spa
Naturel
fitness
welcome to wellness

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.

ishga

Organic Seaweed Skincare

The name ishga is derived from the Gaelic word for water. The pure, clean waters of the Hebridean Islands off the north west coast of Scotland is home to ishga, and where we sustainably hand harvest the seaweed that's at the heart of our skincare.

Hebridean seaweed contains natural antioxidants with properties which transform and protect the skin.

Overnight Spa Packages

Spa Time Together

From £159 (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 x 50 minute treatment each from the options on page 6

Spa Wellness Package

from £139 (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 2 people
- Spa gift per room
- Two x 25-minute treatment per person, from the options on page 7

Spa Reviver Package

from £139.00 (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 30 minute treatments per person from the options on page 7

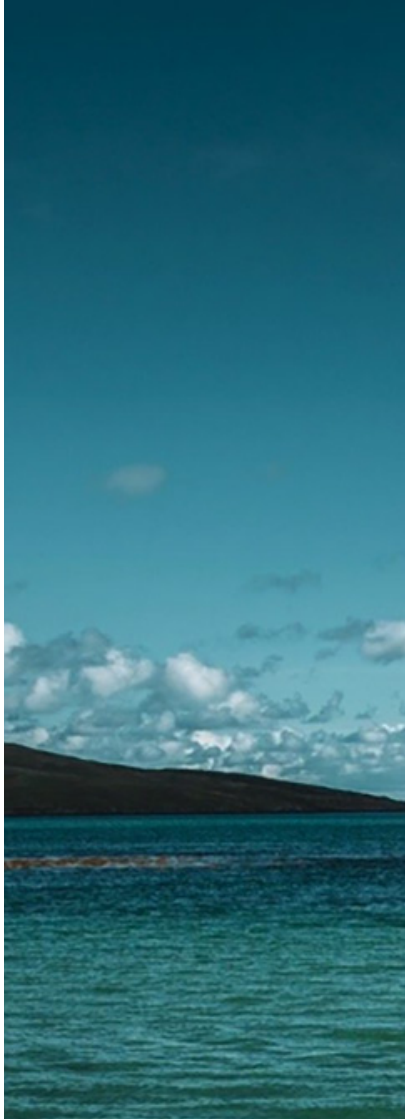
Sunday Night Wellness

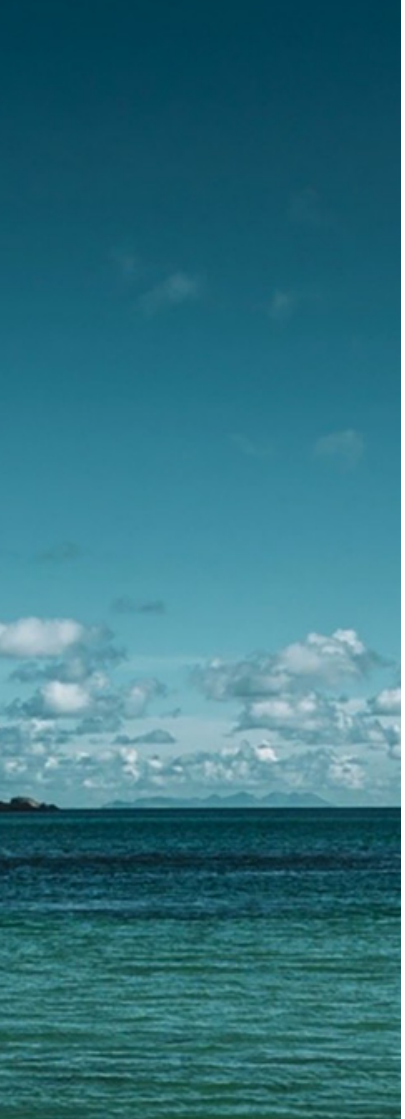
from £59.50 (per person per night based on 2 people sharing)

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





Spa Day Packages

Enjoy one of our relaxing spa day packages. You'll leave feeling destressed, relaxed and refreshed.

Complete Relaxation Afternoon Tea and Fizz Spa Day

Mon-Fri £135pp - Sat-Sun £155pp

Your day of pure pampering will include:

- Full Spa access with robes and slippers
- Prosecco Afternoon tea served in the hotel/spa lounge
- £10 skincare voucher, to take that perfect gift home with you
- Two x 25-minute treatments from page 6

Indulge Yourself Spa Day

Mon-Fri £90pp- Sat-Sun £110pp

Your day of relaxation will include:

- Full Spa access with robes and slippers
- Light Spa lunch served in the hotel/Spa lounge
- One x 50 minute treatment from page 6
- £10 skincare voucher, to take that perfect gift home with you

Express Rebalance Spa Session

Mon-Fri £65pp- Sat-Sun £85pp

Your mini day of pampering will include:

- 3 hour spa access with robes and slippers
- One x 25-minute treatment from page 7
- £10 skincare voucher, to take that perfect gift home with you

Baby on Way Pamper Day

Mon-Fri £100- Sat-Sun £120

Your mini day of pampering will include:

- Full spa access with robes and slippers
- ishga Pre Natal-Massage (50 min)
- £10 skincare voucher, to take that perfect gift home with you
- Light lunch served in the hotel/spa lounge

50 Minute Treatments

ishga Face and Body Experience

The treatment starts with a medium pressure massage combining a powerful detoxing seaweed body oil with lemongrass, juniper and rose geranium. It is designed to be invigorating but equally relaxing, with a focus on removing tension to re-energise the body. The seaweed body oil regenerates, firms, tones the skin and is particularly useful for eliminating toxins. To conclude, the focus moves to the face combining a cleanse, exfoliation, tone and moisturise using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits. While the products do their work, enjoy a scalp massage to complete the experience.

ishga Luxurious Seaweed Foot or Hand Experience

A detoxifying Seaweed treatment to rejuvenate tired feet or hands and leave skin silky smooth It begins with a soothing foot or hand bath filled with a blend of seaweed and pure essential oils followed by a foot or hand scrub with nutrient rich salts and oils, and a relaxing lower leg/arm and foot/hand massage. A detoxifying seaweed gel mask will be applied.

Mens Facial

The ishga men's products are designed to detox and draw impurities from the skin whilst stimulating collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated leaving a protective layer to prevent environmental damage. Great for outdoors, sports or harsh weather conditions.

ishga Facial

A rejuvenating facial designed to revitalise and repair. Suitable for all skin types, even sensitive. It is particularly useful for brightening dull, tired skin and balances skin tone and texture, protecting the skin from environmental damage. This treatment will cleanse, tone, exfoliate and moisturise the skin leaving it revitalised and hydrated.

Marine Back Treatment

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A massage of the back and back of legs is also included to leave you feeling deeply relaxed.

25 Minute Treatments

Express facial

A cleanse, tone and exfoliating mask with relaxing scalp massage and ishga's finishing products to hydrate, balance and firm the skin.

Hand recovery

Salt and oil hand scrub, relaxing hand massage and cooling and detoxifying seaweed gel mask.

Foot recovery

Salt and oil foot scrub, relaxing foot massage and cooling and detoxifying seaweed gel mask.

Moment of Tranquility

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.

Salt & Oil Scrub

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

Facial Treatments

ishga Express Facial

30 mins £55

An express facial cleanses, tones and moisturises for essential skin maintenance. Includes an exfoliating mask and scalp massage to complete the experience.

ishga Facial

50 mins £75

A rejuvenating facial designed to revitalise and repair. Suitable for all skin types, even sensitive. It is particularly useful for brightening dull, tired skin and balances skin tone and texture, protecting the skin from environmental damage. This treatment will cleanse, tone, exfoliate and moisturise the skin leaving it revitalised and hydrated.

ishga Anti Ageing Facial

60 mins £90

Using our rich Marine Cleansing Balm packed with hydrating fatty acids and a lifting and firming gel face and eye mask to tighten and tone the skin. The high content of seaweed extract in the products used is scientifically proven to preserve the skins natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles.

Mens Facial

50 mins £75

The ishga men's products are designed to detox and draw impurities from the skin whilst stimulating collagen production and combat signs of ageing. This treatment will cleanse, tone and moisturise the skin leaving it revitalised and hydrated leaving a protective layer to prevent environmental damage. Great for outdoors, sports or harsh weather conditions.

Body Treatments

ishga Salt & Oil Scrub

30 mins £55

A Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

ishga Marine Back Treatment

50 mins £75

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A massage of the back and back of legs is also included to leave you feeling deeply relaxed.

ishga Pregnancy Massage

60 mins £90

A blissful experience for both mum and baby. Slow soothing massage techniques are used to calm and alleviate any aches and stresses associated with pregnancy. For mothers to be of over 12 weeks.

Massages

ishga Body Massage

30 mins £50 / 50 mins £75

A medium pressure body massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension and re-energise the body.

Choose from:

ishga Invigorating

An uplifting, detoxifying seaweed body oil with lemongrass, juniper, lavender and rose geranium. Particularly useful for improving fatigue and eliminating toxins.

ishga Relaxing

The luxurious scent of nurturing rose geranium to aid stress relief, relax, soothe and balance a tired mind and body. A silky base of sweet almond and jojoba oil to hydrate and tone skin.

ishga Warming

A comforting, woody oil containing patchouli, bergamot and sandalwood. Ideal for muscular aches, nervous tension and insomni.

Moment Of Tranquillity Scalp Massage

30 mins £55

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.

ishga Mens Stress Reliever Massage

50 mins £75

An invigorating full body treatment combined with scalp massage. A medium pressure massage designed to detox and balance the body whilst removing any areas of muscular tension and stress. The seaweed based oil nourishes and protects the skin with a masculine sandalwood and patchouli aroma.

ishga Deep Tissue Muscle Energiser

50 mins £80 or 30 mins £60

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

Hand and feet treatments

ishga Hand Recovery

30 mins £40

Salt and oil hand scrub, relaxing hand massage and cooling and detoxifying seaweed gel mask.

ishga Foot Recovery

30 mins £40

Salt and oil foot scrub, relaxing foot massage and cooling and detoxifying seaweed gel mask.

ishga Luxurious Seaweed Foot Experience

50 mins £55

A detoxifying Seaweed treatment to rejuvenate tired feet leaving the skin silky smooth, It begins with a soothing foot bath filled with a blend of seaweed and pure essential oils followed by a foot scrub with nutrient rich salts and oils, and a relaxing lower leg and foot massage.
A detoxifying seaweed gel mask will be applied.

ishga Luxurious Seaweed Hand Experience

50 mins £55

A detoxifying Seaweed treatment to rejuvenate tired hands Leaving the skin silky smooth, It begins with a soothing hand bath filled with a blend of seaweed and pure essential oils followed by a hand scrub with nutrient rich salts and oils, and a relaxing hand and arm massage.
A detoxifying seaweed gel mask will be applied.

Terms and Conditions

Spa Medical Consultation

Your health and wellbeing is our primary concern, therefore if you are currently pregnant, have any allergens, have a heart disorder, have a diagnosed medical condition or are taking any prescribed drugs, please let us know in advance. A full consultation will be completed with you on arrival but if you are aware of any contra-indications your chosen treatment may need to be changed.

Pregnancy

- Please note that we do not offer massage or body treatments for ladies who are 1-13 weeks pregnant
- From 13 weeks we offer a range of specialised luxury pregnancy treatments If you need any further guidance, please ask any member of the Spa Team
- Pregnant ladies are strongly advised against the use of the sauna and steam room

Booking A Treatment Or Spa Day

How to book

- Via our website www.spanaturelfitness.com

Spa treatment payment

- Full pre-payment is required at time of booking for all individual treatments
- All treatment times are subject to availability
- Treatment bookings made via the Spa website are confirmed by email for your chosen time and date.

Spa day payment

- Full pre-payment is required at time of booking for all day packages
- Spa day treatment times will be allocated between 10am and 5pm and will be confirmed to you prior to arrival
- All spa day and treatment times are subject to availability
- Spa day bookings made via the Spa website are confirmed by email for your chosen date and the spa will contact you to arrange your treatment times within 24 hours of payment

Method of payment

- Fees are inclusive of VAT on treatments as listed
- Extra treatments will be charged at the applicable rates
- Pre-booked additional treatments will be charged at the applicable rates on the date of booking
- We accept all major credit cards
- Gift vouchers must be redeemed at time of payment. We apologise that we are currently unable to take gift vouchers as a method of payment for an on-line booking. To book with a gift voucher please call the spa

Spa Cancellation Policy

Spa treatment cancellation

- We require a minimum of 48 hours' notice to transfer or refund your booking, under this 100% of the booking value is chargeable
- All non-arrivals to be charged 100% of treatment price

Spa day cancellation

- We require 72 hours notice for all cancellations to avoid a 100% charge
- Group Bookings- We require 14 day notice to cancel groups of 6 people or more. Any bookings cancelled with less than 14 days notice will incur a 100% cancellation charge
- All promotional offers are non-refundable or transferable

Children

- Children 17 years and under are not permitted to use the treatment and relaxation rooms unless booked into a specific treatment with an adult that is also receiving a treatment in the same treatment room
- Children under 16 are not permitted to use the sauna, steam room or spa baths

Spa Terms & Conditions

- Spa Naturel fitness reserves the right to alter your treatment times if necessary
- Please note that treatment time includes medical consultation, set up and your chosen treatment
- We request that mobile phones, tablets and pagers are kept on silent or switched off in the spa We are happy to relay any messages via the Spa reception
- No photography is permitted in the changing areas and/or on poolside
- You may be required to remove jewellery for treatments; we advise that you choose to leave jewellery at home
- Mercure Hotel or 3d leisure will not be liable, under any circumstances whatsoever, for damage, injury or consequential loss, however caused, to our customers, their property and belongings unless it is solely due to the negligence of the Company, its employees or agents
- Offers cannot be used in conjunction with one another and are subject to availability
- We advise guests to consider insurance to cover the cancellation of their spa treatments/spa day
- Please note guests suffering from any heart conditions, high blood pressure or are pregnant will be unable to use any of our heat experiences

Mercure Dartford Brands Hatch Hotel & Spa
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spanaturelfitness.com

MERCURE
HOTELS