

The logo features a stylized, pink 'M' with a red outline, positioned to the right of the word 'Mercure' in a white, sans-serif font.

Mercure

MONTANA SPA
GEORGE WASHINGTON
HOTEL GOLF & SPA

Welcome to Montana Spa

Welcome to a new way to relax and unwind, with a wide range of treatments to cater to your every wish and desire.

We will take you into the purest forms of relaxation and ease away your everyday stresses and tensions, using only the industries best products to help us - **Elemis Spa Therapy**.

Working with natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives in the world today. We also have our very own Montana Spa Signature Treatments, designed to take you into total sensory indulgence.

Montana Spa uses the renowned Jessica products, for our hands and feet, as well as offering all the everyday essential treatments to help you to look your best, always.

Pamper days are also available, which include unlimited use of our leisure facilities, including a heated Swimming Pool, heated Spa Pool, beautiful Steam Room as well as a Luxurious Sauna Room, and a fully equipped gymnasium. A healthy 2-course lunch is also provided on all Montana Spa Pamper Days.

Take a look inside. Choose your treatment, and let us take you to Paradise.


Elemis
spa-therapy


JESSICA®



Elemis Advanced Anti-Ageing Facial

These Superior face treatments are further enhanced by luxurious hand; arm and scalp massage sequences for the ultimate in scientific skin-therapy

Tri Enzyme Resurfacing Facial 1hr

£65

Peel away the years for smoother, more radiant skin

Clinically proven to visibly resurface by up to 75%, and increase skin smoothness by up to 32%, after just 1 treatment skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

*Independent Clinical Trials 2004

Visible Brilliance Facial 1hr 15mins

£65

To combat ageing, stressed and slackened skin

This anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just 1 treatment.

*Independent Clinical Trials 2004

Pro-collagen Quartz Lift Facial 1hr 15mins

£65

Anti-wrinkle facial with proven results

Specialised lifting massage techniques are combined with professional strength anti-ageing formulations for maximum treatment efficiency. Leaving firmer, uplifted, more youth full looking appearance.

Recommended: 1 treatment every 3 weeks - course of 6.

Skin IQ+ Facial (For Men) 1hr 15mins

£65

Anti-ageing booster for tired, stressed skin

This treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

All treatments are subject to availability. Cancellation within 48 hours of treatment means full payment will be due. Gift vouchers are valid for 6 months and are non-refundable. £10 deposit required per person on day of booking and is non-refundable.

Advanced Performance Facial for Men

Urban Cleanse Facial 1hr 15mins

£65

Deep cleanse and complete skin detox

This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities, leaving the skin visibly clear and squeaky-clean.

Recommended: 1 treatment every 4 weeks.

Elemis Skin Solutions Facials

£50

Modern Skin Facial 1hr

Designed for skin challenged by modern living

Bursting with Anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results: remineralised, rebalanced, and renewed skin.

Recommended: 1 treatment every 3 weeks.



Oxygen SkinCalm Facial 1hr 15mins

£55

Pure Soothing Heaven for sensitive skin

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask infused with Absolute SkinCalm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

S.O.S Purifying Facial 1hr 15mins

£55

A purifying treatment for congested skin

Purifying massage techniques combined with the unique Japanese Sulphur Mask infused with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

Recommended: 1 treatment every 4 weeks.

All treatments are subject to availability. Cancellation within 48 hours of treatment means full payment will be due. Gift vouchers are valid for 6 months and are non-refundable. £10 deposit required per person on day of booking and is non-refundable.

Elemis Skin Specific Facials

Fruit active Glow 1hr

£45, 30mins booster facial - £25

Bring back the glow to a lifeless complexion

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.



Exotic Moisture Dew 1hr

£45,

30mins booster facial - £25

Treat your skin to a moisture boost

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back the healthy, dewy look to the skin.

Herbal Lavender Repair 1hr

£45,

30mins booster facial - £25

For perfect restoration of skin balance

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Recommended: 1 treatment every 2 weeks.

Elemis Face and Body Therapy

Face and Body Sensation 55mins

£60

Experience the perfect Elemis treatment duo

A sensational massage Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. You will then be treated to our intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance:

- Pro-Collagen Quartz Lift Facial
- Visible Brilliance Facial
- Tri-Enzyme Resurfacing Facial
- Skin IQ+ Men's Facial

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Elemis Body Therapy

Deep Tissue Muscle Massage 1hr

£45

Deep rhythmic pressure massage

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce stress and muscle tension.

Choose from:

- **Stress-a-way:** wind down and release the tension of the day
- **Spirit Reviver:** a powerful surge to invigorate and recharge
- **Muscle Melt:** Relax and re-energise a tired and aching body
- **Chakra Balancing:** Reconnect your mind, body and soul

Deep Tissue Back Massage 30mins

£25

Minimum time, maximum tension relieving results

Specifically targeting the back, shoulders and neck areas, where you need it the most.

Recommended: 1 treatment per week

Musclease AromaSpa Ocean Wrap/Float 1hr 15mins

£50

Powerful seaweed wrap for complete muscle relaxation

Drift away whilst you are cocooned in comforting foil wrap or unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.

Recommended: 2 treatments per week.

All treatments are subject to availability. Cancellation within 48 hours of treatment means full payment will be due. Gift vouchers are valid for 6 months and are non-refundable. £10 deposit required per person on day of booking and is non-refundable.

Elemis Detox Therapy

Body Sculpting Cellulite and Colon Therapy 1hr

£60

Redefine and smooth your silhouette

The body sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems. Helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

Recommended: 2 treatments per week for 4 weeks, then 1 treatment per month for maintenance.

Cellutox AromaSpa Ocean Wrap/Float 1hr 15mins

£50

A deeply detoxifying blend to decongest and stimulate the system

Let thoughts drift away whilst you are cocooned in a comforting foil wrap or unique dry float and treated to a pressure point facial massage and de-stress scalp treatment. This therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

Recommended: 2 treatments per week.

Montana Spa Signature Treatments

Montana Hot Stone Signature Treatment

30mins - £30, 1hr - £50

Warm Basalt stone to melt away tension

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Perfect to ease tension and stress through the entire body.

Montana Spa Indian Head Massage 30mins

£18

A deeply relaxing massage using firm yet gentle rhythms to unblock tension in the neck, shoulders, face and scalp. It helps relieve headaches and eyestrain and induces a deep sense of calm.

Montana Spa Back, Neck and Shoulder Massage 30mins

£18

Using specially pre-blended holistic water and balancing massage oils, designed to relax and rebalance energy levels whilst alleviating muscular tension.

Recommended: 1 treatment every 3 weeks.

All treatments are subject to availability. Cancellation within 48 hours of treatment means full payment will be due. Gift vouchers are valid for 6 months and are non-refundable. £10 deposit required per person on day of booking and is non-refundable.

Finishing Touches

Everyday essentials to make you look and feel your best. All manicures and pedicures include a mini varnish to take home.

Hands and Feet

Luxury Jessica Manicure 45mins £20

A luxury Jessica manicure includes, a hand massage as well as a beautiful manicure, helping to enhance the youthful look of your hands.

Deluxe Jessica Manicure 1hr 10mins £23

With thermal mittens

A deluxe Jessica manicure with thermal mittens for deeper penetration of oils and creams, help to soften, improve circulation and stiff joints.

Luxury Jessica Pedicure 1hr £25

A luxury Jessica Pedicure includes, a foot massage as well as a beautiful pedicure, helping to enhance the youthful look of your feet.

Deluxe Jessica Pedicure 1hr 15mins £30

With heated boots

A deluxe Pedicure with thermal mittens for deeper penetration of oils and creams, help to soften, improve circulation and stiff joints.

Montana Spa Shape and Polish 15mins £8

Montana Spa French Shape and Polish 20mins £10



All treatments are subject to availability. Cancellation within 48 hours of treatment means full payment will be due. Gift vouchers are valid for 6 months and are non-refundable. £10 deposit required per person on day of booking and is non-refundable.



Creative Nails

Nail Extensions	£30
In Fills	£18
Nail Repair	£2.50 per nail
Overlays	£32
Removal & Jessica Manicure	£25
Removal & Nail Extensions	£40

Waxing

It is advisable not to have a heat treatment before or after waxing, i.e. sauna, steam room, sun bed or swim.

Full Leg 30mins	£18	Eyebrow 10mins	£7
Full leg & Bikini 45mins	£21	High Bikini 15mins	£9
Half Leg 20mins	£13	Specialised Bikini 30mins	From £20
Chest From 15mins	From £14	Underarm 10mins	£8
Back From 15mins	From £16	Forearm 10mins	£12
Upper Lip and Chin 10mins	£10	Upper Lip or Chin 5mins	£6

All treatments are subject to availability. Cancellation within 48 hours of treatment means full payment will be due. Gift vouchers are valid for 6 months and are non-refundable. £10 deposit required per person on day of booking and is non-refundable.

Eye Treatments

Eyebrow shape 10mins	£9	Eyebrow Shape & Tint 30mins	£12
Eyebrow Tint 20mins	£6	Eyebrow Shape, Eyelash & Eyebrow Tint 50mins	£22
Eyelash Tint 20mins	£10	Eyelash Extensions 30mins	£65
Eyelash & Eyebrow Tint 40mins	£14		

Sun Junkie Spray Tan 15mins £20

Sun Junkie applied manually by a professional tanning therapist to ensure tanning perfection

With two grades of beautiful golden colour, Sun Junkie spray tan gives beautiful, even and streak free sun kissed skin to all skin shades.

Makeup 45mins £30

Make Up Application

For Bridal Make up please see our Montana Spa Wedding Brochure.

All treatments are subject to availability. Cancellation within 48 hours of treatment means full payment will be due. Gift vouchers are valid for 6 months and are non-refundable. £10 deposit required per person on day of booking and is non-refundable.

Little Miss Princess Parties ages 8-11

£20 per princess

£20 extra for a hand made cake from the wonderful
Mecure George Washington Hotel Chef

The perfect party experience for all little princesses

This party experience allows up to a minimum 6 princesses, to come and have a giggle while they get transformed.

Package includes:

Little Miss Manicure • Little Miss Pedicure • Little Miss Make-up (including a lot of sparkles!)
Lunch • Use of swimming pool

Miss Teen Princess Party ages 12-16

£27 per teen

£20 extra for a hand made cake from the wonderful
Mecure George Washington Hotel Chef

Perfect party experience for all teens

This party allows up to a minimum of 6 teens to come and have a giggle while they get transformed.

Package includes:

Mini facial • Shape and Polish for hands • Lunch • Use of facilities

Please note that an accompanying adult must supervise all children under the age of 16 whilst using the leisure facilities.

Bridal Packages

Montana Spa can create a personalised package for all our brides

For details on our Platinum, Gold, Silver, Bridesmaids, Mother of the Bride/Groom, wedding packages please call into the Spa for our wedding brochure.

Business Express Package 1hr

£40

1 hour of total relaxation for our busy executives

Includes:

Elemis Skin Specific Booster Facial 25mins • Montana Spa Back, neck and shoulder massage 25mins
Foot massage 10mins

All pamper parties/packages are subject to availability.

Cancellation within 48 hours of treatment means full payment will be due. Gift vouchers are valid for 6 months and are non-refundable. £10 deposit required per person on day of booking and is non-refundable.

Day Rituals

A day ritual is a wonderful day long escape that lets you enjoy a carefully coordinated set of treatments with unlimited use of all the facilities at Montana Spa and a delicious lunch.

Escape 3hr 10mins

£114 per person

A full day of treatments to completely pamper you from top to toe

Enjoy Elemis Deep Tissue Muscle Massage, Elemis Skin Specific Facial, Deluxe Jessica Manicure, 2 Course Light Lunch, use of Spa facilities.

Absolute Spa Ritual 2hrs

£105 per person

Two Hours or Pure Relaxation with Dramatic Results

Enjoy Elemis Anti Ageing Facial, Elemis Deep Tissue Muscle Massage, 2 Course Lunch, full use of facilities.

For Men

£105 per person

Elemis Anti Ageing Skin IQ+ Facial, Elemis Deep Tissue Muscle Massage, 2 course Lunch, full use of facilities.

Pure Indulgence 3hrs

£90 per person

A Luxurious day to totally relax and unwind

Enjoy Elemis Deep Tissue Muscle Massage, Deluxe Jessica Manicure, Classic French Pedicure, 2 course lunch, use of facilities.



Subject to availability. Cancellation within 48 hours for day rituals means full payment is due to be paid.

Gift vouchers valid for 6 months and are non-refundable.

£10 deposit required per person on day of booking, non-refundable.

Perfect Solution 1hr 30mins

£75 per person

The perfect combination of mind body and soul

Enjoy Elemis Deep Tissue Muscle Massage + Elemis Skin Specific Booster Facial

or

Elemis Skin Specific Facial + Elemis Deep Tissue Back Massage

plus

2 course light lunch, full use of facilities

Refresh and Revive 45mins

£50 per person

Choose one of the following plus enjoy a shape and polish for either your fingers or toes

Elemis Skin Specific Booster Facial • Elemis Deep Tissue Back Massage • Montana Spa Hot Stone Massage

plus

Classic French Manicure • 2 course light lunch • full use of facilities

Twilight 45mins

£44 per person

For arrival after 2.30pm Monday - Friday

Choose one of the following

Elemis Skin Specific Taster Facial • Elemis Deep Tissue Back Massage • Montana Spa Hot Stone Massage

+

Shape and polish • 1 course supper • full use of facilities

Subject to availability. Cancellation within 48 hours for day rituals means full payment is due to be paid.

Gift vouchers valid for 6 months and are non-refundable.

£10 deposit required per person on day of booking, non-refundable.

Pure Heaven-Residential Packages

2 Night Pamper Break

£165 per person - based on 2 people sharing

Includes 2 x 30mins treatments • 3 course dinner for each night • full English breakfast

Choose two from the following treatments

Mini Luxury Jessica Manicure • Mini Luxury Jessica Pedicure

Elemis Skin Specific Booster Facial • Elemis Deep Tissue Back Massage

1 Night Pamper Break

£85 per person Sunday - Friday based on 2 people sharing

Includes 1 x 30mins treatment • 3 course dinner • full English breakfast, full use of Facilities

Choose one from the following treatments

Mini Luxury Jessica Manicure • Mini Luxury Jessica Pedicure

Elemis Skin Specific Booster Facial • Elemis Deep Tissue Back Massage

Subject to availability. £25 deposit required on booking & balance due 14 days prior to arrival. Full cancellation charges apply if cancelled within 48 hours. Treatments and Lunch times will be booked at our discretion unless you specify otherwise, these may be subject to change. Gift vouchers are valid for 6 months and are non refundable.

Vouchers

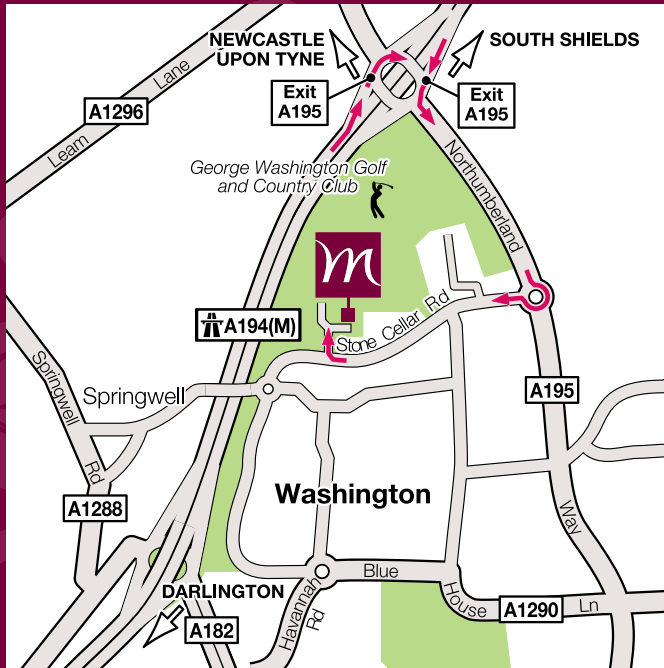
Gift Vouchers are available in monetary or treatment format from the Spa or Hotel reception.

Valid for 6 months only and are non-refundable.

Opening Hours

Monday	Closed
Tuesday	10am-4pm
Wednesday	11am-8pm
Thursday	9am-5pm
Friday	10am-7pm
Saturday	9.30am-5.30pm
Sunday	10am-4pm

How to find us



Montana Spa, taking you to Paradise

Mercure George Washington Hotel Golf and Spa

Stone Cellar Road • High Usworth • Washington • Tyne and Wear • NE37 1PH

Tel Spa: 0191 202 2411 • Main Switchboard tel: 0191 402 9988

Email: reservations@georgewashington.co.uk • Web: www.georgewashington.com