

TREAT YOURSELF

Telephone: 01676 526 149

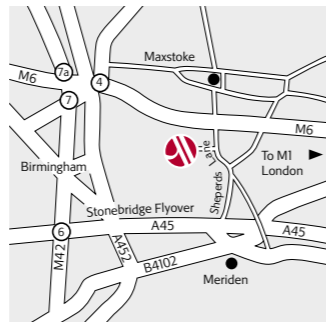
Fax: 01676 523 711

Email: mhrs.cvtgs.cedarwoodspa@marriotthotels.com

Marriotthotels.com

DIRECTIONS

Take junction 6 from the M42 and follow A45 to Coventry. After 1 mile turn left into Shepherds Lane, then take the next left into Maxstoke Lane. Forest of Arden, A Marriott Hotel & Country Club is 1 1/2 miles on the left. Birmingham International Airport and NEC 4 miles.



Forest of Arden, A Marriott Hotel & Country Club
Maxstoke Lane, Meriden, Birmingham CV7 7HR
t: 44 (0)1676 522 335 f: 44 (0)1676 523 711
MarriottForestofArden.co.uk



All information and prices were correct at time of print (May 2011) and are subject to change without notice.



Front cover image: Decléor

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TREAT YOURSELF




FOREST of ARDEN
A MARRIOTT® HOTEL & COUNTRY CLUB



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

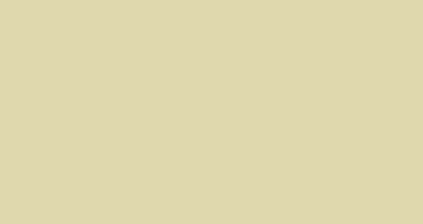


Using only the best products available your treatment will be designed to offer you the ultimate in holistic beauty care and provide you with unparalleled levels of service. Each therapist has undergone intensive training and will spend time getting to know you and how you would like to feel – refreshed, relaxed, revived or de-stressed – and then choose the perfect combinations for you.

Opening Times

Monday:	10am – 6pm	Friday:	9am – 9pm
Tuesday:	10am – 6pm	Saturday:	9am – 6.30pm
Wednesday:	10am – 6pm	Sunday:	10am – 6pm
Thursday:	9am – 9pm		

Call direct on: 01676 526 149



DECLÉOR 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.

Prescription Facial (50 mins)

A 50 minute treatment using Decléor products. Skin is analysed before cleansing, exfoliating and facial massage. A suitable cream mask is applied before finishing with an application of relevant moisturiser to the face and eyes and a home care prescription. (Please note there is no back diagnostic massage in this facial)

Essentially Yours Aromatic Facial (55 mins)

All skin types

This highly personalised facial is specially designed to meet all your skincare needs. Discover the rejuvenating and anti-ageing benefits of this multi-beneficial treatment that incorporates a unique 100% natural multi-vitamin mask. You will see and feel a complete difference after your very first treatment – a radiant complexion and velvety smooth skin.

Express Facial (25 mins)

All skin types

This express facial is an instant pick me up for tired skin leaving it refreshed and revitalised.

Deep Nourish Aromatic Facial (70 mins)

Dry & Dehydrated Skincare

This deeply nourishing and gentle treatment immediately replenishes lost moisture and the skin is visibly refreshed and completely hydrated once again.

Total Balance Aromatic Facial (70 mins)

Oily & Combination Skincare

An intensive balancing treatment that immediately reduces excessive unwanted shine and regulates inflamed or angry skin. The skin is left clearer, more luminous and refined.

Sheer Calm Aromatic Facial (70 mins)

Sensitive Skincare

This calming treatment brings immediate comfort to stressed and sensitive skin. It not only soothes and re-balances but also increases the tolerance level of the skin leaving the complexion smooth and cool.

Evidence Aromatic Facial (70 mins)

Anti-ageing Skincare

This exceptional anti-ageing treatment is especially effective for areas of concern such as the eyes, lips and neck. It restores firmness, smoothes fine lines and leaves the skin looking youthful, rested and radiant.

Aroma White Aromatic Facial (70 mins)

Brightening skincare

Ideal before that special occasion to brighten the skin. Can also help to reduce pigmentation marks. A specific range of aromatherapy products to give a grey or sallow complexion a radiant boost.

Vital Eyes (40 mins)

A unique intensive anti-ageing eye treatment that instantly melts away tension. Suitable for all skin types this heavenly treatment soothes irritation, helps to decongest sinus problems, eliminate dark shadows and smooth fine lines.

Can be combined with all Decléor facials - allow 15mins

CACI

CACI gently tightens and tones the muscles while smoothing the appearance of fine lines and wrinkles producing immediate and dramatic results. A course of 10 treatments is recommended followed by a maintenance treatment once a month.

CACI treatments available...

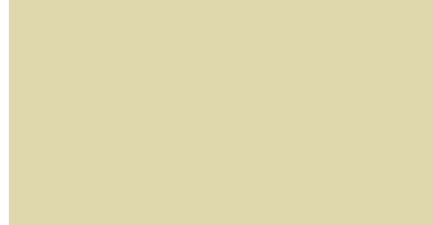
CACI Non Surgical face lift (55 mins)

CACI Non Surgical eye lift (25 mins)

CACI legs and buttocks lift (40 mins)

CACI stomach lift (40 mins)

CACI bust lift (40 mins)



DECLÉOR BODY TREATMENTS

Spa Mosaic Envelopment Treatments (65 mins)

Experience the complete escapism of these luxurious aromatherapy body treatments, cocooned in a warm blanket, which maximises the benefits of the individual masks depending on your specific needs.

Detox – Exfoliation, massage and a marine algae mask rich in minerals help to drain away toxins and eliminate water retention, producing increased energy and smooth, soft even skin.

Relax – After a gentle exfoliation, a warm aromatic massage balm is smoothed over the entire body followed by a sumptuous hydrating creamy mask. As you lie in a warm blanket the balm gently permeates the body and produces a profound and long-lasting sense of well being.

Tonic – Instantly increase your skin’s radiance. The combination of an invigorating exfoliation and a warm massage balm, with its unique blend of toning, firming and anti-ageing ingredients, leaves your skin toned and wonderfully soft.

Flow – Feel all muscular tension melt away with this refreshing and energising treatment. After a luxurious full body exfoliation and a brisk friction massage that eliminates dull skin, a warm blanket will be wrapped around your body to eliminate toxins and remove excess fluid.

Perfect Slim Effect (55 mins)

A fabulous treatment with proven results! Specific massage techniques are used together with products from the Decléor Slim Effect range to improve circulation, reduce the orange peel effect and prevent the forming of new unwanted curves!

Perfect Legs (40 mins)

The perfect antidote for tired, aching and heavy legs, this instantly refreshing treatment will immediately eliminate swelling in the lower legs and feet, relieve muscle tension, improve circulation and revitalise skin texture.

Purifying Back Treatment (40 mins)

A unique diagnostic massage combined with deep cleansing as well as purifying and balancing essential oils decongest, hydrate and restore clarity to this delicate area where the condition of the skin is easy to neglect.

Body Silk Exfoliation (25 mins)

A luxurious full body exfoliation to gently lift off dull, dry skin followed by an application of body moisturiser leaving skin silky smooth.

Mother-to-be Treatment (70 mins)

This specialised treatment focuses on preventing the appearance of stretch marks, reducing water retention, restoring comfort to aching legs and rebalancing complexion problems.

You are safe to have treatments from 3 months right up until your due date.

‘Estate of Unique’ Treatment (55 mins)

This rejuvenating therapy starts with a massage to the back of the legs and a full back neck and shoulder massage to ease muscular tension. Once you turn over, experience a facial cleanse, tone and exfoliation to invigorate your skin, followed by a face, décolleté and scalp massage with a carefully selected blend of the Decléor facial oils. Bliss...

Why not add on an extra half an hour to upgrade your facial to a Luxury Decléor facial treatment?

MASSAGE

Therapeutic Massage

Swedish massage techniques ease muscle tension and provide ultimate relief for tight muscle knots. A fairly firm but relaxing massage.

Available in the following...

Back Massage (25 mins)

Full Body (55 mins)

Full Body including Oriental Tranquillity Head, Neck & Scalp Massage (70 mins)

Oriental Tranquillity Head, Neck & Scalp Massage (40 mins)

Inspired by Oriental techniques and using a concentration of essential oils, this aromatherapy massage has been developed specifically for the head, neck and scalp to produce deep relaxation.

Reflexology (55 mins)

A pressure point massage on the feet using ancient techniques.



Indian Head Massage (40 mins)

A professional treatment using specially trained techniques to relax the tension in the head, neck and shoulder area. True luxury after a stressful time, to release too much thought.

Hot Stone Massage (40 to 70 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.

HOPI EAR CANDLES (40 mins)

Originating from ancient practices, ear candles have been used for many years to help relieve symptoms of hay fever, congestion, sinus pressure, earache and tinnitus. The ear candles help generate a light suction effect within the ear canal, which in turn provides a gentle massage on the eardrum. The treatment is completed by an aromatic facial massage to alleviate sinus and nasal congestion, headaches and skin problems.

SPORTS THERAPY

Sports Therapy massage and rehabilitation are available in The Cedarwood Spa by our resident Sports Masseur.

An appointment can be arranged at The Spa reception by calling in advance.

ADDITIONAL TREATMENTS

Waxing (15 to 40 mins)

Temporary hair removal with PHD warm 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, sunbed) or swim, exercise or sunbathe for 4 hours before or 24 hours after waxing.

Eyes (15 to 25 mins)

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

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

Hands and 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 polish.

Express Manicure (25 mins)

General work and reshape of the nail, including cuticle work or nail paint if required – just to tidy.

Express Pedicure (25 mins)

General work and reshape of the toe nail, including cuticle work or nail paint if required – just to tidy.

Spa Manicure or Spa Pedicure (40 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.



GELERATION

The beauty of Jessica in a gel, with the health of a natural nail in mind, Geleration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. Generation is available in Jessica's most popular colours.

Geleration Manicure (40 mins)

Includes cuticle care, massage, nail shape and finished with Jessica's Geleration gel polish.

Geleration Pedicure (40 mins)

Includes cuticle care, massage, nail shape and finished with Jessica's Geleration gel polish.

BRONZING

St Tropez Spray Tan (30 mins)

The quickest and healthiest way to an all over tan in 20 minutes. We recommend that you exfoliate and depilate prior to arrival.

MAKE UP

Make-Up Application (25 mins)

Using I.D Bare Minerals make up, containing essential minerals to help soothe and repair skin as well as cover.

Bridal Make Up (55 mins)

Make up application on the big day. See separate insert for Bridal packages.

TREATMENTS ESPECIALLY FOR MEN

Skin Fitness Facial (55 mins)

This treatment, essential to improve the skin's tone and appearance, offers deep cleansing and exfoliation and combats daily aggressions such as shaving. The application of a herbal mask will help hydrate and revitalise skin.

Skin Fitness Expert (70 mins)

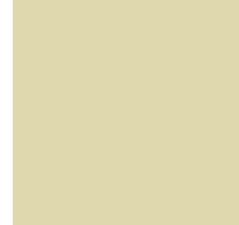
This tension relieving aromatherapy facial can be individually tailored to meet the needs of all skin types. Combining the unique Decléor massage to the back, face, shoulders and neck using specialised high performance products, together with the application of Decléor's natural specific face mask, results are immediately visible. The complexion is bright, supple and energised.

Back Recovery Massage (25 mins)

Relax while stress and tension is eased away to instantly relieve and revive.

Hand & Feet Grooming (25 to 40 mins)

An express manicure or pedicure to tidy cuticles and for general work on these areas. Ideal for a pre-holiday feet treat or that business meeting or wedding for tidy hands.



SPA DAY EXPERIENCES

Each Spa Day experience includes:

- Use of leisure facilities:
 - Exercise Studio (16+)
 - Cardio Vascular Suite (16+)
 - Free Weights and Fitness Suite (16+)
 - Floodlit Tennis Courts
 - Indoor Heated Swimming Pool
 - Sauna/Steam Room
 - Spa Pool
- Light Lunch is served in the Zest Café Bar
- Complimentary hot drink on arrival in the Spa
- Use of gowns and slippers
(please note if you wish to exchange your robe at any point during the day, there is an additional charge of £4)

We ask that Spa Day visitors arrive at approximately 10am and depart at 5pm

Spa Taster Day

- Decléor Express Facial
- OR*
- Back Massage

Rest & Relaxation

- Decléor Prescription Facial

New Beginnings

- Mother To Be Treatment
- Spa Pedicure

Seasonal Spa Days

Spring/Summer (March to September)

- Decléor Body Silk Exfoliation
- Oriental Scalp Massage
- Decléor Prescription Facial
- Jessica Express Pedicure

Autumn/Winter (October to February)

- Hot Stones Back, Neck & Shoulder Massage
- Decléor Evidence Aromatic Facial
- Jessica Express Manicure

Luxury Refresh & Revive

- Decléor Prescription Facial
- Decléor Body Silk Exfoliation
- Back Massage
- Jessica Express Pedicure
- Jessica Express Manicure

Made for Men

- Back, Neck, Face & Scalp Massage
- 40 min Decléor facial incl vital eyes treatment

Prelude

- Any Decléor 1hr 10min Luxury Facial
- Does not include lunch.

Half Spa Day only from 10am-2pm, 2pm-6pm or 5pm -9pm

Pre-book all treatments prior to arrival to avoid disappointment.
Appointments are subject to availability.

FITNESS

TT Training Together

A one to one training session with a qualified fitness instructor for those people who need that extra bit of motivation and encouragement.

The instructor will give you the focused attention you need to ensure you achieve your personal goals. Cost on application.

Classes

The Leisure Club offers a variety of Pilates, Yoga, Aqua and other classes. These are included in all Spa Day and overnight residential packages.



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 Cedarwood Spa
- Members of the Marriott Forest of Arden Leisure Club receive 10% discount on treatments booked Monday – Friday
- The Cedarwood Spa is open to non-members
- The length of appointment stated includes consultation and changing time

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 under 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 after classes or using the gym. We will happily change your robe for a dry one if you get it wet for a £4 charge. Slippers are yours to keep. Robes are only included in Spa Day Packages. Robes can be hired for £4 per person, subject to availability.

Thank you
The Cedarwood Spa Team

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.

And finally, a few spa tips

To ensure a wonderful spa experience, please make us aware of any preferences that you may have. Talking with your therapist will help them customise their service to ensure maximum enjoyment.

Re-hydration is an important part of spa therapy. We therefore recommend that you drink plenty of water.

We recommend that men shave a few hours before a facial.