

BOOKINGS

Please book spa appointments in advance. Bookings can be made directly on 01676 526 149. Credit card details are required to secure an appointment.

Alternatively you can call the Spa Central Booking line on 0800 054 6505 (Monday to Friday 9-5pm excluding Bank Holidays).

You can also book online at MarriottSpas.co.uk*

Please note we have an Age Policy for treatments as detailed in the How to Spa section.

All appointment durations stated include consultation and changing time and not the total 'hands on' time. Arrival is recommended 20 minutes before treatment time to Check In and complete questionnaires.

*Not available at all Marriott locations.

CANCELLATION POLICY

There will be a full charge of the treatment(s) booked if you do not show for your booked appointment or if less than 12 hours notice is given. 50% charge if less than 24 hours notice is given.

VISIT MARRIOTTSPAS.CO.UK

OPENING HOURS

Saturday to Monday – 10am to 6pm
Tuesday and Wednesday – closed
Thursday and Friday – 10am to 9pm

GIFT VOUCHERS

Beautifully presented gift vouchers are available at a variety of monetary values and for any treatment or package; these can be purchased from Spa Reception. Vouchers are an ideal way of solving those 'what-to-buy dilemmas' for that special occasion, an anniversary surprise, birthday treat or just because you care!



HEALTH AND BEAUTY AT THE CEDARWOOD SPA



FOREST of ARDEN
MARRIOTT HOTEL & COUNTRY CLUB

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Maxstoke Lane, Meriden, Birmingham, CV7 7HR



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TREATMENT PRICE LIST



WELCOME TO THE SPA AT FOREST OF ARDEN

Working with some of the world's finest product houses our team of spa specialists can offer you the ultimate experience in holistic beauty care, whether you are looking for a de-stressing massage, nourishing facial or glamorous nails our spa professionals are able to assist.

THE SPA AT FOREST OF ARDEN TREATMENT PRICE LIST

DECLÉOR FACIALS

Every treatment begins with the unique back diagnostic massage, utterly relaxing for you and a wonderful insight for your therapist into your overall state of health - and therefore your precise needs. The use of expert massage techniques and 100% pure, preservative - free Essential Oils address the demands of every skin type to leave all complexions balanced, comforted and glowing with health.

Aromatherapy Discovery Facial

Weekday **£30** Weekend **£33**

Short of time? Discover why Decléor facials are world famous with this rescue remedy. Includes revitalising massage, Essential Oils and a gentle polish to wake-up tired skin leaving it fresh and radiant. **30 minutes.**

Power Packed Vitamin Surge Facial

Weekday **£46** Weekend **£49**

Power-packed with vitamins and anti-oxidants, this award winning facial melts away stress. Combines a rebalancing Essential Oil elixir plus warm, decongesting mask for skin that's purified, perfectly replenished and glowing. **60 minutes.**

Moisture Infusion

Weekday **£50** Weekend **£52**

This super-hydrating facial quenches the thirstiest skin. Includes gentle exfoliation to smooth then a nutrient-rich mask to intensively rehydrate for skin that's supple and cashmere soft. **75 minutes.**

Divine Nutrition

Weekday **£50** Weekend **£52**

By cocooning skin in deliciously nourishing Essential Oils and active nutrients, this facial comforts, renews and repairs. Ultra-nourishing to feed dull, dry, exposed skin, it transforms complexions to radiant and satin smooth. **75 minutes.**

Oxygenating Pure & Matt

Weekday **£50** Weekend **£52**

For instant clarity on dull, devitalised skin, this antibacterial and mattifying facial blitzes spots and shine. Includes Aquatic Plant Powders and an oxygenating power mask for a brighter and shine-free complexion that's simply flawless. **75 minutes.**

Harmonie Calm

Weekday **£50** Weekend **£52**

Acting like a calming comfort blanket, this blissful treatment relieves stressed, angry skin. Power-packed with skin strengthening Essential Oils and including a skin-perfecting peel-off mask, it works immediately for clear, soothed and resilient skin. **75 minutes.**

Collagen Plump & Lift

Weekday **£50** Weekend **£52**

Energising but luxurious, specialised massage helps recharge skin tissues while an indulgent, collagen-rich mask infuses the complexion with skin-plumping nutrients. The skin's natural renewal process is kick-started for firmer, radiant skin. **75 minutes.**

Ultimate Advanced Anti Ageing Facial

Weekday **£50** Weekend **£52**

Targets the seven signs of ageing to plump out lines and increase tone. Strengthening from within, skin becomes less sensitive and satin-smooth, with a new freshness and luminosity. **75 minutes.**

Vital Eyes

Weekday **£35** Weekend **£37**

Put the sparkle back! Featuring repairing and intensively hydrating eye masks, this targeted treatment fights fatigue, quenches moisture loss and helps erase wrinkles for a sparkling, rested eye zone. **45 minutes.**

DECLÉOR BODY TREATMENTS

Lemon & Mango - Firm & Tone

Weekday **£50** Weekend **£52**

A collagen-boosting wrap to erase imperfections, strengthen skin and offer figure sculpting benefits. Repairs and moisturises skin all over for a smooth, firm and radiantly younger looking body. **60 minutes.**

Body Silk Exfoliation

Weekday **£31** Weekend **£33**

Full body exfoliation followed by application of body moisturiser. **30 minutes.**

DECLÉOR FACE & BODY TREATMENTS

With a skin-brightening exfoliation to target spots, blemishes and dull skin, this facial for your back transforms congested skin, leaving it clear and strokeably soft.

Face & Body Hot Stone Sensation

Weekday **£70** Weekend **£75**

This face and body ritual exclusive to Marriott will transport you to a tranquil state of relaxation, tension melts away as warm stones massage the skin and the cocooning balms restore the equilibrium of your body and mind. **60 minutes.**

Radiant Mum to Be

Weekday **£75** Weekend **£75**

This treatment includes a relaxing Decléor Power Packed Vitamin Surge Facial, Leg Massage and a Hand Massage for a truly nurturing experience that relieves 'heavy' legs and brightens skin. **75 minutes.**

MASSAGES

Your Bespoke Blend, Refine & Firm Massage

Weekday **£70** Weekend **£75**

A completely new approach to massage and body sculpting. This highly effective tailor made massage is completely bespoke to you and your refining and firming needs, your therapist will blend a fusion of essential oils and plants oils to focus on what you would like to achieve and how you would like to feel. Your body will feel recharged and your emotions balanced. **60 minutes.**

Decléor Aromatherapy Body Massage

Relax, detoxify, tone or stimulate with one of these tension-releasing, holistic treatments. Stresses and strains blissfully melt away and skin all over is left revitalised and velvety. **60 min Weekday £47 90 min Weekday £65 60 min Weekend £50 90 min Weekend £68**

Deep Tissue (Muscle Energiser) Massage

Weekday **£47** Weekend **£50**

Pure therapeutic relaxation to alleviate stress deep down and release the discomfort of aching muscles. 100% natural Essential Oil Balms enhance the experience, leaving your mind calmer and muscles intensely soothed. **60 minutes.**

Hot Stone Massage

Weekday **£65** Weekend **£68**

Full body massage. Hot stone massage is a technique adored by many, the heat of the basalt stones encourages the muscles to relax quicker. Great for relaxation, anxiety, tension or improving circulation. **60 minutes.**

Back, Neck & Shoulder

Weekday **£32** Weekend **£35**

Back, Neck, Shoulder massage for those areas of the back that hold all the stress of everyday living. **30 minutes.**

MOROCCANOIL

Facial for the Scalp

Weekday **£10** Weekend **£10**

Application is followed by a relaxing scalp massage. With its balanced use of our signature Argan Oil and essential oils of organic ginger, lavender and geranium, this revitalising treatment will help improve the condition of your scalp and the quality and shine of your hair - **In treatment.**

Intense Hydrating Mask

Weekday **£5** Weekend **£5**

This is gently massaged throughout your hair and allowed to absorb while you relax. This treatment will help leave your hair hydrated and shiny - **Within treatment.**

Exfoliation Body Ritual

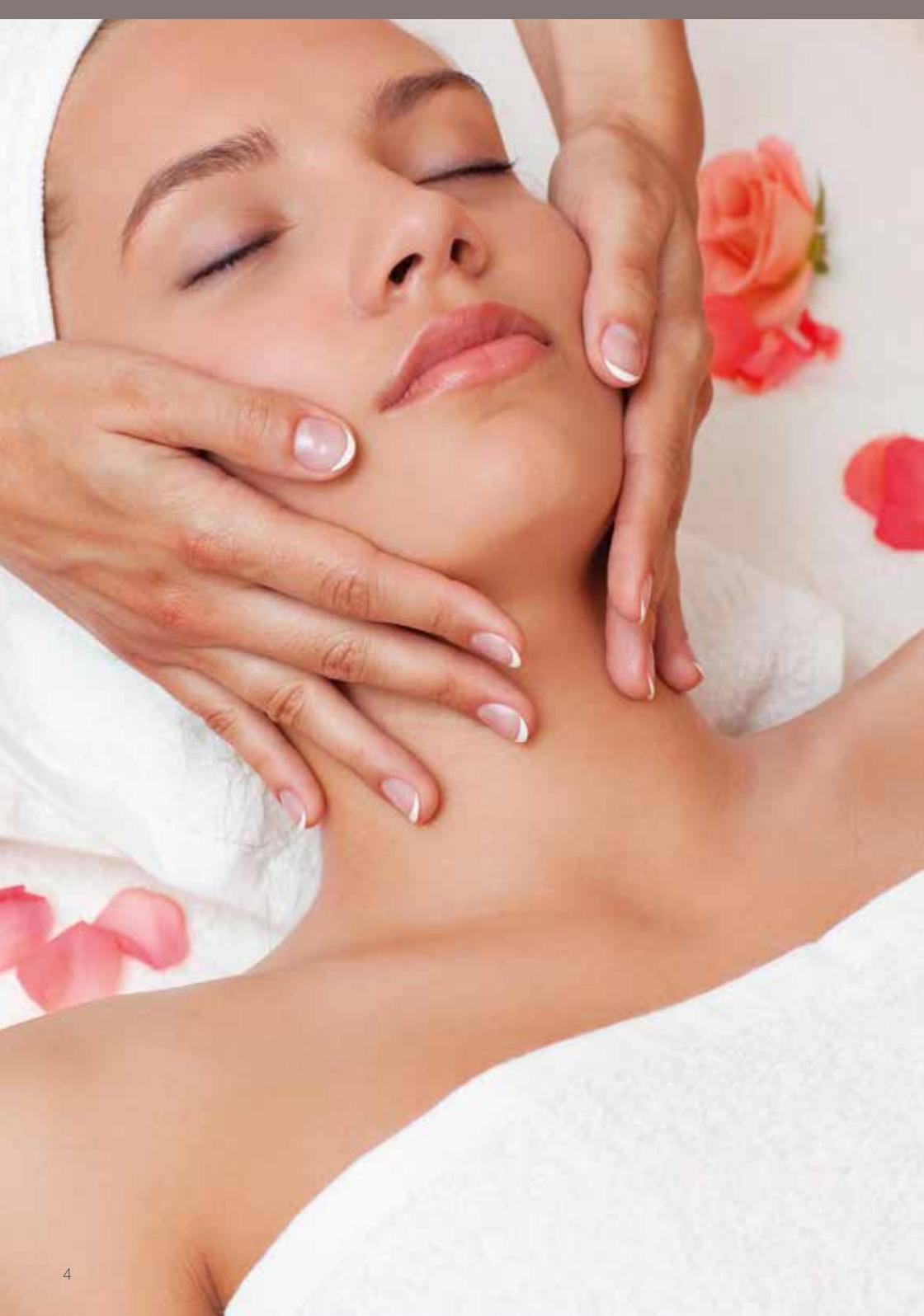
Weekday **£40** Weekend **£42**

This 'Top to Toe' service revitalises and hydrates skin, whilst stimulating your senses. This treatment begins with full body dry brushing, then exfoliation using MoroccanOil's unique luxurious orange peel scrub and included is a relaxing scalp massage. **45 minutes.**

Hydrating Massage

Weekday **£70** Weekend **£72**

A relaxing full body massage using MoroccanOil's argan oil enriched intense hydrating treatment soothes and relaxes tired muscles and nourishes the skin leaving it softer and noticeably healthy looking. **60 minutes.**



ALTERNATIVE THERAPIES

Hopi Ear Candling

Weekday **£37** Weekend **£40**

The thermal auricular therapy is used to restore calm and balance within the body. The treatment is particularly effective for conditions such as blocked ear, tinnitus, vertigo, insomnia and stress, while the candles instil a feeling of peace and warmth into the body. It also includes a relaxing neck, face and scalp massage. **45 minutes.**

Decléor Tranquillity Scalp Massage

Weekday **£32** Weekend **£35**

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 a pure serenity. **30 minutes.**

BRONZING

St Tropez Full Body Spray Tan

Weekday **£30** Weekend **£33**

A quick, effective tanning treatment that develops to your own skin tone and has the added benefit of aroma guard technology. **30 minutes.**

HANDS & FEET

Jessica Deluxe Manicure with LeRemedi Hand Treatment.

Weekday **£33** Weekend **£35**

The ultimate in hand and nail care. All the benefits of the LeRemedi Hand Treatment combined with Jessica's Prescriptive Manicure. **60 minutes.**

Jessica Prescriptive Manicure with Thermal Heated Mittens

Weekday **£33** Weekend **£35**

Jessica's Prescriptive Manicure with the luxurious added benefits of Thermal Heated Mittens for deeper penetration of oils and creams. This treatment choice is excellent for increasing circulation or relieving stiff, painful joints. **60 minutes.**

Jessica Half Hour Manicure or Pedicure

Weekday **£24** Weekend **£26**

Hands/ feet and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish. **30 minutes.**

ZenSpa Pedicure

Weekday **£28** Weekend **£30**

Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished. **60 minutes.**

ZenSpa Pedicure Deluxe

Weekday **£35** Weekend **£37**

Jessica's ZenSpa pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints. **75 minutes.**

GELeration Gel Overlay Manicure

Weekday **£38** Weekend **£40**

Includes hand exfoliation, massage, cuticle care and nail shape. Finished with Jessica's GELeration gel polish. **45 minutes.**

GELeration Gel Overlay Manicure & Removal

Weekday **£48** Weekend **£50**

As above and will include any previous gel removal. **60 minutes.**

ZenSpa Pedicure with GELeration

Weekday **£40** Weekend **£43**

A luxury pedicure. Choose from either Calming Green Tea, Energising Ginger or Revitalising Citrus for this luxury foot and leg treatment. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed and toe nails are shaped, finished with Jessica's GELeration gel polish. **60 minutes.**

ZenSpa Pedicure with GELeration & Removal

Weekday **£50** Weekend **£53**

As above and will include any previous gel removal. **75 minutes.**

Existing GELeration Removal

Weekday **£15** Weekend **£15**

Removal of existing GELeration only. **20 minutes.**

FINISHING TOUCHES

		Weekday	Weekend
Full Leg Wax	45 min	£29	£33
Half leg Wax	30 min	£23	£25
Bikini Wax	15 min	£11	£13
Underarm Wax	15 min	£11	£13
Lip or Chin Wax	15 min	£10	£11
Arm Wax	30 min	£23	£25
Eyebrow Shape	15 min	£10	£11
Eyelash Tint	30 min	£13	£15
Eyebrow Tint	15 min	£10	£11
Day Make Up	45 min	£33	£35
Occasion & Bridal Make Up	60 min	£40	£45

SPA DAY PACKAGES

All Spa Day packages are from 10am - 5pm.

Towels are included.

Full use of the fitness facilities. 15% discount on beauty retail purchased on the day.

Terms & Conditions apply.

Cream Tea & Spa Package

£49 per person

Includes ½ hour treatment per person and a Pot of Tea, Scones with Jam. Choices include:
- Mini Manicure OR Decléor Aromatherapy Discovery Facial OR Back, Neck & Shoulder Massage.

Refresh & Revive Package

£110 per person

Includes 1 ½ hours of treatments per person. Treatment choices include: - Decléor Power Packed Vitamin Surge Facial plus Back, Neck & Shoulder Massage. Also includes a light lunch. Complimentary hot or soft drink on arrival.

Spa Retreat Package

£130 per person

Includes 2 hours of treatments per person. Treatment choices include: - 1 Hour Body Massage OR Decléor Facial plus 1 Hour Deluxe Manicure. Also includes a light lunch. Complimentary hot or soft drink on arrival.

Radiant Mum to Be Package

£110 per person

Includes 100 minutes of treatment. Treatments included: - Decléor Power Packed Vitamin Surge Facial, Hand and Leg Massage and a Mini Manicure.

Time for You Package

£65 per person

Includes 1 hour of treatment per person. Treatment choices include: - Full Body Massage OR Decléor Power Packed Vitamin Surge Facial OR Jessica Prescription Manicure OR ZenSpa Pedicure.

Time for Two Package

£40 per person

Package is for 2 people with ½ hour treatment each. Price is per person. Treatment choices include:- Mini Manicure OR Back, Neck & Shoulder Massage OR Decléor Discovery Facial.

Time for Him Package

£65 per person

Includes 1 hour of treatment per person. Treatment choices include: - 1 Hour Body Massage OR Decléor Express Energising Facial OR 1 Hour Deluxe Manicure.

MEN'S TREATMENTS

Decléor Intensive Energising Facial

Weekday **£46** Weekend **£49**

Our fatigue-fighting, anti-ageing treatment reduces shaving bumps and irritation whilst re-invigorating skin. Skin is soothed, moisturised and looks re-invigorated, with reduced beard growth. **60 minutes.**

Decléor Express Energising Facial

Weekday **£30** Weekend **£33**

A high-speed solution to re-energise skin, this rejuvenating treatment recharges instantly to leave tired skin looking clearer, fresher and with reduced beard growth. **30 minutes.**

Intensive Energising Body Massage

Weekday **£47** Weekend **£50**

Dramatically reducing tension and boosting energy levels, this deeply revitalising treatment includes a powerful therapeutic massage to blast away muscular – and mental – aches and pains. Leaves mind and body ready to go again. **60 minutes.**

Men's Deep Tissue Back & Shoulder Massage

Weekday **£35** Weekend **£38**

Highly targeted treatment focussing solely on releasing tension in back and shoulders with a powerful deep tissue massage. Intensely de-stressing to actively revitalise mind and body. **30 minutes.**

Full Back Wax **30 minutes**

Weekday **£25** Weekend **£28**

Full Chest Wax **30 minutes**

Weekday **£25** Weekend **£28**

Jessica Gentleman's Club Hand & Nail Care

Weekday **£24** Weekend **£26**

Hands are exfoliated to remove dryness and massaged with treatment creams. Cuticles are conditioned and groomed and nails are trimmed and shaped. **30 minutes.**

Jessica Executive Footcare for Men

Weekday **£25** Weekend **£28**

A relaxing and grooming foot and leg treatment. Hard skin is removed, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy and toenails will be perfectly shaped. **45 minutes.**

HOW TO SPA

How do I choose my treatments?

We offer a menu to pamper, relax and revive the body. Our Therapists can help you select those treatments that are most appealing and beneficial to you.

Treatment Consultations

Our consultations are confidential and complimentary and are included within the treatment time experience. Please notify us on booking if you have any allergies or medical concerns that may prevent us undertaking the treatment. Some treatments are not suitable for certain medical conditions and will require a letter from your Doctor confirming that the treatment can be performed.

Arrival

We kindly ask that you arrive at The Spa Reception 20 minutes before your appointment time to enable you to relax and complete a consultation form. We offer our guests a reliable treatment schedule, please appreciate that late arrivals will not receive an extension of scheduled treatment time.

What shall I wear?

Wear whatever is comfortable. On arrival, your therapist will explain the elements of your treatment and advise what items of clothing should be worn during it. During treatments all our therapists are trained to drape you appropriately for privacy. Whilst using the wet spa and any of our holistic experiences, swimming shorts/trunks or costumes should be worn.

Young Adults

Young adults aged 15 years and younger may receive Manicures and Pedicures only. Young adults aged 16-17 years can also receive Facials once a Minors Authorisation Form has been completed and signed. Massage and Body treatments are available for young adults aged 18 years and over.

What if I'm pregnant?

Please notify us if you are pregnant when booking your treatments.

Continue your experience at home.

As part of your complete experience, our trained Therapists will gladly recommend a skin care routine to enable you to continue the benefits of your treatment at home. Our products are available to buy directly from the Spa.

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 men shave a few hours before a facial.

We endeavour to provide you with a tranquil, relaxing and reviving environment. We therefore request that you respect the needs of fellow clients by leaving your mobile phones and pagers in your locker.

Smoking is not permitted on the premises.

