treatment menu

WELCOME

SITUATED ADJACENT TO THE TOWN'S STYLISH BEDFORD LODGE HOTEL, THE SPA IS HOUSED IN A VICTORIAN BUILT PROPERTY WHICH ONCE FORMED PART OF THE ESTATE OF THE SIXTH DUKE OF BEDFORD.

THIS LOVINGLY RESTORED NEWMARKET RETREAT OFFERS A RANGE OF HEAT EXPERIENCES AS WELL AS AN EXTENSIVE TREATMENT MENU OFFERING NATURAL, HOLISTIC AND RESULTS DRIVEN TREATMENTS.

OUR SPA IS OPEN TO DAY GUESTS, HOTEL GUESTS AND THOSE JUST WANTING A SINGLE EXPERIENCE.

- * Hydrotherapy pool with five water experiences
- * Outdoor rooftop hot tub with views over the paddocks
- Rasul for cleansing mud treatments
- Experiential showers
- * Thermal area with a steam room, sauna and hammam
- Decadent relaxation room
- IO spacious and beautifully styled treatment rooms
- Couples treatments suite
- Beauty room for manicures and pedicures
- Spa lounge offering healthy and indulgent food & beverages



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SPA EXPERIENCES

FOR THE ULTIMATE RELAXATION TREATMENT THE FLOATATION TANK WILL SUPPORT YOUR BODY WEIGHT EFFORTLESSLY ALLOWING YOU TO DRIFT PEACEFULLY INTO A STATE OF TRANQUILLITY, RELIEVING STRESS AND MELTING AWAY ACHES AND PAINS.

Deeply Relaxing Lavender Floatation

60 Mins £60

An intensive treatment to relax the mind and body; beginning with a skin softening body exfoliation combined with powerful essential oils, to leave your skin nourished, soft and supple.

A Nourishing wrap combined with healing Lavender essential oil is applied to the skin to gently soothe, smooth and destress. Relax in the warmth of the dry flotation as you gently drift into a state of tranquillity.

Includes: Body scrub - wrap - floatation

Tension Release Floatation

60 mins £60

A powerful treatment designed to alleviate tension and muscular stress.

Following a body scrub, a complete body wrap of Marine Mud combined with Fitness Body Oil, containing Clove and West Indian Bay, will promote relaxation and ease ense muscles. The gentle warmth of the floatation will coothe and calm, as any stress slowly melts away leaving he body refreshed and revitalised.

Includes: Body scrub - wrap - floatation

Rasul Experience

45 mins £35 per person

Immerse your senses and prepare mind and body for an indulgent and relaxing experience. A selection of nourishing muds are presented to smooth onto the body and face. Soothe tense muscles in the Rasul steam before a warm shower leaves the skin feeling smooth and the mind clear. This treatment can be experienced as an individual or as a couple.

SIGNATURE TREATMENTS

WE ARE DELIGHTED TO OFFER FOUR SIGNATURE TREATMENTS TO OUR GUESTS INCLUDING OUR SYNONYMOUS LAVENDER POULTICE MASSAGE.

Balinese Massage with hot stones

90 mins £110

This massage uses long, warming strokes to encourage complete calm and wellbeing.

Gently heated aromatherapy oils are poured onto the centre of the body and massaged into the skin using stretching and sweeping movements for deep relaxation. Hot volcanic stones are used to tailor the massage pressure to your needs and release tension. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed.

Includes: Balinese massage to back, legs, arms, abdomen, neck and shoulders.

Lavender Poultice Massage

120 mins £150

The Poultice treatment is designed to give a calming and relaxing effect to the mind and body, achieved by the use of exfoliation and warm herbal poultices. This gives heat to muscles and joints at the same time increasing circulation and is followed by a purifying and rebalancing massage.

Then a warm, soothing compress nfused with Lavender is applied. This creates an overall feeling of wellbeing.

Includes: body exfoliation, poultice massage and scalp massage.

ESPA's Ultimate LIFESTAGE Facial

90 mins £110

Ideal for those aged 45+ as it targets visible signs of ageing by firming sagging skin, stimulating elasticity, smoothing lines and wrinkles and promoting radiance in dull pigmented skin.

The ultimate facial for those with ageing concerns as a thorough skin analysis, brush cleanse and steam purifies the skin. A double mask application promotes radiance and skin firmness while specialised massage techniques release tension and re-educate the skin.

This Facial uses ESPA's newest age enhancing range LIFESTAGE.

ESPA Time

60 mins £80 (Book between 2 & 4 hours)

The perfect gift for a loved one and the ideal way to book a treatment for yourself.

Our expert therapists will ensure the most suitable treatment is selected and then personalised for you. ESPA Time is the easiest and most flexible way to get the most out of your experience, which is convenient, stress free and maximises your treatment results.

Please note that only ESPA treatments feature in ESPA Time.



FACIAL TREATMENTS

YOUR FACIAL WILL BE SPECIFICALLY TAILORED TO

Enzyme Facial

Pro

Reveal your skins the Optimal Skin collection in this



BODY TREATMENTS



WE OFFER A WIDE RANGE OF SOLUTION LED BODY TREATMENTS AND MASSAGES, EACH ONE DESIGNED AND TAILORED SPECIFICALLY TO YOUR NEEDS.

Back, Face & Scalp Treatment with or without hot stones

90 mins £99 £110 (with hot stones)

Renowned as ESPA's 'Hero' treatment and loved by all; this experience delivers triple results by targeting hree key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation and hot stone back massage, personalised facial and scalp massage.

Body Ritual

20 mins £150

This treatment combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

following body exfoliation, a Marine Algae or Mud wrap is applied and the scalp gently nassaged. Once you have taken a refreshing shower, a tailor made aromatherapy massage takes place, eaving you with a sense of wellbeing, cleansed and revitalised.

Includes: Body scrub, wrap and massage.

Lift & Firm Hip & Thigh Treatment

60 mins £75

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture.

Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results.

A course of six is recommended for optimal results. Price per course, £375.

Includes: Skin brush, scrub, detoxifying massage to specific area and specialised colonic massage techniques.

MASSAGES

Personalised Massage

60 mins £75 – 90 mins £99

After a detailed consultation our therapists will determine the most suitable massage for you.

Includes: Tailored massage to suit your individual needs.

Swedish Massage

60 mins £75 – 90 mins £99

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension

This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived

Hot Stone Massage

60 mins £85 90 mins £110

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension.

The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

Aromatherapy Massage

60 mins £75 90 mins £99

ESPA aromatherapy massage is essential, professional and specific using a blend of individually chosen oils.

A personal consultation will ensure hat you receive a unique treatment o suit your specific needs.

Choose from the following:

Detoxifier | De-Stresser | Muscle Relaxer | Jet-Lag Reviver | Immunity Booster | Energiser | Body Toner

Deep Muscle Massage

60 minutes £85 90 mins £110

A powerful massage designed to alleviate deep-seated tension and muscular stress.

Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders. Available with or without hot stones.

Salt & Oil Scrub

40 mins £40

30 mins £30 When added to compliment your treatment

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighte application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

<u>.</u>

MATERNITY



RELIEVE AREAS PRONE TO STRESS AND TENSION DURING PREGNANCY WHILE NOURISHING THE SKIN, RELIEVING STRESS AND CARING FOR BOTH MUM AND BABY.

Pre & Post Natal Treatment

 $60 \min \pounds 75$

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy.

Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

A course of 6 treatments is recommended following the first trimester of pregnancy.

Includes: back exfoliation (if required), body and scalp massage – this treatment is tailored to your specific needs.

Lighter Legs

40 mins £45

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains and is suitable for all.



TREATMENTS FOR MEN

OUR MEN'S TREATMENTS INCLUDE TARGETED AND EFFECTIVE MASSAGES TO RELIEVE TENSION AND MUSCLE ACHES. FACIALS PROVIDE EFFECTIVE CLEANSING, HYDRATION AND HELP TO REDUCE SIGNS OF AGEING.

Age Rebel Facial

60 mins £80

An effective, age-defying facial designed to deliver immediate results to tired looking skin, and reduce fine lines and wrinkles.

Personalised Facial, Shoulder, Neck and Scalp Massage

60 mins £70

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

Personalised Massage

60 mins £75 — 90 mins £99

After a detailed consultation our therapists will determine the most suitable massage for you.

Includes: Tailored massage to suit your individual needs.

Deep Muscle Massage with or without hot stones

60 mins £85 90 mins £110

A powerful massage designed to alleviate deep-seated tension and muscular stress.

Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders. Back, Face & Scalp Treatment vith or without hot stone

90 mins £99 £110 (with hot stones)

Renowned as ESPA's 'Hero' treatment and loved by all.

This experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Relax & Revive Massage 35 mins £45

If you have little time to spare, this deeply soothing back, face and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles.



MALE GROOMING TREATMENTS ARE ALSO AVAILABLE.

Please see page 13



HANDS & FEET

JESSICA COSMETICS IS CONSIDERED THE WORLD'S LEADING AUTHORITY ON NATURAL NAIL CARE, WITH A RANGE OF JESSICA NAIL PRODUCTS TO ACHIEVE AND MAINTAIN NATURALLY BEAUTIFUL NAILS.

Prescriptive Manicure

Nails are not alike... a treatment manicure which analyses and treats each nail for its specific nail type.

The cuticles are cared for with oils and creams, the nail shape is perfected and treatment basecoats and colour are applied for the perfect finish until your next visit.

Standard Polish	40 min	£32
Phenom	$40 \min$	£35
GELeration	$40 \min$	£37

Delux Manicure

The Jessica Prescriptive Manicure including the LeRemedi Hand Treatment programme.

A luxury and effective treatment for the hands including HandCleanse, HandSilk Exfoliare, HandRestructive Masque and HandRenew Liposomes. Hands will feel softer, smoother, firmer and more attractive

Standard Polish	$55 \min$	£42
Phenom	$55 \min$	£45
GELeration	$55 \min$	£47

ZenSpa Pedicure

With the option of calming green tea, energising ginger or revitalising citrus, this is a luxury treatment resulting in softer, smoother legs and feet and finished with perfectly polished toes.

Standard Polish	$55 \min$	£42
Phenom	$55 \min$	£45
GELeration	$55 \min$	£47

ZenSpa Delux Pedicure

The ZenSpa pedicure uses thermal heated booties for deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiff joints.

Standard Polish	$70 \min$	£52
Phenom	$70 \min$	£55
GELeration	$70 \min$	£57

Nail Shape and Polish for fingers or toes

Standard Polish	$25 \min$	£22
Phenom	$25 \min$	£25
GELeration	$25 \min$	£27

IF YOU REQUIRE GELERATION REMOVAL PLEASE SPEAK TO OUR SPA TEAM

FINISHING TOUCHES

USING ONLY THE FINEST RESINS, NATURAL INGREDIENTS AND AROMATHERAPY OILS, LYCON WAX WILL TREAT EVEN THE SHORTEST HAIRS SO YOU CAN STAY SMOOTH AND HAIR FREE FOR LONGER.

Eyebrow Wax/Shape
Underarm Wax
Bikini Wax
Brazilian Wax
Hollywood Wax
Half Leg Wax
Full Leg Wax
Back Wax for Men
Chest Wax for Men
Threading eyebrows
Threading upper lip or chin

Eyelash Tint	
Eyebrow Tint	
Lash and Brow Tint	

All tinting treatments require a patch test 24 hours in advance.

Brows by Mii

In depth consultation, tinting, waxing and brow grooming service to create perfectly groomed brows. 1st treatment £40 including Mini Mii Makeover. Maintenance treatments thereafter £36.

Guests are advised not to use heat treatments prior to waxing.



BRIDAI



Celebration **Spa Day**

For between 4-8 people

- ESPA mini facial or relax.
- 2 course lunch with glass
- Use of Hydrotherapy and

Pre Wedding Prep Package

week period

- ESPA Personalised Facial
- lessica Prescriptive
- Full Body Salt and Oil
- Glass of Champagne

Bridal Top to Toe Package

- Course of 3 ESPA
- lessica Prescriptive
- Full Body Salt and Oil
- De-stressing Aromatherapy
- Glass of Champagne

The Ultimate **Bridal Experience**

- 3 ESPA personalised
- 60 Minute Aromatherapy
- Kissed by Mii tan

The Bridal Shower Spa Day

For the bride and 4 guests

- Use of Hydrotherapy and
- Light Afternoon Tea and a

KISSED BY Mii

KISSED BY MII IS A HYDRATING SUNLESS TANNING LINE FROM MII COSMETICS. A BRAND NEW INSTANT TANNING BOOST WITH MARINE MINERALS FOR A HAPPY & HEALTHY FEELING FROM TOP TO TOE.

Kissed by Mii Sun Tan £40

Come and get hooked on sunless streakfree, hydrating tanning!

Full body scrub Mii lotion application

Mii Tan application only £30



SPECIAL OCCASION MAKE UP



MII COSMETICS HAS BEEN INSPIRED BY THE WANTS AND WISHES OF THOUSANDS OF BEAUTY SPA AND SALON DEVOTEES, AS WELL AS A TEAM OF BEAUTY EXPERTS.

Combining the finest ingredients, Mii offers effortless application and unrivalled expertise to reveal your natural beauty. The collection also includes a mineral make-up line infused with precious gemstones, thirteen tailored brushes, and handbag heroes; Flawless Face Base, Moisturising Lip Lover, Pure Wonder Concealer and Glamorous Trio Bronzing Face Finish.

Not only does this make-up range eave you feeling great, but we sell it too. So if there is something in the Wii range you just can't do without, then you can buy it to take home to get the look time and again.

Our makeover sessions are the perfect way to learn, try something new out, or feel truly pampered for a special occasion.

Bridal make-up including a trial

£120

(1 hour trial, 1 hour on the day) Includes mascara and lipstick

Day or evening make-up

£55

(45 minutes) Includes mascara and lipstick

Bridesmaid or Mother of the Bride

£65 (45 minutes) Includes mascara and lipstick

Make Up Lesson and Skin Consultation

£45 (45 minutes)

6 🖋

ADVANCED TREATMENTS

MEDICAL MICRODERMABRASION TAKES YEARS OFF YOUR COMPLEXION BY GENTLY EXFOLIATING THE OUTER LAYERS OF SKIN.

Because it's a safe and controlled method of skin resurfacing, the treatment can be used to solve a wide range of skin concerns on both the face and body.

Medical 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; however for more problematic skin a course of treatments may be required.

With regular treatments, the skin increases its collagen and elastin formation, giving you a naturally firmer and rejuvenated appearance

Corrective Skin Peel

£110 including a Barrier Repair Kit to use two weeks before the peel to prepare the skin. A course of three treatments is £285 (a saving of £45)

Clients must have the Light Refresh Skin Peel before the Corrective Skin Peel to prepare the skin for the advanced peel.

The Corrective Skin Peel will give the skin 3 to 4 days of downtime, in this period the client may experience skin shedding, redness and general peeling.

Some skin types may not be suitable for a Microdermabrasion or Skin Peel. To find out more information or to book a consultation please call us on 01638 676130.

Microdermabrasion

30 mins £60

Microdermabrasion and Skin Peel

15 mins £95

Light Refresh Peel £60 a course of three treatments is £150 (a saving of £30)

LightFusion Photo Facial

An advanced photofacial system that utilises light energy to alter biological activity in the skin to target premature ageing giving the skin a younger, healthier complexion. 30 minutes £59 60 minutes £79

*Add on this facial to a Microdermabrasion or Peel treatment – 30 minutes £35

ADVANCED TREATMENTS

IPL OR **INTENSE PULSED LIGHT** IS A PROCESS THAT FILTERS LIGHT FROM DIFFERENT PARTS OF THE SPECTRUM TO DELIVER PHOTO REJUVENATION FOR THE SKIN, AS WELL AS PERMANENT HAIR REDUCTION. ALL PRICES BELOW ARE FOR A COURSE OF 3 TREATMENTS*.

Skin Treatments

Skin Rejuvenation
The ultimate anti-ageing solution.Consultation
£30 (redeemable against a course)After
treating
permetVascular
The ultimate solution to reduce
skin redness.Full Face
Back of Hands£960Full
Localised AreaLow
BioPigmentation
The answer to an uneven skin tone,Localised Area£300Bik

IF THERE IS AN AREA OF THE BODY THAT YOU WOULD LIKE IPL AND IT IS NOT LISTED, PLEASE SPEAK TO OUR SPA TEAM.

Permanent Hair Reduction

After the recommended number of treatments, you will enjoy an 85-90% permanent reduction in hair growth.		Consultation £30 (redeemable against a course)	
Full Leg	£800	Forearm	£300
Upper Leg	£450	Nipples	£200
Lower Leg	£350	Stomach	
Bikini Line	£250	Central Line	£200
Lip, Chin or Cent	re	Men's Chest	£350
of Eyebrows	£180	Men's Back	£450
Under Arm	£250	Men's Shoulders	£350

*A course of 3 treatments is required,

2 courses may be needed on some skin/hair types



SPA DAYS

WHY NOT TREAT YOURSELF OR A LOVED ONE TO A REJUVENATING SPA DAY? THE SPA OFFERS A WORLD OF SHEER LUXURY AND INDULGENCE MAKING IT THE PERFECT PLACE TO RELAX AND UNWIND.

Champagne Spa Day

£99

- Use of hydrotherapy and heat experiences
- Glass of Champagne on arrival
- Jessica Manicure
- Mini Facial

Ladies Day

£120

- Use of hydrotherapy and heat experiences
- ESPA Personalised Facial
- Mini Manicure
- Afternoon cream tec

Relaxation Day for Her

200

- Use of hydrotherapy and heat experience
- Salt and Oil Body Scrub
- Personalised Massage
- Personalised Facia
- Two course lunch

Relaxation Day for Him

£200

- Use of hydrotherapy and heat experience
- Salt and Oil Body Scrub
- Personalised Massage
- Men's Personalised Facial, Shoulder, Necl and Scalp massage
- Two course lunch

Body Cleanse Day

- Use of hydrotherapy and heat experience
- Essential Smoothie on arrive
- Detox Body Ritua
- One course lunch

ESPA Time for two

£300 (for both

- Use of hydrotherapy and heat experience
- ESPA Time for two (one hour each in the couples suite)
- Rasul experience, 45 Mins
- Two course lunch with a glass of Champagne



THE ULTIMATE WAY TO RELAX AND UNWIND BY STAYING IN THE HOTEL AND ENJOYING A SPA EXPERIENCE. EACH SPA BREAK INCLUDES A THREE COURSE DINNER IN OUR SQUIRES RESTAURANT, OVERNIGHT STAY IN A TWIN OR DOUBLE ROOM AND A LEISURELY BREAKFAST.

Sleep Package

Available Monday to Sunday	1 person £288	2 persons £394
• Use of hydrotherapy and heat experience		

• Dry flotation experience

• One course lunch and soft drink

Recovery Break

- Use of hydrotherapy and heat experiences
- 60 minute Hot Stone Massage
- Drink on arrival (hot or soft drink)

Couples Retreat

Available Monday to Sunday

2 persons £40

- Use of hydrotherapy and heat experiences
- 60 minute Personalised Massage each in the couples suite
- A glass of Champagne

Mid-week Indulgence

Available Monday to Thursday	1 person £218	2 persons £380
 Use of hydrotherapy and heat experie ESPA Personalised Facial Cream tea 		
Spa Sunday Available on Sunday only	l person £147	2 persons £295
 Use of hydrotherapy and heat experie 35 minute Relax & Revive Massage A glass of Prosecco 	L	

Supplements for Racing and Tattersall's Sales dates: 1 person £80, 2 persons £140



USEFUL INFORMATION

Gift vouchers are available at our Spa reception or can be purchased online at bedfordlodgehotelspa.co.uk

We offer gift vouchers for a range of treatment experiences, spa days and breaks. There is also the option to purchase a monetary voucher so the recipient can choose their own experience.

Our cancellation policy is 100% charge for treatments cancelled within 24 hours of the booking.

We ask that all guests give themselves and others the full opportunity to relax by turning off mobile phones on arrival.

Wellness For Cance

Children under 16 years of age are not permitted to use the spa at any time.

Anyone heavily under the influence of alcohol will be denied access to the spa.

Guests are asked to arrive a minimum of 20 minutes before a single experience appointment to complete a health questionnaire.

Guests on a spa break or spa day are asked to arrive a minimum of 60 minutes before their treatments time to enjoy full use of the hydrotherapy and heat experiences

We ask guests to advise of any health problems or allergies at the time of booking.

Having recognised the need to be inclusive and help support people during and post-cancer treatment, The Spa at Bedford Lodge Hotel has completed training with 'Wellness for Cancer', a world leading provider of cancer therapy training.

The Spa at Bedford Lodge Hotel can now adapt their range of treatments to suit all cancer sufferers. Offering a select list of treatments, guests can experience the ESPA Personalised Massage and Facial treatment as well as enjoying the spa facilities in a haven of calm and tranquillity.





Bury Road, Newmarket, Suffolk CB8 7BX **Telephone** 01638 676130 **Email** spareservations@bedfordlodgehotel.co.uk **D**@SpaBedfordLodge www.bedfordlodgehotelspa.co.uk