



## TREATMENT MENU



# WELCOME TO THE SPA AT MOTION HEALTH CLUB

Our exclusive spa is the ideal place to enjoy some ultimate 'me time'.

We have a wonderful selection of treatments available including facials, massages, body treatments and deluxe pamper days.

Our spa team are always available to offer their advice on the very best treatments to suit you.

During your visit enjoy our heated pool, sauna and steam room and why not treat yourself to some of the fantastic products that we have available to purchase and enjoy at home.

Whether you have stolen a few hours or a whole weekend to unwind from the stresses of everyday life, then a trip to our spa is time well spent. Give yourself the relaxation time you deserve and reinvigorate yourself at our Spa, book your appointment today.



# SPA DAY PACKAGES

Enjoy one of our relaxing spa days and you'll leave feeling destressed, relaxed and refreshed.

Treatment choices can be found on page 6 & 7.

## TOTAL INDULGENCE AFTERNOON TEA AND FIZZ SPA DAY

**£175pp (Monday-Thursday) / £199pp (Friday-Sunday)**

Your day of pure pampering will include:

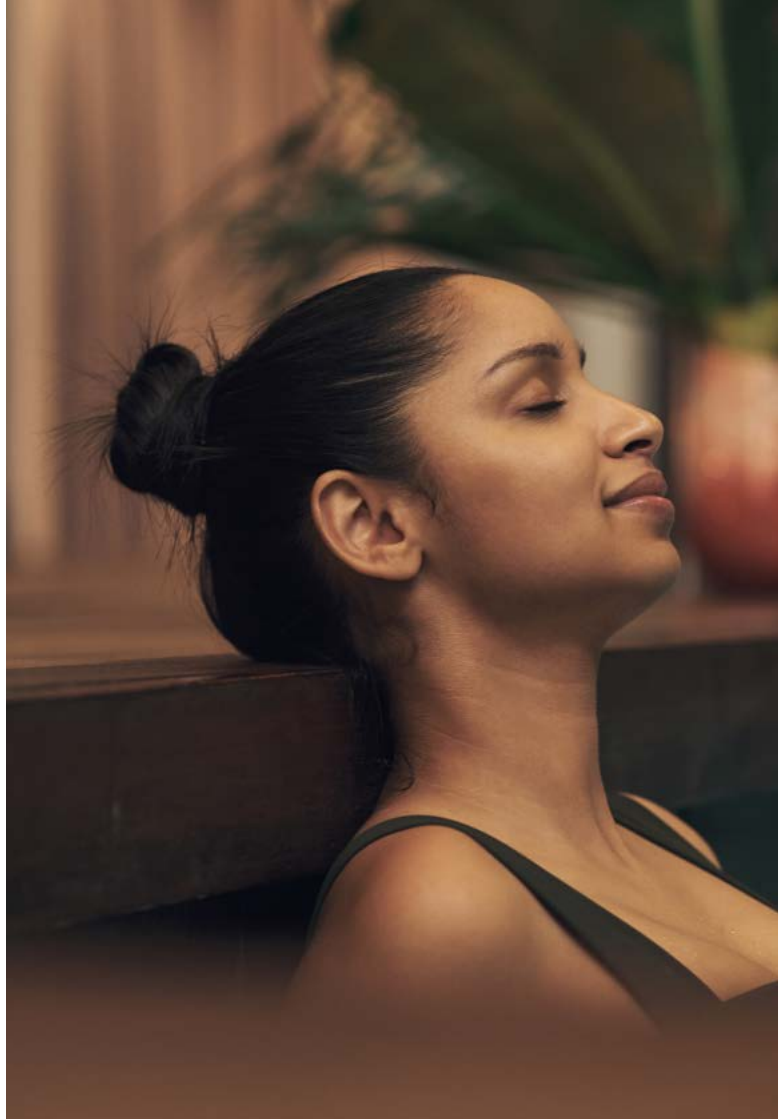
- Full spa access
- Prosecco Afternoon tea served in the hotel
- Hot drinks during your day
- Two x 50-minute treatments of your choice
- £10 off\* spa retail, redeemable on the day

## ESCAPE & RELAX SPA DAY

**£110pp (Monday-Thursday) / £135 (Friday-Sunday)**

Your day of relaxation will include:

- Full spa access
- Light spa lunch served in the hotel\*
- Hot drinks during your day
- One x 50-minute treatment of your choice
- £10 off\* spa retail, redeemable on the day





## TIME OUT EXPRESS SPA DAY

**£74pp (Monday-Thursday) / £84 (Friday-Sunday)**

Your mini day of pampering will include:

- 3-hour spa and relaxation room access
- Hot drinks during your day
- One x 25-minute treatment of your choice
- £10 off\* spa retail, redeemable on the day

## BABY ON THE WAY SPA DAY

**£110pp (Monday-Thursday) / £135 (Friday-Sunday)**

Take some time out for you and your baby, your pampering will include:

- Full spa access
- Light spa lunch served in the hotel†
- Hot drinks during your day
- Pre Natal treatment -50 minutes (12+weeks)
- £10 off\* spa retail, redeemable on the day

† Light Lunch Options:

- Club Sandwich served with Sweet potato fries and a Soft Drink
- Superfood Salad served with Sweet potato fries and a Soft Drink

\*T&Cs apply. Minimum £20 spend



# PACKAGE TREATMENT CHOICES

## 50 MINUTE RITUALS

### Time Out

A choice of 50 minute facials: Vinoperfect radiance facial, Vinosource hydrating facial or Vinopure purifying facial. Specially designed to make you feel and look radiant in less than 1 hour. This facial includes full skin cleansing, deep exfoliation, while you relax with a customised mask and cranial scalp massage is completed. This creates a moment of well-being by unblocking the energies of the nervous system. The experience is completed with serums and moisturisers to meet your individual requirements. Your skin's freshness, comfort and evenness are restored.

### City Living

After a busy day, calm your mind and body with a relaxing back neck and shoulder massage followed by our skin specific express D-vine facial. This treatment will relieve tension and revitalise, leaving you feeling totally rejuvenated.

### Relax in the harbour

The perfect treatment for time out in the city. Indulge in a revitalising foot massage designed to release muscle tension, stress and pain. Followed by a divine back neck and shoulder massage that will relax both the muscles and mind. This gentle and mindful therapy will leave you feeling calm and balanced.

### Tranquillity in motion

This Relaxing Cranial Scalp Massage is the perfect remedy for tension and stress, it can also help lower blood pressure and improve circulation to the head and neck. Followed by a revitalising and tranquil foot massage designed to release muscle tension, stress and pain.

# 25 MINUTE EXPRESS TREATMENTS

## **Moment of Tranquillity**

This relaxing Cranial Scalp Massage is the perfect remedy for tension and stress, it can also help lower blood pressure and improve circulation to the head and neck

## **Perfect Legs**

This massage treatment is just what the doctor ordered following a day's shopping and sightseeing, allow the therapist to bring back your spring in your step, a perfect treatment for those who suffer with tension on their legs.

## **Foot Massage**

This revitalising foot massage is designed to release muscle tension, stress and pain. A perfect treatment for those who are on their feet for a long period of time as it boosts your energy for the rest of the day.

## **Express D-Vine Facial**

Specially designed for men and women who are short of time, yet still want results. This express treatment is tailor made to meet the needs of every skin type. This facial includes eye and skin cleansing, deep exfoliation and the application of a customised mask alongside a brief scalp massage to complete this moment of well-being.

## **Bright Eyes**

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. It starts with a delicate massage followed by the application of a mask which is concentrated in hyaluronic acid. The perfect lifting and firming pump for your under eyes.

# SIGNATURE TREATMENTS/ RITUALS

## D-VINE BACK FACE & SCALP TREATMENT

80 minutes    £126

This luxurious back, face and scalp treatment starts with a skin brushing of the back, and a deep tissue back massage to ease away stress and tension. As your body is relaxed, we treat & hydrate your skin with a facial to suit your wishes, finishing with a Cranial Scalp massage to calm your mind.

## D-VINE ULTIMATE FACE AND BODY

100 minutes    £157

This treatment starts with a full body skin brushing to prepare the skin, leaving it feeling soft and smooth, followed by a luxurious Divine Body Massage. This is followed by a Facial cleanse, exfoliation, massage and finishes with a Cranial Scalp Massage for ultimate tranquillity.

## PAMPERING TREAT FOR TWO\*

50 minutes    £165

A soothing foot and hand massage designed to relax the most neglected parts of our bodies helping you feel relaxed and re-energised. Followed by a tension relieving back, neck and shoulder massage to ease away and release any built up knots you may have. This is a perfect treat for couples or those booking as a duo.

*\*Couples room subject to availability*





# FACIAL TREATMENTS

## VINOPERFECT RADIANCE FACIAL COMPLEXION CORRECTING ANTI-DARK SPOT

50 minutes    £84

A unique facial treatment specifically designed to correct the complexion, restoring radiance and vitality to the skin. Specifically created for tired, dull & uneven skin types, this is a must have facial treatment. Exceptional massage techniques with essential oils and small hot and cold basalt stones, awaken the luminosity of the complexion, inducing a feeling of wellbeing. A Radiance Peeling Mask is applied for a gentle peeling action to restore your complexion's even tone. The Vinoperfect Serum adds the finishing touch to this treatment, leaving you looking radiant, even and luminous.

## VINOSOURCE HYDRATING AND NOURISHING FACIAL

50 minutes    £84

A skin-renewing treatment to deeply moisturise the skin. This treatment starts with a gentle cleansing of the skin. A massage followed by a recovery essential oil to soothe dryness. The application of an intensely moisturising mask, and our Vinosource products restore moisture levels for a healthy, glowing appearance.

## RESVERATROL LIFT FACIAL FIRMING, LIFTING AND ANTI-WRINKLE

50 minutes    £84

Specially created for skin that lacks firmness, contour & vitality. After skin is gently cleansed, a stimulating massage visibly firms and redefines the contours of your face. The application of a warming mask enhances the lifting effect of Resveratrol Lift products. The toning and lifting effects are immediate, your face appears sculpted and radiant with youth.

## VINOPURE PURIFYING FACIAL

50 minutes    £84

For those with combination to oily skin. This treatment purifies your skin, cleanses your complexion and helps regulate excess sebum. A skin cleansing and face massage with essential oils and a Cyro-tool will help remove impurities and tighten pores. The Cyro-tool will have an anti-inflammatory action on the skin (and anti-dark circles on the eye contour). Vinopure products, concentrated in active ingredients, will help mattify the complexion and bring radiance to skin.

## PREMIER CRU FACIAL/ANTI-AGEING

50 minutes     £110

What if you gave your skin the ultimate anti-ageing solution?

Inspired by epigenetic science, Premier Cru is a revolutionary technology which stimulates youth proteins in the skin and corrects the 8 signs of ageing.

Premier Cru collection offers a global corrective action on the 8 signs of ageing: set-in wrinkles, fine lines, dark spots, radiance, firmness, elasticity, volume, hydration.

The Natural Formulation Laboratory made a new revolutionary discovery: an enzyme named TET which enables skin ageing to be reversed. The exclusively patented combination of Honokiol, a molecule eco-extracted (9) from Magnolia, and Resveratrol acts on the TET enzyme as well as on the skin's youth proteins for a spectacular anti-ageing result.

The most effective treatment suitable for all types of skin and after 12 weeks pregnancy.

Results: Visibly reduced wrinkles, fine lines smoothed, dark spots reduced, even complexion, firmness improved, improved elasticity, plumper skin, intensely nourished skin, wrinkles reduced

## EXPRESS D-VINE FACIAL INSTANT GLOW

25 minutes     £52

Specially designed for men and women who are short of time, yet still want results. This express treatment is tailor made to meet the needs of every skin type. This facial includes eye and skin cleansing, deep exfoliation and the application of a customised mask alongside a brief scalp massage to complete this moment of well-being. The experience is completed with serums and moisturisers to meet your individual requirements. Your skin's freshness, comfort and evenness are restored.

## LIFTING AND FIRMING EYE

25 minutes     £52

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. It starts with a delicate massage followed by the application of face mask which is concentrated in hyaluronic acid. The perfect lifting and firming pump for your under eyes.

# BODY TREATMENTS

## CLASSIC RELAXATION BODY MASSAGE

50 minutes     £99

Our bodies are prone to accumulating tension on a daily basis. Classic relaxation massage is the solution you need for this. It is an ideal treatment for individuals who are seeking total relaxation or suffer from back and chronic pain. This treatment will work on the soft tissue of your body as well as soothe your tight muscles. Can also help reduce emotional/physical stress.

## DEEP TISSUE MASSAGE

25 minutes/50 minutes     £65/£109

Deep tissue massage is just the treatment for those who require a greater tension relieving and firm pressure on your body muscles. It will focus on your chronic pain, in your legs or even back, great for those individuals who have a stiff neck. This is performed by using a mix of classic massage strokes, with increased pressure, typically following the muscle from insertion to origin. The aim is to reduce muscle tension by releasing knots and restoring elasticity. Deep tissue massage is also designed to increase blood flow to targeted muscles, kick-starting the body's natural healing process.

## CRANIAL MASSAGE

25 minutes     £59

Hand placement on the skull is designed to free energy blockages and promote relaxation. This massage simultaneously stimulates reactions in the whole body, helping to rebalance the energies of the nervous system.

## BACK NECK AND SHOULDER MASSAGE

25 minutes     £59

Concentrated only on the back neck and shoulder area. Perfect for individuals who are short on time, yet still want results. This treatment does not only benefit your body by releasing tension and help soothe tight muscles but it also elevates your mood by enhancing feelings of relaxation.

## HOT STONE MASSAGE

25 minutes/50 minutes     £65/£109

The most blissful way to soothe body and mind; stress does not stand a chance against this divine warm stone massage. Individually shaped, these magical stones help release tension, soothe aches and rebalance energy levels.

## INDIAN HEAD MASSAGE

50 minutes    £89

Ideal for any head, neck or shoulder tension. Includes a neck and shoulder massage, followed by a reviving scalp massage to improve circulation and to relax the body. Finishing with a soothing head massage using pressure points and drainage techniques to help ease headaches and sinus problems.

## PERFECT LEGS

25 minutes    £59

This massage treatment is just what the doctor ordered following a day's shopping and sightseeing, allow the therapist to bring back your spring in your step, a perfect treatment for those who suffer with tension on their legs.

## FOOT MASSAGE

25 minutes    £59

This revitalising foot massage is designed to release muscle tension, stress and pain. A perfect treatment for those who are on their feet for a long period of time as it boosts your energy for the rest of the day.



## PRE NATAL-MASSAGE\*

50 minutes    £89

This gentle and enveloping massage with grape-seed oil soothes tension brought on by pregnancy, stimulates blood circulation and improves the skin's tone and elasticity. Safely enjoy a moment of absolute relaxation and well-being with your baby-to-be.

*\*Minimum 12+ weeks*

# WAXING



Full leg	30 mins	£30
Full leg & bikini	60 mins	£40
½ leg	30 mins	£25
½ leg & bikini	30 mins	£30
½ leg, bikini & underarm	45 mins	£45
Bikini	15 mins	£15
Brazilian/Hollywood	30 mins	£30
Forearm	30 mins	£25
Underarm	15 mins	£12
Eyebrows	15 mins	£10
Lip	15 mins	£10
Chin	15 mins	£10
Back	15 mins	£15
Chest	15 mins	£15
Lip & Chin	30 mins	£15
Back & Chest	30 mins	£30



# SPA INFORMATION

## **MEDICAL ADVICE**

If you have had or are suffering from 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 treatments.

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 48 hours prior to your arrival we will provide you with the option to rebook to an alternative date at no extra cost.

# YOUR BOOKING

- Treatments can be booked either by email, calling us on 020 7300 5011 or online at [www.motionhealthclubs.co.uk](http://www.motionhealthclubs.co.uk)
- Please arrive 30 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. Please be aware any lateness can result in your treatment being shortened or cancelled.
- 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. You must be 18 and over in order to have treatments; 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.



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