



MOBERLY

SPA & WELLNESS



Escape to the Moberly Spa

Take time out for yourself at Moberly Spa. We are committed to delivering a personalised experience to meet your every need, whether you have 30 minutes or 3 hours, allow us to pamper you.

Choose from one of our luxurious treatments using products by Caudalie & Dr Murad, or take advantage of our wide range of beauty services including Jessica manicures and pedicures, Geleration nails, waxing, tinting and shaping.

Our facilities include 4 luxurious treatment rooms, as well as a sauna and steam room. Access to the spa facilities is £15.00 per person.

Enjoy our treatment loyalty scheme - book any 5 treatments and receive the 6th treatment free of charge (terms and conditions apply).

 facebook.com/MoberlySpa  [@MoberlySpa](https://twitter.com/MoberlySpa)



Pampering Hands & Feet

JESSICA - HANDS & FEET

Jessica Geleration Hands£30

Jessica Geleration Feet£33

Geleration lasts up to 21 days without peeling, chipping or fading. A unique gel in a bottle, it is applied like a polish with a durable strength of gel.

Jessica Geleration

Application Only.....£23

Jessica Luxury Manicure£33

55 mins. A luxurious treatment that treats your individual nail type. This manicure leaves each nail shaped, polished and treated to perfection. Thermal mitts are used to ensure you feel completely pampered.

Jessica Luxury Pedicure£36

55 mins. This replenishing intensive treatment is the perfect remedy for hard working feet. Incorporating an exfoliation, massage and hot booties and then finished with the perfect polish.

Jessica Express Manicure£20

25 mins. A tailored manicure that includes cuticle care, file and a perfect polish.

Jessica Express Pedicure£22

25 mins. A tailored pedicure to treat your individual nail type. It includes hard skin removal, cuticle tidy and a perfect polish.

Express Manicure

& Express Pedicure£35

50 mins. A tailored manicure and pedicure to treat your individual nail type. The express manicure includes a cuticle tidy, file and a perfect polish, the express pedicure includes hard skin removal, cuticle tidy and a perfect polish.

Phenom Manicure£32

55 mins. Phenom delivers fast drying, chip resistant nails with exposure to natural light. No LED/UV lamps are needed. Phenom can be removed with nail varnish remover. For a longer lasting manicure that delivers mirror like shin.

Phenom Pedicure£34

55 mins.

SHAPING AND TINTING

Eyebrow shape.....£9

Eye lash tint.....£10

Eyebrow tint.....£8

Eye lash & brow tint£15

Eyebrow shape & tint.....£14

Please note when having a tinting treatment, a patch test needs to be done at least 24 hour prior to your treatment.

WAXING

Half leg wax.....£20

Full leg wax.....£24

Bikini wax.....£14

Brazilian wax£25

Hollywood wax£30

Half leg & bikini.....£27

Full leg & bikini.....£32

Half leg & Brazilian wax£36

Full leg & Brazilian wax.....£42

Half leg & Hollywood wax£40

Full leg & Hollywood wax.....£44

Lip wax£6

Chin wax.....£7

Lip & chin wax£10

Underarm wax.....£7

Half arm wax£12

Full arm wax£15

Hot wax is an additional £5

THREADING

Eyebrow thread£8

Lip thread£6

Forehead£6

Sides of face£6

Chin thread£6

Lip & Chin thread£10

Full Face thread.....£18

LVL lash lift£45

50 mins. The LVL Lash Lift is the revolutionary lash phenomenon that reveals your natural lashes in all their glory. Exclusive to Nouveau Lashes, the LVL effect is about freedom. It's about knowing your eyes will be the centre of attention. Without you having to do a thing. Make the most of what nature gave you. With the length, volume and lift effect of LVL.

NOUVEAU LASH EXTENSIONS

Giving you the appearance of fuller, thicker looking lashes with added volume, the ultimate lash treatment.

Full Set of individual lashes£65

Individual infills (2-3 weeks).....£35

Individual infills (3+ weeks)£40



We recommend...

Caudalie products are designed to indulge skin while providing visible results thanks to products renowned worldwide for their exceptional anti-oxidant properties. The natural brand based around the grape and the grapevine ensure optimum results whilst delivering luxurious textures, aromas and divine treatments.

CAUDALIE'S SIGNATURE TREATMENT **1 hr 50 mins - £110**

The ultimate face and body experience, this treatment begins with a deep tissue back massage using the Divine body oil for indulgent relaxation. Your therapists will then personalise a Caudalie express facial to suit your skins requirements this includes the ultimate eye treatment which lifts and firms the eye area and finishes with a relaxing scalp massage. Indulge in this face and body experience which will leave you relaxed, refreshed and radiant looking.



Murad Method™ Facials

Murad Method™ facials are a new and entirely personalised concept in high-performance professional skincare from internationally renowned skincare brand Murad.

The ground-breaking, dermatologist-developed combinations and techniques are designed to make skin as healthy as it can be, giving noticeable results and leaving skin looking beautiful.

The facials are inspired by Dr. Howard Murad's Connected Beauty philosophy, an innovative approach which helps you to Nourish the skin through high-performance skincare, Eat your Water through diet and supplements, Awaken Your Body through exercise and Be Kind to Your Mind by managing stress and cultivating happiness.

Traditional facials are developed to address a single skin concern, such as lack of firmness or blemished skin. However, Dr. Murad understands that only healthy skin can be truly beautiful and that no two skins are the same. This has led him to develop the Murad Method facials, part of the Next Generation of sophisticated, wholly customised solutions for maximum skin health.

During your facial, your therapist will spend time analysing your specific skin type before designing a bespoke facial to address multiple skin concerns. The facial also includes touchpoint massage techniques to help relieve stress for ultimate relaxation and mindfulness. Skin will be left noticeably healthier and more beautiful.

TIME OPTIONS

30 minute facial.....	£40
60 minute facial.....	£70
75 minute facial	£85



Caudalie

Caudalie treatments are designed to indulge skin while providing visible results thanks to products renowned worldwide for their exceptional anti-oxidant properties.

0% parabens, mineral oils, sodium laureth sulphate and animal ingredients.



Caudalie - Advanced skincare Facial

VINOSOURCE HYDRATING AND NOURISHING FACIAL

55 mins£55

A skin-renewing treatment to deeply moisturize the skin.

This treatment starts with a gentle cleansing of the skin. A massage with fresh grapes followed by a recovery essential oil massage to soothe dryness. The application of an intensely moisturizing mask, and our Vinosource-Hydra products restore moisture levels for a healthy, glowing appearance.

VINERGETIC C FACIAL

55 mins£55

Anti-pollution, recharge and Glow.

A deeply energizing vitamin cocktail. This facial treatment hydrates, renews, energizes & protects the skin cells in the epidermis. Combined with regenerating aromatherapy massage using essential oils, an antioxidant mask follows, highly concentrated in pink clays, grape marc and coffee, it deeply cleanses the skin while draining toxins. This facial reduces the visual appearance of fine lines & wrinkles, smooths and protects the skin. Your skin looks plumper, youthful and your

complexion smooth. This is a perfect facial for those wishing to maintain and protect their skins from the environment and free radical damage.

RESVERATROL LIFT FACIAL FIRMING

55 mins£60

Lifting and anti-wrinkle.

Specially created for skin that lacks firmness, contour & vitality. This facial uses the Award-winning Resveratrol Lift Range (in Partnership with Harvard Medical School) to deliver exceptional lifting effects. After skin is gently cleansed, a stimulating massage visibly firms and redefines the contours of your face. The application of a warming firming mask enhances the lifting effect of the Resveratrol Lift products. The toning and lifting effects are immediate, your face appears resculpted. The firming and lifting effects are immediate, your face is as if resculpted, and radiant with youth.

VINOPERFECT RADIANCE FACIAL

55 mins£55

Complexion correcting / anti-dark spot.

A unique facial treatment specifically designed to correct the complexion, restoring radiance and vitality to the skin. Specifically created for tired, dull & uneven skin types, this is a must have facial treatment. Exceptional massage techniques with essential oils and small hot and cold basalt stones, awaken the luminosity of the complexion, inducing a feeling of wellbeing. A Radiance Peeling Mask is applied for a gentle peeling action to restore your complexion's even tone. The Vinoperfect Serum adds the finishing touch to this treatment, leaving you looking radiant, even and luminous.

LIFTING & FIRMING EYE TREATMENT

25 mins£35

Lifting & Firming.

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. It starts with a delicate massage followed by the application of a hydrogel patch concentrated in red vine, horse chestnut and ivy leaf that smooth features, substantially diminishing dark circles and instantly reducing

puffiness. The eye contour is lifted, and the eyes enhanced.

EXPRESS D-VINE FACIAL

25 mins£35

Instant glow & Hydration.

Specially designed for men and women who are time short, yet still want results. This express treatment is tailor made to meet the needs of every skin type. This facial includes eye and skin cleansing, deep exfoliation, the application of a customized mask, and a hand massage completes this moment of well-being. The experience is completed with serums and moisturisers to meet your individual requirements. Your skin's freshness, comfort and evenness are restored.

VINOPURE FACIAL

55 mins£55

Purifying, decongesting, calming.

This treatment purifies your skin, cleanses your complexion and helps regulate excess sebum. A skin cleansing and a face massage with essential oils and a cryo-massager will help remove impurities and tighten pores. The cryo-massager will have an anti-inflammatory action on the skin (and anti-dark circles on the eye contour).



Caudalie Body Treatments

CRUSHED CABERNET EXFOLIATION

25 mins£35

Slimming: It is an ideal "starter" for your treatments. To regain your skin's radiance and softness, we have developed this scrub with a base of grape-seed, honey, brown sugar and the essential oils of the Contouring Concentrate. The application of the Nourishing Body Lotion combined with our Contouring Concentrate completes this treatment and leaves your skin clean, refined and perfectly smooth. This is an ideal treatment for a slimming program or after being exposed to the sun.

CRUSHED CABERNET SCRUB & MASSAGE

55 mins£55

Slimming: This body treatment begins with the most popular scrub from the Vinothérapie Spa. The scrub with grape-seeds, honey, brown sugar and 6 essential oils leaves your skin radiant and perfectly smooth. The sculpting body treatment, with the essential oils of Caudalie's Contouring Concentrate, completes this treatment to smooth

cellulite and refine your body. This is an ideal treatment for a slimming program or before exposure to the sun.

BACK FACIAL

40 mins£40

Instant radiance boost for the back. After a deep cleansing back facial to exfoliate the skin, the application of a mask immediately decongests, hydrates and boosts the skin.

THE DES VIGNES BODY TREATMENT

This very relaxing massage incorporates our NEW Caudalie Thè Des Vigne Oil, using techniques to suit your requirements, relax tight muscles and uplift the mind. The Des Vignes Oil combines subtle notes of honeyed ginger, neroli, orange blossom, white musk and jasmine. The skin is left feeling soft, hydrated & shrouded in the subtle TDV fragrance.

25 mins£38 40 mins£48

55 mins£65 80 mins£90

Massages

SWEDISH MASSAGE

A massage concentrating specifically on areas of tension, allow your therapist to relieve muscle aches and pains, using a plant based oil.

25 mins£35 40 mins£45

55 mins£55 80 mins£75

DEEP TISSUE MASSAGE

Deep tissue massage helps to restore mobility and reduce muscular aches and pains while the base oil calms the mind aiding exercise recovery.

25 mins£40 40 mins£50

55 mins£65 80 mins£80

HOT STONE MASSAGE

Using pre-blended aromatherapy oils allow your body to surrender to the gentle heat of the volcanic stones that are massaged onto the body. A relaxing experience to make you feel you are walking on air.

25 mins£40 40 mins£50

55 mins£65 80 mins£80

SCALP MASSAGE

25 mins£30

Allow time to escape with a calming and relaxing head massage. Your therapist will work on pressure points over the forehead and massage slowly and deeply across the head to ease built up tension and reduce stress.

REFLEXOLOGY

Reflexology is the application of pressure to areas on the feet. Reflexology work by areas of the foot corresponding to organs and systems of the body. Pressure applied to the foot and brings relaxation and healing to the corresponding area of the body.

25 mins£30

50 mins£55





Men's Treatments

RELAX AND UNWIND WITH A FACIAL OR MASSAGE

DEEP TISSUE MASSAGE

Deep tissue massage helps to restore mobility and reduce muscular aches and pains while the base oil calms the mind aiding exercise recovery.

25 mins £40 40 mins £50
55 mins £65 80 mins £80

HOT STONE MASSAGE

Using pre-blended aromatherapy oils allow your body to surrender to the gentle heat of the volcanic stones that are massaged onto the body. A relaxing experience to make you feel you are walking on air.

25 mins £40 40 mins £50
55 mins £65 80 mins £80

VINEACTIVE DETOX FACIAL

55 mins£50

Anti-oxidant, anti-wrinkle, protect

A burst of vitamins and energy for the skin! Created for clients who need a rescue from pollution, this facial features products with two star ingredients: grape-seed polyphenols and vitamin C, to shield skin from free radicals and prevent future damage.

After a thorough cleansing and a deep exfoliation, a detoxifying mask with pink clay, coffee and grape marc eliminates impurities and toxins. Your skin will look smooth and revitalized.

GROOMING SERVICES FOR MEN

MAINTENANCE MANICURE

25 mins£22

MAINTENANCE PEDICURE

25 mins£24

MENS WAXING

Chest Wax..... £18

Back Wax £18

Eyebrow Wax..... £10

Back, Neck and shoulder wax£25

Mum to be

CAUDALIE MUM TO BE TREATMENT..... £65

Pure indulgence for face and body, adapted to pre and post-natal stages of pregnancy and how you look and feel. Eases backache, fluid retention, stress, fatigue and tired legs, as well as improving skin tone and elasticity.

Afterwards, you'll feel energised and wonderfully relaxed, with baby-soft skin.

PREGNANCY MESSAGE

A bespoke Swedish massage to the back, neck and shoulder massage to relieve the strains of pregnancy.

25 mins £35

40 mins £45



Spa Experience Packages

Spa packages include 2 hours of spa use, 1 hour in the gym and 1 hour in the swimming pool, treatment time is not included in the 2 hours of spa use. Spa package slots are 10am - 12pm, 1pm -4pm & 5pm - 8pm

SPA RELAX PACKAGE

£25

- Full use of the spa facilities
- Use of the gym
- Use of the swimming pool

CELEBRATION PACKAGE

£45

- A 25 minute treatment of your choice
- Use of the spa facilities
- Use of the gym
- Use of the swimming pool

PAMPERING SPA DAY

£75

- 25 minute massage
- 25 minute facial
- Use of the spa facilities
- Use of the gym
- Use of the swimming pool

TWILIGHT PACKAGE

£50

- 40 minute back, neck and shoulder massage
- Use of the spa facilities
- Monday - Friday 4 - 9pm

MENS PACKAGE

£95

- 55 minute massage
- Express facial
- Use of the spa facilities
- Use of the gym
- Use of the swimming pool

MUM TO BE PACKAGE

£95

- Caudalie Pregnancy massage
- Luxury Pedicure
- Use of the gym
- Use of the swimming pool

All spa day packages include towel and gown hire.

Enjoy your Moberly Spa Experience

In order for you to relax, unwind and enjoy your spa experience, please read our helpful tips to gain the most from your visit.

OPENING TIMES

Monday - Friday09:00 - 21:00
Saturday & Sunday09:00 - 18:00

ADVANCED BOOKINGS

To avoid disappointment we strongly advise that you book all treatments in advance. Please contact a spa host on 0203 879 6669 or email moberlyspaenquiries@everyoneactive.com

ARRIVAL

In order for you to get the most of your experience please arrive 10 minutes prior to your treatment to complete a consultation form and enjoy a welcome drink. Treatments that include use of the spa facilities, we would recommend arriving at least 45 minutes prior to your treatment, too familiarise yourself with the spa surroundings.

CANCELLATION

We operate a 24 hour cancellation policy to avoid 100% charge or redemption from your gift certificate. Full payment will be taken at the time of booking.

GIFT CERTIFICATES

Treat a loved one to a gift certificate. All certificates must be used within 12 months or purchase. Please note gift certificates are non-transferable and non-refundable.



HEALTH CONCERNS

Please notify our spa therapists if you have any special medical conditions, allergies or if you are pregnant. We do not recommend any treatments are carried out during the first trimester of pregnancy. We may require a doctor's note or for you to complete a client disclaimer form to enable us to perform certain treatments where medical conditions are concerned.

SPA ETIQUETTE

We want you to feel comfortable during your spa experience therefore we will provide you with towels, robes and slippers. Our therapists are trained to observe client modesty at all times, disposable briefs and boxers are available during a treatment. Appropriate swim attire must be worn during the use of the heat and water area.

LOSS OR DAMAGE

We strongly advise no jewellery to be worn at any time while relaxing within the spa. We will not be held accountable for any loss or damage to jewellery or possessions. Lockers are provided to secure your belongings. We would also recommend that no alcohol is consumed prior to your treatment or spa use. Water will be provided within the spa area. We want your spa experience to be as tranquil as possible, therefore we ask that no mobile phones be used within the spa area.

AGE REQUIREMENTS

The minimum age for access to the spa is 16. Beauty treatments will be available for those over 14 but must be accompanied by an adult at all times.

MOBERLY

SPA & WELLNESS

Moberly Sports Centre
25 Chamberlayne Road, London NW10 3NB

Telephone: 0203 879 6669

moberlyspaenquiries@everyoneactive.com
www.everyoneactive.com/Spa-Moberly