



# 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;
- Bistro café providing seasonal menus using locally sourced products;
- 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. You may wish to intensify your treatment by adding hot volcanic stones, the heat can be both deeply relaxing and help warm up tight muscles so your therapist can work deeper.

**Full Body, Face & Scalp** (1h 25 mins) **£87**

**Full Body Massage** (55 mins) **£56**

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

**Tranquil 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 seasonal salt scrub which will remove dead skin cells and leave the skin soft and revitalised after showering. We will then apply warm oils to lock in the essential oils to nourish the skin. You will then enjoy a New Leaf Facial leaving the skin moisturised and glowing.

**The New Leaf Duo** (55 mins) **£49**

A back, neck and shoulder massage will help ease muscle stiffness and increase circulation using hot volcanic stones. Along with a refreshing New Leaf Facial which will leave the skin feeling soft with an illuminating glow.

**New Leaf Skin Booster Facial** (25 mins) **£30**

This treatment is perfect to nourish and hydrate the face, using natural products suitable to both female and male skin types. While you rest with a facial mask enjoy a scalp or shoulder massage.

**New Leaf Illuminating Facial** (55 mins) **£45**

Relax whilst enjoying a 55 minute facial leaving this skin illuminated and refreshed. The facial is uniquely designed for maximum results. While you rest with a facial mask enjoy a scalp or shoulder massage.

## ELEMIS FACIAL TREATMENTS

All treatments are carried out with ELEMIS products.

### Sensitive Skin Soother (55 mins) £60

Pure soothing heaven for sensitive skins. Gentle massage techniques combined with anti-inflammatory active products help to rebalance delicate and sensitive complexions. This facial treatment helps to relieve redness whilst offering comfort to irritated skin.

### Anti-Blemish, Mattify & Calm (55 mins) £60

Purifies a problematic or congested skin and aids a clearer complexion. This treatment works specifically to help absorb excess oil whilst regulating the skin. You will feel completely rebalanced, leaving a calm and beautifully matt skin.

### Dynamic Resurfacing Precision Peel (55 mins) £60

Peel away the years for a smoother, more radiant skin. Clinically proven to resurface the skin by up to 75% and increase skin smoothness by 32% after just one treatment. This unique facial uses precision layering of enzymes which stimulate and accelerate the exfoliation process. Superficial scarring, blemishes and fine lines are reduced to reveal brighter, younger looking skin.

### Superfood Pro-Radiance (55 mins) £60

Revives dull, stressed skin and restores radiance - the perfect pre-occasion treatment. This anti-ageing face and eye treatment instantly firms, rejuvenates and plumps the skin. Clinically proven to increase moisture levels by up to 61% and elasticity by up to 40% after just one treatment.

### Pro-Collagen Age Defy (55 mins) £60

Experience the ultimate in scientific skin therapy, with this advanced anti-ageing facial. Specialised lifting massage techniques along with Elemis ingredients help to protect against the signs of ageing. Clinically proven to reduce the number of wrinkles by 94% and improve skin firmness by 57% after just one treatment.

### High Performance Skin Energiser for Men (55 mins) £60

This super grooming, deep cleansing facial works to decongest and defend the skin. A combination of fast acting therapeutic ingredients and dynamic massage sequences help to reduce sensitivity. This provides long lasting defence against daily damaging effects. Your skin will be visibly clearer and feel squeaky clean.

## ELEMIS BODY TREATMENTS

All treatments are carried out with ELEMIS products.

### Couture Touch (55 mins) £65

Experience the ultimate Elemis duo; a sensational hot stone massage combined with a prescriptive anti-ageing facial. Designed as an all over body experience. A 30 minute hot stone massage on the back of the body eases away all aches and pains. This leads into a personally prescribed booster facial, leaving you fully restored and rejuvenated.

### Peaceful Pregnancy Massage (1h 10 mins) £65

A unique massage created and tailored for pregnancy. This gently nurturing, award winning therapy has been specifically formulated for a deeply relaxing massage for mothers-to-be. Helps relieve back tension, swollen hands and feet, eases the mind and lifts the spirits.

**\*Please be advised this treatment is only suitable for second and third trimesters.**

### Peaceful Pregnancy Face & Body Experience (2h 10 mins) £115

The ultimate relaxation and wellbeing treatment which leaves you glowing from top to toe.

A combination of nourishing face and body treatments that tend to your unique and specific requirements as a mother-to-be.

An intuitive treatment that intensely hydrates your skin which is constantly expanding to accommodate a growing baby.

**\*Please be advised this treatment is only suitable for second and third trimesters.**

## BEAUTY ESSENTIALS

### WAXING

Full Leg (40 mins) £26 + Bikini (55 mins) £34

Half Leg (25 mins) £20 + Bikini (40 mins) £28

Underarm (25 mins) £15 + Bikini (40 mins) £24

Eye Brow (15 mins) £10 + Lip / Chin (25 mins) £20

Back or Chest (45 mins) £26

Bikini various (from 25 mins) £15

Lip or Chin (15 mins) £10

Lip and Chin (25 mins) £15

### FOR YOUR EYES ONLY

Eye Brow Tint (15 mins) £8 + Eye Brow Wax (25 mins) £18

Eyelash Tint (25 mins) £12 + Eye Brow Wax (45 mins) £22.50

Eye Brow & Eyelash Tint (25 mins) £15 + Eye Brow Wax (45 mins) £25

Party Lashes (25 mins) £25 + Eyelash Tint (45 mins) £30

### TINT AND PARTY LASHES

All must have a patch test 24-48 hours prior to treatment

Spray Tan (25 mins) £25

### MII MAKE-UP

Mini Mii Makeover - Choose your focus:

Complexion, Eyes or Lips (30 mins) £25

Full Face Makeover (55 mins) £30

Bridal Trial (55 mins) £35

Bridal Make-Up (55 mins) £40 + Party Lashes £45

## JESSICA PRESCRIPTIVE MANICURE OR PEDICURE

(55 mins) £35

Add a gel overlay (30 mins) £10

Nails are analysed and treated for their specific type. Jessica prescriptive hand or foot treatments include: 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) £20

Cuticles are tidied and cared for, then nails shaped to your requirements before applying a Jessica Geleration nail polish.

Please be advised, removal of gel will be £10.

## GENTLEMAN'S CLUB HAND OR FOOT NAIL CARE

(45 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, calloused skin. Completed with relaxing massage using specially formulated conditioning creams.





## DAY SPA PACKAGES

### ALL DAY SPA PACKAGES INCLUDE:

ACCESS 9AM - 4PM | A WELCOME DRINK | LUNCH IN THE SPA  
COMPLIMENTARY ROBE & TOWEL | FULL USE OF ALL SPA & GYM FACILITIES

#### TRANQUIL TIME OUT

**£85 PER PERSON**

Sunday to Friday

One 55 minute treatment, choose either:  
New Leaf  
Full Body Exfoliation or an  
Elemis prescriptive Facial

*Treatments can be upgraded to a Hot Stone Full Body Massage for £20 per person*

#### SANCTUARY SPA EXPERIENCE

**£105 PER PERSON**

Sunday to Friday

One 55 minute treatment, choose from:  
New Leaf Chocolate Ritual,  
New Leaf Full Exfoliation or an  
Elemis Prescriptive Facial

and one 25 minute treatment, choose from:  
Serene Scalp Sensation or  
File and polish  
(fingers or toes)

#### DELUXE ESCAPE

**£125 PER PERSON**

Sunday to Friday

One 55 minute treatment, choose from:  
Elemis Couture Touch, Prescriptive  
Manicure/Pedicure or an Elemis Prescriptive  
Facial and one 25 minute treatment,  
choose from: New Leaf Skin Booster Facial,  
New Leaf Back, Neck & Shoulder massage,  
New Leaf Serene Scalp massage

Glass of bucks fizz with lunch

**20% discount off  
any additional pre-booked treatments**

#### BABY BLOSSOM

**£85 PER PERSON**

Sunday to Friday

Elemis peaceful pregnancy massage.  
A unique massage created and tailored for pregnancy!

*Upgrade this package to include a Prescriptive Manicure or Pedicure for £25*

Please be advised this treatment is only suitable for second and third trimesters

#### LADY OF LEISURE

**£55 PER PERSON**

Monday to Friday

Spa access from 9am-1pm

One 25 minute New Leaf treatment, choose from:  
Skin Booster Facial,  
Full Body Exfoliation,  
Scalp massage or File & polish on fingers/toes.  
Cream Tea included

#### RIDE & RELAX £45 PER PERSON

Enjoy a fantastic 60 minute trek through the forest and local attractions with the Coloured Cob Equestrian Centre. Afterwards continue on to our New Leaf Spa for full relaxation and use of all the facilities. Cream Tea included.

**Choose between morning, afternoon or evening.**  
*Upgrade with a Back, Neck & Shoulder Massage for just £20 per person.*  
**Receive 10% discount off in pre-booked treatments**

#### SPA BY CANDLELIGHT £55 PER PERSON

Spa Access from 5pm-9pm

**Grazing board & slice of cake included**  
One 25 minute New Leaf treatment, choose from:  
Back, Neck & Shoulder massage or Skin Booster Facial  
*Treatments can be upgraded to a Full Body Massage or Elemis Facial for £15 per person.*  
**Upgrade to a Hot Stone Massage for £20 per person**

#### SHERWOOD EVENING RETREAT

**£39 PER PERSON**

Spa access from 5pm-9pm

Grazing board and slice of cake included  
**Receive 10% discount off in pre-booked treatments**



## 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



# THE NEW LEAF SPA

MUTHU CLUMBER PARK HOTEL

BLYTH ROAD | WORKSOP | NOTTINGHAMSHIRE | S80 3PA

T HOTEL: 01623 835333 | T SPA: 01623 867032

E: CPH.RESERVATIONS@MUTHUHOTELS.COM

WWW.CLUMBERPARKHOTEL.COM

FACEBOOK: THENEWLEAFSPA

**POETRY**  
*Beauty Starts with the Soul*

**MGM**  
MUTHU HOTELS

WWW.MUTHUHOTELS.COM