



CROWNE PLAZA®

— BY IHG —

Marlow

QUAD  
WELLNESS & SPA



## WELCOME TO QUAD WELLNESS & SPA

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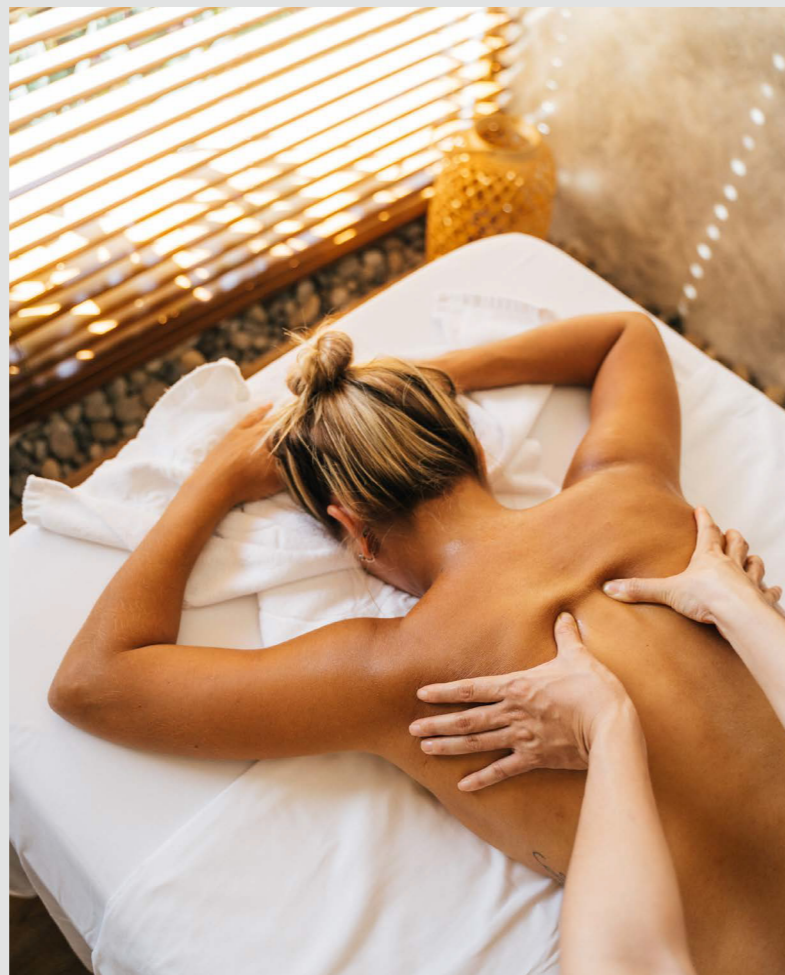
5. SPA TREATMENTS



## WELCOME

Welcome to Quad Wellness & Spa, a haven thoughtfully designed for your comfort, set in modern and tranquil surroundings. We're committed to offering a warm, personal service. Whether you aim to manage weight, boost strength, celebrate special moments, or maintain a healthy lifestyle, Quad is here for you.

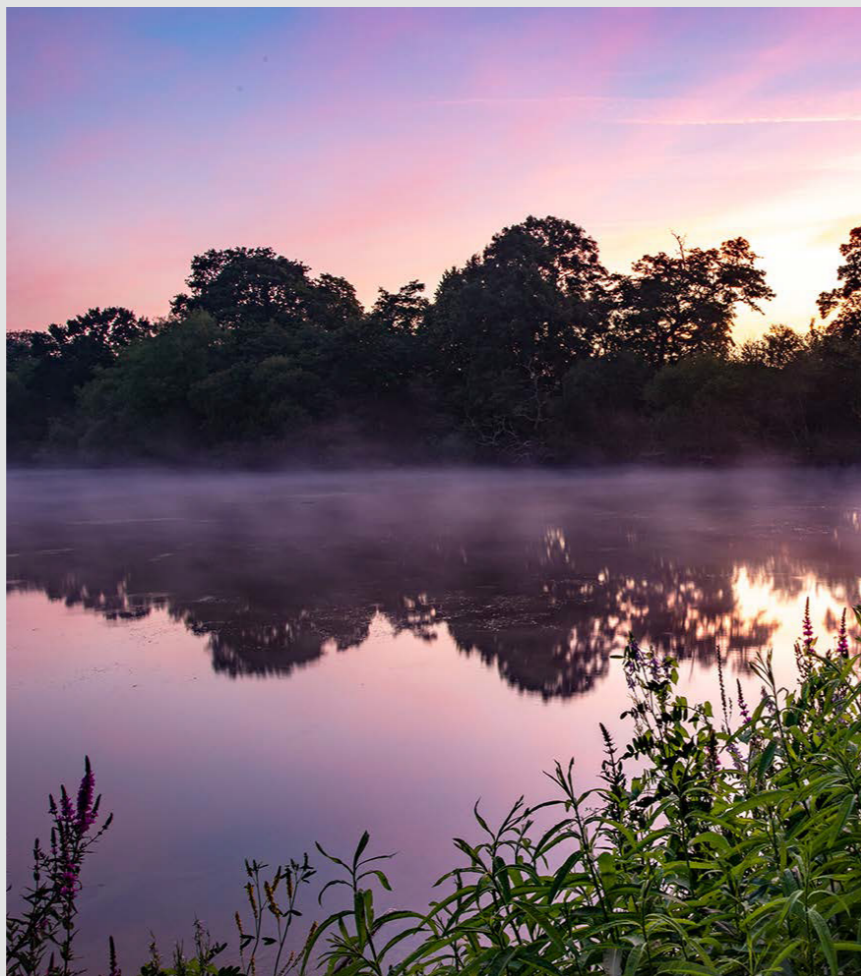
Nestled within the prestigious AA Awarded Crowne Plaza in Marlow, Quad Wellness & Spa ideally serves both corporate and private members. Conveniently situated between Maidenhead, High Wycombe, and the Chiltern Hills Area of Natural Beauty, our facility caters to hotel guests and club members alike. We take immense pride in being a top wellness destination in the area.



Unlock your full potential, embrace the journey, and discover inner strength and tranquility at Quad Spa and Wellness.



Transform your body and soul, one length at a time, in our sanctuary of wellness.



## THE QUAD CLUB FACILITIES



### **FITNESS** [Gym Virtual Tour](#)

Our newly air-conditioned Life-Fitness gym offers a range of cardiovascular & strength machines, guaranteeing maximum efficiency during your workouts. The team are always on hand provide invaluable support, and offer a helping hand whenever needed.

### **POOL** [Pool Virtual Tour](#)

Dive into the pristine waters of the Quads 19-meter indoor swimming pool. Whether you're with your family or seeking personal relaxation, our pool area beckons with sun loungers, perfect for basking in the sunshine. At Quad Wellness & Spa, find solace and serenity, providing a respite from life's daily demands.

### **SAUNA & STEAM ROOM** [Sauna & Steam Room Virtual Tour](#)

Indulge in the soothing ambiance of our aromatic Steam Room, complete with a starry night ceiling, and our Finnish Sauna, enhanced with essence dosing, designed to melt away stress and tension. Experience their transformative serenity and rejuvenating effects.

### **SPA**

In addition to our spa amenities, the Club presents an extensive selection of Monu Spa Treatments, encompassing massages, facials, waxing, body wraps, manicures, pedicures, and a range of other premium treatments. Why not treat yourself to relaxation and pampering at Quad?

### **CLUB OPENING & PEAK TIMES**

Monday - Friday: **06:00 - 22:00**

Saturday - Sunday: **07:00 - 21:00**

### **OFF PEAK TIMES**

Monday - Friday: **09:30 - 16:30**

Saturday - Sunday: **07:00 - 10:00**

### **CHILDRENS HOURS (AGE 3 - 15)**

Monday - Sunday: **8.00 to 10.00 | 14.30 to 17.30**

# MEMBERSHIP AT QUAD WELLNESS & SPA

## MEMBERSHIP CATEGORIES

### MONTHLY ROLLING OR FIXED TERM

Monthly rolling memberships are billed monthly, and **require a minimum commitment of 12 months**. All other memberships are payable in full, in advance.

### PEAK / OFF PEAK

This component of your membership determines the times that you can access the club - the times are displayed on the membership rate card page.

### JOINT

Joint memberships are designed for couples whom are living at the same address.

### CHILDREN [UNDER 16'S]

Children's memberships are for children aged 3 - 15 and only for use during the childrens times. Children under the age of 3 are not allowed to use the club facilities, there are no exceptions. **The penalty for breaking this rule is £500.**

## MEMBERSHIP BENEFITS

### Access to on Site Facilities

**Complimentary Fitness Classes.** (click to see the timetable)

**Complimentary Towel when visiting the Club**

**Complimentary Toiletries in the Club changing rooms**

**10% Off Runners Retreat Marlow**

**25% Discount on Food & Beverage purchased at the hotel in either Aqua Bar and Conservatory or the Glaze Restaurant.\***

**£25 Day Pass for friends & family\*\*\***

**Preferential rates on event space hire\*\***

\*Discount applies to the items consumed by the Quad Member for personal consumption only\*\*\*Subject to availability, entry is at the discretion of the club, only 1 guest per visit and the member must be present in the facilities for the duration of guest pass useage.

## CORPORATE MEMBERSHIP

Corporate memberships are **for groups of 5 or more individuals in an organisation**, We offer peak access to club facilities, at the off peak membership tariff.

Prices are per person, all information contained within this brochure is subject to change, including membership pricing, times and facilities access. The club reserves the right to revoke access to members and guests at its discretion.

# MEMBERSHIP PLANS

### PEAK TIMES

Monday - Friday: **06:30 - 22:00**

Saturday - Sunday: **07:00 - 22:00**

### OFF PEAK TIMES

Monday - Friday: **09:30 - 16:30**

Saturday - Sunday: **07:00 - 10:00**

### CHILDREN'S HOURS (AGE 3 - 15):

Monday - Sunday:

**8.00 to 10.00 | 14.30 to 17.30**

Memberships <a href="#">View the latest Terms &amp; Conditions here.</a>	Monthly Rolling*	Pre-Paid	Pre-Paid	Pre-Paid
Number of Months	12	3	6	12
Peak Single / Joint	£65 / £120	£190 / £360	£365 / £675	£715 / £1320
Off Peak Single / Joint	£59 / £110	£175 / £330	£330 / £625	£649 / £1200
Child (3-15 years old) When joining with a Parent	£30	£90	£180	£360

The club does not offer discounts, however occasionally special offers are available - to [view the latest offers click here.](#)

**Join the Club**

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## SPA TREATMENT MENU

### MASSAGE & SPA TREATMENTS

Indulge in pure relaxation with our rejuvenating massages and spa treatments, designed to melt away stress and leave you refreshed and revitalized.

### THERAPISTS

Let us know if you have any specific preference for the gender of the therapist at time of booking so we can do our best to allocate the preferred therapist for your treatment, as it will not always be possible to do this on the day.

BOOK IN ADVANCE

BOOK THIS WEEK

### FULL BODY MASSAGE

50min £75

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

### THERMAL STONES FULL BODY MASSAGE

50min £84

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

### HOT OIL & SALT SCRUB POLISH [FULL BODY]

50min £75

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

### SCRUB POLISH [BACK]

25min £54

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

### BACK, NECK & SHOULDER MASSAGE

25min £49

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

**INDIAN HEAD MASSAGE** A gentle massage to the upper back, shoulders, arms, neck, scalp and face, helps to dispel stress, relieve tension and promote healthy hair and scalp.

25min £45

### HAND & ARM MASSAGE

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

25min £45

### FOOT & LEG MASSAGE

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

25min £45

### PREGNANCY SPA EXPERIENCE MASSAGE

Specially designed 75-minute pregnancy spa package including a soothing 45-minute massage and a 30-minute aromatherapy foot soak.

75min £99



## BEAUTY



### MONU SKINCARE

MONU uses the very best, vegan, naturally-sourced ingredients to deliver professional, glowing results, naturally.

The MONU Professional Skincare collection includes everything from daily cleansers and toners, to specialised serums and peel systems.

[Click here to Learn More](#)

**BOOK IN ADVANCE**

**BOOK THIS WEEK**

**LOOKING FOR SPA DAYS?**

## FACIALS

### ACTIVE COLLAGEN FACIAL

This facial 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 is improved by up to the 75%. After 6 treatments wrinkle depth can be reduced by up to 40%.

50min **£75**

### AROMATIC FACIAL

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

50min **£75**

### EXPRESS FACIAL

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

25min **£49**

## WAXING

1/2 LEG	30min	£35	LIP OR CHIN	15min	£15
FULL LEG	45min	£45	LIP & CHIN	15min	£20
BACK / CHEST	30min	£45	1/2 ARM	30min	£35
UNDERARM	15min	£20	FULL ARM	30min	£45

Prices are per person, all information contained within this brochure is subject to change, including pricing, times and facilities access. The club reserves the right to revoke access to members and guests at its discretion.

## HANDS & FEET

### EXPRESS MANICURE 25min

Cuticles are softened with oils & creams, nails are shaped, tidied & a perfect lasting polish is applied.

**£40**

### EXPRESS PEDICURE

Cuticles are softened with oils & creams, nails are shaped, tidied & a perfect lasting polish is applied.

25min

**£40**

### LUXURY MANICURE

The hand exfoliation, mask and hydration leaves hands feeling firmer, smoother & softer. Your hands will be massaged, cuticles are cared for with oils and creams, the nail shape is perfected & treatment basecoats & colours are applied for a perfect finish.

50min

**£70**

### LUXURY PEDICURE

The hand exfoliation, mask and hydration leaves hands feeling firmer, smoother & softer. Your hands will be massaged, cuticles are cared for with oils and creams, the nail shape is perfected & treatment basecoats & colours are applied for a perfect finish.

50min

**£70**



## BOOK YOUR CELEBRATION

### **THROWING A BIRTHDAY, WEDDING, WAKE OR PROM?**

Elevate your special occasions at our hotel. From private dining to weddings and milestone birthdays to dignified wakes, lively proms, and large scale corporate events, we offer tailored experiences in a sophisticated setting.

[MAKE A RESTAURANT RESERVATION](#)

[GROUP ENQUIRY FORM](#)



## CHRISTMAS & NYE AT CROWNE PLAZA MARLOW

We offer a variety of exclusive dining experiences to enhance your festive celebrations. Whether you're looking to enjoy an extra-special Christmas Day lunch with your close family, a festive lunch, dinner, or afternoon tea for a delightful gathering with friends and colleagues, or indulge in our lavish New Year's Eve dinner at the Glaze Restaurant to welcome the New Year in style.

### WHATS ON?

We've got something for everybody this Christmas.

- Christmas Join a Party
- Christmas Day Lunch
- Festive Corporate Events
- New Years Eve Parties
- Festive Afternoon Tea

### STAYCATIONS

Turn your festive celebration into a memorable staycation by experiencing the enchantment of Christmas at the exquisite Crowne Plaza Marlow. Explore our Residential Christmas and New Year's Eve packages, which include dinner and indulgent spa treatments for a truly magical experience.

[BROCHURE](#)

[ENQUIRY FORM](#)



Discover serenity on the lakeside,  
A tranquil oasis where relaxation  
combines with convenience. A  
peaceful retreat from the bustling  
surroundings of Marlow.



## FINDING US

The stunning lakeside location of the Crowne Plaza Marlow, set in 5 acres of beautiful countryside, is placed just 8 minutes by Marlow Train Station and an enviable location just minutes from the M40/M4/M25; it is also close to Heathrow Airport, Maidenhead and High Wycombe.

### BY CAR

The hotel is easily accessible from the M4, M25 & M40 motorways via the A404 and is located within half an hour drive from Oxford, Reading, Windsor, Maidenhead, High Wycombe and Henley-on-Thames.

### BY TRAIN

Crowne Plaza Marlow is 8 minutes from Marlow Train Station.

### HOTEL INFORMATION

Fieldhouse Lane, Marlow, SL7 1GJ +44 (0) 1628 496  
800 | [quad.club@cpmarlow.co.uk](mailto:quad.club@cpmarlow.co.uk)  
[quad.cpmarlow.co.uk](http://quad.cpmarlow.co.uk)



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