hotel and Country Clubs

Breadsall Priory, A Marriott Hotel & Country Club
Moor Road, Morley, Derbyshire DE7 6DL
01332 836011

Forest of Arden, A Marriott Hotel & Country Club
Maxstoke Lane, Meriden, Warwickshire CV7 7HR
01676 522335

Hanbury Manor, A Marriott Hotel & Country Club
Ware, Hertfordshire, SG12 0SD
01920 885010

Hollins Hall, A Marriott Hotel & Country Club
Hollins Hill, Baildon, Shipley, West Yorkshire BD17 7QW
01274 534211

Meon Valley, A Marriott Hotel & Country Club
Sandy Lane, Shedfield, Hampshire SO32 2HQ
01329 836830

Leisure Clubs

Birmingham Marriott Hotel
Hagley Road, Five Ways, Birmingham, B16 8SJ
0121 4546984

London Marriott Hotel County Hall
County Hall, London SE1 7PB
020 7902 8023

Manchester Airport Marriott Hotel
Hale Road, Hale Barnes, Altrincham, Cheshire WA15 8XW
0161 904 5051

Sprowston Manor, A Marriott Hotel & Country Club
Sprowston Park, Wroxham Road, Norwich, Norfolk NR7
8RP 01603 254222

St Pierre, A Marriott Hotel & Country Club
St Pierre Park, Chepstow, Wales NP16 6YA
01291 635208

Tudor Park, A Marriott Hotel & Country Club
Ashford Road, Bearsted, Kent ME14 4NQ
01622 632007

Worsley Park, A Marriott Hotel & Country Club
Worsley Park, Worsley, Manchester M28 2QT
0161 975 2042

Portsmouth Marriott Hotel
Southampton Road, Portsmouth, Hampshire PO6 4SH
023 9231 6108

Preston Marriott Hotel
Garstang Road, Broughton, Preston, Lancashire PR3 5JB
01772 863858

TREAT YOURSELF AT THE SPA





SEE AND FEEL THE DIFFERENCE FROM THE MOMENT YOU ARRIVE TILL LONG AFTER YOU'VE LEFT

Prepare to emerge from the Spa refreshed and rejuvenated, filled with a lingering sense of calm, freshness and harmony.

SOME PLACES LEAVE A LASTING IMPRESSION

The Spa offers you the perfect retreat for rest, relaxation and pampering along with an extensive array of expert services, that have been specially designed to revive your spirits and promote complete rejuvenation.

Using only the best products available your treatment will be designed to offer you the ultimate in holistic beauty care and provide you with unparalleled levels of service.

Each therapist has passed intensive training, and will spend time getting to know you and how you would like to feel – refreshed, relaxed, revived or de-stressed – and then choose the perfect combinations for you.



HEALTH & BEAUTY AT THE PORTSMOUTH MARRIOTT HOTEL

To make your booking please call direct on **02392 316108**

General Booking Information

- We ask that you arrive 15 minutes before your appointment to help enable a prompt start
- We ask that you make your therapist aware; if you are paying by gift voucher
- To avoid disappointment we recommend you book all treatments in advance. All bookings, including pamper days are subject to availability.
- As a Health and Safety precaution we are unable to offer treatments to children under the age of 16 years old
- Members of the Portsmouth Marriott Leisure Club receive 20% off treatments.
- Health and Beauty at the Portsmouth Marriott Hotel is open to hotel guests and non-members.
- If you are late we will endeavour to maximise the remainder of your appointment but full charges for the treatment will be taken.
- If you wish to cancel your appointment please give at least 24 hours notice or you will be charged the full amount

WAXING AND TINTING

^Lip/chin	15 minutes
Eyebrow	15 minutes
Under arm	15 minutes
^Bikini	15 minutes
•Chest wax	30 minutes
•Back wax	30 minutes
Half leg	30 minutes
Full leg	45 minutes
^Full leg and bikini	1 hour
*Eyebrow tint	15 minutes
*Eyelash tint	30 minutes
*Eyelash & brow tint	30 minutes

We strongly advise you do not have any heat treatments (sauna, steam, sunbed) or swim, exercise or sunbath for 4 hours before or 24 hours after waxing.

^ These waxing treatments are available to female clients only.

• These waxing treatments are available to male clients only.

* Patch test required at least 24 hours prior to treatment



JESSICA TREATMENTS

Mini Manicure	30 minutes
Mini Pedicure	30 minutes
French Manicure	45 minutes
Luxury Manicure	1 ¼ hours
Luxury Pedicure	1 ¼ hour

All manicure and pedicure treatments are carried out using the range of Jessica products that are designed to cater to the special needs of all nails.

MASSAGE

Scalp Massage	20 minutes
Deep Tissue Leg Massage	20 minutes
Back Neck and Shoulders	25 minutes
Full Body	55 minutes

Swedish massage techniques ease muscle tension and provide ultimate relief for tight muscle knots. A fairly firm but relaxing massage. This treatment is suitable for both male & female clients

SELF TANNING

St Tropez Half Body	45 minutes
St Tropez Full Body	1 hour

The tinted self tanning lotion works instantly for a streakless application that lasts for days. We recommend you wear loose dark clothing on the day of your treatment.

DECLÉOR FACIALS

Courses are recommended; please speak to your therapist

Express/Mini Facial 30 minutes

This mini facial is an instant pick me up for tired skin, leaving it refreshed and revitalise. This treatment is suitable for both male & female clients.

Vital Eyes' 45 minutes

A unique intensive anti-ageing eye treatment that instantly melts away tension soothes irritation, helps to decongest sinus problems, eliminate dark shadows and smooth fine lines. This treatment is suitable for female clients

Aromaplastie' Facial 55 minutes

This 100% natural treatment is tailored to every skin type. The warm mask contains Linseed, Wheat germ & Sunflower, which provides both moisturise and deep cleansing. This treatment is suitable for female clients

Skin Fitness Facial 55 minutes

This treatment essential to improve the skins tone and appearance offers deep cleansing and exfoliation and combats daily aggressions such as shaving. The application of an herbal mask will help hydrate and revitalise skin. This treatment is suitable for male clients



Aroma Expert Decléor Facial

1 ¼ hours

Decléor has created five types of facials include the distinctive Decléor style; a relaxing back massage and facial tailored to your very own skin type consisting of active ingredients. You will notice the difference even after the first treatment. This treatment is suitable for female clients

Essential – Dehydrated Skin

Nourish - Dry Skin

Purify – Combination Skin

Soothe – Sensitive Skin

Lift – Mature Skin

DECLÉOR BODY TREATMENTS

Courses are recommended; please speak to your therapist.

Revitalising Back

45 minutes

This treatment is tailored for your skin type; to help purify or re-hydrate this hard to reach area. Your treatment includes an exfoliation, aromatic massage and deep cleansing or moisturising mask. This treatment is suitable for male and female clients.

Perfect Contour Anti-Cellulite

55 minutes

Decléor ultimate inch-loss treatment, using 100% natural ingredients, this localised treatment focuses on you thighs, bottom and stomach areas- reducing and refining the appearance of cellulite. This treatment is suitable for female clients.

Aroma Body Wrap

55 minutes

Decléor has created four types of complete body treatments each one consisting of an exfoliation treatment, aromatic massage follow by the application of a specific mask, with plant extracts that covers the entire body. This treatment is suitable for female clients.

Relax – To help you relax and feel good

Flow – To boost circulation and re-energise

Detox – To detoxify and refine

Tonic – To tone and firm

Your trained therapist will recommend the correct Decléor Treatment for your needs



PAMPER DAY PACKAGES AT THE PORTSMOUTH MARRIOTT HOTEL

Treat someone special to a relaxing day at the Portsmouth Marriott Leisure Club....included is full use of the clubs facilities plus a light lunch or evening snack in our Sealevel Bar and a soothing treatment with one of our excellent Beauty Therapists.

^Orchid Pamper Day	2 ½ hours
Decléor Aromaplastie Facial	1 hour
Back, Neck and Shoulder Massage	30 minutes
Mini Manicure	30 minutes
Mini Pedicure	30 minutes

Jasmine Pamper Day	1 hour
(Choose ONE of the following)	
Full Body Massage	
Decléor Aromaplastie Facial	
Deluxe Manicure	
Deluxe Pedicure	

Iris Pamper Day	30 minutes
(Choose ONE of the following)	
Back, Neck and Shoulder Massage	
Mini Facial	
Mini Manicure	
Mini Pedicure	

*Evening Primrose Pamper Day **30 minutes**

Only available Tuesday- Friday, between 5pm – 9pm
(Choose ONE of the following)
Back, Neck and Shoulder Massage
Express or Mini Facial

*** Hotel guests receive this Pamper Day at a reduced cost of £38.00 and can choose to take their meal in the bar or as room service.**

MALE PAMPER DAY PACKAGES

Oak Pamper Day	2 hours
Skin Fitness Facial	1 hour
Full Body Massage	1 hour

Birch Pamper Day	30 minutes
(Choose ONE of the following)	
Express Facial	
Back, Neck and Shoulder Massage	
Deep Tissue Leg Massage	

^Discounts are available on the Orchid Pamper Day for those who have their wedding booked at the Portsmouth Marriott Hotel.