

Spa

treatments
for women and men









The Club & Spa

The Spa at County Hall combines opulent indulgence with a friendly, personal approach.

In the hands of our skilled therapists, you can enjoy a touch of luxury and so much more. Using only the most exclusive and purist products, our treatments are designed to offer the ultimate in holistic beauty care and supreme relaxation.

Our range of Spa treatments include:

- Personalised Skin Care
- Treatments especially for men
- Spa Body Therapy
- Swedish Body Massage
- Hands & Feet
- Eye Treatments
- Waxing
- Bronzing
- Make-Up
- Alternative Therapies
- Day Experiences

Spa Direct Line: **020 7902 8023**

Gym Direct Line: **020 7928 4900**

www.theclubandspaatcountyhall.com



Decléor

Discover the Essence of being when you enter the world of Aroma Mosaïc. By creating an incomparable mosaïc of treatments, Decléor has taken into account all the needs of your body and mind.

Every treatment is a true beauty ritual that takes you further along the essential path to well-being. Each of our treatments features the inimitable Decléor style: a welcoming back massage, an arm and hand massage, or even a foot massage – all of this during a tailor-made treatment that you will savour long after..

Choose from the options below for a detailed list of Decléor treatments available:

Decléor Facial

Decléor Body

Decléor Massage

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Decléor Facial

Every Decléor facial begins with a wonderfully relaxing diagnostic back massage. Using the pure essential aromatherapy oils for which Decléor is uniquely famous, your therapist gently soothes and stimulates your sense with a delightful combination of touch and essences to induce a profound sense of well-being.

In addition to its deeply relaxing effect, this diagnostic back massage also enables your therapist to make an expert diagnosis of your skin and overall health in order to provide you with the Decléor beauty treatment most suited to your needs.

Treatments available:

Essentially Yours Aromatic Facial

Time: 55 min All Skin Types

The highly personalised facial is specially designed to meet all your skincare needs. Discover the rejuvenating and anti-ageing benefits of this multi-beneficial treatment that incorporates a unique 100% natural multi-vitamin mask. You will see and feel a complete difference after your very first treatment – a radiant complexion and velvety smooth skin.

Deep Nourish Aromatic Facial

Time: 1 hr 10 min Dry & Dehydrated Skincare

This deeply nourishing and gentle treatment immediately replenishes lost moisture. The skin is visibly refreshed and completely hydrated once again.

Evidence Aromatic Facial

Time: 1 hr 10 min Anti-Ageing Skincare

This exceptional anti-ageing treatment is especially effective for areas of concern such as the eyes, lips and neck. It restores firmness, smoothes fine lines and leaves the skin looking youthful, rested and radiant.

Total Balance Aromatic Facial

Time: 1 hr 10 min Oily & Combination Skincare

An intensive balancing treatment that immediately reduces excessive unwanted shine and regulates inflamed or angry skin. The skin is left clearer, more luminous and refined.

Sheer Calm Aromatic Facial

Time: 1 hr 10 min Sensitive Skincare

This calming treatment brings immediate comfort to stressed and sensitive skin. It not only soothes and re-balances but also increases the tolerance level of the skin leaving the complexion smooth and cool.

Express Facial

Time: 25 min All Skin Types

This express facial is an instant pick me up for tired skin leaving it refreshed and revitalised.

Vital Eyes

Time: 40 min

Can be combined with all Decléor facials – allow 30 minutes

A unique intensive anti-ageing eye treatment that instantly melts away tension. Suitable for all skin types this heavenly treatment soothes irritation, helps to decongest sinus problems, eliminate dark shadows and smooth fine lines.



Decléor Body

The Aromatic Spa Mosaic treatments from Decléor offer a completely personalised approach, with each treatment individually formulated to provide the best possible results for your body's needs. Whether you require relaxation, toning, detoxification or an energy boost, there is a spa mosaic programme that is perfect for you.

Treatments available:

Spa Mosaic Envelopment Treatments

Time: 1 hr 15 min

Experience the complete escapism of these luxurious aromatherapy body treatments, cocooned in a heated blanket, which maximises the benefits of the individual mask depending on your specific needs. Choose from...

Detox – Exfoliation, massage and a marine algae mask rich in minerals help to drain away toxins and eliminate water retention, producing increased energy and smooth, soft even skin.

Relax – After a gentle exfoliation, warm massage balm is smoothed over the entire body followed by a sumptuous hydrating creamy mask. As you lie in a heated blanket the balm gently permeates the body and produces a profound and long-lasting sense of well-being.

Tonic – Instantly increase your skin's radiance. The combination of an invigorating exfoliation and a warm massage balm, with its unique blend of toning, firming and anti-ageing ingredients, leaves your skin toned and wonderfully soft.

Flow – Feel all muscular tension melt away with this refreshing and energising treatment. After a luxurious full body exfoliation, and a brisk friction massage that eliminates dull skin, a heated blanket will be wrapped around your body to eliminate toxins and remove excess fluid.



Purifying Back Treatment

Time: 40 min

A unique diagnostic massage combined with deep cleansing as well as purifying and balancing essential oils decongest, hydrate and restore clarity to this delicate area where the condition of the skin is easy to neglect.

Perfect Contour

Time: 55 min

Specifically designed to target vulnerable areas such as hips, thighs, bottom and stomach this treatment drains away toxins, reduces water retention and cellulite.

Perfect Legs

Time: 40 min

The perfect antidote for tired, aching and heavy legs, this instantly refreshing treatment will immediately eliminate swelling in the lower legs and feet, relieve muscle tension, improve circulation and revitalise skin texture.

Perfect Bust

Time: 45 min

Sun exposure, weight loss and breast-feeding can damage this most fragile and vulnerable area, accelerating the ageing process. This is intensive firming treatment, which improves elasticity, reduces stretch marks and produces an impressive anti-ageing appearance.

Body Silk

Time: 25 min

A luxurious full body exfoliation to gently lift off dull, dry skin followed by an application of body moisturiser leaving skin silky smooth.

Mother To Be Treatment

Time: 1 hr 10 min

This specialised treatment focuses on preventing the appearance of stretch marks, reducing water retention, restoring comfort to aching legs and rebalancing complexion problems. You are safe to have treatments from 3 months right up until your due date.



Decléor Massage

The Aromatic Spa Mosaic treatments from Decléor offer a completely personalised approach, with each treatment individually formulated to provide the best possible results for your body's needs. Whether you require relaxation, toning, detoxification or an energy boost, there is a spa mosaic programme that is perfect for you.

Treatments available: (see opposite page)



Spa Mosaïc Aromatic Massage

Time: 55 min

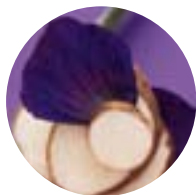
This exquisite treatment combines unique oriental massage techniques with warm aromatic massage balms to offer a deeply relaxing treatment tailored to your individual needs. Choose from...

Detoxifying - Aromatic Massage Balm Detox, with its 100% natural blend of detoxifying essential oils, including rosemary, patchouli and lemongrass, targets fatty areas, eliminating toxins, reducing water retention and refining overall skin texture.

Relaxing - The heavenly Aromatic Massage Balm Relax melts away all feelings of tension throughout the body with its 100% natural blend of soothing essential oils, including sandalwood and frankincense. Refreshing yet calming vapours gently awaken the senses and engender an overwhelming sense of peace.

Toning - A blissful anti-ageing treatment using Aromatic Massage Balm Tonic, a 100% natural blend of regenerative essential oils including lemongrass, mint and rosewood. The body is simultaneously relaxed and revitalised and the skin is left soft, smooth and perfectly toned.

Energising - Aromatic Massage Balm Flow, with its 100% natural blend of stimulating essential oils including cypress, lemon and lavender eases tight, aching muscles and leaves the skin looking and feeling revitalised.





Men's Treatments

Interest in male grooming and well-being is at an all time high and with the growing awareness of the connection between lifestyle and the skin, more and more men are turning to treatments as an enjoyable, acceptable and important way to de-stress the mind and body.

Treatments available:

Skin Fitness Essential

Time: 55 min

This treatment, essential to improve the skin's tone and appearance, offers deep cleansing and exfoliation and combats daily aggressions such as shaving. The application of a herbal mask will help hydrate and revitalise skin.

Skin Fitness Expert

Time: 1 hr 10 min

This tension relieving aromatherapy facial can be individually tailored to meet the needs of all skin types. Combining the unique Decléor massage to the back, face, shoulders and neck using specialised high performance products, together with the application of Decléor's natural specific face mask, results are immediately visible. The complexion is bright, supple and energised.

Mens Package

Time: 1hr 30 mins

Back Massage, Express Facial & Mini Manicure

Back Recovery Massage

Time: 25 min

Relax while stress and tension is eased away to instantly relieve and revive.

Hand and Feet Grooming

Manicure

Time: 25 min

Pedicure

Time: 25 min

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Day Experiences

The Spa packages offer the perfect opportunity to relax, totally unwind and regain the energy needed to run your busy, everyday life.

Each package includes:

- full use of all the leisure facilities including pool, sauna, steam and jacuzzi
- light lunch and refreshments
- client consultation

Use of the state of the art gymnasium can be purchased at a preferential rate on the day of your visit.

Day Experiences available: (see overleaf)

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Evening Retreat

Time: 1 hr

Back, Neck and Shoulder Massage

Decléor Express Facial

Eyebrow tidy

Drift Away

Time: 2 hr 30 min

'Spa Mosaic' Aromatic Massage

Decléor Prescription Facial

La Remedi hand treatment

Ultimate Escape

Time: 3 hr 30 min

'Spa Mosaic' Envelopment Treatment

Decléor Prescription Facial

Jessica Deluxe Pedicure



Harmony

Time: 2 hr 45 min

Purifying back treatment

Jessica Deluxe Manicure

Jessica Deluxe Pedicure

Mother To Be

Time: 2 hr 30 min

Mother to be treatment

Jessica Deluxe Pedicure

La Remedi hand treatment

Out In Town

Time: 3 hr 15 min

Decléor Prescription Facial

Jessica Deluxe Manicure

Jessica Deluxe Pedicure

Eyebrow Shape





Additional treatments available:

Waxing

Traditional wax Cetuem has a unique blend of ingredients using the finest resins available and essential oils chosen for their antiseptic, soothing and healing properties. The result is a treatment, which has a dual action of comfortably removing hair with the feel of moisturised skin.

Suitable for all skin types.

	Time
½ Leg	25 min
¾ Leg	35 min
Full Leg	45 min
Full Leg and Bikini	60 min
Extended Bikini	20 min
Underarm or Bikini	10 min
Lip or Chin	10 min
Eyebrow	10 min
Full Arm	40 min
½ Arm	20 min
Full Back	25 min
Chest	25 min

We strongly advised you not to have any heat treatments (sauna, steam, sunbed) or swim, exercise or sunbaths for 4 hours before and 24 hours after waxing.

Eyes

	Time
Eyelash Tint*	20 min
Eyebrow Tint*	10 min
Lash and Brow Tint*	25 min
Eyebrow Shape	20 min
Eyebrow Tidy	10 min

*Traditional wax Cetuem has a unique blend of ingredients using the finest resins available and essential oils chosen for their antiseptic, soothing and healing properties. The result is a treatment, which has a dual action of comfortably removing hair with the feel of moisturised skin. Suitable for all skin types.

Electrolysis

By utilising the 'blend' method of epilation, we offer the most effective form of permanent hair removal that is on the market today. A course of treatments is advised.

Hands and Feet

Jessica Deluxe Manicure

Time: 55 min

The mark of the truly elegant woman is in her hands. This deluxe manicure is a luxury treatment for the hands. Choose between the Le Remedi by Jessica hand treatment programme of the heated mitts to help the hands feel softer, smoother, firmer and more attractive. Includes a nail shape, cuticle care, relaxing hands massage and nail paint.

Jessica Mini Manicure

Time: 25 min

A basic manicure including file, cuticle care and hands massage.

Jessica Deluxe Zen Spa Pedicure

Time: 55 min

This pedicure refreshes, restores, moisturises and revives the feet, including exfoliation, a nourishing footbath, heated boots, foot and leg massage, nail shape, cuticle care and nail paint.

Jessica Mini Pedicure

Time: 25 min

A basic pedicure including file, cuticle care and feet massage. Choose a nail polish from our extensive range of colours as a gift provided by us when you book Deluxe Manicure or Deluxe Pedicure.

Bronzing

St Tropez Self Tanning Treatment

The tinted self tanning lotion works instantly for a streakless application that lasts for days. Please be advised to wear loose dark clothing on the day of your treatment.

Face and Body

Time: 55 min

½ Body

Time: 25 min

Decléor Self-Tanning Treatment

A complete body treatment in itself, sun-free tan will give you a wonderfully natural, even long-lasting tan. Perfect to brighten up a winter complexion or top up an existing tan.

Face and Body

Time: 55 min

½ Body

Time: 25 min

Make-up Application

Time: 40 min

Bridal Make-up

Time: 40 min

Bridal make-up includes make-up trial and application on the big day.



Alternative treatments

Alternative Therapies:

Cranial Therapy

Hands on therapy which assists the body's natural capacity to self-repair. The therapist listens, via the hands to what is going on in your body and identifies and helps to relieve pain or tension and rebalance the body.

Osteopathy

Osteopathy is a manual medicine that focuses on the total body health by treating and strengthening the musculo-skeletal framework (joints, muscles and spine). It is drug-free and non invasive. The treatment is aimed at working on the musculo-skeletal framework to positively affect the body's nervous, circulatory and lymphatic systems.

Physiotherapy

Physiotherapy is a health care profession concerned with human function and movement and maximising potential. It uses physical approaches to promote, maintain and restore physical, psychological and social well being.

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The Club & Spa

City life is busy and schedules are hectic - that's why when you take time out, you deserve to treat yourself to the very best. So where better to work out or chill out than at The Club & Spa at County Hall.

The Club & Spa at County Hall offers a choice of memberships to suit different needs. You can also request a Free VIP Pass if you want to try out the club for a day by calling the number below and speaking to one of our membership consultants.

- No twelve-month contracts!
- Only a 30 day cancellation policy.

PLUS every new member receives:

- Two 7 day VIP guest passes and 2 single use VIP guest passes.
- A three part Health and Fitness Orientation with a REPS accredited gym instructor.
- Goal updates and re programming every 6-10 weeks.
- 1-2-1 consultation with a REPS accredited Personal Trainer with 2 further discount vouchers of 50% off Personal training sessions.
- Two spa treatment vouchers with 50% off.
- All towels and robes are provided so no need to carry heavy bags all the time.
- Reciprocal usage of Marriott Leisure Clubs throughout the UK.
- Other benefits include WiFi access and daily newspapers in relaxation areas as well as discount food and beverage within the hotel outlets.

Call 020 79284900 to speak to a membership consultant.

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For further
information on
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