

The background of the entire page is a repeating pattern of light blue line art depicting lavender plants with long stems, narrow leaves, and clusters of small flowers.

the spa

BEDFORD LODGE HOTEL

TREATMENT MENU



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 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

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 £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 mins £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, healthy-looking, 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 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 £110

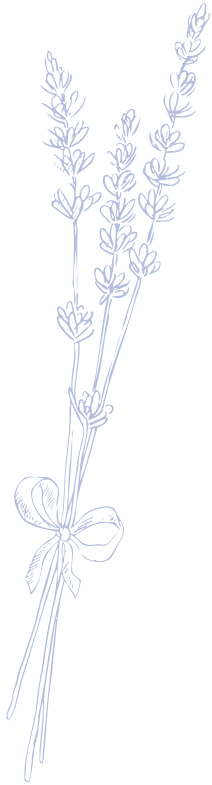
(book between 2 & 4 hours)

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.

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.

Beginning with a foot bathing ceremony using healing basalt magma stones, feet are gently cleansed with The Grounding Crystals. The Anointing Oil is smoothed onto your 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 smooths 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.

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 mins £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.



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	£55
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

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

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

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 £101

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, or feel truly 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

The Ultimate Bridal Experience

£740

Treatments to be taken over a course 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.

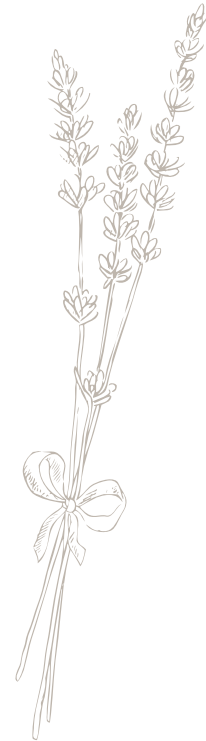


ADVANCED TREATMENTS

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



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 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.



