

Relax & Unwind

at Mercure Manchester Norton Grange Hotel & Spa

Introducing
JAPANESE
HEAD SPA
TREATMENT

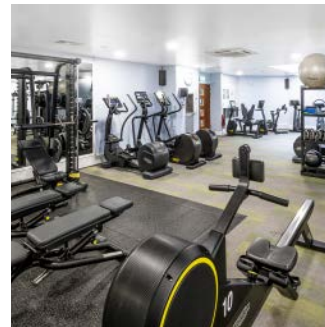
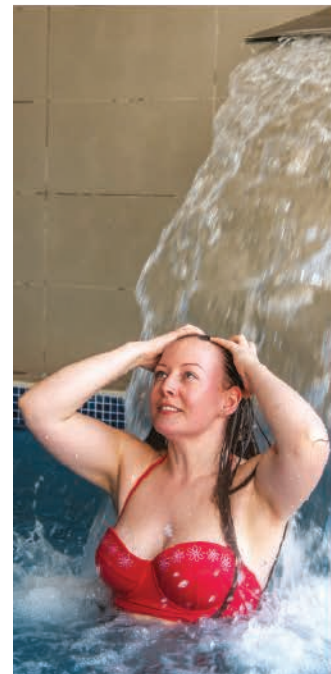
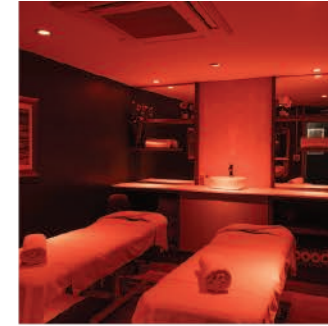
spa
Naturel
fitness

welcome to wellness

YOUR SPA JOURNEY BEGINS HERE...

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At Spa Naturel, we are dedicated to putting your well-being at the core of everything we do. From the moment you arrive you will be met with tranquil countryside – a taste of the bliss that awaits you.

We have created a space to transcend the everyday. To find a moment to relax, disentangle the stresses of life and discover serenity.

We're passionate about you. This passion has been woven into the fibres of every decision we make. So, whether you choose our unique heat and ice experience, or indulge in a luxurious treatment. We have cultivated a paradise that you won't soon forget.



TEMPLESPA

Japanese HEAD TREATMENTS

20% OFF
January 2026
15% OFF
February 2026
10% OFF
March 2026

JAPANESE HEAD
SPA DAY PACKAGE £115

- 50min Head Spa treatment
- Full use of facilities
- Light Bento lunch
- Towel, robe & slipper bundle
- Refreshments

JAPANESE HEAD SPA
WITH EXPRESS FACIAL £160

- 50min Head Spa treatment
- 20min Express Facial
- Full use of facilities
- Light Bento lunch
- Towel, robe & slipper bundle
- Refreshments

JAPANESE HEAD
SPA TREATMENT £95

- 50min Head Spa treatment

ADDED EXTRAS:
Face mask £10
Foot massage £45
with mask and heated boots
Facial £45

Self Applied MUD RASUL



Our Mud Rasul chamber is perfect for sharing with your friends or loved one. Once you have been taken through to this unique facility, which has been specifically designed, you will be left alone to apply a range of muds to your face and body. Once you have applied yourself top to toe in our all natural products, relax in the thermal chamber and let the steam activate to release impurities and cleanse your skin leaving you feeling refined and refreshed. The journey from start to finish will give you a 60 minute experience, inclusive of 30 minutes within the steam room chamber.

Our Mud Rasul Experience is included in our Deluxe Thermal Spa experience or simply upgrade this to any of our treatments or packages for:

Mud Rasul Experience
Two Guests £70.00
Three Guests £90.00
Four Guests £100.00

Opening times
Monday - Friday 9.15am - 7.45pm
Saturday 10.15am - 4.45pm
Sunday 9.15am - 3.15pm
We are equally flexible based on availability

Deluxe Thermal Spa Experience



Let our Thermal Spa facilities help you unwind and relax, featuring:

- 18m Heated Indoor Swimming Pool
- Aroma Steam Room
- Steam Room
- Ice Room
- Rock Sauna
- Bio Sauna
- Hydrotherapy Pool

All of our Thermal Spa experiences are inclusive of Robes, Towels and Slippers and use of our facilities for the full day.

Deluxe Thermal Spa Experience
Inclusive of Lunch and Mud Rasul
(Mon-Thur) £65.00pp
(Fri-Sun) £80.00pp

Twilight Spa Evening
Package Includes:
• Mud Rasul Treatment
• Towel, Robe & Slippers
• Full Use of Facilities
(Mon-Fri) 5-10pm
£50.00pp

TEMPLESPA | CHAMPAGNE & TRUFFLES DELUXE TREATMENT

The Crème de la Crème of Facials

85 minutes £120.00

This treatment is the pinnacle of Skincare. This deluxe facial includes an anti-ageing lifting and sculpting face massage, resurfacing peel, and is finished with an application of the multiple Award-Winning SKIN TRUFFLE. Your skin will be visibly plumper, firmer, more radiant, and glowing. Then you'll be treated to a shoulder & neck massage using warm stones, a hydrating and brightening alginate mask to iron out fine lines and wrinkles followed by rose quartz massage therapy. Simply irresistible results.

TEMPLESPA | ALL ABOUT THE GLOW

Vitamin C Radiance Facial Workout

55 minutes £100.00

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer-feeling & brighter, healthier-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

TEMPLESPA | MY KINDA SKIN

Bespoke Prescription Facial for your Skin Type

55 minutes £90.00

A totally bespoke facial designed to suit your skin type and concerns. We'll analyse, prescribe and tailor a gorgeous facial that will deliver amazing results. To begin with, your skin will be deeply cleansed followed by our signature TEMPLESPA Face & Décolleté Massage. Your skin is then exfoliated, followed by an application of a prescribed treatment mask. Whilst you drift off, your treatment is completed with a choice of a tension-relieving hand & arm massage or a divine scalp massage.

TEMPLESPA | GO GUY | THE MALE EXECUTIVE TREATMENT

Men's Facial for all Skin Types

55 Minutes £80.00

This high-performance men's facial is perfect to refresh, revive and invigorate. Your skin will be revitalised with a deep brush cleanse, followed by a targeted facial massage. Skin is then treated to an exfoliation and an application of a bespoke face mask. Finally enjoy a hot stone neck and shoulder massage to melt away the final traces of tension and stress. Skin is left smoother, softer and hydrated and you are ready to face the world.

TEMPLESPA | THE SKIN SMOOTHIE EXPRESS FACIAL

25 minutes £55.00

Looking for results, like, now? This revitalising facial includes a deep power cleanse, nutritious skin scrub and lymph drainage techniques for rapid turnaround topped off with a Wake-Up scalp massage. Quick, go!



TEMPLESPA | WINDOWS OF THE SOUL

Anti-ageing Eye Treatment

25 minutes £50.00

This divine treatment is designed to revitalise and treat the delicate eye area. A pressure point and specialised eye massage lifts, firms and smooths, followed by the use of the TEMPLESPA EYE THERAPIST Massagers to tighten and tone your eye area. A complete anti-ageing eye treatment to reduce fine lines, wrinkles and dark circles. A real eye-opening experience!

Side Orders & Upgrades

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of options to add onto your main treatment. These can be added to any facial, massage or body treatment.

1. Stressed Out? Enjoy our hot stone neck & shoulder treatment.
2. Head feel heavy and uptight? You will love our sedating hot oil scalp massage.
3. Love your hands to be pampered? Select our indulgent hand ritual.
4. Want a spring in your step? Select our Indulgent foot ritual.

15 minutes per side order **£25.00**

30 minutes also available for Hand & Foot rituals **£40.00**



TEMPLESPA

TEMPLESPA is a British skincare brand with exceptional products and spa experiences that enhance skin, body & soul. Born out of their love of the Mediterranean, everything they do is inspired by this special region; the people, the food, the lifestyle and the landscape are infused with such a special energy. Their values drive their purpose to focus on love, integrity and respect for their people, product, partners and planet. Their products combine Mediterranean inspired botanicals with the latest derma-science to deliver visible results. They have a full professional Spa menu, offering results and completely unique treatments. Their exclusive protocols are written and trained to include touches of excellence and care throughout, which guarantee an experience you will always remember and, most importantly, deliver results.



Massage Types and Benefits



JAPANESE HEAD MASSAGE

Holistic scalp and hair treatment, similar to a facial for your scalp, that combines deep cleansing, exfoliation, steam therapy, and intense massage to detoxify, nourish, and rejuvenate the scalp, promoting healthier hair growth while providing deep relaxation and stress relief.



SIGNATURE MASSAGE

Our signature massage is a therapeutic treatment that works the soft tissues and muscles to help restore health - creating a calming and balancing effect on the nervous system.



AROMATHERAPY MASSAGE

A light, calming massage using a blend of aromatherapy oils, this massage is personally tailored to the individual's needs and will treat all areas of the body most prone to stress and tension, such as the back, shoulders and neck, along with the upper and lower legs, arms and hands.



HOT STONE MASSAGE

The heat of the stones penetrates deep into the muscle easing tension and revitalising the muscle tissue by increasing blood circulation. The increased blood flow to the areas being worked not only accelerates any healing processes, but also creates a state of deep mental relaxation.



DEEP TISSUE MASSAGE

Deep tissue massage is a technique which uses deep pressure. Combining slow strokes and notable finger pressure, the purpose is to release the tension and tightness held deeply in your muscles and your connective tissues.



BAMBOO MASSAGE

Relieve your daily stresses and tiredness with this deep tissue massage using natural bamboo and deep pressures to accentuate the massage effects and instantly relieve muscle tensions. Aimed at relieving muscle tension, stimulating blood circulation and offering an enhanced warming effect.

RELAXING

VERY GENTLE

GENTLE

MEDIUM

HEAVY

VERY HEAVY

TEMPLESPA | ROSE QUARTZ & TRUFFLES BODY MASSAGE

Total Body Relaxation
Top to Toe Body Massage
85 Minutes £125.00

This indulgent treatment will leave you feeling totally relaxed from top-to-toe with our skin-transforming massage, using our unique TRUFFLE BODY MASSAGE OIL. Skin is left feeling restored and radiant and guest oh-so relaxed.

TEMPLESPA | YOUR BEST YOU

Menopause Relief Treatment
Facial & Full Body Massage
85 Minutes £120.00

This unique Full body treatment is bespoke to you. This gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones with TEMPLESPA nourishing skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs, a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.

TEMPLESPA | NEW BEGINNINGS | MUMMY TO BE MASSAGE
55 minutes £85.00

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

TEMPLESPA | DRIFT AWAY

Relaxing Full Body Massage 55 minutes £90.00
Back Neck & Shoulder
25 minutes £55.00

This deeply relaxing massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your Full body experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melt away.

Body Massage

TEMPLESPA | WORK IT OUT MASSAGE

Detoxing / Muscle Workout Massage
Full Body Massage 55 minutes £95.00
Back Neck & Shoulder 25 minutes £60.00

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate circulation to improve lymph drainage. Then we perform a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out – Kneading out knots, tensions and tightness to help the detox process. Detox-licious!

TEMPLESPA | AAAHHH! | Leg & Foot Energiser

Leg & Foot Massage 25 Minutes £50.00

This exceptional treatment is instant relief for tired, swollen, over-worked legs and feet. It begins with our Mediterranean Scrub to exfoliate and stimulate circulation. Your legs are then treated to a warm oil massage that will leave you tingling and feeling lighter. The treatment is completed with an invigorating rub of our soothing balm AAAHHH! Followed with a skin treating sweep across the feet with the Award Winning SOLE BALM. You really will say “AAAHHH!”

SIDE ORDERS - TEMPLESPA SIDE ORDER TREATMENTS

Have you ever had a treatment at a spa and thought to yourself, ‘I wish I could have a little more’? Well now you can! Here we present a lovely selection of options to add onto your main treatment. These can be added to any facial, massage or body treatment.

- 1. Stressed Out? Enjoy our hot stone neck & shoulder treatment.
- 2. Head feel heavy and uptight? You will love our sedating hot oil scalp massage.
- 3. Love your hands to be pampered? Select our indulgent hand ritual.
- 4. Want a spring in your step? Select our Indulgent foot ritual.

15 minutes per side order **£25.00**

30 minutes also available for Hand & Foot rituals **£40.00**

HAVING A MASSAGE? GO VIP & UPGRADE

Having a massage or body treatment? Why not upgrade your treatment today with one of our results-driven, skin transforming masks? The results will astound you.

Choose from:

TEMPLESPA | TRUFFLESQUE | Hydrating Radiance Mask

A power packed anti-ageing radiance masque clinically proven to boost hydration and improve skin after one application. **£10.00**

TEMPLESPA | BECALM | Soothing Face Mask

Prebiotic skin rescue mask that’s like a comfort blanket for sensitive, stressed and delicate skin. **£10.00**

TEMPLESPA | QUENCH | Rejuvenating Mask

Creamy anti-ageing face mask that’s intensely hydrating, moisturising and skin brightening. **£12.00**



SPA OVER NIGHT STAYS

1 Night Pamper Break

Sun-Fri from £155.00pp Sat from £175.00pp

Based on 2 people sharing. Includes 1 x 25 mins treatment each, three course dinner, full English breakfast, full use of facilities

Choose one from the following treatments:

- TEMPLESPA | THE SKIN SMOOTHIE EXPRESS FACIAL**
- TEMPLESPA | DRIFT AWAY BACK NECK & SHOULDER MASSAGE**
- FILE & POLISH**

2 Night Pamper Break

Sun-Thur from £290.00pp Fri-Sat from £340.00pp

Based on 2 people sharing. Includes 2 x 25 mins treatments each, three course dinner for each night and full English breakfast

Choose two from the following treatments:

Day 1:

- TEMPLESPA | THE SKIN SMOOTHIE EXPRESS FACIAL (OR)**
- TEMPLESPA | WINDOWS OF THE SOUL ANTI-AGEING EYE TREATMENT**

Day 2:

- TEMPLESPA | DRIFT AWAY BACK NECK & SHOULDER MASSAGE (OR)**
- TEMPLESPA | AAAHHH! LEG & FOOT ENERGISER**

Please note - The treatments are not automatically booked when you book a spa break. Please contact us on 01706 630788 to check the availability prior to booking. Upon booking a room, please contact our dedicated leisure club team to book the treatment separately.

SPA DAYS

Our Spa Packages have been designed to give you pure indulgence. On arrival you will be greeted and led to our break room to enjoy a light snack along with refreshments. Once you get cosy in your robe and slippers, take full advantage of our facilities for your entire day including our tranquil relaxation lounge. A light lunch will be served to you at a time of your choice within our relaxed break area. Outlined below are our spa day packages.

SERENITY

Mon-Thurs- £100.00pp Fri-Sun £120.00pp

- TEMPLESPA | THE SKIN SMOOTHIE EXPRESS FACIAL 25 mins and**
- TEMPLESPA | DRIFT AWAY BACK NECK & SHOULDER MASSAGE 25 mins**

RENEW

Mon-Thurs- £120.00pp Fri-Sun £135.00pp

- TEMPLESPA | DRIFT AWAY BACK NECK & SHOULDER MASSAGE 25 mins**
- TEMPLESPA | THE SKIN SMOOTHIE EXPRESS FACIAL 25 mins and**
- TEMPLESPA | SCALP MASSAGE 25 mins**

TRANQUILITY

Mon-Thurs £140.00pp Fri-Sun £170.00pp

A choice of

- TEMPLESPA | DRIFT AWAY RELAXING FULL BODY MASSAGE 55 mins &**
- TEMPLESPA | THE SKIN SMOOTHIE EXPRESS FACIAL 25 mins**

Or

- TEMPLESPA | MY KINDA SKIN BESPOKE PRESCRIPTION FACIAL 55 min &**
- TEMPLESPA | DRIFT AWAY BACK NECK & SHOULDER MASSAGE 25 mins**



CANCER Treatments

This specially adapted branch of wonderful TEMPLESPA treatments is suitable for clients who are recovering from illness or immunocompromised such as those with or recovering from cancer. These adaptable and customisable treatments allow the therapist to create bespoke treatments to suit the client's needs.

TEMPLESPA | THE SKIN SMOOTHIE EXPRESS FACIAL **25 mins £55.00**

Looking for results, like, now? This revitalising facial includes a deep power cleanse, nutritious skin scrub and lymph drainage techniques for rapid turnaround topped off with a Wake-Up scalp massage. Quick, go!

TEMPLESPA | MY KINDA SKIN **Bespoke Prescription Facial for your Skin Type** **55 mins £90.00**

A totally bespoke facial designed to suit your skin type and concerns. We'll analyse, prescribe and tailor a gorgeous facial that will deliver amazing results. To begin with, your skin will be deeply cleansed followed by our signature TEMPLESPA Face & Décolleté Massage. Your skin is then exfoliated, followed by an application of a prescribed treatment mask. Whilst you drift off, your treatment is completed with a choice of a tension-relieving hand & arm massage or a divine scalp massage.

*Exfoliation may not be appropriate for clients whose skin is sensitised from medical treatments they are undergoing.

TEMPLESPA | DRIFT AWAY **Relaxing Full Body Massage 55 mins £90.00** **Back Neck & Shoulder 25 mins £55.00**

This deeply relaxing massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your Full body experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melt away.



Our Signature RANGE

Signature Back, Neck and Shoulder Massage

25 mins - £50.00

Is perfect to melt away those everyday aches and pains

Signature Full Body Massage

50 mins - £77.00

A warm massage oil targeting your tension areas will leave your body and mind feeling completely rebalanced and soothed.

Signature Scalp Massage

25 mins - £50.00

Targeting pressure points, rebalance your mind to aid restful sleep and gently release tension around your head and neck.

Deep Tissue Massage

Back Neck & Shoulder 25 mins - £55.00

Full Body Massage 55 mins - £90.00

Refresh your skin and release tension from your body with this deep muscle soother. Hand picked essential oils are chosen specifically to replenish your energy levels.

Signature Body Scrub

25 mins - £50.00

Perfect for any occasion. This relaxing body scrub removes dead skin and leaves your skin glowing and smooth.

MANICURE & PEDICURE

Jessica Prescriptive Manicure 45 mins - £55.00

This all over manicure includes filing and shaping of the nails. Cuticles will be refreshed followed by a hand massage with nourishing hand cream and beautifully polished finish.

Jessica Luxury Manicure 55 mins - £70.00

This is a Jessica prescriptive manicure with the added luxuries of exfoliation to remove dead skin and thermal heated mittens to intensely hydrate your nails and hands.

Jessica Zenspa Pedicure 45 mins - £55.00

This all over pedicure includes filing and shaping of the nails, cuticles will be refreshed followed by a hard skin removal and a replenishing foot cream will be massaged into your irresistibly soft feet with a beautifully polished finish.

Jessica Zenspa Pedicure Deluxe 55 mins - £70.00

This is a Jessica Zenspa Pedicure with the added luxuries of exfoliation to remove dead skin and thermal heated booties to intensely hydrate your nails and feet.

Upgrade your Prescriptive Manicure or Pedicure to a longer lasting GELeration finish for £12.00

Jessica GELeration Polish 25 mins - £35.00

Your nails will be shaped and painted with a longer lasting gel polish with a super glossy finish.

Jessica GELeration Polish Removal and Reapply 50 mins £45.00

Gel removal 25 mins £18.00

File and Polish 25 mins £28.00





Jessica is one of the leaders for natural nails, providing the highest quality nail products to professionals all around the world. Their high class products are designed to maintain naturally beautiful nails, with many VIPs and celebs across the globe being avid users of the original Jessica polish.



HOT STONES & BAMBOO *Massages*



Bamboo Treatment

Relieve your daily tension and tiredness with this deep tissue massage using natural bamboo sticks. Pressures are applied using essential oils to help instantly release muscle tension and improve your blood circulation.

Leg Massage 25 mins - £55.00

Back Neck & Shoulder Massage 25 mins - £55.00

Full Body Massage 55 mins - £90.00

Hot Stones Massage

Warm stones are used to melt the tension from your body, creating a state of deep mental relaxation.

Full Body Massage 55 mins £ 90.00

Back Neck & Shoulder massage 25 mins £55.00

WAXING

Eyebrow Wax
Lip & Chin

15 mins £13.00
15 mins £17.00



Outback Organics is an all natural waxing product from down under, Australia. Natural extracts from the coastlines, forests and bush lands have been infused to create this unique organic skincare solution with an Aussie twist. Down to its botanical roots, this waxing company is perfect for those with a sensitive skin against waxing and is sure to leave you feeling smoother than ever.

BEAUTIFUL EYES

Whether this is a special occasion or a regular treat, let your eyes be the prize with our enhancing treatments.

Eyebrow Tint
Eyelash Tint
Eyelash and Brow Tint

£15.00
£20.00
£30.00

GIFT VOUCHERS

Looking for the ideal gift?
Why not purchase one of our
vouchers?

Available for either a specific treatment or
in monetary value.

Ask a member of the team for more
details

or
call directly

01706 630788 (option 2)

or

visit our website

norton-grange.giftvoucherbrilliance.co.uk

or

Scan the QR code below



SPA ETIQUETTE

Please have consideration for other Spa guests. Mobile phone use is prohibited within the Spa area as this distracts you from your overall relaxation. In addition to this, within the relaxation area, conversations are fine, but please moderate your voice as other guests may be enjoying a post therapy sleep. We request that no outdoor footwear is to be worn in the Spa thermal areas. We also ask that during treatments, all guests keep their under garments on.

HOW TO BOOK

At Spa Naturel, all guest must be 16 years and over (under 18s must be accompanied by an adult). To ensure your preferred date, time and service is available we recommend booking well in advance. Our Spa reservations team are available on 01706 630788 or email spanaturel@nortongrangehotel.com. Alternatively, you may also book directly from our website www.nortongrangehotel.com

SPA TREATMENTS

All Spa guests are advised to arrive a least 15 minutes prior to their first treatment. All appointment times include consultation and aftercare advice. Please be advised that late arrivals will result in treatment time being shortened accordingly.

CANCELLATION POLICY

We have a 48 hour cancellation/amendment policy. If your Spa day is cancelled within this period we reserve the right to retain your deposit/payment, within this period Spa days are non transferable. Your deposit/payment will be valid if the Spa day is cancelled outside the period of 48 hours.

HEALTH CONDITIONS & PREGNANCY

Please inform us prior to your visit if any guests have allergies to potential product usage and if there are any medical reasons which may interfere or hinder your treatments including:

- **Cancer (past or present)**
- **Pregnancy**
- **Recent Operations**

All our prices are inclusive of VAT; however we reserve the right to amend prices without prior notification. All of our Spa therapies are subject to availability. With regard to our Spa Days, we would require a 50% pre-payment on booking to secure your appointment. In the case of a gift voucher or credit note, the reference number will be required upon booking.



OPENING TIMES

Facilities

Monday - Friday: 06:30 - 22:00

Saturday: 07:00 - 20:00

Sunday: 07:00 - 20:00

Spa

Monday -Thursday: 09:00 - 21:00

Friday: 09:00 - 20:00

Saturday: 10:00 - 18:00

Sunday: 09:00 - 17:00

Please call reception for Bank Holiday opening times

MERCURE HOTELS

BOOK A TREATMENT



Mercure Manchester Norton Grange Hotel & Spa
Manchester Road, Castleton, Rochdale OL11 2XZ
+44 (0) 1706 630788 (option 2)
spanaturel@nortongrangehotel.com

360° VIRTUAL TOUR

