



THE NEW LEAF SPA

MUTHU CLUMBER PARK HOTEL



MGM
MUTHU HOTELS

POETRY
Beauty Starts with the Soul



Indulge yourself in the relaxing surroundings of our New Leaf Spa

Located right in the heart of Sherwood Forest, on the edge of Clumber Park and set in its own woodland, yet only minutes from the A1.

Whether you require a spa experience, overnight package or a spa facility membership, the New Leaf spa can offer you a tranquil and enjoyable experience.

OUR FACILITIES INCLUDE:

- Heated indoor swimming pool with whirlpool;
- Outdoor hot tub with seating area;
- Steam room;
- Sauna;
- Fully equipped gym;
- Beauty treatments are carried out in either single or dual treatment rooms;
- A relaxation lounge;
- Stocked products to compliment treatments.

Exclusive spa membership packages are also available, which offer a variety of options, please call spa team on 01623 867032 for further information.



NEW LEAF BODY TREATMENTS

MASSAGE TREATMENTS

Massage treatments are all individually tailored and determined by your preference for pressure, areas of tension or simply for relaxation..

Full Body Massage (55 mins) **£56**

Back, Neck & Shoulder (25 mins) **£32**

Soothing Coconut Scalp Massage (25 mins) **£30**

Hot Stones Supplement **£8**

HOLISTIC TREATMENTS

Indian Head Massage (25 mins) **£35**

This treatment is designed to calm, revitalise and lift the spirit. You will experience massage to the scalp, neck, face, upper shoulders and arms.

Hopi Ear Candles (40 mins) **£30**

A candle is placed in each ear in turn and lit, which creates a vacuum effect. This stimulates circulation around the ears, head and sinuses. The warmth and stimulation of pressure points around the ear relax the body and creates a general feeling of wellbeing.

NEW LEAF BODY TREATMENTS

Full Body Experience (55 mins) **£60**

Our signature treatment includes a full body exfoliation using your choice of salt scrub that will remove dead skin cells and leave the skin feeling soft and revitalised after showering.

Warm oils are then applied to help lock in essential oils to nourish the skin. You will then enjoy a New Leaf Facial leaving the skin glowing and moisturised.

The New Leaf Duo (55 mins) **£55**

A back, neck and shoulder massage to help ease muscle stiffness and increase circulation using hot stones followed by a refreshing facial which will leave the skin feeling soft and glowing.

Full Body Exfoliation (25 mins) **£30**

Chose from one of our 3 seasonal salt scrubs to tailor your treatment. This treatment will help circulation, release toxins and remove dry skin. Warm oils are then used to seal in the moisture, leaving the skin feeling clean, soft and hydrated.

NATURAL SPA FACTORY TREATMENTS

Skin Booster Facial (25 mins) £30

This treatment is perfect to nourish and hydrate the face, using natural products suitable for both male and female skin types. Enjoy a facial mask and scalp massage while you rest.

Bespoke Facial - Capsule Range (55 mins) £60

Created with a selection of pure and botanical ingredients for relaxing and rejuvenating facial. Enjoy a facial mask and scalp massage while you rest.

Bright and Light Facial (55 mins) £60

Using rice bran, this treatment slows down and prevents the aging process whilst improving skin's elasticity, making it appear more youthful and plump. Enjoy a facial mask and scalp massage while you rest.

Mask-Erase (25 mins) £30

Using green tea and jasmine, this treatment conditions, strengthens and smooths your hair. The result is a gleaming, healthy and supple 'swoosh'.

Gold Facial (80 mins) £65

Using 23c gold, caviar and crushed pearl to deliver a decadent healthy ageing, firming and plumping facial journey. Suitable for everybody. Enjoy a facial mask and scalp massage while you rest.

Bumps a Daisy Massage (70 mins) £65

A massage created and tailored for pregnancy. Using neroli and mandarin to ease the effects of water retention and help with circulation resulting in a peaceful night's sleep. Benefits of this treatment include anti stretch marks and softening skin.

***Not recommended during the first trimester.**



BEAUTY ESSENTIALS

WAXING

Eyebrow Wax (15 mins) £10

Half Leg (25 mins) £20

Full Leg (40 mins) £26

Underarm (25 mins) £15

Back or Chest (45 mins) £26

Lip or Chin (15 mins) £10

Lip and Chin (25 mins) £15

Bikini (25 mins) £15

FOR YOUR EYES ONLY

Eyebrow Wax + Eyebrow Tint (30 mins) £18

Eyebrow Wax + Eyelash Tint (30 mins) £20

Eyebrow Wax + Eyebrow & Eyelash Tint (45 mins) £26

**Tint must have a patch test done 24 hours prior to treatment.*

MAKE-UP

(Available on request if pre booked)

Complexion, Eyes or Lips (30 mins) £25

Full Face Makeover (55 mins) £35

Party Lash Supplement £8

Spay Tan (25 mins) £25

**Bridal make up also available by pre booking.*

EXPRESS POLISH AND FILE

(25 mins) **£20**

EXPRESS GEL AND FILE

(30 mins) **£20**

GEL REMOVAL £10

JESSICA PRESCRIPTIVE MANICURE OR PEDICURE

(55 mins) **£35**

Nails are analysed and treated for their specific type. The treatment includes a gentle exfoliation, relaxing massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish.

MINI GELERATION MANICURE OR PEDICURE

(45 mins) **£25**

Cuticles are tidied and cared for. Nails are shaped to your requirements before applying a Jessica gelation nail colour.

GENTLEMAN'S CLUB HAND OR FOOT NAIL CARE

(30 mins) **£30**

Manicure or pedicure treatment specifically designed with men in mind! A grooming treatment for hands or feet. Nails are trimmed and shaped, cuticles are conditioned, and then an exfoliation is carried out to remove dry skin.





SPA PACKAGES

DAY SPA PACKAGES

SIMPLE SPA DAY £19,95 PER PERSON

Access to the spa and all facilities from 10am to 4pm / Complimentary towel hire

REJUVENATE SPA DAY £39,95 PER PERSON

Access to the spa and all facilities from 10am to 2pm / Complimentary towel hire / 25 minute treatment included / Arrival drink

REJUVENATE AT SUNSEY £45,95 PER PERSON

Access to the spa and all facilities from 4pm to 8pm / Complimentary towel hire / 25 minute treatment included

OVERNIGHT SPA PACKAGES

COSY CLUMBER NIGHT IN FROM £99 P.P./PER NIGHT

Full use of Spa facilities from 2:00pm check-in / Pre dinner glass of Prosecco / Overnight stay / Lazy breakfast in bed / Late check-out of 12 noon

BEAUTY AND THE FEAST FROM £135 PER PERSON

Breakfast Included / £30.00 dinner Allowance (Food only) / 1 x 55 Minutes Treatment / Spa use from 13:00 to 13:00

ESCAPE AND INDULGE FROM £125 P.P./PER NIGHT

Offer Applicable for Minimum of 2 Night stay / Breakfast included / £30.00 dinner Allowance (Food only)

PERFECT FOR HEN PARTIES

THE LOUNGE @ CLUMBER £60 PER PERSON

Bed and breakfast / Spa facilities / Nibbles / Exclusive use of the clumber lounge from 3pm-mindinght

***you must add on one of the following packages to the above:**

THE LOUNGE @ CLUMBER £25 PER PERSON

Glass of prosecco
2 course sharing slates
Face mask

THE LOUNGE @ ENJOY TOGETHER £45 PER PERSON

Glass of prosecco / 25 minute treatment
2 course family / service buffet
Face mask

THE LOUNGE @ DRESS UP £65 PER PERSON

Glass of prosecco / 55 minute treatment / £25 dinner allowance



TERMS & CONDITIONS

- Full pre-payment is required at the time of booking for treatments, day spas and experiences. No refunds will be given for bookings cancelled less than 7 days prior to arrival, 14 days for group bookings (8 or more guests).
- 48 hour cancellation policy on any additional treatments.
- All treatments are subject to availability and change.
- Young adults of 16 and 17 are required to be accompanied by an adult for a spa day and treatments.
(Limited treatments available)
- Children's swim times are between 4pm-6pm daily.
- If you or any of your party are receiving any medical treatment which may warrant a doctor's note then please inform the Spa prior to your arrival.
- Please arrive at least 15 minutes prior to your treatment to ensure your treatment begins on time.
- During your spa day we provide robes and towels for your use. We recommend you bring flip flops to wear around the facilities.
- The swimming pool, Jacuzzi and Outdoor hot tub are chlorinated facilities which may not be suitable for all types of swimwear and hair dye products, we advise to check each swimming garment before visiting the facilities.
- We provided lockers for our customers, the company however cannot accept responsibility for their contents. We recommend you leave all valuables at home. We cannot be responsible for any missing items in the spa.
- Jewellery needs to be removed prior to using the spa as the chlorinated water may discolour.
- In an effort to provide a relaxing environment we ask that you refrain from using your mobile phone within the spa areas.
- Swimwear must be worn when using our facilities. Underwear or swimwear must be worn during treatments.
- Consultation and aftercare advice are included in the treatment time.
- On making your reservation, please advise us if you have any health concerns, pregnancy or allergies so that we can guide you towards the best treatment.
- All treatments should be pre booked.
- Pool temperature may vary depending on ambient temperature
- Membership and any offers can be withdrawn at any time solely at the discretion of the management



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MUTHU CLUMBER PARK HOTEL

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