

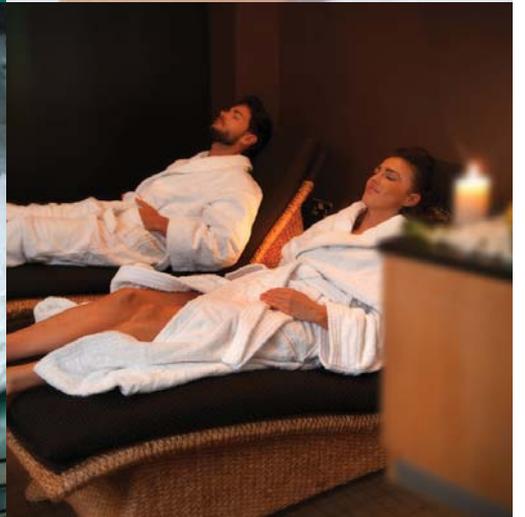


Agua Vitae



SPA

DISCOVER MORE AT WWW.MATFENHALL.COM



WELCOME TO AQUA VITAE SPA AT MATFEN HALL

Whether you're looking for a cosy retreat to escape from everyday stress, or a friendly environment to catch up with family and friends you can find it at Aqua Vitae Spa.

Our spa and leisure team combine a friendly warmth with professional expertise in all areas from fitness advice, to stress reduction and the best of skin enhancing treatments and home care advice.

SPA MEMBERSHIP

- **The Fitness Suite offers:**
 - Technogym Excite cardio featuring UNITY console designed to give a personalised exercise program.
 - Kinesis training for a more functional training experience.
 - Areke training area for core centric training, assisting coordination, stability, flexibility and more.
- **Studio offering over 60 classes per week**
- **16 metre Swimming Pool, Spa Pool & Thermal Suites**

Various membership options are available, for further information please contact:

 **Aqua Vitae Spa at Matfen Hall**
Matfen Village
Newcastle upon Tyne, NE20 0RH

 **Spa: 01661 855 725**
Membership: 01661 855 704
Hotel: 01661 886 500

 **aquavitaemembership@matfenhall.com**

 **www.matfenhall.com**

EXTENSIVE FACILITIES INCLUDE

- **16 metre Swimming Pool and Spa Pool**
- **Aromatherapy Room**
A perfect starting point of the spa journey. Relaxes muscles and eases the tired mind with the use of aromatherapy essence, mood lighting and gentle heat.
- **Steam Room**
High humidity room infused with aromatic steam, to slowly heat and refresh the body.
- **Sauna**
Traditional dry heat sauna invigorates the body's systems and relaxes the muscles.
- **Ice Cold Bucket Shower**
A huge drop of water is delivered in seconds to cool and invigorate the body following the use of the thermal cabins.
- **Monsoon Shower**
A choice of water patterns and temperatures designed to refresh and cleanse the skin pre and post use of the thermal experience.
- **Ice Fountain**
Crushed ice to use directly on the skin to cool the body, forcing the skin pores to close and toxins to be expelled, completing the spa journey.
- **Fitness Suite**
Fully equipped with Technogym equipment offering revolutionary technology.

Elemis

'Defined by nature, led by science'

With over 20 years experience in treating both men and women in a professional spa environment.

Elemis create a healing hub where touch, powerful minerals, plant and natural active aromatics work in synergy with the skin, body and mind. Elemis push the boundaries to develop ground breaking formulas which deliver real results. Every treatment is designed to offer a unique experience.



DAY ESCAPE EXPERIENCES

Day Escape Packages are a collection of treatments to allow you to relax and de-stress for a full day or half a day.

ISABELLA'S INDULGENCE

Designed to offer the most indulgent experience.

2 hrs 30 mins of treatments£180

Choose one of the following Spa treatments:

- Garden of England Rose Restore or Hot Mineral Body Boost
- Also includes:
 - Elemis Advanced Facial
 - A welcome drink
 - Two course lunch with a glass of Champagne
 - Use of spa facilities from 9am until 5pm

FLORA'S SUBLIME

A truly sublime experience offering pampering from head to toe.

2 hrs of treatments.....£140

Choose one of the following Spa treatments:

- Lime & Ginger Salt Glow or Frangipani Salt Glow
- Full Body Signature Massage
- Skin Specific Facial
- Also includes:
 - A welcome drink
 - Two course lunch
 - Use of spa facilities from 9am until 5pm

AMELIA'S COLLECTION

A treat for yourself or a group

1 hr of treatment time£99

Choose one of the following Spa treatments:

- Full Body Massage
- Skin Specific Facial
- Luxury Manicure or Luxury Pedicure
- Also includes:
 - A welcome drink
 - Two course lunch with a glass of Champagne
 - Use of spa facilities from 9am until 5pm

GENTLEMAN'S RETREAT

Tailor made for the gentleman

1 hr 40mins of treatments.....£106

Choose one of the following Spa treatments:

- Full Body Massage or Deep Tissue Massage
- Also includes:
 - Men's Anti Fatigue Facial 40 mins
 - A welcome drink
 - Two course lunch
 - Use of spa facilities from 9am until 5pm

BLOSSOM & BLOOM (cares for Mums to be)

A beautifully designed collection which cares for Mums to be
2 hrs of treatments£148

- Peaceful Pregnancy Massage
- Choice of either; Luxury Pedicure or Skin Specific Facial
- Also includes:
 - A welcome drink
 - Two course lunch
 - Use of spa facilities from 9am until 5pm

TIME FOR TWO

A shared experience for two, ideal for couples, mothers and daughters or just good friends
2 hrs 10 mins of treatments.....£250

- Choose one of the following Spa treatments:
- Poulitice-Powered Massage or Deeper Than Deep Hot Stone Massage
- Also includes:
 - Thousand Flower Detox Wrap
 - A welcome drink
 - Two course lunch
 - Use of spa facilities from 9am until 5pm

AFTERNOON ESCAPE

Monday - Friday£72
Saturday & Sunday£82

- Choice of one 40 minute treatment:
- Signature Back Ritual
- Facial
- Foot Revive
- Glamour Hand Treatment
- Also includes:
 - A welcome drink
 - Afternoon tea
 - Use of spa facilities from 12pm until 5pm

RESIDENTIAL SPA PACKAGE

REVIVE & RENEW

Includes dinner, bed & full English breakfast, the choice of one of the following 40 minute treatments:

- Taster Facial
- Signature Back Massage
- Glamour Hand Treatment
- Foot Revive Treatment

Sunday to Thursday£135 per person
Friday.....£155 per person
Saturday£165 per person

Upgrades of treatments are available at an additional cost.
Single supplements apply. Accommodation in a Classic Room.

BESPOKE SPA DAY ESCAPES

Select from Sunrise or Afternoon Time to Spa and create your own tailor made package to suit your own personal needs. Please ask at Spa Reception for further information. All treatments include consultation, treatment application and changing within all allocated booking times.

SUNRISE TIME TO SPA

Monday to Friday.....£38
Saturday & Sunday.....£43

- A welcome Drink
- One Course Lunch
- Use of spa facilities from 9am until 2pm

AFTERNOON TIME TO SPA

Monday to Friday.....£38
Saturday & Sunday.....£43

- A welcome Drink
- Afternoon Tea
- Use of spa facilities from 12pm until 5pm



THE FACIAL COLLECTION

PRO-DEFINITION LIFT & CONTOUR

60 mins.....£85

Powered by breakthrough technology, this facial helps restore the architecture of the face, using a combination of potent nutrients in plant actives found to help support the extra-cellular matrix. A powerful lifting massage using techniques to sculpt the cheek and jawline.

PRO-COLLAGEN AGE DEFY

75 mins.....£85

Target fine line and wrinkles with the clinically proven age-defying benefits of Padina Pavonica and Red Coral. A targeted massage encourages optimum Cellular function for nourished, firm and more youthful appearance.

SUPERFOOD PRO-RADIANCE

75 mins.....£85

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

*Independent Clinical Trials.

DYNAMIC RESURFACING PRECISION PEEL

60 mins.....£85

This ground-breaking anti-ageing facial targets blemished, uneven skin texture, superficial facial scarring and fine lines. Using layers of enzymes for a powerful exfoliation to create a smoother, more radiant complexion.

WHITE BRIGHTENING PIGMENT PERFECTOR

75 mins.....£85

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

SKIN SPECIFIC FACIAL

60 mins.....£65

This tailor made introductory facial is designed to allow your Therapist to address your specific skin concerns.

Treatment consultation, application and changing are included within all booking times.



THE BODY RITUALS

MINERAL BODY BOOST

90 mins£95

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness, using massage techniques and micro wraps.

EXOTIC FRANGIPANI BODY NECTAR NOURISHING WRAP

60 mins£75
To include a 30 minute massage.....£100

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Moni which is poured all over the body and then cocooned in a nourishing wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

EXOTIC LIME & GINGER SALT GLOW

40 mins£55
To include a 30 minute massage£80

A body exfoliation ritual to invigorate and revitalise. Elemis Exotic Lime & Ginger salt glow is applied with luxurious warm oil. Skin deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

EXOTIC FRANGIPANI SALT SCRUB

40 mins£55
To include a 30 minute massage£80

This luxurious salt glow with mineral rich salts and hibiscus, leaves skin soft and nourished. Applied with oil nourishing oil this will leave your skin deeply hydrated and renewed.

SWEET ORCHID BODY NECTAR NOURISHING WRAP

60 mins£75
To include a 30 minute massage.....£100

The velvety texture of Moni oil with Sweet Orchid offers super-hydration for dry skin. This warming cocoon of oil will deeply hydrate, revealing a radiant body glow.

GARDEN OF ENGLAND ROSE RESTORE

90 mins£95

Take a walk in an English rose garden with this lavishly hydrating massage and micro wrap. The unique trio of Rose, Camelina and Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.

DETOX RITUALS

THOUSAND FLOWER DETOX BODY WRAP

60 mins£70

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

TARGETED TONING TIGHTENER

90 mins.....£90

A powerful blend of massage and detoxifying, cooling clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven* to reduce the appearance of cellulite after just one treatment.

*Independent Clinical Trials.

MASSAGE COLLECTION

SIGNATURE MASSAGE

Back, Neck and Shoulder - 40 mins£50
Full Body - 60 mins£70

A soothing flowing massage using warmed massage oils, to ease aching muscles and alleviate stress.

SIGNATURE HOT STONE BACK MASSAGE

40 mins.....£50

A rhythmical massage using hot basalt stones, allowing deep penetrating heat to relieve muscular tension around the back, neck and shoulders.

DEEP TISSUE MUSCLE MASSAGE

Back - 40 mins£50
Full Body - 60 mins£70

Deep rhythmic pressure massage customised to target individual needs to reduce specific stress and muscle tension.



DEEPER THAN DEEP HOT STONE MASSAGE

75 mins£80

Therapeutic heat is slowly released into the belly of the muscle using hot basalt stones for a complete new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

POULTICE-POWERED MUSCLE RELEASE

70 mins.....£80

Sore, aching muscles are worked away with this invigorating and deeply releasing treatment. Each area of tension is specifically targeted with the unique Amber and Quartz poultice to dissolve knots and ease tensions. Completed with a restorative facial massage, tension is dissolved.

PEACEFUL PREGNANCY MASSAGE

70 mins.....£80

This inspirational therapy connects mother and baby through the power of touch, working to restore optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

INDIAN HEAD MASSAGE

35 mins£50

A deeply relaxing massage using traditional techniques to unblock tension in the neck, shoulders, face and scalp. Helps relieve headaches and eyestrain and induces a deep sense of calm.

COUTURE TOUCH

60 mins.....£85

Your Therapist will customise an ice cool thermal massage targeting the back of the body, alleviating stress and easing aching muscles. Whilst your body is in a state of pure relaxation, receive an intensive booster facial designed to smooth and restore youthful radiance.

Treatment consultation, application and changing are included within all booking times.

MENS COLLECTION

HIGH PERFORMANCE SKIN ENERGISER

75 mins.....£85

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

TIME FOR MEN PRESCRIPTIVE FACIAL

60 mins.....£65

This tailor made introductory facial is designed to allow your Therapist to address your specific skin concerns.

COUTURE TOUCH

60 mins.....£85

Your Therapist will customise an ice cool thermal massage targeting the back of the body, alleviating stress and easing aching muscles. Whilst your body is in a state of pure relaxation, receive an intensive booster facial designed to smooth and restore youthful radiance.

MINERAL BODY BOOST

90 mins.....£95

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, mineraly-charged experience of skin conditioning, metabolic balancing and energising wellness. Using massage techniques and micro wraps.

HAND AND NAIL GROOMING

30 mins.....£25

A signature hand and nail treatment designed specifically for men.

BROW GROOMING

10 mins.....£10

Brows are waxed, plucked or trimmed to create a more groomed appearance.

BACK OR CHEST WAX

30 mins from.....£25

Treatment consultation, application and changing are included within all booking times.



FINISHING TOUCHES

JESSICA LUXURY MANICURE

60 mins£50

A deeply nourishing treatment for the hands, cuticles and nails. Includes exfoliation, massage and heated mittens to soften and moisturise. This treatment concludes with a polish application.

JESSICA LUXURY PEDICURE

70 mins.....£55

A luxurious treat to refresh tired aching feet. Includes exfoliation, massage and heated booties to soften hard skin and condition cuticles. This treatment concludes with a polish application.

GLAMOUR HAND AND NAIL TREATMENT

40 mins£45

A signature hand treatment designed to enhance your hands and nails.

FOOT REVIVE TREATMENT

40 mins£45

A signature foot treatment designed to nourish and refresh your feet.

SHAPE AND POLISH

30 mins.....£20

Nail shaping for the hands or feet and application of polish.

JESSICA GELERATION - GEL POLISH APPLICATION

40 mins£35

Durable chip free gel polish applied to the hands or feet. Lasts up to two weeks with a superior shine.

Gel Polish Removal - 30 mins.....£20

HE-SHI PROFESSIONAL TANNING

Full exfoliation and application£40

Award winning brand delivering beautiful golden results every time.

WAXING

Full leg and bikini£38

Full leg.....£30

Half leg£25

Bikini - from.....£20

Underarm.....£15

Forearm£15

Lip or chin£12

Eyebrow£12

Lip and chin£18

Back or chest from.....£35

TINTING

Patch testing required 24hrs before appointment

Eyelash tint£15

Eyebrow tint£11

Eye package.....£24

Includes Eyelash Tint, Eyebrow Tint and Eyebrow Shape

Treatment consultation, application and changing are included within all booking times.



AQUA VITAE SPA INFORMATION

SPA RESERVATIONS AND CANCELLATIONS

All treatments include consultation, treatment application and aftercare within the listed booking time.

All treatments and Day Escapes require full pre payment on booking. A Matfen Hall gift voucher can be used to secure a booking. A 50% refund will be given if notice is received prior to 48 hours of your scheduled reservation.

If cancellation takes place within 48 hours no refund will be given. All reservations are subject to availability, treatment choice & time. We require 48 hours notice of any amendments to a booking.

WHAT TO WEAR

Spa Day Escapes are provided with a robe and towel for use during the day. We recommend that you bring along swimwear, gym wear and flip flops.

Robes are not provided for individual treatment guests, however you will have the privacy of the treatment room before your treatment commences to change.

Robes and slippers are provided within the bedroom for hotel residents to use within the Spa.

GIFT VOUCHERS

You can purchase Spa gift vouchers from our website: www.matfenhall.com or at Spa Reception; 01661 855 725
email: aquavitae_treatments@matfenhall.com

We offer a range of Day Escape experiences and treatments, or monetary vouchers, which can make ideal gifts for someone special.

All vouchers are valid for 12 months unless stated otherwise.

Please contact Spa Reception for further information; 01661 855 725

MEDICAL

It may be necessary to adapt or change a treatment due to existing medical conditions. Please notify us of any medical condition or disability that may affect your treatment application. We require a Doctors medical note for specific conditions.

ARRIVAL

Spa Day Escapes arrive at Aqua Vitae Reception from 9am. You will be required to fill out a health questionnaire and be given a full tour and explanation of the facilities.

Please arrive at least 45 minutes prior to your treatment time to allow for this process to take place.

Please check in at Treatment Reception 15 minutes before an appointment time. Please note if you arrive late it may be necessary to cancel or reduce your therapy time for the consideration of other guests.

CHILDREN

With the exception of hand and nail treatments, treatments cannot be performed on any person under the age of 16 years. They must be accompanied by an adult at all times. We operate strict policies regarding access to the leisure facilities for persons under the age of 16 years. We do have selected children's swim times please contact Aqua Vitae Spa for further information 01661 855 710.

SPA FACILITY ACCESS

Is only permitted for Spa Members, residential guests and Spa Day Escapes.

AQUA VITAE GYM AND FITNESS

All residential guests and Spa Day guests have full access to our Techno gym.

We do offer a range of fitness classes, which can be attended at an additional charge. Reservation for these classes can be made 5 days prior to your visit. For further information contact Aqua Vitae Leisure Reception- 01661 855 710

We do offer Aqua Classes which are carried out in the swimming pool on selected days, please contact Spa Reception for details:
Telephone: 01661 855 725

The information given in Matfen Hall literature is printed and distributed with the utmost care, however there may be occasions where advertised treatments & facilities are not available or recommended. In such cases we reserve the right to amend, cancel or withhold such treatments without prior notice.



Aqua Vitae, Matten Hall, Matten Village, Newcastle upon Tyne, NE20 0RH Telephone: 01661 855 725

Email: aquavitae@matfenhall.com Discover more at www.mattenhall.com

