

“...First

we slow your world down

then

we revolve it around you”

the **Spa**
Barnham Broom



Treatment Menu

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 acupressure massage, lymph drainage and Oriental Head Massage to leave the mind clear and the skin radiant and moisturised.

RE-HYDRATOR FACIAL

(55 minutes)

An intensive and regenerating moisture boost for dry, dehydrated skin. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth, supple and nourished.

OIL CONTROLLER FACIAL

(55 minutes)

Ideal for oily, congested and problematic skin or those suffering with hormonal imbalance. This deep-cleansing facial helps to regulate oil secretions and refine open pores. Essential oils of Tea Tree and White Thyme; which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

REGENERATING FACIAL

(55 minutes)

A luxurious and regenerating facial created for maturing skin. This treatment visibly improves the appearance of the skin and uses a selection of anti-ageing products to help minimise lines and wrinkles around the eyes, neck, lips and jaw line. This facial replenishes and revitalises the skin to leave your complexion toned, radiant and rejuvenated.

SKIN RADIANCE FACIAL

(55 minutes)

Exposure to pollution, lack of sleep and stress can result in dull skin, lacking vitality and luminosity. This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

REGENERATING & FIRMING EYE TREATMENT

(25 minutes)

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment using products rich in Ginkgo Biloba and Evening Primrose, helping to reduce the appearance of fine lines and protect against the impact of the environment. This regenerating eye treatment also helps relieve tension from eye-strain and computer headaches, whilst being a luxurious addition to any ESPA Facial.

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.

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

re-balance 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.

FULL BODY MASSAGE

(55 minutes)

BACK, NECK & SHOULDER MASSAGE

(25 minutes)

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.

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.

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.

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.

DEEP TISSUE BACK, NECK AND SHOULDER MASSAGE

(25 minutes)

DEEP TISSUE FULL BODY MASSAGE

(50 minutes)

DEEP TISSUE FULL BODY MASSAGE

(1 hour 20 minutes)

ESPA WRAPS 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.

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 re-balancing. This wrap includes a full body exfoliation and an Oriental Head Massage to help ease tension and leave the skin purified and smooth.

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 tranquillity is achieved with a mind calming Oriental Head Massage.

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.

ESPA ADVANCED TREATMENTS

THE SPA AT BARNHAM BROOM SIGNATURE EXPERIENCE

(1 hour 55 minutes)

Beginning with a cleansing foot ritual with a consultation to establish your individual treatment needs will leave you refreshed and calm, ready for your experience. A stimulating and deep cleansing back exfoliation is then followed by a powerful back massage using essential oils to soothe, relax, balance and melt away any tension. This is then followed by a personalised Espa facial with a detailed skin analysis, using a specialised lamp revealing skin conditions not visible to the naked eye, followed with specific products which suit the needs of your skin. To finish, you will receive a soothing hand and arm massage followed by a therapeutic head massage to help clear the mind and calm the spirit. Your signature treatment includes a Robe, Slippers and the ESPA Introductory Collection to take home.

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 re-hydrated, nourished and soothed skin combined with a sense of deep relaxation.

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 acupuncture 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.

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.

AGE DEFYER FACIAL

(1 hour 25 minutes)

This regenerating facial and firming eye treatment has been especially created to help combat the signs of ageing. Special anti-ageing massage techniques using products rich in antioxidants help hydrate and protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. The anti-ageing benefits of this treatment visibly improve the appearance of your skin, helping to minimise lines and wrinkles and leaving skin fresh, replenished and nourished.

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.

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.

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.

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.

REFLEXOLOGY

(50 minutes)

Relax your tired feet and soothe your body and mind. Reflexology is an alternative medicine involving massage and different manipulations to the feet.

REIKI

(50 minutes)

Reiki is a Japanese word meaning universal life energy. The therapist places their hands on a clothed client, working on the whole body. A truly holistic treatment working on any physical or emotional issues.

HOPI EAR CANDLES

(40 minutes)

Ear candles induce a revitalizing heat upon the head and ears, which soothe, relieve and relax. Combined with pressure point massage and lymphatic drainage sequence this is an ideal treatment for anyone suffering from symptoms such as migraines, sore throats, hay fever and colds.

HAND AND NAIL TREATMENT

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.

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.

AN EXPRESS MANICURE/PEDICURE

(45 minutes)

For people on the go, looking for a fast treatment and beautiful nails. Moisturiser is massaged into the hands and cuticles, the nails are shaped and your chosen polish colour is applied.

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.

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.

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.

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.

GELERATION TREATMENT MENU

The Beauty of Jessica, in a gel with the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours.

GELERATION GEL OVERLAY MANICURE

(1 hour)

Includes massage, cuticle care, nail shape and finished with Jessica's GELeration gel polish.

DELUXE GELERATION GEL OVERLAY MANICURE

(1 hour 10 minutes)

Includes the benefits of the luxurious LeRemedi Hand Treatment. Your hands will be smoother, silkier & firmer. Cuticles will be cared for, nails will be shaped and finished with Jessica's GELeration gel polish.

ZENSPA PEDICURE WITH GELERATION

(1 hour)

Choose from either Calming Green Tea, Energising Ginger or Revitalising Citrus for this luxurious foot treatment. Hard skin is removed and feet massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Jessica's GELeration gel polish.

EXISTING GEL REMOVAL

(30 minutes)

For the removal of GELeration Gel.

TREATMENTS FOR MEN

MEN'S 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 acupressure 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.

GOLFERS RECOVERY MASSAGE

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

FULL BODY MASSAGE

(55 minutes)

BACK, NECK & SHOULDER MASSAGE

(25 minutes)

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.

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.

MEN'S WAXING

Chest Wax

Back Wax

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

Light Lunch

SPA PACKAGES

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

SPA TASTER DAY

(50 minutes of treatment time)

A great introductory taster.

Spa Ritual Facial

Back, Neck & Shoulder Massage

Light Lunch

Use of leisure facilities

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

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 Defier Facial

Light Lunch

Use of leisure facilities

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

Body Polish

ESPA Full Body Massage

Luxury Jessica Pedicure or Manicure

Light Lunch

Use of leisure facilities

MORNING SPA

EVENING SPA

A Choice of two of the following treatments:

Mini Facial

Indian Head Massage

Express Manicure

Back Massage

Light Lunch or Evening Supper

Use of the leisure facilities

10.00am-2.00pm

5.00pm-9.00pm

GIRLS TOGETHER (MINIMUM SIX LADIES)

Relax and enjoy being pampered with friends or celebrate together for that special occasion.

(60 minutes of treatment time)

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

MAKE-UP - i.d. Bare Escentuals

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

Cleanse, Tone, Moisturise & Make-up application

Make-up Lesson (1 Hour)

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

Consultation and Trial (per person)

On your Special Day (per person)

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.

Full Body

Half Body

Waxing

Half Leg

Three Quarter Leg

Full Leg

Bikini Line

Top Lip or Chin

Half Leg & Bikini

Full Leg & Bikini

Underarm

Forearm

Brazilian

Hollywood

Eyes

Eyebrow Shape

Eye Lash Tint

Eye Brow Tint

Eye Lash and Brow Tint

Eyebrow Shape Lash & Brow Tint

Eyebrow Wax

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 24hrs 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.

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