

# 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.

### **Our Products**

### [ comfort zone ]

SKIN SCIENCE SOUL

Enjoy the perfect combination of innovative, state-of-theart Science based Conscious Formulas $^{\text{TM}}$ , rich in naturalorigin ingredients and free from silicones, parabens and animal derivatives, with our unique signature application techniques and massages.

# 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.

### /skin regimen/

modern plant chemistry<sup>TM</sup>

The perfect antidotes to modern fatigue and urban lifestyle, these facials counteract the effects of stress and pollution and are ideal for a time pressed, unisex clientele with dull, aging and intoxicated skin. Customisable to correct the most common stress-related signs, these facials rejuvenate and detox the skin and leave you feeling recharged, purified and ready to face your busy days.

### Our Thermal Experience

### **SAUNA**

A 'dry' heat treatment in a wood-lined room with a temperature reaching 90°C, designed to induce perspiration in order to cleanse the body of impurities.

#### **EXPERIENCE SHOWER**

Immerse yourself in two unique showering experiences. A balance of heat, light and water create our Caribbean Storm and Arctic Rain shower experiences. The shower is designed to rapidly heat up or cool down your body depending on which option you choose. It will also help to stimulate your circulatory system.

### AROMA SALT ROOM

Our salt-infused aromatherapy salt room combines salt and steam to create a sea atmosphere at around 36°C, perfect to help relax and clear your mind.

#### STEAM ROOM

Our steam room, has Eucalyptus milk and steam heated to 45°C helping you clear your lungs and breathe easier.

#### **ICE ROOM**

Our ice room is chilled to 8°C and the Ice Fountain produces ice flakes to be rubbed on the body along with an ice cold shower which stimulates circulation and facilitates the cooling of the body.

#### RELAXATION ROOM

An oasis of calm. This quiet sanctuary is a designated area taking in the sounds of running water and relaxing music to help you slip away into pure relaxation.

### SPA LOUNGE

Enjoy time with friends and catch up on each other's gossip with a coffee or even better a glass of prosecco.

#### 18 METRE HEATED POOL

The perfect place to enjoy a dip as well as swimming some lengths, our pool is heated to 29-30°C, as well as offering the perfect place to lounge around after with temperatures of 33°C.

#### **FULLY EQUIPPED GYM**

Why not start your spa day with some time in our gym and stretch studio, a great way to start pampering!

### HOTEL CHAMPAGNE BAR

This is where you will head to, if your spa day package has lunch or afternoon tea included, you will have great views into the Sheffield Winter Garden. This is also the perfect place to finish your day with a cheeky cocktail.



### Spa Day packages

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

### TOTAL DELUXE AFTERNOON TEA AND FIZZ

Mon-Fri £125pp- Sat-Sun £145pp

Your day of pure pampering will include:

- » Full Spa & Relaxation room access with robes and slippers.
- » Prosecco Afternoon tea served in the hotel Champagne bar.
- » Hot refreshments throughout your day from the spa lounge.
- » £10 spa retail voucher, to take that perfect gift home with you.
- » Two x 55-minute treatments of your choice from the brochure.\*\*

#### TIME TO RECHARGE

Mon-Fri £80pp- Sat-Sun £100pp

Your day of relaxation will include:

- » Full Spa & Relaxation room access with robes and slippers.
- » 2 course lunch served in the hotel Champagne Bar.
- » Hot refreshments throughout your day from the spa lounge.
- » One x 55 minute treatment from the brochure."
- » £10 spa retail voucher, to take that perfect gift home with you.

#### MINI REBALANCE

Mon-Fri £55pp- Sat-Sun £75pp

Your mini day of pampering will include:

- » 3 hour spa and relaxation room access with robes and slippers.
- » Hot refreshments throughout your day from the spa lounge.
- » One x 25-minute treatment from the brochure.\*\*
- » £10 spa retail voucher, to take that perfect gift home with you.

#### COUPLES SPA EXPERIENCE

Mon-Fri 40pp Sat-Sun £50pp

Your day will include:

- » Glass of Prosecco on arrival.
- » Traditional afternoon tea served in the hotel Champagne Bar.
- » Full spa access with robes and slippers.
- » Hot refreshments throughout your day from the spa lounge.

### BABY ON BOARD PAMPER DAY

Mon-Fri £90- Sat-Sun £110

- » Full spa access with robes and slippers.
- » Hot refreshments throughout your day from the spa lounge.
- » Decléor Baby on board Treatment. (70 mins)
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- » 2 course lunch served in the hotel Champagne Bar.

<sup>\*\*</sup> hot stone, deep tissue and sports massage all have a £5pp surcharge

### Overnight Spa Packages

### 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 spa package.

Your escape includes:

- » One night's stay with dinner and breakfast for 2 people.
- » One 40 minute treatment each, pick from Decléor or Comfort Zone Facial & Back Massage, Scalp & Shoulder Massage, Mercure Body Brush and Polish, Manicure Grooming or Toe Tidy, Gel Nails.

#### 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 or Comfort Zone Facial, Aromatherapy Scalp & Shoulder Massage, Body Exfoliation and Polish, Express Manicure or Pedicure.

#### 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 Comfort Zone Facial, Aromatherapy Scalp & Shoulder Massage, Body Exfoliation and Polish, Express Manicure or Pedicure.



#### SUNDAY NIGHT WELLNESS

from £49.50 (per person per night based on 2 people sharing)

This is the perfect way to extend you weekend, or a great way to extend you spa day! We'll make sure you check out feeling revived, relaxed and ready to face the world again.

Your escape includes:

- » One Sunday night's stay with dinner or Afternoon tea and breakfast for 2 people.
- Full spa access from 2 until 8pm on the Sunday and Monday morning until 9am until 2pm.
- » 20% discount on any pre-booked treatments.

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### Facial Treatments

### DECLÉOR SIGNATURE FACIAL 55 mins £65

Award winning vitamin facial to leave your skin visibly radiant. This internationally renowned, multi-award 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 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.

### COMFORT ZONE SACRED NATURE REGENERATIVE ELIXIR FACIAL

55 mins £65

This regenerating pro-youth facial formulated according to COSMOS guidelines, nourishes, re-oxygenates, and protects the skin. The customized choice of two different masks, enhanced with the extraordinary Regenerlift Massage and a variety of special touch points throughout the treatment makes this a deeply relaxing facial, that leaves the skin radiant, firm and lifted.

### COMFORT ZONE - EXPRESS ORGANIC FACIAL

25 mins £40

In a rush but in need of a special beauty touch? Ask for our support in selecting an express facial that can fit your tight schedule or that can be combined with a body treatment.

#### LONGEVITY FACIAL

55 mins £65

This longevity anti-aging/ firming/ brightening facial is ideal to rejuvenate stressed skin and to contrast accelerated aging. The efficacy of a professional peel with 45% AHAs, the targeted customizable boosters and the powerful re-oxygenating massage deliver a glowing and brighter complexion.

### **Body Treatments**

### 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.

### DECLÉOR FACE AND BODY RE-ENERGISER

55 mins £65

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.

### COMFORT ZONE- MONTALCINO THERMAL MUD

55 mins £65

An intensive body treatment, using thermal water from Montalcino in Tuscany, with detoxifying and anti-cellulite actions. A blend of essential oils encourages a profound purification of the tissues, while the fucus and laminaria algae promote lipolytic action.





### Massage Treatments

### COMFORT ZONE - HIMALAYAN SALT MASSAGE

55 mins £65

An extraordinary ritual, beginning with a body massage using warmed Himalayan salt blocks, which bestow relaxation, alleviating tension, stress and anxiety. An exhilarating salt scrub follows; a combination of the precious pink Himalayan salt crystals and aromatic oils to detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.

## COMFORT ZONE BODY ACTIVE SPORTS MASSAGE

55 mins £75

Intensive remodelling and firming massage with an innovative body mask. Its efficacy is boosted by an exclusive massage that combines the use of a Wood Massage Roller with Tui-Na techniques.

### DECLÉOR AROMATHERAPY MASSAGE

55 mins £65 or 25 mins £40

Everyday stresses and strains simply disappear with our heavenly full body 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

55 mins £75 or 25 mins £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**

55 mins £75 or 25 mins £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

25 mins £40

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

# **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**

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 £25 Men – back 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.

### LUXURY 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.

### MANICURE GROOMING OR TOE TIDY 40 mins £35

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.

### EXPRESS MANICURE OR PEDICURE 25 mins £28

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 manicure grooming or toe tidy.

### **GEL MANICURE OR PEDICURE**

55 mins £45

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 25 mins £25

### **GEL REMOVAL AND REAPPLY** 70 mins £50

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# 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 Essential 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 48 hours prior to your arrival we will provide you with the option to rebook to an alternative date at no extra cost.

### Your Booking

- » Treatments can be booked either by email, calling your chosen spa direct or online at www.spanaturelfitness.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.





