



MANOR HEALTH
& BEAUTY CLUB

AT THE
SOUTHCREST
MANOR HOTEL



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RELAX

IN THE HEART OF WORCESTERSHIRE...

If you are looking for a truly relaxing setting in the heart of Worcestershire then look no further. Set within 10 acres of peaceful and private landscaped grounds & woodland, the Southcrest Manor Hotel offers stunning period features dating back to 1921 & beautiful views overlooking the manicured gardens.

The Manor Health & Beauty Club offers a unisex range of luxury products and treatments designed to help relax, rebalance and re-energise your mind, body and soul, putting your wellbeing at the heart of everything we do.

Escape the everyday and find a moment of relaxation, helping you unwind, de-stress and feel totally refreshed.

MALE TREATMENTS

It isn't only women that need a pamper! We understand that men care as much about their well-being and appearance too, and that is why all treatments within this brochure are unisex to help you feel refreshed on the inside and look your best on the outside.

DUO TREATMENTS

Our relaxing duo treatment room is available for guests who wish to share a room whilst undergoing treatments, whether it be with a partner, friend or family member our Duo Treatments will relax and revitalise your mind, body and soul. Selected times only, subject to availability.

OPENING TIMES

Please visit our website www.southcrestmanorhotel.com for our opening times and to make a booking.

ELEMIS BODY TREATMENTS

Designed to respect the body’s complex physiology, **ELEMIS** works in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

ELEMIS EXOTICS INTENSLEY CLEANSING SALT SCRUB 25 MINUTES £35.00
Lime & Ginger or Frangipani

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Delivers velvety soft, invigorated skin.
Duo treatment option available

ELEMIS EXOTICS BODY NECTAR NOURISHING WRAP 55 MINUTES £50.00
Sweet Orchid or Frangipani
This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin.
Duo treatment option available

ELEMIS THOUSAND FLOWER DETOX WRAP 55 MINUTES £50.00
This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.
Duo treatment option available

SWEDISH MASSAGE
Full Body 55 MINUTES £45.00
Back, Neck & Shoulder Massage 25 MINUTES £25.00
A traditional massage using firm pressure to promote relaxation and ease muscle tension. This treatment helps soothe tired, aching muscles to leave you relaxed and revived.
Duo treatment option available

ELEMIS FREESTYLE DEEP TISSUE MASSAGE 55 MINUTES £50.00
25 MINUTES £40.00
This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused.
Duo treatment option available



DEEPER THAN DEEP HOT STONE MASSAGE
Full Body 55 MINUTES £55.00
Back, Neck & Shoulder Massage 25 MINUTES £35.00
Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. Each hot stone massage therapy session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body.
Duo treatment option available

ELEMIS PEACEFUL PREGNANCY MASSAGE
Full Body 55 MINUTES £55.00
Back, Neck & Shoulder Massage 40 MINUTES £35.00
A gently nurturing, specially formulated massage, including a pregnancy foot massage for mothers to be that deeply relaxes.

ELEMIS GARDEN OF ENGLAND ROSE RESTORE 55 MINUTES £55.00
A lavishly hydrating full body massage and micro-wrap. The unique trio of Rose, Camelina and Poppy seed oils maintain and restore elasticity, whilst encouraging skin renewal.
Duo treatment option available

ELEMIS COUTURE TOUCH 55 MINUTES £60.00 | 85 MINUTES £75.00 | 115 MINUTES £90.00
Combine any 30-minute or 1-hour ELEMIS hands-on facial (choose any from page 6) with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage.
Duo treatment option available

WAXING

FULL LEG	£25.00
½ LEG	£15.00
FOREARM	£12.00
FULL ARM	£18.00
STANDARD BIKINI LINE	£10.00
HOLLYWOOD/BRAZILIAN (HOT WAX)	£20.00
UNDERARM	£10.00
EYEBROWS	£8.00
LIP OR CHIN	£7.00
LIP & CHIN	£12.00
FULL LEG & BIKINI	£30.00
BACK & SHOULDER	£22.50
CHEST	£22.50

ELEMIS FACIAL TREATMENTS

Duo treatment option available

Defy the hands of time with clinically proven anti-wrinkle, radiance and resurfacing facials for instant results. Or try the skin specific and booster facials created for your skincare concerns such as breakouts, stressed and sensitive skin. We can tailor make your facial to your skin concerns and worries.

ELEMIS SKIN BOOSTER 25 MINUTES £32.00
Twenty-five minutes to a smooth, glowing complexion. Perfect for a lunchtime or early evening "quick fix", these facials are uniquely designed for maximum results in minimum time. Add on your beauty essentials such as manicure, wax or eyebrow shape for a complete package.

ELEMIS PRO-COLLAGEN AGE DEFY 55 MINUTES £55.00
Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS PRO-DEFINITION LIFT & CONTOUR 55 MINUTES £55.00
The Arjuna and Lupin-infused jowl and chin mask works on elasticity, whilst potent nutrients and stem cells found in Edelweiss and Tiger Grass help support the extra-cellular matrix. The structure of the skin is boosted through a unique deep, muscle-toning massage from the scalp to the décolleté. The skin appears plumper and revitalised, creating a profoundly sculpted, youthful effect.

ELEMIS DYNAMIC RESURFACING PRECISION PEEL 55 MINUTES £50.00
Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS SUPERFOOD PRO-RADIANCE £50.00
Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump-start tired and exhausted skin. An amino active mask helps restore lost moisture, deeply nourish, detox and pack the skin with powerful, energising nutrients.

ELEMIS SENSITIVE SKIN SOOTHER 55 MINUTES £50.00
The soothing properties of Moroccan Rose, Chamomile and Apricot are combined to gently cleanse and exfoliate, whilst the deeply nourishing Neroli mask leaves skin nurtured and comforted. Texture and tone are restored. Moisture levels are boosted.

ELEMIS ANTI-BLEMISH MATTIFY & CALM 55 MINUTES £50.00
A deeply cleansing revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clearer, bright skin.

ELEMIS HIGH PERFORMANCE SKIN ENERGISER FOR MEN 55 MINUTES £50.00
The hard working facial for aging, dehydrated skin and tired eyes. It maximises cell regeneration as steam and extraction decongests and this Multi-dynamic facial massage boosts circulation. Whilst scalp and foot massages deeply relax.



NAILS



The Original Power Polish! A true innovation in chip-free, extended-wear colour! Shellac goes on like polish, wears like gel, has no drying time and can be gently and safely removed in minutes.

CND SHELLAC

CND MANICURE £18.00
Nails are filed, cuticles are tidied, shaped & buffed followed by a coat of CND vinylux polish finished off with the application of solar oil and gardenia hand lotion.
Add French finish for £3.00

CND SHELLAC MANICURE £22.00
Nails are filed, cuticles are tidied, shaped & buffed followed by a coat of CND Shellac Power Polish finished off with the application of solar oil and gardenia hand lotion.
Add French finish for £3.00

CND LUXURY MANICURE £22.00
Nails are filed, cuticles are tidied, shaped & buffed, hand scrub and masque with heated mitts followed by a coat of CND vinylux polish finished off with the application of solar oil and gardenia hand lotion. Includes mini hand and arm massage
Add French finish for £3.00

CND SHELLAC LUXURY MANICURE £30.00
Nails are filed, cuticles are tidied, shaped & buffed, hand and arm massage, hand scrub and masque with heated mitts followed by a coat of CND Shellac Power polish finished off with the application of solar oil and gardenia hand lotion.
Add French finish for £3.00

CND PEDICURE £18.00
Foot soak, removal of hard skin, scrub, nails are filed, cuticles are tidied, massage with cucumber heel therapy and application of CND vinylux polish finished with solar oil.
Add French finish for £3.00

CND SHELLAC PEDICURE £22.00
Foot soak, removal of hard skin, scrub, nails are filed, cuticles are tidied, massage with cucumber heel therapy and application of CND Shellac Power Polish finished with solar oil.
Add French finish for £3.00

CND LUXURY PEDICURE £22.00
Foot soak, removal of hard skin, scrub, nails are filed, cuticles are tidied, foot masque and heated booties, foot & lower leg massage with cucumber heel therapy and application of CND vinylux polish finished with solar oil.
Add French finish for £3.00

CND SHELLAC LUXURY PEDICURE £30.00
Foot soak, removal of hard skin, scrub, nails are filed, cuticles are tidied, foot masque and heated booties, foot & lower leg massage with cucumber heel therapy and application of CND Shellac Power Polish finished with solar oil.
Add French finish for £3.00

CALLUS PEEL (£12 IF BOOKED WITH ANY PEDICURE) £15.00
Callus Peel is a painless, luxury spa foot treatment that removes hard, callused skin leaving your feet feeling soft and revitalised.

SOAK OFF * £5.00
Correct removal of Shellac using CND Nourishing Remover
* Included with a nail treatment
Please note that we are not able to remove acrylic or gel nails. To avoid disappointment please arrange for these to be removed before visiting.

LASHES

Lifting or adding lashes will enhance the eye area, giving you that full lash look!

CLUSTER LASHES £15.00
STRIP LASHES £7.00

TINTING

EYELASH £10.00
EYEBROW £8.00
LASH & BROW £15.00

* Patch test required 24 hours prior to treatment if it's your first time

ST TROPEZ SPRAY TANNING

The perfect all-over self-tan that looks natural and gives you the best tanning results; first time, every time!



FULL BODY £20.00
UPPER OR LOWER BODY £12.00

*Independent Clinical Trials

PAMPER PACKAGES

RELAXATION PACKAGE HALF DAY £60.00 PER PERSON

Package includes full use of gymnasium, Swedish & Infrared Saunas, Outdoor Hydrotherapy Hot Tub and Relaxation Room. Robes, Slippers & Towels provided. Manor Afternoon Tea.

Duo treatment option available

Choose two of the following 25 minute treatments;

- Elemis Skin Booster Facial
- Back, Neck & Shoulder Massage
- CND Manicure
- CND Pedicure

Plus 25% discount on any additional pre-booked treatments

CELEBRATION PACKAGE HALF DAY £60.00 PER PERSON

Package includes full use of gymnasium, Swedish & Infrared Saunas, Outdoor Hydrotherapy Hot Tub and Relaxation Room. Robes, Slippers & Towels provided.

Duo treatment option available

The following treatments are included;

- CND Shellac Manicure
- Eyebrow Wax
- St Tropez full body Spray Tan
- File & Polish on Toes (upgrade to CND Shellac polish for £5.00)

Plus 25% discount on any additional pre-booked treatments

MUM TO BE PACKAGE £85.00 PER PERSON 2 HOURS 30 MINS

A gently nurturing, specially formulated massage, including a pregnancy foot massage and a mini facial for mothers to be that deeply relaxes. Finishing with a Manicure or Pedicure.

25% discount on any additional pre-booked treatments.

INDULGENCE DAY FULL DAY £75.00 PER PERSON

Full use of gymnasium, Swedish & Infrared Saunas, Outdoor Hydrotherapy Hot Tub and Relaxation Room. Robes, Slippers & Towels provided. Manor Afternoon Tea

Duo treatment option available

90 minute treatments;

- Your choice of Elemis 55 minute facial from page 6
- Swedish Back, Neck & Shoulder Massage

Plus 25% discount on any additional pre-booked treatments

PAMPER BREAK £199.00 FOR TWO PEOPLE BASED ON 2 PEOPLE SHARING A TWIN/DOUBLE BEDROOM

Package includes overnight accommodation, Afternoon Tea on day of arrival, use of our outdoor Hydrotherapy Hot Tub, Swedish and Infrared Saunas and Gymnasium, three course dinner served with bottle of prosecco, English and Continental Breakfast and a choice of any two of the following 25-minute treatments per person*:

- Elemis Skin Booster Facial
- Swedish Back, Neck & Shoulder Massage
- CND Manicure
- CND Pedicure
- *Alternatively, you may wish to exchange both treatments for a 1-hour Swedish Full Body Massage

Plus 25% discount on any additional pre-booked treatments taken on the same day



GYM MEMBERSHIP

OFF PEAK MEMBERSHIP £10.00 A MONTH

(Monday to Thursday 7.00am until 5.00pm & Friday to Sunday 8.00am until 8.00pm)

- No joining fee
- Pay monthly direct debit
- Use of the fully equipped gymnasium
- Unlimited use of the Swedish & Infrared sauna
- 6 complimentary day passes per year
- Dedicated changing rooms & locker facilities
- Hotel VIP Club membership
- Free WiFi
- Free Parking
- £5.00 administration cancellation fee

PEAK MEMBERSHIP £15.00 A MONTH

(Monday to Sunday, 24 hours a day, 7 days a week)

- No joining fee
- Pay monthly direct debit
- Use of the fully equipped gymnasium
- Unlimited use of the Swedish & Infrared sauna
- 6 complimentary day passes per year
- Dedicated changing rooms & locker facilities
- Hotel VIP Club membership
- Free WiFi
- Free Parking
- £5.00 administration cancellation fee

PLATINUM MEMBERSHIP £20.00 A MONTH

(Monday to Sunday, 24 hours a day, 7 days a week)

All of the benefits of Peak Membership plus:

- Unlimited use of the Hydrotherapy Hot Tub (pre-booking essential, fair usage terms apply)
- 10% discount on all Manor Health and Beauty Club Treatments upon Presentation of Platinum Gym Membership Card.

Our spacious gymnasium, complete with state of the art equipment is the perfect place to enjoy some quiet time whilst working out overlooking the stunning grounds and woodland.

Offering a range of membership types and 24 hour access, there is no excuses not to get in shape!



LEISURE FACILITIES

HYDROTHERAPY HOT TUB

£8 per person (1 hour)

Free to use for Platinum Gym Members, Pamper Packages and Hotel Residents. The V94 Hydrotherapy Hot Tub offering Whitewater 4 jet delivering a volcanic eruption of exhilarating therapy to soothe those aching muscles!

Available only within the Manor Health & Beauty Club opening times. Strictly advance booking only, subject to availability. The Hydrotherapy Hot Tub can accommodate up to 6 people at any one time so you may be sharing the time with other hotel guests. Robes & Slippers are available to hire, a £15.00 deposit is taken which is refunded upon return of the items. Please contact the Manor Health & Beauty Club to check availability and make your booking. Terms and Conditions apply, please visit our website for further information.

SWEDISH & INFRARED SAUNA'S

£8.00 per person Free to use for Platinum Gym Members, Pamper Packages and Hotel Residents. Subject to availability. Available only within the Manor Health & Beauty Club opening times

RELAXATION ROOM

The perfect place to relax before or after your treatment. Available to all guests prior to or after treatments and during the day when on a pamper package.

CHANGING ROOMS

Male & Female changing rooms are available and come complete with shower facilities and hairdryers. Lockers are also available.

PRODUCTS

Discover ELEMIS skincare products; Award-winning cleansers, toners, moisturisers, masks and serums to enhance your skincare routine. Products are available to purchase in salon at any time during opening times, your therapist will be able to advise the very best products to compliment your skin.

Searching for the perfect gift? A range of Elemis Gift sets are also available to purchase.

GIFT VOUCHERS

Our gift vouchers are available for any combination of treatments and packages. Alternatively why not take the stress out of your decision and purchase a monetary voucher of any value, giving your recipient the freedom to choose their preferred treatment. Simply visit our website, select your voucher and it will be delivered directly to your mailbox.

Contact the Manor Health & Beauty Club for more information on 01527 541 511 or email manorhealthandbeauty@southcrestmanorhotel.com

HELPFUL INFORMATION

APPOINTMENTS

To schedule an appointment, please visit the website; www.southcrestmanorhotel.com or for further information, please contact the Manor Health & Beauty Club on 01527 541 511 or email manorhealthandbeauty@southcrestmanorhotel.com.

Advanced booking is highly recommended.

All packages will need to be guaranteed with a credit card at time of booking.

Please arrive 15 minutes prior to your appointment time.

All treatment times allow for consultation times.

CANCELLATION POLICY

We understand that sometimes life can get in the way and there may be a need to cancel your appointment, this can be done up to one hour before your scheduled arrival time by clicking the link in your email confirmation. Failing to show up for a scheduled appointment may result in your account being suspended and future bookings being cancelled or declined.

HOTEL GUESTS

For your convenience, when staying at the hotel, all treatments and products can be charged to your room account on production of room key. Hotel residents have complimentary use of the gymnasium, sauna and hydrotherapy hot tub (pre-booking essential).

BESPOKE TREATMENTS AND PACKAGES

If you would like us to create a bespoke treatment or package, please contact the Manor Health and Beauty Club on 01527 541 511 or via manorhealthandbeautyclub@southcrestmanorhotel.com to discuss your requirements with our specialist team.

PREGNANCY

Certain treatments are not suitable whilst pregnant, please speak to a member of the team when making your booking and they will be able to guide you in selecting which treatments are most suitable for you during this special time.

MEDICAL CONDITIONS

Some treatments offered are not suitable for guests with certain medical ailments or conditions. We request that you advise us of any of the following conditions when making your booking; Epilepsy, Allergies, Heart condition, High/Low blood pressure, scar tissue, varicose veins, skin conditions, diabetes, cancer, thyroid, pregnancy, recent operations.

DRESS CODE

We recommend you leave all valuables at home. The Hotel is not responsible for any missing items. Jewellery needs to be removed prior to treatments commencing. Underwear must be worn during treatments.

MANOR HEALTH AND BEAUTY CLUB RULES

Persons under 18 years must be accompanied by an adult using any of the facilities.

Children 12 years and under are not permitted within the Hydrotherapy Hot Tub.

Persons under 18 years may not use the gymnasium without written permission from the General Manager and a completed disclaimer form.

Parents are responsible for the actions and safety of their children. The hotel isn't liable for looking after children when on hotel property or grounds.

By using the gymnasium, Hydrotherapy Hot Tub, Swedish & Infrared Saunas, users agree to abide by the terms and conditions of use on display in the Manor Health and Beauty Club.

CND^e
Nails, Fashion, Beauty.

ELEMIS


ST. TROPEZ[®]

THE
SOUTHCREST
MANOR HOTEL

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