



THE MERE

Knutsford

LIVE IN THE MOMENT*

THE SPA

TREATMENT MENU

A MOMENT FOR YOURSELF

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

Spa treatment ranges from Aromatherapy Associates and Natura Bissé



Premium skin care and beauty products, which can be enjoyed at home, are available to purchase in our Spa Boutique



Our state-of-the-art fitness 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 day 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



Our floodlit, all-weather tennis courts are perfect for an action-packed afternoon

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 & Spa facilities for two hours, robes, slippers, towels and an afternoon tea (*available from 17th May*).

TOTALLY YOU

2 X 55 MIN AROMATHERAPY ASSOCIATES TREATMENTS, CHOOSE FROM:

- Ultimate Experience Massage
- Citrus Detox Wrap
- Ultimate Facial

Monday - Friday £175 per person

Saturday - Sunday £185 per person

MERE RETREAT

1 X 55 MIN AROMATHERAPY ASSOCIATES TREATMENT, CHOOSE FROM:

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

1 X 25 MIN AROMATHERAPY ASSOCIATES TREATMENT, CHOOSE FROM:

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

Monday - Friday £135 per person

Saturday - Sunday £145 per person

NATURA BISSÉ FACE AND BODY RITUAL

50 MIN

D-STRESS · RECOVERY
REJUVENATE · RECHARGE

A complete treatment that includes a restoring body massage and a short, effective facial treatment. Designed to relax and soothe, treat, and hydrate for glowing skin in just one step.

Monday - Friday £109 per person

Saturday - Sunday £119 per person

SERENITY SPA DAY

2 X 25 MIN 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

NEW - EXPRESS SPA DAY

1 X 45 MIN TREATMENT AND ONE HOUR USE OF THE POOL ONLY.
CHOOSE FROM:

- **Prescriptive Body Massage**
Focusing on areas of tension tailored to the client
- **Bespoke Facial**
This includes a Scalp Massage Cleanse, Tone Exfoliation, Facial and Shoulder Massage and finishing products
- **Half and Half**
Back, Neck and Shoulder Massage and Mini Facial

£75 per person



NATURA BISSÉ TREATMENTS

The best kept secret to take care of your skin.

Founded in Barcelona in 1979, Natura Bissé is a leader in research and development of technologically advanced luxury skin care products and professional treatments. Created with the highest concentration of revolutionary active ingredients, its powerful formulas provide unparalleled results; they efficiently fight any sign of aging and reveal radiant, visibly younger skin.

FACIAL TREATMENTS

THE 3D COLLAGEN SHOCK

80 MIN | £120



SCULPTS · FIRMS · TIGHTENS

Remodelling and firming treatment with three types of collagen that sculpt and define facial contours, improve skin density and preserve moisture. This innovative facial provides an outstanding lifting and firming effect for incredibly supple and plump skin.

RADIANCE EXPRESS PEEL

20 MIN | £60



RENEWS · EVENS SKIN TONE · BRIGHTENS

Super effective and delicate exfoliating treatment that fights against every type of pigmentation disorder, balances skin tone and provides incredible luminosity. With rejuvenating action, it repairs mature and photo-aged skin, smooths out wrinkles and improves elasticity and firmness. It is also perfect for oily skin, reducing acne marks and minimising pore size.

NATURA BISSÉ TARGETED FACIAL

50 MIN | £85



CHOOSE FROM: THE 02 RELAX · THE SKIN COMFORT · THE CITRUS ESSENCE

An exceptional 50 minute facial treatment, specially designed to address any skin needs or conditions. All skin types – hyperpigmented skin, dull skin and sensitised skin will find the right treatment to restore their beauty and radiance.



BODY TREATMENTS

QUIROGOLF

50 MIN | £85

RELAXES · RELIEVES · RELEASES

A deep massage ideal for relieving and reducing muscle tension, joint pain and stiffness. A unique technique using golf balls to release trigger points and roll out sore muscles.

NATURA BISSÉ MASSAGE

20 MIN £45 | 50 MIN £85

RELAXES · BALANCES · HYDRATES

Performed with specific techniques designed by Natura Bissé, this massage transports you to a higher state of well-being while taking care of your skin. Choose your oil of choice to obtain specific benefits: energising, decongestive, relaxing or purifying.

THE MERE SIGNATURE TREATMENT

GOLFER'S DE-STRESS TONIC

80 MIN | £125

“THE ULTIMATE LUXURY GOLF EXPERIENCE”

Combining the power of a full body Quirogolf massage with the luxury of an oxygen therapy facial, leaving the skin feeling purified and hydrated – and your body totally relaxed, providing an absolute sense of calm and well-being.



AROMATHERAPY ASSOCIATES TREATMENTS

Aromatherapy Associates have been the leading experts in aromatherapy for over 30 years. No matter what your skin type, the 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 facial, treatments and products to suit you.

ULTIMATE FACE AND BODY TREATMENT

80 MIN | £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.

ULTIMATE AROMATHERAPY EXPERIENCE, FULL BODY MASSAGE

50 MIN | £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 neuromuscular techniques relieve tension.

DE-STRESS RELEASE MASSAGE

50 MIN | £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.

ANTI-AGING FACIAL

80 MIN | £95



Repairing and anti-aging 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 – complete with a hyaluronic mask.



ULTIMATE FACIAL

50 MIN | £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.

MERE FOREST THERAPY

50 MIN | £80

Bring the serenity of nature to your mind, body and skin. Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness and agitation. Forest Therapy's® unique essential oil blend and treatment massage will reinforce your intention to feel refreshed, tranquil and grounded. The hand mixed Forest Therapy massage blend is fresh, clean and invigorating yet soft, created using a collection of nature's most caring ingredients, featuring:

- Cypress to calm and support respiratory health
- Ho wood, cleansing to surroundings, restorative to mind and body
- Mimosa for a sense of well-being
- Pink Pepper to uplift

Commencing with a cleansing, guided inhalation and tension releasing long, deep massage, followed with a warm grounding mud mask to recharge through hands and feet. Finally, restoring tranquillity to the mind with our expert scalp massage.

- Body and scalp includes a 55 minute massage
- Inhalation and guided breathing
- Massage focused on back, legs and scalp
- Warm mud mask to hands and feet



DE-STRESS BACK, NECK AND SHOULDER MASSAGE

20 MIN | £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.*

DISCOVERY FACIAL

20 MIN | £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.*

BODY TREATMENTS AND SCRUBS

Our spa team pride themselves 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.

INTENSE NOURISHMENT SCRUB

80 MIN | £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. 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.

LAVA SHELL FULL BODY MASSAGE

50 MIN | £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 a deeper level to achieve great results every time.

CITRUS DETOX SCRUB

50 MIN | £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 toxins. A treatment which leaves you feeling invigorated and full of energy.

INNER STRENGTH TREATMENT

50 MIN | £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.



MUM'S TO BE TREATMENTS

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...

MUM TO BE HEAD TO TOE ROSE INDULGENCE

50 MIN | £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.

FULL BODY PREGNANCY MASSAGE

50 MIN | £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.



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.

OPI LUXURY SPA MANICURE

50 MIN | £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.

OPI FILE AND POLISH HANDS OR FEET

20 MIN | £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 LUXURY SPA PEDICURE

50 MIN | £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.

VITA LIBERATA CLASSIC SPRAY TAN

20 MIN | £30

This classic spray tan offers a hydrating and conditioning natural tan result. Available in different shades, 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!

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.

BASIC BIKINI

From £25

HANDS OR FEET

From £10

FULL LEG

From £35

CHEST

From £25

HALF LEG

From £25

BACK

From £25

UNDERARMS

From £15

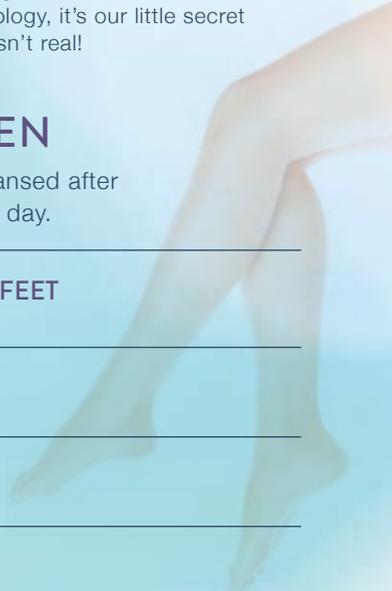
EYEBROWS

From £20

LIP OR CHIN

From £10

All prices are based on length of treatment times



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



You may choose from a selection of unique gifts, such as a soothing treatment in our Five 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.



GIFT CARDS CAN BE PURCHASED FROM ALL OF OUR RESORT DESKS



TERMS AND CONDITIONS

CANCELLATION POLICY

24 hours' notice is required to reschedule or cancel 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 affect 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.

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 mums to be.

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.



THE MERE

Knutsford

LIVE IN THE MOMENT*

01565 830 155

the**mer**eresort.co.uk