



## 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, Aerobics 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 highly qualified 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 manage and design fitness programs and offer extra support and encouragement as required.



## **POOL**

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

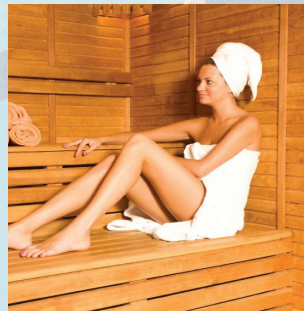
For you and your family, Quad offers an 18 metre indoor Swimming Pool and a relaxation area with comfortable loungers where you can unwind and enjoy the sunshine.

## **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.







## 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 MEMBERSHIP PRICES

Monthly by Direct Debit

### PEAK

Individual

£56.00\*

### OFF PEAK

Individual

£46.00\*

- Junior memberships available at £30.00\* per month, restrictions apply.
- Corporate memberships available on request, restrictions apply.

## MEMBERSHIP BENEFITS\*\*

- Full use of all facilities
- Complimentary ongoing assessment reviews
- Complimentary Towel
- 10% discount on Beauty Treatments
- 25% discount available in Agua Bar & Lounge
- 25% discount available in Glaze Restaurant
- 10% discount at Runners' Retreat, Marlow
- Complimentary classes including Yoga, Aqua, LBT, Circuits, Spinning, and much more...
- Complimentary Car Parking

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



## SPA TREATMENTS

### QUAD BEAUTY OPENING TIMES

Please arrive 10 minutes before your appointment to complete a medical questionnaire and ensure that you get your full treatment time.

Monday	09:30 - 20:00
Tuesday	09:30 - 20:00
Wednesday	09:30 - 20:00
Thursday	09:30 - 20:00
Friday	09:30 - 19:00
Saturday	09:30 - 19:00
Sunday	09:30 - 19:00

### EYE TREATMENTS

**EYELASH TINT** - A patch test is required at least 24 hours before this treatment £10.00

**EYEBROW TINT** - A patch test is required at least 24 hours before this treatment £9.00

#### **MINI PACKAGE**

Eyebrow Wax, Tint and Eyelash Tint. A patch test is required at least 24 hours before this treatment  
(25 minutes) £20.00

### FACIALS

#### **MONU 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) £45.00

#### **MONU ACTIVE COLLAGEN FACIAL**

This facial has been designed to reduce the signs of aging using freeze dried collagen. This is an intensive collagen treatment that will improve the skin's ability to retain moisture. After just one treatment, the skin's ability to hold moisture by up to 75%. After 6 treatments wrinkle depth can be reduced by up to 40%.

**Offer:** Pay for 5 and get the 6th free  
(60 minutes) £55.00

#### **MONU EXPRESS FACIAL**

This facial is an ideal way to introduce yourself to the Monu skincare range. It's perfect as a lunch break treatment or for teenagers looking to get into a skincare routine at home. Ideal to have before a make-up or bridal make-up application.

(25 minutes) £30.00

## 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)*

£50.00

#### **BACK, NECK & SHOULDER MASSAGE\***

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

*(25 minutes)*

£35.00

#### **SCALP, NECK & SHOULDER MASSAGE\***

This therapeutic massage helps dispel stress, relieve tensions and promote healthy hair and scalp.

*(25 minutes)*

£30.00

#### **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)*

£65.00

#### **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)

£45.00

**BACK TREATMENT\*** (25 minutes)

£35.00

*\*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

### JESSICA GELERATION NAILS

High shine, chip proof nails. Lasts 2- 4 weeks.

FILE AND PAINT	£25.00
GEL REMOVAL AND RE-PAINT	£28.00

### 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

£59.00 per person

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

#### DELUXE SPA DAY

£79.00 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

£59.00 per person

This popular spa package gives you full use of all Quad Club 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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