



welcome to wellness



“ 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

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.

DECLÉOR
PARIS

Time for an Overnight Stay

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

Spa Time Together from £110

(per person per night based on two 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 two people
- One 40 minute treatment each (treatment options on page 7)
- Includes a £10 voucher to be redeemed on Decleor retail

Spa Wellness Package from £96

(per person per night based on two 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 (treatment options on page 6)
- Includes a £10 voucher to be redeemed on Decleor retail

Spa Reviver Package from £99

(per person per night based on two 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 two people
- One x 25 minute treatment per person, per stay (treatment options on page 6)
- Includes a £10 voucher to be redeemed on Decleor retail



Time for a Day of Pampering

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

Deluxe Afternoon Tea and Fizz Spa Day £114.00

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

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 (treatment options on page 7)
- Includes a £10 voucher to be redeemed on Decleor retail

Total Indulgence Spa Day £89

Enjoy quality time with your loved ones, 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 (treatment options on page 6)
- Includes a £10 voucher to be redeemed on Decleor retail

Relaxing Spa Day £68

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 use of the spa facilities
- Robe and slippers
- Refreshments
- One x 40 minute treatment (treatment options on page 7)
- Includes a £10 voucher to be redeemed on Decleor retail

Why not add a Spa lunch for £10?

Hen Parties and Group Bookings from £35

If you're 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 bookings of 6 or more (subject to availability and package choice).



Treatment Enhancers

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

Mid-Week Twilight Pamper £52

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 (treatment options on page 6)
- Includes a £10 voucher to be redeemed on Decléor retail

Mum To Be Pampering £110

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 To Be treatment
- Express pedicure or manicure
- Spa lunch
- Refreshments
- Robe and slippers
- Full days use of the spa facilities
- Includes a £10 voucher to be redeemed on Decléor retail

Not having a treatment package?

These treatment enhancers can also be added to our facials on page 8.

Decléor Vital Eyes

15 mins £23

Anti-aging 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 £11

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 £11

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 £11

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.

Overnight Stay and Day 25 Minute Spa Treatment Options

Upgrade to a 40 minute treatment for an additional £11 per person.

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.

Spa Naturel Body Brush & 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 Facial

The effective rescue remedy for perfectly radiant skin when you want to bring back an irresistibly healthy complexion.

Spa Naturel Soft Hands and 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 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 £26.

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 with perfectly radiant skin.

Decl  r Aromatherapy Facial

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.

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 whole body will be exfoliated using Decl  r 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

Reset & Revitalise

60 mins £69

The very first Decléor bespoke treatment created that brings out your complexion's natural beauty. The face is perfectly replenished and glowing with vitality, thanks to Essential Oils and our blend of flaxseed, sunflowers and plant vitamins.

Decléor Prescriptive Performance Facial

25 mins £35 or 55 mins £65

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.

Quench & Protect - Deeply Hydrating and anti-pollution

Even and Bright - Brightening & anti dark spot

Clean & Rebalance - Purifying & anti-blemish

Calm & Strengthen - Soothing & anti-redness

Cocoon & Repair - Instantly nourishing & anti-tightness

Decléor Sculpt & Rejuvenate

25 mins £37 or 55 mins £70

This facial has been created to deliver a natural lift to the face, helping reshape the contours of the face with a re-cushioning effect. This facial will plump and smooth the appearance of lines and wrinkles, whilst softening and increasing the tone, leaving the skin glowing with rosy youthfulness.

Decléor Plump & Lift

25 mins £39 or 55 mins £72

A unique facial combining the flow, rhythm and repetition of powerful Kobido massage technique with Iris and Lavandula essential oils for smoothed, firmed and luminous skin. We take inspiration from Vinyasa Flow Yoga to give a visibly lifted appearance to the cheekbones and eyelids and improve the shape and definition of the face.

Perform & Energise Men's Facial

25 mins £35

Tailored to suit all skin types, this hard-working facial leaves skin energised, rebalanced and looking healthy.

Face and Body Treatments

Decléor Revitalise & Relax

55 mins £63

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.

Cleansing and Purifying Back Treatment

25 mins £47

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 Polish & Nourish

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.

Baby on Board Face & Body Treatment

55 mins £74

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.

Special Delivery Face & Body Treatment

55 mins £74

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 treatment 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.



Massage Treatments

Relax & De-stress

Full Body 55 mins £68 or Back, Neck and Shoulder 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 £76 or Back, Neck and Shoulder 25mins £47

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.

Tranquillity Scalp

25 minutes £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.

Walking on Air

25 minutes £40

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.

Reshape & Slim

60 mins £79

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.

Spa Naturel Target Body Massage

40 mins £47

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.

Hand and Foot Treatments

Spa Naturel Foot Treatment

25 mins £32

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.

Spa Naturel Hand Treatment

25 mins £32

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

30 mins £15

Gel Removal and Reapply

55 mins £45

Gel Polish

40 mins £35

Gel Polish French

50 mins £40

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 the Deluxe or Luxury Manicure or Pedicure.

If you require a gel removal prior to any hand or foot treatment, please let us know so we can add that service.

Alternative Therapy and Body Wraps

Indian Head Massage

40 mins £47

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

Cocooning Full Body Wraps

Firm and Tone

60 mins £79

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.

Revitalise & Hydrate

60 mins £79

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.

De-stress & Rebalance

60 mins £79

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.



Body Care

Eye Enhancements

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



Wax Smooth

| | | |
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| £10 | Full leg and bikini | £38 |
| £18 | Full arm | £25 |
| £24 | Full leg | £32 |
| | Upper lip | £12 |
| | Half leg | £21 |
| | Three-quarter leg | £28 |
| | Forearm | £18 |
| | Underarm | £12 |
| | Men – back | £26 |
| | Men – chest | £26 |
| | Men – back and shoulder | £37 |
| | Chin | £12 |
| | Lip and chin | £15 |
| | Eyebrow | £12 |
| | (£6 when added to a facial) | |
| | Bikini | £15 |
| | Brazilian bikini | £30 |
| | Hollywood bikini | £40 |

Spa Information

Medical Advice

If you have had or are suffering with 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 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 with parental consent and supervision; 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.





Mercure Dartford Brands Hatch Hotel & Spa
T: 01474 855705 E: ha0i7-th1@accor.com

spanaturelfitness.com