

Hotel and Country Clubs

Breadsall Priory, A Marriott Hotel & Country Club
Moor Road, Morley, Derbyshire DE7 6DL
01332 836011

Forest of Arden, A Marriott Hotel & Country Club
Maxstoke Lane, Meriden, Warwickshire CV7 7HR
01676 522335

Hanbury Manor, A Marriott Hotel & Country Club
Ware, Hertfordshire, SG12 0SD
01920 885010

Hollins Hall, A Marriott Hotel & Country Club
Hollins Hill, Baildon, Shipley, West Yorkshire BD17 7QW
01274 534211

Meon Valley, A Marriott Hotel & Country Club
Sandy Lane, Shedfield, Hampshire SO32 2HQ
01329 836830

Leisure Clubs

Birmingham Marriott Hotel
Hagley Road, Five Ways, Birmingham, B16 8SJ
0121 4546984

London Marriott Hotel County Hall
County Hall, London SE1 7PB
020 7902 8023

Manchester Airport Marriott Hotel
Hale Road, Hale Barnes, Altrincham, Cheshire WA15 8XW
0161 904 5051

Sprowston Manor, A Marriott Hotel & Country Club
Sprowston Park, Wroxham Road, Norwich, Norfolk NR7
8RP 01603 254222

St Pierre, A Marriott Hotel & Country Club
St Pierre Park, Chepstow, Wales NP16 6YA
01291 635208

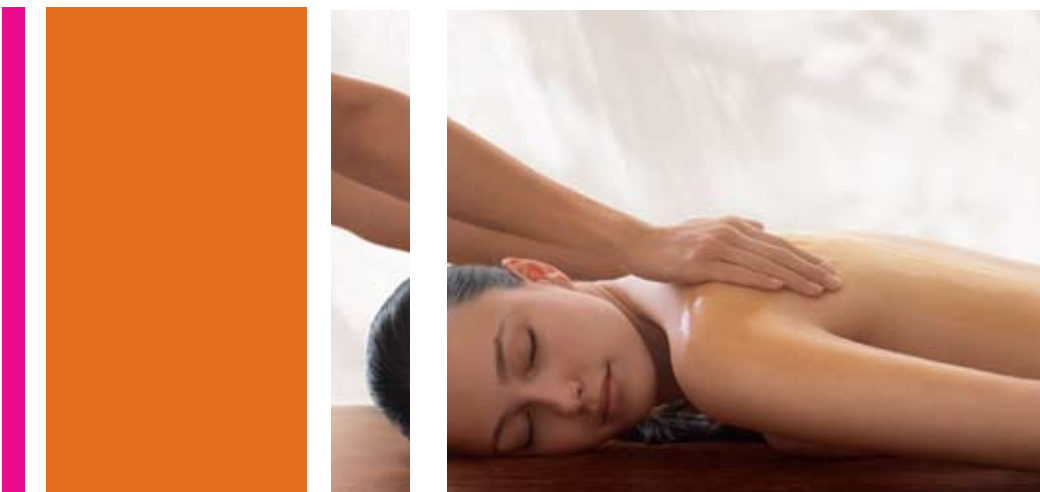
Tudor Park, A Marriott Hotel & Country Club
Ashford Road, Bearsted, Kent ME14 4NQ
01622 632007

Worsley Park, A Marriott Hotel & Country Club
Worsley Park, Worsley, Manchester M28 2QT
0161 975 2042

Portsmouth Marriott Hotel
Southampton Road, Portsmouth, Hampshire PO6 4SH
023 9231 6108

Preston Marriott Hotel
Garstang Road, Broughton, Preston, Lancashire PR3 5JB
01772 863858

TREAT YOURSELF AT THE SPA



Call us free on **0800 0195 888**
or visit **MarriottLeisure.co.uk**



SEE AND FEEL THE DIFFERENCE FROM THE MOMENT YOU ARRIVE TILL LONG AFTER YOU'VE LEFT

Prepare to emerge from the Spa refreshed and rejuvenated, filled with a lingering sense of calm, freshness and harmony.

SOME PLACES LEAVE A LASTING IMPRESSION

The Spa offers you the perfect retreat for rest, relaxation and pampering along with an extensive array of expert services, that have been specially designed to revive your spirits and promote complete rejuvenation.

Using only the best products available your treatment will be designed to offer you the ultimate in holistic beauty care and provide you with unparalleled levels of service.

Each therapist has passed intensive training, and will spend time getting to know you and how you would like to feel – refreshed, relaxed, revived or de-stressed – and then choose the perfect combinations for you.

HEALTH & BEAUTY AT THE BIRMINGHAM MARRIOTT HOTEL

To make your booking please call direct on **0121 454 6984**

Additional Information

- We ask that you arrive 15 minutes before your appointment to allow time for you to fill in a consultation form and relax prior to treatment.
- To ensure your relaxation and that of others is not disturbed; we request that your mobile phone is switched off during your spa visit.
- As a health & safety precaution we are unable to allow children under the age of 16 years of age into the Spa.
- Members of the Marriott Birmingham Leisure Club receive 25% discount on treatments booked Monday – Friday.
- The Spa is open to non-members



FACIALS

Every Decléor facial begins with a wonderfully relaxing diagnostic back massage. Using the pure essential aromatherapy oils for which Decléor is uniquely famous, your therapist gently soothes and stimulates your senses with a delightful combination of touch and essences to induce a profound sense of well-being. In addition to its deeply relaxing effect, this diagnostic back massage also enables your therapist to make an expert diagnosis of your skin and overall health in order to provide you with the Decléor beauty treatment most suited to your needs.

Decléor Express Facial

25 Mins

This facial treatment includes the essential face mapping, cleansing, exfoliation and moisturising. Making this an ideal way to understand your individual needs.

Decléor Armooplastie

55 Mins

This multi Active, 100% natural treatment is tailored to every skin type. Your therapist selects products to rebalance your skin concerns. At the heart of this treatment is a mask that has a truly unique and surprising texture, with Linseed, Wheat Germ and Sunflower. Your major needs are met to perfection and your skin feels soft, smooth and refreshed

Decléor Aroma Expert

1 Hr 10 Mins

Even the most demanding skin is satisfied. Every Aroma Expert treatment offers a concentrate of highly targeted pure Essential Oils and Plant Extracts

Decléor Aroma Expert Nourish

1 Hr 10 Mins

An intensive balancing treatment replenishes lost moisture and enables it to combat harsh external aggressions.

Decléor Aroma Expert Soothe

1 Hr 10 Mins

An intensive balancing treatment replenishes lost moisture and enables it to combat harsh external aggressions. This wonderful calming treatment brings immediate comfort to stressed skin



Décleor Aroma Expert Essential

1 Hr 10 Mins

This precision treatment provides an instant and long term response for thirsty skin. Revealing a luminous and radiantly beautiful complexion.

Décleor Aroma Lift- Expression

1 Hr 10 Mins

A fusion of nature and science, smooths the appearance of expression lines and wrinkles. This incredible facial uses the latest innovation and natural ingredients to produce an immediate action on expression lines, to prevent premature appearance of wrinkles. The skin will be gorged with the famous acclaimed anti ageing ingredient Retinol, renowned in the industry to stimulate the production of collagen no. I and III to improve the quality of the skin. Combining the professional solutions of the powder and water of youth to reveal smooth, hydrated and luminous skin.

Décleor Aroma Lift Experience

1 Hr 10 Mins

Re-stimulate your skin with this deeply reviving facial. As the physical process of ageing progresses and your skin faces the challenges of the environment as well as everyday stresses, it becomes more vulnerable to slackening and a loss of firmness, whilst dehydration and the formation of wrinkles add to the ageing appearance. Saiko, Corn and Serine extracts impregnated in the revolutionary 'Lissage' melting tablet act to re-stimulate and plump, completely revitalising the appearance of the skin. Fine lines and wrinkles that become more obvious with age are softened and the skin is flooded with moisture to ensure the complexion appears naturally radiant and youthful.

Décleor Aroma Lift Excellence

1 Hr 10 Mins

Utilizing the cutting edge of Decleor's skin care development, this incredible treatment restores facial volume with innovative "lipo-filling" technology. Wrinkles appear to be plumped from within and the contours of the face appear reshaped. Using Decleor's break through technology and their 35yrs of expertise and passion they have gone to the heart of nature to extract it's very best leaving the skin visibly glowing and feeling firmer.



BODY TREATMENTS

This results driven treatment has been created to sculpt and contour problem areas such as hips, thigh and buttocks. Powdered Fruit Seeds of Orange and Apricot with Essential Oils, Spices and Vegetal Oils are used to polish and perfect the skin leaving it in supreme condition. The treatment is then followed by an intensive massage which your therapist will bespoke to suit your needs whether its eliminating toxins or helping to tone and firm this massage will leave you feeling rejuvenated. The outstanding technology found in the Slim Effect products will be used to leave the body feeling smooth, firmed and contoured.

Décleor Spa Mosaic Envelopment Wrap **1 Hr 15 Mins**

Aroma-Envelopment - This ultimate cocooning treatment envelops the body in unique professional formulations containing aromatic oils & plant extracts in order to procure relaxation whilst providing a real response to every need.

Décleor Perfect Contour **55 Mins**

Perfect Countour-Detox Anti cellulite treatment, a treatment designed to target stubborn areas of cellulite usually around the thighs and hips, using essential oils with a marine mask and draining massage techniques

Décleor Perfect Legs

55 Mins

The perfect antidote for tired, aching legs, this instantly refreshing and invigorating treatment will put the bounce back in your step.

Décleor Purifying Back Treatment

55 Mins

Purifying deep cleansing exfoliant with steam to remove congestion followed by a massage and mask leaving your back supple and smooth.

Décleor Body Silk Exfoliation

40 Mins

Exfoliation of the whole body ensures a perfectly smoothed skin followed by the application of a Decleor re-hydrating System Corps body cream to ensure that the entire body is left soft, supple and revitalised



MASSAGES

Aromatherapy 25 Mins or 55 Mins

This exquisite treatment combines unique oriental massage techniques offering a deeply relaxing treatment tailored to your individual needs.

Swedish 25 Mins or 55 Mins

Swedish massage techniques ease muscle tension and provide ultimate relief for tight muscle knots. A fairly firm but relaxing massage. Both of the above options are available in the following.

Hot Stone Massage 25 Mins or 55 Mins

A massage with the use of warm volcanic basalt stones, to soothe away physical and mental tension. Available as a back neck and shoulder Massage or indulge in a Full body therapy.

Sports Massage 25 Mins or 55 Mins

Sports Therapy massage and rehabilitation are available in The Spa by our resident Sports Masseur. An appointment can be arranged at The Spa reception by calling in advance.

ADDITIONAL TREATMENTS

Lip Wax	10 Mins
Chin Wax	10 Mins
Lip and Chin Wax	20 Mins
Full Leg	25 Mins
Half Leg	15 Mins
Underarms	10 Mins
Full Arms	25 Mins
Basic Bikini	10 Mins
Brazilian	15 Mins
Back Wax	25 Mins
Back and Shoulder wax	25 Mins
Chest Wax	15 Mins
Eyebrow Waxing and Shaping	15 Mins
Eyebrow Tint	15 Mins
Eyelash Tint	15 Mins

Please note all eye treatments require a 24hours skin test



Waxing

Temporary hair removal with silk cream wax. Clean, hygienic and effective, a superb result is achieved every time with use of the unique disposable applicator. Areas to be waxed include: Full leg wax, Quarter leg wax, Half leg wax, Underarm, Bikini, Lip, Chin, Back, Chest, Forearm and Eye brows.

We strongly advise you not to have any heat treatments (sauna, steam, sun bed) or swim, exercise or sunbathe for 4 hours before or 24 hours after waxing.

Eyes

Eyelash tint*, Eyebrow tint*, Lash & Brow tint* and/or Eyebrow shape.

*A sensitivity test is required 24 hours prior to first treatment.

HANDS & FEET

"Beautiful nails are not born...they're carefully cultivated" Jessica.

All manicure treatments are carried out using the range of Jessica products that are designed to cater to the special needs of all nails. All pedicures are carried out using Jessica's ZenSpa products for the spirit.

Nail paint

15 Mins

If you are in a rush or just need that extra finishing touch to your outfit for fingers or toes, treat yourself to a file and polish..

Spa Manicure or Spa Pedicure

25 Mins

A general manicure or pedicure including cuticle work, hand or foot massage, reshape/cutting of nails and nail paint.

Luxury Manicure or Luxury Pedicure

55 Mins

Includes the above plus hand or foot treatment with heated mitts/booties to soothe tired extremities and immerse creams and oils applied into the deeper layers of skin, helping with dry or hard skin.



TREATMENTS FOR MEN

EXPRESS ENERGY TREATMENT 25 Mins

An express facial treatment, for a burst of energy to the skin.
DETOXIFY, REFRESH AND ENERGISE

Skin Fitness Expert 1 Hr 10 Mins

Back Neck, Face & Scalp Massage 40 Mins

Back Recover Massage 25 Mins

Male Manicure 25 Mins

Male Pedicure 40 Mins

Gift Vouchers

Gift vouchers are available to purchase with a 6 month expiry. The original voucher must be presented as payment on arrival. We regret that replacements cannot be issued for lost vouchers or when the voucher has expired.

Cancellation Policy

Full charge of the treatment(s) booked if client does not show for the appointment. Full charge for the treatment(s) if less than 12 hours notice is given. 50% charge if less than 24 hours notice is given. The Management reserves the right to charge to hotel rooms or the credit card details left.

House Rules

We cannot accept children less than 16 years of age in the Spa or for treatments due to Health & Safety. Credit card details are taken to secure bookings. If you are late for a treatment we will endeavour to maximise the remainder of your appointment time but full charge for the treatment will be taken. Use of mobile phones is not allowed in the Spa as it is a Relaxing area. We ask that guests shower before treatments or after using the gym.