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.
Alternatively you can call the Spa Central Booking line on 0800 054 6505 (Monday to Friday 9-5pm excluding Bank Holidays).
You can also book online at MarriottSpas.co.uk*
Please note we have an Age Policy for treatments as detailed in the How to Spa section.
All appointment durations stated include consultation and changing time and not the total ‘hands on’ time. Arrival is recommended 20 minutes before treatment time to Check In and complete questionnaires.
*Not available at all Marriott locations.

CANCELLATION POLICY
There will be a full charge of the treatment(s) booked if you do not show for your booked appointment or if less than 12 hours notice is given. 50% charge if less than 24 hours notice is given.

VISIT MARriottSPAS.CO.UK
Welcome to the Spa at Forest of Arden

Working with some of the world’s finest product houses our team of spa specialists can offer you the ultimate experience in holistic beauty care, whether you are looking for a de-stressing massage, nourishing facial or glamorous nails our spa professionals are able to assist.

The Spa at Forest of Arden Treatment Price List

Decléor Facials

Every treatment begins with the unique back diagnostic massage, utterly relaxing for you and a wonderful insight for your therapist into your overall state of health - and therefore your precise needs. 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, comforted and glowing with health.

Aromatherapy Discovery Facial
Weekday £30  Weekend £33
Short of time? Discover why Decléor facials are world famous with this rescue remedy. Includes revitalising massage, Essential Oils and a gentle polish to wake-up tired skin leaving it fresh and radiant. 30 minutes.

Power Packed Vitamin Surge Facial
Weekday £46  Weekend £49
Power-packed with vitamins and antioxidants, this award winning facial melts away stress. Combines a rebalancing Essential Oil elixir plus warm, decongesting mask for skin that’s purified, perfectly replenished and glowing. 60 minutes.

Moisture Infusion
Weekday £50  Weekend £52
This super-hydrating facial quenches the thirstiest skin. Includes gentle exfoliation to smooth then a nutrient-rich mask to intensively rehydrate for skin that’s supple and cashmere soft. 75 minutes.

Divine Nutrition
Weekday £50  Weekend £52
By cocooning skin in deliciously nourishing Essential Oils and active nutrients, this facial comforts, renews and repairs. Ultra-nourishing to feed dull, dry, exposed skin, it transforms complexions to radiant and satin smooth. 75 minutes.

Oxygenating Pure & Matt
Weekday £50  Weekend £52
For instant clarity on dull, devitalised skin, this antibacterial and mattifying facial blitzes spots and shine. Includes Aquatic Plant Powders and an oxygenating power mask for a brighter and shine-free complexion that’s simply flawless. 75 minutes.

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Harmonie Calm
Weekday £50  Weekend £52
Acting like a calming comfort blanket, this blissful treatment relieves stressed, angry skin. Power-packed with skin strengthening Essential Oils and including a skin-perfecting peel-off mask, it works immediately for clear, soothed and resilient skin. 75 minutes.

Collagen Plump & Lift
Weekday £50  Weekend £52
Energising but luxurious, specialised massage helps recharge skin tissues while an indulgent, collagen-rich mask infuses the complexion with skin-plumping nutrients. The skin’s natural renewal process is kick-started for firmer, radiant skin. 75 minutes.

Ultimate Advanced Anti Ageing Facial
Weekday £50  Weekend £52
Targets the seven signs of ageing to plump out lines and increase tone. Strengthening from within, skin becomes less sensitive and satin-smooth, with a new freshness and luminosity. 75 minutes.

Vital Eyes
Weekday £35  Weekend £37
Put the sparkle back! Featuring repairing and intensively hydrating eye masks, this targeted treatment fights fatigue, quenches moisture loss and helps erase wrinkles for a sparkling, rested eye zone. 45 minutes.

**DECLÉOR BODY TREATMENTS**

**Lemon & Mango - Firm & Tone**
Weekday £50  Weekend £52
A collagen-boosting wrap to erase imperfections, strengthen skin and offer figure sculpting benefits. Repairs and moisturises all over for a smooth, firm and radiantly younger looking body. 60 minutes.

**Body Silk Exfoliation**
Weekday £31  Weekend £33
Full body exfoliation followed by application of body moisturiser. 30 minutes.

**DECLÉOR FACE & BODY TREATMENTS**

With a skin-brightening exfoliation to target spots, blemishes and dull skin, this facial for your back transforms congested skin, leaving it clear and strokeably soft.

**Face & Body Hot Stone Sensation**
Weekday £70  Weekend £75
This face and body ritual exclusive to Marriott will transport you to a tranquil state of relaxation, tension melts away as warm stones massage the skin and the cocooning balms restore the equilibrium of your body and mind. 60 minutes.

**Radiant Mum to Be**
Weekday £75  Weekend £75
This treatment includes a relaxing Decléor Power Packed Vitamin Surge Facial, Leg Massage and a Hand Massage for a truly nurturing experience that relieves ‘heavy’ legs and brightens skin. 75 minutes.

**YOUR BESPOKE BLEND, REFINE & FIRM MASSAGE**

Weekday £65  Weekend £68
Full body massage. Hot stone massage is a technique adored by many, the heat of the basalt stones encourages the muscles to relax quicker. Great for relaxation, anxiety, tension or improving circulation. 60 minutes.

**MOROCCANOIL**

**Facial for the Scalp**
Weekday £10  Weekend £10
Application is followed by a relaxing scalp massage. With its balanced use of our signature Argan Oil and essential oils of organic ginger, lavender and geranium, this revitalising treatment will help improve the condition of your scalp and the quality and shine of your hair - In treatment.

**Intense Hydrating Mask**
Weekday £5  Weekend £5
This is gently massaged throughout your hair and allowed to absorb while you relax. This treatment will help leave your hair hydrated and shiny - Within treatment.

**Exfoliation Body Ritual**
Weekday £40  Weekend £42
This ‘Top to Toe’ service revitalises and hydrates skin, whilst stimulating your senses. This treatment begins with full body dry brushing, then exfoliation using MoroccanOil’s unique luxurious orange peel scrub and included is a relaxing scalp massage. 45 minutes.

**Hydrating Massage**
Weekday £70  Weekend £72
A relaxing full body massage using MoroccanOil’s argan oil enriched intense hydrating treatment soothes and relaxes tired muscles and nourishes the skin leaving it softer and noticeably healthy looking. 60 minutes.

**Radiant Mum to Be**
Weekday £75  Weekend £75
This treatment includes a relaxing Decléor Power Packed Vitamin Surge Facial, Leg Massage and a Hand Massage for a truly nurturing experience that relieves ‘heavy’ legs and brightens skin. 75 minutes.

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ALTERNATIVE THERAPIES

Hopi Ear Candling
Weekday £37  Weekend £40
The thermal auricular therapy is used to restore calm and balance within the body. The treatment is particularly effective for conditions such as blocked ear, tinnitus, vertigo, insomnia and stress, while the candles instil a feeling of peace and warmth into the body. It also includes a relaxing neck, face and scalp massage. **45 minutes.**

Decléor Tranquillity Scalp Massage
Weekday £32  Weekend £35
Intensely de-stressing scalp treatment to banish tension and aid restful sleep. Power point massage includes Rosemary and Lavender Essential Oils to invigorate and calm leaving a feeling a pure serenity. **30 minutes.**

BRONZING

St Tropez Full Body Spray Tan
Weekday £30  Weekend £33
A quick, effective tanning treatment that develops to your own skin tone and has the added benefit of aroma guard technology. **30 minutes.**

HANDS & FEET

Jessica Deluxe Manicure with LeRemedi Hand Treatment.
Weekday £33  Weekend £35
The ultimate in hand and nail care. All the benefits of the LeRemedi Hand Treatment combined with Jessica’s Prescriptive Manicure. **60 minutes.**

Jessica Prescriptive Manicure with Thermal Heated Mittens
Weekday £33  Weekend £35
Jessica’s Prescriptive Manicure with the 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. **60 minutes.**

Jessica Half Hour Manicure or Pedicure
Weekday £24  Weekend £26
Hands/feet and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish. **30 minutes.**

ZenSpa Pedicure
Weekday £28  Weekend £30
Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother. Your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished. **60 minutes.**

ZenSpa Pedicure Deluxe
Weekday £35  Weekend £37
Jessica’s ZenSpa pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints. **75 minutes.**
FINISHING TOUCHES

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<tr>
<th></th>
<th>Weekday</th>
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<tbody>
<tr>
<td>Full Leg Wax</td>
<td>45 min</td>
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<tr>
<td>Half leg Wax</td>
<td>30 min</td>
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<tr>
<td>Bikini Wax</td>
<td>15 min</td>
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<tr>
<td>Underarm Wax</td>
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<tr>
<td>Lip or Chin Wax</td>
<td>15 min</td>
<td>£10</td>
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<tr>
<td>Arm Wax</td>
<td>30 min</td>
<td>£23</td>
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<tr>
<td>Eyebrow Shape</td>
<td>15 min</td>
<td>£10</td>
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<tr>
<td>Eyelash Tint</td>
<td>30 min</td>
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<tr>
<td>Eyebrow Tint</td>
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<tr>
<td>Day Make Up</td>
<td>45 min</td>
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<td>Occasion &amp;</td>
<td>60 min</td>
<td>£40</td>
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<tr>
<td>Bridal Make Up</td>
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SPA DAY PACKAGES

All Spa Day packages are from 10am - 5pm. Towels are included. Full use of the fitness facilities. 15% discount on beauty retail purchased on the day. Terms & Conditions apply.

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<thead>
<tr>
<th>Package</th>
<th>Weekday</th>
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<tr>
<td>Cream Tea &amp; Spa Package</td>
<td>£49 per person</td>
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<tr>
<td>Refresh &amp; Revive Package</td>
<td>£110 per person</td>
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<td>Spa Retreat Package</td>
<td>£130 per person</td>
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<tr>
<td>Decléor Express Energising Facial Package</td>
<td>£30 per person</td>
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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 and will require a letter from your Doctor confirming that the treatment can be performed.

Arrival

We kindly ask that you arrive at The Spa Reception 20 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.

What shall I wear?

Wear whatever is comfortable. On arrival, your therapist will explain the elements of your treatment and advise what items of clothing should be worn during it. During treatments all our therapists are trained to drape you appropriately for privacy. Whilst using the wet spa and any of our holistic experiences, swimming shorts/trunks or costumes should be worn.

Young Adults

Young adults aged 15 years and younger may receive Manicures and Pedicures only. Young adults aged 16-17 years can also receive Facials once a Minors Authorisation Form has been completed and signed. Massage and Body treatments are available for young adults aged 18 years and over.

What if I’m pregnant?

Please notify us if you are pregnant when booking your treatments.

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.

And finally a few spa tips.

To ensure a wonderful spa experience, please make us aware of any preferences that you may have. Talking with your Therapist will help them customise their service to ensure maximum enjoyment. Re-hydration is an important part of spa therapy. We therefore recommend that you drink plenty of water.

We recommend men shave a few hours before a facial.

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 pagers in your locker.

Smoking is not permitted on the premises.