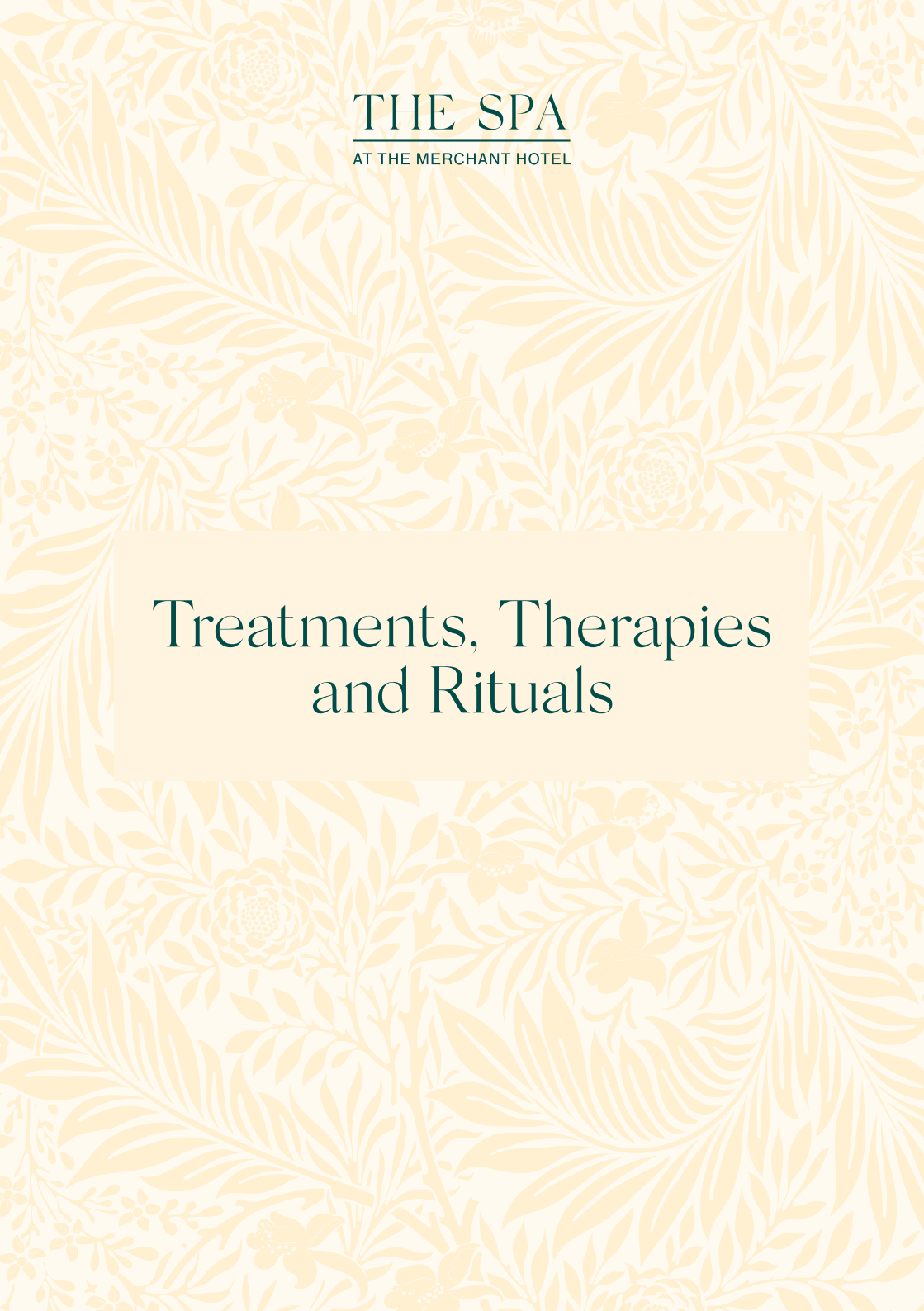




THE SPA

AT THE MERCHANT HOTEL

Treatments, Therapies and Rituals



Welcome to The Spa at The Merchant Hotel

Our Philosophy

At The Merchant Spa, our philosophy is simple: to create a space where every treatment feels personal, restorative, and deeply rewarding. Our refreshed menu blends much-loved classics with carefully selected new therapies, each chosen to enhance your sense of wellbeing.

We believe no two guests are the same, which is why every experience is tailored to your individual needs, preferences, and intentions. While each journey is unique, our core values remain constant – a dedication to exceptional care and the art of true relaxation.





SAUNA

AFROMA
STEAM

How to Choose from Our Menu

Our treatment menu has been thoughtfully created to help you find the experience that best supports your intention for visiting us today. Whether you seek deep relaxation, renewed energy, or visible results, you'll find your perfect match within these pages.

Relax and Release – p6

Ease away built-up tension while allowing your body to fully relax. These treatments balance muscle release with deep, soothing calm.

Sleep Enhancing – p10

Restorative sleep is essential to overall wellbeing. These treatments are designed to quieten the mind, deeply relax the body, and encourage more peaceful, restorative rest.

Hormone Balancing – p12

Gentle, nurturing therapies to support balance during times of hormonal change. Ideal for soothing symptoms of menopause and promoting overall wellbeing.

Nurture the Mother-to-Be – p14

Safe, comforting treatments tailored for pregnancy. (Please let us know you are expecting when booking).

Traveller's Choice – p16

Rebalance, refresh, and lift your energy. Perfect for soothing tired muscles and combating the effects of travel or jet lag.

Detox – p18

For those seeking visible, results-driven therapies. These treatments purify, revitalise, and restore your natural glow.

The Perfect Way to Celebrate – p20

Enjoy combination taster treatments that make any occasion memorable.

Self-Care Rituals – p22

Carve out time for yourself with our immersive, wellbeing-focused treatments that nurture both body and mind.

All Things Skin – p24

Explore our world-leading skincare brands and expert therapies to reveal your most radiant complexion.

Hydrotherapy Experience – p31

A space dedicated to non-touch therapy, the perfect way to immerge into relaxation by dedicating one hour to use heat and water therapies to release muscle tension, detoxify the body, improve both circulation and respiratory system.

Relax and *Release*

*Melt away tension
and restore balance.*



VOYA Full Body Massage

55 minutes – £120

Allows your therapist to listen to your needs and adapt a sequence to give you maximum results.

Includes: Full body massage using Swedish technique, scalp massage optional.

Pressure: Light to medium

Stress Relief Massage

55 minutes – £120

This ultimate customised massage experience was designed for the sole purpose of stress relief. This is a medium pressure massage that focuses on releasing your main tension points.

Includes: Head, neck, shoulders, back and feet using a combination of deep tissue and Swedish massage techniques.

Pressure: Light to firm

The Merchant Back, Neck and Scalp Massage

40 minutes – £95

This massage is perfect for anyone with any tension in their back and shoulders. Using a nourishing oil, the knots are eased away with targeted massage techniques.

Includes: Back, neck and scalp using a combination of deep tissue and Swedish massage techniques.

Pressure: Light to firm

Hot Stone Massage

55 minutes – £120 | 90 minutes – £180

This tailored massage with hot stones unravels nagging muscular tightness and discomfort while pure, aromatic essential oils envelop the mind to relieve stress and recharge your inner reserves for a feeling of rejuvenation.

Includes: Full body massage using hot stone massage techniques, scalp massage optional.

Pressure: Light to medium

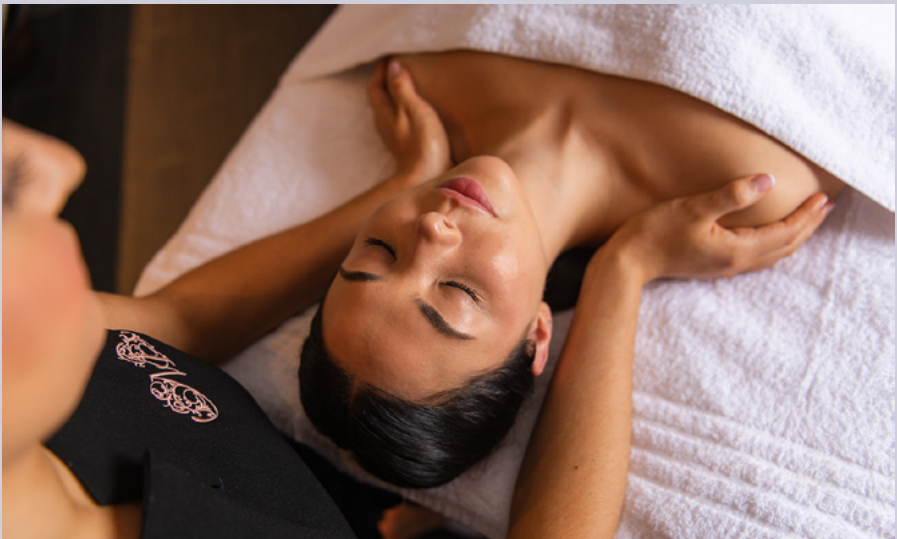
Thai Yoga Massage

90 minutes – £180

This interactive massage guides you through a series of stretches and movements, similar to yoga, while your therapist applies pressure to specific points and lines on the body. This approach aims to relieve muscular tension, improve circulation, boost the immune system, and balance the body energetically.

Includes: Full body stretching

Pressure: Firm





Sleep Enhancing

*Treatments designed to
calm, restore, and renew.*



Grounding Sleep Ritual

45 minutes – £95

A soothing eye treatment with seaweed compresses to relieve tired and puffy eyes, followed by a deeply relaxing pressure point facial and scalp and foot massage. Complete the journey as your therapist guides you through meditative breathing as you relax and unwind.

Includes: Eye treatment, pressure point massage for face, scalp and feet.

Mindful Dream Ritual

75 minutes – £150

Discover the restorative power of wild, organic seaweed on the skin and let the wondrous scent of lavender and rosemary envelop body and soul and melt away any stresses, promoting relaxation, inner harmony and a peaceful night's sleep. Incorporating specially designed soothing oils alongside sleep inducing cultural massage and meditation techniques, this wellbeing-focused treatment evokes instant tranquillity and nurtures inner wellbeing, calmness and serenity.

Includes: Head, neck, shoulders, back and feet using Swedish massage techniques.

Herbal Sleep Cocoon

60 minutes – £120

VOYA's Herbal Sleep Cocoon Sleeping Ritual offers a unique and heightened sensory experience of pure relaxation. Nourishing down to a cellular level, this ritual uses a combination of organic body scrub followed by an enveloping and comforting body wrap and scalp massage. This is a powerful sleep encouraging experience where you feel fully cocooned, helping to facilitate deep relaxation.

Includes: Body exfoliation, body wrap and scalp massage.

Hormone Balancing

*Restore harmony
and nurture wellbeing.*



Spring Tides

75 minutes – £150

An experience that relaxes a hormonally stressed body from the symptoms of perimenopause and menopause and gives back some of the vitamins and minerals lacking through the absorption of seaweed. Begin your journey with a deeply relaxing, hot oil back-of-body massage using Balinese and Hawaiian massage techniques, followed by a reflexology pressure point foot massage, stomach massage and a soothing facial and scalp massage.

Targets: Hot flashes, irritability, mood swings, insomnia, fatigue, anxiety, depression, brain fog, aching muscles, headaches, digestive issues and bloating.

Grounding Sleep Ritual

45 minutes – £95

A soothing eye treatment with seaweed compresses starts this experience, relieving tired and puffy eyes, followed by a deeply relaxing pressure point facial and scalp massage. Complete the journey as your therapist guides you through meditative breathing as you relax and unwind.

Targets: Irritability, mood swings, trouble sleeping, fatigue, anxiety, depression, lack of focus, brain fog, headaches, hair thinning.

Nourishing Cocoon Journey

60 minutes – £120

An organic treatment that detoxifies the skin and stimulates the renewal of cells by exfoliating the body with ground walnut shells. The body is then enveloped in shea and cocoa seed butter with calming and stress relieving properties of lavender and rosemary to soothe and hydrate the skin, while calming the body and mind with a scalp massage.

Targets: Dry and itchy skin, irritability, mood swings, insomnia, aching muscles and joints, lack of focus, brain fog, anxiety and depression.

Nurture the Mother-to-Be

*Restore harmony
and nurture wellbeing.*



Organic Pre-Natal Voyager

70 minutes – £135

A relaxing, organic, wellbeing ritual promoting relaxation and a sense of tranquillity while deeply hydrating and enriching your skin. Nourishing Mama Oil is used to gently ease stress and tension with a top-to-toe body, face and scalp massage. Melt away the aches and pains of pregnancy and feel comfortably cocooned, supported, and restored.

Includes: Full body massage, scalp massage and mini facial.

VOYA Self Discovery Radiance Facial

55 minutes – £115

This skin type-specific, ocean-inspired organic facial is deeply detoxifying, thoroughly revitalising, and helps to smooth skin tone and increase clarity. You will be left with a revived glowing complexion that is both enriched and strengthened. Perfect for soothing hormonal skin with the purest of skincare products.

Includes: Full Voya facial, neck, shoulder, face and scalp massage in the treatment.

Results: Balanced glowing skin.

Organic Foot Ritual

40 minutes – £95

The perfect treatment for those suffering with tired, achy, swollen lower legs and feet. This ritual uses deeply nourishing seaweed-based products to relieve symptoms leaving you with the feeling of walking on air.

Includes: Lower leg and foot scrub, seaweed wrap and massage.

Traveller's Choice

*Revive and restore
the body and mind.*



VOYA Jet Lag Revitalising Treatment

55 minutes – £120

For voyagers who experience the negative effects of long-haul travel, including discomfort from leg swelling and aching neck and shoulders.

Begin with a back and shoulder massage then follow with a revitalising foot scrub to help increase the circulation to your legs.

Float away and enjoy a foot and lower limb draining massage to help with any fluid retention. Unwind your mind while your legs are wrapped in a seaweed nourishing compress. Whilst the seaweed gets to work, enjoy a scalp massage to ease any tension in your head.

Includes: Back, neck and scalp massage, lower leg and foot scrub, seaweed wrap, lower limb and foot massage.

VOYA Organic Peppermint and Seaweed Sugar Glow

55 minutes – £120

This all over exfoliation treatment awakens the skin and body. Featuring a beautiful mix of organic peppermint leaf, seaweed, and sugar, dead skin cells are gently removed while introducing you to the uplifting effects of our peppermint essential oil.

Includes: Full body exfoliation with hot oil application.

Detox

*Purify, replenish, and reveal
radiant skin.*



Organic Warm Spiced Mud Wrap

60 minutes – £120

This rich mud wrap is made from fresh ocean seaweed. The extract is rich in potent antioxidants and minerals. For the results-driven client, the wrap offers immediate and noticeable effects to the skin.

Targets: Firming and toning the body, a metabolism stimulator and a natural, anti-ageing boost.

Includes: Body brushing, mud wrap, mini facial and moisturiser application.

Tangle Me Up Body Wrap

60 minutes – £120

This all over body treatment revitalises the skin, while relaxing tired and lethargic muscles with antioxidant compounds.

Targets: Tired and lethargic muscles, relieves stress and fatigue, fights cellulite and the signs of aging, improves the suppleness and elasticity of your skin.

Includes: Body brushing, seaweed mask, scalp massage with nurturing conditioner and moisturiser application.

The Perfect Way to Celebrate

Go on, treat yourself!



The Perfect Duo

55 minutes – £125

This is the perfect treat for when you want to indulge in a massage but your skin needs some TLC too. Enjoy a back massage followed by a customised mini facial using Elemis products. Complete your experience with a glass of Prosecco in the Relaxation Room.

Includes: Back massage, customised facial, a glass of Prosecco. *(Add a 60 Minute Hydrotherapy Experience for £20 per person)*

Trio of Treats

60 minute Hydrotherapy + 70 minute treatment – £155

Begin with a muscle easing back massage to melt away your tension. An Elemis mini facial with cleansing, exfoliation and a mask will soothe and brighten your skin before a cooling and refreshing foot massage. Finish in the relaxation room with a glass of Prosecco.

Includes: Hydrotherapy Experience, back massage, mini facial, foot massage, a glass of Prosecco.

Self-Care Rituals

*Restorative rituals
that put you first.*



Spa Escape

60 minute Hydrotherapy + 150 minute treatment – £350

Includes: 60 minute hydrotherapy experience, 30 minute full body scrub and 60 minute massage of your choice (Voya Full Body Massage, Stress Relief or Hot stone) followed by a 60 minute bespoke Medik8 facial and finish with a light lunch and a glass of Prosecco in The Great Room Restaurant.

Pause, Reflect and Reset

60 minute Hydrotherapy + 120 minute treatment – £255

Escape the bustle of the city and reconnect with yourself in a sanctuary of calm and rejuvenation.

Includes: 60 minute hydrotherapy experience, 60 minute massage of your choice (Voya Full Body Massage, Stress Relief or Hot Stone). Enjoy a 60 minute bespoke Medik8 facial and finish with a glass of Prosecco in the Relaxation Room.

Restore Ritual

60 minute Hydrotherapy + 120 minute treatment – £255

Using Atlantic seaweed-based products to allow the energy line of your body to completely restore.

Includes: 60 minute hydrotherapy experience, 30 minute back massage, 30 minute foot treatment, 60 minute VOYA Self-Discovery facial and finish with a glass of Prosecco in the Relaxation Room.

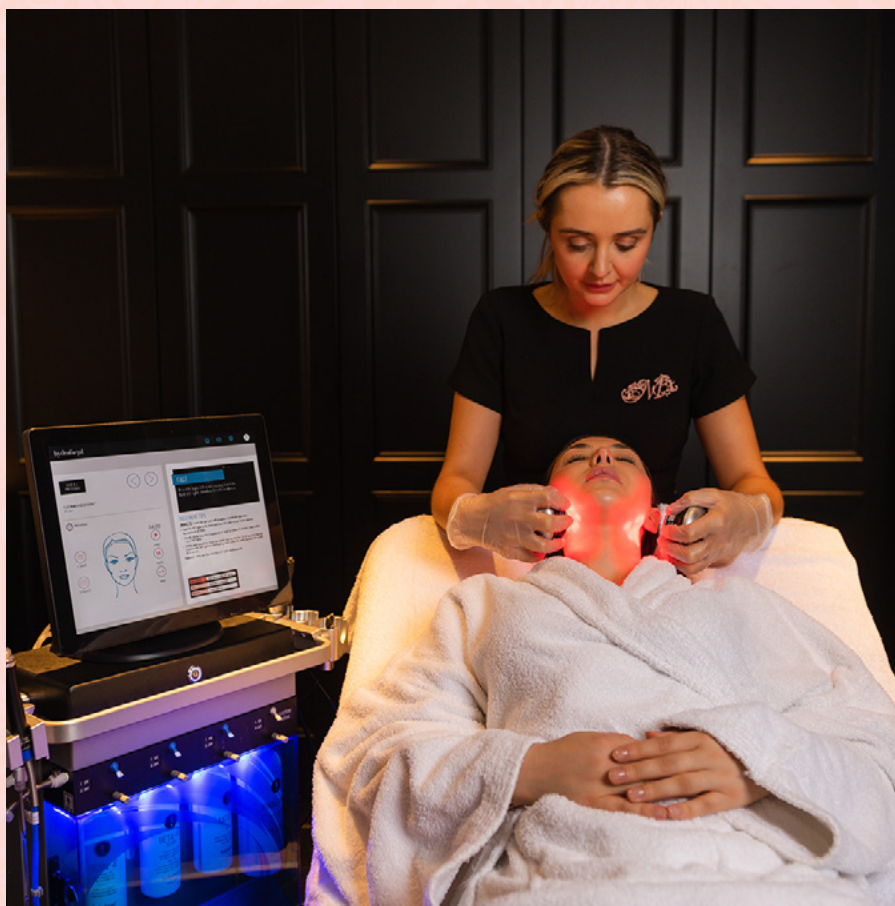
Time Ritual

60 minutes – £125 | 75 minutes – £145

Enjoy the most holistic experience possible, by allowing our therapists to utilise their individual talents to create and customise treatments to your unique individual needs.

All Things Skin

Expert skincare for lasting results.



Medik8

Renowned for their science-led approach, Medik8 are experts in advanced, results-driven skincare. Harnessing cutting-edge formulas and professional expertise, our Medik8 facials and peels are designed to target specific skin concerns while restoring clarity, radiance, and balance. Each treatment is tailored to your individual needs, delivering visible results with a luxurious spa experience.

Crystal Retinal Age-Defying Facial

60 minutes – £160

Our most rejuvenating facial, powered by Crystal Retinal and enhanced with our transformative sculpting massage. This facial is a truly bespoke experience and tailored to meet your skin's unique needs. Designed to deliver visible results in just one treatment, it helps to reduce the appearance of wrinkles, boost radiance, and improve skin firmness.

Skin Concern: Fine lines and deep-set wrinkles.

Results: Visibly smooths wrinkles, enhances radiance, plumps and firms the skin.

Expert Facial

60 minutes – £115

Crafted by your Medik8 professional for a truly personalised experience, this treatment nourishes deeply, enhances skin clarity, and promotes a smoother, more even complexion. Complete with a soothing yet invigorating massage, it rejuvenates both skin and senses for the perfect restorative reset.

Skin Concern: All skin types and needs.

Results: Tailored to your skin's needs, whether it's deep hydration, enhanced clarity, or a more even tone and refined texture.

Medik8 Professional *Peels*

45 minutes – £115

Medik8 peels are professional grade exfoliating acid treatments designed to visibly resurface, refine and re-texturise the skin in just 45 minutes. All Medik8 peels feature innovative Time Release technology, ensuring a controlled release of actives for maximum efficacy and optimal comfort. We have 5 luxury peels to choose from:

Targeted Peels

Our Targeted Peels are designed to do just that, they target specific, stubborn skin concerns to reveal fresher, healthier-looking skin in just 45 minutes.

Rewind Peel

The ultimate age-defying peel, designed to stimulate collagen production while visibly reducing fine lines and wrinkles. Skin is left rejuvenated, firmer and smoother, with imperfections visibly diminished.

Even Peel

Targeting hyperpigmentation, sun damage, and dull, uneven skin tone, this brightening peel works to reduce excess melanin production for a visibly radiant, more even complexion.

Clarity Peel

A powerful blemish-fighting peel that rapidly decongests the skin, helping to control blemishes while dramatically reducing the risk of future breakouts.

Sensitive PHA Peel

A gentle yet effective peel designed specifically for extremely sensitive or redness-prone skin. It visibly smooths skin texture while supporting the skin barrier for a more resilient, healthier-looking complexion.

HydraFacial™

Only HydraFacial uses a unique, patented Vortex-Fusion delivery system to exfoliate, extract and hydrate skin. Suitable for all skin types, the spiral design of HydroPeel® Tips, used in conjunction with the HydraFacial vacuum technology and serums, creates a vortex effect to easily dislodge and remove impurities while simultaneously delivering hydrating skin solutions that create an instantly noticeable glow in 6 steps:

Pre-cleanse

Begin with a removal of daily build up on the skin's surface.

Detox

Lymphatic drainage that improves circulation of the lymph system and helps to eliminate toxins.

Cleanse and Peel

Uncover a new layer of skin with gentle exfoliation and relaxing resurfacing.

Extract and Hydrate

Remove debris from pores with painless suction.
Nourish with intense moisturisers that quench skin.

Fuse and Protect

Saturate the skin's surface with antioxidants and peptides to maximise your glow.

Rejuvenation

Finish with red and infrared LED light to reduce redness and further stimulate collagen, supporting the natural production of vitamins.

Deluxe HydraFacial™

45 minutes – £155

The Deluxe HydraFacial uses the HydraFacial's famous 6 step process to detox, deeply cleanse, extract, infuse and rejuvenate the skin.

Skin Concern: Dull/congested skin.

Results: Glass skin, instant results.

Platinum HydraFacial™

60 minutes – £180

This is the ultimate HydraFacial experience. The Platinum HydraFacial includes the famous 6 step process with an added 7th step to infuse the skin with tailored boosters selected especially for your skin type by our trained therapists.

Skin Concern: Dull/congested skin.

Results: Instant brighter skin.



Pro Glow BIOTEC Menu

Powered by next-generation technology and ground-breaking actives, ELEMIS Pro-Glow BIOTEC facials combine five advanced therapies in one machine to deliver transformative results. From ultrasonic exfoliation and oxygen infusion to microcurrent lifting and light therapy, each treatment is designed to rejuvenate, refine, and visibly energise the skin. The result is a radiant, healthy-looking complexion with instantly noticeable benefits.

One machine, 5 technologies to choose from.

Ultrasonic: Uses a ceramic plate that vibrates 2700 times per second to lift dead skin and stimulate production of collagen.

Light Therapy: A combination of anti-bacterial blue light and re-energising red light to deeply treat your skin.

O2 Infusion: Oxygen therapy to plump and hydrate the skin, targeting fine lines and signs of dryness.

Microcurrent: A lifting and firming treatment to stretch your muscles and contour the face.

Galvanic: Uses positive and negative polarity to open pores and draw out impurities

Pro-Glow Brilliance Facial+

50 minutes – £130

Your recipe for radiance.

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich superfoods will plump and smooth with a super-charged air massage to breathe life into your skin. Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing.

Supercharged with ELEMIS BIOTEC 2.0: Ultrasonic, O2 Infusion and Galvanic

Skin Concern: Dull/congested skin.

Results: Perfect for the ultimate glow.

Pro-Glow Smooth Facial+

50 minutes – £130

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity.

Supercharged with ELEMIS BIOTEC 2.0: Ultrasonic, Microcurrent and O2 Infusion

Perfect for lifting and tightening skin.

Skin Concern: Mature skin.

Results: Perfect for lifting and tightening skin.

Hydrotherapy Experience

60 minutes – £45

Add on to any 55 minute treatment – £20

Thermal Lounger

The contoured thermal lounger is gently heated for a relaxing and re-energising experience.

Sauna

A traditional wood-lined sauna using dry heat to generate sufficiently high temperatures to trigger the body's own natural boost to the immune system.

Aroma Steam Room

Combining the effects of warm steam and aromatic essential oils to decongest the skin, clear the mind and purify the body.

Hydropool

Relax in the hydropool, with shoulder and neck massage jets and relaxing air loungers. The pool offers the perfect environment to relax and rejuvenate.

Drench Showers

Invigorate the body under the multisensory drench shower.

Private Use

We can arrange private use of the spa for your party or celebration. We specialise in bespoke packages to suit your needs. For further details, please contact a member of our spa team.

Please note the Hydrotherapy Experience does not include use of The Merchant Gym Roof Top Hot Tub.

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