the Spa

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 table
- Decadent relaxation room
- IO spacious and beautifully styled treatment rooms
- Couples treatment suite
- Beauty room for manicures and pedicures
- Spa lounge offering healthy and indulgent food & beverages





- 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 WELLNESS FOR CANCER
- 15 WELLNESS FOR CANCER
- 16 SPECIAL OCCASION MAKE-UP & TANNING
- 17 BRIDAL SPA PACKAGES
- 18 ADVANCED TREATMENTS
- 19 COURSES OF TREATMENTS
- 20 SPA DAYS & BREAKS
- 21 USEFUL INFORMATION





SPA EXPERIENCES

FOR THE ULTIMATE RELAXATION TREATMENT, THE FLOTATION 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 Flotation

60 mins £95

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 tranquillity.

Includes: Body scrub - wrap - flotation.

Tension Release Flotation

60 mins £98

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 flotation will soothe and calm, as any stress slowly melts away leaving the body refreshed and revitalised.

Includes: Body scrub - wrap - flotation

Rasul

Experience

45 mins £55 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 "ace. 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 ndividual or as a couple.

WHY NOT COMPLEMENT YOUR DAY WITH:

Dry

Flotation

30 mins £45

The gentle warmth of the flotation 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 £140

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

 $120 \text{ mins } \pounds 195$

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 £140

Reveal visibly resilient, healthylooking, youthful skin.

This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology 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

 $60 \min \pounds 110$

(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

ESPA Intense Regenerating Facial

60 mins £106

Visibly diminish wrinkles and fine lines with this powerfully agedefying facial.

Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin.

Includes: Skin analysis with Skin Vision[™] lamp – triple cleanse – exfoliation – steam and extraction (if required) – age defying facial massage – mask scalp massage.

Advanced Enzyme Facia

90 mins £142

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 accelering ESPA Active Nutrients Glow From Within Facial

60 mins £106

This invigorating nutrient-rich treatment embraces ESPA'S holistic approach to restoring radiance.

a sweeping Gua Sha massage stimulates the ymphatic and circulatory ystems, helping boost ne flow of blood and utrients to the skin.

ncludes: Skin analysis vith Skin Vision^M lamp – leansing & exfoliation including Foreo) steam-Joua Sha facial massage double mask – hand & vrm GuaSha massage. Advanced Radiance Facial

90 mins $\pounds142$

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

A brush cleanse followed by the Lifting, Smoothing and Skin Radiance masks combined with the soothing Rose Quartz crystal massage techniques to leave skin rejuvenated and alowing

Personaliseo Facial

60 mins £100

This expert facial is specifically tailored to you, and will include deep cleansing, exfoliation, steam and gentle extraction where needed, and a treatment specific massage and mask

inally, ESPA skincare products including an ntensive booster serum are chosen to suit your ndividual needs to achieve maximum resul



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

WHY NOT COMPLEMENT ANY FACIAL TREATMENT BY ADDING ON 15 MINS £35.

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 £140

£150 (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.

The Modern Alchemy Harmonising Ritual

90 mins £150

Influenced by the power and symbolism of the full moon, this deep meditative journey is defined by the fluid circularity of its massage movements.

teginning with a foot bathing ceremony sing healing baselt magma stones, feet re gently cleansed with The Grounding Crystals. The Anointing Oil is smoothed onto our hands in slow circles, softening the skin as you slowly inhale its soothing aroma.

Using the curvature of the Kansa wand, a time-honoured Indian tool believed to calm the nervous system, cycles of infinity flow over the body, creating a hypnotic rhythm, freeing you from thoughts and feelings that no longer serve you.

Includes: Foot ritual, warm salt stone acupressure point and scalp massage.

The Modern Alchemy Empowering Ritual

90 mins £150

This invigorating journey is influenced by the symbolism of the new moon, a lunar phase representing an awakening of the spirit that invites us to plant new desires and intentions.

After a cleansing and soothing aromatic foot bathing ceremony, attention moves to the rest of the body.

The Anointing Oil smooth's and nourishes the skin, while swift massage movements flow from your left side to your right, balancing your energy centres. The long linear strokes and firm pressure work on the base of the muscle tissue to release tension with an intensity enhanced by green Jade rollers – a crystal renowned for its empowering properties.

Includes: Foot bathing ceremony and full body Jade roller massage.

MASSAGES

Personalised Massage

$60 \min \$106 \quad 90 \min \140

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

Includes: Tailored massage to suit your individual needs.

Swedish <u>Massage</u>

60 mins £106 90 mins £14

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 £120 90 mins £14

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

he warmth of the stones penetrates our muscles to soothe aches and pains; elping you to unwind and your body to sel rejuvenated.

Aromatherapy Massage

 $60 \min \pounds 106 = 90 \min \pounds 140$

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

A personal consultation will ensure that 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

Tension Release Massage

60 minutes £115 90 mins £140

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, lower back pain and sore, tight shoulders. Available with or without hot st<u>ones.</u>

Salt & Oil Scrub

10 mins £55

15 mins £40 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 £106 | Course of 6 treatments £507

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

$40 \min$ £60

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.

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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

60 mins £106

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 £102

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 £106 | 90 mins £140

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 60 mins £115 | 90 mins £137

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, lower back pain and sore, tight shoulders

Back, Face & Scalp Treatment with or without hot stones 90 mins £135

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 £69

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 1



HANDS & FEET

JESSICA COSMETICS IS CONSIDERED THE WORLD'S LEADING AUTHORITY ON NATURAL NAIL CARE, WITH A RANGE OF JESSICA NAIL PRODUCTS AVAILABLE, YOU CAN 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	£50
Phenom	40 min	£53
GELeration	40 min	£60

Deluxe 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	$55 \min$	£62
Phenom	$55 \min$	£67
GELeration	$55 \min$	£72

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	£62
Phenom	$55 \min$	£67
GELeration	$55 \min$	£72

Nail Shape and Polish for fingers or toes

Standard Polish	25 min	£39
Phenom	$25 \min$	£42
GELeration	$25 \min$	£47

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	$70 \min$	£72
Phenom	$70 \min$	£77
GELeration	$70 \min$	£82

Gel Removal

	30 min	£27
or pedicure Without a manicure or pedicure	30 min	£37

gel removal must be advised at the time of booking any nai! treatment.

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	
Lip & Chin Wax	

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

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

FOR THE EYE

Eyelash Tint	
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 Mini Mii Makeover.

	£121
Maintenance treatments course of 6	£207



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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

 $60 \min \pounds 101$

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

- Wersonal 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

WELLNESS FOR CANCER

Be Nurtured Massage

60 mins £101

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 £130

An adaptation of our most popular renowned ritual to soothe both mind and body. Relaxingand 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

Soothing back massage focusing on the areas of concern and usina 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

£185 m/w – £205 w/en

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 experiences
- Be Nurtured 60 mins facial or Be Nurtured
- 👝 60 mins massag
 - 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 eave you feeling great, but we sell t too. So if there is something in the Mii range you just can't do without, hen you can buy it to take home o get the look time and again.

Dur makeover sessions are the perfect vay to learn, try something new, or feel ruly pampered for a special occasion.

Bridal make-up including a trial

(1 hour trial, 1 hour on the day)£164

Includes mascara and lipstick

Day or Evening Make-Up 45 mins £82

Includes mascara and lipstick

Kissed by Mii Sun Tan £57

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

Full body scrub Mii lotion application

Mii Tan application only £47

Bridesmaid or Mother of the Bride (45 mins on the day) £82

Includes mascara and lipstick

Make-Up Lesson & Skin Consultation 45 mins £87



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 SPA PACKAGES

THE SPA AT BEDFORD LODGE HOTEL CORDIALLY INVITES YOU TO ADD A LITTLE LUXURY INTO THE PLANNING OF YOUR WEDDING...

Pre Wedding Prep Package

£206 Can be booked on the same day or over a two week period

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

Bridal Top to Toe Package

£512 Can be booked over a 3 month period

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

Fhe Ultimate Bridal Experience

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Treatments to be taken over a ourse of 4 months

- Course of 3 ESPA Personalised
 Facials
- 60 Minute Aromatherapy Massage or Deeply Relaxing Dry Flotation
- 🖇 Kissed by Mii tan
 - Also included: Bridal Shower
 Spa Day (For the bride and 4 guests)
 - ESPA Facial or 60 minute personalised massage
 - Use of Heat and Hydrotherapy Facilities
 - ✤ Use of robe and slippers
 - 🐲 Light Afternoon tea
 - 🐲 Glass of Champagne



Please note: there is an additional £20pp supplement applied to this Spa Day when booked on a Friday, Saturday or Sunday.

ADVANCED TREATMENTS

A WIDE RANGE OF ADVANCED TREATMENTS ARE ALSO AVAILABLE INCLUDING;

- 🐲 Anti Wrinkle Injections
- ✤ Fillers
- 🐲 Medical Microdermabrasion
- 🐲 Skin Peels
- * Dermaplaning
- Skin Rejuvenation
- * Skin Treatments for Vascular (thread veins) and Pigmentation Concerns.
- * IPL Treatments
- ***** Advanced Electrolysis
- Cosmetic Dermatology (skin tags and lesions)

Please ask for our advanced treatment menu or speak to a member of staff for more information. To book a consultation with our advanced practitioners Call 01638 676130





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 5 MASSAGES 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

mins £335

Personalised Massag

60 mins £505

Aromatherapy Massag

60 mins £505

Tension Release Massage

Hot Stone Massage

60 mins £58

Swedish Massage

 $60 \min$ £505

Pre Natal Massage

 $60 \text{ mins } \pounds 505$

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

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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 king bedroom and a leisurely full english 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 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 48 hours of the booking.

Age Restrictions

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

Correct at time of printing - August 2022

Alcohol Restrictions

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

Guest Arrivals

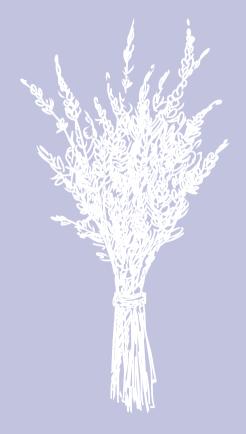
Guests are asked to arrive a minimum of 20 minutes before a single experience appointment to complete a health questionnaire.

Guests on a spa break or spa day are asked o arrive a minimum of 60 minutes before heir treatments time to enjoy full use of the nydrotherapy 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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www.bedfordlodgehotelspa.co.uk