



welcome to wellness

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at  
MERCURE BLACKBURN  
DUNKENHALGH HOTEL & SPA

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Swimming Pool Rules & Etiquette

xtreme



## OUR PHILOSOPHY

At Spa Naturel Dunkenhalgh, we are dedicated to putting your wellbeing at the heart of everything we do. We've created a relaxing space to escape the everyday and find a moment of pure tranquillity, helping you to unwind, de-stress and feel totally refreshed. We do this by infusing quality through every decision we make. We treat each member and every guest as individuals.

We're passionate about personalising our service at every point, from tailoring our consultations to ensuring that every treatment is unique for you.

Here at Spa Naturel Dunkenhalgh how we do anything, is how we do everything.

# ishga

Organic Seaweed Skincare

The name ishga is derived from the Gaelic word for water. The pure, clean waters of the Hebridean Islands off the North West coast of Scotland is home to ishga, and where we sustainably hand harvest the seaweed that's at the heart of our skincare.

Hebridean seaweed contains natural antioxidants with properties which transform and protect the skin.







## ishga FACIAL TREATMENTS

### ishga Anti-Ageing Facial

60 mins - £85

Using our rich Marine Cleansing Balm packed with hydrating fatty acids and a lifting and firming face and eye mask to tighten and tone the skin. The high content of seaweed extract in the products used is scientifically proven to preserve the skin's natural collagen, with powerful anti-ageing properties that repair damaged skin cells which results in smoothing fine lines and wrinkles. Includes an exfoliating mask and scalp massage to complete the experience.

### Men's ishga Facial

50 mins - £70

ishga men's products are designed to detox and draw impurities from the skin whilst stimulating collagen production and combat signs of ageing. This treatment will include an exfoliating mask and scalp massage; we will cleanse, tone and moisturise the skin before applying a gel face and eye mask; this revitalises and hydrates skin, leaving a protective layer to prevent environmental damage. Great for outdoors, sports or harsh weather conditions.

### ishga Facial

50 mins - £70

A rejuvenating facial designed to revitalise and repair. Suitable for all skin types, even sensitive. It is particularly useful for brightening dull, tired skin and balances skin tone and texture, protecting the skin from environmental damage. This treatment will cleanse, tone, exfoliate the skin before a gel mask to moisturise the skin; this treatment will leave your full face revitalised and hydrated. Includes an exfoliating mask and scalp massage.

### ishga Express Facial

25 mins - £50

A cleanse, tone and exfoliating mask with a relaxing scalp massage and ishga's finishing products to hydrate, balance and firm the skin. Your skin will be left visibly glowing.

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*Suitable for all skin types and safe from the first trimester of pregnancy.*

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# ishga BODY TREATMENTS

## ishga Body Brush & Polish

25 mins – £50

Dry brushing is a light exfoliation treatment that stimulates the body of detoxification because it provides a gentle internal massage, finished with an ishga full body polishing moisturiser to leave your skin feeling soft and glowing.

## ishga Salt & Oil Scrub

25 mins – £50

An invigorating express full body treatment. Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

## ishga Marine Back Treatment

50 mins – £70

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a back cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A massage of the back and back of legs is also included to leave you feeling deeply relaxed.

## ishga Detox Body Wrap

50 mins – £75

A powerfully detoxifying Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone and texture, increase circulation and detoxifying congestion from the body.

## ishga Nourishing Body Wrap

50 mins – £75

Combining a hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium to remove dull, tired skin followed by a cocoon of our nourishing gel body mask which soothes, cools, hydrates and tones even the driest, sensitive skins. A warmed geranium oil scalp massage completes the experience.

## ishga Face and Body Experience

50 mins – £100

The treatment starts with a medium pressure back massage combining a powerful detoxing seaweed body oil with lemongrass, juniper and rose geranium. It is designed to be invigorating but equally relaxing, with a focus on removing tension to re-energise the body. The seaweed body oil regenerates, firms, tones the skin and is particularly useful for eliminating toxins. To conclude, the focus moves to the face combining cleansing, exfoliation, tone and moisturise using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits. While the products do their work, enjoy a scalp massage to complete the experience.





# ishga MASSAGES

## ishga Aromatherapy Massage

*ishga Back, Neck and Shoulder massage / 25 mins - £55*

*ishga Full Body massage / 50 mins - £80*

A medium pressure body massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension and re-energise the body. Created to alleviate stress and release the discomfort of aching muscles, whether through fatigue or stress, essential oils work with your body to release localised areas of tension. Your mind will be left feeling less cluttered, and your muscles intensely relaxed.

Choose your oil from:

### *ishga Invigorating*

An uplifting, detoxifying seaweed body oil with lemongrass, juniper, lavender and rose geranium. Particularly useful for improving fatigue and eliminating toxins.

### *ishga Relaxing*

The luxurious scent of nurturing rose geranium to aid stress relief, relax, soothe and balance a tired mind and body. A silky base of sweet almond and jojoba oil to hydrate and tone skin.

### *ishga Warming*

A comforting, woody oil containing patchouli, bergamot and sandalwood. Ideal for muscular aches, nervous tension and insomnia.

## ishga Moment Of Tranquillity Scalp Massage

*25 mins £50*

Intensely de-stressing scalp treatment to banish tension and aid restful sleep. Power point massage includes Essential Oils to invigorate and calm, leaving a feeling of pure serenity.

## ishga Hot Stone Massage

*Back, Neck and Shoulder massage / 25 mins - £60*

*Full Body massage / 50 mins - £85*

A full body massage incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones work to relax the mind, ease muscle tension, reduce aches and pains. A seaweed based oil with lemongrass, lavender and juniper will detoxify and regenerate the skin.

## ishga Men's Stress Reliever Massage

*50 mins - £80*

An invigorating full body treatment combined with scalp massage. A medium pressure massage designed to detox and balance the body whilst removing any areas of muscular tension and stress. The seaweed based oil nourishes and protects the skin with a masculine sandalwood and patchouli aroma.

## ishga Deep Tissue

*Back, Neck and Shoulder massage / 25 mins - £65*

*Tailored Deep Tissue / 50 mins - £90*

Created to alleviate stress and release the discomfort of aching muscles, whether through fatigue or stress, essential oils work with your body to release localised areas of tension.

## ishga Pregnancy Massage

*60 mins - £90*

A blissful experience for both mum and baby. Slow soothing massage techniques are used to calm and alleviate any aches and stresses associated with pregnancy. For mothers to be, over 12 weeks.





## ishga HANDS & FEET TREATMENTS

### ishga Hand Recovery

25 mins - £45

A Hebridean sea salt and oil scrub, sweeping away dull, dry skin leaving the skin nourished and glowing with a relaxing hand massage and a cooling, detoxifying mask.

### ishga Foot Recovery

25 mins - £45

A Hebridean sea salt and oil scrub, sweeping away dull, dry skin leaving the skin nourished and glowing with a relaxing foot massage and a cooling, detoxifying mask.

### ishga Luxurious Seaweed Hand Treatment

50 mins - £70

A detoxifying Seaweed treatment to rejuvenate tired hands and leave skin silky smooth. A luxury hand treatment. Begins with a soothing hand bath filled with a blend of sea salt and pure essential oils followed by a hand scrub with nutrient rich salts and oils, and a relaxing hand and arm massage. A detoxifying seaweed gel mask will be applied followed by nails shaped, cuticles conditioned and finished with a strengthening clear base coat.

### ishga Luxurious Seaweed Foot Treatment

50 mins - £70

A detoxifying Seaweed treatment to rejuvenate tired feet or hands and leave skin silky smooth. A luxury foot treatment. Begins with a soothing foot bath filled with a blend of sea salt and pure essential oils followed by a foot scrub with nutrient rich salts and oils, and a relaxing lower leg and foot massage. A detoxifying seaweed gel mask will be applied followed by nails shaped, cuticles conditioned and finished with a strengthening clear base coat.

# BODY CARE

## **Wax Smooth**

Eyebrow £15

Upper lip £15

Chin £15

Lip and chin £20

Half leg £25

Full leg £35

Full leg and bikini £38

Standard Bikini £20

Forearm £20

Full arm £30

Underarm £15

## **Men's Wax Smooth**

Men - Eyebrow £15

Men - back £30

Men - chest £30

Men - back and shoulders £40

*For waxing Treatments we would usually recommend the hair is around 3-5mm, about the length of a grain of rice. With shorter hairs it can be difficult to get a complete finish.*

## **Eye Enhancements**

All tinting appointments require a patch test 24hrs prior.

### **Eyebrow tint**

15mins - £12

Eyebrow tinting is a technique used to semi-permanently colour brow hairs.

### **Eyelash tint**

25 mins - £20

A lash tint can add that much-needed drama to your eyes. Think of them as a happy medium between mascara and extensions.

### **Eyelash and brow tint**

35mins - £26

A lash tint to enhance eyes and a brow tint to compliment and frame the face.

## TREATMENT ENHANCERS

Take your treatment experience further by adding one of our luxurious treatment enhancers, creating a bespoke package perfect for you.

### **Spa Ritual 10 minutes - £15**

*This treatment enhancement can be added onto any existing treatment.*

Relax as our therapists exfoliate and massage your feet and lower legs, with a blend of sea salt and aromatherapy oils. The sequence of movement's kick-starts circulation, facilitates drainage of toxins and relaxes the mind and body.

### **Spa Brush-up 10 minutes - £15**

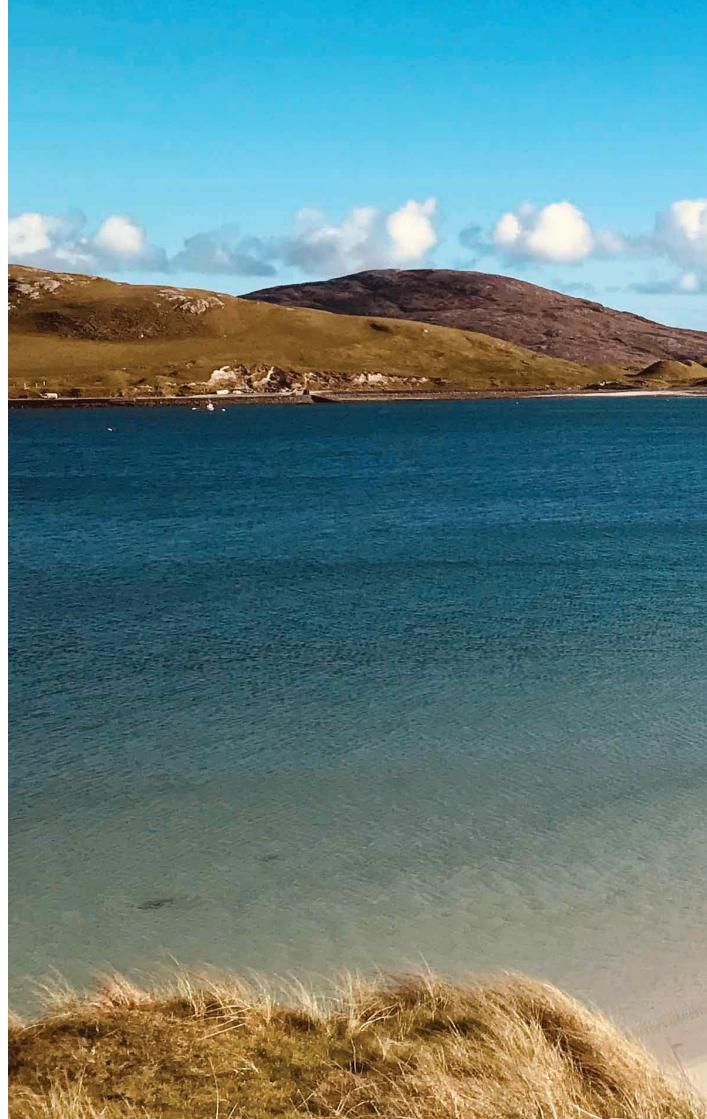
*This treatment enhancement can be added onto any existing Facial or Massage.*

Gentle sweeping strokes using a Dry Body Brush to stimulate the blood and lymphatic circulation to promote the elimination of toxins and reduce cellulite.

### **Mini Scalp Massage 10 minutes - £15**

*This treatment enhancement can be added onto any existing Facial or Massage excluding Moment of Tranquillity scalp.*

Using signature massage moves this treatment enhancer helps banish tension and aid sleep, leaving you feeling relaxed and intensely de-stressed.





## SPA DAY PACKAGES

Enjoy one of our relaxing Spa Day packages, these each come with full access to the Spa facilities, a fluffy robe bundle, welcome fruit juice on arrival and a £10 skincare voucher each to take that perfect gift home with you. You'll leave feeling de-stressed, relaxed and refreshed.

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### Complete Relaxation Afternoon Tea & Fizz Spa Day

Mon-Fri £135pp · Sat-Sun £155pp

Your full day of pure pampering will include:

- Full Day Spa access 9:45am – 18:00pm
- Prosecco Afternoon tea served in the hotel/spa lounge
- Two x 50-minute treatments from pages 17-18
- Should you wish to upgrade one of your treatments to one of our bespoke 50 minute treatments, there is an option to do so upon booking from £10pp

### Indulge Yourself Spa Day

Mon-Fri £89pp · Sat-Sun £109pp

Your day of relaxation will include:

- Full Spa access from 10:00am – 18:00pm
- Light Spa lunch served in the hotel/Spa lounge
- One x 50 minute treatment from pages 17-18
- Should you wish to upgrade your treatment to one of our bespoke 50 minute treatments, there is an option to do so upon booking from £10pp

### Express Rebalance Spa Session

Mon-Fri £59pp · Sat-Sun £79pp

Your half day spa session will include:

- 3 hours spa access either; choose either Morning 9:30am-13:30pm) or (Afternoon 13:30pm-17:30pm)
- One x 25-minute treatment from pages 19-20

Should you wish to upgrade your treatment to one of our bespoke 25minute treatments, there is an option to do so upon booking from £10pp.

### Baby on the Way Pamper Day

Mon-Fri £99 · Sat-Sun £111

Your day of pampering will include:

- Full Spa access from 10:00am – 18:00pm
- Light lunch served in the hotel/spa lounge
- ishga Pre Natal-Massage (50 min)

# 50 MINUTE TREATMENTS

## **ishga Face and Body Experience**

The treatment starts with a medium pressure back massage combining a powerful detoxing seaweed body oil with lemongrass, juniper and rose geranium. It is designed to be invigorating but equally relaxing, with a focus on removing tension to re-energise the body. The seaweed body oil regenerates, firms, tones the skin and is particularly useful for eliminating toxins. To conclude, the focus moves to the face combining cleansing, exfoliation, tone and moisturise using a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits. While the products do their work, enjoy a scalp massage to complete the experience.

## **ishga Luxurious Seaweed Foot or Hand Experience**

A detoxifying Seaweed treatment to rejuvenate tired feet or hands and leave skin silky smooth. A luxury hand or foot treatment. Beginning with a soothing foot or hand bath filled with a blend of sea salt and pure essential oils followed by a foot or hand scrub with nutrient rich salts and oils. A detoxifying seaweed gel mask will be applied with a relaxing lower leg/arm and foot/hand massage. Followed by nails shaped, cuticles conditioned and finished with a clear strengthening basecoat.

## **Men's ishga Facial**

The ishga men's products are designed to detox and draw impurities from the skin whilst stimulating collagen production and combat signs of ageing. This treatment will including an exfoliating mask and scalp massage, we will cleanse, tone and moisturise the skin this will be revitalised and hydrated leaving a protective layer to prevent environmental damage. Great for outdoors, sports or harsh weather conditions.

## **ishga Facial**

A rejuvenating facial designed to revitalise and repair. Suitable for all skin types, even sensitive. It is particularly useful for brightening dull, tired skin and balances skin tone and texture, protecting the skin from environmental damage. This treatment will cleanse, tone, exfoliate the skin before a gel mask to moisturise the skin, this treatment will leave your full face revitalised and hydrated. Includes an exfoliating mask and scalp massage to complete the experience.

## **Marine Back Treatment**

The ultimate back facial designed to rejuvenate and exfoliate, while treating any congestion to reveal a brighter and smoother skin. Beginning with a back cleanse, tone and exfoliation, a powerful heated seaweed clay mask is applied to clarify and soften the skin while providing a deep moisturising treatment. Ideal for skin concerns such as acne on the back, dryness or skin conditions and for muscular aches and pains. A massage of the back and back of legs is also included to leave you feeling deeply relaxed.

## 50 MINUTE TREATMENTS Upgrades

### **ishga Invigorating Body Wrap £10 Upgrade fee**

A powerfully detoxifying Hebridean sea salt and oil scrub with body wrap. This combines the detoxifying and nourishing effect of the purest seaweed gel with the stimulating and hydrating properties of the scrub. The treatment is designed to eliminate toxins, reduce cellulite, boost energy and improve skin tone and texture, increase circulation and detoxifying congestion from the body, leaving you feeling completely invigorated.\*

### **ishga Hebridean Dreams £10 Upgrade fee**

Starting with a full body Hebridean sea salt and oil scrub which gently exfoliates, sweeping away dull, dry skin. An invigorating treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing. To conclude, the focus moves to the face beginning with a cleanse and tone, and exfoliation, whilst your exfoliating mask is working its magic, you will enjoy an intensely de-stressing mini scalp massage followed by ishga's finishing products containing a powerful blend of organic seaweed high in antioxidants and anti-ageing benefits for a full face and head pampering to hydrate, balance and firm the skin.\*

### **ishga Back, Neck, Shoulder & Scalp Massage £10 Upgrade fee**

Let your therapist pick the perfect blended oil, and let you slip away in complete tranquillity and relaxation. Followed by an intensely de-stressing scalp massage to banish tension and aid restful sleep.\*

### **Hot stone Back, Neck, Shoulder & Scalp Massage £15 Upgrade fee**

Upgrade your back, neck and shoulder massage to a divine hot stone massage. The unique way to relax tight muscles and release stress and tension. Followed by an intensely de-stressing scalp massage treatment to banish tension and aid restful sleep.\*

### **Hot Stone Back, Neck & Shoulder Massage and ishga Express Facial £15 Upgrade fee**

Incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones work to relax the mind, ease muscle tension, and reduce aches and pains. Followed by an ishga facial, a cleanse, tone and exfoliating mask with relaxing scalp massage and ishga's finishing products to hydrate, balance and firm the skin particularly useful for brightening dull, tired skin.\*\*

*\*Cannot be selected alongside the marine back treatment in the complete relaxation package*

*\*\*Cannot be selected alongside the Ishga face & body treatment*

All upgrades must be pre-booked & pre-paid prior to arrival to guarantee availability.

# 25min TREATMENTS

## **ishga Express Facial**

Whilst your exfoliating mask is working it's magic, you will enjoy an intensely de-stressing mini scalp massage followed by ishga's finishing products for a full face and head pampering to hydrate, balance and firm the skin.

## **Moment of Tranquillity**

Intensely de-stressing pressure point scalp massage treatment, aims to banish tension and aid restful sleep. Using ishga Essential Oils to invigorate and calm, leaving a feeling of pure serenity.

## **ishga Sea Salt & Oil Scrub**

An invigorating express full body treatment. Hebridean sea salt and oil scrub gently exfoliates, sweeping away dull, dry skin. An invigorating express treatment to stimulate circulation, eliminate toxins and leave the skin nourished and glowing.

## **ishga Body Brush & Polish**

Gentle sweeping strokes simulate circulation to promote the elimination of toxins to reduce cellulite and exfoliate the skin. Finished with a full body polish to leave you feeling soft and glowing.

## **Hand Recovery**

A Hebridean sea salt and oil scrub, sweeping away dull, dry skin leaving the skin nourished and glowing with a relaxing hand massage and a cooling, detoxifying mask.

## **Foot Recovery**

A Hebridean sea salt and oil scrub, sweeping away dull, dry skin leaving the skin nourished and glowing with a relaxing foot massage and a cooling, detoxifying mask.

# UPGRADES

## **ishga Back, Neck & Shoulder Massage**

*£10 Upgrade fee*

A medium pressure body massage combining relaxing elements of aromatherapy massage, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension and re-energise the body.

## **Hot Stone Back, Neck & Shoulder Massage**

*£15 Upgrade fee*

Incorporating heated Basalt stones which instantly relax the muscles, allowing the treatment to work at a deeper level. Hot stones work to relax the mind, ease muscle tension, and reduce aches and pains.

## **ishga Foot & Leg Massage**

*£10 Upgrade fee*

This Swedish massage drains, stimulates and revitalises. Relaxing essential oils help to lighten and ease heavy, aching muscles. You will be walking on air following your treatment.

*All upgrades must be pre-booked and pre-paid prior to arrival to guarantee availability.*



# TERMS & CONDITIONS

## Spa Medical Consultation

Your health and wellbeing is our primary concern, therefore if you are currently pregnant, have any allergens, have a heart disorder, have a diagnosed medical condition or are taking any prescribed drugs, please let us know in advance. A full consultation will be completed with you on arrival but if you are aware of any contra-indications your chosen treatment may need to be changed.

## Pregnancy

- Please note that we do not offer massage or body treatments for ladies who are 1-13 weeks pregnant, our facials are completely safe from the first trimester.
- From 13 weeks we offer a range of specialised luxury pregnancy body and massage treatments. If you need any further guidance, please ask a member of the Spa Team
- Pregnant ladies are strongly advised against the use of the sauna and steam room

## Children

- Our Spa Treatments, Spa Day and Overnight Spa Packages can only be booked for guests 18yrs+
- Children 17 years and under are not permitted to attend on a package, to use the spa facilities, treatment and relaxation rooms or to have treatments
- Children under 16 are not permitted to use the gym, sauna, steam room or spa baths

## Booking A Treatment Or Spa Day

- Via our website [www.spanaturelfitness.com](http://www.spanaturelfitness.com) or email and call us directly on 01254303450 – [blackburn@spanaturelfitness.club](mailto:blackburn@spanaturelfitness.club)
- Full pre-payment is required at time of booking for all individual treatments and is non-refundable
- All treatment times are subject to availability
- Treatment bookings made via the Spa website are confirmed by email for your chosen time and date

## Spa day payment

- Full pre-payment is required at time of booking for all Spa Day packages and is non-refundable
- Spa day treatment times will be allocated between your Spa Access times within your package and will be confirmed to you prior to arrival.
- All spa day and treatment times are subject to availability
- Spa day bookings made via the Spa website are confirmed by email for your chosen date and the spa will contact you to arrange your treatment times within 24 hours of payment.

## Method of payment

- Fees are inclusive of VAT on treatments as listed
- Extra treatments will be charged at the applicable rates.
- Pre-booked additional treatments will be charged at the applicable rates on the date of booking
- We accept all major credit cards
- Gift vouchers must be redeemed at time of payment.
- We apologise that we are currently unable to take gift vouchers as a method of payment for an on-line booking. To book with a gift voucher please call the spa.

## Spa Cancellation Policy

### *Spa treatment cancellation*

- All Spa Bookings are non-refundable, we require a minimum of 48 hours' notice to transfer your booking to a new date, under this 100% of the booking value is chargeable. All non-arrivals to be charged 100% of treatment price.

### *Spa day cancellation*

- All Spa Bookings are non-refundable.
- Group Bookings – We require 14 day notice to change the date of groups of 4 people or more. We reserve the right for any bookings with less than 14 days' notice will incur a 100% charge.
- All promotional offers are non-refundable or transferable

## Spa Terms & Conditions

- Spa Naturel fitness reserves the right to alter your treatment times if necessary
- Please note that treatment time includes medical consultation, set up and your chosen treatment
- We request that mobile phones, tablets and pagers are kept on silent or switched off in the spa. We are happy to relay any messages via the Spa reception/No photography is permitted in the changing areas and/or on poolside
- You may be required to remove jewellery for treatments; we advise that you choose to leave jewellery at home
- Mercure Hotel or 3rd leisure will not be liable, under any circumstances whatsoever, for damage, injury or consequential loss, however caused, to our customers, their property and belongings unless it is solely due to the negligence of the Company, its employees or agents
- Offers cannot be used in conjunction with one another and are subject to availability
- We advise guests to consider insurance to cover the cancellation of their spa treatments/spa day.
- Please note guests suffering from any heart conditions, high blood pressure or are pregnant will be unable to use any of our heat experiences



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**MERCURE**  
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