



SPA & HEALTH CLUB

AT MUTHU BELSTEAD BROOK HOTEL

07:30 hrs - 20:30 hrs



www.muthuhotelsmgm.com

FACIAL

Express facial (20 minutes) £25.00

Including cleansing, toning and moisturize with a brief lifting massage

Mini facial (30 minutes) £35.00

A relaxing treatment involving a cleanse, tone, exfoliation, massage, eye cream and a moisturiser

Luxury Facial (1 hour) £47.00

A luxury treatment with products chosen to suit your skin type, you will receive a light cleanse, 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 (30 minutes) £38.00

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

Gentleman's Facial

Mini (30 minutes) £37.00

Luxury (60 minutes) £49.00

Using a more gentleman friendly product range, including the smells, deeper clean and beard care (if needed) for the most effective facial perfectly suited to a gentleman's needs.

HANDS & FEET

Express manicure / Express pedicure £19.00

20 minutes quick shaping of the nail and a color of your choice

Mini manicure / Mini pedicure £25.00

30 minute treatment including, cuticle work, filing, shaping, and paint

Luxury manicure - 1 hour £35.00

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. Treatment finishes with quick dry drops. 1 hour.

Luxury pedicure - 1 hour £35.00

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 a light dead skin removal, 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. Treatment finishes with quick dry drops.

Add a mask to your luxury manicure or pedicure for only £8.00 extra!

Gel manicure 1 hour £45.00

Gel pedicure 1 hour £45.00

Soak off 30 minutes £25.00

Soak off and re apply 1.5 hours £60.00

MASSAGES

Full body massage – 1 hour £60.00

Back, neck & shoulder – 30 mins £40.00

Indian head massage – 30 mins £40.00

Pick and mix massage – 30 mins £40.00

**Choose 2 of the following to fill your 30 minute treatment:

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

** *Upgrade your massage* **

Add a specialist product:

- Anti cellulite + £10 (breaks down fat and smoothes skin) appeals to desiring weight loss
- Firming and lifting +£10 (firms skin and muscle and lift the area creating perkier look, appeals to thighs, and stomach and face)
- Vitalizing +£8 (refreshing and cleansing /clean feeling)
- Hydrating +£8 (for dry skin adds moisture for a better feel and look and health of skin)

Enhance your massage

- Include or add (+10 minutes = +£10) a scalp massage
- Aromatherapy treatment +£10 (have a list of the oils and the benefits of each one do they choose one to fit your needs; relaxing, stimulating, for pain, anxiety, depression, calming etc)
- Hot towels +7 (just an added luxury!)

KIDS CORNER (Ages 10 to 16)

Mini manicure (20 minutes) £12.00

Mini pedicure (20 minutes) £12.00

Mini facial (20 minutes) £16.00

PAMPER PACKAGES

Top to Toe (1 hour) £80.00

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

Pamper express (30 minutes) £38

- Face mask and a file and paint on your choice of fingernails or toenails.
- Express facial and your choice of a massage or file and paint on your hands and toes.

Renew You! (45 minutes) £60.00

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

Luxury package (1.5 hours) £100

- 30 min back neck and shoulder massage
- 30 min mini facial • 30 min mini manicure or pedicure

General information please read

Bathrobes can be rented at the reception for £5 per day (refundable deposit of £10 is required per robe)

A deposit of 50% of the booking amount is required upon booking or payment in full, in the unfortunate event of a cancellation we will return the full deposit or amount only if 72 hours notice is given

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 client modesty at all times. Swimwear is also requested in the Jacuzzi, steam room and sauna. If dining at the Bar area as part of your package then dressing gowns and robes are permitted.

Towels & Robes

We provide towels poolside, robes and flip flops can be hired at a charge of £5 per person, a £10.00 deposit will be taken on arrival and refunded at the end of the day when you return the robe, the flip flops are yours to take away.

Arrivals

Guests are requested to arrive at least 5 to 10 minutes prior to your appointment in time to change, if desired. You will be required to complete a short medical questionnaire.

Health Concerns

When booking please make us aware of any health concerns treatments are not 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.

Mobile Phones

Please ensure that mobile phones are switched to silent at pool area.

Valuables

We recommend that you leave your valuables in a 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.

Booking Policy

Group bookings for 3 or more must prepay at the time of booking. Spa packages must be fully prepaid at the time of booking.

Age Restrictions

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

Cancellation Policy

Spa packages cancelled with less than 72 hours' notice are non-refundable. Treatments cancelled with less than 48 hours' notice will be charged a 50% cancellation fee; same day treatment cancellation is non-refundable.

Smoking

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

For appointment
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MUTHU
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BOUTIQUE HOTEL

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