

ENJOY...

- 5 SPA EXPERIENCES
- 6 SIGNATURE TREATMENTS
- 7 FACIAL TREATMENTS
- 8 BODY TREATMENTS
- 9 MASSAGES
- 10 MATERNITY
- 11 TREATMENTS FOR MEN
- 12 HANDS & FEET
- 13 FINISHING TOUCHES
- 14 BRIDAL
- 15 KISSED BY MII
- 16 BRIDAL MAKE UP
- 17 ADVANCED TREATMENTS
- 19 SPA DAYS
- 20 SPA BREAKS
- 21 USEFUL INFORMATION

the  spa
BEDFORD LODGE HOTEL

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 infused 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.



BODY TREATMENTS



WE OFFER A WIDE RANGE OF SOLUTION LED BODY TREATMENTS AND MESSAGES, 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 three 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

120 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 massaged. Once you have taken a refreshing shower, a tailor made aromatherapy massage takes place, leaving you with a sense of well-being, 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.*



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 mins £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.

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

BRIDAL



Celebration Spa Day

£86 per person
For between 4-8 people

- ESPA mini facial or relax and revive massage
- 2 course lunch with glass of champagne
- Use of Hydrotherapy and Heat experiences

Pre Wedding Prep Package

£150
Can be booked on the same day or over a two week period

- ESPA Personalised Facial or Microdermabrasion
- Jessica Prescriptive Manicure and Zen Spa Pedicure with Gel or Polish
- Full Body Salt and Oil Scrub or Kissed by Mii tan
- Glass of Champagne

Bridal Top to Toe Package

£420

- Course of 3 ESPA Personalised Facials or 3 Microdermabrasions
- Jessica Prescriptive Manicure and Zen Spa Pedicure with Gel or Polish (bride and guest)
- Full Body Salt and Oil Scrub or Kissed by Mii tan
- De-stressing Aromatherapy Massage 60 minutes
- Glass of Champagne

The Ultimate Bridal Experience

£725

Your ultimate pre-wedding preparation for you and your loved ones

- 3 ESPA personalised Facials or 3 Microdermabrasions
- 60 Minute Aromatherapy Massage or deeply relaxing Dry Flotation
- Kissed by Mii tan

This also includes....

The Bridal Shower Spa Day

For the bride and 4 guests

Each guest will have a choice of an ESPA Facial or 60 minute personalised massage.

- Use of Hydrotherapy and Heat experiences
- Light Afternoon Tea and a glass of Champagne

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

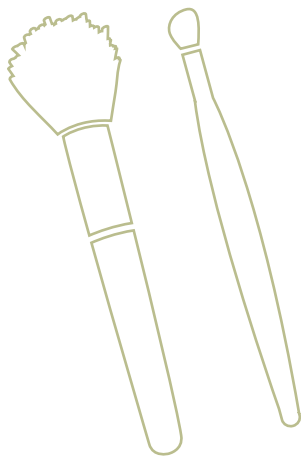
Come and get hooked on sunless,
streakfree, hydrating tanning!

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 leave you feeling great, but we sell it too. So if there is something in the Mii 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)

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.

Vascular

The ultimate solution to reduce skin redness.

Pigmentation

The answer to an uneven skin tone, age spots or sun damage.

Consultation

£30 (redeemable against a course)

Full Face £960

**Half Face or
Back of Hands** £480

Localised Area £300

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

Upper Leg £450

Lower Leg £350

Bikini Line £250

**Lip, Chin or Centre
of Eyebrows** £180

Under Arm £250

Forearm £300

Nipples £200

**Stomach
Central Line** £200

Men's Chest £350

Men's Back £450

Men's Shoulders £350

*A course of 3 treatments is required,
2 courses may be needed on some skin/hair types.

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

SPA BREAKS

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 experiences
- Dry flotation experience
- One course lunch and soft drink

Recovery Break

Available Monday to Sunday 1 person £243 2 persons £405

- 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 £408

- 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 experiences
- ESPA Personalised Facial
- Cream tea

Spa Sunday

Available on Sunday only 1 person £147 2 persons £295

- Use of hydrotherapy and heat experiences
- 35 minute Relax & Revive Massage
- A glass of Prosecco

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 bedfordlodgethotelspa.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.

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.

Wellness For Cancer

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.



