



The health club and spa


ST GEORGE'S PARK

The health club and spa
nutrition relaxation lifestyle



Hilton



A black and white photograph featuring several dark, smooth stones covered in numerous water droplets of varying sizes. The droplets are highly reflective, creating bright highlights against the dark background of the stones. The lighting is dramatic, with strong highlights on the droplets and deep shadows on the stones. The overall composition is moody and textured.

*An exclusive location,
an exclusive experience*





Welcome

The Health Club and Spa at St. George's Park features state-of-the-art fitness technology which sits in harmony with our luxurious spa atmosphere of tranquillity, all surrounded by acres of beautiful Staffordshire countryside.

St. George's Park is home to the 24 England football teams and an inspirational centre for coach education. Centrally located and nestled amidst 330 acres of parkland, St. George's Park provides a relaxing blend of sporting excellence, stunning architecture and luxurious surroundings.

Just six miles from Burton upon Trent, St. George's Park is an easily-accessible countryside retreat within a comfortable drive time from the A50, A38, M1, M42 and M6. Since opening in October 2012, the park has attracted athletes, leisure and business guests from far and wide and continues to evolve to enhance the guest experience.

Alongside world-class sport, medical and performance facilities is the Health Club and Spa and on-site accommodation provided by Hilton Worldwide. Featuring 228 beautifully-appointed Hilton bedrooms, a large restaurant, bar and lounge, and exceptional conferencing facilities,

the hotel is open to all and provides a first-class hospitality experience.

Guests staying in the Hilton hotel can enjoy complimentary access to the Health Club and pool area whilst non-residential guests are welcome to experience the site through spa days, individual treatments and our rewarding membership packages which will add a little luxury to your daily routine.

Our Health Club and Spa facilities include: state-of-the-art gym equipment, 17m pool with bubble pool, thermal experience foot spas, experience shower, ice fountain, sauna and steam room. Four treatment rooms are available, each with shower and heated bed, and our beautiful products are available to purchase so the St. George's Park experience can be taken home.

To ensure you don't miss any of our special offers throughout the year, follow us on Facebook at

[facebook.com/healthclubandspasgp](https://www.facebook.com/healthclubandspasgp)

or keep an eye on our website

www.healthclubandspasgp.com



The health club and spa
ST GEORGE'S PARK

Signature Treatment

Unique and exclusively tailored for St. George's Park, this treatment is not only exquisite but will leave you feeling revitalised, refreshed and relaxed.

ELEMIS Signature at
St. George's Park
90 minutes £95

Prepare your mind, body and soul for some true relaxation, our signature experience will leave you feeling completely revitalised and ready to face the world once again. Each treatment is seamlessly tailored to your individual needs incorporating a trio of delights, nourishing body wrap, relaxing scalp and soothing back massage to ease away any tired muscles. The treatment draws to a close with prescriptive facial therapy, leaving you feeling completely rejuvenated and pampered.

To find out more visit www.healthclubandspasgp.com





Be Well

A selection of massages to transport you through a journey of complete relaxation. Whether you choose a prescriptive deep tissue or a lava shells massage, come and enjoy a truly harmonising treatment to not only relax your mind but repair your body and soul.

Deep Tissue Muscle Body Massage

60 minutes £70

Deep Tissue Muscle Back Massage

30 minutes £40

Deep rhythmic pressure massage. Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Dynamic blends of essential oils and level of pressure are customised to target individual needs. Helps relax, recharge and re-energise, whilst tension melts away.

Wellbeing Custom Body Massage

60 minutes £60

Wellbeing Custom Back Massage

45 minutes £45

Designed by you and your professional therapist, this massage uses a variety of techniques and pressures to relieve muscular tension and pain, whilst resting mind, body and soul.

Lava Shell Body Massage

60 minutes £60

Lava Shell Back Massage

45 minutes £45

This 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

Whether you are off on holiday or have a special occasion to attend, why not treat yourself to a body treatment like no other?

Exotic Lime and Ginger Salt Scrub

30 minutes £40

Invigorating deep cleanse.

Feel your senses lifted and your body invigorated by the sublime Exotic Lime and Ginger Salt Glow infused with skin enriching Japanese Camellia Oil Blend. After light body brushing, warm oil is drizzled luxuriously over the body. Skin is deeply cleansed, leaving it silky-smooth and glowing.

Exotic Frangipani Body

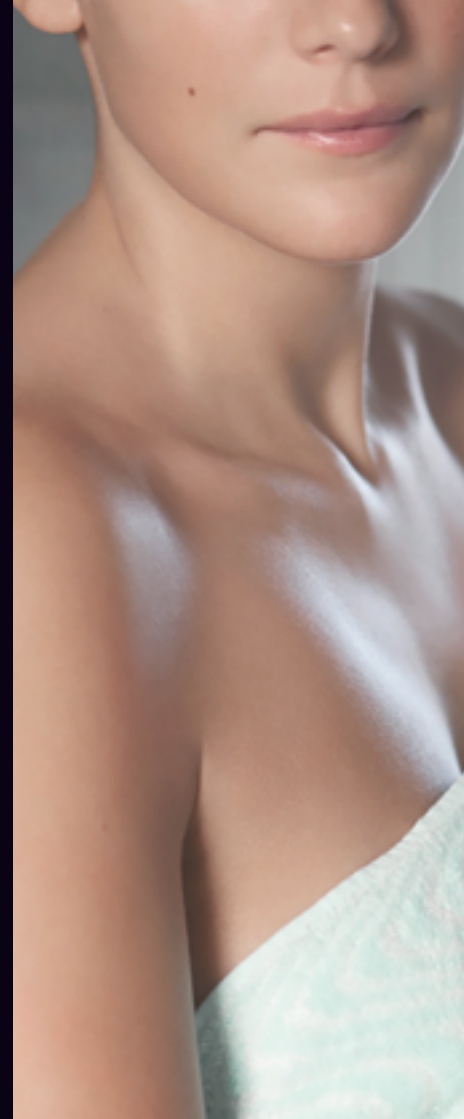
Nourish Wrap

45 minutes £55

Deeply nourishing aromatic treat.

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the monoi which is poured all over your body and then cocooned in a nourishing foil wrap or dry float. Skin is drenched with moisture, for immediate softness, suppleness and radiance.

To find out more visit www.healthclubandspasgp.com





Best Face Forward

The ultimate in facial therapies, these treatments will send you on a journey of pure relaxation whilst meeting your needs.

Visible Brilliance Facial

75 minutes £80

Moisturisation is clinically proven to increase by up to 61% and elasticity by up to 40% after just one treatment. Leaving your skin smooth, plump and radiant, this is the perfect pre-occasion treatment.

Pro-Collagen Quartz Lift Facial

75 minutes £80

Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57% after just one treatment. Helps to re-energise cell communication and rejuvenate skin.

No Botox Needed

A must-have alternative to Botox! Paving the way for cosmetic surgery-free treatment, leaving your skin feeling as good as new.

Triple-tec Anti-Wrinkle Facial

60 minutes £70

The ultimate wrinkle-smoothing facial to rejuvenate ageing skin. Face and eyes are targeted with the anti-ageing benefits of the Lines & Wrinkles Activator, an intensive complex of Padina Pavonica, African Birch Bark and Tripeptides. Microcurrent pulses lift and firm the skin, boosting collagen production, whilst light therapy and O2 Infusion help plump and smooth away visible lines and wrinkles.

Micro Firm-a-Lift Facial

60 minutes £70

Super-lift facial to help firm and tighten cheeks, neck and jaw line. Skin is infused and stimulated by the contouring benefits of the Lift Effect Activator, rich in revolutionary plant stem cells, Alaria Esculenta seaweed and Lupin. Galvanic current propels the bio-active formulas deeper into the skin, whilst microcurrent pulses dramatically lift and firm the sagging jowl area.

Sonic Skin-Resurfacing Facial

60 minutes £65

Revolutionary resurfacing facial to even skin tone, reduce blemish marks and smooth fine lines. Delivers a high-tech double peel with the Resurfacing Activator, infused with concentrated lactic and hyaluronic acid to help boost cell turnover. Ultrasonic peeling, steam and light therapy reveal a skin that is noticeably smoother and a more even tone, whilst minimising the appearance of blemish marks and fine lines.

Sonic Skin-Radiance Facial

60 minutes £60

Radiance-boosting, bio-electric facial to energise tired, dull and stressed skin. Target tired face and eyes with the brightening Radiance Activator, rich in anti-oxidants, hyaluronic acid and peptides. Ultrasonic vibrations draw impurities to the surface and exfoliate, whilst galvanic current with elderberry and orange flower extract re-energise and restore vital moisture. Skin appears more radiant and luminous, whilst helping reduce dark circles around the eyes.

O2 Sensitive Skin Soothing Facial

60 minutes £60

De-sensitising anti-redness facial, to soothe and calm a delicate skin. Sensitivity and high colour are reduced with the extra-soothing properties of the Sensitive Activator. Rich in Allantoin, Willowherb and Frankincense it works in harmony with oxygen infusion and light therapy to deliver essential nutrients to the skin. Restoring balance and vital moisture levels, redness is visibly reduced and skin immediately comforted.

L.E.D. Blemish Control Facial

60 minutes £60

Deep cleansing, light therapy facial to visibly clear and re-balance oily, blemish prone skin. Reduce breakouts and clear pores. Anti-Blemish Activator rich in anti-oxidants Rosalina, Lavender and Sweet Marjoram with a powerful combination of ultrasonic peeling, galvanic current and steam deeply cleanse, exfoliate and re-balance an oily, congested skin. Clinically proven light therapy helps repair and reduce inflammation. Pore size is visibly reduced and the complexion clearer.

Biotech Sonic White

Brightening Facial

60 minutes £60

The ultimate performance facial for a more even, white bright complexion. This powerful white brightening facial visibly illuminates the complexion to leave it naturally more even and translucently clear. Highly effective ultrasonic peel and light therapy technologies are combined with precision massage movements and the layering of proven brightening actives, to encourage the washing out of melanin and the reduction in the visible dullness that develops over time. This targeted treatment responds to individual skin needs, dynamically treating uneven skin tone, discolouration and age spots on the face, neck, décolleté, arms and hands. Leaves the complexion illuminated, more even and visibly white bright.

Nail Essentials

A range of treatments to provide your hands and feet with the pampering they deserve, allowing you to look and feel divine.

ORLY Spa Manicure

45 minutes £32

ORLY French Manicure

60 minutes £45

Beautiful, natural nails are timeless. Enjoy healthy natural nails by first soaking in a nail whitening bath. Next, your cuticles – the gateway to healthy nail growth – are groomed and nourished. A light moisturising lotion is massaged into the skin, followed by an expertly applied, long-lasting nail lacquer application.

ORLY Spa Pedicure

60 minutes £50

Treat tired, dry feet and skin with this signature service. Envelop your feet in a warm, luxurious bath of dead sea salts to refresh tired feet. An exfoliator is then massaged into the skin to smooth away dry and calloused areas. Cuticles are nourished, followed by a moisturising massage of the feet and calves. Conclude your treatment with an expertly applied lacquer application with the colour of your choice.

ORLY File & Polish Manicure

30 minutes £20

For when you are in a hurry! Nails are filed then finished beautifully with the perfect polish.

ORLY Gel FX Manicure or Pedicure

45 minute Gel FX Manicure £40

45 minute Gel FX Pedicure £40

The Gel FX is a revolutionary gel application. It is the first brand to offer vitamin infusion in a gel polish, taking care of your nails while it's on and off. A longer-lasting look with a superior shine.

To find out more visit www.healthclubandspasgp.com



Eye Contact and Essentials

Let your inner goddess shine through with these everyday essentials.

Eyelash and Brow Tinting and Shaping

• Eyebrow Tidy	£15
• Eyebrow Tint	£12
• Eyelash and Brow Tint	£25

GiGi Wax and PHD Wax

GiGi is a unique warm waxing range made from pure clove honey which is luxurious and rich, has a pleasant odour and is soft and gentle on the skin. The range offers you high quality, effective wax based on natural ingredients, which is packed full of vitamins, minerals and proteins.

• Eyebrow	£15
• Upper Lip	£15
• Underarm	£15
• 1/2 Leg	£20
• 3/4 Leg	£25
• Full Leg	£30
• 1/2 Leg and Bikini	£32
• Full Leg and Bikini	£42
• Bikini PHD Wax	£15
• Brazilian GiGi Wax	£30

To find out more visit www.healthclubandspasgp.com





Man Space

For the man who wants to look and feel totally relaxed and refreshed after a divine massage or a deeply hydrating facial.

Skin IQ+ Facial

75 minutes £80

Anti-ageing booster for tired, stressed and dehydrated skin. The ultimate skin overhaul for maximum anti-ageing results. Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a hectic lifestyle, and environmental stressors.

Urban Cleanse Facial

75 minutes £80

Deep cleanse and complete skin detox. This super-grooming facial decongests the skin, working to eliminate blocked pores and accelerate skin recovery. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the effects of daily pollutants, leaving the skin clean and clear.

Total Time Out for Men

120 minutes £120

Complete face and body overhaul. Enjoy the best of both worlds by combining a Time for Men Facial with a Deep Tissue Massage to improve total body performance. Rehydrates and energises the complexion, whilst deeply relaxing and recharging the body.

Super-Charge Facial for Men

60 minutes £60

High performance facial for men to de-grease, de-age and calm a stressed, dehydrated skin. Energise the skin with a complex formulation to firm, de-age and hydrate the skin, rich in Kalpariane Allantoin, and Salicornia. Whilst a powerful trio of steam, ultrasonic peeling and galvanic current deep clean, exfoliate and power-up the high-potency plant actives to help reduce all visible signs of ageing.



To find out more visit www.healthclubandspasgp.com

Spa Packages

Treat yourself to the ultimate journey in relaxation and indulgence. Whether you need to unwind and refresh or energise and revitalise, we have the perfect pampering experience for you. Each package can be tailored to your specific needs.

Comfort and Harmony £59

Enjoy a relaxing day of quality 'me' time, alone or with a friend, with this indulgent spa day. Including a light lunch and a treatment of your choice, it will make unwinding that much easier.

Your Day Includes:

Access to the Health Club and Spa and a light lunch for one as well as one of the following 45 minute treatments: Wellbeing Custom Back Massage, Skin Specific Facial, Spa Day Pedicure or Spa Day Manicure.

Switch Off* £85

We understand that 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.

Your Day Includes:

Access to the Health Club and Spa, Wellbeing Custom Back Massage and Skin Specific Facial.

Fresh Start* £105

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

Your Day Includes:

Access to the Health Club and Spa, Wellbeing Custom Body Massage and Skin Specific Facial.

Bounce Back* £120

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

Your Day Includes:

Access to the Health Club and Spa, Visible Brilliance Facial and Wellbeing Custom Back Massage.

**Upgrade your spa day to afternoon tea for £15 or
£20 for champagne afternoon tea per person*

Aqua Journeys

Unique to Hilton St. George's Park are our Aqua Journeys. These journeys have been designed to enhance and guide you through your thermal experience, which can be complemented with a spa treatment or enjoyed alone. Combining therapies with our luxury thermal poolside, choose between our two journeys that will either reawaken the senses or restore balance to the mind, body and soul.

Restorative Journey

Spa Guests £25

A soothing experience that will restore balance to the mind, body and soul, leaving you in a blissful state of relaxation.

Reawaken Journey

Spa Guests £25

A refreshing experience that will reawaken the senses, aid detoxification and leave you feeling uplifted and ready to shine.



To find out more visit www.healthclubandspasgp.com





Residential Spa Breaks

Treat yourself or a loved one to the ultimate in luxury with an indulgent spa package for two at Hilton at St. George's Park. Available for one or two nights, the package includes:

- Accommodation in a Hilton Guest Room with 4-point bathroom
- One spa treatment per person
- Full use of the Health Club and Spa
- Hilton Breakfast served in The Restaurant at St. George's Park which offers an exquisite dining experience and views across the beautiful Staffordshire countryside

Select your treatment from:

- Skin Specific Facial
- Wellbeing Custom Massage
- Only Gel FX Manicure
- Only Gel FX Pedicure

Hotel check in time: 3pm

Hotel check out time: 12noon

Visit www.stgeorgespark.hilton.com for the latest prices or to book.

Indulgent Treats

• Moet	£55
• Fruit Platter	£10
• Chocolate Strawberries	£10
• Welcome Cocktail	£8.50

Why not combine Moet with another treat for only £60

To find out more visit www.healthclubandspasgp.com



Gifts

Whether you're looking for the perfect gift for a special occasion, or whether you want to add a little extra luxury to your Hilton Guest Room, we have the perfect indulgent treat.



In-Room Remedy

Why not enhance your stay with one of our outstanding In-Room Remedys; no stay would be complete without. Choose from Pure Indulgence to add luxury to your hotel room or Man of the Match for the ultimate grooming experience for looking and feeling top of the league.

Gift Certificates

Gift certificates are also available to purchase for your chosen value making a wonderful gift for any special occasion or holiday.

- | | |
|--------------------|------------|
| • Pure Indulgence | £30 |
| • Man of the Match | £30 |



Spa Etiquette

In order to create the perfect environment and to be considerate to all our clients, the following guidelines are intended to ensure your visit runs smoothly.

Appointments

To ensure you can fully enjoy your spa experience and in consideration for other guests, please arrive 15-30 minutes before your appointment time. On arrival we ask you to complete our pre-treatment form, change into your robe and relax before your treatment. We suggest a 30-minute relaxation time before a facial or body treatment.

Cancellations

Should you need to cancel or change an appointment, we request 24-hours' notice for single treatments and 48-hours' notice for spa packages or multiple treatments. Late cancellations or missed appointments will be charged in full.

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. Charges may apply.

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?

Guest Pre-Treatment Form

Before your appointment, you will be required to complete a guest pre-treatment form to safeguard your wellbeing and comfort, and to enable us to safely deliver your treatments by minimising any risk of injury.

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 or guardian. Children under the age of 18 may need a signed waiver and/or accompaniment by a parent or adult guardian for treatments.

Gift Certificates

A spa gift certificate makes a wonderful gift for any special occasion or holiday. Gift certificates are non refundable, non transferable and cannot be exchanged for credit. Please review all terms and conditions.





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ST GEORGE'S PARK



Scan this code with your device or call 01283 576675
to book one of our scentsual spa treatments.

The Health Club and Spa

Hilton at St. George's Park

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