



Telephone: 0121 308 6052
Treatments: thehartspa.com

Email: info@thehartspa.com
Products: moniquehart.com

The Hart Spa, Coppice Garden Centre, Coppice Lane, Middleton,
Staffordshire, B78 2BU



OUR SIGNATURE MONIQUE HART COLLECTION IS USED WITHIN THE SPA

The Hart spa instils a sense of calm wellbeing and serenity, it's a perfect retreat. Our signature candles are lit through out the spa, hair studio and our treatment rooms which have a delicate and beautiful aroma, along with a regular spritz of our bespoke must have facial mists.

We have harnessed the therapeutic power of our precious bleeding hart essence in our custom made collection and treatment rooms to balance the mind promoting inner healing and peace and achieve a desired state of mindfulness.

Monique Hart

EXPERIENCES

HART SPA FACIAL RITUAL

The Hart Spa facial Ritual uses our bespoke skincare and been created with holistic and mindfulness techniques. This treatment is tailored to your specific needs. Your therapist will offer you a choice of mood lighting and your treatment will begin with a back massage followed by a bespoke facial. This ritual will leave your skin and mind truly balanced.

1h 15m £70
£55 Off Peak

HART SPA SOOTHING RITUAL

Back cleansing treatment and a deep hot oil massage to the neck and shoulders, followed by a purifying personalised facial and refreshing scalp massage.

1h 10m £80
£64 Off Peak

“BONNE NUIT” FRENCH FOR GOOD NIGHT

You will be scent to sleep with a one-hour full body massage using our bespoke products, a one-hour facial including a hand and arm ritual.

1h 55m £130
£104 Off Peak

A TRUE BEAUTY AT HART

Signature Manicure and Signature Pedicure incorporated with a personally tailored facial.

2h 25m £135
£108 Off Peak

“JOIE DE VIVRE” FRENCH FOR JOY OF LIVING

A true joy- you will experience a full body exfoliation followed by a one-hour body massage using our bespoke products to relax, revitalise and energise.

1h 25m £110
£88 Off Peak

MOTHER TO BE

Full Body specialised pregnancy massage adapted for each stage of pregnancy to optimise comfort and support (suitable after 12 weeks) followed by our Signature Pedicure to sooth tired feet finish with either a gel manicure or Taster facial.

2h 25m £160
(depending on treatment selection)
£128 Off Peak



HOLISTIC TREATMENTS

REIKI 60

Reiki therapy – Is a beautiful form of energy healing. It can be used to relieve physical pain, emotional crises of loss or change. Also mental stress and fatigue and lastly matters of spiritual and personal development.

55m	£45
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REFLEXOLOGY

An ancient tradition that works on the pressure points of the feet which relates to areas on the body. Great for specific concerns and to balance the body's energy.

25m	£45
55m	£60

HOPI EAR CANDLES

This treatment is excellent for anyone who suffers with excess wax in the ears, sinusitis or general blocked sinuses. This therapy is also helpful for headaches, migraines, head colds, catarrh, glue ear and hay fever.

25m	£30
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BABY MASSAGE

Private baby one to one massage session.

30m	£40
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WELLNESS CANCER RITUAL

A selection of treatments are tailored to meet the specific needs of the client during the different stages of cancer such as reflexology, aromatherapy massage, and facials.

55m	£80
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BODY MASSAGES

LAVA SHELL THERAPY

Our therapist will glide marine polished warm sea shells smoothly over the body, working any tension away you will instantly drift into a blanket of warmth, falling into a state of utter relaxation and calm.	40m	£60
		£48 Off Peak
	60m	£75
		£60 Off Peak

SIGNATURE MESSAGE

Our bespoke massage candles melt into a warm luxurious massage oil, drizzled over the skin for a wonderful massage treatment designed to melt away tension and delicately nourish skin. We have harnessed the therapeutic power of our bleeding hart essence to balance the mind promoting inner healing and peace and achieve a desired state of mindfulness. Your treatment finishes with a delicate spritz of your chosen facial essence.	25m	£45
		£36 Off Peak
	55m	£70
		£56 Off Peak

PRE-AND POST NATAL MESSAGE

Designed to comfort and relax before and after pregnancy. This massage focuses on aching muscles, fluid retention and tired feet and legs.	1h 10m	£70
		£56 Off Peak

THE BODY EXFOLIATING TREATMENT

An exfoliating body polish finished off with our deeply conditioning bespoke products.	30m	£45
		£36 Off Peak

BACK PURIFICATION

Designed to rid skin of impurities a deep cleansing scrub is used	30m	£45
		£36 Off Peak

COUPLES (BASED ON 2 ADULTS SHARING)

Our secluded double treatment room allows you to enjoy your preferred style of massage alongside a companion. You will have use of your own private wet room. (subject to availability)	90m	Request on Booking
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FACIALS

HART SPA FACIAL

The Monique Hart Collection has been created specifically for use within The Hart Spa. Our range of honest natural products, are made with love in England. We harness the therapeutic power of our precious Bleeding Heart Essence within the range to balance the mind promoting inner healing and peace and achieve a desired state of mindfulness. The signature facial uses our bespoke Monique Hart Collection to tailor your treatment to balance the skin and mind.

25m	£40 £32 Off Peak
55m	£60 £50 Off Peak

HART SPA EYE TREATMENT

Uplifting and firming antiaging treatment for bright beautiful eyes.

30m	£40 £32 Off Peak
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DERMALOGICA PRESCRIPTIVE SKIN

This treatment is customised at every step by the skin care therapist, based on face mapping analysis and unique skincare botanicals.

60m	£70 £56 Off Peak
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DERMA ROLLER

Derma roller otherwise known as Micro Needling – is a hand held Medical device that helps combat the appearance of Scars, Wrinkles, Uneven skin tone, Stretch Marks, Cellulite and even hair loss. It encourages collagen and elastin production within the skin which reduces the appearance of skin imperfection. Leaving your skin smoother brighter and fresher for your special day!

12h 15m	£225
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MICRODERMABRASION

Microdermabrasion can best be described as plastic surgery with the plastic... or the surgery! Microdermabrasion provides immediate and visible results for ageing skin, lines and wrinkles, open pores, blackheads, pigmentation, blemish scars, acne scars, stretch marks and so much more. You'll see the difference after just one treatment.

60m	£70
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HANDS & FEET

Signature Manicures and Pedicures with the Hart Spa essential oils and products.

HART SPA STANDARD MANICURE

When you are in a hurry, includes file and polish.

Price

£25

HART SPA SIGNATURE DELUXE MANICURE

Includes file, cuticle work, bespoke products, signature massage, choice of polish or gel polish.

£50

£32 Off Peak

THE HART SPA GEL MANICURE

Instantly dry long lasting polish includes cuticle work and gel polish.

£28

**French Polish or artwork POA

HART SPA STANDARD PEDICURE

When you are in a hurry, includes file and polish.

Price

£30

HART SPA SIGNATURE PEDICURE

Includes file, cuticle work, bespoke products, signature massage, choice of polish or gel polish.

£50

£45 Off Peak

THE HART SPA GEL PEDICURE

Instantly dry long lasting polish includes cuticle work and gel polish.

£30

IBX TREATMENT

This innovative two-part system offers revolutionary benefits:

Under gel polish or polish to strengthen and repair the nail

Or add to any nail polish treatment for

(please mention when booking and allow for additional treatment time.)

20m

£12

+ £6

CALLUS PEEL

A Callus Peel is a simple and pain-free treatment which removes the hard, dead skin and moisturises the foot to leave it looking and feeling super smooth.

£30



EYE TREATMENTS

THREADING / EYEBROW WAX	£10
HART SPA BROW	£25
EYEBROW WAX	£8
EYELASH TINT	£12
EYEBROW WAX, TINT, AND LASH TINT	£25
EYELASH TINT	£10
LASH AND BROW TINT	£18

MAINTENANCE

TANNING

St Tropez is multi-award winning, salon-inspired formulations are paraben-free, contains a natural tanning agent. Spray Tans

FULL BODY	£22
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WAXING

HALF LEG	£25
3/4 LEG	£28
FULL LEG	£30
BIKINI	£15
HIGH BIKINI	£20
BRAZILLIAN	£30
HOLLYWOOD	£40
FORE ARM	£15
FULL ARM	£25
LIP	£8
CHIN	£5





Spa Etiquette

Please arrive 10 minutes prior to your treatment in order to fill out require consultation form and to relax and unwind prior to your treatment.

Off Peak Tue - Wed 10-4

(subject to availability on selected treatments T&C apply)

Cancellations

Should you need to cancel your appointment with less than 24hour notice we reserve the right to charge for the booked treatment time if we are unable to resell the allocated time. Sorry.

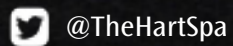
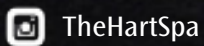
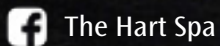
Tailored Packages

Packages can be tailor made to suit your needs.



OPENING TIMES

Monday	Closed
Tuesday - Thursday	10am - 7pm
Friday	10am - 6pm
Saturday	9am - 5pm
Sunday	by appointment



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