

SPA & HEALTH CLUB

AT MUTHU BELSTEAD BROOK HOTEL

Spa Treatments

MASSAGE TREATMENTS

Swedish Full Body Massage (60min) £55
(Indulge in a full body Swedish massage for the ultimate relaxation! The therapist will treat areas of tension including the back, legs, feet arms and hands)

Back, Neck and Shoulder Massage (30min) £35
(A deeply relaxing massage focusing on areas of built up tension and stress across the neck shoulders and back)

Indian Head Massage (30min) £35
(The therapist uses a range of different movements, including application of deep kneading and compression movements over the back, shoulders neck and arms. Followed by an invigorating scalp and light stroking of pressure points across the face)

Blissful Back Scrub (30min) £35
(Includes mini massage and moisturize)

FACIALS

Mini Facial (30min) £30
(Includes a double cleanse, exfoliation, a mini massage of your face, chest, shoulders and neck followed by tone, moisturise and eye cream/gel to finish)

Luxury Facial (60min) £42
(Using products suited to your skin type you will experience the same routine as a mini facial with the added luxury of a longer massage and having the option of a hand and arm or a scalp massage whilst your mask is setting)



Please ask for our promotions!
Opening time: 09am-05:30pm (Mon-Sun)
Reservations: 01473 694270

HANDS & FEET

O.P.I Mini Manicure (30min) £19
(A hydrating manicure including filing and cuticle work. Choose between a relaxing hand and arm massage or an O.P.I lacquer to finish)

Full O.P.I Manicure (60min) £26
(A full manicure to treat every part of your hands. Includes exfoliation, filing, cuticle work, a relaxing hand and arm massage and an O.P.I lacquer to finish)

O.P.I Mini Pedicure (30min) £21
(A hydrating pedicure which includes filing, cuticle work and moisturise. Then choose between a relaxing leg and foot massage or an O.P.I lacquer to finish)

Full O.P.I Pedicure (60min) £30
(A full pedicure to treat hard working feet. Includes a foot soak, exfoliation, removal of hard skin, filing, cuticle work, a relaxing leg and foot massage and an O.P.I lacquer to finish)

GELISH

Gelish® Soak-Off Gel Polish applies like polish and cures in a LED lamp in 30 seconds. Gelish stays on nails for up to 2 weeks with no chipping or peeling, and soaks completely off in only 10 - 15 minutes

Gelish Nails Hands or Feet (60min) £35

Gelish Soak Off (30min) £15

Gelish Soak Off and RE-apply (90min) £45



PAMPER DAY PACKAGES

A Blissful Moment £50pp
Use of the Leisure facilities and 30min treatment

A Blissful Haven £65pp
Use of the Leisure facilities and 1h (or 2x30m) treatment

A Blissful Feeling* £62pp
Use of the Leisure facilities, lunch and 30min treatment

A Blissful Ritual* £77pp
Use of the Leisure facilities, lunch and 1h (or 2x30min) treatment

A Blissful Retreat* £30pp
Use of the Leisure facilities and lunch

Towels and Slippers are included for all packages. Bathrobes can be rented at the reception for £5 per day (non-refundable deposit of £10 is required per robe).

A deposit of £15 per person 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 24 hours notice is given.

*Lunch consists of a 2 course bar lunch and a soft drink.

MGM
MUTHU HOTELS

WWW.MUTHUHOTELSMGM.COM

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POETRY
Beauty Starts with the Soul