



THE  
SPA  
AT  
NORFOLK WOODS

ALMOST EVERYTHING WORKS  
AGAIN IF YOU UNPLUG IT  
FOR A FEW MOMENTS...  
...INCLUDING YOU!



Norfolk Woods Resort & Spa has perfected the art of relaxation by ensuring that unwinding and taking it easy becomes second nature. This sensibility has been lovingly applied to The Spa at Norfolk Woods, making it the perfect sanctuary for relaxation and well-being.

If you are looking for a little pampering or a soothing massage, our highly trained therapists are on hand to offer a range of Aromatherapy Associates treatments and therapies suited for any emotional or physical need.

The Spa also offer a choice of luxurious treatments for the hands and feet through our partnership with Jessica Nails, providing manicures and pedicures for both men and women.

So if you wish to unwind, release a bit of tension, experience a rejuvenating facial or simply need a pedicure or manicure, a trip to The Spa will do wonders and so much more.



**dermalogica®**



## BOOKING INFORMATION

Individual treatments will require a pre-payment of 50% of the total treatment charge at time of booking, the remaining 50% will then be charged after your treatment.

Full payment of Spa Packages will be required upon booking.

Please ensure that you arrive at the spa at least 15 minutes prior to your appointment in order to make full use of your treatment time and consultation. If you are having a body treatment we will provide you with a robe, towel and slippers upon arrival. Swimwear must be worn at all times.

## CANCELLATION POLICY

Spa treatments must be cancelled within 24 hours prior to booking.

Spa Packages and group bookings must be cancelled within 48 hours prior to booking.

If notice is not given the full cost of the treatment will be charged.

## SPA ETIQUETTE

We politely request that you respect other guests and the ethos of the spa. Please switch your phone to silent during your visit. Please leave your personal belongings and valuables in lockers.

## MEDICAL & ALLERGY INFORMATION

Some treatments are not suitable for certain medical conditions, please inform us on booking of any pre-existing medical conditions and we strongly recommend you consult your doctor before booking any treatments.

You must declare any surgery that has taken place in the last 12 months before your appointment. If surgery had taken place in the last 12 months your treatment may be cancelled.

Any conditions requiring life maintaining medication will not be accepted.

A patch test may be required 24 hours prior to certain treatments, please consult our spa therapists if you have any skin conditions, such as Psoriasis or Eczema, as well as any other allergies or conditions that may affect your treatment, for example a nut allergy. To avoid disappointment please consult a medical professional and bring a Doctor's note clearing you for any treatments.

Treatments may be cancelled at the discretion of our spa therapists.

## TERMS AND CONDITIONS

The minimum age requirement for spa treatments, Jessica Nail treatments and use of spa facilities is 16.

If you are thought to be under the influence of alcohol or drugs you will be refused your treatment.



## MASSAGES

TENSION  
RELEASING  
AND CALM  
INDUCING  
PARADISE



### THE ULTIMATE AROMATHERAPY EXPERIENCE

This hero treatment starts with an aroma test to allow you to choose the most suitable oil for you. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

Choose from either the 60 minute full body treatment or add the facial and indulge in a 90 minute experience. A 30 minute back only massage is also available.

TREATMENT	30 minutes
TIMES	60 minutes
	90 minutes

### INTENSIVE MUSCLE RELEASE

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

TREATMENT	Full body - 60 minutes
TIME	Back only - 30 minutes

*Fully body and back only treatments available.*

## MASSAGES

### INDIAN HEAD MASSAGE

A holistic massage carried out on the upper back, neck, shoulders, scalp and face using massage techniques which stimulate circulation and soothes aching muscles to ease stress related tension.

TREATMENT TIME	30 minutes
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### ULTIMATE ROSE PREGNANCY MASSAGE

Feel nurtured and supported in a time of constant change.

Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment.

Back only massage also available.

14 weeks + only. Please talk to a spa therapist before booking.

TREATMENT TIMES	Full body - 60 minutes Back only - 30 minutes
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TENSION  
RELEASING  
AND CALM  
INDUCING  
PARADISE



AROMATHERAPY  
ASSOCIATES  
LONDON



*Fully body and back only treatments available.*

## BODY TREATMENTS

### THE ULTIMATE DETOX REVIVER

This invigorating treatment is specifically designed for those looking for an intensive body detox. The perfect therapy when you are dieting, feeling sluggish and lacking energy.

The original Revive Morning blend of refreshing grapefruit, stimulating rosemary and diuretic juniper leaves you feeling truly revitalised and your skin will appear bright, smooth and silky.

TREATMENT TIME 60 minutes

### BESPOKE SKIN POLISH

A relaxing all over exfoliation and layering of richly nourishing products, to leave the skin looking radiant and feeling wonderfully smooth.

TREATMENT TIME 30 minutes

INVIGORATING  
OILS AND  
GENTLE  
TOUCHES  
LEAVING  
YOU BRIGHT  
AND SILKY  
SMOOTH



AROMATHERAPY  
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## ULTIMATE AROMATHERAPY ASSOCIATES FACIAL

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

TREATMENT	30 minutes
TIMES	60 minutes

## ESSENTIAL ROSE FACIAL

This calming treatment begins with frankincense inhalation and a scalp massage to release muscular tension. Your skin is then cleansed and toned, followed by a traditional aromatherapy pressure point massage combined with lymphatic drainage to release facial tension and congestion. Then, while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturising facial oil and moisturiser.

TREATMENT	60 minutes
TIME	

## AGE REPAIR FACIAL

This natural, highly effective facial reduces the signs of ageing without using harsh chemicals. This repairing and anti-ageing facial works with natural oils of inca inchi and larch extract which stimulate collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin. During this treatment a full face, neck, shoulder and scalp massage will be carried out to release stress and tension.

TREATMENT	90 minutes
TIME	

## FACIAL TREATMENTS

NATURAL  
SKIN CARE FOR  
A RENEWED  
AND SMOOTH  
APPEARANCE



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## THE REFINERY ULTIMATE FACIAL

A deep cleansing facial using the finest essential oils is also performed to rebalance, clarify and hydrate the skin, leaving it bright, thoroughly clean and refreshed.

TREATMENT TIMES 60 minutes

## INTENSIVE MUSCLE RELEASE

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

TREATMENT TIME Full body - 60 minutes  
Back only - 30 minutes

## THE ULTIMATE MASSAGE

In this tension easing massage your therapist will use carefully applied pressures to the back, neck and shoulders helping to stimulate the nervous system while relieving muscular tension, aches.

TREATMENT TIME 30 minutes  
60 minutes

## GENTLEMAN'S HAND TREATMENT

Hands are exfoliated to remove dryness and massaged with treatment creams. Cuticles are conditioned and groomed and nails are trimmed and shaped.

TREATMENT TIME 30 minutes

## GENTLEMAN'S FOOT TREATMENT

A relaxing and grooming foot and leg treatment; hard skin is removed, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy and toe nails will be perfectly shaped.

TREATMENT TIME 45 minutes

## MEN'S TREATMENTS

RELEASE TENSION  
AND FEEL  
INVIGORATED IN  
BODY AND MIND



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*Fully body and back only treatments available.*

## SKIN TREATMENTS

### PROSKIN 30

Our customised treatment, on your time! Targeting your key skin concern for maximum impact in minimum time. This treatment is a firm favourite with those who have just 30 minutes, want visible results and great value.

TREATMENT TIME	30 minutes
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### PROSKIN 60

The ultimate treatment, different every time. Customised with advanced product, techniques and technology in a soothing environment made for relaxation. The ideal choice for those who want a comprehensive experience to address all skin concerns and achieve healthy glowing skin.

TREATMENT TIME	60 minutes
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WONDERFUL  
GLOWING SKIN  
WITH A HEALTHY  
AND BEAUTIFUL  
APPEARANCE

**dermalogica**<sup>®</sup>



## JESSICA LUXURY MANICURE

The ultimate in hand and nail care. All the benefits of the LeRemedi Hand Treatment combined with Jessica's Prescriptive Manicure.

TREATMENT TIME 60 minutes

## JESSICA PRESCRIPTIVE MANICURE

Jessica's prescriptive manicure includes exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish.

TREATMENT TIME 45 minutes

## GELERATION FILE & POLISH

Nails are filed, shaped and finished with Jessica's GELeration gel polish.

TREATMENT TIME 30 minutes

### EXTRAS

## GEL REMOVAL

TREATMENT TIME 30 minutes

## MANICURE / PEDICURE

TREATMENT TIME 20 minutes

## LUXURY ZENSPA PEDICURE

Jessica's ZenSpa pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints. Colour polish of choice will be added.

TREATMENT TIME 75 minutes

## ZENSPA PEDICURE

Choose between energising ginger, calming green tea or revitalising citrus for this luxury foot and leg treatment. Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped.

TREATMENT TIME 60 minutes

## FILE & POLISH

Nails are filed, shaped and finished with your choice of colour from Jessica's nail polish.

## CHILDREN'S FILE & POLISH

From ages 8 to 16 years.

TREATMENT TIME 30 minutes

PEDICURES  
AND  
MANICURES

DAZZLING HANDS  
AND FEET WITH  
A TOUCH OF  
COLOUR TO SUIT  
YOUR MOOD

  
JESSICA®

THE  
SPA  
AT  
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## SPA PACKAGES

TREAT  
YOURSELF  
TO A LITTLE  
ME TIME

  
JESSICA®



### FULL SPA DAY RELAX PACKAGE

A full relaxing day in The Spa with the choice of any of our 30 minute treatments per person. Choose from Aromatherapy Associates facial, back massage, mini manicure or pedicure. Includes brunch or afternoon tea from our Spa menu.

TREATMENT TIME	Full Day
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### FULL SPA DAY PAMPER PACKAGE

Treat yourself to a full spa day at The Spa with the choice of any of our 60 minute treatments per person. Choose from Relax & unwind, Aromatherapy Associates facial, full body massage, manicure or pedicure. Includes a hot drink on arrival and lunch from our Spa menu.

TREATMENT TIME	Full Day
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## RELAX & UNWIND

Hot stone back massage with a 30 minute Aromatherapy Associates facial.

TREATMENT 60 minutes  
TIMES

## REVIVE & REPAIR

Full body exfoliation with Ultimate Aromatherapy Experience back massage.

TREATMENT 60 minutes  
TIMES

## BAMBOO MASSAGE

An innovative way to provide Swedish or deep tissue massage using heated bamboo to roll and knead the tissue to create an extreme sensation of relaxation and well-being.

TREATMENT 60 minutes  
TIMES

## REFLEXOLOGY

A very individual treatment, tailored to you as a whole person, taking into account both physical and non-physical factors that might be affecting your well-being.

TREATMENT 45 minutes  
TIMES

## SWEDISH MASSAGE

Aimed to relax the body, beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

Full body treatment and Swedish Back Massage available.

TREATMENT 30 minutes  
TIMES 60 minutes

**SIGNATURE  
TREATMENTS**

INDULGENT  
MOMENTS  
DESIGNED  
TO RELAX AND  
INVIGORATE



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