



# Relax & Unwind

at Mercure George Washington Hotel, Golf & Spa



**MONTANA SPA**





# YOUR SPA *Journey* BEGINS HERE

Montana Spa, located at the Mercure George Washington Hotel Golf and Spa is nestled in the heart of the picturesque Washington countryside, our spa offers a serene haven for relaxation and rejuvenation. With a wide range of luxurious treatments, we invite you to escape the everyday and indulge in the ultimate spa experience. From soothing massages to revitalizing facials, our expert therapists will ensure that you leave feeling refreshed, revitalized, and ready to take on the world. Whether you are a hotel guest or a local resident, the Montana Spa is the perfect destination to unwind, pamper yourself, and discover a true sanctuary of tranquility.

# SPA DAY *Packages*

## ESCAPE

A choice of 1 x 55 minute treatment from:

- Elemis Deep Tissue Full Body Massage
- Elemis Skin Specific Facial

1 course light lunch (1 course Sunday Lunch on Sundays)

Robes, towels and slippers provided

Use of the leisure facilities

**Mon to Thu - £88.00**

**Fri to Sun - £98.00**

## INDULGENCE

2 x 55-minute treatments including:

- Elemis Deep Tissue Full Body Massage
- Elemis Skin Specific Facial

1 course light lunch (1 course Sunday Lunch on Sundays)

Robes, towels and slippers provided

Use of the leisure facilities

**Mon to Thu - £153.00**

**Fri to Sun - £163.00**

## REFRESH AND REVIVE

A choice of a 1 x 25-minute treatment from:

- Elemis Deep Tissue Back, Neck and Shoulder Massage
- Elemis Skin Specific Facial
- Elemis Indian Head Massage

1 course light lunch (1 course Sunday Lunch on Sundays)

Robes, towels and slippers provided

Use of the leisure facilities

**Mon to Thu - £73.00**

**Fri to Sun - £83.00**

## SPA & AFTERNOON TEA

A choice of 1 x 25-minute treatment from:

- Elemis Deep Tissue Back, Neck and Shoulder Massage
- Elemis Skin Specific Facial
- Elemis Indian Head Massage

Afternoon Tea

Robes, towels and slippers provided

Use of the leisure facilities

**Mon to Thu - £78.00**

**Fri to Sat - £88.00**

**ELEMIS**





# Spa Breaks & SPA DAYS



At Montana Spa, we offer a range of luxurious spa packages designed to pamper both the mind and body. Our packages are thoughtfully curated to provide a holistic experience that allows you to relax, rejuvenate, and recharge. Whether you're looking for a soothing massage, a restorative facial, or a complete wellness retreat, our spa packages cater to your individual needs. Our skilled therapists use high-quality products and innovative techniques to ensure the ultimate spa experience. Escape the daily stresses and indulge in a journey of tranquillity with our spa packages at Montana Spa.

## LUXURY SPACATION

One night's bed and 'Geordie' breakfast  
£20 dinner allowance in Carter and Fitch, the Steakhouse and Pizzeria

A choice of 1 x 55 minute treatment from:

- Elemis Deep Tissue Full Body Massage
- Elemis Skin Specific Facial

Use of the leisure facilities

**£145pp** based on two sharing  
£40 single person supplement

## ONE NIGHT REFRESH & REVIVE

One night's bed and 'Geordie' breakfast

A choice of a 2 x 25 minute treatments from:

- Elemis Deep Tissue Back, Neck and Shoulder Massage
- Elemis Skin Specific Facial
- Elemis Indian Head Massage

1 course light lunch (1 course Sunday Lunch on Sundays)

Use of the leisure facilities

**£140pp** based on two sharing  
£40 single person supplement

## COSY NIGHT IN

One night's bed and 'Geordie' breakfast

A bottle of Prosecco and a pizza each either in the room or in Carter and Fitch

A choice of a 1 x 25 minute treatments from:

- Elemis Deep Tissue Back, Neck and Shoulder Massage
- Elemis Skin Specific Facial
- Elemis Indian Head Massage

Use of the leisure facilities

**£135pp** based on two sharing  
£40 single person supplement

## 2 NIGHT SPA BREAK:

Two night's bed and 'Geordie' breakfast  
£20 dinner allowance in Carter and Fitch, the Steakhouse and Pizzeria

A choice of 1 x 55 minute treatment from:

- Elemis Deep Tissue Full Body Massage
- Elemis Skin Specific Facial

Use of the leisure facilities

**£275pp** based on two sharing  
£80 single person supplement

## TAKE OFF OR TEE OFF

One night's bed and 'Geordie' breakfast  
£20 dinner allowance in Carter and Fitch, the Steakhouse and Pizzeria

One round of golf and a choice of 1 x 25 minute treatment from:

- Elemis Deep Tissue Back, Neck and Shoulder Massage
- Elemis Skin Specific Facial
- Elemis Indian Head Massage

Use of the leisure facilities

**£125pp** based on two sharing  
£40 single person supplement





# Treatments

## SIGNATURE MASSAGES

### Elemis Deep Tissue Full Body Massage

Indulge in relaxation with our Elemis deep tissue full body massage. Revitalize your muscles and relieve tension with our skilled therapists. Experience deep relaxation like never before

TREATMENT TIME | 55 MINUTES | £65

### Elemis Deep Tissue Back, Neck & Shoulder Massage

Relax and unwind with the Elemis deep tissue back, neck and shoulder massage at our spa. This treatment targets tension and leaves you feeling rejuvenated.

TREATMENT TIME | 25 MINUTES | £44

### Feel The Heat - Hot Stones

This popular thermal stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage.

TREATMENT TIME | 25 MINUTES | £44

TREATMENT TIME | 55 MINUTES | £65

### Hot Stones Neck & Shoulder Treatment

A glorious treatment using warm basalt stones to massage the neck and shoulders. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. An experience you just have to have at least once in your life!

EXPRESS TREATMENT TIME | 15 MINUTES | £35

# ELEMIS

## TOP TO TOE

### BeautyLab

BeautyLab is renowned for innovative beauty products using high-performance active ingredients, blending cutting-edge science and technology. Celebrated for delivering instant and long-term results. Choose from one of our available facials from rejuvenating to anti-ageing.

TREATMENT TIME | 25 MINUTES - £45 | 55 MINUTES - £65

### Elemis Skin Specific Facial

The Elemis skin specific facial is a luxurious treatment. Using a combination of advanced techniques and high-quality Elemis products, this facial is designed to nourish and refresh.

TREATMENT TIME | 55 MINUTES | £65

### Elemis Mini Skin Specific Facial

The mini Elemis skin specific facial is a perfect add on to your spa day and will leave your skin feeling radiant.

TREATMENT TIME | 25 MINUTES | £44

### Elemis Indian Head Massage

Experience deep relaxation and rejuvenation with the Elemis Indian head massage, a therapeutic treatment targeting tension and stress.

TREATMENT TIME | 25 MINUTES | £44

### Indulgent Foot Ritual

This relaxing treatment designed to invigorate and refresh tired legs and feet involves a cooling stimulating foot mask followed by a relaxing massage using draining movements to help stimulate blood flow and circulation.

EXPRESS TREATMENT TIME | 15 MINUTES | £23

## Indulgent Hand Ritual

This soothing hand treatment uses special massage techniques to soothe tense hands and forearms. A relaxing treat, this stress relieving hand and arm massage with rejuvenate the overall look and feel of your hands!

EXPRESS TREATMENT TIME | 15 MINUTES | £23

## PERFECT EYES

### Secret Eye Remedy

Perfect for when you look tired. Special eye massage techniques to lift, smooth and revitalise. The perfect add-on to any facial!

TREATMENT TIME | 15 MINUTES | £23

### Eye Brow Shape

Your therapist will use tweezers and wax to tidy the brows and to give your eyebrows a defined shape, helping to frame your face.

£20

### Eye Brow Tint

Make the Brow pop, your therapist will tint the brow to your perfect colour match/choice creating and easier maintained Brow.

£20

### Lash Tint

Create those glamorous Lashes without the mess of mascara, our therapist will work with you to create the perfect look you require.

£20

### The Ultimate Eye Pack

Why not dazzle those eyes and let your therapist work her magic, combined all three eye treatments for a perfect look.

TREATMENT TIME | 55 MINUTES | £44

# STANDOUT Manicures & PEDICURES



Indulge in a world of relaxation and pampering at Montana Spa, where our luxurious manicures and pedicures will leave you feeling renewed and rejuvenated. Our experienced and skilled technicians will take you on a journey of pure bliss, using only the finest products and techniques to ensure your nails are treated with care and precision. Whether you're looking for a quick touch-up or a complete transformation, our range of manicures and pedicures will exceed your expectations.

## MANICURES

Using expertly blended products with a multitude of active ingredients including; antioxidant and brightening Blueberry, Rosemary and Vitamin C plus nourishing Shea Butter, Argan Oil and Aloe Vera, with a calming signature fragrance of Bergamot, Earl Grey and Cucumber for added sensorial bliss.

### Indulge Mii

Hands drink in all the benefits of the Fly By Mii Manicure below, with the additional indulgence of a rich hand mask and heavenly hand and forearm massage.

TREATMENT TIME | 50 Minutes | £40

### Fly By Mii

Achieve extra protection extra fast. Hands are cleansed and conditioned, and cuticles moisturised. Nails are beautifully shaped and treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish, or Statement Gel Polish.

TREATMENT TIME | 25 Minutes | £30

## PEDICURES

Using a restorative blend of moisturising Aloe Vera, calming Thyme, antioxidant Rosemary and soothing Icelandic Moss, with a clean fragrance of Lemon and Green Tea to help lift the sole.

### Indulge Mii

Feet drink in all the benefits of the Fly By Mii Pedicure below, plus the additional indulgence of a deeply rich and nourishing foot mask and rejuvenating foot and lower leg massage.

TREATMENT TIME | 55 Minutes | £40 COST

### Fly By Mii

Get pedi-ready in an instant. Feet are cleansed and conditioned, with hard skin removed and cuticles moisturised. Nails are trimmed and tidied, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish, or Statement Gel Polish.

TREATMENT TIME | 25 Minutes | £30 COST

### Naturally Mii – Colour Free

Select from the above Mii services but go colour free. Nails can be buffed to a natural sheen or finished with a prescriptive base coat. Treatment time may vary.

# Mii

## STATEMENT GEL ADDITIONAL SERVICES

### Gel Mii

Cuticles are made neat and tidy along with an application of Statement Gel Polish in your choice of colour

TREATMENT TIME | 20 Minutes | £25

### Remove Mii

Fast, efficient and gentle removal of Statement Gel Polish. Taking the greatest care of the cuticles and natural nails, leaving them conditioned and hydrated, with a blissful coconut fragrance.

TREATMENT TIME | 25 Minutes | £20







# HOLISTIC *Packages*



REIKI HEALING  
CRYSTAL HEALING  
REIKI WITH CRYSTAL HEALING  
INDIAN HEAD MASSAGE WITH A TOUCH OF REIKI

Treatment times can be  
30min/£40.00 sessions or 60min/£65.00 sessions.  
Please see reception for details, appointment times  
and information.

- THE WELLNESS EXPERIENCE
  - THE HOLISTIC PACKAGE
  - 11 CRYSTAL WORK SHOP
    - BREATH WORK
    - 11 SOMATIC YOGA
    - 11 GROUNDING YOGA
- GROUP CLASSES OF ALL ABOVE  
ARE AVAILABLE

Package times are from 60min

## AVAILABLE WITH KATRINA

PLEASE FEEL FREE TO ASK FOR  
DETAILS, PRICING AND AVAILABILITY  
FOR ALL PACKAGES.

## PREGNANCY SPA DAY EXPERIENCES

Our pregnancy spa treatments use natural products, avoiding harmful aromatherapy oils. Our Clarity body treatment range, made with exotic natural oils, is free from Nut Oils, Mineral Oil, SLS, SLES, Sulphates, Parabens, Silicone, Synthetic Colours, Paraffin, and Petrolatum Wax.

## PREGNANCY NURTURING MASSAGE – FACE AND BODY

Our most popular treatment is designed specifically for you and your baby. The treatment includes a nurturing back of body massage ideal for mother's at all stages of their pregnancy. Our therapists will begin with a smooth massage using techniques to alleviate any tension within your body that you might have. Following your massage you will receive a calming facial that boosts natural rejuvenation allowing you to destress and truly relax.

TREATMENT TIME | 85 MINUTES | £120

## SOOTHING FOOT RITUAL

Your spa treatment will start with a relaxing foot soak, followed by a refreshing cleanse and exfoliation process. You will then receive a deeply relaxing core pressure point foot massage to ease any aches. Finally chose between an array of colours to spruce up your toenails to extend beyond your treatment.

TREATMENT TIME | 55 MINUTES | £65





# Bamboo MASSAGE

## DISCOVERING BAMBOO MASSAGE

Bamboo massage uses smooth bamboo sticks to relieve tension, offering a natural, relaxing, and eco-friendly experience. Heated bamboo penetrates deeply for quick muscle relaxation.

### WHY BAMBOO?

Bamboo's smoothness allows precise pressure application, is antibacterial for hygiene, and sustainable for eco-friendliness.

#### Benefits

- Relaxation and Stress Relief: Induces deep calm.
- Improved Blood Circulation: Encourages blood flow.
- Detoxification: Stimulates detoxification and reduces swelling.
- Exfoliation: Gently refreshes skin.

#### Options:

##### FULL BODY MASSAGE

TREATMENT TIME | 55 MINUTES | £80

##### BACK, NECK AND SHOULDER MASSAGE

TREATMENT TIME | 35 MINUTES | £55

## HIMALAYAN SALT STONE MASSAGE

Discover a unique relaxation experience with Himalayan Salt Stone Massage. Originating from the Himalayan Mountains, these stones are rich in essential minerals like potassium, calcium, and magnesium.

Heated salt stones provide a soothing massage that relieves tension, improves circulation, and enhances sleep. They lightly exfoliate and emit negative ions for added wellness

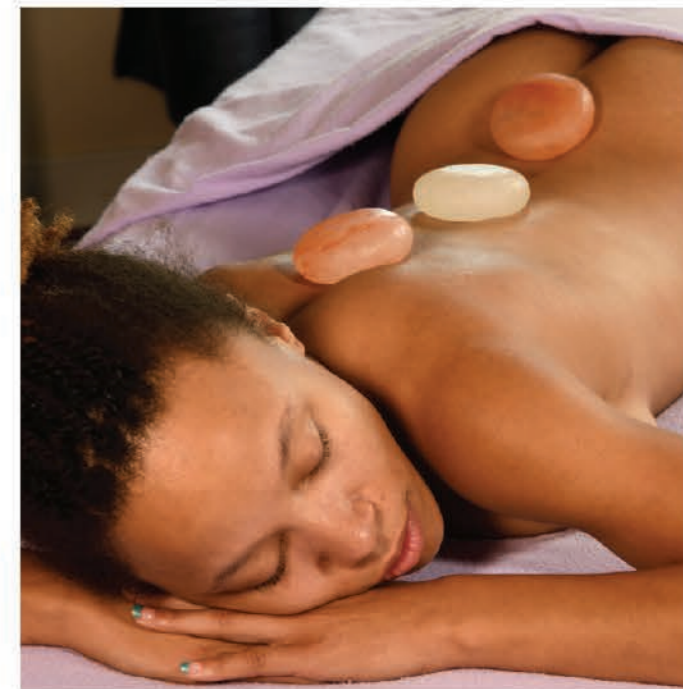
#### Benefits.

Unlike traditional stones, Himalayan stones maintain consistent warmth and are naturally antimicrobial, ensuring safety. Their gentle glow also creates a calming spa atmosphere.

Enjoy the rejuvenating effects of this massage, known for relaxing both body and mind. Book your session today for this elevated experience.

TREATMENT TIME | 25 MINUTES | £50

TREATMENT TIME | 55 MINUTES | £70





# Our Products

## ELEMIS

We are proud to partner with Elemis spa products. Their luxurious range of skincare products are designed to rejuvenate and nourish the skin. With a focus on natural ingredients and advanced technology, Elemis delivers effective results, each product is carefully formulated to address specific skin concerns and provide visible improvements. Treat yourself to the ultimate spa experience with Elemis spa products and indulge in ultimate relaxation and rejuvenation.



## Mii

Mii's Statement Gels were born to be just that. A super shiny durable 'soak-off' gel polish with a self-levelling formula which can be easily removed without damage to the natural nail. Ideal for busy people with busy hands. Make your statement.

All Mii formulas are blended using the most effective ingredients to nurture nails and to produce outstanding results.

Mii's dedication extends beyond TLC for hand and foot care, as Mii is not only cruelty free but suitable for vegans too.



## SPA ETIQUETTE

Please have consideration for other Spa guests. Mobile phone use is prohibited within the Spa area as this distracts you from your overall relaxation. In addition to this, within the relaxation area, conversations are fine, but please moderate your voice as other guests may be enjoying a post therapy sleep. We request that no outdoor footwear is to be worn in the Spa thermal areas. We also ask that during treatments, all guests keep their under garments on.

## HOW TO BOOK

At Montana Spa, all guest must be 16 years and over (under 18s must be accompanied by an adult). To ensure your preferred date, time and service is available we recommend booking well in advance. Our Spa reservations team are available on 0191 402 9988 or email [spa@georgewashington.co.uk](mailto:spa@georgewashington.co.uk) Alternatively, you may also book directly from our website [www.georgewashington.co.uk](http://www.georgewashington.co.uk)

## SPA TREATMENTS

All Spa guests are advised to arrive a least 15 minutes prior to their first treatment. All appointment times include consultation and aftercare advice. Please be advised that late arrivals will result in treatment time being shortened accordingly

## CANCELLATION POLICY

We have a 48 hour cancellation/amendment policy. If your Spa day is cancelled within this period we reserve the right to retain your deposit/payment, within this period Spa days are non transferable. Your deposit/payment will be valid if the Spa day is cancelled outside the period of 48 hours.

## HEALTH CONDITIONS & PREGNANCY

Please inform us prior to your visit if any guests have allergies to potential product usage and if there are any medical reasons which may interfere or hinder your treatments including:

- Cancer (past or present)
- Pregnancy
- Recent Operations

All our prices are inclusive of VAT; however we reserve the right to amend prices without prior notification. All of our Spa therapies are subject to availability. With regard to our Spa Days, we would require a 50% pre-payment on booking to secure your appointment. In the case of a gift voucher or credit note, the reference number will be required upon booking.





## LEISURE MEMBERSHIPS FOR MONTANA SPA & FITNESS

| MEMBERSHIP PRICES   | Rolling Monthly | 12 Months Contract |
|---|-----------------|--------------------|
| Single  | £40             | £37.50             |
| Concessions   |                 | Monthly            |
| Senior  |                 | £35                |
| Student   |                 | £35                |
| Blue Light  |                 | £35                |
| Golf Members  |                 | £35                |
| Prepaid   |                 | Annual             |
| Single  |                 | £430               |
| Concessions   |                 | £390               |
| Day Pass  |                 |                    |
| Gym and Swim (over 16s only)  |                 | £18                |
| Child Swim (under 16s)<br>T&Cs - under 16s with adult supervisor only |                 | £9                 |

Terms & Conditions 30 day cancellation notice

### Member Discounts

**10% off** Food & drink in Carter & Fitch

**10% off** Beauty treatments at Montana Spa

**10% off** Bedrooms (subject to availability)

**£10** Breakfast in Orangery

email [spa@georgewashington.co.uk](mailto:spa@georgewashington.co.uk)

[www.georgewashington.co.uk](http://www.georgewashington.co.uk)

**FOR MORE  
INFORMATION  
CALL: 0191 402 9988  
OR  
SCAN THE QR CODE**



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