

The background of the entire page is a repeating pattern of stylized lavender sprigs. Each sprig consists of a central stem with several narrow, pointed leaves and a cluster of small, four-petaled flowers at the top. The pattern is light purple and covers the entire area.

the spa

BEDFORD LODGE HOTEL

TREATMENT MENU

ENJOY...

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the  spa
BEDFORD LODGE HOTEL

SIGNATURE TREATMENTS

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

Balinese Massage with hot stones

90 mins £115

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, neck and shoulders.

Lavender Poultice Massage

120 mins £155

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 Natural Face Lift

80 mins £110

Reveal visibly resilient, healthy-looking, youthful skin.

This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age-defying techniques inspired by Japanese Kobido massage, along with stimulation Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

Includes: Skin analysis with SkinVision lamp - double cleanse - steam - Japanese Kobido inspired facial massage - stimulating Jade rollers - sculpting & lifting massage techniques - lifting & smoothing mask - scalp massage.

ESPA Time

60 mins £85

(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 MASSES, EACH ONE DESIGNED AND TAILORED SPECIFICALLY TO YOUR NEEDS.

Back, Face & Scalp Treatment

with or without hot stones

90 mins £105

£115 (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 £155

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 wellbeing, cleansed and revitalised.

Includes: Body scrub, wrap and massage.

Lift & Firm Hip & Thigh Treatment

60 mins £80

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, £400.

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 £80 | Course of 6 treatments £400

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.

Includes: Foot ritual, low leg massage including lymphatic's drainage massage to help with puffiness and water retention.



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 mins	£35
Phenom	40 mins	£35
GEleration	40 mins	£37

Deluxe Manicure

The Jessica Prescriptive Manicure including the LeRemedi Hand Treatment programme.

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

Standard Polish*	55 mins	£45
Phenom	55 mins	£45
GEleration	55 mins	£47

ZenSpa Pedicure

This is a luxury treatment resulting in softer, smoother legs and feet and finished with perfectly polished toes, using products infused with lemongrass between treatment and resulting.

Standard Polish*	55 mins	£45
Phenom	55 mins	£45
GEleration	55 mins	£47

Nail Shape & Polish for fingers or toes

Standard Polish*	25 mins	£25
Phenom	25 mins	£25
GEleration	25 mins	£27

ZenSpa Deluxe 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 mins	£55
Phenom	70 mins	£55
GEleration	70 mins	£57

Gel Removal

With a manicure or pedicure	30 mins	£15
Without a manicure or pedicure	30 mins	£20

GEL REMOVAL MUST BE ADVISED AT THE TIME OF BOOKING ANY NAIL TREATMENT.

*Standard polish treatment includes midi polish used during the treatment to take home.

WELLNESS FOR CANCER

HAVING RECOGNISED THE NEED TO BE INCLUSIVE AND HELP SUPPORT PEOPLE DURING AND POST-CANCER TREATMENT, WE HAVE COMPLETED TRAINING WITH 'WELLNESS FOR CANCER', A WORLD LEADING PROVIDER OF CANCER THERAPY TRAINING.

The following rituals have been especially created to soothe, relax, nurture and nourish both face and body, leaving you feeling totally comforted. All experiences begin with breath-work and visualisation to commence relaxation, with the emphasis on a holistic approach to each guest's wellbeing.



Be Nurtured Facial

60 mins £75

A relaxing, rebalancing and deeply nourishing facial combining advanced skin assessment, expertly tailored facial massage and a bespoke selection of naturally advanced skincare.

- ✿ Personal consultation
- ✿ Skin analysis
(completed in a very sensitive and caring manner)
- ✿ Breath work and visualisation to commence relaxation
- ✿ Placement of crystals to the chakras and in hands
- ✿ A totally personalised facial
- ✿ Gentle facial massage including crystal massage to increase skin vitality using ESPA Facial Oils
- ✿ A hydrating face mask to quench the skin
- ✿ Facial serum and moisturiser to finish, leaving skin nourished and radiant



SPECIAL OCCASION MAKE-UP & TANNING

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

(1 hour trial, 1 hour on the day)

£140

Includes mascara and lipstick

Day or Evening Make-Up

45 mins £65

Includes mascara and lipstick

Kissed by Mii Sun Tan

£45

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

Full body scrub
Mii lotion application

Mii Tan application only £35

Bridesmaid or Mother of the Bride

(45 mins on the day)

£65

Includes mascara and lipstick

Make-Up Lesson & Skin Consultation

45 mins £65



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.

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

Consultation

£30 (redeemable against a course)

Full Face £960

Half Face or £480

Back of Hands

Localised Area £300

Book 2 areas - receive 10% off

Book 3 areas - receive 15% off

Must be treated on the same day

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

Brazilian £430

Hollywood £500

Lip, Chin or Centre of Eyebrows £180

Underarm £250

Forearm £300

Nipples £200

Stomach Central Line £200

Men's Chest £350

Men's Back £450

Men's Shoulders £350

*A minimum of 3 treatments is required but depending on skin type/hair type some may need more. This will be discussed during consultation.

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.

Mid-Week Relaxation Break

One person price £235

Two person price £410

Available Monday to Thursday

- ✿ Use of hydrotherapy and heat experiences
- ✿ One course lunch and soft drink
- ✿ Choose 3 treatments - 1 from each section
 - ✿ a) Back massage or mini facial
 - ✿ b) Hand or foot treatment
 - ✿ c) Eye treatment or body polish
- ✿ Total treatment time 65 mins

ESPA Ritual Break for Two

One person price £260

Two person price £460

Available Friday & Saturday

- ✿ Use of hydrotherapy and heat experiences
- ✿ One course lunch and soft drink
- ✿ Choose from either Revitalising Body Ritual, Restoring Facial Ritual, Brightening Facial Ritual or Muscle Reviver Ritual
- ✿ Total treatment time 65 mins

Celebration Spa Break

One person price £265

Two person price £470

Available all week

- ✿ Glass of prosecco on arrival
- ✿ Use of hydrotherapy and heat experiences
- ✿ One course lunch and soft drink
- ✿ Brightening Facial Ritual
- ✿ Total treatment time 55 mins

Sunday Serenity Break

One person price £190

Two person price £320

Available Sundays only

- ✿ Use of hydrotherapy and heat experiences
- ✿ Choice of hot or soft drink
- ✿ 35 mins Relax and Revive Massage



USEFUL INFORMATION

Gift Vouchers

Gift vouchers are available at the 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.

Cancellation Policy

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

Age Restrictions

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

Alcohol Restrictions

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

Guest Arrivals

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

Health Problems

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





