



MOTTRAM HALL

Cheshire

A photograph of an outdoor spa deck. The deck is made of light-colored wooden planks. In the foreground, several lounge chairs with beige cushions and dark frames are arranged. Each chair has a white towel rolled up on it. In the background, there is a large white hot tub, a wooden building with stone accents, and a hanging chair. The sky is blue with some light clouds.

PRICELIST

Spa experience



A SPA LIKE NO OTHER

Nestled in the heart of the countryside, the spa at Mottram Hall is Cheshire's finest place to soothe away the stresses of modern day living, the place to hide yourself away and reap the benefits of taking time out, all in complete comfort with the finest spa treatments around.

From relaxing massages and invigorating facials to indulgent manicures, pedicures and men's grooming, there is a spa experience for everyone.

AWARD-WINNING EXCELLENCE

Mottram Hall has been awarded the highly acclaimed '5 Bubbles' accreditation by the industry's Good Spa Guide – the expert guide to the best spas and treatments nationwide.



Spa opening hours:

Monday to Friday 10am-8pm
Saturday and Sunday 9am-6pm

Children's swimming pool times:

Monday to Thursday 9am-12pm and 3pm-5.30pm
Friday to Sunday 9am-12pm and 3pm-7pm

For more information and to book call
01625 828 135, email spa@mottramhall.com
or visit mottramhall.com



EXPLORE THE SPA AT MOTTRAM HALL

ALFRESCO THERMOSPACE SPA

The first of its kind in the UK, our innovative outdoor spa area incorporates traditional spa therapies with the great outdoors. Feel utterly refreshed with this welcome return to nature and allow your thoughts to escape you. Cool off between each experience with our bucket showers or relax tired muscles by bathing in our heated outdoor hydrobath.

OUTDOOR TREATMENT SUITE

Immerse yourself in the soothing surroundings of the great outdoors with our Outdoor Treatment Suite and make the most of our complete alfresco experience.

BRECHELBATH®

Experience our rural herbal steam bath, originating from the Alpine regions of Europe. The Brechelbath® experience releases bursts of steam with an invigorating alpine fragrance whilst the copper ceiling pushes the steam down the side walls to warm the body. Overlooking our beautiful gardens, this truly is a return to rustic living.

MINERAL STONEBATH

The extraordinary Mineral Stonebath experience creates a feeling of wellbeing. An increase in humidity and room temperature is achieved through the repeated lifting and lowering of a basket of stones. Slowly, guests become acclimatised to the rising temperatures and the humidity that is gentle on the cardiovascular system.

DISCOVER OUR SPA TREATMENTS

Other specific skin conditions can be treated.
Please ask our team.

ELEMIS FACE

BIOTEC facial

£75 – 50 mins

The Treatment: A tailored electrical facial combining oxygen, light therapy, firming and toning micro-currents and an ultra sonic peel.

The Reward: Younger-looking, firmer, resurfaced skin that looks more radiant.

Pro collagen age defy facial

£75 – 50 mins

The Treatment: Lymphatic massage techniques and anti-ageing collagen combine to tackle fine lines and wrinkles.

The Reward: The age-defying mask goes to work, leaving your skin with a firmer, lifted and more youthful look.

High performance men's facial

£75 – 50 mins

The Treatment: An anti-ageing booster for tired skin, which counteracts the effects of shaving and environmental damage. This is the ultimate overhaul for male skin.

The Reward: Even if you've been burning the candle at both ends, your skin will feel boosted and rejuvenated, ready to face the world again.

Superfood pro radiance facial

£45 – 25 mins

The Treatment: This amino active mask, rich in superfoods, minerals and trace elements, detoxes and nourishes stressed skin.

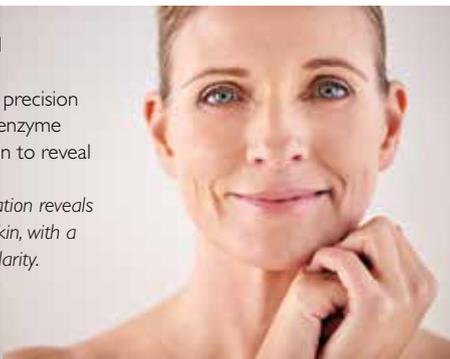
The Reward: Superbly soft, deeply nourished skin, with lost moisture replenished.

Dynamic resurfacing facial

£75 – 50 mins

The Treatment: Pioneering precision layering of three targeted enzyme serums removes ageing skin to reveal younger-looking skin.

The Reward: Powerful exfoliation reveals clean, smooth and radiant skin, with a new level of evenness and clarity.



ELEMIS FACE & BODY

Couture touch

£75 – 50 mins

The Treatment: Hands-on touch facial with a personalised freestyle deep tissue massage or deeper than deep hot stone massage.

The Reward: This uplifting treatment hydrates, relaxes and smooths.

Absolute spa ritual

£125 – 100 mins

The Treatment: Combining the best of our facial and body treatments, with a deep tissue massage and an Elemis facial personalised to your skin's needs.

The Reward: This heavenly treatment will make you feel brand new: relaxed, with a glowing, lifted complexion.

ELEMIS MASSAGE

Garden of England rose restore massage (Swedish)

£45 – 25 mins | £75 – 50 mins

£90 – 80 mins

The Treatment: Take a walk in an English rose garden with this lavishly hydrating light/medium pressure massage.

The Reward: The unique trio of rose, camelina and poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.



Deeper than deep hot stones massage

£55 – 25 mins | £85 – 50 mins

£100 – 80 mins

The Treatment: Get deep into the muscle with Balinese stones selected to address exactly what you need.

The Reward: Skin is intensely moisturised with Elemis frangipani monoi body oil.

Freestyle deep tissue massage

£45 – 25 mins | £75 – 50 mins

£90 – 80 mins

The Treatment: A dynamic blend of essential oils are rhythmically applied to the pressure points your body needs, using firm massage.

The Reward: Tension is massaged away and aching muscles soothed, as your therapist tailors the treatment to your needs, applying relaxing deep pressure.

DISCOVER OUR SPA TREATMENTS

Other specific skin conditions can be treated.
Please ask our team.

The peaceful pregnancy massage
£85 – 50 mins

The Treatment: This unique pregnancy massage is profoundly nurturing and tranquil.

The Reward: Mothers-to-be are lulled and restored to optimum wellness.

ELEMIS BODY

Thousand flower detox wrap
£75 – 50 mins

The Treatment: This nutrient-rich detox wrap uses the deeply nourishing green tea balm to encourage super skin health and powerful detoxification.

The Reward: Helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

Lime and ginger scrub
£45 – 25 mins

The Treatment: An exotic exfoliation ritual to invigorate and revitalise.

The Reward: Skin is left feeling deeply cleansed, polished and softened to perfection.

NAIL CARE

Jessica luxury manicure
£55 – 50 mins

The Treatment: A relaxing hand exfoliation, massage and moisturise including cuticle care and a nail shape. **The Reward:** Your fingers will be finished perfectly with Jessica's great range of colour, or quick dry phenom or even long lasting gel polish – the complete treatment to ensure your nails are looking ready to go!



Jessica express manicure
£25 – 25 mins

Jessica gel manicure
£30 – 45 mins

Jessica express pedicure
£25 – 25 mins

Jessica gel pedicure
£30 – 45 mins



Jessica luxury pedicure
£55 – 50 mins

The Treatment: A luxury foot and leg treatment including a relaxing massage and moisturise. **The Reward:** Your feet are tended to any hard skin removed, your cuticles and nails shaped before your toe nails experience Jessica's great range of colour, or quick dry phenom, or even long lasting gel polish.

BEAUTY

Eyebrow shape
£13 – 10 mins

Eyesh tint
£15 – 15 mins

Eyebrow tint
£15 – 15 mins

Lash and brow tint
£25 – 25 mins

Waxing package
£30 – 25 mins | £55 – 50 mins

EXPRESS SPA

Tranquillity scalp massage
£45 – 25 mins

Best foot forward
£45 – 25 mins

Lift and firm eye treatment
£45 – 25 mins

St. Tropez spray tan
£25 – 25 mins

The Treatment: The ultimate faux tanning system, combining the speed of spray tanning with the skill of a therapist. A full body exfoliation the day before will give you the best results.

The Reward: A smooth, streak-free natural-looking tan. Fake a gorgeous golden glow, and everyone will think you've been abroad. We won't tell. Please be aware that a patch test is required 24hrs prior to having the treatment.



DAY SPA PACKAGES

ESCAPE SPA DAY

50 mins Spa ritual, use of facilities, light lunch, robes, slippers, towels

Mon-Thur £75
Fri-Sun £85

AFTERNOON TEA SPA DAY

50 mins Spa ritual, use of facilities, Afternoon Tea, Glass of Champagne, robes, slippers, towels

Mon-Thur £90
Fri-Sun £110

DOUBLE UP SPA DAY

Any 50 mins spa treatment plus any 25 mins spa treatment, use of facilities, light lunch, robes, slippers, towels

Mon-Thur £115
Fri-Sun £125

SLEEP SPA DAY

80 mins Deeper than deep hot stones massage, use of facilities, light lunch, robes, slippers, towels

Mon-Thur £119
Fri-Sun £129

TIME SPA DAY

2 x 50 mins spa treatments of your choice, use of facilities, light lunch, robes, slippers, towels

Mon-Thur £155
Fri-Sun £175

OUR SPA GUIDELINES

Access

Between Manchester and Macclesfield, The Spa At Mottram Hall is easily accessible from north and south via the following motorways: M6, M56 and M60. The Spa At Mottram Hall is located within the hotel and easily accessible for our guests.

If you are taking a treatment of 50 minutes or more you will be offered a robe and slippers to change into, should you wish. Any guests taking express treatments will change as appropriate in the treatment rooms.

Medical advice

Please inform us as early as possible of any medical matters, or allergies, and include these on your spa consultation form before your treatment.

Pregnancy

We strongly advise against using the thermal areas during pregnancy, but we recommend our tailored pre-natal treatments for mummies-to-be.

Scheduling an appointment

It is advisable to book treatments in advance, by calling 01625 828 135.

Spa etiquette

Our spa environment is one of relaxation and tranquility. Please respect all spa guests'

right to privacy and serenity. The spa is a mobile phone free zone.

Thermal areas

We ask that swimming costumes are worn, for the general comfort of everyone around.

Age

The spa is open to clients over 18, and over 16 under certain conditions.

Mobile telephones

We have Wi-Fi coverage, but please do not speak on your phone in the spa.

Group bookings

We welcome groups, hen parties, corporate and team days, and make individual arrangements with prior notice.

Gift vouchers

Are available to buy in the spa.

Cancellations

Credit card details may be needed to secure your booking for treatments. 24 hours notice is needed to cancel or reschedule appointments. If you cancel within 24 hours a 100% charge will be applied.



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For more information and to book

Call 01625 828 135

spa@mottramhall.com | www.mottramhall.com

Wilmslow Road, Mottram St Andrew,

Cheshire, SK10 4QT