

## **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 your everyday urban lifestyle 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.







### **Our Products**

/skin regimen/

 $modern\ plant\ chemistry^{TM}$ 

The new skincare approach for urban dwellers, modern multitaskers with a demanding; fast-paced life. Clinically proven, to reduce the effects of daily stress and pollution on both skin and mind so that you look and feel at your best every day.

Modern plant chemistry™ formulas target the most common stressrelated signs: dehydration; city gray skin; wrinkles and imperfections, recreating the optimal conditions for healthier, glowing skin for longer.

### [comfort zone]

SKIN SCIENCE SOUL

[comfort zone] is a holistic science-based spa skin care brand created in 1996 by Dr. Davide Bollati, pharmacist, cosmetologist and current Chairman of the Davines Group, which also features /skin regimen/, modern plant chemistry for urbanites, and Davines, a professional hair care brand. We see skin as an expression of how we live and feel and we therefore offer an integrated approach that includes treatments, products and lifestyle advice for the health and beauty of face and body.

## 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.

### **Overnight Spa Packages**

To make an overnight booking please visit mercure.com

#### **Spa Time Together** from £105

(per person, per night based on 2 people sharing)

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

Your escape includes:

- One night's stay with dinner and breakfast for 2 people
- One 40 minute treatment each, pick from: Decléor or Skin Regimen Facial & Back Massage, Scalp & Shoulder Massage, Mercure Full body Brush and Polish, Silver Manicure or Pedicure, Gel Nails

Fancy a little more indulgence, why not swap your 40 minute treatment for any 55+ minute treatment from the brochure with a £40 allowance, you just pay the extra on arrival at the spa.

#### **Spa Wellness Package** from £87.00

(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, pick from: Decléor skin regimen Facial, Scalp Massage, Full Body Exfoliation and Polish, Bronze Manicure or Pedicure.

Fancy a little more indulgence, why not swap your 2 x 25 minute treatment for any treatment from the brochure with a £50 allowance, you just pay the extra on arrival at the spa.

#### Spa Reviver Package from £97.00

(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, pick from: Decléor or skin regimen Facial, Scalp Massage, Full Body Exfoliation and Polish. Bronze Manicure or Pedicure

Fancy a little more indulgence, why not swap your 25 minute treatment for any treatment from the brochure with a £25 allowance, you just pay the extra on arrival at the spa.



### Spa Days selected by us

Step out of the hustle and bustle of the city centre, with one of our relaxing spa days, you select the treatment to ensure you leave feeling refreshed.

### **Active Body Pamper Day**

Mon-Fri £65- Sat-Sun £75

After all that hard work with your fitness regime, it's time to treat your body with this perfect muscle reviver.

- Gold Spa Package\*\*
- Comfort zone body active treatment bamboo massage (55 mins)

#### **Urban Longevity Day**

Mon-Fri £89- Sat-Sun £99

The perfect antidotes to modern fatigue and urban lifestyle

- Gold Spa Package\*\*
- Skin regimen Longevity facial (25 mins)
- Comfort Zone Detox Himalayan Salt Massage (60 mins)

### Time Precious Facial Recovery Day

Mon-Fri £49- Sat-Sun £59

When your time is short and you require a quick fix, perfect for those off out in the evening or of course you're just in need of a facial!

- Gold Spa Package\*\*
- Skin Regimen Longevity facial or a Decléor Essential facial (25 mins)

### **Baby On Board Pamper Day**

Mon-Fri £89- Sat-Sun £99

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

- Gold Spa Package\*\*
- Decléor Baby on Board Treatment (70 mins)
- Bronze Pedicure for those hard to reach toes! (25 mins)

#### **Spa Taster Day**

Mon-Sun £35pp (£17.50 after 5pm Mon to Fri)

Your taster day will include:

Gold Spa Package\*\*

### Mid-Week - Twilight Package

Mon-Fri 5pm-9pm £39.00

The perfect treat after that long day at work, relax and enjoy.

- Gold Spa Package\*\*
- Scalp & Shoulder Massage,( 25 mins)

### Pick and Mix Spa Day Packages

### **Deluxe Afternoon Tea and Fizz Spa Day** Mon-Fri £105pp- Sat-Sun £115pp

The classic day of relaxation and pampering to be enjoyed with friends or just some quality you time!

Your day of pure pampering will include:

- Gold Spa Package\*\*
- Full afternoon tea and glass of prosecco served in the hotel Champagne Bar
- Two x 40 minute treatments: pick from Decléor or Skin Regimen Facial & Back Massage, Scalp & Shoulder Massage, Mercure Full Body Brush and Polish, Silver Manicure or Pedicure. Gel Nails

Fancy a little more indulgence, why not swap 1 or both your 40 minute treatments for any 55+ minute treatment from the brochure with a £40 allowance (per treatment), you just pay the extra on arrival at the spa.

#### City Escape Spa Day

Mon-Fri £59pp- Sat-Sun £69pp

Your time is precious, so escape the hustle and bustle of city life with a day of relaxation.

Your day of pampering will include:

- Gold Spa Package\*\*
- 40 minute treatment: pick from Decléor or skin regimen Facial & Back Massage, Scalp & Shoulder Massage, Mercure Full body Brush and Polish, Silver Manicure or Pedicure, Gel Nails

Fancy a little more indulgence, why not swap your 40 minute treatment for any 55+ minute treatment from the brochure with a £40 allowance, you just pay the extra on arrival at the spa.

### Tranquil Escape Spa Day

Mon-Fri £65pp- Sat-Sun £75pp

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

Your day of tranquillity will include:

- Gold Spa Package\*\*
- Two x 25 minute treatments per person, pick from: Decléor or skin regimen Facial, Scalp Massage, Full Body Exfoliation and Polish, Bronze Manicure or Pedicure
- Signature foot ritual

Fancy a little more indulgence, why not swap your 2 x 25 minute treatment for any 1 55+ minute treatment from the brochure with a £50 allowance, you just pay the extra on arrival at the spa.

### **About your Spa Day**

\*\*Gold Spa Package includes, full spa access with complimentary use of robes, towel & slippers, bottomless hot refreshments, bottle of mineral water, use of the spa relaxation lounge, coffee lounge, 18 metre heated pool, aroma room, steam room, rock sauna, ice room, experience shower, gym and classes.

With all our spa day packages you can arrive anytime from 9.30am and have access all day until 8pm.

We ask that you arrive at least 30 minutes before your treatment time to ensure you are completely relaxed and in your robe.

All our spa days are available on-line at **spanaturelfitness.com** we offer a 5% discount when booking via the website.

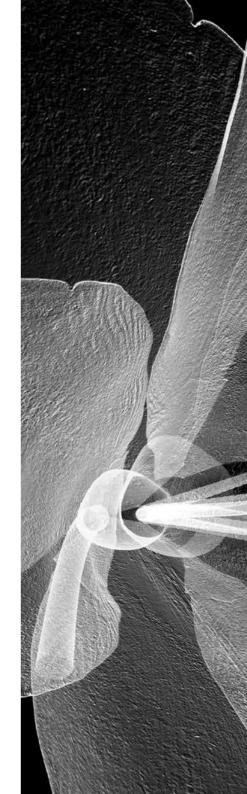
Your treatment time will be allocated between 10am until 5pm on your chosen day, should you have a preferred time, please contact the spa before booking.

Light Spa lunch including a glass of wine can be added to any spa day for £10 per person payable at the bar on the day. Lunch is served in the hotel Champagne Bar between 12-5pm, we recommend that you pre-book your table on arrival.

We cater for groups of up to 30, should you wish to discuss a tailored package for your group, please contact the Spa Manager on 0114 2782050.

#### Gift Vouchers

Looking for a special gift? Starting from £10 why not treat a friend or loved one to the perfect gift. Gift vouchers may be purchased online at **spanaturelfitness.com** or at the spa reception.



### **Facial Treatments**

### Decléor Signature Facial

60 mins £65

Award winning vitamin facial to leave your skin visibly radiant. This internationally renowned, multiaward winning facial is power-packed with vitamins and antioxidants.

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 Essential Facial**

25 mins £40

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.

### /Skin Regimen/ Urban Longevity Facial™ 60 mins £69 25mins express £40

The perfect antidote to modern fatigue and urban lifestyle, this facial is ideal to renew the skin and counteract the effects of stress and pollution. For a unisex clientele with stressed, dull and aging skin.

### **/Skin Regimen/ Urban Detox Facial™** 60 mins £69

The perfect antidote for everyone to detox the skin from pollution and to specifically fight imperfections and adult acne. The /skin regimen/ Detox Peel-off with Chlorella and plant-based Charcoal captures impurities and facilitates their removal.

### /Skin Regimen/ Urban Glow 1.5 Facial

Dedicated to time-pressed urbanites with dull, stressed skin, an intensive 15-minute solution for immediate glow and plumping thanks to the combination of Vitamin C and Rolling Roulage massage.

### Face & Body Ritual Treatments

### **Comfort Zone – Sacred Nature** 75 mins £79

Ecocert®-certified organic Butterfly Bush extract, Buriti Oil and distilled Orange water with age-protecting and replenishing properties in an embracing, deeply nourishing ritual for face and body.

### **Comfort Zone – Himalayan Salt** 60 mins £75

A complete body detoxification using Himalayan heated slat blocks, easing muscle aches and effectively stimulating the metabolism. The perfect body detox

### **Comfort Zone – Grotta Glusti Mud** 60 mins £75

A remineralizing and deep-cleansing mud mask for the body with the thermal water from Grotta Giusti, Italy.

### **Decléor Face and Body Re-Energiser** 60 mins £75

A personalised facial to address your skin concerns. Beginning with a heavenly aromatherapy back and neck massage, this treatment is perfect for banishing tension. Followed by a prescriptive facial tailored to your skin needs.

### Decléor Cleansing and Purifying Back Treatment

25 mins £40

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.

### 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 Lemon And Mango, Firm and Tone Body Wrap

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.

### **Massage Treatments**

### Comfort Zone Tranquillity™ Pro-Sleep Massage

55 mins £68

Inspired by the Indonesian Sea Malay Massage, this exceptional ritual acts in synergy with our Tranquillity™ Sound and Essential Oil Blend to effectively induce a state of deep rest. Ideal as jet lag recovery.

### Comfort Zone Aromasoul Elements Massage

55 mins £68

The remarkable and renowned therapeutic gifts of aromatherapy. Each treatment begins with a personalized selection from our unique collection of aromatherapy oils based on the ancient cultures of the Orient, Arabia, India or the Mediterranean.

### Comfort Zone Body Active Treatment Massage

55 mins £68

This treatment is a true alternative to a work-out session at the gym. The efficacy of the body active massage mask, a body mask made with yellow clay from brazil enriched with a plankton extract to stimulate metabolism, is strengthened by an exclusive energizing and remodelling massage using Bamboo sticks, this is perfect for those active bodies.

#### Decléor Aromatherapy Massage

Full Body 55 mins - £65 - 25 mins - £40

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 -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 Hot Stones**

Full Body 55mins £72 - 25mins £45

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**

25mins £40

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.

### Alternative Therapy & Mum to Be

### **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

45 minutes £55

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

### Decléor Baby on Board

70 mins £75

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 Special Delivery Face and Body Treatment

70 mins £75

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.



### **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.

#### **Gold 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.

#### **Silver 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.

#### **Bronze 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 silver or gold treatment.

#### **Gel Manicure or Pedicure**

40 mins £30

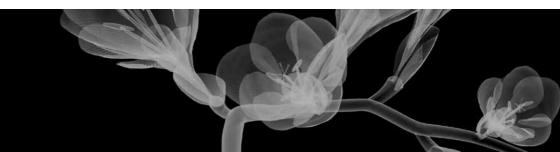
If you're looking for a polish that will last for up to 14 days this is perfect for treatment for you

### **Gel Removal and Conditioning**

30 mins £25

### **Gel Removal and Reapply**

55 mins £45



# **Body Care**

### **Eye Enhancements**

Eyelash lifts	£30
Eyebrow tint	£10
Eyelash tint	£18
Eyelash and brow tint	£24
(24 hour patch test required on all the above)	

#### **Wax Smooth**

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





### **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 this. 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 Decléor 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 72 hours 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.

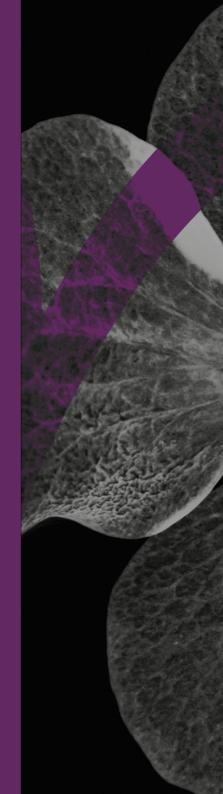




### Spa Guide

Treatments can be booked either by email, telephone or online at **spanaturelfitness.com** 

- Please arrive 30 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.





Mercure Sheffield St Paul's Hotel & Spa 119 Norfolk Street, Sheffield S1 2JE

T: 0114 2782050 E: h6628-th1@accor.com

spanaturelfitness.com