

Welcome to The Marcliffe Spa, take a step into our treatment only spa where we aim to relax, de-stress and indulge you. By using authentic ingredients our fully trained therapists aim to renew and calm your mind, body and spirit.

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Spa Packages

Ultimate Tranquillity ~ 4 hours + lunch

£225

This package includes the following as well as a champagne spa light lunch served in the hotel.

- a specially blended exfoliation for the body
- luxury manicure

• tranquil light massage

· luxury pedicure

• facial to suit your needs

Looking to extend your Marcliffe experience? with the Ultimate Tranquillity Package you can also stay the night in a Twin Executive Room for £155 Bed and Breakfast per room.

Mum To Be ~ 3 hours

- I hour facial to suit your needs
- pregnancy massage
- choice of luxury manicure or luxury pedicure

Aromasense ~ 3 hours £150

Includes the following treatments:

- full body aromatherapy massage
- I hour facial to suit your needs
- choice of luxury manicure or luxury pedicure

Afternoon Treat ~ | hour

Choose two of the following treatments plus afternoon tea

• back, neck & shoulder

mini facial

• body scrub

• file & polish hands or toes

• scalp massage

Please note all timings for packages are approximate.

Add shellac polish to any package at an additional cost, please ask at time of booking.

Massage Treatments

Hot Stone Massage

A deeply soothing and pleasant treatment that performs an important detoxifying, relaxing and draining action due to the use of heated basalt stones with therapeutic essential oils. It relieves muscle pain, increases the body's metabolism and relaxes the tissue.

full body (including scalp) \sim 90mins	£100
full body ~ 60mins	£80

Hot Stone Massage is not available during the months of June, July and August

Tranquillity Pro-Sleep Massage ~ 60mins

£75

A complete mind and body well-being experience, perfect to induce a deep state of relaxation combining the intense sleep inducing qualities of aromatherapy, music and unique massage techniques from kerala ayurvedic and Indonesian sea malay. Perfect to relieve tension, helps to improve the quality of your sleep and helps with jet-lag recovery.

Aromatherapy Massage ~ 60mins

£70

A truly relaxing full body massage using a custom blend of essential oils to suit your needs.

Swedish Massage ~ 60mins

£65

Classic massage to relax and ease muscles and unwind you from top to toe.

Indian Head Massage ~ 60mins

£65

Using eastern massage techniques to relieve stress from tissue, muscles and joints of neck, shoulders and head.

Back, Neck and Shoulders ~ 30mins

£45

Concentrating on the back, neck and shoulders, this massage is ideal for office workers, travellers and anyone who has lots of tension but little free time.







Prescription [comfort zone] Facials

Choose from a complimentary revitalizing scalp massage or hand & arm massage with any [comfort zone] facial treatment.

Hydrate

Hydramemory ~ 60 minutes

£65

A deep hydrating treatment for face, neck and décolleté to replace moisture. The hydra balance of the skin is restored and the skin is beautifully luminous and toned with a fresh, youthful complexion.

Rebalance

Remedy - Sensitive Skin ~ 60 minutes

£65

A soothing and rebalancing treatment to protect the most delicate of skin. Ideal for those prone to redness, rosacea and fragile capillaries. Skin will glisten with renewed vitality.

Nourish

Recover Touch ~ 60 minutes

£65

A powerful anti-oxidant and vitamin rich facial treatment featuring goji berry, which deeply repairs and replenishes while soothing and nourishing the skin. Particularly recommended for dry, depleted skins and offers seasonal repair for damaged skin following exposure to extreme heat/cold temperatures.

Purify

Active Pureness ~ 60 minutes

£65

An intensive yet delicate treatment for deep cleansing and rebalancing the skin. Recommended for oily and impure skins to purify, regenerate and to rebalance sebum and hydration levels. The facial results in a luminous, smooth and uniform appearance.

Urban Facials

The perfect antidotes to modern fatigue and urban lifestyle, the facials counteract the effects of stress and pollution and are ideal for a time-pressed, unisex clientele with dull, aging and intoxicated skin

Urban Longevity or Detoxifying facial ~ 60 minutes

£65

Microsonic Facial Device

Deep cleansing/Exfoliating/Anti-aging (add on to any facial)

£12

This is an innovative 2 in 1 facial device that uses sonic and micro technology that helps deep cleanse the skin.

Ice Rollers

Cooling/Draining/Tightening (add on to any facial)

£12

Inspired by Cold–Cryo therapy these tools will help tone and firm the skin the skin along with a cooling and draining effect

Luxury [comfort zone] Facials

Sublime Skin

Deluxe Lift ~ 90 minutes **£95**

Our state of the art ultimate anti-aging facial combines new Archi-liftTM technology with the renewing effects of the double peel for an instant replumping effect. Ideal for mature skin with visible signs of ageing, this firming facial stimulates cellular regeneration using the exclusive active lift massage technique to smooth and tone skin. The result is smoother, radiant, more youthful skin.

Active Lift ~ 60 minutes

A powerful lifting facial targeting sagging cheeks, jowls, chin and neck for a visible rejuvenating effect. The advanced mask helps to oxygenate skin cells and gives an instant firming effect. The result is a beautifully nourished, illuminated, firmer and lifted skin.

Double Peel ~ 45 minutes £55

This advanced facial offers a powerful combination of lactic acid with AHA and Vitamin C. Ideal for targeting uneven skin tone, fine lines, wrinkles and dullness. It safely and effectively removes the thickening layer of the epidermis, revealing and incredibly radiant, even complexion.

HydraGlow ~ 60 minutes £75

A dynamic fresh treatment made for anyone seeking visible immediate glow, hydration and vitality. Thanks to its unique combination of Lactic Acid for immediate renewal and glow, powerful concentration of Hyaluronic Acid for superficial and profound hydration, and the bioactive Prickly Pear extract from Regenerative Agriculture, we deliver instant hydration and radiance for a healthy dewy look.

Luminant Facial ~ 60 minutes **£75**

An intensive, triple-action treatment in the correction of dark spots, hyperpigmentation, and uneven skin tone based on the 3-BRIGHTTECHNOLOGY™ approach inspired by dermatological science: correction, luminosity, and prevention.

[Eye Zone]

Eye Zone Refresh and Anti-age (add on to any facial only)

Triple action treatment for the delicate area of the eyes. Reduces signs of fatigue, puffiness and dark circles, softens fine lines and wrinkles and gives a revitalised and fresh appearance to the eye zone.

£20



Our spa therapists have been specifically trained by [comfort zone] and Wellness for Cancer to be able to deliver the following treatments.

[comfort zone] Beauty Reloaded Facial

60 minutes **£65**

A soothing, replenishing, calming facial to recover skin and emotional comfort and reinforce the epidermal barrier after periods of intense stress. Fragrance-free delicate formulas enriched with natural-origin Prebiotics, Marula Oil, Marvel of Peru and Mexican Hyssop extracts.

[comfort zone] Beauty Reloaded Pro-sleep Massage

60 minutes **£75**

Deeply alleviating body and mind, this very special massage combines the benefits of a gentle touch and unique soft brushes to induce a deep relaxation and favour sleep. The Fragrance-free nourishing restoring formulas are enriched with Illipé butter, Jojoba and Babassu oil.

Golfers Retreat

After Golf Therapy ~ 75 minutes

£80

- body scrub
- custom time massage 45 minutes
 Minimum of two areas to be chosen
 (back neck and shoulder massage, arm and hand massage, leg massage, scalp massage)

This combination of treatments will have you ready to be back on the golf course in no time. Starting with a volcanic body scrub to smooth and soften the skin, followed by a 45 minute custom time massage. Our well-trained therapists will work on the areas that you feel necessary.

Hole in One Package ~ 90 minutes

£100

- · mini facial
- back neck and shoulder massage/scalp massage
- · foot renewal treatment

This package has been designed to relax the body from head to toe, starting with a mini facial using [comfort zone] facial products followed by a Swedish back neck and shoulder massage and scalp massage, finishing off the package with our foot renewal treatment.

Golfers Foot Renewal ~ 30 minutes

£40

Restore your feet with our foot renewal treatment, this consists of an exfoliation to eliminate dead skin cells, a renewing foot massage followed by our specialist foot mask and thermal booties.

Man Space

De-stress/Nourish

Upper Body Performance ~ 90 minutes

£95

This therapeutic and nourishing treatment includes an intensive back, neck and shoulder massage, a deeply relaxing scalp massage and a skin soothing facial.

De-stress

Total Body Performance ~ 75 minutes

£75

A complete body massage using powerful essential oils and deep massage movements to provide a powerful ritual. Aching muscles and tension are reduced, restoring energy to mind, body and soul.

Spa Rituals

The Marcliffe Face and Body Ritual ~ 90 minutes

£100

This treatment has been designed by our team here at The Marcliffe Spa to deeply relax you from head to toe and includes a full body aromatherapy massage with a facial incorporated in the middle. this well-being ritual for the face and body will give you a sense of deep relaxation along with relaxed muscles, improved circulation and luminous, nourished skin.

Himalayan Salt Ritual ~ 75 minutes

£80

An extraordinary ancient ritual for the body which begins with body massage using warm Himalayan salt stones, which immediately bestow relaxation, alleviating tension, stress and anxiety. The treatment then proceeds with an exhilarating salt scrub, a combination of the precious pink Himalayan salt with a nourishing aromatic oil to completely detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.

Aromasoul Ritual Scrub ~ 45 minutes

£50

This renewing volcanic scrub ritual uses minute lava particles combined with nourishing karate butter and enhanced with your choice of body oil or cream to smooth and soften the skin leaving it radiant.

Tranquillity Body Scrub ~ 45 minutes

£55

An extraordinary deep cleansing aromatherapy scrub treatment providing pleas- ant cellular renewal, removing signs of fatigue and unnecessary from skin tissue. It gives shine, promotes cellular oxygenation, improves microcirculation, and enriches the skin with freshness and vitality.

Complete Back Detox ~ 60 minutes

£65

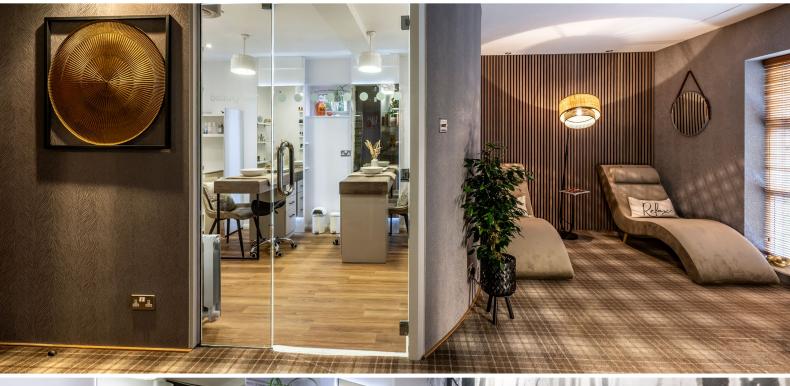
Care for your back with this muscle relaxing treatment that will deeply cleanse and purify your skin while relieving stress and tension allowing the increasing circulation and lymphatic flow from massage to carry away toxins. We enhance your treatment with a powerfully purifying and healing Comfort Zone Mud Mask while also massaging the leg area with aromatherapy oils.

Leg, Bum and Tum Detox ~ 75 minutes

£80

This treatment has been designed to detox cellulite prone areas, we begin with a full body brush to tackle dead skin cells along with an exfoliate application. Comfort Zone Mud Mask is then applied to all areas for a complete tension relief and a perfect purified and remineralized skin. You will also enjoy a scalp massage and leg massage in this treatment.







Hands and Feet

Luxury Manicure ~ 60mins

£45

A hand specialist luxury manicure treatment including filing nails, cuticle work and a forearm and hand exfoliation and relaxing massage. Thermal mittens will aid softening of skin and cuticles.

Luxury Pedicure \sim 60mins

£47

Sit back, relax and enjoy our foot specialist luxury treatment that includes removal of excess dry skin, filing of nails, cuticle work, lower leg/foot exfoliation and relaxing massage. Thermal booties will aid softening of the skin and cuticles.

File and Polish ~ 30mins

£28

A mini manicure or pedicure designed for people with busy lifestyles.

Extra charge for French Polish £15 please mention at the time of booking (Shellac only)

CND Shellac

Why choose CND™?

CND doesn't damage the natural nail and is the quickest gel removal on the market, We have many colours to choose from with up to three-weeks wear.

Add Shellac onto any manicure or pedicure at the time of booking (extra £5 charge will be applied)

Shellac Removal £15

[comfort zone] Soft Sense Waxing

Soft sense waxing is a delicate waxing treatment ideal for sensitive skin types. Soft sense wax contains natural softening and protective ingredients such as cotton extract and rice oil. Soft sense leaves the skin soft and silky smooth with a pleasant fragrance.

upper arm	£13	forearm	£16
half leg	£22	full leg	£37
chest	£30	back	£30
back and shoulders	£35		

Lycon Waxing

Amazingly this wax removes short stubborn hairs as short as 3mm. Ideal for sensitive areas such as face and advanced bikinis.

eyebrows	£13	bikini	£24
chin	£12	extended bikini	£34
upper lip	£12	playboy	£39
upper lip and chin	£20	hollywood	£47
underarm	£15		

Eye Essentials

eyelash tint	£16	eyebrow tint	£IO
eye essentials packa	ge (eyebrow s	shape, eyebrow tint & eyelash tint)	£32

A sensitivity test is required at least 72 hours before any tinting appointments.

Marcliffe Spa Guidelines

All times shown on the brochure are Appointment times not Treatment times and includes pre treatment consultation and time for changing.

Treatment Reservations

For spa reservations please telephone 01224 865928, we require a 50% deposit at the time of booking for any spa packages. Deposits are non-refundable, however, they can be transferred to a different date as long as we are given 48 hours or more notice. We highly recommend booking treatments in advance to secure preferred appointment times and treatments.

Booking Advice

A consultation is required prior to all of the treatments on this menu, so that the most effective treatment can be given on the day. Consultation and change time is included in all treatment times shown on this brochure.

Please inform us at the time of booking if you have any medical conditions, skin allergies or think that you are pregnant. A sensitivity test is required before you first tinting appointment.

Arrival

We ask that you arrive at the Spa reception 10 minutes before your appointment time to enable you to prepare and fill in a consultation if required.

We offer our guests a reliable treatment schedule, please appreciate that late arrivals will not receive an extension of scheduled treatment time.

Gift Vouchers

Gift vouchers are available to purchase for any treatment or Package. Vouchers are valid for 12 months from date of purchase. Fine selections of luxurious skincare and other beauty products are available to buy at the Spa reception.

Cancellation Policy

Cancellations or rescheduling of spa treatment or package appointments made with less than 48 hours notice will result in 100% of the treatment cost being charged. Failure to attend an appointment will result in the full treatment cost being charged before any new booking is made.

Mobile Phones

For the comfort and peace of all our guests we request that mobile phones are switched off at all times.

Age Requirements

The minimum age to access the Spa or to have treatments performed is 16.

Opening Hours

Tuesday, Wednesday, Thursday and Friday $\sim 10 \text{am} \sim 6 \text{pm}$ Saturday $\sim 10 \text{am} \sim 5 \text{pm}$

Telephone 01224 865928

All treatments are subject to availability and prices may be altered without notice.



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www.marcliffe.com

Facebook: @MarcliffeSpa Instagram: @TheMarcliffeSpa

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