



**THE SPA**  
TREATMENT MENU



LIVE IN THE MOMENT\*

## A MOMENT FOR YOURSELF

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Our award-winning Spa and Health Club facilities offer the perfect mental and physical escape from the outside world. Wind down and take advantage of...

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Premium skin care and beauty products to enjoy at home in our Spa Boutique.



Our state-of-the-art fitness wellness zone, featuring the very latest in fitness technology and programmes, all created to inspire, challenge and motivate.



Our heated 20-metre indoor swimming pool, perfect for early morning laps or afternoon dips.



An outdoor garden studio, with a selection of group exercise classes.



Our hydrotherapy pool with swan neck jets, designed to relax muscles, warm the body and release tension.

A luxury thermal zone, featuring five thermal suites for a truly indulgent Spa experience. Choose from the hammam, caldarium, aroma steam room, salt infusion, sauna, ice fountain and experience showers. Or spend your afternoon enjoying them all.



Peace and tranquillity on our indoor and outdoor relaxation terraces. Curl up with a book, a beverage or rest your eyes in our haven of relaxation.



Fresh food and beverages served daily in the Spa Lounge and Bar. The perfect place to enjoy a nutritious lunch or well-deserved glass of Champagne.



Host to the Boodles Tennis Classique, our floodlit, all weather tennis courts are perfect for an action-packed afternoon. Game. Set. Mere.

# SPA EXPERIENCE DAYS

Melt away your tensions and while away the hours with one of our relaxing Spa Day Packages. All include use of our fantastic Health Club and Spa facilities, robes, slippers, towels and an afternoon tea.

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## TOTALLY YOU

2 X 55MIN AROMATHERAPY ASSOCIATES TREATMENTS, CHOOSE FROM:

- Ultimate Experience Massage
- Citrus Detox Wrap
- Ultimate Facial

*Monday – Friday £175 per person*

*Saturday – Sunday £185 per person*

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## DISCOVER CARITA

2 X 55MIN CARITA TREATMENTS:

- Revelation Full Body Massage
- Prescription Facial

*Monday – Friday £175 per person*

*Saturday – Sunday £185 per person*

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## MERE RETREAT

1 X 55MIN AROMATHERAPY ASSOCIATES TREATMENT, CHOOSE FROM:

- Ultimate Experience Massage
- De-stress Muscle Massage
- Ultimate Facial

1 X 25MIN AROMATHERAPY ASSOCIATES TREATMENT, CHOOSE FROM:

- De-stress Back, Neck and Shoulder Massage
- Discovery Facial

*Monday – Friday £135 per person*

*Saturday – Sunday £145 per person*

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## SERENITY SPA DAY

2 X 25MIN AROMATHERAPY ASSOCIATES TREATMENTS, CHOOSE FROM:

- De-stress Back, Neck and Shoulder Massage
- Discovery Facial
- Intense Hair and Scalp Treatment
- Leg and Foot Revival

*Monday – Friday £109 per person*

*Saturday – Sunday £119 per person*

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## TWILIGHT SPA PACKAGE

USE OF FACILITIES FROM 5PM - 10PM  
1 X 30MIN AROMATHERAPY ASSOCIATES TREATMENT, CHOOSE FROM:

- De-stress Back, Neck and Shoulder Massage
- Discovery Facial
- Intense Hair and Scalp Treatment
- Leg and Foot Revival

*£59 per person – selected nights only*

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## MUM'S TO BE

2 X 55MIN TREATMENTS:

- Aromatherapy Ultimate Facial
- OPI Manicure or Pedicure

*Monday – Friday £165 per person*

*Saturday – Sunday £175 per person*

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# AROMATHERAPY ASSOCIATES TREATMENTS

Aromatherapy Associates have been the leading experts in aromatherapy for over 30 years. No matter what your skin type, our facials work to encourage your complexion's natural radiance. With their rejuvenating properties, essential oils actively work to condition and provide vital nourishment to your skin's deepest layers. A consultation with your therapist will determine your skin's exact needs, meaning that we can recommend the right facial and products to suit you.

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## ULTIMATE FACE AND BODY TREATMENT

85 MINUTES | £95



The ultimate, all-inclusive cleansing and rejuvenating treatment including a back exfoliation, cleanse and a stress relieving back/scalp massage, bringing relief to an overactive mind and tired or aching muscles. A deep cleansing facial using the finest essential oils is also performed to rebalance, clarify and hydrate the skin, leaving it bright, thoroughly clean and refreshed.

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## ULTIMATE AROMATHERAPY EXPERIENCE, FULL BODY MASSAGE

55 MINUTES | £75



Every part of your body will feel deeply relaxed and recharged following this personalised treatment designed to soothe you physically and emotionally. Using a therapeutic oil blend selected after consultation with your therapist, carefully applied pressures stimulate the nervous system, whilst Swedish and neuro-muscular techniques relieve tension.

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## DE-STRESS MUSCLE RELEASE MASSAGE

55 MINUTES | £75

This deeply restorative treatment involves Swedish and cross-muscle fibre massage techniques to soothe sore joints and tackle the sites of pain. Your therapist will also select essential oils for the maximum impact – such as black pepper, rosemary and ginger to disperse built-up lactic acid or lavender to act as a natural anti-inflammatory.

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## ROSE INFINITY FACIAL

85 MINUTES | £95



Repairing and anti-ageing treatment that delivers visible results using powerful botanical blends to target fine lines and wrinkles. Specialised manual massage techniques encourage collagen and elastin synthesis, for a firm, plumped and more youthful looking complexion.

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## ULTIMATE FACIAL

55 MINUTES | £75



Everyone's skin requires something different and in this facial, that's what you get. Your therapist will select a personalised prescription of therapeutic essential oils and natural plant extracts to detoxify the skin and provide vital nourishment to its deepest layers. Incorporating soothing massage techniques this treatment tones, refreshes and revitalises, leaving the complexion instantly bright and radiant.

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## DE-STRESS BACK, NECK AND SHOULDER MASSAGE

25 MINUTES | £45



Melt away any tensions with this targeted massage. Ginger and black pepper warm the muscles, ease away tension and help restore balance and harmony to both body and mind. *Available as a bolt on treatment only.*

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## DISCOVERY FACIAL

25 MINUTES | £45



An instant rejuvenation starting with a deep cleanse facial exfoliation, followed by a skin boosting massage with a prescriptive moisturiser. *Available as a bolt on treatment only.*

# CARITA TREATMENTS

The anti-ageing specialist based on cutting-edge, avant-garde technology, CARITA demonstrates its difference and originality with its global beauty concept – face, body and hair – in its products and treatments. CARITA today represents unostentatious “glamour”, marked by refinement, sophistication and simplicity, which is subtly found just as much in the substance and texture of the products as in the tailor-made service offered.

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## INSTANT GENESIS OF YOUTH ‘NON-SURGICAL’ CINETIC FACELIFT 85 MINUTES | £120

This award-winning treatment is designed to rejuvenate and revitalise skin to fight signs of ageing. Using a blend of massage techniques combined with renowned anti-ageing products and the pioneering Cinetic technology, it ensures intensive revitalising results. Immediately the skin appears visibly firmer radiating and shimmering with youth.

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## CARITA FULL BODY MASSAGE 55 MINUTES | £85

The CARITA full body massage is quite simply sheer bliss - a unique massage that helps to ease muscular tension and awaken the body, mind and spirit. Your skin is enveloped in an exquisite verbena infused massage oil enriched with Vitamin E and hazelnut oil for intensive nourishment. Your therapist then adopts a variety of massage techniques, pressures and rhythms to leave you in a deep state of relaxation and your skin feeling silky-soft.

## CINETIC BOOSTER FACIAL 55 MINUTES | £80

This is a simple way to enhance the results of a CARITA Cinetic lifting treatment. It applies the same technology to re-awaken the lift and the radiance from the full treatment - re-defining the contours of the face.

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## PRESCRIPTION FACIAL 55 MINUTES | £75

A traditional hands-on facial that reflects your skin's needs. It begins with a consultation with your therapist, after which you will select from Hydration Nourishment, Purity or Softness. This treatment will provide everything your skin needs leaving it fresh, cleansed and radiant.



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## MUM'S TO BE

If you're in need of a little pampering, treat yourself to one of our specifically designed pregnancy treatments to help pick you up, and wind you down...

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### AROMATHERAPY ASSOCIATES ROSE HYDRATING COCOON FOR MUM'S-TO-BE 55 MINUTES | £80

Richly moisturising oils and creams are layered onto your freshly exfoliated skin before you are gently wrapped in a cocoon allowing your body's own heat to facilitate the penetration of the products. The essential oils work simultaneously on the physical, mental and emotional aspects of wellbeing. In particular, precious oil of damask rose enhances the loving emotions in mothers-to-be as well as helping renew the cells of expanding skin.

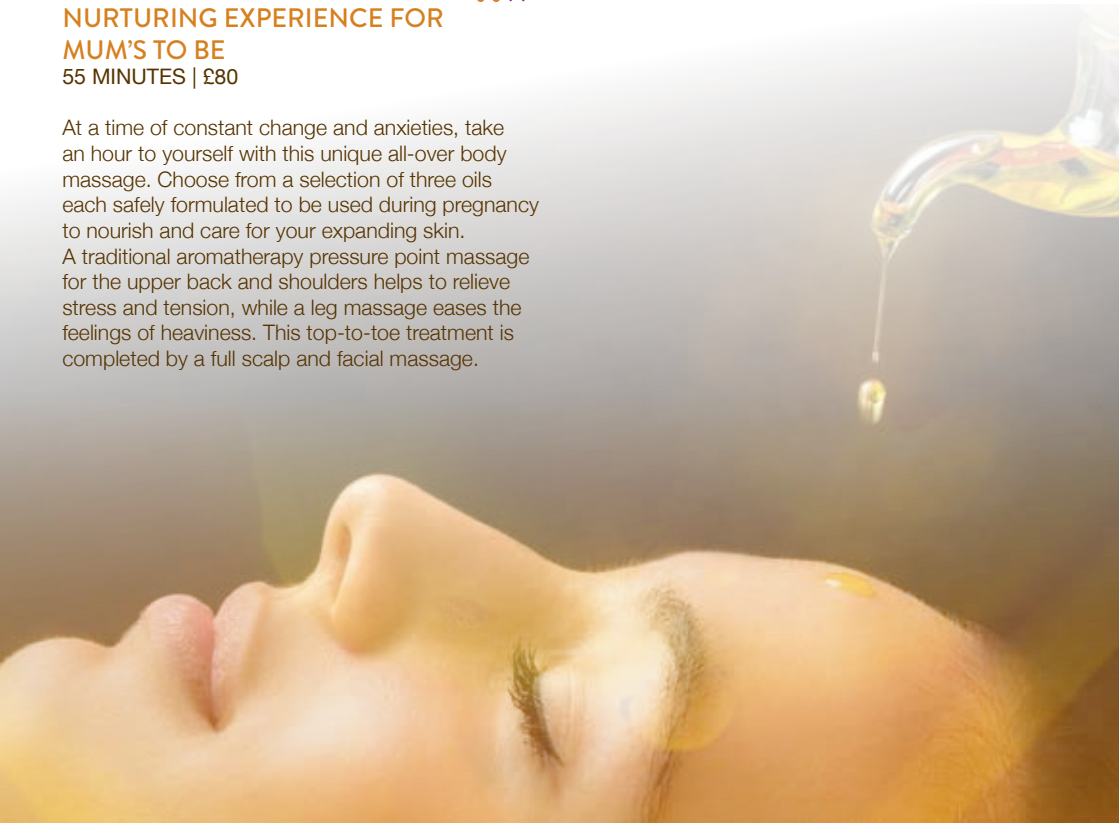
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### AROMATHERAPY ASSOCIATES NURTURING EXPERIENCE FOR MUM'S TO BE 55 MINUTES | £80

At a time of constant change and anxieties, take an hour to yourself with this unique all-over body massage. Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. A traditional aromatherapy pressure point massage for the upper back and shoulders helps to relieve stress and tension, while a leg massage eases the feelings of heaviness. This top-to-toe treatment is completed by a full scalp and facial massage.

### MUM'S TO BE HEAD TO TOE ROSE INDULGENCE 55 MINUTES | £75

The perfect treatment for the mum to be, this treatment starts with a tailor-made facial. Your therapist will then continue to rejuvenate your body, to get the energy flowing back through your feet with a rehydrating foot treatment. Feet and lower legs are brushed, exfoliated with a scrub of ground olive stones and then refreshed with hot towels. Then a specially selected blend of renewing oils - such as rose are massaged into the skin to relax and rehydrate. This treatment will not only leave you truly glowing but also feeling as if you are walking on air.



# BODY TREATMENTS AND WRAPS

Our Spa team pride ourselves on our body massage treatments, with our award-winning therapists using only the best products and techniques to gently reduce all stresses and strains, leaving you feeling uplifted and rejuvenated. Experience the ultimate in relaxation to take care of the mind, body and soul. All of our massage treatments can be tailored to your pressure requirements.

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## INTENSE NOURISHMENT WRAP

85 MINUTES | £95



Nourish body and soul with this luxurious treatment designed to rejuvenate dry, out of condition skin. An intensive salt and coffee body exfoliation stimulates the circulation and sloughs off dead cells to revive tired-looking skin. A blend of four highly nourishing plant oils is massaged into the skin and you are then wrapped into a warm cocoon to allow the oils to work their magic. A mineralising mud is then applied to your hands and feet whilst your therapist performs an intensive hand and foot treatment to soften and nourish your hands and feet. The treatment finishes with a rejuvenating scalp massage and the application of velvety moisturising body butter. The ultimate in luxury and pure bliss from start to finish.

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## LAVA SHELL FULL BODY MASSAGE

55 MINUTES | £85



Lava shells are a 100% natural tiger clam shell and is the ultimate treatment for working out all the knots and tension. This is a deep relaxing massage that releases tension and soothes aches and pains whilst working at deeper level to achieve great results every time.

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## INNER STRENGTH TREATMENT

55 MINUTES | £80



The treatment begins with a frankincense inhalation, followed by a foot cleanse with heated mitts. A rich, deeply nourishing oil is then applied to the palms of the hands and soles of the feet, followed by paraffin wax, renowned for its comforting properties. The back is then treated to a deeply nurturing massage with Inner Strength Body Oil, before massage techniques are incorporated onto the face and scalp, designed to deeply comfort, nurture and support. The Inner Strength treatment is ideal for anyone experiencing their own personal trauma, or simply those needing a nurturing treatment to help draw upon their own inner strength.

## CITRUS DETOX WRAP

55 MINUTES | £75

Refresh your body and senses with this detoxifying treatment. This treatment combines zesty grapefruit and fresh rosemary, perfect for a full body exfoliation. This is then followed by a body and scalp massage, performed to release and eliminate toxin. A treatment which leaves you feeling invigorated and full of energy.

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## ROSE HYDRATING COCOON

55 MINUTES | £75



The treatment begins with a gentle olive grain exfoliation. Regenerating Damask rose gels, nourishing oils and moisturising creams are then smoothed on before being left to penetrate with the body's own heat under a wrap. This treatment leaves your skin radiant and soft, with your spirits bright and uplifted.

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## RASUL THERMAL MUD HEAVEN

30 MINUTES | £30

Experience the traditional cleansing ritual of our Rasul for an incredibly enriching experience based on traditional Arabian Rasul therapy. This treatment is perfect to share with a friend or partner: step into your own private steam chamber where a therapist will guide you through the steps involved before leaving you to relax and enjoy the experience. The ritual begins with a natural salt exfoliation to remove any impurities from the skin and then you apply a natural mud to your face and body before sitting back to relax whilst the mud works its magic.

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# WAXING FOR MEN AND WOMEN

Perfect for sensitive areas, the skin is left completely cleansed after the treatment, leaving you to enjoy the remainder of your day.

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## BASIC BIKINI

FROM | £25

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## FULL LEG

FROM | £35

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## HALF LEG

FROM | £25

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## UNDERARMS

FROM | £15

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## LIP OR CHIN

FROM | £10

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## HANDS OR FEET

FROM | £10

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## CHEST

FROM | £25

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## BACK

FROM | £25

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## EYEBROWS

FROM | £20

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*All prices above are based on length of treatment time.*





# BEAUTY ESSENTIALS

Complete your Spa experience at The Mere by choosing from our selection of enhancing finishing touches, to leave you looking and feeling uplifted. Our talented therapists will use award-winning products to give you the best finish, providing an experience perfectly tailored to your preferences.

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## OPI LUXURY SPA MANICURE

55 MINUTES | £50



The ultimate treat for the 'best dressed hands and nails'. The OPI Spa Manicure provides a 'celebrity' manicure for those who want a little luxury when time is of the essence.

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## OPI LUXURY SPA PEDICURE

55 MINUTES | £50



A speedy treat for those hard working feet! Revive tired looking feet and toes with the OPI Spa Pedicure, designed to make the best of your feet when time is of the essence.

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## OPI FILE AND POLISH

HANDS OR FEET

25 MINUTES | £30



Nails are shaped and buffed to perfection! Indulge your nails in OPI's luxurious colours for instant glamour. Perfect for great looking nails on the go!

## OPI GELCOLOUR LACQUER HANDS OR FEET

55 MINUTES | £50



Choose your favourite OPI shade for long-lasting colour and glossy wear. Your therapist will shape, and buff your nails to perfection before applying your chosen colour.

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## OPI GELCOLOUR REMOVAL

WITHIN LACQUER TREATMENT | £15



Your therapist will gently soak off your GelColour polish and then condition your nails with OPI's intensely moisturising lotion.

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## VITA LIBERATA CLASSIC SPRAY TAN

25 MINUTES | £30



This classic spray tan offers a hydrating and conditioning natural tan result. Available in several colours, this is perfect for dry, sensitive and mature skin types. Certified organic botanicals guarantee a perfect fade, and alongside Vita Liberata's odour remove technology, it's our little secret that your tan isn't real!

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A MERE GIFT CARD ALLOWS YOU  
TO GIVE YOUR FAMILY AND FRIENDS AN  
EXPERIENCE THAT IS GUARANTEED  
TO DELIGHT AND BE REMEMBERED FOREVER.

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THE MERE

Knutsford

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GIFT CARDS

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*You may choose from a selection of unique gifts,  
such as a soothing treatment at the 5 Bubble Spa,  
a signature afternoon tea in Browns restaurant  
or a golf experience on our Championship course.*

Alternatively you may purchase a Gift Card to the value of your preference,  
leaving the choice to the recipient.



THE GIFT CARD IS AVAILABLE TO PURCHASE  
DIRECTLY FROM ANY OF THE OUTLETS ON RESORT.



# TERMS & CONDITIONS

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## CANCELLATION POLICY

24 hours notice is required to re-schedule any spa appointment or spa day, failure to give this notice will result in full payment being taken.

## HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries which could effect your treatment when making your Spa Reservation.

## JUNIORS

All treatments are strictly for clients aged 16 years and over.

## VALUABLES

The Mere Golf Resort & Spa accepts no responsibility for loss of valuables and jewellery at any time during your time in the Spa.

## WELLNESS FOR CANCER

We are proud to be a wellness for Cancer Centre, we tailor our treatments to suit the needs of those suffering with or recovering from cancer and experiencing the effects of the chemotherapy and radiotherapy. These relaxing completely stress-free treatments are marked with a ribbon in our treatment menu.

## PREGNANCY

Our team of professionally trained therapists also specialise in treatments for those who need a little TLC. We offer a number of treatments suitable for those during the 2nd and 3rd trimester of pregnancy, marked with a pram symbol, along with a dedicated section with treatments designed exclusively for mum's to be.



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