

# HEALTH & FITNESS CLUB



**PATSHULL PARK**  
HOTEL, GOLF & COUNTRY CLUB

# BEAUTY WITHIN TREATMENT LIST

## DR MURAD FACE TREATMENTS

### INTENSIVE WRINKLE REDUCER FACIAL

Advanced anti-aging! Swiftly and dramatically reduce the appearance of wrinkles with powerful exfoliations while infusing the skin with long-lasting hydration

60 minutes **£50.00**

### AHA RAPID EXFOLIATOR FACIAL

Youthful you! This exfoliating treatment will reduce the appearance of lines and wrinkles and reveal smoother, healthier and younger-looking skin.

60 minutes **£40.00**

### RESURGENCE RENEWAL FACIAL

Get glowing! Restore the luminous glow you used to know with our most indulgent facial specifically designed for menopausal and hormonal skin.

60 minutes **£50.00**

### SUN UNDONE VITAMIN C INFUSION TREATMENT

Brighten and lighten! This Vitamin- C -rich facial is designed to reverse and protect against the signs of ageing caused by environmental factors such as sun, stress and city living.

60 minutes **£45.00**

### CLEARLY YOUTHFUL FACIAL

Youthful and flawless! Boost elasticity, plump the skin and diminish lines whilst cleansing pores, soothing redness and relieving inflammation.

30 minutes **£25.00**

### POM-POWER PORE CLEANSING FACIAL

Smooth and clear! Boost the benefits of your daily skincare with a deep cleansing pomegranate facial to power away dirt and impurities to keep skin free of grime and remove skin that's past its prime.

30 minutes **£25.00**

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## BODY TREATMENTS

### BODY EXFOLIATION AND NOURISHMENT

Removes dead skin cells and along with nourishment, leaves the skin luminous and soft.

60 minutes **£35.00** Add an Express Facial 90 minutes **£45.00**

### G5 MASSAGE

Great for buttocks and thighs to improve the orange peel appearance and water retention. Also excellent for alleviating stubborn tension in the back.

15 minutes **£11.00** 30 minutes **£17.00** Course x10 30 minutes **£110.00**

## **BODY CONTOUR WRAP**

An effective body wrap treatment designed to help you achieve inch loss and reduce the appearance of cellulite.

75 minutes **£38.00**

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## **SUNLESS TANNING**

### **HALF BODY SPRAY TAN**

45 minutes **£20.00**

### **FULL BODY SPRAY TAN**

60 minutes **£30.00**

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## **RELAXATION**

### **SWEDISH MASSAGE**

Excellent before or after sports. Great for improving circulation, water retention and stress busting.

Full Body 75 minutes **£42.00** Back, neck and shoulder 45 minutes **£30.00**

### **AROMATHERAPY**

A deeply relaxing massage is performed using acupressure and lymphatic drainage movements with blended essential oils.

Full Body 90 minutes **£50.00** Back, neck and scalp 45 minutes **£30.00**

### **INDIAN HEAD MASSAGE**

This is an ancient method used to reduce tension and stress, revitalise the mind working on the back, neck and shoulders and scalp.

45 minutes **£30.00**

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## **HOT STONES**

### **HOT STONE BACK MASSAGE**

30 minutes **£35.00**

### **HOT STONE FULL BODY**

60 minutes **£50.00**

### **HOT STONE FACIAL**

45 minutes **£40.00**

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## **HOPI EAR CANDLING**

### **HOPI EAR CANDLING INC. SCALP MASSAGE**

This is a wonderfully relaxing and beneficial treatment. It can help with many conditions and problems associated with the ear, nose and throat area.

30 minutes **£22.00**

### **HOPI EAR CANDLING WITH EXPRESS FACIAL**

Combining the relaxing effect of a Candling treatment with an Express Facial.

60 minutes **£45.00**

## WAXING

FULL LEG 60 minutes £25.00

$\frac{3}{4}$  LEG 45 minutes £20.00

$\frac{1}{2}$  LEG 30 minutes £15.00

FULL LEG & BIKINI 75 minutes £30.00

BIKINI OR UNDERARM 15 minutes £10.00

LIP OR CHIN 15 minutes £10.00

LIP AND CHIN 30 minutes £12.00

$\frac{1}{2}$  ARM 30 minutes £12.00

FULL ARM 45 minutes £20.00

BIKINI & UNDERARM 30 minutes £20.00

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## MANICURES

JESSICA MANICURE 45 minutes £22.00

JESSICA FRENCH MANICURE 60 minutes £25.00

FILE AND POLISH 30 minutes £15.00

NAIL ART extra 15 minutes on top of manicure £12.00

### JESSICA DELUXE MANICURE

An effective hand and nail care treatment using hydrating thermo gloves to help with the absorption of luxurious creams.

60 minutes £30.00

### GELERATION

GELeration from Jessica is the next generation of soak-off gel nail systems. Weeks of beautiful colour, non-chip finish and no smudging - Free gel removal with re-application, please inform staff at time of booking 30 minutes Free

Application 45 minutes £22.00 Manicure 75 minutes £35.00

GELeration Removal 30 minutes £12.00

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## PEDICURES

### AROMA SPA PEDICURE

Nail & cuticle tidy, followed by a relaxing foot and leg massage. Includes application of nail colour:

60 minutes £25.00

### AROMA SPA PEDICURE DELUXE

A luxurious foot and leg treatment using aromatherapy based products. Includes thermal booties to assist in helping feet absorb the luxurious creams, leaving feet feeling soft, revitalised and well groomed. Includes application of nail colour:

75 minutes £30.00

## GELEATION

GEleration from Jessica is the next generation of soak-off gel nail systems. Weeks of beautiful colour, non-chip finish and no smudging - Free gel removal with re-application, please inform staff at time of booking 30 minutes Free

*Application 45 minutes £22.00 Pedicure 75 minutes £35.00*

*GEleration Removal 30 minutes £12.00*

*Nail Art extra 15 minutes on top of manicure £10.00*

Please Note: We are unable to provide treatments if you are suffering from fungal foot/nail infections/diabetes.

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## MALE TREATMENTS

### MURAD MAN FACE TREATMENT

Specifically designed for men, this all inclusive treatment immediately soothes, deeply cleans clogged pores, gently removes dullness and hydrates to reinforce skins natural protective barrier:

*60 minutes £40.00*

### HOT STONE FACIAL

*45 minutes £40.00*

### SWEDISH MASSAGE

Excellent before or after sports. Great for improving circulation, water retention and stress busting.

*Back, neck and shoulder 45 minutes £30.00*

### INDIAN HEAD MASSAGE

This is an ancient method used to reduce tension and stress, revitalise the mind, working on the back, neck, shoulder and scalp.

*45 minutes £30.00*

### HOT STONE BACK MASSAGE

*30 minutes £35.00*

### HOPI EARL INC SCALP MASSAGE

*45 minutes £30.00*

### HOPI EAR CANDLING WITH EXPRESS FACIAL

*60 minutes £40.00*

### HAND MAINTENANCE AND GROOM

Nail and cuticle care followed by hand and arm massage

*30 minutes £18.00*

### FOOT MAINTENANCE AND GROOM

Nail and cuticle care, removal of hard skin, foot and leg massage

*45 minutes £20.00*

### CHEST WAX/BACK WAX

*Per 15 minutes £10.00*

### EYEBROW TIDY

*30 minutes £10.00*

# MEMBERSHIPS

Join our membership and benefit from 3 complimentary 1-2-1 training sessions, complimentary fitness classes, personal training sessions available and a member's discount scheme.

	Single Payment*	Monthly Payments**
<b>Full Single</b>	<b>£639.00</b>	£54.00
<b>Full Joint</b>	<b>£551.00</b>	£47.00
<b>Family - 2 Adults, 2 Children (5-15 years)</b>	<b>£1234.00</b>	£103.00
<b>Off Peak Single - Weekdays 6.30am-5pm</b>	<b>£414.00</b>	£36.00
<b>Junior 5-10 years</b>	<b>£95.00</b>	£9.00
<b>Junior 11-15 years</b>	<b>£166.00</b>	£14.00
<b>Junior 16-17 years</b>	<b>£243.00</b>	£25.00
<b>18-23 years</b>	<b>£414.00</b>	£36.00
<b>60's and over</b>	<b>£414.00</b>	£36.00
<b>Weekend - Sat/Sun only</b>	<b>£305.00</b>	n/a
<b>Early Bird</b>	<b>£414.00</b>	£36.00

*Standard terms and conditions apply. \*Yearly Subscription, \*\*12 Monthly Direct Debits*

## FACILITIES

### FULLY EQUIPPED GYM

For the more energetic, you will find out top of the range cardiovascular equipment and fully equipped weights room.

### PERSONAL TRAINING

Get the most out of your workout with a special training session just £20.00pp per hour.

### FANTASTIC POOL

Discover our fantastic indoor heated swimming pool, spa pool, steam room and saunas.

### FITNESS CLASSES

Get in shape with many of our high energy and conditioning exercise classes. Free for members (booking required).

### BEAUTY

Our Beauty Within Salon is situated with the Health & Fitness complex providing a range of treatments in a comfortable and relaxing setting.

# SPA PACKAGES

## All spa packages include complimentary use of:

- Swimming pool & spa pool
- Cardiovascular Suite & Fitness room
- Sauna & steam room

## RELAX AND RETREAT

One night stay in a standard bedroom to include three course evening meal with a glass of Prosecco, full English breakfast and a 1 hour treatment each. Choose from the following treatments:

- Full Body Massage
- Deluxe Facial
- Body Exfoliation

From **£80.00 per person**

## BEAUTY WITHIN SPECIAL

Choice of one treatment:

- Murad mini facial
- Back, neck and shoulders
- Hand file, polish and massage
- Foot file, polish and massage

*(Allow 30 minutes)*

**£30.00**

## PERFECT PAMPER

- Aromatherapy back massage
- Express Murad facial

*(Allow 1 hour 15 minutes)*

**£60.00**

## BRIDAL MAKE-UP

- Bride - **£70.00**
- Mother of the Bride - **£50.00**
- Bridesmaids & Bridal Party - **£30.00 per person**
- Trials - **£30.00 per person**

## MOTHER TO BE

- Stress recovery Murad facial
- Aroma Spa Pedicure Deluxe or Manicure
- Massage

*(Allow 2 hours 30 minutes)*

**£90.00**

## BRIDAL BRIGADE

- Body Exfoliation
- Aromatherapy back massage
- Murad facial
- Jessica French manicure

*(Allow 3 hours 30 minutes each)*

**£110.00**

Lunch and Afternoon Cream Tea in Earls Brassiere is included as part of every package.

# HOW TO FIND US...

## FROM THE NORTH

Follow the M6 to junction 12, then A5 towards Telford onto the A449 to Wolverhampton. Join the M54 at junction 2 and head towards Telford then follow the directions from Junction 3.

## FROM THE M40

Take the M42 until you reach the M5, go north until it reaches the M6, exit the M6 at junction 10A and follow the M54 towards Telford. Follow the directions from junction 3.

## FROM THE M1

Join the M6 until junction 10A, follow the M54 towards Telford and follow directions from junction 3.

## FROM M54 JUNCTION 3

Follow the A41 towards Wolverhampton passing RAF Cosford. After the traffic lights, turn right by the Garden Centre. Continue into Albrighton until The Crown, turn right into Cross Road. At the end of this road, turn right and then left. Follow this road past Burnhill Green and then turn left sign posted Patshull. Turn left at the end of this road and we are located 100 yards on the left.

## FROM CENTRAL WOLVERHAMPTON

Follow signs towards A454 Bridgnorth road and continue on this road for about 2 ½ miles until you reach The Mermaid. Go straight over these traffic lights and then take the next right hand turn onto Tinacre Hill, follow this road and go straight over the next set of traffic lights continuing until you reach the village of Pattingham. Once in the village, continue on the main road bearing right, passing the church on your left. We are situated approx 1 ½ miles along this road on the right.

Look us up on  
Trip Advisor



tripadvisor®



Pattingham, Nr Wolverhampton WV6 7HR

Telephone 01902 700100

sales@patshull-park.co.uk www.patshull-park.co.uk