

spa
Naturel
fitness

welcome to wellness

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Our philosophy

At Spa Naturel Fitness, we are dedicated to putting your wellbeing at the heart of everything we do.

We've created a space to escape the everyday and find a moment of relaxation, helping you to unwind, de-stress and feel totally refreshed. We do this by infusing quality through every decision we make. We treat each member and every guest as individuals. We're passionate about personalising our service at every point, from tailoring our consultations to ensuring that every treatment is unique.

ABOUT DECLÉOR

Leaders in Aromatherapy Skincare, Decléor are renowned for their expertise in the science of essential and botanical oils to naturally transform your skin for visible and powerful results. Decléor's philosophy, "Skin - Body - Mind" represents a holistic and complete approach to beauty where everything is connected and interwoven, for lasting efficacy.

"Beauty and well-being are intrinsically linked, and I believe caring for your skin, body and mind is the key to flawless looking skin. Trusted by beauty professionals for over 45 years, our prescribed treatments and natural skincare products bring our Professional Parisian heritage to life."



Fiona Brackenbury,
Decléor Education Director and Skincare Expert

Time for an Overnight Stay

SPA TIME TOGETHER from £95.00

(per person per night based on 2 people sharing)

Take time out to relax and unwind together with this truly luxurious spa package.

Your escape includes:

- One nights' stay with dinner AND breakfast for 2 people
- One 40 minute treatment each from the Treatment Options on page 7.

SPA WELLNESS PACKAGE from £82.00

(per person per night based on 2 people sharing)

This two-night package will allow you to benefit from the hotel facilities and surrounding areas while at the same time unwinding and rejuvenating in the spa.

Your Spa Wellness Package includes:

- Two nights' stay with breakfast AND dinner included for two people
- Spa gift per room
- Two x 25 minute treatments per person, per stay from the treatment options on page 6.

SPA REVIVER PACKAGE from £84.50

(per person per night based on 2 people sharing)

When you need to get away from it all, we have the perfect solution. We'll make sure you check out feeling revived, relaxed and ready to face the world again.

Your escape includes:

- One night's stay with dinner AND breakfast for 2 people
- One x 25 minute treatments per person, per stay from the treatment options on page 6.



For list of 25 minute and 40 minute treatment options refer to page 6 and 7.

For more information or to book your overnight stay visit www.mercure.com

Time for A Day Of Pampering

DELUXE AFTERNOON TEA AND FIZZ SPA DAY £99

The classic day of relaxation and pampering to be enjoyed with friends or a loved one.

Your day of pure pampering will include:

- Full day use of the spa facilities
- Robe and slippers
- Refreshments
- Full afternoon tea and glass of prosecco
- Two x 40 minute treatments from the treatment options on page 7

TOTAL INDULGENCE SPA DAY £75

Enjoy quality time with your loved one, friends or family with this wonderful spa experience. Relax, rejuvenate and de-stress.

Your day of indulgence will include:

- Full day use of the spa facilities
- Robe and slippers
- Refreshments
- Spa lunch
- Two x 25 minute treatments from the treatment options on page 6



RELAXING SPA DAY £55

Your time is precious, so take a mini pamper day to relax and refresh your mind and body.

Your day of relaxation will include:

- 4 hour spa facilities use
- Robe and slippers
- Refreshments
- One x 40 minute treatment from the treatment options on page 7

Why not add a Spa lunch for £10?

HEN PARTY AND GROUP BOOKINGS from £35

Looking to book a perfect hen party or event, we can tailor your spa day to fit your event's plans, we will also give the bride to be or the group organiser a complimentary 25 minute treatment for all booking of 6 or more (subject to availability and package choice).

Full details of 25 and 40 minutes treatment options on pages 6 and 7.

Treatment Package Enhancers

MID-WEEK TWILIGHT PAMPER £40

Stressful day at work, or just a get together with friends, enjoy this pampering evening after 5pm with full spa access until 10pm.

Your evening get together will include:

- Spa facilities use
- Robe and slippers
- Refreshments
- One x 25 minute treatment from the treatment options on page 6.

MUM 2 BE PAMPERING £95

We'll help you to nourish your skin and soothe aching muscles, so you feel truly pampered and relaxed during your pregnancy.

Your day of relaxation will include:

- Decléor Radiant Mum 2 Be treatment
- Express pedicure or manicure
- Spa lunch
- Refreshments
- Robe and slippers
- Full days use of the spa facilities



Add any of the below to your treatment choice to enhance your total body wellness

DECLÉOR VITAL EYES

15 mins £22

Anti-ageing and visibly plumping for a smoother eye zone. This specialised treatment is fatigue-fighting, moisture quenching and wrinkle-erasing and is perfect when added to any facial treatment.

SPA RITUAL

10 mins added to any treatment £10

Relax as our therapists exfoliate and massage your feet, with bespoke aromatherapy oils. The sequence of movements kick-starts circulation, facilitates drainage of toxins and relaxes the mind and body.

SPA BRUSH-UP

10 mins added to any treatment £10

Gentle sweeping strokes stimulate the blood and lymphatic circulation to promote the elimination of toxins and reduce cellulite.

SCALP MASSAGE

10 mins added to any treatment £10

Intensely de-stressing scalp treatment to banish tension and aid sleep and leave you feeling like you have had a full face and head pampering.

Not having a treatment package?
These treatment enhancers can also be added to our facials on page 8



Overnight Stay and Day

25 Minute Spa Treatment Options

Upgrade to a 40 minute treatment for only an additional £10 per person.

HOT STONE BACK MASSAGE -

The unique way to relax tight muscles and release stress and tension

AROMATHERAPY BACK MASSAGE -

Let your therapist pick the perfect blended oil, and allow you to slip away into complete tranquility and relaxation.

TRANQUILITY SCALP -

Intensely de-stressing scalp treatment to banish tension and aid restful sleep.

MERCURE BODY BRUSH AND POLISH -

Dry brushing is a way to stimulate the body of detoxification because it provides a gentle internal massage, finished with a full body polish to leave you feeling soft and glowing.

WALKING ON AIR - This leg treatment drains, stimulates and revitalises. Relaxing Essential Oils eases heavy, aching muscles.

DECLÉOR AROMATHERAPY DISCOVERY FACIAL - The effective rescue remedy for perfectly radiant skin when you want to bring back an irresistibly healthy complexion.

DECLÉOR SOFT HANDS OR FEET - Indulgently rich moisturising products combine the skin smoothers and soothers to nurture hard-working hands or feet.

EXPRESS MANICURE OR PEDICURE - Great for those on the go. This includes, nail shaping, cuticle care, buffing, a relaxing hand massage and a polish of your choice.



Overnight Stay and Day 40 Minute Spa Treatment Options



Add a 25 minute treatment onto your choice for only £25

DECLÉOR SIMPLY SMOOTH ME FACIAL AND BACK RITUAL - Allow your therapist to melt away stress and tension by massaging you with our Relax Intense Balm. Followed by a facial to leave you perfectly radiant skin.

DECLÉOR AROMATHERAPY DISCOVERY FACIAL AND ARM MASSAGE - The effective rescue remedy for perfectly radiant skin. When you want to bring back an irresistibly healthy complexion, this is the perfect rescue-remedy.

AROMATHERAPY BACK NECK AND SHOULDER MASSAGE - Let your therapist pick the perfect blended oil, and let you slip away in complete tranquillity and relaxation.

HOT STONE BACK, NECK AND SHOULDER MASSAGE - A divine stone massage to relieve stress. Your personalised sensorial journey relies on the therapist's intuitive touch.

INDIAN HEAD MASSAGE - Using this traditional Indian massage, circulation is greatly improved, head tension is relieved and a general feeling of wellbeing experienced.

FULL BODY EXFOLIATION AND BODY POLISH - Your full body will be exfoliated using Decléor tropical fruit seeds and blended oils, finishing with a full body polish to leave you feeling like you're in a new body.

LUXURY MANICURE OR PEDICURE - If your hands or feet appear tired, let our specialists help achieve the best condition for the nails and cuticles, not forgetting the polish application to achieve the finished look.

GEL NAILS - Pick either your hands or feet for long lasting high gloss gel in a colour of your choice.



Facial Treatments

THERAPIST CHOICE
DECLÉOR ULTIMATE VITAMIN GLOW
60 mins £68

Award winning vitamin facial to leave your skin visibly radiant. This internationally renowned, multi-award winning facial is power-packed with vitamins and anti-oxidants. Stress simply melts away thanks to five deeply relaxing massage techniques and the ideal rebalancing aromatic elixir for your complexion. Skin is left deeply cleansed, perfectly replenished and glowing with vitality.

DECLÉOR PRESCRIPTIVE
PERFORMANCE FACIAL
75 mins £79

Personalised facial to address your skin needs. A sensation of extreme effectiveness and wellbeing prescribed to your individual skin needs. After an expert skin analysis, your therapist will select from one of our targeted active masks with renowned properties that will enhance the beauty of your own skin.

DECLÉOR FACIAL PILATES
75 mins £79

Created to deliver a natural lift to the face, helping reshape the contours of the face with a re-cushioning effect. After a deep cleansing and three facial massages, your therapist will help lift your skin with a massage. Plumping and smoothing the appearance of lines and wrinkles, whilst softening and increasing the tone, to leave skin glowing with rosy youthfulness.

DECLÉOR AROMATHERAPY
DISCOVERY FACIAL
30 mins £45

When you want to bring back an irresistibly healthy complexion, this is the perfect rescue-remedy. For rapid results, your expert therapist uses a combination of massage and Essential Oils to smooth and revitalise tired skin.

DECLÉOR FACIAL LIFT YOGA
75mins £79 or 45 mins (express) £49

A unique Japanese-inspired facial combining the flow, rhythm and repetition of powerful Kobido massage techniques with the power of Iris and Lavandula Essential Oils for smoothed, firmed and luminous skin. Yoga lift facial aims to fight against the signs of ageing whilst leaving your skin, body and mind feeling uplifted.



Face and Body Treatments

DECLÉOR AROMATHERAPY FACE AND BODY RE-ENERGISER

50 mins £55

A personalised facial to address your skin concerns. Beginning with a heavenly aromatherapy back and neck massage this treatment is perfect for banishing tension from the skin, body and mind. Followed by a prescriptive facial tailored to your skin needs, you will leave feeling relaxed, rejuvenated and refreshed.

DECLÉOR CLEANSING AND PURIFYING BACK TREATMENT

25 mins £45

Following our unique back diagnostic massage to relax and release blocked energy, a skin-brightening exfoliation re-oxygenates skin



while targeting spots, blackheads and general congestion. Essential Oils and plant extracts help rebalance and control oil and moisture levels.

DECLÉOR ORANGE AND APRICOT FRUIT SEED SCRUB

60 mins £75

Massage and exfoliation combined in an exotic body treatment. A delightfully relaxing massage with warm aromatherapy oils then allows your therapist to focus on any areas of tension and stress, re-energising and restoring vitality for skin that's beautifully nourished and exceptionally soft all over.

DECLÉOR RADIANT MUM 2 BE

75 mins £79

Nurturing pregnancy ritual, suitable for pregnancies over 12 weeks. This blissful face and body treatment includes a comforting tummy mask that helps to reduce the risk of stretch marks, plus a draining massage to reduce water retention, thus lightening 'heavy' legs. A skin brightening facial ensures you look as glowing as you feel.

DECLÉOR NEW MUM INDULGENCE TREAT

75 mins £79

Luxurious and pampering to regain balance after baby arrives, our post-natal treatment takes care of you top-to-toe. Deeply relaxing, this face and body treat includes a divine draining massage which soothes tired legs and an over-tired body and mind, while an illuminating facial leaves the skin as soft as your newborn's.

Alternative Therapy and Body Wraps

INDIAN HEAD MASSAGE

40 mins £45

Using this traditional Indian massage, circulation is greatly improved, head tension is relieved and a general feeling of wellbeing experienced.

REFLEXOLOGY

50 minutes £60 (selected sites only)

This holistic treatment uses reflex points mapped out on the feet to facilitate relaxation and balance to the whole body.

HOPI EAR CANDLES

40 mins £55 (selected sites only)

A natural and relaxing therapy used traditionally by the Hopi Indians. This treatment is completely painless and helps rebalance the ear by drawing out impurities. Perfect for anyone who suffers from sinusitis, headaches, migraines, head colds, hay fever or excessive ear wax.



COCOONING FULL BODY WRAPS

LEMON AND MANGO, FIRM AND TONE

60 mins £75

This collagen-boosting body wrap works to tone slackened skin and repair sun damage. Essential Oils of Immortelle, Lemon and Frankincense are combined together for a deliciously nourishing feel. This sculpting envelopment hydrates and moisturises too, improving hydration levels for radiant, firm and soft skin all over.

ANTI-FATIGUE CITRUS ENERGY BOOST

60 mins £75

Energising and revitalising to improve circulation, this refreshing full body wrap eases aching muscles and fights fatigue. Revitalising Essential Oils of Lemon, Pepper and Cypress are combined to leave you feeling energised and refreshed.

VANILLA AND YLANG YLANG RELAXING HYDRATION

60 mins £75

Banish stress with this cocooning and warming relaxation wrap, developed to improve wellbeing by relieving stress and unloading busy minds. This sublimely relaxing envelopment includes deliciously soothing vanilla as well as brightening papaya extract to leave skin satin smooth.



Massage Treatments



DECLÉOR AROMATHERAPY MASSAGE

Full Body 55 mins - £65 or
Back, Neck and Shoulder 25 mins - £38

Everyday stresses and strains simply disappear with our heavenly aromatherapy massage. The incredibly soothing sensation of the warm aromatherapy balms melts away tension and eases stress for renewed energy and velvety skin.

DECLÉOR DEEP TISSUE MUSCLE ENERGISER

Full Body 55mins £72 or
Back, Neck and Shoulder 25mins £45

Created to alleviate stress and release the discomfort of aching muscles, whether through fatigue or stress, Decléor Essential Oil Balms work with your body to release localised areas of tension. Your mind will be left feeling less cluttered, and your muscles intensely relaxed.

DECLÉOR WARM STONES

Full Body 55mins £65 or
Back and Shoulder 25mins £38

The most blissful way to soothe body and mind; stress doesn't stand a chance against this divine warm stone massage. Individually shaped, these magical stones help release tension, soothe aches and rebalance energy levels; the use of luxuriously melting aromatic balms ensure skin emerges soft as silk too.

TRANQUILLITY SCALP

25 minutes £38

Intensely de-stressing scalp treatment to banish tension and aid restful sleep. Power point massage includes rosemary and lavender Essential Oils to invigorate and calm, leaving a feeling of pure serenity.

WALKING ON AIR

25 minutes £38

Put a spring in your step: this leg treatment drains, stimulates and revitalises. Ideal pre- and post-holiday travel, plus in the latter stages of pregnancy when puffy ankles and fluid retention can be problematic. Leaves tired legs and feet feeling like they're walking on air.

DECLÉOR POWER SCULPT MASSAGE

60 mins £75

A completely new approach to massage and body sculpting, this highly effective massage is bespoke to you and your refining and firming needs. Your therapist will blend Essential Oils and plants oils to focus on what you would like to achieve. Your body will feel recharged and your emotions balanced.

DECLÉOR TARGETED BODY MASSAGE

40 mins £45

Let your therapist work on your area of concern with an expert blend of natural Essential Oils, to melt away tension and ease stress for renewed energy and velvety skin.

Body Care

ALWAYS BRONZED

£28 or BUY 4 SESSIONS £100

(Selected sites)

Using the latest and most sophisticated spray tan, our therapists will ensure you leave the spa looking bronzed and beautiful.

EYE ENHANCEMENTS

(selected sites)

Eyelash extensions from £20

Eyelash lifts from £30

Eyebrow tint £10

Eyelash tint £18

Eyelash and brow tint £24
(24 hour patch test required)

WAX SMOOTH

Full leg and bikini £38

Full arm £25

Full leg £32

Upper lip £12

Half leg £21

Three-quarter leg £28

Forearm £18

Underarm £12

Men - back £25

Men - chest £25

Men - back and shoulder £35

Chin £12

Lip and chin £15

Eyebrow £12 (£6 when added to a facial)

Bikini £14

Brazilian bikini £30

Hollywood bikini £40



Hand and Foot Treatments

DECLÉOR FOOT TREATMENT

25 mins £30

Treat sore and aching feet to a purifying exfoliation. A deeply relaxing massage and nourishing mask banishes dry, cracked heels and even improves the look of callouses, leaving skin smoother and brighter.

DECLÉOR HAND TREATMENT

25 mins £30

Nurture hard-working hands with an indulgent blend of skin smoothers and softeners. Dry, damaged skin is restored and weak or brittle nails strengthened; a hand and arm massage blissfully relaxes too.

DELUXE MANICURE OR PEDICURE

55 mins £45

The ultimate deluxe hand or foot treatment, combining attention to the nail plates and cuticles and a thermal treatment to soften the skin and hydrate. Finished to perfection with your choice of colour.

LUXURY MANICURE OR PEDICURE

40 mins £30

If your hands or feet appear tired, let our specialists help achieve the best condition for the nails and cuticles including a massage and polish application to achieve the finished look.

GEL REMOVAL AND CONDITIONING

30 mins £25

GEL REMOVAL AND REAPPLY

55 mins £45

EXPRESS MANICURE OR PEDICURE

25 mins £25

We will file your nails, remove any cuticles then finish off with a colour of your choice. Choose either your hands or your feet. If you're looking for more attention to the skin, we recommend Deluxe or Luxury Manicure or Pedicure.



Treatment upgrade -
Gel Polish 10 Mins £5 or French Polish 10 mins £8
Can be added to either: Deluxe or Luxury Manicure or Pedicure

Spa information

MEDICAL ADVICE

If you have had or are suffering from severe allergies, ill health or a particular medical condition we ask that you inform us upon booking and speak with your GP prior to booking. All treatments are booked subject to medical status. We reserve the right to refuse treatment/s if we feel it is not in your best interest.



PREGNANCY

Firstly, congratulations. Time to relax and unwind is very important, however if you are within your first 12 weeks, to protect you and your baby we are unable to offer any form of massage, but don't worry our Décleor Aromatherapy Discovery Facial or hand and foot treatment will be just what you both need.

At 12+ weeks you will find most of our treatments are suitable for you, and our therapists will ensure you are made comfortable throughout your treatment.

CANCELLATION POLICY

We request that all packages, promotions and events are paid in full at the time of booking and are non-refundable.

Should you wish to cancel your booking and your request is made 14 days prior to your arrival we will provide you with the option to change the date and rebook to an alternative date at no extra cost.

If your cancellation is made within 14 days of arrival the option to change date will incur a 50% cancellation fee and within 24 hours will incur a full charge of the total booking cost.

Your Booking

- Treatments can be booked either by email, calling your chosen spa direct or online at www.spanaturefitness.com.
- Please arrive 15 minutes prior to your treatment time to guarantee that your treatment begins on time. This will allow you to be fully relaxed and have completed or updated your wellness questionnaire.
- On making your reservation, please advise us if you have any health concerns or if you may be pregnant so that we can guide you towards the best treatments.
- A swimming costume is obligatory when using our thermal suite. Underwear must be worn during treatments.
- Consultation is included in the treatment time. If you would like us to create a bespoke treatment plan during your stay, private spa consultations are available free of charge by appointment.
- For health and safety reasons, children under the age of 16 are not permitted in the thermal suite. Child and teenage treatments are available; please ask at reception for more information.
- We recommend you leave all valuables at home. We cannot be responsible for any missing items in the spa. Jewellery needs to be removed prior to treatments commencing.
- All treatments are subject to availability. Please contact the spa directly before making your booking. Spa facilities may vary per hotel: please contact the spa direct for more information.



