

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



AT THE BELSTEAD BROOK MUTHU  
BOUTIQUE HOTEL

**MGM**  
MUTHU HOTELS

[WWW.MUTHUHOTELS.COM](http://WWW.MUTHUHOTELS.COM)

# Unlimited Luxury for Mind, Body & Soul

**Blissful - Spa** echoes the key elements of MGM Muthu Hotels (Poetry Spas) – focusing on enjoyment and relaxation, taking pride and pleasure in the diversity and richness of its surroundings. The soothing colours will guide you to a sense of serenity a retreat of calm while surrounded by total luxury.



## OUR SERVICES MASSAGES

**Swedish Full body massage (1 hour) £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 (30 minutes) £35**

A deeply relaxing massage focusing on areas of built up tension and stress across the neck shoulders and back.

**Indian Head Massage (30 minutes) £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 (30 minutes) £35**

Includes mini massage and moisturize

### FACIALS

**Mini Facial (30 minutes) £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 (1 hour) £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.

## HANDS AND FEET

### O.P.I Mini Manicure (30 minutes)

£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 (1 hour)

£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 (30 minutes)

£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 (1 hour)

£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 (1 hour)

£30

### Gelish Soak Off (15 minutes)

£10

### Gelish Soak Off and RE-apply (75 minutes)

£35



nail salon



facials



massages

## FOR BOOKINGS AND ENQUIRIES

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*A credit card number is required upon booking any treatment or package. In the unfortunate event of a cancellation, no charge will be made if 24 hours' notice is given. In cases where less than 24 hours' notice is given, we will charge 50% of the treatment price to the card.*

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# blissful SPA

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# MGM

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