



## Quad Wellness & Spa



# Welcome to Quad Club Marlow

With its deep-blue mosaic-tiled Swimming Pool, 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 fulfil 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 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 JACUZZI

Our indoor Jacuzzi is the perfect place to unwind after a long day.





### 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

Mon - Sun 08:00 - 10:00  
14:30 - 17:30

- Children MUST be supervised by a responsible adult at all time and no access will be permitted outside of the above hours to ensure our adult and spa guests are able to enjoy the facilities
- Minimum age of 18 to use the gym
- Minimum age of 12 to use Spa Pool / Steam Room & Sauna with constant adult supervision
- Children under the age of 3 are not permitted in the Pool

### ANNUAL CLUB MEMBERSHIPS

#### MEMBERSHIP BENEFITS\*\*

- Full use of all facilities
- Complimentary ongoing assessment reviews
- Complimentary towels
- 25% discount available in Aqua Bar & Lounge
- 25% discount available in Glaze Restaurant
- 10% discount at Runners' Retreat, Marlow
- Complimentary classes including Spinning, Pilates, Aqua, Fitsteps and much more...
- Complimentary Car Parking

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

**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
<b>Number of months</b>	<b>12</b>	<b>3</b>	<b>12</b>
Peak Individual	£65.00	£190.00	£715.00
Peak Joint	£120.00	£360.00	£1,320.00
Off Peak Individual	£59.00	£175.00	£649.00
Off Peak Joint	£110.00	£330.00	£1200.00
Corporate Peak Individual	£59.00	£175.00	£649.00
Corporate Peak Joint	£110.00	£330.00	£1200.00
Child (3-15 years old)	£30.00	£90.00	£300.00

#### SPECIAL OFFERS: Pre-Payable

2 month - £129.00 peak

Suspensions will not be permitted for prepaid membership.

Corporate membership - Globe and Marlow International Business Park employees only (proof of employment required). If outside these Business Parks, a minimum of 5 members from the same company is required to qualify corporate rate.

### SPA TREATMENTS

#### FACIALS

##### MINI FACIAL

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

(25 minutes)

£45.00

##### 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 in youthful appearance.

(50 minutes)

£69.00

##### SKIN SPECIFIC FACIAL

This facial allow the therapist to choose the most appropriate products for your skin's needs.

(50 minutes)

£69.00

## SPA TREATMENTS

### 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.

(50 minutes)

£69.00

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

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

(25 minutes)

£45.00

#### **INDIAN HEAD MASSAGE**

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

(25 minutes)

£39.00

#### **FOOT & LEG MASSAGE\***

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

(25 minutes)

£39.00

#### **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)

£39.00

#### **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.

(50 minutes)

£79.00

#### **HOT OIL AND SALT SCRUB POLISH\***

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

**FULL BODY\***(45 minutes)

£69.00

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

£50.00

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

## SPA TREATMENTS

### JESSICA MANICURES AND PEDICURES\*

LUXURY MANICURE (55 minutes)

£65.00

EXPRESS MANICURE (25 minutes)

£35.00

LUXURY PEDICURE (55 minutes)

£65.00

EXPRESS PEDICURE (25 minutes)

£35.00

### WAXING

1/2 Leg

30 mins

£24.00

Full Leg

45 mins

£30.00

Bikini

30 mins

£24.00

Eyebrow

15 mins

£15.00

Underarm

15 mins

£15.00

Lip or Chin

15 mins

£15.00

Lip and Chin

15 mins

£20.00

1/2 Arm

30 mins

£24.00

Full Arm

30 mins

£24.00

Back or Chest

30mins

£30.00

### SPA PACKAGES

#### **SPA DAY WITH 2 COURSE LUNCH FOR TWO**

£120 for two

This spa package is an ideal introduction to the delights of the Spa, with a 2 Course Lunch plus full use of the Quad Club facilities for two.

#### **SPA DAY FOR TWO WITH 25 MINUTE TREATMENT AND 2 COURSE LUNCH**

£170 for two

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

#### **SPA DAY FOR TWO WITH 25 MINUTE TREATMENT & SPARKLING AFTERNOON TEA**

£174.00 for two

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



Quad Wellness & Spa at Crowne Plaza Marlow  
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