

## TREAT YOURSELF

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## DIRECTIONS

**From London area:** Leave M25 at J25 and take A10 northbound towards Hertford. Remain on A10 for 12 miles, then take the A1170 exit marked Wadesmill & Thundridge. Turn right at the roundabout and the hotel is immediately on your left.

**From North on A10:** Take A1170 exit marked Wadesmill & Thundridge. Turn left at the first roundabout and continue straight over the next roundabout and the hotel is immediately on your left.



AA Hotel Group of the Year  
2010 - 2011

Hanbury Manor, A Marriott Hotel & Country Club

Ware, Hertfordshire, SG12 0SD

T: 44 1920 487 722 F: 44 1920 487 692

[MarriottHanburyManor.co.uk](http://MarriottHanburyManor.co.uk)

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Front cover image: Decléor

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## SEE & FEEL THE DIFFERENCE



HANBURY MANOR  
A MARRIOTT® HOTEL & COUNTRY CLUB



The Spa at Hanbury Manor offers you the perfect retreat for rest, relaxation and pampering in luxurious surroundings along with an extensive array of expert well-being 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.

Opening Times  
Monday – Friday: 9am – 8pm  
Saturday: 9.30am – 8pm  
Sunday: 9am – 5.30pm

\*Seasonal changes may apply.



### CARITA FACIALS

#### 'Pro-Lifting' Firming Facial (85 minutes)

Instant 'Non Surgical' Face Lift. Discover the beauty secrets of celebrities. Combining massage, exclusive 'Pro-Lifting' technology and CARITA's exceptional Progressif skincare products the skin undergoes exfoliation, deep cleansing, relaxation and lifting to produce a remarkable difference even after just one treatment

#### NEW Carita Pen (40 minutes)

This treatment has been created to treat the most fragile area of the eyes, the area that unfortunately shows the signs of ageing first. With the revolutionary ideal Pro-lifting machine and the stylo you will be able to see a dramatically minimized appearance of lines and wrinkles around the eye and lift to the eyebrows.

#### Radiance Facial (55 minutes)

All skin conditions are individually addressed. Balance is restored and the skin replenished and protected.

#### Ideal Intense (70 minutes)

This treatment is specially designed to provide immediate and intense benefit for every type of skin. All skin types, regardless of age, react to different stresses that require specialized care from time to time. All skin types are individually addressed in this deep cleansing and hydrating facial.

### DECLÉOR FACIALS

#### The Classic Aromatic Facial (55 minutes)

This multi-active, 100% natural treatment is tailored to every skin type. Your therapist selects products to correct any major imbalances in your skin and your skin is moisturized and decongested. Rediscover a revitalized you. Your major needs are met to perfection and your skin feels soft, smooth and refreshed.

#### The Specific Aromatic Facial (70 minutes)

This intensive facial is based around the Classic Aromatic Facial but targets specific skin conditions.

- Aroma Expert Purify – Oily and Combination Skin
- Aroma Expert Nourish – Dry Skin
- Aroma Expert Soothe – Sensitive Skin
- Aroma Expert Lift – Mature Skin
- Aroma Expert Radiance – Dull Skin

#### Vital Eyes (40 minutes)

A unique intensive anti-ageing eye treatment suitable for all skin types. This heavenly treatment soothes irritation, helps decongest sinus problems, eliminates dark shadows and smoothes fine lines.

#### Experience De'Lage (70 minutes)

This Intensive facial is designed for the 40+ to help prevent and reduce the signs of ageing, leaving your skin feeling smoother and radiant.

#### Excellence De'Lage (70 minutes)

This facial is ideal for the 50+ helping to boost skin's firmness and stimulate collagen. Your skin will look deliciously nourished and radiant.

### AROMATHERAPY ASSOCIATES

RELAX | DE-STRESS | REVIVE | SUPPORT | RENEW

Ease away the day's stresses and strains and bring body and mind back into balance. This traditional aromatherapy full body massage fuses the best of massage practices from East and West. Carefully applied pressures stimulate the nervous system while Swedish and neuromuscular massage techniques support a healthy circulation and soothe the body. Combined with the power of pure essential oils absorbed through the skin, working at a physical level, while the aromatic effects of each blend help balance the mind and emotions.

#### Aromatherapy Massage (55 or 85 minutes)

#### Aromatherapy Face and Scalp Massage (25 minutes)

#### Aromatherapy Back, Neck and Shoulder Massage (25 minutes)



### De-Stress Muscle

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful. Swedish and cross muscle fiber massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

**De-Stress Muscle Back Massage** (25 minutes)

**De-Stress Muscle Full Body** (55 minutes)

### HANBURY BODY TREATMENTS

**Full Body Massage** (55 minutes)

A full body Swedish massage is suitable for all. A relaxing treatment to unwind, de-stress as well as increase blood circulation and soothe aching muscles.

**Back, Neck & Shoulder Massage** (25 minutes)

A Swedish massage focusing on the areas which hold the most tension.

**G5** (25 minutes)

A vibratory massage to target areas of Cellulite to improve circulation and to improve the appearance of the skin.

**Hanbury Total Treat** (85 minutes)

Unique to The Spa at Hanbury, our signature treatment has been designed for pure indulgence. Incorporating a facial, body exfoliation and massage, you will leave feeling relaxed, de-stressed and refreshed.

**Body Silk** (40 minutes)

A full body exfoliation followed by an application of rich moisturizer to leave your skin soft and radiant. Ideal as a pre-holiday treatment.

### LAVA SHELL MASSAGE

Hanbury Manor are pleased to introduce to you a revolutionary massage treatment, using the world's first self-heating massage tools.

**Back Massage** (25 minutes)

Using the heated natural shells the therapist will help diminish signs of tension in the back to promote relaxation and well being.

**Stomach & Back Massage** (55 minutes)

(Holistic colonic cleanse) The stomach is often an area neglected and forgotten about during massage. Also known as the Holistic Colonic Cleanse this treatment has many benefits such as helping with conditions like IBS, colon irritations, aids digestion and helps with general gut motility.

**Full Body Massage** (55 or 85 minutes)

A full body massage using warm 100% natural Tiger clam shells to promote extreme relaxation.

### ALTERNATIVE/NATURAL THERAPIES

**Reflexology** (55 minutes)

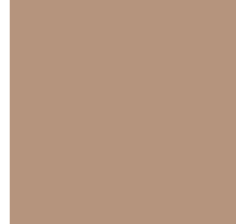
A gentle massage of the feet, reflexology promotes a general sense of well-being and relaxation. Reflexology can help to restore and regain the bodies natural equilibrium and has been shown to be effective in helping with symptoms of back pain, sinus problems, headaches, migraines and digestive disorders.

**Holistic** (70 minutes)

Holistic massage combines the benefits of traditional massage with reiki to de-stress, calm and balance the body as a whole.

**Reiki** (25 minutes)

Reiki means 'Universal Energy' A non invasive therapy, reiki is a gentle energy treatment to help balance the emotions and help with the effects off stress and tension.



**Indian Head Massage** (25 minutes)

This specific massage of the head, neck and shoulders is wonderfully stress-relieving. Muscles are loosened, tension is released, and circulation is increased lifting mental tiredness, promoting clearer thinking and improving concentration. Negative energy is soothed away to promote a deep sense of relaxation inducing a feeling of mental and physical well-being.

**Osteopathy** (40 minutes)

Our GOC registered Osteopath is available for individual and courses of treatments to detect and treat damaged parts of the body such as muscles, ligaments, nerves and joints. After a detailed medical history has been taken, a variety of stretching, mobilising and manipulative techniques are used to facilitate the body's ability to heal itself.

**DECLÉOR BODY TREATMENTS**

**Aroma Envelopment** (70 minutes)

A true cocoon of effectiveness. At the heart of these treatments is a rich, creamy mask with plant extracts, chosen according to your needs and applied all over your body. For a beneficial, comforting sensation, enjoy the pleasure of a heated blanket and massage while your mask is on. Before and after the mask, your body is treated to relaxing, draining or stimulating techniques, depending on your needs.

**Slim Effect Localised Treatment** (55 minutes)

Specifically designed to target vulnerable areas such as hip, thighs, bottom and stomach. Essential oils, anti-cellulite massage and powerful marine based creams break down fatty tissue, drain away toxins and reduce cellulite.

**PREGNANCY TREATMENTS**

**Decléor Sumptuous Mother-To-Be Treatment** (70 minutes)

Decléor Paris the founders in treatments for mothers-to-be, offer a safe, effective and wonderfully relaxing treatment that is designed to meet your individual needs at each stage of your pregnancy. This specialised treatment focuses on preventing the appearance of stretch marks, the elasticity of the skin, reducing the water retention, restoring comfort to aching legs and rebalancing pigmentation and complexion problems. You can experience this treatment from 3 months right up until your due date.

**Aromatherapy Associates Real Nurturing Experience**

Feel nurtured and supported in a time of constant change. Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment. You can experience this treatment from 3 months right up until your due date.

**Back, Neck and Shoulder Massage** (25 minutes)

**Full Body Massage** (55 minutes)

**MEN'S TREATMENTS**

Although most of the treatments we offer are suitable for men we also offer a number of treatments exclusively for men.

**The Classic Men's Facial** (55 minutes)

This multi-active, 100% natural treatment is tailored to the male skin. Your therapist will hydrate the areas stripped of moisture from shaving and correct any major imbalances in your skin as well as moisturise and decongest. Rediscover a revitalised you. Your major needs are met to perfection and your skin feels soft, smooth and refreshed.

**Executive Manicure** (25 minutes)

Nails are not all alike..... this treatment manicure will analyse and treat each nail for its specific nail type. Cuticles are cared for with oils and creams, the nail shape is perfected and finally the Matt for Men Treatment is applied for the perfect finish.



### Executive Zen Spa Pedicure

(55 minutes)

A luxury foot and leg treatment using Zen Spa products for softer, smoother feet and legs.

### TANNING AND SUN CARE

#### St Tropez – Cream

(55 minutes)

Our St Tropez self tan treatment is suitable for anyone wanting a healthy all over tan any time of the year. A full body exfoliation followed by an application of the St Tropez tan providing a natural tan lasting 5-10 days. The darkest of the St Tropez Tan's

#### St Tropez Spray Tan

N/A

The St Tropez spray tan is a fast and safe alternative to UV tanning. Your tan is meticulously applied by a highly trained St Tropez professional using state of the art technology for flawless, streak-free, natural looking results.

### Decl or Sunrise

(55 minutes)

Exquisite preparation for the sun – this treatment combines Atlantic and Dead Sea Salts with Essential Oils and Calendula Petals to gently exfoliate the surface of your skin providing your expert therapist with, ultra soft, silky skin on which to work her magic! The finishing touch to this essential skin preparing treatment is a professional application of the golden self-tan – leaving you positively glowing for any occasion.

#### Sun Shower

(3 minutes)

Stand up sun bed.

### FINISHING TOUCHES

#### Jessica

##### Le Remedi

(25 minutes)

Hands age quickly, more quickly than the face. Le Remedi is a luxurious and effective treatment for the hands to make them feel smoother, softer, firmer and looking more attractive. A facial for your hands.

##### Re-Varnish

(25 minutes)

For well cared nails and regularly manicured hands the nail shape is tidied and treatment basecoats and colour are applied for the perfect finish.

##### Manicure

(40 minutes)

Nails are not all alike..... this treatment manicure will analyse and treat each nail for its specific nail type. Cuticles are cared for with oils and creams, the nail shape is perfected and finally treatment basecoats and colour are applied for the perfect finish.

### Deluxe Manicure

(55 minutes)

In addition to the manicure our Deluxe treatment includes the use of thermal mittens for deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiffening joints.

#### Super Deluxe Manicure

(70 minutes)

The ultimate in hand and nail care combining the benefits of the Le Remedi treatment with the luxury of the Deluxe Manicure.

#### Zen Spa Pedicure

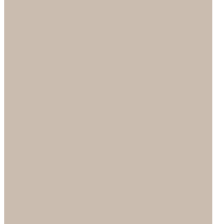
(55 minutes)

A luxury foot and leg treatment using Zen Spa products for softer, smoother feet and legs, finishing with perfectly polished toenails.

#### Deluxe Zen Spa Pedicure

(70 minutes)

In addition to the Zen Spa Pedicure our Deluxe treatment includes the use of thermal booties for deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiffening joints



### GELeration Nails

**GELeration Gel Overlay Manicure** (40 minutes)  
Includes cutical care, nail shape and Jessica's GELeration gel. Polish finishing with cutical oil and hand massage.

**GELeration Gel Nail Shape and Polish** (25 minutes)  
Nails are filed, shaped and finished with Jessica's GELeration gel polish.

**GELeration Soak-Off and Refresh Application** (40 minutes)  
(Hands or Feet)

**GELeration Pedicure** (55 minutes)  
This luxurious foot and leg treatment includes hard skin removal, cuticals are groomed, toe nails are shaped and Jessica's GELeration gel polish is applied finished with a foot and leg massage with conditioning creams.

**GELeration Soak-Off** (10 minutes)  
(Hands or Feet)

**GELeration French Polish Supplement** (10 minutes)  
(Hands or Feet)

### WAXING

**Half Leg** (25 minutes)

**Three Quarter Leg** (40 minutes)

**Full Leg** (40 minutes)

**Full Leg and Bikini** (55 minutes)

**Bikini** (10 minutes)

**High Bikini** (25 minutes)

**Under Arm** (10 minutes)

**Lip or Chin** (10 minutes)

**Lip and Chin** (10 minutes)

**Face** (25 minutes)

**Forearm** (25 minutes)

**Back** (25 minutes)

**Chest** (40 minutes)

**Brow Tidy** (10 minutes)

**Eyebrow Re-Shape** (25 minutes)

### EYES

Patch test must be carried out a minimum of 24hours before an appointment

**Lash Tint** (25 minutes)

**Lash and Brow Tint** (25 minutes)

**Brow Tint** (10 minutes)

### MAKE-UP with Bare Escentuals

Our make-up is so pure you can actually sleep in it! Made of 100% micronised minerals with nothing else added, makes this make-up totally unique. It heals, protects and clears the complexion and contains a natural SPF15.

**Make-Up Application** (40 minutes)

**Make-Up Lesson** (55 minutes)

**Wedding Day Make-Up Application** (55 minutes)

**Wedding Trial & Day Application** (2 x 55 minutes)

### HAIR

Visit the Hair Salon at Hanbury Manor where we offer a full range of cutting and colouring services. Enjoy a new look or treat yourself for a special occasion. Our fully qualified team of stylists are happy to offer advice and tips for maintaining beautiful hair.

### Cut & Finish

#### Wet Cut

#### Child's Cut

#### Shampoo & Blow Dry Short Hair

#### Shampoo & Blow Dry Long Hair

#### Shampoo & Blow Dry with Curls

#### Gents Cut & Finish

#### Conditioning Treatment

#### Wedding Trial Consultation & Wedding Day Styling

#### Hair Up (No Trial)



### HIGHLIGHTS

Quarter Head/Parting

Half Head

Full Head

### TINTING

Roots Only

Lengths & Ends

Dia Colour Gelee (Semi-Permanent)

Dia Colour Richesse (Semi-Permanent)

Perm Duclia Tonica Full Head

Perm Dulcia Tonica Half Head

### HANBURY MANOR SPA DAYS

All spa days at Hanbury Manor include use of all facilities including swimming pool, jacuzzi, sauna and steam room, cardio studio, weights gym and classes in our dance studio, a light lunch in Vardons Bar, use of a robe and towels throughout your day and a complementary pair of slippers.

Please be advised that Non Members and Non Residents may book spa days and redeem Gift Vouchers on weekdays only. Weekends and Bank Holidays are reserved for hotel residents and members.

Gift vouchers are sent by registered post

#### Hanbury Half Day Spa

This spa is available between the hours of 12-4pm and does NOT include lunch.

Decléor Refresher Facial (25 minutes)  
OR

Back & Neck Massage (25 minutes)

#### Hanbury Pamper Day

Decléor Refresher Facial (25 minutes)  
Back & Neck Massage (25 minutes)

#### Tropical Lava Day

Lava Shell Massage (55 minutes)

#### Hanbury De-Stress Day

Aromatherapy Associates Massage (85 minutes)  
Aromatherapy Associates Body Silk (40 minutes)

#### Hanbury Beauty Day

Prescription Facial (55 minutes)  
Manicure (40 minutes)  
Pedicure (55 minutes)

#### Hanbury Cocoon Day

Decléor Body Envelopment (70 minutes)  
Prescription Facial (55 minutes)  
Full Body Massage (55 minutes)

#### Mother-To-Be Day

Decléor To Be Treatment (70 minutes)  
Zen Spa Pedicure (55 minutes)

#### Gentlemen's Day

Men's' Facial (55 minutes)  
Full Body Massage (55 minutes)

### WEDDING PACKAGES

#### Hanbury Wedding Day

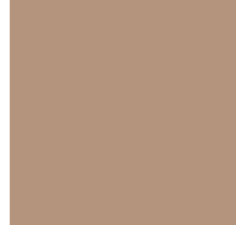
Bridal Hair and Make-up Trial  
Bridal Hair and Make-up Day

#### Hanbury Bridal Beauty

Bridal Hair and Make-up Trial  
Bridal Hair and Make-up Day  
Manicure (40 minutes)  
Pedicure (55 minutes)

#### Hanbury Grooms Day

Full Body Massage (55 minutes)  
Executive Manicure (25 minutes)



## FITNESS

### Body Stat

(15 minutes approx.)

An in depth analysis of your body composition. When you step on to the scales you will see the overall weight of your fat, muscles, bones, ligaments etc. This assessment will measure how much body fat and lean weight you have and whether you are within the desirable range.

This assessment is not recommended during pregnancy or if you have a pace-maker.

### Fitness Assessment

(1hr approx.)

Our qualified fitness instructors offer expert advice and personal consultations to assist you in reaching your fitness aims and goals. The Fitness Assessment looks at your medical history, your attitude, perspective and outlook on life.

This assessment will also give you an in depth analysis of your body's current level of fitness including your:

- Blood Pressure
- Resting Heart Rate
- Lung Power
- Grip Strength
- Body Fat Percentage
- One minute abdominal and press up tests
- Flexibility

### TT Training Together

A 'One to One' hour training session with a qualified fitness instructor for those people who need that extra bit of motivation and encouragement. The instructor will give you the focused attention you need to ensure you achieve your personal goals.

## CRÈCHE

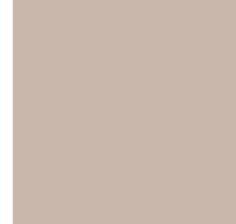
Here at Marriott Hanbury Manor our fully OFSTED certified Crèche will provide you peace of mind whilst we look after your little treasures. The Crèche is available for newborns through to 8 year olds for a maximum of 2 hours per session.

Our opening hours are Monday – Saturday 9.30am – 4.00pm and Sunday 10.00am – 1.00pm. The Crèche facilities are for the exclusive use of members and hotel residents. Early booking is recommended as spaces are limited during school holidays the crèche team organise additional activities on selected days available for an additional charge. See our Leisure Club notice board for details.

## RESERVATIONS AND CANCELLATIONS

Please book spa appointments in advance. Credit card details are required to secure an appointment. Clients who wish to change or cancel an appointment are asked to give 24 hours notice otherwise 100% of the treatment will be charged, unless the slot is fully booked and the appointment is taken by another client. If you don't arrive then we will have to charge the full treatment price.

Always feel free to walk in, we may have space!



## THE HEALTH AND BEAUTY RETREAT BOOKING AND TREATMENT ADVICE

We require 24 hours notice if you would like to cancel an appointment. A 100% 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 Spa at Hanbury is open to non members, Monday to Friday.

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

Please ensure mobile phones are switched off during treatments.

### 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 guest on day packages arrive 60 minutes prior to your appointment so that we can register your arrival at Reception, after which you may use our other facilities and allow time to change and unwind.

We advise our 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 spa.

### 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

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

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!

### 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.