

# TREATMENT MENU



**THE SPA**  
@ copthorne  
merry hill



# WELCOME TO THE SPA @ MOTION HEALTH CLUB

Our exclusive spa is the ideal place to enjoy some ultimate 'me time'.

We have a wonderful selection of Dermalogica treatments available including facials, massages, body treatments and deluxe pamper days.

Our spa team are always available to offer their advice on the very best treatments to suit you.

During your visit enjoy our heated pool, sauna and steam room and why not treat yourself to some of the fantastic Dermalogica products that we have available to purchase and enjoy at home.

Whether you have stolen a few hours or a whole weekend to unwind from the stresses of everyday life, then a trip to our spa is time well spent. Give yourself the relaxation time you deserve and reinvigorate yourself at our Spa, book your appointment today.

**dermalogica**



# TREATMENT PACKAGES

Enjoy one of our relaxing treatment packages and you'll leave feeling destressed, relaxed and refreshed. Treatment choices can be found on page 8.

## AFTERNOON TEA AND TREATMENTS

£125pp

Your package of pure pampering will include:

- Full access to leisure facilities
- Prosecco Afternoon tea served in the hotel
- Welcome drink on arrival
- £10 spa retail voucher, to take that perfect gift home with you
- Two x 50-minute treatments of your choice

## PURE ESCAPE

£85pp

Your package of relaxation will include:

- Full access to leisure facilities
- Light spa lunch served in the hotel
- Welcome drink on arrival
- One x 50 minute treatment of your choice
- £10 spa retail voucher, to take that perfect gift home with you

## EXPRESS RELAXATION

£50pp

Your package of pampering will include:

- 3 hour spa access with robes and slippers
- Welcome drink on arrival
- One x 25-minute treatment of your choice
- £10 spa retail voucher, to take that perfect gift home with you

## BABY ON THE WAY

£70pp

Take some time out for you and your baby, your pampering will include:

- Full access to leisure facilities
- Light spa lunch served in the hotel
- Welcome drink on arrival
- Pre Natal treatment -50 minutes (12+weeks)
- £10 spa retail voucher, to take that perfect gift home with you



# PACKAGE TREATMENT CHOICES

## 50 MINUTE RITUALS

### **Full Facial, Leg & Foot Massage**

Unwind and indulge in this luxurious facial and massage experience. Begin with a gentle yet thorough skin cleansing and exfoliation to reveal a fresh, glowing complexion. As you relax, a tailored mask, designed specifically for your skin type, will hydrate and rejuvenate. While the mask works its magic, enjoy a soothing foot and a leg massage to melt away stress. The treatment concludes with a selection of serums and moisturizers to address your unique skin needs, leaving your face nourished, refreshed, and glowing

### **Full Facial, Hand & Arm massage, Scalp Massage**

Crafted to help you unwind and glow in under an hour, this facial offers a complete rejuvenation experience. It begins with a thorough skin cleansing and a gentle exfoliation to reveal your skin's natural radiance. As you relax with a tailored mask, enjoy a soothing hand and scalp massage to melt away tension. The treatment finishes with a blend of nourishing serums and moisturizers, customized to address your skin's unique needs. Your complexion will feel refreshed, balanced, and renewed, leaving you with a luminous, youthful glow

### **Back Scrub, Back Massage, Scalp Massage & Pressure Point Therapy**

Pamper yourself with a luxurious body exfoliation, followed by a soothing back massage to release tension. This blissful treatment continues with a pressure point facial massage, designed to rejuvenate and refresh, complemented by a calming cranial scalp treatment. The result? A complete sense of relaxation and glowing, radiant skin

### **Back Scrub, Massage & Mask & Leg Massage**

Unwind and recharge with a luxurious full-body indulgence designed to restore balance and serenity. This soothing ritual begins with a gentle exfoliation to reveal radiant skin, followed by a calming massage that melts away tension in the back, shoulders, and legs. A hydrating mask is then applied to the back, nourishing the skin and easing muscle fatigue. This revitalizing experience leaves you feeling refreshed, relaxed, and completely renewed

# SIGNATURE TREATMENTS/RITUALS

## THE ULTIMATE RELAXATION TRIO

80 minutes    £75

Immerse yourself in pure luxury with this indulgent back, face, and scalp treatment. Begin with a gentle cleansing and exfoliation of the back to refresh and revitalize your skin, followed by a soothing deep tissue back massage to release tension and restore balance. Once your body is fully relaxed, enjoy a customized facial designed to nourish and hydrate your skin, leaving it glowing and radiant. Conclude your journey with a tranquil cranial scalp massage to calm the mind and melt away stress, ensuring complete rejuvenation from head to toe

## BLISSFUL BODY AND FACE INDULGENCE

100 minutes    £95

Begin your journey to ultimate relaxation with a full-body skin brushing and gentle exfoliation, leaving your skin smooth, refreshed, and revitalized. Follow this with our Blissful Full Body Massage, designed to melt away tension and restore balance to your entire being. Next, indulge in a rejuvenating facial treatment featuring cleansing, exfoliation, and a soothing facial massage to enhance your natural radiance. Complete your experience with a tranquil cranial scalp massage, bringing deep calm and serenity to your mind and body

## REVITALISING BODY SCRUB

25 minutes    £30

For those desiring intense exfoliation paired with a sculpting effect, our Revitalizing Body Scrub is the perfect choice. Rejuvenate your skin with our luxurious body scrub treatment, designed to exfoliate, smooth, and refresh. Using a blend of natural ingredients, this invigorating scrub gently removes dead skin cells, unclogs pores, and promotes circulation, leaving your skin feeling silky soft and radiant.



## FACIAL TREATMENTS

Our facial treatments were developed from the unique combination of our patented grape and grapevine ingredients, with the latest skincare techniques. In the hands of our therapists, you'll experience a full regimen of skincare treatments paired with relaxing massages for firmer, healthier, more beautiful skin.

### PRO SKIN FACIAL

25 minute/50 minutes     £30/£45

The ultimate customisable treatment. Designed to address your unique skin needs, this treatment combines professional expertise with tailored solutions for a radiant, healthy complexion. Every treatment includes well-being touches to elevate the experience.

### PRO CLEAR FACIAL

25 minute/50 minutes     £35/£50

Your journey towards clear skin starts here. Pore softening techniques, extractions and anti-bacterial, microbiome-balancing actives work together to clear and calm congested breakout-prone skin.



## PRO BRIGHT FACIAL

25 minute/50 minutes    £35/£50

Fade dark spots and reveal brighter skin. This high-intensity treatment combines a brightening peel with an infusion of professional-grade Vitamin C, Niacinamide and Hexylresorcinol - addressing all pigmentation concerns.

## PRO CALM FACIAL

25 minute/50 minutes    £35/£50

Soothe and strengthen sensitive skin. Soothing botanical actives provide relief while lymphatic drainage and pressure point massage help calm a stressed nervous system. Targeted treatments help hydrate, balance and restore the skin barrier for reduced sensitivity and calmer skin.

## PRO FIRM FACIAL

25 minute/50 minutes    £35/£50

A comprehensive facial workout. Firming and toning deep tissue facial massage are combined with retexturing and replenishing actives for visibly tighter skin.

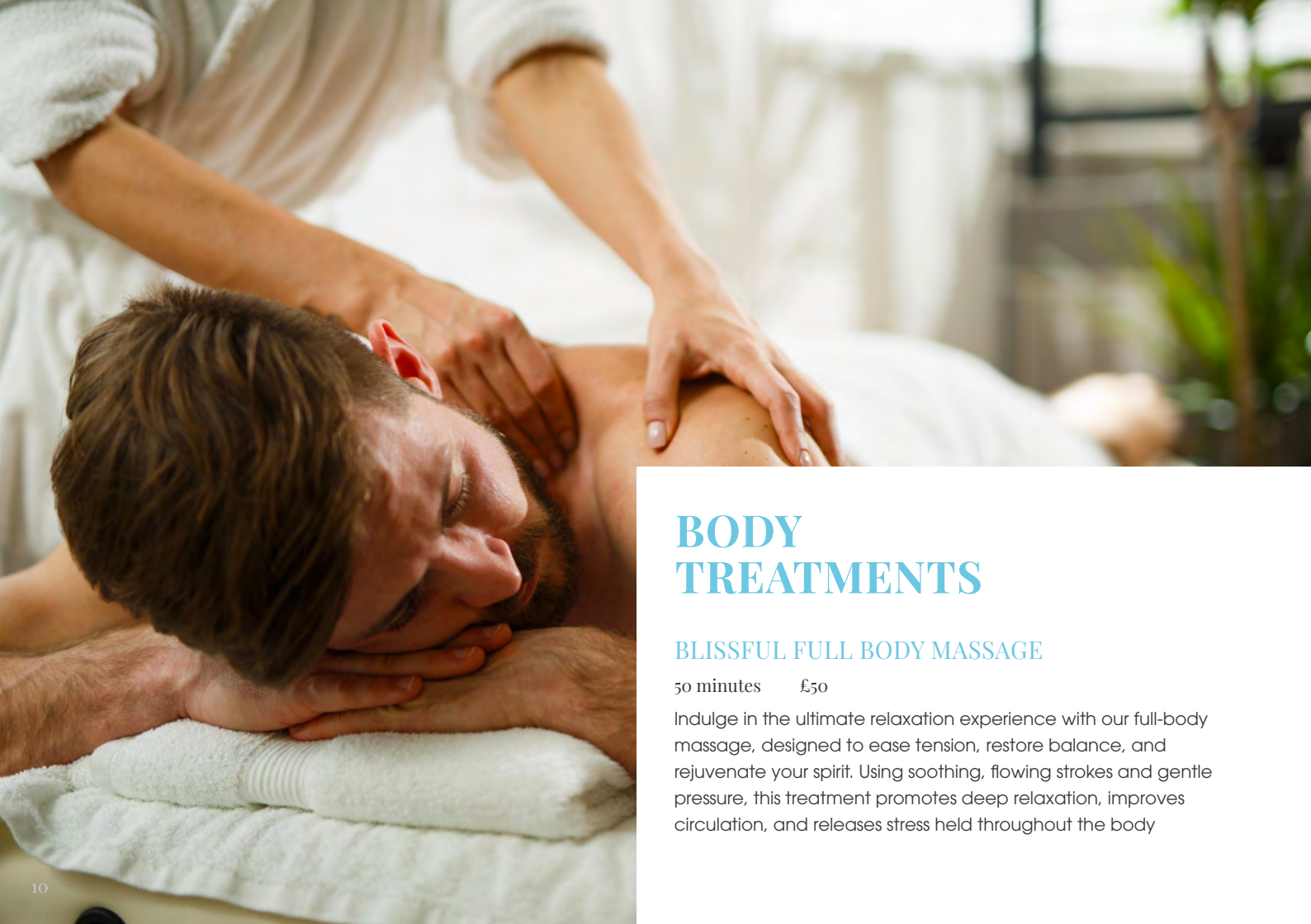
**PRO** bright

**PRO** calm

**PRO** clear

**PRO** firm  
neck + skin

**PRO** skin



## BODY TREATMENTS

### BLISSFUL FULL BODY MASSAGE

50 minutes    £50

Indulge in the ultimate relaxation experience with our full-body massage, designed to ease tension, restore balance, and rejuvenate your spirit. Using soothing, flowing strokes and gentle pressure, this treatment promotes deep relaxation, improves circulation, and releases stress held throughout the body

## DEEP TISSUE MASSAGE

25 minute/50 minutes    £40/£60

Deep tissue massage instigates a greater tension relieving response than a classic massage by concentrating on posterior (deeper) muscles. It uses a mix of classic massage strokes, with increased pressure, typically following the muscle from insertion to origin. The aim is to reduce muscle tension by releasing knots and restoring elasticity. Deep tissue massage is also designed to increase blood flow to targeted muscles, kick-starting the body's natural healing process.

## PURE BLISS BACK MASSAGE

25 minutes    £35

Experience a targeted relief and blissful comfort with our relaxing back massage, focusing on the areas most prone to tension and stress. Through gentle kneading, long gliding strokes, and rhythmic pressure, this treatment melts away knots and promotes muscle relaxation in the back, shoulders, and neck. Enhanced with soothing essential oils, this massage creates a calming atmosphere, providing a much-needed pause to recharge and unwind. Ideal for releasing daily stress and rediscovering ease in your posture.

## CRANIAL MASSAGE

25 minutes    £30

Hand placement on the skull is designed to free energy blockages and promote relaxation. This massage simultaneously stimulates reactions in the whole body, helping to rebalance the energies of the nervous system.

## HOT STONE MASSAGE

25 minute/50 minutes    £40/£55

The most blissful way to soothe body and mind; stress doesn't stand a chance against this divine warm stone massage. Individually shaped, these magical stones help release tension, soothe aches and rebalance energy levels; the use of luxuriously melting aromatic balms ensure skin emerges soft as silk too.

## INDIAN HEAD MASSAGE

25 minutes    £30

Ideal for any head, neck or shoulder tension. Includes a neck and shoulder massage, followed by a reviving scalp massage to improve circulation and to relax the body. Finishing with a soothing head massage using pressure points and drainage techniques to help ease headaches and sinus problems.



## WAXING

Full leg	30 mins	£25
½ leg	30 mins	£15
¾ leg	30 mins	£19
Forearm	30 mins	£12
Full Arm	30 mins	£19
Underarm	15 mins	£10
Eyebrows	15 mins	£14
Lip	15 mins	£8
Chin	15 mins	£8
Lip & Chin	30 mins	£13
Back	30 mins	£25
Chest	30 mins	£25
Back & Chest	60 mins	£40

## BEAUTY TREATMENTS

Eye lash tint	25 mins	£19
Eye brow tint	25 mins	£19
Lash & brow tint	50 mins	£30
Eye brow Wax & Tint	25 mins	£22

# SPA INFORMATION

## MEDICAL ADVICE

If you have had or are suffering from severe allergies, ill health or a particular medical condition, we ask that you inform us upon booking and speak with your GP prior to booking. All treatments are booked subject to medical status. We reserve the right to refuse treatment/s if we feel it is not in your best interest.

## PREGNANCY

Firstly, congratulations. Time to relax and unwind is very important, however if you are within your first 12 weeks, to protect you and your baby we are unable to offer any treatments.

At 12+ weeks you will find most of our treatments are suitable for you, and our therapists will ensure you are made comfortable throughout your treatment.

## CANCELLATION POLICY

We request that all packages, promotions and events are paid in full at the time of booking and are non-refundable.

Should you wish to cancel your booking and your request is made 48 hours prior to your arrival we will provide you with the option to rebook to an alternative date at no extra cost.

# YOUR BOOKING

- Treatments can be booked either by email, calling us on 01384 473101 or online at [www.motionhealthclubs.co.uk](http://www.motionhealthclubs.co.uk)
- Please arrive 15 minutes prior to your treatment time to guarantee that your treatment begins on time. This will allow you to be fully relaxed and have completed or updated your wellness questionnaire.
- On making your reservation, please advise us if you have any health concerns or if you may be pregnant so that we can guide you towards the best treatments.
- A swimming costume is obligatory when using our thermal suite. Underwear must be worn during treatments.
- Consultation is included in the treatment time. If you would like us to create a bespoke treatment plan during your stay, private spa consultations are available free of charge by appointment.
- For health and safety reasons, children under the age of 16 are not permitted in the thermal suite. Child and teenage treatments are available; please ask at reception for more information.
- We recommend you leave all valuables at home. We cannot be responsible for any missing items in the spa. Jewellery needs to be removed prior to treatments commencing.
- All treatments are subject to availability. Please contact the spa directly before making your booking. Spa facilities may vary per hotel; please contact the spa direct for more information.



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