



The health club and spa

ST GEORGE'S PARK

An exclusive location, an exclusive experience



An exclusive location, an exclusive experience

Experience a health club and spa unlike any other. A place where state-of-the-art facilities sit in harmony with an atmosphere of luxurious tranquillity. Located in the new Hilton at St George's Park within the grounds of The National Football Centre.

Working closely with [comfort zone] our chosen spa partner, we have created a truly unique selection of spa rituals and journeys designed with a complete sense of wellbeing in mind.

[comfort zone]

Luxury Italian spa skincare range, [comfort zone] invite you to experience an unforgettable, multi-sensorial cocoon of wellbeing. Blending science and nature, [comfort zone] offers immediate and progressive results ensuring you look and feel better from the inside out. We don't want to be the biggest skincare company in the world but certainly the most beautiful and ethical.

Experiences for the senses, results for the face, body and soul.



Signature Treatments

Passage of Traditions at St. George's Park

90 minutes £95

Immerse yourself in a full body massage and travel to the four corners of the world, while at the same time experience our 'Decompress your Mind' and 'Detach & Reconnect ritual, exclusive to Hilton Worldwide. Begin the journey with a full body exfoliation to prepare your body and mind for your first destination. Energise your spirit, centre your mind and experience a full body massage like no other.

Energy Fountain at St. George's Park

60 minutes £75

Energy manifests itself in many ways, through the mind, body and our daily surroundings. The signature treatment draws inspiration from the river Trent, Monticelli mud combined with thermal waters provides a powerful cleansing action on our entire being. During the treatment skin will be exfoliated before being cocooned in warm mineral enriched mud where your mind will be lifted with an energising scalp massage. You will be left with a feeling of complete freshness and vitality with a fountain of energy.

Face the Day at St. George's Park

60 Minutes £65

Face the day with our deeply hydrating [comfort zone] facial including a veil of colour on nails. During your treatment you will receive an anti-oxidant vitamin enriched facial with nourishing goji berry oil to revive a dull, tired complexion, making you not only feel great but look great too.

SPA RESERVATIONS DIRECT: 01283 576675 INTERNAL FROM BEDROOM: 6234

Be WELL

Tranquillity Face & Body Ritual

90 Minutes £91

Tranquillity Body Ritual

60 Minutes £60

A decadent ritual to rest mind, body and soul using the Tranquillity signature range from [comfort zone]

Monticelli Mud Wrap

60 Minutes £75

Using a rich creamy thermal Italian mud from the river banks of Monticelli, this treatment ritual offers a profound draining action. Relieving sore muscles and swollen joints, this conditioning mud treatment will also refresh and tone skin.

Comfort Touch Body Massage

60 Minutes £55

Comfort Touch Back Massage

45 Minutes £42

A prescriptive and relaxing massage focusing on muscular tension and stress, whilst resting mind, body and soul.

Lava Shell Body Massage

60 Minutes £60

Lava Shell Back Massage

45 Minutes £45

The original hot Lava Shell Massage provides deep relaxation. The heat from the lava shell stimulates blood supply resulting in healthier looking skin whilst the deep tissue pressure point massage eases away muscle tension, releases energy flow and restores a sense of balance to the entire body and mind.

Killer BODY

Tight & Toned Wrap

60 Minutes £75

A luxurious anti-ageing treatment ritual for the body to provide tone, elasticity and nourishment to skin. Walnut extract strengthens the anti-oxidant action, whilst boswellic acid ensures tissues remain elastic. What's more organic kamani oil, one of nature's wonder ingredients helps protect skin against environmental aggressions.

Body Boost Body Wrap

60 Minutes £75

Using a unique gel body mask blended for each treatment, this anti-oxidant treatment uses the benefits of organic pumpkin cells, tomato and basil combined with vitamins B1, B2 and vitamin C to deeply nourish the tissues and recondition the skin.

Cellulite Remodeller Wrap

60 Minutes £70

An intensive treatment to tackle resistant cellulite with an innovative thermogenic action. The hot and cold effect stimulates microcirculation to improve the appearance of cellulite, revealing a smoother, more toned appearance.



Best Face

FORWARD

Super Sensitive

60 Minutes £60

Especially developed for super sensitive skins, this treatment will strengthen and protect skin to ensure it becomes less fragile. Skin will regain its nourishment with a calming and soothing action.

Repair & Protect

45 Minutes £45

One of your five a day, this anti-oxidant vitamin enriched facial is ideal for all skin types to give skin a much-needed boost. Nourishing goji berry oil to revive a dull, tired complexion, whilst also providing a powerful anti-oxidant action lycopene to repair and protect skin.

No Botox

NEEDED

Glorious Skin

75 Minutes £80

The ultimate treatment for an immediate lifting effect, revealing toned and radiant skin with fine lines and wrinkles reduced; a must-have alternative to botox! The superior combination of alpha-hydroxy acids, vitamin C and lifting active ingredients provide a powerful treatment to reveal instantly glorious skin.

Peel & Plump Perfection

75 Minutes £80

This wonder treatment resurfaces, revitalises and deeply hydrates the skin, plumping out fine lines and leaving skin supple. The micro-circulation of the skin is awakened using alpha hydroxyl acids, a pure collagen mask is then applied to plump and restore a youthful skin.

Man

SPACE

Performance Facial

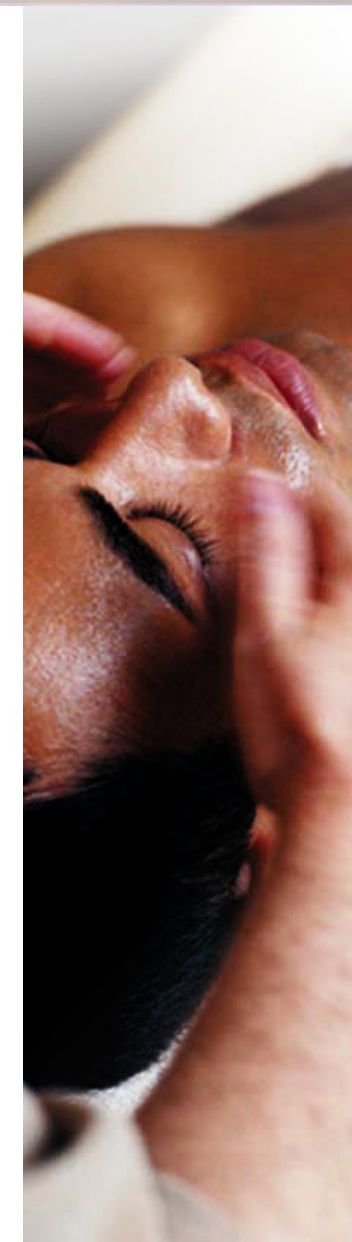
60 Minutes £60

A restoring treatment to replenish moisture levels in the skin from environmental aggressions. Skin is deeply hydrated, revealing a smooth calm complexion.

Performance Massage

75 Minutes £70

A full body massage using deep tissue movements to relieve aching muscles and to reduce stress pre and post sport. Skin is nourished using essential oils, with mind and body restored.



Aqua

JOURNEYS

Our unique and innovative aqua journeys utilise the natural benefits of water in our thermal area including the sauna, steam room, ice fountain, monsoon shower and foot spas. While incorporating the deeply relaxing and results driven [comfort zone] spa range to offer a variety of benefits.

During your lifestyle consultation our experienced spa team will help to select the right aqua journey for your needs. From there you will pick up your products and specially designed guide, which will take you every step of the way sharing the benefits of each stage of your journey.

Serenity £25

Sinking into a serene water journey, serenity will send you slipping into a blissful state of harmony.

Detox £25

Submerging into a total feeling of wellbeing, this journey uses the synergy of active mud to detoxify and drain negativity from the body.

Revitalize £25

Immersing into an invigorating experience, this circuit will inject a surge of energy back into your day.



Spa

PACKAGES

Switch off £85

Rest is an important part of any lifestyle. Our Switch Off spa package offers a calming range of treatments and multi sensorial experiences which will ensure you have your own time to wind down and have some serious relaxation within our spa.

Choose two of the following treatments as part of your package: Repair & Protect Facial, Comfort Touch Back Massage or Eye Zone Ritual

Fresh Start £105

Every now and again you need a fresh start. Let our Fresh Start spa package help you on your way with our carefully selected treatments and multi sensorial experiences that will ensure you get the kick start you need.

Spa treatments include a Super Sensitive Facial and Comfort Touch Body Massage.

Bounce Back £120

Sometimes we need an injection of energy to get us through the busy lifestyles we lead. Our Bounce Back package will strip you of your negative energies before building you back up, leaving you revitalized and full of life.

Spa treatments include a Repair & Protect Facial and Aromasoul Elements Massage as part of this package

Spa Package Upgrades

All of our spa packages include use of the facilities and can be upgraded to include lunch, champagne, champagne and strawberries, [comfort zone] gift sets, spa hampers or one of our unique Aqua Journeys that will compliment your spa package. Please ask our spa assistants for more information.

SPA RESERVATIONS DIRECT: 01283 576675 INTERNAL FROM BEDROOM: 6234

Essentials

<i>Hands & Feet</i>	ORLY GelFX Manicure	£40
	ORLY Spa Manicure	£32
	ORLY French Manicure	£45
	ORLY Spa Pedicure	£50
	ORLY File & Polish	£20

<i>Self Tanning</i>	Full Body	£50
---------------------	-----------	-----

Eye CONTACT

<i>Eye Services</i>	Eye Brow Tidy	£15
	Eye Brow Tint	£12
	Eye Lash Tint & Brow Tidy	£25
	Eye Zone Ritual	£35
	False Lash: Strips	£20
	False Lash: Individual	£15
	Lash Extensions: Full Set	£80
	Lash Extensions: 4wk in-fills	£50
Lash Extensions: 2wk in-fills	£30	
Lash Extensions: Consultation	£15	

<i>Waxing</i>	1/2 Leg	£20
	3/4 Leg	£25
	Full Leg	£30
	1/2 Leg & Bikini	£32
	Full Leg & Bikini	£42
	Bikini	£15
	Brazilian	£30
	Underarm	£15
Upper Lip	£15	
Eyebrow	£15	

Spa ETIQUETTE

Appointments

Being on time for your appointment is greatly appreciated both in consideration of our other guests and in order for you to receive your full service. Please arrive 15-30 minutes in advance of your appointment to allow time to change into a robe, complete our guest Pre-Treatment Form and relax before your service. 30 minutes is suggested if you are having a facial or body treatment.

Gift Certificates

A spa gift certificate makes a wonderful gift for any special occasion or holiday. Gift certificates are not refundable, not transferable or redeemable for cash or credit. Please review all terms and conditions.

Cancellations

If you need to make a cancellation or date change, we request a minimum of 24-hours' notice for any single service. A 48 hour notice is required for any multiple or spa package cancellation. The full service will be charged on any late cancellations or no-show appointments.

Spa Opening Times

The spa is open 7 days a week 9am - 8pm

Spa Reservations

Direct: 01283 576675
Internal from bedroom: 6234

Late Arrival

Please arrive in plenty of time to relax and enjoy the experience. If you are running late every effort will be made to honour your treatment time, but this may not always be possible.

Guest Pre-Treatment Form

Before your service, you may be required to complete a guest Pre-Treatment form to safeguard your wellbeing and comfort, and allow us to safely deliver our services by minimizing any risk of injury.

Mobile Phones

Please refrain from using your mobile phone during your visit. In fact, why not just get away from it all and switch it off altogether.

Age Requirement

The Spa is an adult-oriented atmosphere; therefore we are not able to accept appointments for children under the age of 16 years, unless accompanied by a parent. Children under the age of 18 may need a signed waiver and/or accompaniment by a parent or adult guardian for services.



The health club and spa

ST GEORGE'S PARK

The Health Club and Spa
Hilton at St. George's Park
Newborough Road, Needwood
Burton upon Trent, Staffordshire, DE13 9PD
t: +44 1283 576675 | f: +44 1283 240445
hilton.com | healthclubandspasgp.com |
facebook.com The-Health-Club-Spa-at-St-Georges-Park