



Quad Wellness & Spa



Welcome to Quad Club Marlow

With its deep-blue mosaic-tiled Swimming Pool, indoor and outdoor Spa Pools, Sauna and Steam Room, Studio, large Life Fitness Gym and Quad Beauty Treatment Rooms, it's the perfect environment in which to relax, helped by the stunning setting overlooking the lake.

Quad is a unique club designed with you and your every comfort in mind, and is dedicated to offering a friendly and personal level of service in contemporary and vibrant surroundings.

Whether you want to lose weight, build up your strength and fitness, pamper yourself to celebrate a special occasion or simply maintain a healthy lifestyle, Quad can fulfill your needs.

Located in the superb Crowne Plaza Marlow, Quad Wellness & Spa is ideally located for corporate and private members alike. Conveniently situated a stone's throw from the centre of Marlow and within easy reach of Maidenhead and High Wycombe, Quad Club serves hotel guests and club members.

It is quite simply one of the finest facilities of its kind in the area.



FITNESS

The large air-conditioned gym is equipped with the latest Life Fitness equipment to ensure that you always get the most from your workout.

The Club's exercise trainers are available to advise and motivate you at all times, with in-depth knowledge of all aspects of health and fitness, and available to offer extra support and encouragement as required.



SAUNA AND STEAM ROOM

The aromatic Steam Room and Sauna, heated to your choice of temperature, will help to melt away all your stress.

INDOOR AND OUTDOOR SPA POOLS

Our indoor Jacuzzi is the perfect place to unwind after a long day. Weather permitting, you can enjoy stunning lake views from our outdoor Spa Pool.



POOL

Plunge into the crystal clear water at Quad Wellness & Spa.

For you and your family, Quad offers an 18 metre indoor Swimming Pool and a relaxation area with comfortable loungers where you can unwind and enjoy the sunshine.





QUAD CLUB

OPENING/PEAK TIMES

Mon - Fri 06:00 - 22:00

Sat - Sun 07:00 - 21:00

OFF PEAK TIMES

Mon - Fri 08:00 - 16:00

CHILDREN'S HOURS

TERM TIME

Mon - Thu 08:00 - 11:00

14:00 - 18:00

Fri - Sun 08:00 - 11:00

14:00 - 19:00

SCHOOL HOLIDAYS

Mon - Sun 08:00 - 11:00

14:00 - 19:00

ANNUAL CLUB MEMBERSHIPS

MEMBERSHIP BENEFITS**

- Full use of all the club facilities
 - Complimentary Towels
 - 10% discount on Beauty Treatments (Monday to Thursday)
 - 25% discount available in Aqua Bar & Lounge
 - 25% discount available in Glaze Restaurant
 - 10% discount at Runners' Retreat, Marlow
 - Complimentary classes including Yoga, Aqua, LBT, Circuits, Spinning, Pilates and much more...
 - Complimentary Car Parking
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- Junior memberships available at £30.00* per month, restrictions apply.
 - Corporate memberships available on request, restrictions apply.
 - Guests are requested to wear their own suitable footwear in the pool hall. Hotel bedroom slippers must not be worn in the Quad Club.
 - Spa guests are required to arrive for their treatments in dry clothing.

Club rules are available on request and apply to all Quad Club guests and members.

*Prices are subject to change. **Membership benefits apply to members only

MEMBERSHIP RATES

Memberships	Monthly by Direct Debit	Pre-paid	Pre-paid
Number of months	12	3	12
Peak Individual	£59.00	£169.00	£590.00
Peak Joint	£110.00	£315.00	£1100.00
Off Peak Individual	£49.00	£140.00	£490.00
Off Peak Joint	£90.00	£260.00	£900.00
Corporate Peak Individual	£49.00	£140.00	£540.00
Corporate Peak Joint	£90.00	£260.00	£960.00
Child (3-15 years old)	£30.00	£90.00	£300.00

SPECIAL OFFERS: Pre-Payable

2 month - £119.00 peak

Suspensions will not be permitted for prepaid memberships.

Corporate memberships – Globe and Marlow International Business Park employees only (Proof of employment required).

If outside these business parks, minimum 5 members from same company only to qualify for our corporate rate.

MONU SPA TREATMENTS

FACIALS

EXPRESS FACIAL

This treatment will give you a sense of inner calm and well-being. After a cleansing ritual to your whole face, including a gentle exfoliation, you will experience a divine facial eye massage.

(25 minutes)

£35.00

AROMATIC FACIAL

A soothing, beneficial treatment that is suitable for all skin types. All products contain pure essential oils that have been carefully selected to help balance the skin and maintain its youthful appearance.

(55 minutes)

£55.00

ACTIVE COLLAGEN FACIAL

A facial designed to reduce the signs of aging using freeze dried collagen, improving the skin's ability to retain moisture.

(55 minutes)

£65.00

SPA TREATMENTS

SWEDISH MASSAGE

FULL BODY MASSAGE*

A complete massage of the whole body relaxes all muscles, improves blood and lymph circulation, stimulates metabolic processes and gives your energy levels a boost.

(55 minutes)

£60.00

BACK, NECK & SHOULDER MASSAGE*

A totally relaxing and de-stressing treatment for your back, neck and shoulders.

(25 minutes)

£40.00

INDIAN HEAD MASSAGE

A relaxing and deeply healing scalp treatment to soothe away stress and tension.

(25 Minutes)

£35.00

FOOT & LEG MASSAGE*

This is the perfect massage for the end of the day. It will release those tired aches and pains.

(25 minutes)

£35.00

HAND & ARM MASSAGE*

A massage to promote better circulation, better range of motion and pain relief.

Includes a mask and hot oil treatment.

(25 minutes)

£35.00

HOT STONE MASSAGE*

Heated black basalt stones are used to massage the body, releasing deep-seated tension. This treatment is ideal for anyone suffering with muscular aches and pains.

(55 minutes)

£70.00

HOT OIL AND SALT SCRUB POLISH

An aromatic and invigorating treatment that will cleanse your skin, helping to smooth away any dead skin cells, leaving your skin hydrated, smooth and looking extra radiant.

FULL BODY* (45 minutes)

£50.00

BACK TREATMENT* (25 minutes)

£40.00

**Please note that massage treatments are not available before the 13th week of pregnancy.*

SPA TREATMENTS

JESSICA MANICURES AND PEDICURES*

LUXURY MANICURE (45 minutes)	£30.00
EXPRESS MANICURE (25 minutes)	£25.00
LUXURY PEDICURE (55 minutes)	£40.00
EXPRESS PEDICURE (25 minutes)	£30.00
FILE AND PAINT	£12.00

*Add Gel Polish (£10 extra) to any Manicure or Pedicure

WAXING

KEY: (M) Also Suitable for males

1/2 LEG (M)	£18.00	FULL ARM (M)	£20.00
1/2 LEG & BIKINI	£25.00	UNDERARMS (M)	£10.00
FULL LEG (M)	£25.00	EYEBROWS (M)	£9.00
FULL LEG & BIKINI	£32.00	LIP & CHIN (M)	£12.00
3/4 LEG (M)	£22.00	LIP, CHIN, CHEEKS	
STANDARD BIKINI	£15.00	OR FOREHEAD (M)	£7.00
HIGHER BIKINI	£17.00	BACK (M)	£25.00
STOMACH (M)	£15.00	CHEST (M)	£25.00
FOREARM (M)	£15.00	BACK & CHEST (M)	£40.00

SPA PACKAGES

QUAD SPA DAY

£65.00 per person

This spa package is an ideal introduction to the delights of the Spa, with a 2 course Lunch and a 25 minute treatment of your choice, plus full use of the Quad Club facilities.

DELUXE SPA DAY

£90.00 per person

Enjoy a delicious 2 course Lunch and a choice of two 25 minute treatments, with full use of the Quad Club facilities.

SPARKLING AFTERNOON TEA SPA DAY

£70.00 per person

This popular spa package gives you full use of all Quad Spa facilities, one 25 minute treatment of your choice and a delicious Afternoon Tea with a glass of Prosecco (served between 2pm and 5pm).

ALL PRICES FEATURED IN THIS
BROCHURE ARE SUBJECT TO CHANGE.



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