

**HEALTH
& BEAUTY**
AT THE TUDOR PARK SPA

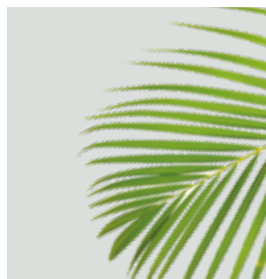


TUDOR PARK
MARRIOTT HOTEL & COUNTRY CLUB

WELCOME

TO THE SPA AT TUDOR PARK

Working with some of the world's finest product houses our team of spa specialists can offer you the ultimate experience in holistic beauty care. Whether you are looking for a de-stressing massage, nourishing facial or a glamorous manicure, our spa professionals are able to assist.



SPA DAY PACKAGES

All packages include towels, robes and full use of the fitness and pool facilities.

Morning packages 0800-1200

Afternoon packages 1230-1630

15% discount on beauty retail purchased on the day.

TIME FOR TWO SPA PACKAGE

Choose one of our taster treatments.

30 treatment minutes £55 per person

CREAM TEA & SPA PACKAGE

Choose one of our taster treatments.

Pot of Tea, scones with jam.

30 treatment minutes £65 per person

REFRESH & REVIVE PACKAGE

Tudor Park Facial plus Back, Neck & Shoulder Massage. Light spa lunch.

90 treatment minutes £130 per person

RADIANT MUM TO BE PACKAGE

Tudor Park Facial, Hand and Leg Massage and a taster manicure.

90 treatment minutes £110 per person

TIME FOR YOU/HIM PACKAGE

Choose between a Full Body Massage, Tudor Park Facial, a LeRemedi Manicure or a Zen Spa Pedicure.

60 treatment minutes £70 per person

MORNING REVIVE

Choose one of our taster treatments.
Light spa lunch.

30 treatment minutes £76 per person

AFTERNOON TEA

Choose one of our taster treatments.
Sandwiches, cakes, scones with cream
and a pot of tea.

30 treatment minutes £76 per person

PRINCESS PARTY

Includes a mini manicure or pedicure,
sandwiches, cakes and a soft drink.

**20 treatment minutes £40 per child
(minimum of four children 5-13 yrs)**

*Please note: Taster manicures and pedicures
in the above packages include nail and cuticle
tidy followed by a choice of colour. Taster
facials include cleanse, exfoliation, face mask
and moisturise.*

TUDOR PARK FACE

ELEMIS TOUCH FACIAL TREATMENTS

A healing hub where touch and technology
are turbo charged by the power of minerals,
plants and active natural aromatics.

ELEMIS SUPER-FOOD PRO-RADIANCE FACIAL

Rich in superfoods and essential minerals.
Dull skin with energising, detoxifying actives.

60 Minutes £69 per person

ELEMIS PRO-COLLAGEN AGE DEFY

Tackle fine lines and wrinkles.

60 Minutes £75 per person

ELEMIS DYNAMIC RESURFACING PRECISION PEEL

Layers of enzymes for powerful exfoliation
and renewal. Smoother, younger-looking skin.

60 Minutes £75 per person

ELEMIS TECHNOLOGY

The pioneering BIOTEC machine works to
"switch your skin back on", increasing its
natural cellular energy. Technology turbo-
charges touch, revealing visibly healthier,
nourished and energised skin.

ELEMIS BIOTEC FIRM-A-LIFT

Rediscover micro lifting, sculpting
technology. Skin is visibly strengthened
for a contoured complexion that is
remarkably lifted.

60 Minutes £85 per person

ELEMIS BIOTEC SKIN RESURFACER

Addresses skin tone, blemishes and
pigmentation with the ultrasonic peel
– leaves a smoother complexion.

60 Minutes £85 per person

DECLEOR FACIALS

The use of expert massage techniques and
100% pure preservative free essential oils
address the demands of every skin type to
leave all complexions balanced.

PROTECT OR STRENGTHEN

Essential oil treatment using our Pilates
gestures. Deeply hydrating & anti-pollutant
or soothing & calming.

60 Minutes £69 per person

SMOOTH & GLOW

Green Mandarin essential oil treatment.
Energising and anti-oxidant.

60 Minutes £72 per person

PLUMP AND LIFT

Lavender Fine essential oil treatment.
Lifting and anti-ageing using our facial lift
yoga gestures.

60 Minutes £75 per person

TUDOR PARK BODY

DECLEOR REVITALISE AND RELAX

Ultra-Nourishing facial and back massage.
Top-to-toe treatment that releases tension
and boosts the body's energy thanks to
customised Essential oils.

90 Minutes £89 per person

DECLEOR HOT STONE MASSAGE

The heat of the basalt stones encourages the
muscles to relax quicker. Great for relaxation,
anxiety, tension or improving circulation.

60 Minutes £62 per person

90 Minutes £82 per person

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

Aromatic oil selected according to your
concerns, be they muscle pain, stress relief,
relaxation or balance. The flowing massage
works deep into the tension, encouraging
optimum circulation.

60 Minutes £65 per person

90 Minutes £82 per person

ADDITIONAL INDULGANCES

SCALP MASSAGE

Focusing on the head, neck and shoulders
applying a variety of pressure and techniques.

30 Minutes £40 per person

FOOT MASSAGE

Focusing on the feet and ankles.

30 Minutes £40 per person

ENHANCEMENTS

Indulge and enhance any treatment
without additional time by choosing one
of the following;

Scalp & hair treatment

Manicure (nail colour and cuticle work)

Hand softening treatment with warm mitts

Pedicure (nail colour and cuticle work)

Foot softening treatment with warm mitts

Hydrating facial mask

Heated Stones

Lifting and Firming face mask

£10 per person

ALTERNATIVE THERAPIES

HOPI EAR CANDLEING

This treatment is particularly effective for
conditions such as blocked ear, tinnitus,
vertigo, insomnia and stress, while the
candles instil a feeling of peace and warmth
into the body.

45 Minutes £40 per person

BRONZING

ST TROPEZ FULL BODY SPRAY TAN

A quick, effective tanning treatment that
develops to your own skin tone and has the
added benefit of aroma guard technology.

30 Minutes £24 per person

TASTER TREATMENTS

Back, Neck and Shoulder Massage

30 Minutes £45 per person

Express Facial

30 Minutes £45 per person

Mini Manicure or Pedicure

30 Minutes £36 per person

HANDS & FEET

JESSICA LEREMEDI MANICURE

As you enjoy your hands being exfoliated and moisturised, your nails will be perfectly shaped and polished using a prescriptive basecoat and choice of colour.

55 Minutes £49 per person

JESSICA ZEN SPA PEDICURE

Hard skin will be removed whilst feet and legs will be massaged leaving them softer and smoother. Cuticles will be groomed and toenails will be beautifully shaped and polished.

55 Minutes £49 per person

GELERATION GEL OVERLAY MANICURE/PEDICURE

Beginning with tidying the nails and cuticles, then an application of your chosen GELeration gel colour. The treatment concludes with a hand or foot massage.

60 Minutes £52 per person

GELERATION REMOVAL

20 Minutes £15 per person

FINISHING TOUCHES

Full Leg Wax	45 min	£25
Half Leg Wax	30 min	£15
Bikini Wax	15-60 min	£14-£32
Underarm Wax	15 min	£12
Lip or Chin Wax	15 min	£15
Arm Wax	30 min	£20
Eyebrow Shape	15 min	£15
Eyelash Tint	30 min	£20
Eyebrow Tint	15 min	£15

MADE FOR LIFE WELLNESS TREATMENTS

CANCER TOUCH

Made for Life treatments provide a wonderful alternative to traditional massage and are a perfect way to relax, rejuvenate and restore balance. Using only 100% organic products, Made for Life treatments are suitable for all our adult guests and especially those going through or recovering from cancer. Developed in collaboration with professional oncology masseurs, these treatments are also suitable for anyone with Parkinson's, neurological issues, highly stressed or has trouble sleeping.

'HAND ON HEART'

Slow Tui Na Chinese movements rebalance and calm the upper body, while the facial will replenish, nourish and revive the skin and ease tension.

60 Minutes £70 per person

'CATCH THE BREATH'

Slow Tui Na Chinese techniques rebalance and calm the upper body. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and relaxation.

30 Minutes £45 per person



'SOOTHE AND NURTURE'

Organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst a deeply relaxing face and scalp massage calms the mind and soothes the soul.

Organic Facial 30 Minutes £45 per person

MEN'S TREATMENTS

DECLÉOR EXPRESS ENERGISING FACIAL

A high-speed solution to re-energise skin.

30 Minutes £45 per person

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

This flowing massage works deep into the tension, encouraging optimum circulation.

60 Minutes £65 per person

FULL BACK WAX

30 Minutes £25 per person

FULL CHEST WAX

30 Minutes £25 per person

JESSICA GENTLEMAN'S CLUB

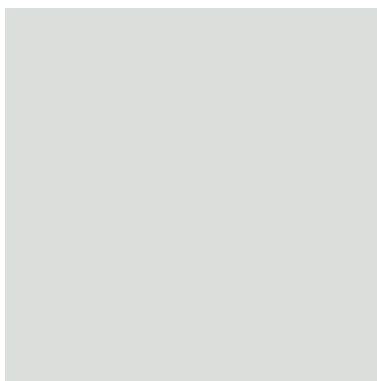
Cuticles are conditioned and groomed and nails are trimmed and shaped.

30 Minutes £36 per person

JESSICA EXECUTIVE FOOTCARE FOR MEN

Hard skin is removed, feet and legs are massaged while cuticles will be made neat and tidy and toenails shaped.

45 Minutes £49 per person



HOW TO SPA

How do I choose my treatments?

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.

Treatment Consultations

Our consultations are confidential and complimentary and are included within the treatment time experience. Please notify us on booking if you have any allergies or medical concerns that may prevent us undertaking the treatment. Some treatments are not suitable for certain medical conditions and will require a letter from your Doctor confirming that the treatment can be performed. Please ask our Therapists on booking for any medical queries.

Arrival

We kindly ask that you arrive at The Spa Reception 20 minutes before your appointment time to enable you to relax and complete a consultation form. We offer our guests a reliable treatment schedule, please appreciate that late arrivals will not receive an extension of scheduled treatment time.

What shall I wear?

Wear whatever is comfortable. On arrival, your therapist will explain the elements of your treatment and advise what items of clothing should be worn during it. During treatments all our therapists are trained to drape you appropriately for privacy. Whilst using the wet spa and any of our holistic experiences, swimming shorts/trunks or costumes should be worn.

Young Adults

Young adults aged 15 years and younger may receive Manicures and Pedicures only. Young adults aged 16-17 years can also receive Facials once a Minors Authorisation Form has been completed and signed. Massage and Body treatments are available for young adults aged 18 years and over.

What if I'm pregnant?

Please notify us if you are pregnant when booking your treatments. We can then advise on the most appropriate and beneficial treatments for you.

Continue your experience at home.

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

Need to Cancel.

Should the need arise where you need to change or cancel your appointment we request you do so at least 24 hours prior to your treatment time. Failure to do this will lead to full payment of your experience.

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.

We request that you respect the needs of fellow guests and leave your mobile phones in your locker.

Smoking is not permitted on the premises.

BOOKINGS

Please book spa appointments in advance. Bookings can be made directly on 01622 632 007. Credit card details are required to secure an appointment.

Alternatively you can call the Spa Central Booking line on 0800 054 6505 (Monday to Friday 9-5pm excluding Bank Holidays).

You can also book online at MarriottSpas.co.uk*

Please note we have an Age Policy for treatments as detailed in the How to Spa section.

All appointment durations stated include consultation and changing time and not the total 'hands on' time. Arrival is recommended 20 minutes before treatment time to Check In and complete questionnaires.

*Not available at all Marriott locations.

CANCELLATION POLICY

There will be a full charge of the treatment(s) booked if you do not show for your booked appointment or if less than 12 hours notice is given. 50% charge if less than 24 hours notice is given.

VISIT MARRIOTTSPAS.CO.UK

TUDOR PARK MARRIOTT HOTEL & COUNTRY CLUB

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OPENING HOURS

Sunday – 9am to 6pm
Monday to Saturday – 9am to 8pm

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 Spa 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!



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