DECLÉOR has dedicated 38 years to researching the science of Aromatherapy. It is this unrivalled expertise, groundbreaking product innovations and advanced professional treatments that has made it the world’s most trusted professional spa brand.

The comprehension of vital energies makes up the foundation of DECLÉOR philosophy. In synergy with the scientific mastery of Essential Oils, it has paved the way for a treatment experience in spas with proven exceptional effectiveness. DECLÉOR understands the body like no one else through the unique back diagnostic massage which combines the conventional massage with the Eastern acupressure techniques. Therefore DECLÉOR focuses on understanding how the body’s external appearance corresponds with their inner health and well-being.

DECLÉOR provides an extensive range of Aroma Face and Body Rituals which address every skincare need and are supported by exceptional professional products carefully created by one of the world’s largest team of dedicated Aromatherapy and Phytotherapy scientists. DECLÉOR uses only the finest grade active ingredients to produce exclusive and exceptional Essential Oils which are at the heart of all the products.

DECLÉOR has created three TECHNIQUES adapted to your every desire. Each one of our treatments features the distinctive DECLÉOR style; a welcoming diagnostic back massage and facial tailored to the specific nature of your skin.
DECLÉOR FACIAL TREATMENTS

DECLÉOR has created three TECHNIQUES adapted to your every desire. Each one of our treatments features the distinctive DECLÉOR style; a welcoming diagnostic back massage and facial tailored to the specific nature of your skin.

Mar Hall Tranquility Floating Facial £85.00 70 mins
Carried out on a warm water filled pillow, feel your body relax as you sink into the pillow and float into a state of relaxation. After cleansing, exfoliating and massage, your masque will be applied. Whilst this is activating, a therapeutic back massage will be carried out as you float away into a dream state.

DECLÉOR Relaxing Aromatic Facial £70.00 55 mins
DECLÉOR uses its own special art of massage to your face. Your therapist will choose from Essential, Purify, Nourish, Soothe, Lift or Radiance to relax the entire face using the treasures of aromatherapy.

DECLÉOR Classic Aromatic Facial £75.00 55 mins
This multi-active, 100% natural treatment is tailored to every skin type. Your therapist selects products to rebalance your skin’s concerns. At the heart of this treatment is a masque that has a truly unique and surprising texture, with linseed, wheat germ and sunflower.
### DECLÉOR FACIAL TREATMENTS

**DECLÉOR Aroma Expert Facial Treatments**  
£85.00  
70 mins  
These targeted treatments provide an expert response to the needs of every skin type. Even the most demanding skin is satisfied. Every Aroma Expert treatment offers a concentrate of highly targeted pure Essential Oils and Plant Extracts.

**Aroma Expert Essential**  
£85.00  
70 mins  
This precision treatment provides an instant and long-term response for thirsty skin.

**Aroma Expert Purify**  
£85.00  
70 mins  
An intensive balancing treatment for oily or combination skin.

**Aroma Expert Nourish**  
£85.00  
70 mins  
A deep nourishing treatment to replenish lost moisture and reinforce the skin’s barrier function.

**Aroma Expert Soothe**  
£85.00  
70 mins  
A wonderful calming treatment to comfort sensitive skin.

**Aroma Expert Lift - Evidence**  
£85.00  
70 mins  
Designed to combat the first visible signs of ageing, this revitalising treatment restores radiance and softens the appearance of expression lines.

**Aroma Expert Lift - Experience**  
£100.00  
85 mins  
Fine lines and wrinkles that become more obvious with age are softened and the skin is flooded with moisture to ensure the complexion appears naturally radiant and youthful.

**DECLÉOR Vital Eyes**  
£55.00  
40 mins  
Keep eyes sparkling and slow the signs of time, stress and fatigue with this incredibly relaxing and targeted treatment. Eyes become clearer, fine lines and wrinkles are smoothed, and shadows and puffiness are eliminated.
EXPRESS TREATMENTS

DECLÉOR Aroma Back Relief £40.00 25 mins
Vulnerable areas of the back, neck and shoulders, where tension immediately accumulates are instantly relaxed. Stresses are dissolved with exfoliation, deep massage and hot towels.

DECLÉOR Aroma Time Precious Facial £40.00 25 mins
A perfect way to taste the world renowned DECLÉOR facials, enjoy all the benefits of one of the most powerful ingredients, essential oil.

DECLÉOR Tranquility Scalp Massage £40.00 25 mins
Drift into a deep relaxation with this sublimely calming massage. All traces of tension are gently eased from scalp, neck and shoulders, and soothing essential oils enhance the calming experience.

Shirodhara Treatment £45.00 25 mins
This treatment works on your main chakra point, your third eye. This chakra is the centre of intuition, imagination and perception. When this chakra is balanced you will feel strong intuition, a connection to oneself and feel mentally fit. The shirodhara is a continuous stream of warm oil which is poured onto the third eye to achieve deep relaxation and produce a state of balance and calm. This is then followed by a relaxing scalp massage to take you to an ultimate state of relaxation.

DECLÉOR Aroma Foot Relief £40.00 25 mins
Hot towels impregnated with essential oils relax the feet and lower legs before a stimulating warm massage balm is applied with a unique reflex point massage. Feet and lower legs are immediately relaxed, circulation is stimulated and excess fluids are dispersed, leaving your feet feeling fresh and light.

File & Polish £30.00 25 mins
DECLÉOR BODY TREATMENTS

DECLÉOR Aroma Full Body Massage £75.00 55 mins
The Art of Absolute Wellbeing £100.00 85 mins
Chose from Relax, Detox, Flow or Tonic

Every bit of tension is eased from your body with this heavenly massage. Your skin is treated to the incredibly smoothing sensation of a warm aromatic balm.

DECLÉOR Aroma Body Envelopments £88.00 55 mins
A True Cocoon of Effectiveness

Aroma Detox Envelopment
Essential oils and marine algae, rich in minerals, break down fatty deposits, drain toxins and eliminate excess water retention.

Aroma Relax Envelopment
After a gentle exfoliation, warm aromatic relax balm is smoothed over the entire body followed by a sumptuous creamy masque leaving soft and silky skin.

Aroma Flow Envelopment
A refreshing and energising treatment to eliminate toxins and remove excess fluid.

Aroma Tonic Envelopment
Instantly increases skin’s radiance with a unique blend of toning, firming and anti-ageing ingredients.

DECLÉOR Aroma Body Silk Glistener £65.00 40 mins
Radiant, bright and petal soft - your skin will glisten with health and vitality after this natural exfoliation treatment. This is the ultimate skin enhancer.
DECLÉOR BODY TREATMENTS

DECLÉOR Perfect Anti-Cellulite Treatment £75.00 55 mins
Blitz cellulite with this ultra-smoothing targeted treatment. Thighs, hips and bottom are noticeably refined even after one treatment.

DECLÉOR Sumptuous Mother-To-Be Treatment £120.00 85 mins
This nurturing treatment will help to preserve the tone of your skin, reducing the risk of stretch marks, lighten your legs and brighten your complexion, to ensure you look as radiant as you feel.

Swedish Massage £70.00 55 mins £100.00 85 mins
A personalised massage experience to create the perfect massage for you. Depending on your needs we have different massage time frames to suit the individual. The style of massage again is up to you. The massage may be invigorating to ease muscular tensions and relieve stress or soothing and nurturing to induce a state of bliss and calm. This indulgent body massage incorporates energy balancing techniques, hot towel compress and warmed body oils.

Aromatherapy Massage £75.00 55 mins
A light pressure body massage using the highest quality of pure plant extracts blended to suit ones individual needs and any particular ailments they have. Whether it may be stress, headaches, aches or pains we will blend your oil suited to your personal needs. This treatment is highly recommended to restore your body’s natural equilibrium and nurture the mind, body and spirit.
DECLÉOR BODY TREATMENTS

Fusion Stone Massage              £75.00   55 mins  £110.00 85 mins

Experience the sensation of a smooth stone massage. Your chosen aroma will encompass the senses, while the sensation of smooth warm stones combined with holistic massage techniques will balance soothe and invigorate the body.

Hydrotherm Massage (Perfect for expectant mothers)     £75.00   55 mins

Discover a new dimension to the nurturing art of massage as your body is cradled on a warm water filled cushion. This is a specialised treatment where the effects of massage, heat and water are combined to soothe and relax, creating a dream like and relaxed state. Excellent in all stages of pregnancy (after the first trimester only) to soothe, relax and aid muscular aches and pains. Please note due to the nature of this massage you must be able to lay flat on the pillow for the duration of this treatment.

Reflexology                        £65.00   55 mins

An ancient holistic therapy performed on the reflex and pressure points of the feet that correspond to pressure points in the body. Through specialised techniques applied to these reflex areas and pressure points, the body’s own healing mechanism is stimulated encouraging the body to come into balance and repair.

Indian Head Massage               £55.00   40 mins

A specialised Ayurvedic head massage based on an ancient healing system to promote relaxation, relieve stress and invigorates the senses. Specific pressure point techniques and massage are carried out on the upper back, scalp and face. These techniques will allow energy to flow freely to the head, increasing alertness and improving concentration. This treatment is ideal for when studying or stressed, to clear the mind. This treatment will also bring balance to your higher chakras which will bring your body back into alignment and soothe the senses.
DECLEOR TREATMENTS FOR MEN

DECLÉOR Intensive Energising Facial Treatment  £85.00  70 mins
The ultimate detoxifying treatment for a clear, pure, fresh skin and a rebalanced, de-stressed complexion, with long-lasting results. DECLÉOR’S specific face masques are selected to suit your personal skin care needs and the results are immediately visible.

Ultimate Relaxer Body Massage  £75.00  55 mins
A deeply relaxing massage treatment to de-stress, release built-in tension and coax skin into better condition. Pure aromatic balm diffuses its relaxing, stimulating, detoxifying and toning benefits deep into your skin whilst expert massage techniques soothe away muscular tension and stiffness.

Golfers Retreat

DECLÉOR Golfers Cleansing Back Treatment  £60.00  40 mins
A unique diagnostic massage combined with deep cleansing, purifying and balancing essential oils, along with a stimulating aromatic masque which will decongest, hydrate and restore.

Golfers Recovery Massage with Exfoliation  £100.00  85 mins
This treatment begins with a full body exfoliation to invigorate the mind and body. Let the aromas clear your mind. A rejuvenating deep tissue back massage is followed incorporating the use of hot stones to release a build up of tension. Enjoy a scalp and foot massage to complete your treatment including the use of energy work to realign and put your body back into balance.
HAND & FOOT TREATMENTS

DECLÉOR Luxury Soft Hands Manicure £65.00 70 mins
This luxurious treatment revitalises your hands by incorporating shaping, exfoliation, cuticle minimising and massage to the hands and lower arm. Hands are visibly softer and smoother. Treatment includes a nail buff or an application of polish.

DECLÉOR Luxury Soft Feet Pedicure £65.00 70 mins
Indulge yourself with this relaxing treatment where the feet are thoroughly pampered. Feel the tension releasing with our unique massage, leaving your feet feeling smooth and revitalised. Your choice of a nail buff or polish application finishes the treatment.

French Finish £5.00

TO FINISH

Tanning Treatments
Fake Bake Spray Tan £25.00
* please note our spray tan application does not include a full body exfoliation

Make Up
Make Up Application £45.00
Bridal Trial £50.00
Bridal Trial & Application on the day £85.00

Waxing
Full Leg £20.00
½ Leg £15.00
Bikini £10.00
Underarm £10.00
Chest Wax £25.00
Back Wax £20.00
Eyebrow Wax £8.00
Upper lip £5.00
Upper Lip and Chin £8.00
Eyebrow, Lip and Chin £12.00

Tinting
Eyelash Tint £15.00
Eyebrow tint £10.00
Eyelash & Eyebrow Tint £20.00
Our Destination Spa features 8 treatment rooms, Relaxation area, 20 metre pool, Sauna, Steam room and fully equipped fitness studio.

Booking
Please call in advance to reserve your preferred appointment and to discuss any special needs or questions you may have. Credit card details will be required to confirm your reservation and 24 hours’ notice if you wish to cancel your appointment or the full cost of your treatment will be charged.

Arrival
Please arrive 15 minutes prior to your appointment to allow yourself time to unwind before your treatment. We feel it is important to offer guests a reliable schedule, therefore treatment times cannot be extended for late arrivals.

Treatments
Please note all treatment times are inclusive of consultation and aftercare.

Bath robes, slippers and towels
Bath robes, slippers and towel are only provided to those guests on spa packages and are not included with all spa treatments unless otherwise stated when booking. Please note only one spa towel per guest is provided.

Facilities
Use of the facilities is not included with spa treatments unless otherwise stated. Spa day passes can be purchased from the main spa reception. Please ask for further details.

Medical Question
Please advise us of any health conditions, allergies, medication or injuries that may affect your choice of spa treatment. Our Spa Team will be happy to discuss any special requirements you may have and advise on which spa treatment will be most suitable to you.

Children
Children under the age of 16 are regretfully not permitted in the Spa Area.

Gift Vouchers
Whatever the occasion, the gift of well-being is only a phone call away. Call us with your credit card details and we will send your chosen recipient a personalised Mar Hall Gift Certificate.

Corporate Packages
We offer companies the opportunity to improve the wellbeing of their staff by investing in a customised corporate package. Please contact us for further information.

Amendments
Mar Hall reserves the right to alter any of the information contained within this document.