



THE  
**Spa**  
AT MOOR HALL

2019

*Surrounded by beautiful parkland and within easy reach of Birmingham, Moor Hall is the perfect place to escape, unwind and enjoy a few hours of pure relaxation at its best.*



# THE Spa

AT MOOR HALL

## A warm welcome to The Spa at Moor Hall.

Our experienced and professional therapists offer a wide range of Thalgo facial and body treatments suitable for all, so whether you need to relax, de-stress, detox or just enjoy a little pampering, you are sure to find the perfect treatment for you.

We look forward to welcoming you to The Spa at Moor Hall.

*Matthew*

Matthew Warland  
**Spa & Leisure Club Manager**

**THALGO**  
LA BEAUTE MARINE

We are proud to partner with Thalgo for our facials and body treatments. Thalgo products harness the riches of the sea, so you can benefit from powerful healing, revitalising and rebalancing properties. Thalgo's exceptional body treatments refine, tone and ease tensions, while the facials offer spectacular results in anti-ageing, hydrating, purifying and much more.



# Spa Days

The Spa at Moor Hall is the perfect place to escape, unwind and enjoy a day of pure relaxation at its best.

## Your Spa Days Includes

- ✓ A welcome tea or coffee with toast and preserves on arrival
- ✓ The use of a robe for the day
- ✓ Complimentary tea and coffee throughout the day in the Spa Lounge
- ✓ Full use of our refurbished gym with its brand new high-end cardio machines and new functional training area
- ✓ Exclusive access to our Spa Relaxation Room reserved just for our Spa Day guests
- ✓ Full use of our indoor pool, spa bath, sauna and steam room
- ✓ Access to our extensive fitness classes
- ✓ Lunch in our cosy lounge bar or on the terrace
- ✓ Coffee or tea with biscuits before you leave
- ✓ 15% discount off extra treatments on the day\*
- ✓ 15% off any Thalgo products bought on the day\*

\*Excluding promotions and special offers.

### **E'SENSUAL' Spa Day** £85

Includes a 55 minute treatment - choose a Swedish Full Body Massage with Oils OR Heart of the Ocean Facial.

### **Back into Balance Spa Day** £100

Includes a De-Stress Massage with added Scalp Massage.

### **Sparkling "Spoil Me" Spa Day** £120

Includes a Back Massage and Heart of the Ocean Facial OR Swedish Full Body Massage and Discovery Facial, plus a glass of Prosecco with lunch.

### **Mum-to-Be Spa Day** £90

Includes Pregnancy Ritual and pedicure with file and polish.

### **Moor Hall Escape Spa Day** £115

Includes a Back, Neck & Shoulder Massage, Discovery Facial and a mini manicure and mini pedicure.

### **Top to Toe Spa Day** £193

Includes a Heart of the Ocean Ritual Facial or your choice of Body Wrap, a full therapeutic manicure and pedicure with nail paint.

### **Ultimate Retreat Spa Day** £115

Includes your choice of Spa Ritual. Choose from Indocéane, Polynesia, Deeply Nourishing or Merveille Arctique.

### **Body Beautiful Spa Day** £115

Includes an Illuminating Radiance Facial and Frigi-Thalgo Wrap.

Prices apply Monday to Friday. There is a £10 per person supplement for weekends.

**Turn your Spa Day into a Spa Break!** Call our Reservations team to add on an overnight stay.



Spa Day Gift Vouchers are available to buy online: [www.moorhallhotel.co.uk](http://www.moorhallhotel.co.uk)



Afternoon Tea includes a pot of tea or a cafetière of freshly ground coffee, finger sandwiches and a delicious assortment of homemade cakes and fancies.

# Spa Experiences

If you only have a few hours to spare, then our Spa Experiences are a great way to unwind and enjoy all that The Spa has to offer. Prices apply Monday to Friday, supplements apply for weekends.

## Spa & Afternoon Tea £60

- ✓ Complimentary tea and coffee on arrival
- ✓ A relaxing Back, Neck & Shoulder Massage OR a Discovery Facial
- ✓ Full use of the extensive leisure facilities
- ✓ Use of the Spa Relaxation Room
- ✓ Use of a robe and towel
- ✓ Celebration Afternoon Tea with glass of Prosecco

Choose to arrive at 9.30am and have full use of the leisure facilities until 2pm, when your afternoon tea will be served in our cosy lounge bar or on the terrace. Or, arrive at 1pm and enjoy an afternoon in the Spa and sit down for afternoon tea at 5.30pm.

## Twilight Spa & Dine £69

- ✓ Complimentary tea and coffee on arrival at 3pm
- ✓ A relaxing Back, Neck & Shoulder Massage OR a Discovery Facial
- ✓ Full use of the extensive leisure facilities
- ✓ Use of the Spa Relaxation Room
- ✓ Use of a robe and towel
- ✓ A three course meal and glass of wine in The Country Kitchen carvery at 7.30pm

## Half Spa Day £25

Access to our leisure facilities including indoor pool, gym and Spa Relaxation Room along with complimentary tea and coffee in our Spa Lounge.

Book your spa treatments online at [www.moorhallhotel.co.uk](http://www.moorhallhotel.co.uk)

# Spa Breaks

Designed to offer you total relaxation combined with fine dining, 4 star accommodation and great spa and leisure facilities, our Spa Breaks include an overnight stay with full English breakfast, dinner, a selected spa treatment plus full use of the extensive leisure facilities including indoor pool, spa bath, sauna, steam room, gym, aerobics studio and Spa Relaxation Room.

## Sparkling Spa Break

- ✓ Discovery Facial and a Back, Neck & Shoulder Massage
  - ✓ 2 course evening meal in the Oak Room restaurant\*
  - ✓ A bottle of sparkling wine in your room
  - ✓ A £10 voucher to be redeemed against Thalgo products
- 1 night **£159 per person**      2 nights **£215 per person**

## Sparkling Sunday Spa Break

- ✓ Discovery Facial OR a Back, Neck & Shoulder Massage
  - ✓ 3 course evening meal in the Country Kitchen carvery
  - ✓ A bottle of sparkling wine in your room
  - ✓ A £10 voucher to be redeemed against Thalgo products
- 1 night **£89 per person**

## Luxury Sparkling Spa Break

- ✓ 3 Algae Back Ritual body treatment
  - ✓ 2 course evening meal in the Oak Room restaurant\*
  - ✓ A Spa gift and a bottle of sparkling wine in your room
  - ✓ A late check out of 12 noon on the day of departure
  - ✓ A £10 voucher to be redeemed against Thalgo products
- 1 night **£179 per person**      2 nights **£239 per person**

\*Dinner in the Oak Room to the value of £25pp, food only.

Sparkling Spa Breaks are available Monday to Sunday, subject to availability and are based on 2 people sharing a standard double or twin room. Upgrade to a superior double or twin room for £15 per person per night. Single Supplements are £20 for a single room and £40 for a standard double room. All packages must be pre-paid at the time of booking and are non-amendable and non-cancellable.



**Upgrade to use the leisure facilities for an extra 4 hours for £20 per person**

# Facial Treatments

All Thalgo facials begin with a 'Discovery of the Sea' massage to ease tensions and immerse you in a relaxing aquatic cocoon.

## Discovery Facial

25 mins    £46

The perfect facial for an instant infusion of marine active ingredients, tailored to your skin type. After a relaxing welcome massage and cleansing ritual, this refreshing treatment includes a skin specific mask, soothing massage and moisturiser and eye cream application to leave your skin glowing.

## Illuminating Radiance Facial

25 mins    £46

The perfect facial for tired and dull skin for an instantaneous beautifying effect. This treatment includes a cleanse, tone and exfoliation after which a mask is applied with an energising massage to help boost the active ingredients. Absolute Radiance Concentrate is applied to the face and neck to awaken the skin and the treatment is finished with a skin specific cream, leaving the complexion fresh and radiant.

## 3 Algae Facial

55 mins    £63

The perfect facial for deep cleaning and purifying. The skin is gently cleansed and exfoliated and a mask of pure natural seaweed, known for its beauty-enhancing properties, is then applied to revitalise the skin. This is followed by an application of serum and moisturiser leaving your complexion soft, radiant and beautiful.

## Heart of the Ocean Ritual

55 mins    £63

This personalised facial ritual begins with a relaxing massage after which the skin is gently cleansed and exfoliated. A serum packed with active marine ingredients is applied with Thalgo's signature Heart of the Ocean massage to relax the facial muscles and relieve tension in the arms, shoulders and neck. This is followed by a skin specific mask to correct any skin concerns. The treatment finishes with an application of moisturiser, leaving the complexion restored to its natural beauty.

Choose from three product ranges for the results you desire:

**Deeply Marine** for normal or dehydrated skin

**Deeply Nourishing** for sensitive, dry skin

**Pureté Marine** for oily or combination skin



THALGO Facial

Book a Facial & a Body Treatment for the same day and get 10% off!



# Anti-Ageing Facial Treatments

## Collagen Radiance Facial

55 mins     £82

The perfect facial to fight the first signs of ageing for ages 25+. An anti-ageing massage will lift the features and help the skin drink the Marine Collagen Mask which smooths fine lines and plumps up wrinkles. Skin is intensely hydrated and ultra-smooth and the complexion radiant.

## Hyaluronic Smooth & Fill Facial

55 mins     £82

This smoothing and filling facial is designed for age 30+. Hyaluronic Acid Microspheres are applied to areas of concern to plump out lines and reduce the appearance of wrinkles, while a mask is applied to the rest of the face to smooth the skin, leaving your complexion glowing.



THALGO Ultimate Time Solution Ritual

## Silicium Super Lift Facial

70 mins     £85

Dare to defy time with this super lift facial, designed to combat all the signs of ageing at 40+. An expert anti-ageing massage lifts the features, before a super-lifting mask is applied to fill deeper wrinkles and lift and contour the face and neck. After one treatment your complexion will glow, lines will be less noticeable and your skin will be firmer and more youthful looking.

## Ultimate Time Solution Ritual

90 mins     £95

This 'manual facelift' is suitable for 50+ and targets and tightens individual facial muscles and visibly lifts the entire face. Following a unique brush cleanse and exfoliation, Thalgo's revolutionary Ultimate Energilift Massage encourages absolute relaxation and maximum toning, helping to stretch and 'work out' the facial muscles around the eyes, lips, face and décolleté, and reshape the facial contours. A marine bio-cellulose mask, cream and eye cream leave the skin visibly smoother, brighter and lifted.

## NEW Rejuvenating Eye Treatment

25 mins     £46

A new rejuvenating treatment designed specifically for the eye area. This wonderful treatment includes a full facial cleanse, tone and exfoliation. Then the application of hyaluronic patches to the eyes which target tired and ageing skin - results are seen within just 10 minutes! The treatment includes a shoulder and décolleté massage and is finished with an application eye cream and moisturiser to suit your skin type.

Buy a course of 5 treatments and the 6th is free!

# Body Treatments

All Thalgo body treatments begin with a 'Modelage de la Mer' massage to soothe away tensions and restore your energy balance.

## Revitalising Body Exfoliation

25 mins    £46

This full body exfoliation treatment removes dry skin cells and includes an application of Thalgo body cream to leave your skin feeling silky smooth.

## Back, Neck & Shoulder Massage

25 mins    £41

This massage focuses on the key areas of tension in the back, neck and shoulders.

## Shoulder, Neck & Scalp Massage

25 mins    £41

This massage focuses on the key areas of tension in the shoulders, neck and scalp.

## De-stress Massage with Lavender Oil

40 mins    £61

This wonderful massage works on the back, neck, shoulders and the backs of the legs and the feet.

## 3 Algae Back Ritual

55 mins    £75

A deeply relaxing back treatment to rebalance and purify. Includes cleansing and exfoliation, an application of micronised marine algae and an intensive moisturiser to leave your skin fresh and your back free from tension and stress.

## Swedish Full Body Massage with Oils

55 mins    £75

A wonderful deep massage for tired, overworked muscles which thoroughly relaxes you and leaves your mind and body refreshed and re-energised.

## Marine Wellbeing Massage

55 mins    £79

Inspired by the 'infinite power of the oceans', this treatment incorporates the powerful techniques of Shiatsu and Swedish massage and combines them with ocean-reflecting movements.

Choose from five different oils to achieve the results you desire:

**Aromacéane Relaxing:** to restore calm and serenity

**Aromacéane Silhouette:** to improve circulation and energise, detoxify and drain the body

**Organic Lavender:** to deeply relax and calm

**Mahana:** to relax and de-stress

**Luxurious:** to regenerate and restore essential vitality

## Detox Massage

70 mins    £82

The movements in this massage consist of draining techniques designed to encourage and assist the lymphatic system which helps to eliminate toxins from the body. Using a mixture of ice water and warm oils, this is a great way to start a slimming programme.

## NEW: Lava Shells

25/55 mins    £50/£80

The indulgent and truly pampering lava shell massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques to create a sense of balance to the entire body and mind. During the massage, the shells are worked over the body in slow deep moves to warm and ease away all tensions, knots and stress.

Book a Facial & a Body Treatment for the same day and get 10% off!

"I love the 3 Algae Back Ritual as it is deeply relaxing and it really helps to rebalance and purify the skin. The scrub smells wonderful and gives a deep cleansed feeling."

Laura, Spa Therapist



the Spa  
at the Grosvenor Hotel

Use the full leisure facilities for the day for an extra £25!

# Body Rituals

## Indocéane Spa Ritual

90 mins

£95

A reinvigorating spa ritual, taking you on a journey of ultimate relaxation across the continents, drawing on age-old traditions and rituals. Commencing with a soothing Egyptian-inspired foot bath ritual to relax and calm your senses, you will be ready to receive a Mediterranean-influenced body exfoliation. An Ayurvedic-inspired massage is then followed by a body wrap that harnesses the serenity and relaxing powers of the Orient.

## Polynesian Spa Ritual

90 minutes

£95

Experience this exotic spa ritual, inspired by the islands of Polynesia. This luxurious treatment begins with a Manihi lagoon-inspired azure foot bath to protect and hydrate the skin. A vanilla-scented body scrub, blended with pure Bora Bora white sand, sea salt, coconut shell and algo-monoï, gently exfoliates, before the Mahana Massage loosens muscles and nourishes the skin with a rhythmic massage with warm sand pouches. An application of golden oil leaves a sunkissed glow and a delicate scent of flowers and monoï.

## Deeply Nourishing Body Spa Ritual

60 mins

£79

The ultimate nourishing body treatment which restores comfort to dry skin. The ritual begins with a relaxing massage, the body is then treated to a deeply hydrating body wrap to soothe the skin. Whilst this is taking effect, a hand and foot massage promotes relaxation and eases tension, revitalising the whole body.

## Merveille Arctique Spa Ritual

105 mins

£105

An invigorating spa experience for when you need a feeling of deep relaxation. Think landscapes of immaculate white ice, sensorial hot springs and incredible sea life! Enjoy the benefits of ancient Nordic rituals where relaxing heat from a massage inspired by deep tissue and Swedish massage combines with invigorating cold, using Thalgo's innovative massage balls, taking turns to calm the body and release tension.

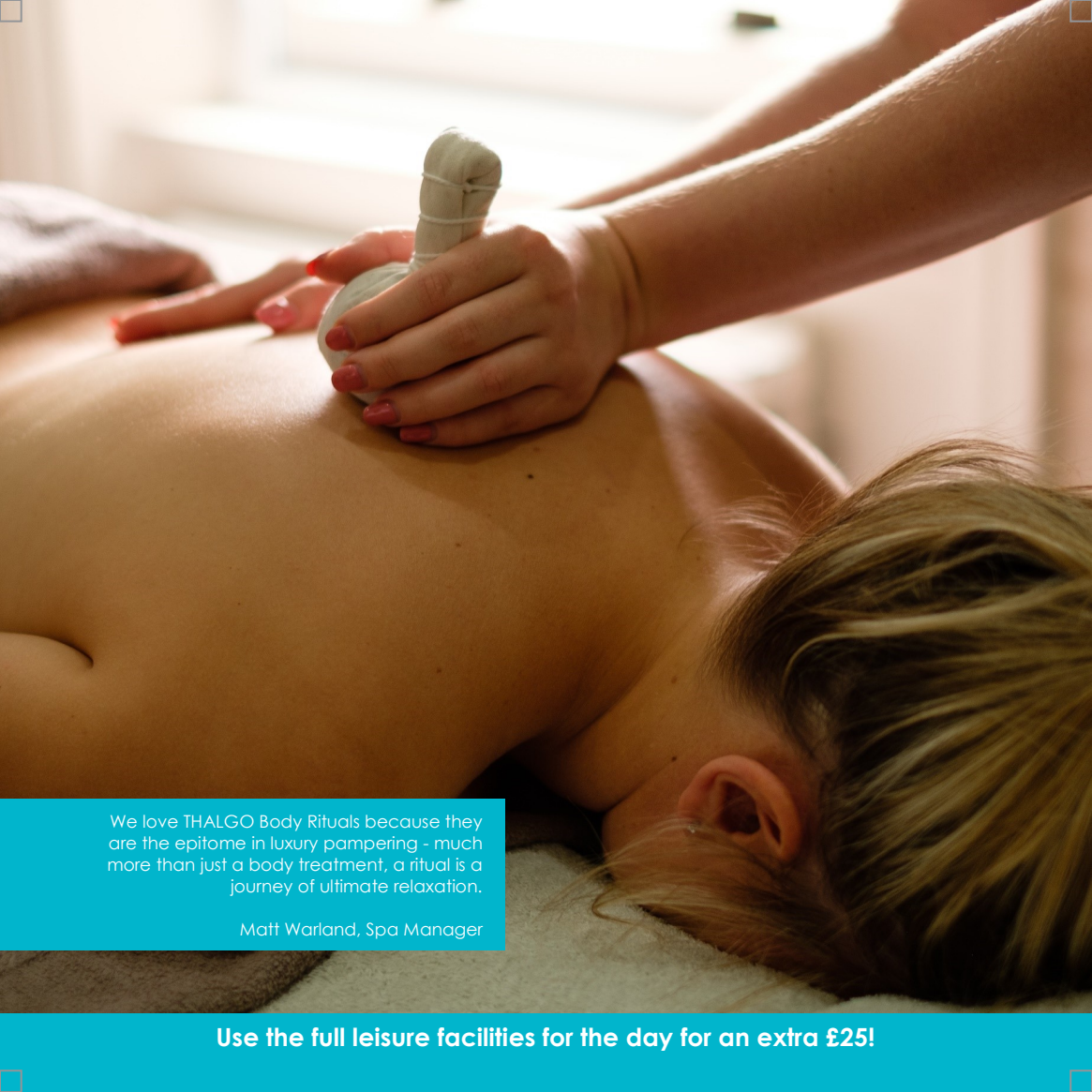
## Pregnancy Spa Ritual

60 mins

£65

Treat yourself to this relaxing face and body ritual especially designed for mums-to-be. After a soothing welcome massage the skin is smoothed and softened with a full body exfoliation, followed by an application of Thalgo's stretch mark cream to help the skin tolerate extensive stretching. While this is left to work you will be treated to a hydrating facial and a soothing and relaxing lower leg and foot massage. Finally, a nourishing body cream is applied, leaving your skin feeling silky smooth and completely moisturised.

Book your spa treatments online at [www.moorhallhotel.co.uk](http://www.moorhallhotel.co.uk)



We love THALGO Body Rituals because they are the epitome in luxury pampering - much more than just a body treatment, a ritual is a journey of ultimate relaxation.

Matt Warland, Spa Manager

**Use the full leisure facilities for the day for an extra £25!**

# Body Wraps

## Marine Prelude Wrap

70 mins    £65

The perfect treatment for full-body exfoliation and super-soft skin. The body is treated to an invigorating marine salt scrub, followed by the application of natural marine mud to naturally revitalise, alongside a deeply relaxing scalp massage.

## 3 Algae Wrap

60 mins    £65

An intensive remineralising and detoxifying algae wrap. Ideal for relieving muscular aches and strains, for general well-being and as a pick-me-up.

# Inch Loss Treatments

## Frigi-Thalgo Wrap

45 mins    £65

Great for toning and inch-loss and for treating cellulite, this quick fix treatment wrap helps create a streamlined figure.

## Detox Massage

70 mins    £82

The movements in this massage consist of draining techniques designed to encourage and assist the lymphatic system which helps to eliminate toxins from the body. Using a mixture of ice water and warm oils, this is a great way to start a slimming programme.

# Holistic Treatments

## Indian Head Massage

25 mins    £45

This treatment helps relieve headaches, insomnia, eye strain, mental tiredness and stress. It works both on the body and mind and is wonderfully relaxing and revitalising.

## Reflexology

50 mins    £50

A non-invasive treatment where specialised pressure point techniques are applied to the feet. Reflexology is good for relaxation, it improves circulation and lymphatic drainage and relieves aches and pains.

Use the full leisure facilities for the day for an extra £25!



# Eyes

|                                 |            |
|---------------------------------|------------|
| <b>Eyebrow Shape</b>            | <b>£14</b> |
| <b>Eyebrow Shape &amp; Tint</b> | <b>£24</b> |
| <b>Eyelash Tint</b>             | <b>£14</b> |
| <b>Complete Eye</b>             | <b>£30</b> |

Includes eyebrow shape and tint plus eyelash tint.

Please note that it is essential that all clients have a patch test at least 24 hours prior to eyelash or eyebrow tinting.

# Hair Removal

Using the hygienic PHD waxing system, hair is progressively diminished in strength and re-growth and guarantees you beautifully soft and smooth results.

|                                   |            |
|-----------------------------------|------------|
| <b>Bikini Line</b>                | <b>£15</b> |
| <b>Full Leg &amp; Bikini Line</b> | <b>£35</b> |
| <b>Full Leg</b>                   | <b>£30</b> |
| <b>Half Leg</b>                   | <b>£23</b> |
| <b>Underarm</b>                   | <b>£14</b> |
| <b>Lip Wax</b>                    | <b>£14</b> |
| <b>Chin Wax</b>                   | <b>£14</b> |
| <b>Lip &amp; Chin Wax</b>         | <b>£20</b> |
| <b>Eyebrow Wax</b>                | <b>£14</b> |
| <b>Back &amp; Chest Wax</b>       | <b>£58</b> |

Book your spa treatments online at [www.moorhallhotel.co.uk](http://www.moorhallhotel.co.uk)

# Manicures & Pedicures

**ORLY**  
MADE IN L.A.

## Luminous Manicure 70 mins

Using a unique blend of dead sea salts, sugarcane crystals and volcanic clay this luxurious spa experience is a must have. Combining infusions of blackcurrant, cucumber and Italian Mandarin leaves the senses revived and the hands rejuvenated with perfectly lacquered nails.

£55 lacquer application    £60 gel FX application

## Signature Manicure 25 mins or Signature Pedicure 25 mins

These express bespoke treatments are designed to improve nails and hands or feet so they are 'ready to go' for any occasion.

£25 includes lacquer application

£5 supplement for nail repair treatment

£5 supplement for additional callus removal

## Colour, Shape & Polish

25 mins    £25

## Gel Colour Manicure

40 mins    £40

Gel application with manicure treatment, providing a semi-permanent colour with a glass like shine finish matched to the range of beautiful lacquer colours.

## Gel Colour, Shape & Polish

30 mins    £30

Shape and Gel application, providing a semi-permanent colour with a glass like shine finish matched to the range of beautiful lacquer colours.

## Walking on Air Pedicure 75 mins

Leave this spa experience with the feeling of literally 'walking on air'. Partnering the effects of ORLY's Luminous manicure using the same blend of ingredients this pedicure incorporates centuries old techniques to promote relaxation and wellbeing for the whole body, without forgetting any hard skin removal and lacquered toes.

£60 lacquer application    £65 gel FX application

Please inform us if you have existing gels on as you will need to book a Gel Soak off prior to having a Gel Manicure or Pedicure. Removal time is 25 minutes. If the gel lacquer has been applied by us we will remove it at no charge. If it has been applied elsewhere there is a £15 charge for removal.

**Book a Facial and get £5 off a Signature Manicure or Pedicure**





We are proud to partner with ORLY. Loved by celebs and stylists alike, ORLY is a professional nail brand known for its on-trend nail colour and innovative nail care treatments and we know our clients are going to love the range we now have available.

Matt Warland, Spa Manager

# Hand & Foot Treatments

Thalgo's marine cold cream enriched treatments effectively repair, protect and replenish dry and sensitive skin for unrivalled long-lasting comfort

## Deeply Nourishing Hand Treatment

25 mins £28

The hands are an area subject to everyday stress and need to be comforted. This relaxing treatment features an exfoliation of the hands, followed by massage to repair, protect and restore comfort.

## Deeply Nourishing Foot Treatment

25 mins £28

Massaging the feet provides a deep sense of well-being and intensely relaxes the nerves. This soothing treatment features an exfoliation of the feet, and an application of the silky smooth Deeply Nourishing Foot Cream to repair, protect and restore comfort to your feet.

**THALGO**  
LA BEAUTE MARINE

Book your manicure or pedicure online at [www.moorhallhotel.co.uk](http://www.moorhallhotel.co.uk)

# Useful Information

## What to Bring

Always bring a swimming costume or even two if you would like a dry one to change into. We have plenty of towels and will provide a robe for every spa day and recommend keeping it dry if you are dining in it. We suggest you bring your own flip flops or we can supply slippers for £2.50. If you are staying in the hotel you may like to come down in your robe all ready to spa. Don't forget we also have an excellent gym and studio programme if you wish to bring along your trainers and many people bring along a good book to lose themselves in.

## Pregnancy

We have specially designed treatments for expectant mothers. Please note that some of our Spa experiences may be unsuitable during pregnancy and we do not offer massage or facial treatments during the first trimester.

## Double Treatment Room

Our double treatment room is ideal for couples or friends to share their treatment time together. Please request this service on booking if required.

## Spa Treatments

We would advise you that you arrive at least 15 minutes prior to your treatment. As a courtesy to all our guests we do operate a prompt appointment schedule. A late arrival may mean that your treatment time is reduced. All treatment times quoted include treatment, preparation and consultation.

## Age Requirements

The minimum age requirement to have spa treatments is 16. Restrictions apply for children aged 16 and 17 and will need approval/accompaniment of guardian.

## Cancellation Policy

Please book in advance to avoid disappointment. Reservations cannot be confirmed without credit or debit card details and must be paid in full at time of booking. We require 7 days' notice of cancellation for Spa days and Spa experiences and 48hrs for treatments after which a 100% charge will be made.

## Spa Etiquette

Our ethos is relaxation and calm. Please do not allow use of your phone or other device to negatively impact on the relaxation of other spa users. We want you to have as much fun as possible but we ask you that the treatment corridor and relaxation lounge are treated as 'whisper zones' where we may politely ask you to keep your voice to a whisper.

## Medical Questions

Regular Spa use can be extremely beneficial to your health but it is important that you highlight any health conditions, allergies, medication or injuries that may affect your choice of Spa treatment or exercise options when making your reservation. You will be asked on arrival to complete a questionnaire on your health and lifestyle so that we can give you the best and safest possible experience.



*"Lovely relaxing spa day today, feel totally refreshed thank you Moor Hall we will be back!"*

Sian Eva 2018

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AT MOOR HALL

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Moor Hall Hotel & Spa is part of the Webb Hotel Group