



FOREST *of* ARDEN

HOTEL & COUNTRY CLUB

SPA TREATMENT

Menu





WELCOME...

Welcome

To a world of pure indulgence, where the pampering begins the moment you arrive. Slip on a fluffy robe. Put your worries down and your feet up. This is your invitation to recline, unwind and drift into bliss, in temples of tranquility where the everyday feels very far away.

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REVITALISE...

Facials

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.

QUENCH & PROTECT

Essential oil treatment.
Deeply hydrating and anti-pollution.
55 minutes £65

PLUMP & LIFT

Fine essential oil treatment.
Lifting and anti-ageing using our facial lift yoga gestures and Algae Extract.
55 minutes £89

CALM & SOOTHE

Jojoba essential oil treatment.
55 minutes £65

SMOOTH & GLOW

Ylang Ylang essential oil treatment.
Energising and anti-oxidising.
55 minutes £65

RESET & STRENGTHEN

Bespoke treatment that brings out your complexion's natural beauty.
The face is perfectly replenished and glowing with vitality, thanks to essential oils and our blend of flaxseed, sunflowers and plant vitamins.
55 minutes £83

TASTER TREATMENT

Express facial
25 minutes £45

MIDWEEK ME TIME (Available Mon-Thur only)

Express Facial:

Cleanse, exfoliation face mask and moisturise

Mini-Manicure:

Simple nail and cuticle tidy with a choice of colour.

Mini Pedicure:

Simple nail and cuticle tidy with a choice of colour.

Back, Neck and Shoulders:

Express massage that is intensely hydrating and destressing.
Great for releasing muscles and tension in the body.

Any 2 x 25 minute treatments for £40





RELAX & UNWIND...

Massages

RELAX & DESTRESS

Swedish full body massage.
55 minutes £68

HOT STONE MASSAGE

The heat of the basalt stones encourages the muscles to relax quicker. Great for relaxation, anxiety, tension or improving circulation.

Full Body Hot Stone Massage
55 minutes £80

Back Hot Stone Massage
25 minutes £55

FIRMER MASSAGE MUSCLE ENERGISER

Energising massage that is intensely hydrating and destressing. Great for releasing muscles and tension in the body.
55 minutes £68

SCALP MASSAGE

Focusing on the head, neck and shoulders and applying a variety of pressure and techniques.
25 minutes £45

FRUIT SEED SCRUB

Powdered fruit seeds of orange and apricot plus essential oils that are used to polish and perfect skin, leaving it in supreme condition. A delightful treatment restoring vitality for skin that is beautifully nourished and exceptionally soft all over.
45 minutes £60

TASTER TREATMENT

Back, neck and shoulder massage
25 minutes £45





TIME FOR YOU...

Hands & Feet

JESSICA'S DELUXE MANICURE

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.

55 minutes £40

JESSICA LÉREMEDI MANICURE

As you enjoy your hands being exfoliated and moisturised, your nails will be perfectly shaped and polished using a prescriptive basecoat and choice of colour.

45 minutes £35

JESSICA ZEN SPA PEDICURE DELUXE

Luxurious added benefits of thermal heated booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints.

55 minutes £42

JESSICA ZEN SPA PEDICURE

Hard skin will be filed (not removed) whilst feet and legs will be massaged leaving them softer and smoother. Cuticles will be groomed and toenails will be beautifully shaped and polished.

45 minutes £35

GELERATION GEL OVERLAY MANICURE/PEDICURE

Beginning with tidying the nails and cuticles, then an application of your chosen GELeration gel colour. The treatment concludes with a hand or foot massage.*

55 minutes £42

GELERATION REMOVAL

25 minutes £15

TASTER TREATMENT

Mini manicure or pedicure

25 minutes £29

Finishing Touches

Bikini Wax 15-25 min **£15**

Underarm Wax 15 min **£12**

Lip or Chin Wax 15 min **£10**

Arm Wax 30 min **£20**

Eyebrow Shape 15 min **£10**

Eyelash Tint** 30 min **£15**

Eyebrow Tint** 15 min **£10**

* Treatment may be amended if paint/gel is already on the nails

** Tinting treatments need a 24 hour patch test





MEN'S TREATMENTS...

Men's Treatments

PERFORM & ENERGISE SKIN FACIAL

A high-speed solution to re-energise skin.

25 minutes £45

FULL BACK WAX

25 minutes £25

FULL CHEST WAX

25 minutes £25

JESSICA GENTLEMAN'S CLUB

Cuticles are conditioned and groomed and nails are trimmed and shaped.

25 minutes £25

JESSICA EXECUTIVE FOOTCARE FOR MEN

Hard skin is filed, 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 £35

GOLFER'S RECOVERY

An effective treatment to focus on key areas of tension caused by sports or everyday wear and tear. Relax while tension in the back and legs are massaged away.

45 minutes £55

Tip: We recommend men shave a few hours before a facial.





MAKE A DAY OF IT...

Spa Day Packages

If one treatment just won't do, why not have a whole day of escapism tailored just for you?

Sink into a massage, beautify with a facial or just lounge pool-side cocooned in your complimentary robe and slippers. Our bespoke Spa Day packages take relaxation to blissful new heights.

All Spa Day packages are from 10am to 6pm, Monday to Sunday, and include towels, robes, slippers and full use of the leisure club and pool(s).

TIME FOR TWO SPA PACKAGE

Choose one of our taster treatments (25 minutes each).

25 minutes £60 per person

REFRESH & REVIVE PACKAGE

Reset and strengthen facial (55 minutes)
plus back, neck and shoulder massage (25 minutes),
light Spa lunch with hot or soft drink.

80 minutes £130 per person

TIME FOR YOU/HIM PACKAGE

1 of the following 55 Minute treatments:

Full body massage, reset and strengthen facial,
spa manicure, pedicure.

55 minutes - £80 per person

SPA RETREAT DAY

Any 2 x 55 minute treatments:

- Facial
- Full body massage
- Manicure and pedicure

55 minutes £136 per person

HALF DAY SPA

- Any 1 x 25 minute treatment
- Towel, robes and slippers
- Use of pool, sauna and steam room.
- Hot drink and pastry in Zest

£55 per person

LEISURE DAY PASS

Entry 10am - 9pm

£25 Day





HOW TO SPA...

Making the most of your time

WHAT SHALL I WEAR?

Clients on Spa Days will feel most comfortable going into treatments with their robe over dry swimwear. During treatments underwear must be worn at all times, our therapists are trained to observe client modesty at all times, disposable briefs / boxers can be provided for your use.

Robes and Towels are provided for your convenience and comfort in the spa lounge, we recommend you bring suitable footwear whilst going for lunch, please bring your own wet area flip flops for the pool and wet zones.

Suitable clothing and footwear (trainers or gym shoes) are required when using the gym and aerobics studio. We strongly advise that no jewellery be worn at any time while using The Spa facilities or relaxing within The Spa area.

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, in such cases an alternative treatment will be offered by your therapist.

TREATMENT ONLY ARRIVAL

We kindly ask that you arrive at The Spa reception 15 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.

SPA DAY ARRIVALS

If you have booked a Spa Day or over night package we recommend that you arrive at The Spa reception at least 60 minutes prior to your scheduled appointment. Using the steam room, sauna and pool area before your treatment will allow you to reach optimum relaxation and gain the full benefit of your spa experience. We offer our guests a reliable treatment schedule, please appreciate that late arrivals will not receive an extension of scheduled treatment time. Please note swimming lessons and water babies are carried out in the swimming pool.





HOW TO SPA...

YOUNG ADULTS & TREATMENT SERVICES

You must be over 18 years to book the full range of treatments. Young adults 16 and 17 years may receive manicure & pedicure. Please ask for full details on booking. (Young adults 16 and 17 years are not permitted to receive any massage or massage based treatments).

PERSONS 15 & UNDER

May only book manicure and pedicure services whilst accompanied by a responsible adult. Persons under 16 are not permitted to book spa day packages.

WHAT IF I'M PREGNANT?

Please notify us if you are pregnant when booking your treatments. We can then advise on the most appropriate and beneficial treatments for you. All treatments can only be carried out once past your first trimester

CHILDREN

Children of residential guests and members are permitted to use the swimming pool at designated times of the day, children under the age of 16 must be supervised at all times - for further information please ask a member of the Spa Team. Please be advised children are not permitted on Spa Days. Please note the venue deliver swimming lessons throughout the week. Please contact the spa direct to discuss these timings.

RESERVATIONS & CANCELLATIONS

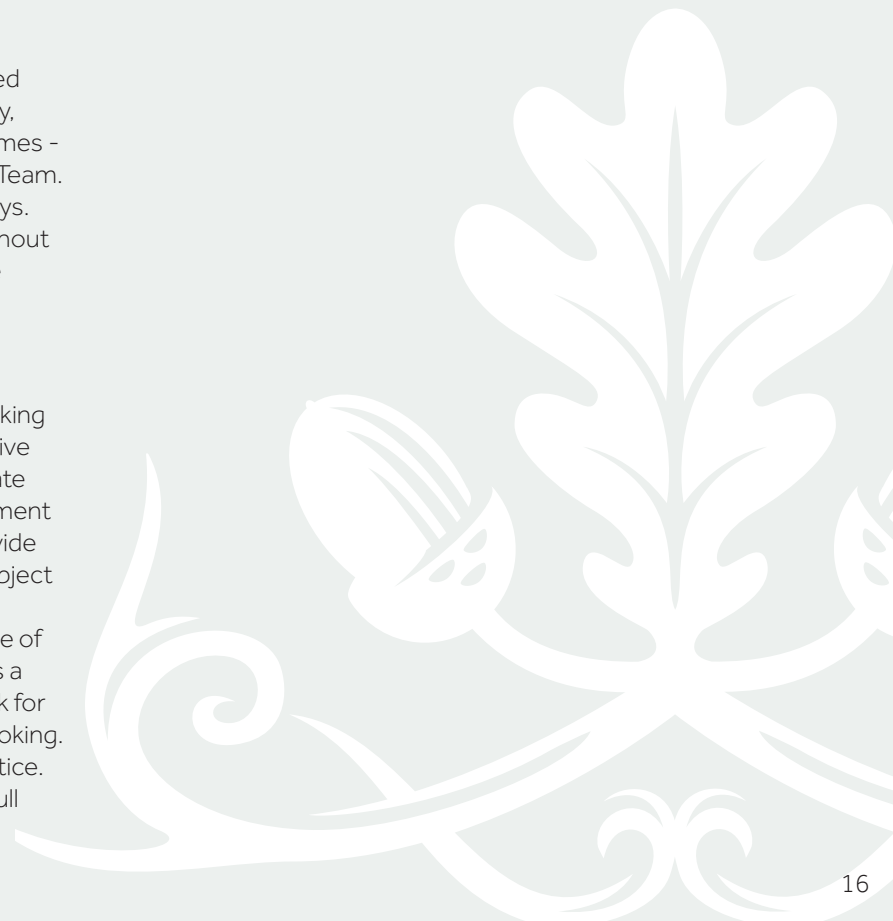
Credit / debit card details are required at the time of booking to guarantee your appointment. We advise guests to arrive at least 15 minutes prior to your appointment. Arriving late may mean we are unable to accommodate the full treatment experience, in such circumstances we are unable to provide a refund. Booking in advance is highly recommended, subject to availability walk in services are also available. All prices, treatments, Spa Days and information are current at time of distribution and are subject to change without notice. As a courtesy to our therapists and other guests we kindly ask for at least 24 hours notice to cancel or reschedule your booking. Groups of 5 or more are required to provide 48 hours notice. In the event of late cancellation you will be charged the full amount of the package or treatment.

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.

PEACE OF MIND

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 other electronic items in your locker. Smoking is not permitted on the premises.





HOW TO BOOK...

How to book

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. You can also book online. Please note we have an Age Policy for treatments as detailed in the How to Spa section. Arrival is recommended 20 minutes before treatment time to check in and complete questionnaires. Please be advised that late arrivals will result in a reduction in treatment time.

CANCELLATION POLICY

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

OPENING HOURS

Monday - Sunday: 10.00am–6.00pm

KEEP IN TOUCH

Scan the QR code below to join our newsletter for exclusive offers on spa experiences, treatments and spa breaks.



Treatment durations include consultation & changing time. To ensure a smooth experience, please arrive 15 minutes before your scheduled treatment to complete check in and questionnaire.

All information, including prices, was correct at time of going to press June 2024 and is subject to change without notice.



FOREST of ARDEN
HOTEL & COUNTRY CLUB

Visit:

Forest of Arden Hotel & Country Club
Maxstoke Lane, Meriden, Birmingham CV7 7HR
Forestofardenhotel.com



EMAIL SPA