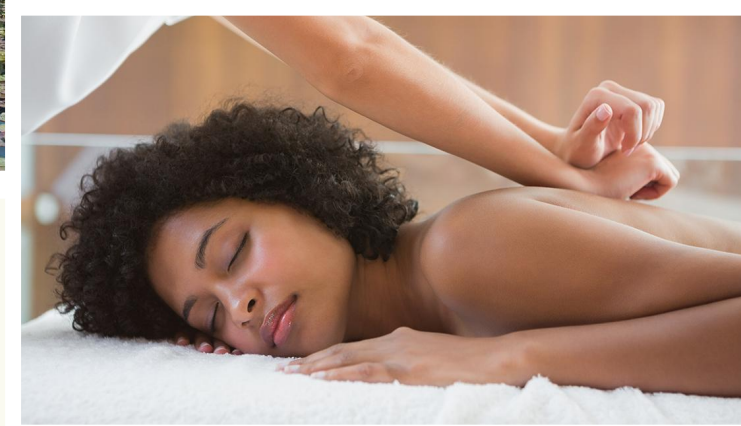


# Spa Brochure

---



## NEW HALL

HOTEL & SPA  
SUTTON COLDFIELD, BIRMINGHAM



The tranquil surroundings of **The Spa at New Hall Hotel** create an environment in which to completely revive the mind and body. Inside, contemporary design and a choice of luxurious treatments will leave you in a state of pure relaxation. Unwind with us.

**Facilities at a glance:**

Indoor swimming pool

Spa pool

2 treatment rooms

Sauna

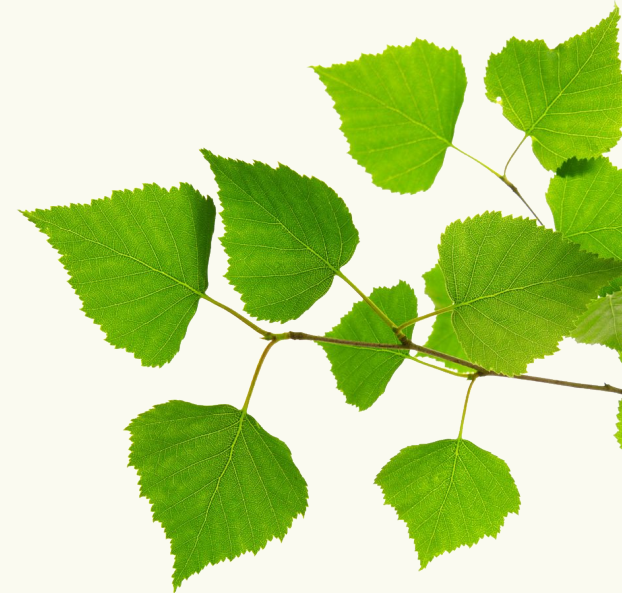
Steam room

Gym

Personal training

Tennis court

Pitch & putt





## Residential Spa Breaks

Whether it is with close friends and family or you would simply enjoy some time to yourself, get away from it all with a dedicated spa break – a true indulgence.

### Sumptuous Spa Break

For a really special experience enjoy a one night stay with dinner and breakfast included, plus a 55 minute treatment and either afternoon tea or a two course spa lunch.

#### Choose from:

- Luxury Facial
- Full Body Massage
- Face and Body Combo (express facial + back, neck and shoulder massage)
- Classic Pedicure
- Luxury Manicure
- Body and Massage Combo (full body salt scrub + back, neck and shoulder massage)
- Pregnancy Facial
- Pregnancy Massage

Plus, either afternoon tea or a two course spa lunch

#### Monday to Sunday from £254 per person\*

Treatment Duration: 55 minutes\*\*

Available Monday - Sunday subject to availability

\*Price based on two people sharing a Classic double or twin bedroom.

Single occupancy supplements apply

\*\*Treatment time includes a medical /skin consultation and set up



### Captivating Spa Break

Switch off and relax with a one night stay including breakfast and an indulgent 55 minute treatment.

#### Choose from:

- Luxury Facial
- Full Body Massage
- Face and Body Combo (express facial + back, neck and shoulder massage)
- Classic Pedicure
- Luxury Manicure
- Body and Massage Combo (full body salt scrub + back, neck and shoulder massage)
- Pregnancy Facial
- Pregnancy Massage

Monday to Sunday from £195 per person\*

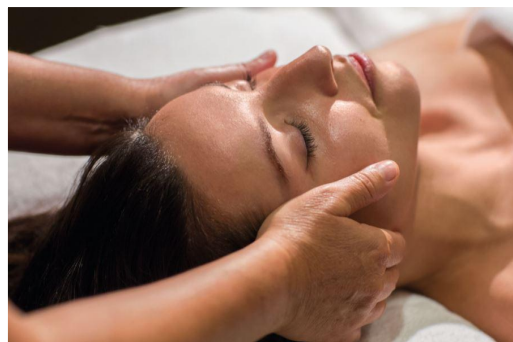
Treatment Duration: 55 minutes\*\*

Available Monday - Sunday subject to availability

\*Price based on two people sharing a Classic double or twin bedroom.

Single occupancy supplements apply

\*\*Treatment time includes a medical /skin consultation and set up



## Residential Spa Breaks

Whether it is with close friends and family or you would simply enjoy some time to yourself, get away from it all with a dedicated spa break – a true indulgence.

### Two-Night Revitalising Spa Break

Breathe in for two ... out for two..... And stay with us for two relaxing nights, more time to completely unwind, rest and reset.

During your two night Revitalising Spa Break enjoy a peaceful 55 minute treatment, afternoon tea or a two course spa lunch, plus a selection of seasonal food and drink and full use of the hotel facilities

Choose from:

- Luxury Facial
- Full Body Massage
- Face and Body Combo (express facial + back, neck and shoulder massage)
- Classic Pedicure
- Luxury Manicure
- Body and Massage Combo (full body salt scrub + back, neck and shoulder massage)
- Pregnancy Facial
- Pregnancy Massage

**Plus**, either afternoon tea or a two course spa lunch and a £39 allocation towards dinner per person

**Monday to Sunday from £406 per person\***

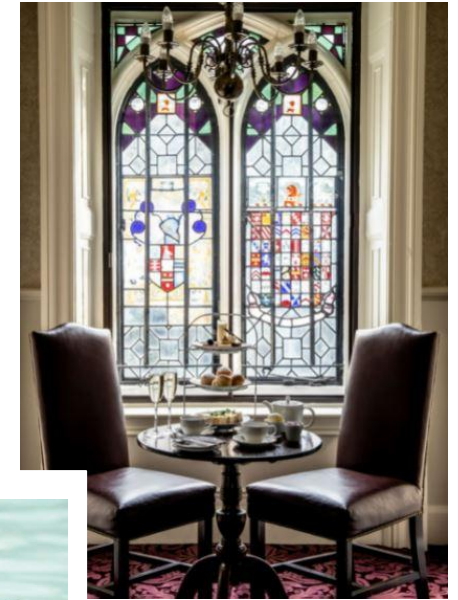
Treatment Duration: 55 minutes\*\*

Available Monday - Sunday subject to availability

\*Price based on two people sharing a Classic double or twin bedroom.

Single occupancy supplements apply

\*\*Treatment time includes a medical /skin consultation and set up





## Spa Days

Each of our specially curated spa days has been put together with you in mind. If you're seeking to relax, refresh or revive, we have the perfect experience.

If any of these sound like the ideal way to treat someone special, why not purchase one as a gift voucher?

### Hand Picked 'Just For You' Spa Day

Our ultimate spa day experience, tailor made exactly to your preference. Two sumptuous hours of treatments from our spa brochure plus a breakfast basket, afternoon tea or spa lunch, a chilled glass of Champagne, full use of our spa facilities and a spa gift!

Arrive at the spa and enjoy your breakfast basket and refreshments. Let your very own 'Personal Spa Therapist' guide you through two hours of sumptuous treatments bespoke to your every need. Whether you're looking to feel relaxed and de-stressed or wanting to return refreshed and rejuvenated this is the perfect treat.

Your day will also include a traditional afternoon tea or our spa lunch - the choice is yours. And to top it all off, a glass of chilled Champagne and a spa gift (value £25) especially for you, so you can even continue your spa experience at home.

**Monday to Thursday from £190**

**Friday & Sunday from £215**

**Saturday from £240**

Available Monday - Sunday

Treatment Duration: 115 minutes\*\*

\*Customers will receive a personal call from the spa to plan and tailor-make their two hour treatment experience.

\*\*Treatment time includes spa consultation, & treatment

### Perfect Treat Champagne Spa Day

This spa day really is the perfect way to treat yourself or someone special. Enjoy your choice of two of our 'guests' favourite' treatments plus afternoon tea or spa lunch, full use of our country house hotel spa facilities and a chilled glass of Champagne. Find out more here.

#### Choose from:

Luxury Facial

Full Body Massage

Face and Body Combo (express facial + back, neck and shoulder massage)

Classic Pedicure

Luxury Manicure

Body and Massage Combo (full body salt scrub + back, neck and shoulder massage)

#### And, one 25 minute treatment from the following options:

Back, Neck and Shoulder Massage

Express Facial

Full Body Salt Scrub

File and Polish for fingers

File and Polish for toes

Complete your day with a chilled glass of Champagne and either afternoon tea or our spa lunch.

**Monday to Thursday from £145**

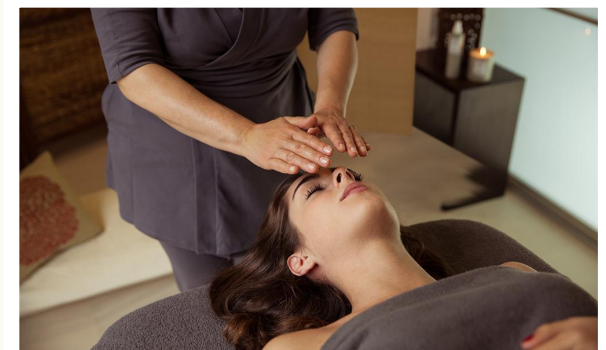
**Friday & Sunday from £165**

**Saturday from £190**

Available Monday - Sunday

Treatment Duration: 85 minutes\*\*

\*\*Treatment time includes spa consultation, & treatment



## Spa Days

Each of our specially curated spa days has been put together with you in mind. If you're seeking to relax, refresh or revive, we have the perfect experience. If any of these sound like the perfect way to treat someone special, why not purchase as a gift voucher?

### Pure Indulgence Afternoon Tea Spa Day

Choose a luxurious 55 minute treatment from a selection of six, as well as enjoying full use of our country house hotel spa facilities and a traditional afternoon tea or our spa lunch. The perfect day out!

#### Choose from:

Luxury Facial

Full Body Massage

Face and Body Combo (express facial + back, neck and shoulder massage)

Classic Pedicure

Luxury Manicure

Body and Massage Combo (full body salt scrub + back, neck and shoulder massage)

Completed by either afternoon tea or our spa lunch

**Monday to Thursday from £125**

**Friday & Sunday from £135**

**Saturday from £150**

Available Monday - Sunday

Treatment Duration: 55 minutes\*\*

\*\*Treatment time includes spa consultation, & treatment



### Twilight Spa Experience

Relax and wind down in the latter part of the day with a 55 minute treatment of your choice, plus full use of our country house hotel spa facilities. This experience also includes a £20 food and drinks voucher to use at the end of your day in either the hotel bar or lounge.

#### Choose from:

Luxury Facial

Full Body Massage

Face and Body Combo (express facial + back, neck and shoulder massage)

Classic Pedicure

Luxury Manicure

Body and Massage Combo (full body salt scrub + a back, neck and shoulder massage )

Pregnancy Facial

Pregnancy Treatment/Massage

Fingers and Toes Combo

**PLUS** a £20 food and beverage voucher to use on the same day in the hotel bar and lounge.

**Monday to Thursday from £110**

Treatments available Monday - Thursday between 3pm - 7pm

Treatment Duration: 55 minutes\*\*

+Treatment times available may vary from day to day - subject to availability at time of booking. Arrival from 3pm

\*\*Treatment time includes spa consultation, & treatment



## Facials

Whether you are looking for glowing skin for a special occasion or you need a complete skin overhaul, below are a selection of the most pioneering facial techniques and relaxing treatments offering the most impressive results.

### Anti-Ageing Facials

#### [COMFORT ZONE] Sublime Skin Deluxe Lift Facial

This ultimate anti-ageing facial combines an Archi-lift™ technology with the renewing effects of the double peel for an instant re-plumping effect.

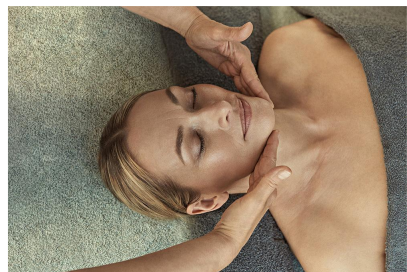
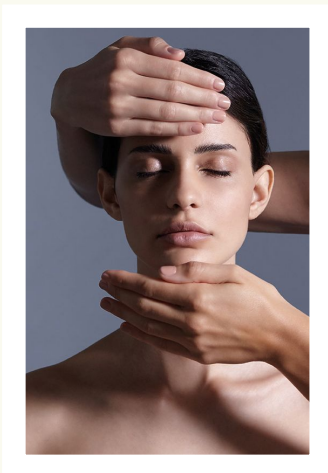
Ideal for mature skin with visible signs of ageing, this firming facial stimulates cellular regeneration using the exclusive active lift massage techniques to smooth and tone sk

**70 minutes - £110**

#### [COMFORT ZONE] Sublime Skin Active Lift Facial

Powerful lifting facial targeting sagging cheeks, jowls, chin and neck for a visible rejuvenating effect. The advanced mask with ingredients that mimic the action of Botox helps to oxygenate skin cells and gives an instant firming effect. The result is beautifully nourished, illuminated, firmer and lifted skin.

**55 minutes - £85**



### Skin Specific/Prescriptive Facials

#### [COMFORT ZONE] Recover Touch Facial

Nurture your skin and recover from the damage caused by sun, pollution, and aging. The antioxidant, replenishing combination of organic Goji Berry and Macadamia Oil leaves the skin soft and replenished.

**55 minutes - £85**

#### [COMFORT ZONE] Remedy Facial

An innovative, fortifying approach to sensitive, delicate skin. With a Prebiotic from sugar beets, promoting cutaneous resilience, and Marula Oil, this facial calms skin discomfort, relieves neuroinflammation and reinforces the skin's defence.

**55 minutes - £85**

#### [COMFORT ZONE] Active Pureness Facial

If your skin is oily, scarred or acne-prone, this is the perfect choice! Characterized by a mattifying peel-off Spirulina Algae mask, this deep purifying facial with Mandelic Acid, Green and White Clays rebalances and reduces pores and blackheads.

**55 minutes - £85**

#### [COMFORT ZONE] Hydra Glow Facial

A dynamic fresh treatment made for anyone seeking visible immediate glow, hydration and vitality. Thanks to its unique combination of Lactic Acid for immediate renewal and glow, powerful concentration of Hyaluronic Acid for superficial and profound hydration, and the bioactive Prickly Pear extract from Regenerative Agriculture, we deliver instant hydration and radiance for a healthy dewy look.

**55 minutes - £85**

#### [COMFORT ZONE] Skin Specific Express Facial

For a powerful skin recharge, this facial will bring back the glow to tired, dull and lifeless complexions. For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect.

**25 minutes - £60**

## Massage

Our massage treatments are perfect for deep relaxation or for targeting tense areas. Our expert therapists utilise the latest products from leading brands to enhance your experience.

### Traditional Full Body Massage

A traditional massage designed to ease tension, relieve stress and promote a general state of well being.

**70 minutes - £110 (includes scalp)**

**55 minutes - £85**

### [COMFORT ZONE] Aromasoul Elements Massage

The massage begins with a personalised selection from our unique collection of aromatherapy oils based on the ancient cultures of the Orient, Arabia, India or the Mediterranean.

**55 minutes - £85**

### [COMFORT ZONE] Tranquillity™ Pro Sleep Ritual

Inspired by the Indonesian Sea Malay Massage, this exceptional massage ritual acts in synergy with our Tranquillity™ Sound and Essential Oil Blend to effectively induce a state of deep rest & wellbeing. Ideal as jet lag recovery.

**55 minutes - £85**

### [COMFORT ZONE] Back Ritual

Hydrating and relaxing back massage treatment. Particularly good for those who need to regain muscle elasticity, for deep relaxation and for the de-contraction of tense back, neck and shoulder muscles

**55 minutes - £85**

### Traditional Back, Neck & Shoulder Massage

A deeply therapeutic massage focusing on the aches and pains of the back and eliminating tension knots in the shoulders.

**25 minutes - £60**

## Heat Treatments

### Lava Shell Relax Massage

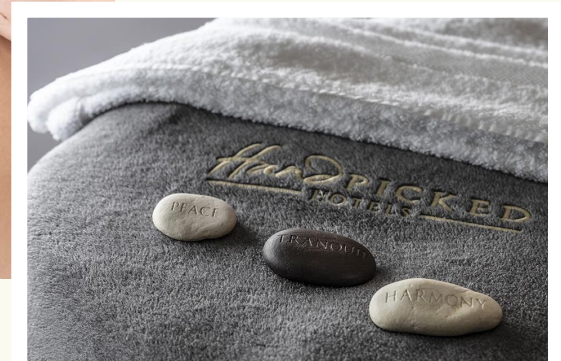
This massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind.

**55 minutes - £95**

### Lava Shell Relax Back Massage

The warmth of the Lava Shells allows deep relaxation in this bespoke back massage treatment. The shells glide over the back to warm and relax muscles.

**25 minutes - £70**



## Body Treatments

### Scrubs, Wraps & Rituals

#### [COMFORT ZONE] Tranquillity™ Pro-Sleep Ritual

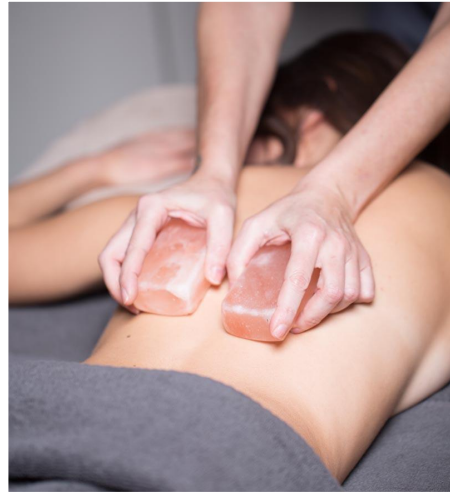
Inspired by the Indonesian Sea Malay Massage, this exceptional massage ritual acts in synergy with our Tranquillity™ Sound and Essential Oil Blend to effectively induce a state of deep rest & wellbeing. Ideal as jet lag recovery.

55 minutes - £85

#### [COMFORT ZONE] Himalayan Salt Ritual

An extraordinary ritual, beginning with body massage using warmed Himalayan salt blocks, which bestow relaxation, alleviating tension, stress and anxiety. An exhilarating salt scrub follows; a combination of the precious pink Himalayan salt crystals and aromatic oils to detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.

55 minutes - £85



### Speciality Treatments

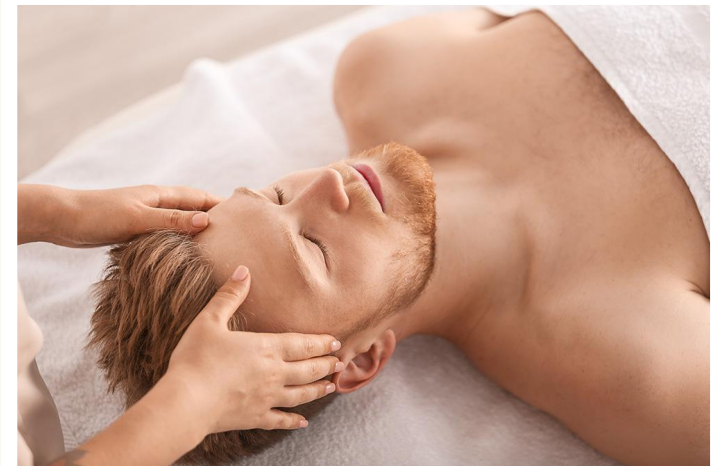
#### Indian Head Massage

Stimulate the body and mind and help reduce the symptoms of tension by relaxing the muscles and alleviating emotional strain.

25 minutes - £60

#### Vita Liberata Spray Tan

25 minutes - £30



## Combination Treatments

### Full Body Massage & Luxury Facial Combo Treatment

This treatment includes a deeply relaxing and stress melting full body massage followed by a luxury facial individually tailored to your own skin needs leaving your skin hydrated, visibility bright and smooth. Our luxury facial includes- cleanse, tone, facial massage, exfoliation and mask.

**115 minutes - £155**

### Luxury Facial & Back, Neck, Shoulder Massage Combo Treatment

This treatment includes a deeply relaxing and stress melting neck, back and shoulder massage followed by a luxury facial individually tailored to your own skin needs leaving your skin hydrated, visibility bright and smooth. Our luxury facial includes- cleanse, tone, facial massage, exfoliation and mask.

**85 minutes - £135**

### Full Body Massage & Express Facial Combo Treatment

This treatment includes a relaxing full body massage which will be focused on the areas where you are suffering from aches, pains and tensions followed by an invigorating prescriptive facial to include a cleanse, tone, exfoliation and mask leaving your skin glowing and hydrated.

**85 minutes - £135**



### Face & Body Combo Treatment

The perfect pick me up facial which includes a cleanse, tone, exfoliation and mask combined with a classic back, neck and shoulder massage. This massage includes traditional massage techniques to help relieve muscular tension in areas which are known to be the most common areas to retain the effects of stress.

**55 minutes - £85**

### Body Scrub & Massage Combo Treatment

A mixture of essential oils will exfoliate and moisturise the whole body, leaving the skin feeling refreshed and toned. This is followed by a classic back, neck and shoulder massage which incorporates traditional massage techniques to help relieve muscular tension in areas which are known to be the most common to retain the effects of stress.

**55 minutes - £85**

### Massage and Shape & Polish Combo Treatment

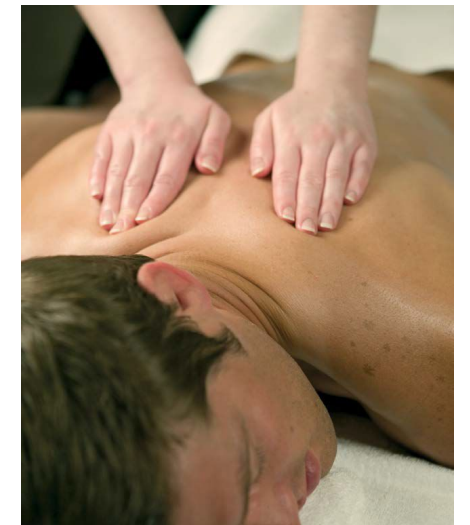
A classic back, neck and shoulder massage which incorporates traditional massage techniques to help relieve muscular tension as well as re-shaping of the nails and varnish. (fingers or toenails)

**55 minutes - £85**

### Fingers and Toes Combo Treatment

For those who are short of time, a quick pick-me-up to leave your fingers and toes perfectly groomed. This includes re-shaping of both the finger and toenails, plus varnish for well-maintained nails. Please bring open toe shoes.

**55 minutes - £68**



## Pregnancy Treatments

### **[COMFORT ZONE] New Life - New Mum**

A gentle elasticizing, nurturing massage, perfect for during pregnancy as well as post-pregnancy. It reduces swelling, improves circulation and contributes to skin silkiness and tone.

*Suitable from 13 weeks onwards.*

**55 minutes - £85**

**25 minutes - £60**

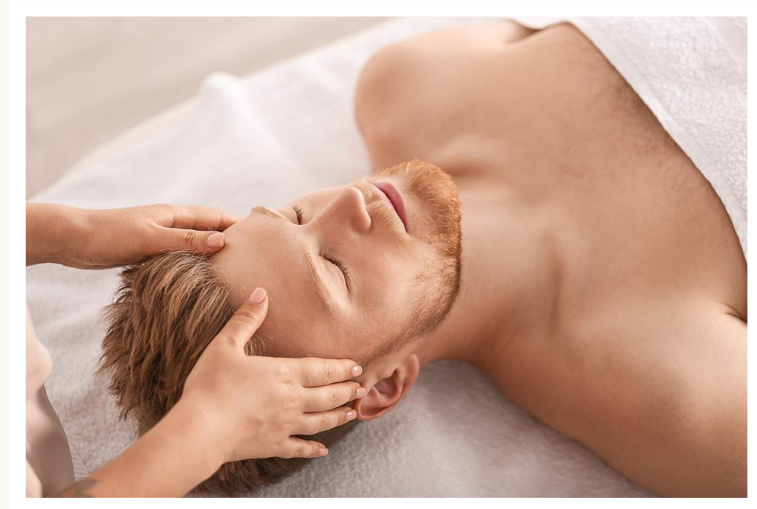
### **[COMFORT ZONE] Pregnancy Facial**

These thoroughly researched and formulated treatments have been designed to nurture and support a woman through her pregnancy journey.

*Suitable for all 'mothers to be' from 13 weeks of pregnancy.*

**55 minutes - £85**

**25 minutes - £60**



## Speciality Treatments

### **Indian Head Massage**

Stimulate the body and mind and help reduce the symptoms of tension by relaxing the muscles and alleviating emotional strain.

**25 minutes - £60**

### **Vita Liberata Spray Tan**

**25 minutes - £30**

## Hands & Feet

### Luxury Pedicure

A deluxe pedicure with thermal booties for deeper penetration of oils and creams. Helping to soften cuticles, improve circulation and soothe stiff joints. This treatment includes a shape and polish of the toenails, with a beautiful colour of your choice. Please bring open toe shoes to wear after your pedicure.

**70 minutes - £57**

### Luxury Manicure

A deluxe manicure with thermal mittens for deeper penetration of oils and creams. Helping to soften cuticles, improve circulation and soothe stiff joints. This treatment includes a shape and polish of the fingernails, with a beautiful colour of your choice.

**55 minutes - £50**

### Classic Pedicure

A pedicure including hard skin removal, skin softening exfoliation and relaxing foot and leg massage make this pedicure the perfect pick me up for your feet.

This treatment includes a shape and polish of the toenails, with a beautiful colour of your choice. Please bring open toe shoes to wear after your pedicure.

**55 minutes - £50**

### Classic Manicure

A manicure includes shaping of the nail, cuticle maintenance, hand exfoliation and a relaxing hand and arm massage then to finish a polish is applied. This treatment includes a shape and polish of the fingernails, with a beautiful colour of your choice.

**40 minutes - £45**

### Shape & Polish For Fingers

Nails are shaped and buffed and polish applied. The perfect nail maintenance treatment.

**25 minutes - £35**

### Shape & Polish For Toes

Nails are shaped and buffed and polish applied. The perfect nail maintenance treatment. Please bring open toe shoes to wear after your pedicure.

**25 minutes - £35**

## Gel Nails

The next generation in manicure and pedicure. A gel formula that is painted onto the nails giving strength, protection and long-lasting colour. Nails dry instantly.

GEL Removal and Pedicure	<b>70 minutes - £67</b>
GEL Removal and Manicure	<b>70 minutes - £60</b>
GEL Pedicure	<b>55 minutes - £55</b>
GEL Manicure	<b>40 minutes - £50</b>
GEL Shape and Polish	<b>25 minutes - £40</b>
GEL Removal	<b>25 minutes - £20</b>

*\*Removal of soft gels only i.e brush on gels/soak off gels. We are not able to remove hard gels or acrylics requiring specialist equipment. If unsure we therefore strongly recommend you call the spa direct prior to making a booking*



## Gift Vouchers

We offer a wide range of spa gift vouchers perfect for her, for him or for them. Visit the spa reception to create and purchase tailored and personalised vouchers for your loved ones, as well as beautiful gift sets.

You can also discover gift experiences online at [handpickedhotels.co.uk/giftvouchers](https://handpickedhotels.co.uk/giftvouchers)

Spa monetary gift vouchers from £25

Spa treatment gift vouchers from £80

Spa day gift vouchers from £105

Spa break gift vouchers from £203 per person

[Take a virtual tour](#)

[Watch our spa FAQ video](#)

[Watch our spa day video](#)

New Hall Hotel & Spa, Sutton Coldfield, Birmingham, EH28 8LX

**0121 378 2442 hotel**

**01642 706634 OR 0121 335 4741 spa**

**[enquiries.newhall@handpicked.co.uk](mailto:enquiries.newhall@handpicked.co.uk)**

<https://www.handpickedhotels.co.uk/newhall>

*Hand*PICKED  
— HEALTH CLUBS & SPAS —

