

**POETRY**  
*Beauty Starts with the Soul*

# SPA & HEALTH CLUB

AT MUTHU BELSTEAD BROOK HOTEL

07:30 HRS - 20:30 HRS



[www.muthuhotelsmgm.com](http://www.muthuhotelsmgm.com)



# MASSAGES

<b>Full Body Massage</b> (50mins)	<b>£70.00</b>
<b>Back, Neck &amp; Shoulder</b> (25 minutes)	<b>£45.00</b>
<b>Back Scrub</b> (25 minutes)	<b>£45.00</b>
<b>Indian Head Massage</b> (25 minutes)	<b>£45.00</b>
<b>Pick &amp; Mix Massage</b> (25 minutes)	<b>£50.00</b>

Choose 2 of the following treatment:

- Scalp
- Face and neck
- Back, neck & shoulders
- Arms and hands

**\*\*Enhance your massage\*\***

- Include or add (+10 minutes = +£10) scalp massage
- Aromatherapy treatment +£10 (have a list of the oils with the benefits of each one, and choose one to fit your needs; relaxing, stimulating, for pain, anxiety, depression, calming etc.)

*One of the best things  
you can do for your body  
is to get regular massages*



# HANDS & FEET

## Mini manicure / Mini pedicure

25 minutes treatment including, cuticle work, filing, shaping, and nail paint.

£35.00

## Luxury manicure (50mins)

You will receive cuticle care including creams, oils and removal. File, shape, buffer, hand and arm massage, a luxury cream, a nail paint including a top and base coat with options on whether you like it to be strengthening, hardening or a high gloss finish. The treatment finishes with quick dry drops.

£50.00

## Luxury pedicure (50mins)

You will start with your feet soaking in our foot spa with a foot soaking gel added to the water, a foot scrub, rasp with light dead skin removal, and cuticle care including creams, oils and removal. File, shape, buffer, foot and leg massage, a luxury cream, a nail paint including a top and base coat with options on whether you like it to be strengthening, hardening or a high gloss finish. The treatment finishes with quick dry drops.

£50.00



Nothing improves your mood  
like a new manicure



# FACIAL

## Mini facial (25mins)

£40.00

*A relaxing treatment involving a cleanse, tone, exfoliation, massage, eye cream and a moisturizer.*

## Luxury Facial (50mins)

£55.00

*A luxury treatment with products chosen to suit your skin type, you will receive a light cleanse, and tone followed by a deep cleanse, exfoliate, massage and face mask (with a scalp or arm and hand massage while it sets), cooling eye pads, eye cream or gel, vitamin booster drops, micellar water and a moisturiser to finish.*

## Face & scalp massage (25 minutes)

£45.00

*Using moves from the facial massage and Indian head massage to create a relaxing treatment for the whole head.*

## Gentleman's Facial

### Mini (25 minutes)

£40.00

### Luxury (50mins)

£50.00

*Utilising a suitable product range with manly scents, a deep cleansing facial with beard care (if applicable) a relaxing facial, perfectly suited to a gentleman's needs.*

*Don't forget  
to pamper yourself*



## KIDS CORNER (AGES 10 TO 16)

<b>Mini manicure</b> <i>(20 minutes)</i>	<b>£22.00</b>
<b>Mini pedicure</b> <i>(20 minutes)</i>	<b>£22.00</b>
<b>Mini facial</b> <i>(20 minutes)</i>	<b>£25.00</b>



## PAMPER PACKAGES

**Top to Toe** *(50mins)* **£85.00**

*Includes:* • Back neck and shoulder massage  
• Express facial • Express manicure • Express pedicure

**Renew You!** *(45 minutes)* **£75.00**

• 25 min back neck and shoulder massage  
• 10 min scalp massage • 10 min feet rub

**Luxury package** *(1 hour 25 minutes)* **£115.00**

• 25 min back neck and shoulder massage  
• 25 min mini facial • 25 min mini manicure or pedicure

# PAMPER ACCOMMODATION PACKAGES:

## Standard Package

Monday - Friday £120.00 Per Person, Saturday - £130.00 Per Person,  
Sunday - £105.00 Per Person Based on Two People Sharing.

## 2 Night Spa Accomodation Package

Sunday - Thursday | 25min Treatment Per Person Each Day  
£222.00 Per Person Based on Two People Sharing.

## 2 Night Weekend Spa Accomodation Package

Friday - Saturday or Saturday - Sunday | 25 Minutes Treatment Per Person Each Day  
£234.00 Per Person Based on Two People Sharing.

- Check-in From 3.00 PM
- 25-minute Treatment Per Person
- Overnight Accommodation in a Club Double or Twin Bedroom
- Full English Breakfast
- £20 credit towards restaurant or bar menu
- Use of the Leisure Facilities for the Duration of Your Stay





# PAMPER DAY PACKAGES

## A BLISSFUL MOMENT

£70.00 per person with use of the leisure facilities and 25-minutes treatment.

## A BLISSFUL HAVEN

£85.00 per person with use of the leisure facilities and 50mins (or 2x25 minutes) treatment.

## A BLISSFUL FEELING\*

£90.00 per person with the use of the leisure facilities, lunch, and 25-minutes treatment.

## A BLISSFUL RITUAL\*

£100.00 per person with use of the leisure facilities, lunch, and 50mins (or 2x25 minutes) treatment.

## A BLISSFUL RETREAT\*

£50.00 per person with the use of the leisure facilities and lunch.

## A BLISSFUL INDULGENCE\*

£115.00 per person with the use of the leisure facilities, 2x25 minutes treatment, 2 course Spa menu Lunch with soft drink and Prosecco.

Towels are complimentary for all guests.

Robes & slippers are included for guests who book Blissful Pamper days and Pamper accommodation packages (a refundable £10 deposit is required per robe).

Guests who have not booked those packages can hire robes and slippers at £10 per person per night (subject to availability).

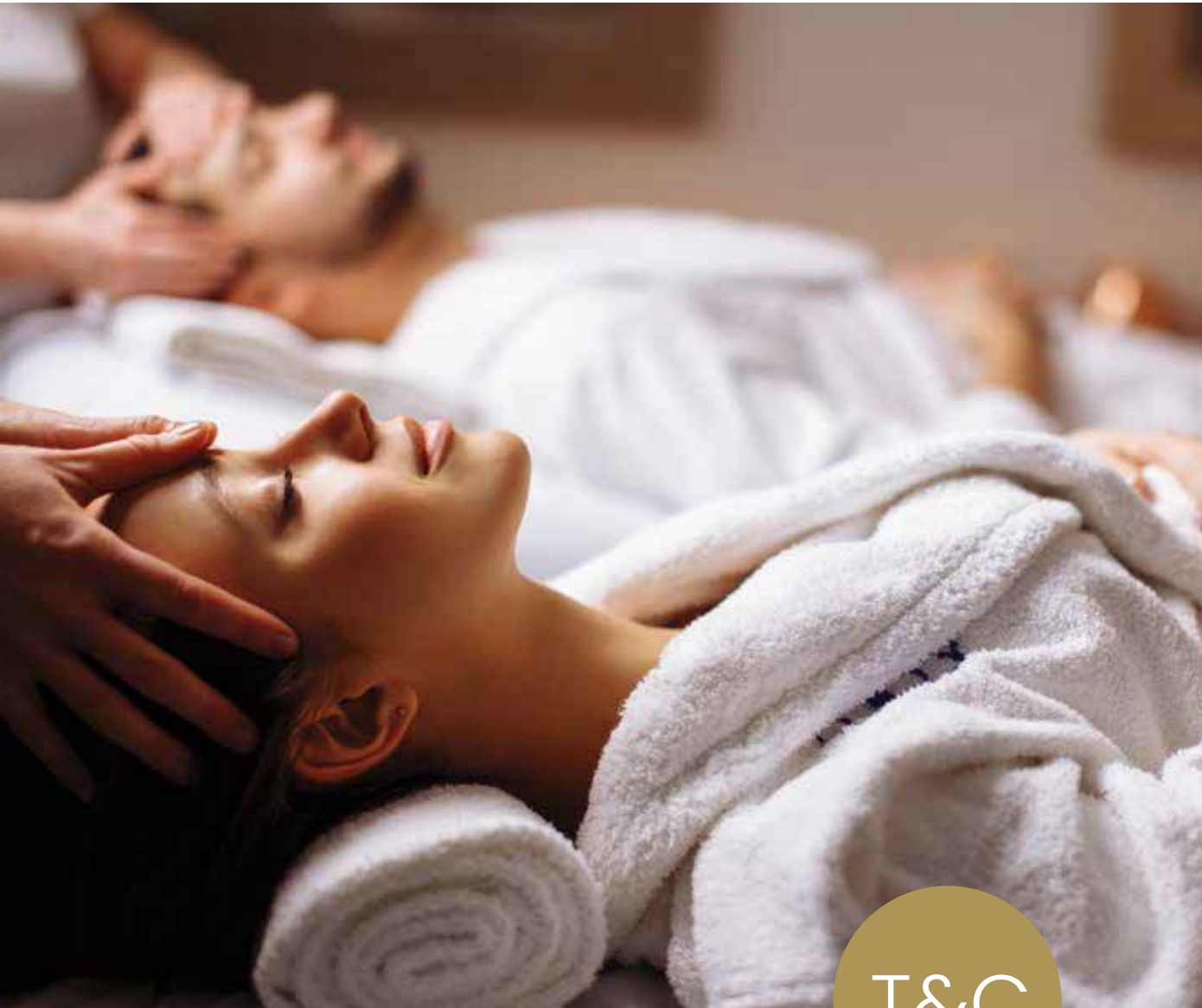
## THESE PAMPER PACKAGES WITH TREATMENTS INCLUDE A 25 MINUTES SERVICE OF YOUR CHOICE FROM THE BELOW:

- Back, neck & shoulders massage
- Blissful back scrub
- Indian head massage
- Mini facial

## CONTACT US TO UPGRADE TO 1-HOUR TREATMENT

- Full body massage
- Full manicure
- Full pedicure
- Luxury facial





T&C

## ATTIRE

Robes and flip-flops are available for spa day guests. We kindly ask guests to wear a robe over their swimwear when walking through the hotel. During treatments, our therapists observe the client's modesty at all times. Swimwear is also requested in the Jacuzzi, steam room and sauna. If dining at the Bar area is part of your package then dressing gowns and robes are permitted.

## TOWELS & ROBES

Robes & slippers are included for guests who book Blissful Pamper days and Pamper accommodation packages (a refundable £10 deposit is required per robe). Guests who have not booked those packages can hire robes and slippers at £7.50 per person per night (subject to availability).

## ARRIVALS

Guests are requested to arrive at least 10 minutes prior to their appointment to change the time if desired. You will be required to complete a short medical questionnaire.

## HEALTH CONCERNS

When booking please make us aware of any health concerns as treatments may not be suitable for certain medical conditions or during pregnancy. We also ask clients to fill out a medical questionnaire on arrival to ensure that treatments are suitable.

## ALLERGIES

Please make us aware at the time of booking of any allergies. We ask clients to fill out a medical questionnaire on arrival at the spa to ensure that the treatments are suitable.

## PREGNANCY

For health reasons, we only offer a limited number of treatments during pregnancy. We do not offer pregnancy massages.

## MOBILE PHONES

Please ensure that mobile phones are switched to silent in the pool area. No photography is permitted.

## VALUABLES

We recommend that you leave your valuables in the locker provided. Some treatments require the removal of jewellery. Please ensure you retrieve all valuables before leaving the premises, in particular, check the pockets of your robe as we cannot be held responsible for any losses.

## AGE RESTRICTIONS

Children under the age of 16 years can have treatments if accompanied by a parent, a parental consent form is required to be completed.



## PAYMENT & CANCELLATION POLICY

Spa Pamper days, Accommodation packages and stand-alone treatments require payment in full upon booking confirmation.

You can amend or cancel the booking free of charge up to 5 days prior to arrival. If amending, a new booking date needs to be agreed at least 5 days prior current arrival date. Amendments are subject to availability. We will try to be flexible therefore amendments requests received within 5 to 2 days' notice prior arrival will be considered at managements discretion.

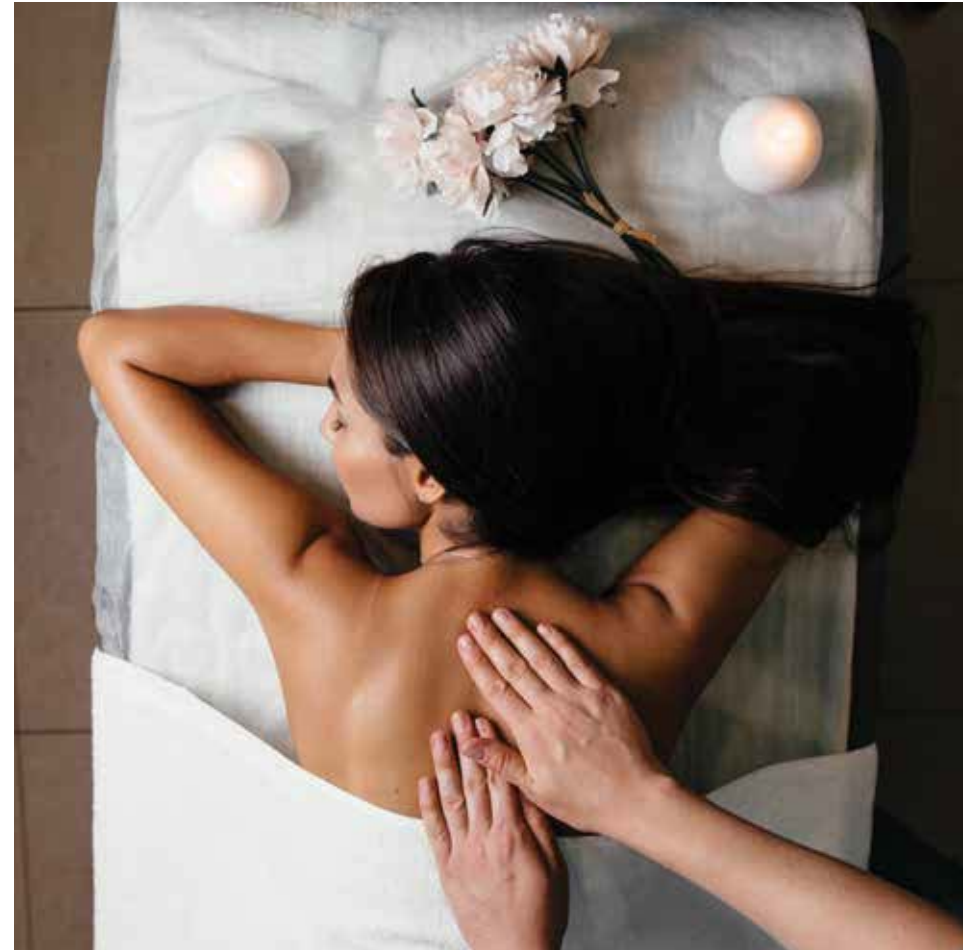
Amendment requests with in 2 days of arrival cannot be accepted.

Cancellation requests within 5 days of arrival are non-refundable.

Cancellation or amendment by us - In the rare event that we have encounter a last-minute staffing issue or for any other reason we cannot meet our obligation. The hotel reserves the right to alter or cancel treatment times on the day if necessary. Under these rare circumstances, alternative times, services or resolution will be amicably offered.

## SMOKING

Strictly no smoking inside the hotel and spa, guests may smoke in the garden bar lawn area.



*Massage.  
When your brain needs a hug*