

the **Spa**  
Barnham Broom



Treatment menu

# the Spool

Barnham Broom

The Spa at Barnham Broom is the perfect retreat from the stresses of modern life. Surrounded by acres of beautiful Norfolk countryside, this tranquil setting is the perfect place to indulge and pamper yourself with our world-class range of treatments.

Browse our extensive range of treatments on the following pages.

## **Spa Opening Times**

Monday	9.30am - 6.00pm
Tuesday	10.30am - 7.00pm
Wednesday	10.30am - 8.00pm
Thursday	9.30am - 6.00pm
Friday	9.30am - 7.00pm
Saturday	9.00am - 6.00pm
Sunday	10.00am - 6.00pm

## **TREATMENT MENU**

### **ESPA FACIALS**

Aromatherapy Facial

Re-Hydrator Facial

Re-Balancing Facial

Regenerating Facial

Skin Brightener Facial

Regenerating & Firming Eye Treatment

ESPA Holistic Back, Face and Scalp Treatment

### **ESPA BODY TREATMENTS**

ESPA Aromatherapy Massage

Salt and Oil Scrub

Body Polish

ESPA Lifesaving Back Treatment

ESPA Total Holistic Body Care

### **ESPA WRAPS AND ENVELOPMENTS**

ESPA Detoxifying Algae Wrap

ESPA Restorative Mud Envelopment

The ESPA Skin Hydrator Body Wrap

ESPA Oshadi Envelopment

### **ESPA ADVANCED TREATMENTS**

Advanced Back, Face and Scalp Treatment with Hot Stones

ESPA Holistic Body Care with Hot Stones

Luxury ESPA Waxing

Age Defyer Facial

ESPA Pre-natal Treatment

ESPA Stimulating Hip and Thigh Treatment

Luxury Hand and Nail with Hot Stones

Luxury Foot and Nail with Hot Stones

### **HAND AND NAIL TREATMENT**

LeRemedi Hand Treatment

Jessica Prescriptive Manicure

Jessica Prescriptive Deluxe Manicure incorporating the

LeRemedi Hand Treatment Programme

Jessica Prescriptive Deluxe Manicure with Thermal Mittens

ZENSPA Pedicure

ZENSPA Deluxe Pedicure

## **TREATMENTS FOR MEN**

Men's Purifying Facial and Scalp Massage

Golfers Recovery Massage

Executive Footcare for Men

Executive Hand and Nail Treatment for Men

Men's Waxing

## **SPA PACKAGES**

Spa Taster Day

Mother and Daughter

Spa Retreat

Spa Indulgence

Men's Spa Ritual Day

Morning Spa

Evening Spa

Girls Together (Minimum Six Ladies)

For a very special occasion exclusive use of the spa is available, for further details contact the spa manager

## **MAKE UP** - i.d. Bare Escentuals

Cleanse, Tone, Moisturise and Make-up Application

Make-up Lesson (1 Hour)

Bridal Make-up for the Bride, Mother of the Bride,  
or Bridesmaids

Consultation and Trial

On your Special Day

## **ST TROPEZ SPRAY TAN, WAXING AND EYES**

## **INFORMATION**

## ESPA FACIALS

### **AROMATHERAPY FACIAL (55 minutes)**

Suitable for all skin types, this deep cleansing, relaxing aromatherapy facial purifies, refines and hydrates. Specific active aromatherapy products are combined with acupuncture massage, lymph drainage and Oriental Head Massage to leave the mind clear and the skin radiant and moisturised.

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£48

### **RE-HYDRATOR FACIAL (55 minutes)**

Ideal for dry, dehydrated, flaky and tired skin, this rehydrating facial is an excellent regenerating boost. Gentle deep cleansing and exfoliation helps the skin to improve the absorption of nourishing and moisturising masks, facial oils, Botanical Rescue Balm and moisturisers, which are specifically chosen for their deeply re-hydrating benefits. This facial leaves the skin smooth, soft, supple and nourished.

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£50

### **RE-BALANCING FACIAL (55 minutes)**

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance. This deep cleansing, oil-controlling facial helps to regulate oil secretions whilst refining open pores. After cleansing with a naturally foaming cleanser made with Yucca, Sugar Beet and Honey, this facial uses products with naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme to help soothe, calm, rebalance and encourage a clear complexion.

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£48

### **REGENERATING FACIAL (55 minutes)**

An intensive boost for maturing, stressed or distressed skin, products from the ESPA Concept range are included in this facial to give concentrated protection and nourishment. Focussing on regenerating, firming and nourishing, this facial leaves the skin fresh, revitalised and toned.

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£50

## **ESPA FACIALS CONTINUED**

### **SKIN BRIGHTENER FACIAL (55 minutes)**

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull, lifeless, sallow skin.

This facial includes a special application of Skin Brightener, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet; plus other skin regenerating products rich in anti-oxidants, which are skin softening, smoothing, and visibly improve the radiance, appearance and texture of the skin.

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£50

### **REGENERATING & FIRMING EYE TREATMENT (25 minutes)**

Perfect for those who are concerned with the first signs of ageing which appear around the eye area. The Eye Lift is also a welcome treat for those suffering from eye-strain, computer headaches and contact lens wearers. A blissful firming and hydrating treatment using specific products rich in Seaweed Extract, Green Tea and Vitamin C, which help to reduce the appearance of fine lines and protect against the environment.

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£34

### **ESPA HOLISTIC BACK FACE AND SCALP TREATMENT**

#### **(1 hour 25 minutes)**

A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax and balance. This is followed by an ESPA Intensive Facial tailored to your individual needs and finishes with a therapeutic head massage to help clear the mind, calm the spirit and ease tension.

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£68

## ESPA BODY TREATMENTS

### ESPA AROMATHERAPY MASSAGE

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.

Choose from one of the following intensive massages to relieve physical tension and calm or uplift the spirit:

**DETOXIFIER** using a detoxifying blend of cleansing citrus oils.

**DE-STRESSER** with relaxing and calming essential oils to soothe and de-stress.

**INTENSIVE MUSCLE WARMER** warming and stimulating essential oils ease aches and pains.

**JET-LAG REVIVER** rebalance energy levels with an energising blend or relax into untroubled sleep with soothing essential oils.

**IMMUNE BOOSTER** using a powerful blend of tea tree and eucalyptus essential oils known for their natural anti-viral and anti-bacterial properties.

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Full body massage (55 minutes) £48

Back, Neck & shoulder message (25 minutes) £32

### SALT AND OIL SCRUB (25 minutes)

This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft.

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£32

### BODY POLISH (25 minutes)

An exclusive body and skin enhancing treatment which can be used in isolation to remove dead or dry skin, or as a preparation for an Aromatherapy Massage. This complete exfoliation will cleanse and invigorate the body.

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£34

## **ESPA BODY TREATMENTS CONTINUED**

### **ESPA LIFESAVING BACK TREATMENT** (40 minutes)

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal for all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed.

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£48

### **ESPA TOTAL HOLISTIC BODY CARE** (1 hour 40 minutes)

This all-encompassing treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is then followed by a deep body, face and scalp massage using a blend of essential oils chosen to suit individual requirements.

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£74

## ESPAWRAPS AND ENVELOPMENTS

### **ESPA DETOXIFYING ALGAE WRAP (55 minutes)**

This therapeutic, balancing and detoxifying treatment involves skin brushing, gentle exfoliation and an algae envelopment rich in minerals which is designed to boost the metabolism and speed up the elimination of toxins. The treatment includes a full head massage using individually chosen essential oils for total relaxation.

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£58

### **ESPA RESTORATIVE MUD ENVELOPMENT (55 minutes)**

Marine Mud is known for its skin conditioning properties and is ideal for dry, dehydrated skin requiring nourishment and rebalancing. This wrap includes a full body exfoliation and an Oriental Head Massage to help ease tension and leave the skin purified and smooth.

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£58

### **THE ESPA SKIN HYDRATOR BODY WRAP (55 minutes)**

A truly luxurious experience including lymphatic skin brushing, skin smoothing body exfoliation and an envelopment with oils rich in Palma Rosa and Myrrh combined with the Deeply Nourishing Body Cream with Wild Yam and skin conditioning Marine Mud. Ultimate tranquility is achieved with a mind calming Oriental Head Massage.

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£58

### **ESPA OSHADI ENVELOPMENT (55 minutes)**

Oshadi, giver of life, is the Ayurvedic term for plants and herbs used in traditional healing practices and therapies. After a full body exfoliation, plants and spices are infused with essential oils to form a nourishing mask which warms and hydrates the skin and helps to relieve aching muscles and joints.

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£60

## **ESPA ADVANCED TREATMENTS**

### **ADVANCED BACK, FACE AND SCALP TREATMENT WITH HOT STONES (1 hour 55 minutes)**

A powerful stress releasing treatment using hot stones to work on deep seated tension and restore balance to vital energy points. The initial, deep cleansing back exfoliation is followed by the hot stone back massage with essential oils restoring equilibrium to mind and body. Hot stones are placed along spine, shoulders and neck to soothe and relax. The facial includes massage with a deeply nourishing facial oil and the application of an intensive face treatment mask, tailored to your individual needs. Whilst the mask is taking effect, the oriental head massage takes place to help clear the mind, calm the spirit and ease tension. The result is rehydrated, nourished and soothed skin combined with a sense of deep relaxation.

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£94

### **ESPA HOLISTIC TOTAL BODY CARE WITH HOT STONES (1 hour 55 minutes)**

Chakras are the seven subtle energy centres in the body which affect our equilibrium and inner harmony. Recognised in both Ayurvedic and Chinese philosophies, blocked and congested Chakras can affect the body and mind both emotionally and physically. Natural energies are stifled and the zest for life is lost or subdued.

After a full body exfoliation, this holistic treatment continues with the placing of stones along the spine, at vital energy points on hands and feet and on Chakras around the body. The body is massaged using individually tailored essential oils combined with the use of hot stones to release tension. Critical tension points are massaged around the eyes and ears, before an acupressure head massage is given. This full body treatment ends with gentle stretching to help release deep-seated tension around neck and shoulders, and leave your body feeling soothed and your spirit calm.

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£94

## ESPA ADVANCED TREATMENTS CONTINUED

### LUXURY ESPA WAXING

Skin brushing and exfoliation help to prepare the skin prior to waxing. The treatment is finished with an application of a light, moisturising balm to soothe the skin, leaving the legs luxuriously smooth and soft. Please add a further 15 minutes to the regular wax time.

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Full leg £37

Half leg £29

### AGE DEFYER FACIAL (1 hour 25 minutes)

A totally luxurious regenerating facial treatment especially created to help combat the signs of ageing, and sun damaged skin. Special facial massage techniques for those delicate areas around the eyes, neck, lips and jaw line are combined with ESPA seriously effective moisturising products, rich in natural antioxidants, and scientifically advanced natural ingredients to hydrate and protect. The anti-ageing, rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping to minimise lines and wrinkles, leaving the skin fresh, revitalized and nourished.

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£58

### ESPA PRE-NATAL TREATMENT (1 hour 25 minutes)

This total body treatment has been carefully designed for those who are expecting or have just had a baby. Taking account of all contra-indications, this treatment avoids the use of essential oils and is a luxurious treat using a Calendula infused oil, Pink Clay Mud and various nourishing creams with advanced massage techniques to safe areas. This treatment improves the tonicity and comfort of the skin and creates a sense of total relaxation.

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£68

## ESPA ADVANCED TREATMENTS CONTINUED

### ESPA STIMULATING HIP AND THIGH TREATMENT (55 minutes)

A specialised ESPA treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin tone.

Following exfoliation with a special blend of seaweed, salt and oil, a deep, detoxifying massage and lymphatic drainage techniques using stimulating essential oils help to purify and cleanse the body. Relevant reflex zones and pressure points on the feet are then activated to leave you feeling totally revitalised. A course of treatments is recommended to maximise the effects.

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£50

Course of six, £270

### LUXURY HAND AND NAIL WITH HOT STONES (1 hour)

The holistic arm, hand and nail treatment includes a gentle skin refiner and a therapeutic massage with the appropriate aromatherapy massage oil chosen for your individual needs. Hot stone massage techniques are incorporated into the treatment to enhance relaxation.

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£37

### LUXURY FOOT AND NAIL WITH HOT STONES (1 hour)

A holistic foot and nail treatment includes gentle exfoliation and a relaxing pressure point massage with the appropriate aromatherapy massage oil for your individual needs. Hot stone massage techniques are incorporated into the treatment to enhance relaxation.

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£42

## HAND AND NAIL TREATMENTS

### **LeREMEDI HAND TREATMENT (20 minutes)**

A luxury hand treatment incorporating HandCleanse, HandSilk Exfoliare, HandRestructure Masque and HandRenew Liposomes. Hands will feel softer, smoother, firmer and look more attractive.

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£26

### **JESSICA PRESCRIPTIVE MANICURE (45 minutes)**

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.

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£28

### **JESSICA PRESCRIPTIVE DELUXE MANICURE - INCORPORATING THE LeREMEDI HAND TREATMENT PROGRAMME (1 hour 10 minutes)**

The Jessica Prescriptive Manicure including the LeRemedi Hand Treatment Programme. A luxury and effective treatment for the hands including HandCleanse, HandSilk Exfoliare, HandRestructure Masque and HandRenew Liposomes. Hands will feel softer, smoother, firmer and more attractive. Together with the Jessica Prescriptive Manicure... the ultimate in hand and nail care.

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£37

### **JESSICA PRESCRIPTIVE DELUXE MANICURE WITH THERMAL MITTENS (1 hour 10 minutes)**

The Jessica Prescriptive Manicure using thermal mittens for deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiff joints.

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£34

## HAND AND NAIL TREATMENTS CONTINUED

### ZENSPA PEDICURE (1 hour)

With the option of either calming green tea, energising ginger or revitalizing citrus, this is a luxury treatment resulting in softer, smoother legs and feet finished with perfectly polished toes.

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£34

### ZENSPA DELUXE PEDICURE (1 hour 15 minutes)

The ZenSpa pedicure using thermal heated booties for deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiff joints. It is strongly advised that you bring with you open toed footwear when having a pedicure.

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£37

With French Polish add £5

## TREATMENTS FOR MEN

### MENS PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE

**(55 minutes)**

City pollution, environmental stress, travel, business pressures or lack of sleep are reflected in dull, lifeless skin. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin leaving you feeling de-stressed and renewed. The triple cleanse procedure which includes steaming hot towels to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing acupuncture face massage and purifying mask, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA Body Oil to release tight muscles and tension.

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£48

### GOLFERS RECOVERY MASSAGE

Ease tension, aching muscles and alleviate stress. Your massage will be customized with our own unique ESPA body oil blends.

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Full body massage (55 minutes) £48

Back, Neck and Shoulder massage (25 minutes) £32

### EXECUTIVE FOOTCARE FOR MEN (1 hour)

Toenails perfectly shaped, cuticles conditioned and gently pushed back and a foot massage. A luxurious foot treatment with oils and creams to prevent a build up of hard skin.

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£32

### EXECUTIVE HAND AND NAIL TREATMENT FOR MEN (40 minutes)

LeRemedi hand treatment programme to condition and smooth hands. Nails are perfectly shaped, cuticles are conditioned and gently pushed back.

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£30

### MENS WAXING

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Chest Wax £30

Back Wax £30

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## SPA PACKAGES

All packages include complimentary hire of a robe for the day and slippers to take home with you. All prices are per person.

### **SPA TASTER DAY (50 minutes of treatment time)**

A great introductory taster includes:

Spa Ritual Facial

Back, Neck & Shoulder Massage

Light Lunch

Use of leisure facilities

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£90

### **MOTHER AND DAUGHTER (3 hours of treatment time)**

Treat yourselves to a special few hours and spend the day together.

ESPA Aromatherapy Facial

Back, Neck & Shoulder Massage

Jessica Manicure with a bottle of polish to take away

A one hour lesson in make-up application

Light Lunch

Use of leisure facilities

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£165 Per Person

### **SPA RETREAT (3 hours 20 minutes of treatment time)**

Relax and clear the mind. Leave your skin smoothed and soothed with this face and body experience.

ESPA Oshadi Envelopment

ESPA Full Body Massage

ESPA Age Defyer Facial

Light Lunch

Use of leisure facilities

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£185

### **SPA INDULGENCE (3 hours 45 minutes of treatment time)**

Mind and body total relaxation. These indulgent treatments will leave you feeling rejuvenated and your skin brightened.

ESPA Skin Brightener Facial

Salt Body Scrub or Body Polish

ESPA Full Body Massage

Luxury Jessica Pedicure or Manicure

Light Lunch

Use of leisure facilities

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£195

**CONT** ↓

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## SPA PACKAGES CONTINUED

### **MEN'S SPA RITUAL DAY (1 hour 30 minutes of treatment time)**

Using our advanced skin care products designed specifically for men. Leaving you relaxed, refreshed and ready for that round of golf.

- Aromatic Facial
- Back, Neck & Shoulder Massage
- Shape & File Manicure
- Use of leisure facilities
- A light lunch

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£115

### **MORNING SPA and EVENING SPA**

A Choice of two of the following treatments:

- Mini Facial
- Indian Head Massage
- Express Manicure
- Back Massage
- A light lunch or evening supper
- Use of the leisure facilities
- Morning spa, 10.00am-2.00pm
- Evening spa, 5.00pm-9.00pm

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£105

### **GIRLS TOGETHER (60 minutes of treatment time)**

Relax and enjoy being pampered with friends or celebrate together for that special occasion. Choose two of the following treatment selection:

- Hot Stones Back Massage
- ESPA Taster Facial
- Salt and Oil Scrub
- Back, Neck & Shoulder Massage
- Jessica Taster Manicure
- Jessica Taster Pedicure
- A one hour lesson in make up application as a group
- Use of leisure facilities
- Tapas Style Lunch or Picnic in the gardens weather permitting with a glass of bubbly
- Also available for exclusive use

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Minimum of six ladies, £122

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## MAKE UP - i.d. Bare Escentuals

Using revolutionary 100% pure mineral make-up. Make-up that looks and feels totally natural, so pure you can sleep in it!

Cleanse, Tone, Moisturise & Make-up application	£34
Make-up Lesson (1 Hour)	£40
Bridal Make-up for the Bride, Mother of the Bride, or Bridesmaids*	
Consultation and trial (per person)	£40
On your special day (per person)	£27

\*Bridal Packages can be arranged to suit your individual needs

## ST TROPEZ SPRAY TAN

A St Tropez Spray Tan that gives a fast, flawless tan for that sun-kissed glow.

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Full Body	£32
Half Body	£20

**A patch test will be required 24 hours prior to tinting**

## WAXING

Half Leg	£18
Three Quarter Leg	£22
Full Leg	£25
Bikini Line from	£12
Top Lip or Chin	£10
Half Leg and Bikini	£26
Full Leg and Bikini	£29
Underarm	£10
Forearm	£15
Brazilian	£34
Hollywood	£45

## EYES

Eyebrow Shape	£10
Eye Lash Tint	£12
Eye Brow Tint	£8.50
Eye Lash and Brow Tint	£19
Eyebrow Shape Lash and Brow Tint	£25
Eyebrow Wax	£10

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## **GIFT VOUCHERS**

The perfect gift for any occasion. Personalised gift vouchers available. Gift Vouchers are strictly valid for 6 months from date of issue and are non-refundable.

## **ADVICE AND IMPORTANT INFORMATION**

Please Note that Spa Package bookings must be pre-paid in full & treatments confirmed 4 weeks prior to your visit.

Pre-payment of Spa Package bookings is non-refundable in the event of cancellation. All bookings are subject to availability.

### **For your safety & comfort**

The minimum age for all treatments is 16.

If you are pregnant or breast-feeding please let us know before you make your appointment.

Avoid any heat treatments including sauna, hot bath or sun beds for 24 hours before or after waxing. Avoid swimming or sunbathing before or after waxing.

Please inform us of any medication you are taking, skin conditions or GP's supervision at the time of booking.

A patch test is required for lash or brow tints 24 hours prior to treatment.

Some ESPA treatments are not suitable during pregnancy. Please avoid alcohol, drugs or eating a heavy meal prior to treatments.

Weather permitting – please wear open toe sandals for pedicures.

### **Booking Information**

We recommend you book treatments in advance.

To book please call 01603 757545.

We require a credit or debit card number or full deposit to confirm your booking.

### **Etiquette**

As a courtesy to other clients and to preserve the peace at the spa we request that clients switch off their mobile phones.

### **Cancellation Policy**

Therapists and treatment rooms are booked on a one to one basis. If you cancel your appointment within less than 24 hours you will be charged 50% of the treatment charge. If you fail to attend your appointment the full price of your treatment is charged.

...First we slow your world  
down, then we revolve  
it around you.



the **spa**  
Barnham Broom

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