



THE MERE

Knutsford

LIVE IN THE MOMENT\*

THE  
SPA

TREATMENT  
MENU

# A MOMENT FOR YOURSELF

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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

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

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

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

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

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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

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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

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

# SPA EXPERIENCE DAYS

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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, robes, slippers, towels and an afternoon tea.

## TOTALLY YOU

2 X 55 MIN AROMATHERAPY ASSOCIATES TREATMENTS, CHOOSE FROM:

Ultimate Experience Massage  
Citrus Detox Scrub  
Ultimate Facial

Monday - Friday £195 per person  
Saturday - Sunday £205 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  
Leg and Foot Revival

Monday - Friday £165 per person  
Saturday - Sunday £175 per person

## NATURA BISSÉ FACE AND BODY RITUAL

55 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 £134 per person  
Saturday - Sunday £144 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 £124 per person  
Saturday - Sunday £134 per person



# NATURA BISSÉ TREATMENTS

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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

85 MIN | £125

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

25 MIN | £65

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

55 MIN | £95

THE CITRUS ESSENCE

An exceptional 55 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

55 MIN | £100

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

55 MIN | £90

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 INCLUDING FACIAL

85 MIN | £135

“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

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Aromatherapy Associates have been the leading experts in aromatherapy for nearly 40 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

85 MIN | £110

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

55 MIN | £90

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

55 MIN | £90

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

85 MIN | £110

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.



## ULTIMATE FACIAL



55 MIN | £90

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

55 MIN | £90

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 tranquility 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



25 MIN | £60

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



25 MIN | £60

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

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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

85 MIN | £110

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.



## CITRUS DETOX SCRUB

55 MIN | £80

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

55 MIN | £85

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.



## LAVA SHELL FULL BODY MASSAGE

55 MIN | £100

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.





# MUM'S TO BE TREATMENTS

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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



55 MIN | £90

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.

## NURTURING EXPERIENCE



55 MIN | £90

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.



# TERMS AND CONDITIONS

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## 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 mum's 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.





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**01565 830 155**

**THEMERERESORT.CO.UK**