# the Spa

TREATMENT MENU

### WELCOME

SITUATED ADJACENT TO THE TOWN'S STYLISH BEDFORD LODGE HOTEL, THE SPA IS HOUSED IN A GEORGIAN 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
- 10 spacious and beautifully styled treatment rooms
- Couples treatments suite
- Beauty room for manicures and pedicures
- Spa lounge offering healthy and indulgent food & beverages

### ENJOY...

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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 MEITING AWAY ACHES AND PAINS.

### Deeply Relaxing Lavender Floatation

60 mins £85

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 de-stress. Relax in the warmth of the dry flotation as you gently drift into a state of tranguillity.

Includes: Body scrub - wrap -

### Tension Release Floatation

60 mins £85

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 tense muscles. The gentle warmth of the floatation will soothe and calm, as any stress slowly melts away leaving the body refreshed and revitalised.

**Includes:** Body scrub - wrap floatation.

### Rasul Experience

45 mins £50 per persor

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.

WHY NOT COMPLEMENT YOUR DAY WITH...

### Dry Floatation

The gentle warmth of the floatation will soothe and calm, as any stress slowly melts away leaving the body refreshed and revitalised helping promote sleep and relaxation.

### 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 £125

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 £165

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 £12

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 Japenese 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 - Japenese Kobido inspired facial massage - stimulating Jade rollers - sculpting & lifting massage techniques - lifting & smoothing mask - scalp massage.

### **ESPA Time**

60 mins £95

(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 YOUR SKINTYPE, TO INCLUDE SKIN ANALYSIS, CLEANSING, EXFOLIATION AND THERAPEUTIC MASSAGE.

### Age-Defyer Facial

60 mins £90

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.

This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and reiuvenated.

### Advanced Enzyme Facial

60 mins £95 90 mins £125

This powerful and highly effective natural facial peel dramatically smoothes, softens and evens skin tone

A brush cleanse, followed by an intense Enzyme Peel containing botanical extracts and pumpkin enzymes deeply exfoliates and removes dead skin cells, followed by an application of soothing rose quartz crystals to help cool and calm, revealing an ultra smooth, glowing complexion.

### Optimal Skin Pro Facial

60 mins £9

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.

The tri-phase cleansing technology is enhanced by a brush cleanse, while the best selling Optimal Skin Pro Serum delivers nourishment for optimal skin health. Skin is protected against environmental damage and early signs of ageing.

### Advanced Radiance Facial

90 mins £12.

A powerful and results driven facial to target dull, lack lustre skin and pigmentation.

followed by the Lifting Smoothing and Skin Radiance masks combined with the soothing rose quartz crystal massage techniques to leave skin rejuvenated

### Personalised Facial

60 mins £8

This expert facial is specifically tailored tyou, and will include deep cleansing, exfoliation where needed, and a treatment specific massage and mask.

Finally, ESPA skincare products including an intensive booster serum are chosen to suit your individual needs to achieve maximum results.



### Lift & Firm Eye Treatment

30 mins £35

Perfect for those who are concerned with the first signs of ageing around the eyes.

WHY NOT
COMPLEMENT ANY
FACIAL TREATMENT
BY ADDING ON

### **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 £115 £125 (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 £160

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 £90

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, £450.

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



### Personalised Massage

After a detailed consultation our therapists will determine the most

**Includes:** Tailored massage to suit your individual needs.

# Swedish Massage

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

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 £99 | 90 mins £125

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 £90 | 90 mins £120

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

A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

### Tension Release Massage

60 mins £99 | 90 mins £125 Available with or without hot stones

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

 $40~\mathrm{mins}~\pounds45 + 15~\mathrm{mins}~\pounds35$  when added to complement 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 lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub

### 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 £90 | Course of 6 treatments £450

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

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.



### 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 THE SIGNS OF AGEING.

# Age Rebel Facial

A powerful and effective, age-defying facial incorporating a natural enzyme peel designed to deliver immediate results to tired looking skin and reduce fine lines and wrinkles.

### Personalised Facial, Shoulder, Neck & Scalp Massage

60 mins £85

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

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

**Includes:** Tailored massage to suit your individual needs.

# Tension Release Massage

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

Specialised techniques concentrate of 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 with or without hot stones 90 mins £115

£125 (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

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 mins	£45
Phenom	40 mins	£45
GELeration	40 mins	£47

### Deluxe Manicure

The Jessica Prescriptive Manicure including the LeRemedi Hand Treatment programme.

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

Standard Polish*	55 mins	£55
Phenom	55 mins	£55
GELeration	55 mins	£57

### 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	£55
Phenom	55 mins	£55
GELeration	55 mins	£57

# Nail Shape & Polish for fingers or toes

Standard Polish*	25 mins	£35
Phenom	25 mins	£35
GELeration	25 mins	£37

### 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	£65
Phenom	70 mins	£65
GELeration	70 mins	£67

### Gel Removal

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

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

<sup>\*</sup>Standard polish treatment includes midi polish used during the treatment to take home



### 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	£18
Underarm Wax	£18
Bikini Wax	£18
Brazilian Wax	£38
Hollywood Wax	
Half Leg Wax	
Full Leg Wax	
Back Wax for Men	
Chest Wax for Men	
Threading Eyebrows	£18
Threading Upper Lip or Chin	£18
Lip & Chin Wax	£20

Book any 2 areas for waxing and recieve a 10% saving. Book any 3 areas for waxing and recieve a 15% saving.

Guests are advised not to use heat treatments prior to waxing

Eyebrow Tint	
Lash and Brow Tint	

### Brows by Mii

In depth consultation, tinting, waxing and brow grooming service to create perfectly groomed brows.

1st treatment £50 including finishing products.

Maintenance treatments course of 3 £105.

Maintenance treatment course of 6 £185.

Maintenance treatments thereafter £40.



### 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 £85

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 manne
- 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

### Wellness for cancer

### Be Nurtured Massage

60 mins £90

A unique experience delivering just what body and mind need, this personalised massage concentrates on areas of concern to gently soothe tense muscles, relax the mind, boost spirit and help restore balance to body - while gentle yet rich oils leave skin feeling nourished

- \* Personal consultation
- Breath work and visualisation to commence relaxation
- Using a combination of gentle effleurage and Balinese linear movements to soothe, relax and rebalance
- ESPA Nourishing Oil is used to deeply nourish and hydrate the skin

### Be Nurtured Back, Face & Scalp

90 mins £115

An adaptation of our most popular renowned ritual to soothe both mind and body. Relaxing and gently effective, the experience addresses the main areas of tension - the back, the face and the scalp - with a nuturing massage to help alleviate stress.

- Personal consultation
- Breath work and visualisation to commence relaxation
- Skin analysis (completed in a very sensitive and caring manner
- Soothing back massage focusing on the areas of concern and using ESPA's Nourishing Oil
- № Placement of crystals to the chakras and in hands
- Gentle facial massage, including crystal massage to increase skin vitality using ESPA Facial Oils
- 🕸 A totally hydrating face mask to quench the skin
- Facial serum and moisturiser to finish, leaving skin nourished and radiant

### Be Nurtured Spa Day

60 mins £135

A luxurious spa day combined with a choice of Be Nurtured treatments (facial or massage). This spa day is the perfect way to relax and unwind in a tranquil setting. Enjoy a delicious one course lunch and soft drink in our spa lounge and take advantage of our warming facilities.

- \* Use of the hyrdrotherapy & heat experience
- Be Nurtured 60 mins facial or Be Nurtured 60 mins massage
- One course lunch and a soft drink

### 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.

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

# Bridal Make-Up including a trial

(1 hour trial, 1 hour on the day) £150

Includes mascara and lipstick

### Day or Evening Make-Up

45 mins £70

Includes mascara and lipstick

# Kissed by Mii Sun Tan £50

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

Full body scrub Mii lotion application

Mii Tan application only £40

### Bridesmaid or Mother of the Bride

(45 mins on the day) £70

Includes mascara and lipstick

# Make-Up Lesson & Skin Consultation

45 mins £70





### ADVANCED TREATMENTS

# MEDICAL MICRODERMABRASION TAKES YEARS OFF YOUR COMPLEXION BY GENTLY EXECUTATING 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.

### Microdermabrasion

30 mins £60 Course of 6 £300

# Microdermabrasion & Skin Peel

45 mins £95 Course of 6 £475

# Lite Refresh Peel 30 mins £60

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.

### Corrective Skin Pee

45 mins £110 including a Barrier Repair Kit to use two weeks before the peel to prepare the skin. A course of 3 treatments is £285 (a saving of £45)

Clients must have the Lite 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.

### LightFusion Photo Facial

30 mins £65 Course of 3 £160 | 6 £295 60 mins £85 Course of 3 £200 | 6 £395

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.

\*Add this mask on to any other facial treatment - 15 mins £35

### Dermaplaning

60 minutes £95

Dermaplaning improves the skin's appearance by removing the top layers of dead skin through a fine planing procedure. This is a safe and painless way of exfoliating the skin's dead cells in addition to removing the fine peach-fuzz hair.

The tool is held at a 45 degree angle and is brushed along the skin to remove the hair and skin cells. Dermaplaning softens, smoothes, and improves irregularities, giving the skin a silky texture. Treatment includes Light Fusion Masque.

### 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. Full Face Half Face or Back of Hands Localised Area £300 Book 2 areas - recieve 10% off Book 3 areas - recieve 15% off Book 3

### Permanent Hair Reduction

treatments, you will enjoy an 85-90 permanent reduction in hair growth.		
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	

### Consultation

£30 (redeemable against a course

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.

### COURSES OF TREATMENTS

HEALTH CARE EXPERTS NOW RECOMMEND REGULAR MASSAGE AS PART OF A ROUTINE HEALTH CARE PLAN. PICK FROM ANY OF OUR POPULAR MASSAGE TREATMENTS FOUND BELOW TO ENHANCE YOUR WELL-BEING, REDUCE STRESS, OR FOR A QUICK PICK-ME-UP.

WHEN YOU BUY FIVE MASSAGES OR LIFT AND FIRM HIP AND THIGH TREATMENTS, YOU GET THE 6TH TREATMENT FREE

CONTACT OUR SPA RESERVATIONS TEAM TO BOOK YOUR COURSE AND GET ON YOUR WAY TO BETTER HEALTH AND WELLNESS.

### Treatments included in this offer are:

Relax and Revive Massage

Personalised Massage

Aromatherapy Massage

Tension Release Massage

Hot Stone Massage

Swedish Massage

Pre Natal Massage 60 mins £450

Lift and Firm Hip & Thigh Treatmen 60 mins £450

Terms and Conditions: Course must be pre-paid at time of booking. Full course must be used within 7 months from date of purchase. Courses must be for one treatment type only

### SPA DAYS & BREAKS

### 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.

### Spa Breaks

The ultimate way to relax and unwind by staying in the hotel and enjoying a spa experience.

Each spa break includes a dinner allocation in our Squires restaurant, overnight stay in a twin or double room and a leisurely breakfast.

FOR A FULL LIST OF THE PACKAGES AVAILABLE PLEASE VISIT WWW.BEDFORDLODGEHOTELSPA.CO.UK OR CALL ONE OF OUR FRIENDLY TEAM ON 01638 676130



### USEFUL INFORMATION

### Gift Vouchers

Gift vouchers are available at the Spa reception or can be purchased online a bedfordlodaehotelspa.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**

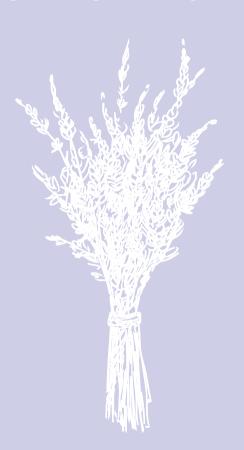
Guests are asked to arrive a minimum of 20 minutes before a single experience appointment to complete a health auestionnaire.

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.





















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