

the Spool

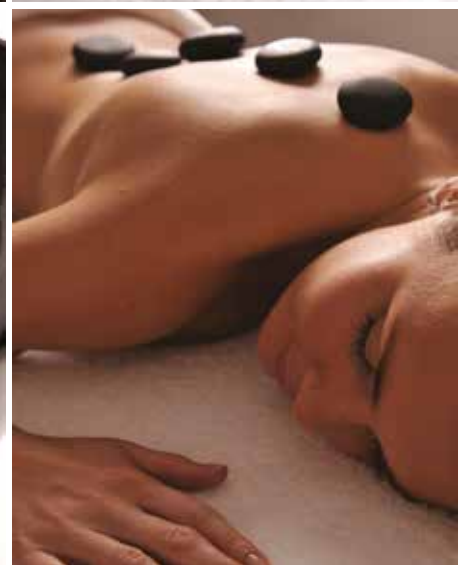
Barnham Broom

FEEL RELAXED AND PAMPERED IN OUR LUXURY SPA

Leave the stress of the outside world behind and enjoy sumptuous treatments at our luxury Spa. The Spa is open to everyone. So whether you live in the local area, are a member of our golf club or The Edge Health & Fitness Club, are staying in the hotel or are visiting the area, indulge yourself in a few hours of complete relaxation. Our luxurious range of holistic massage and beauty treatments will leave you feeling radiant and refreshed.

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FACIALS

Personalised ESPA Facial

- Cleanse, exfoliation and personalised mask treatment with a tension relief face, shoulder and scalp massage finished with a serum and moisturiser chosen specifically for you
- Skin analysis with SkinVision lamp

50 minutes

£55

Lift and Firm Eye Treatment

- For tired, ageing or dehydrated eyes to minimise dark circles and reduce puffiness

25 minutes

£28

Express Facial

- An express treatment to treat the key concerns of your skin

25 minutes

£35

Age Defy Facial

- Targeted ESPA skincare to combat the signs of ageing using specialist lift and firm massage techniques
- Skin analysis with SkinVision lamp
- Incorporates the lift and firm eye treatment with use of rose quartz crystals
- Relaxing scalp massage with a hand and arm massage to finish

1 hour 15 minutes

£70

Optimal Skin ProFacial

- Deep brush cleanse
- Skin analysis with SkinVision lamp
- Facial treatment mask, face and eye area massage, hand and arm exfoliation

1 hour

£60

ESPA Back, Face and Scalp Treatment

- Back exfoliation
- Back, neck and shoulder massage
- Personalised facial including face and scalp massage

1 hour 20 minutes

£75

1 hour 20 minutes with hot stones

£87

Barnham Broom Signature Collagen Facial

Cleanse, exfoliation and face massage with a collagen infused mask, hand and arm massage followed by a foot massage

1 hour

£60

Barnham Broom Signature Booster Facial

An express treatment, that instantly hydrates, plumps and brightens the skin

25 minutes

£40

All treatment times are approximate and includes consultation, treatment and aftercare



MASSAGES

Inner Calm Personalised Aromatherapy

Your therapist will provide a sensory test with ESPA oils carefully chosen to suit your specific needs

25 minutes (back, neck and shoulders) **£38**

55 minutes (full body including back, legs, arms and décolleté) **£60**

1 hour 20 minutes (full body including face and scalp) **£70**

Add deep tissue for **£5.00**

Barnham Broom Signature Back Massage

40 minutes (back, neck and shoulder, includes scalp massage) **£45**

Hot Stones

Hot volcanic stones to calm and soothe the mind and body. Cold marble stones can also be incorporated to relieve inflammation

25 minutes (back, neck and shoulders) **£43**

55 minutes (full body including back, legs, arms and décolleté) **£62**

1 hour 20 minutes (full body inc. face and scalp) **£72**

ESPA Mindful Massage

- The metamorphic zones on the feet are massaged to rebalance and ground
- A soothing massage to continue up through the body finishing with a re-energising scalp massage using warm rose quartz crystals

1 hour 30 minutes **£85**

BODY TREATMENTS

Salt and Oil Body Scrub

Full body exfoliation to reveal soft glowing skin, followed by a warm shower for removal. Perfect for dry skin and for the removal of dull, dead skin cells

25 minutes £33

40 minutes
(including application of body moisturiser) £42

Ultimate Body Wrap

- Body brushing with a natural cactus body brush
- Full body exfoliation
- Mud or algae mask, followed by a shower and application of body oil

Choice of marine mud to nourish your skin or marine algae to detox your body

50 minutes £55

Golfers Tonic

- Hot stone back massage to improve your swing
- Foot cleanse and exfoliation
- Foot mask and heated booties
- Scalp massage

55 minutes £60

Lifesaving Back Treatment

- Body brushing
- Back exfoliation
- Hot stone back massage
- Warming marine mud mask to decongest and hydrate the skin
- Hot stone back of leg massage

55 minutes £60

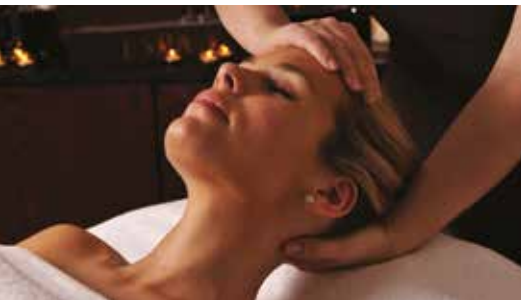
Total Body Care

- Body brushing using a natural cactus brush
- Salt and oil body scrub
- Inner calm personalised full body massage

1 hour 40 minutes £80

1 hour 50 minutes
(Including hot stones and a face
& scalp massage) £95

All treatment times are approximate and include consultation, treatment and aftercare



HOLISTIC TECHNIQUES

Thai Foot Massage

- Relaxing therapy to release stagnant energy from the feet and lower legs which increases calm and positive energy
- Massage to feet and lower legs incorporating wooden Thai foot massage sticks

30 minutes

£38

Hopi Ear Candling

- Ear candles are used to soothe and release a build up of ear wax, followed by a head and pressure point massage
- Relieves headaches and sinus tension

35 minutes

£40

Reflexology

An alternative therapy to promote health and wellbeing by massaging and manipulating the feet

50 minutes

£47

Oriental Head Massage

Relieves tension in the upper back, neck, scalp and face

25 minutes

£35



FOR MEN

Men's Personalised Facial

- Cleanse, exfoliation and personalised mask treatment, with a tension relief face, shoulder and scalp massage finished with a serum and moisturiser chosen specifically for you
- Skin analysis with SkinVision lamp

50 minutes

£55

Age Rebel Facial

- Targeted ESPA skincare to combat the signs of ageing using specialist lift and firm massage techniques
- Incorporates the lift and firm eye treatment with use of rose quartz crystals
- Relaxing scalp massage with a hand and arm massage to finish

1 hour 20 minutes

£70

Executive Footcare for Men

- Foot filing and scrub
- Foot soak and nail shaping
- Foot massage

40 minutes

£30

Men's Hand and Nail Treatment

- Exfoliation and hand care treatment with massage
- Cuticle care
- Nail shaping

40 minutes

£30

Chest Wax

£33

Back Wax

£33

Please note all of our other massages and body treatments are also suitable for men



MATERNITY

Pregnancy Massage

- Adapted to be safe and comfortable in pregnancy

25 minutes **£38**

55 minutes **£60**

Add a back exfoliation **£5**

Not suitable in the first trimester

Lighter Legs

- Soothe tired, aching or swollen feet and heavy legs with this luxurious and revitalising treatment including exfoliation and massage

25 minutes **£38**

Please also take a look at our Mother-To-Be Spa Experience on page 13 for a relaxing day package

All of our hand and feet treatments and facials are also suitable throughout pregnancy



HANDS & FEET

Jessica Manicure

- Hand care treatment with massage
- Cuticle care
- Nail shaping
- Application of colour

50 minutes £34

GELeration polish £40

Jessica Deluxe Manicure

- Includes hand exfoliation, mask and thermal mitten treatment

1 hour £40

GELeration polish £45

Gel removal £10, or £5 when combined with a manicure or pedicure

Express File and Polish

- Fingers or toes

25 minutes £20

GELeration polish £25

Please note this does not include cuticle work

Jessica Pedicure

- Foot filing and foot soak
- Foot massage
- Application of colour

50 minutes £40

GELeration polish £45

Jessica Deluxe Pedicure

- Includes foot exfoliation, mask and thermal bootie treatment

1 hour £45

GELeration polish £50

BEAUTY ESSENTIALS

Mii Make-up Application

50 minutes £45

Trial and Big Event Look

2 x 1 hour Sessions (Different days) £110

Mother of the Bride (40 minutes) £40

Bridesmaid (40 minutes) £40

Eyes

- Eyebrow tint £10
- Eyebrow shape £12
- Eyelash tint £14
- Eyebrow shape, lash and brow tint £27
- Eyelash and eyebrow tint £20
- Eyelash lift £35
- Eyelash lift and tint £40

Waxing

- Half leg £23
- Three-quarter leg £25
- Full leg £32
- Top lip £12
- Chin £12
- Top lip and chin £16
- Underarm - hot wax £16
- Eyebrow £12
- Standard bikini - hot wax £16
- High line bikini - hot wax £20
- Full leg and standard bikini £37
- Half leg and standard bikini £32
- Brazilian - hot wax £32
- Hollywood - hot wax £37

Patch test required 24 hours prior to tinting and lash lifting appointments for the treatment to take place



DAY SPA PACKAGES

Spa Celebration Experience

Ideal for hen parties, birthday celebrations or simply when you are indulging with friends and all want to have different treatments but still enjoy the day together as a group.

- Use of The Edge Health & Fitness Club (swimming pool, sauna, steam room & gym)
- Choice of a light lunch or afternoon tea
- Robe and slipper hire for the day

Choose your 50 minute treatment:

- ESPA aromatherapy back, face and head massage
- ESPA facial
- ESPA salt and oil body polish, facial cleanse and scalp massage
- Express manicure and pedicure
- Jessica manicure with polish
- Jessica pedicure with polish

One treatment each **£70**

Two treatments each **£115**



DAY SPA PACKAGES

Total Time Out Spa Experience

Experience our aromatherapy full body massage, personalised facial, luxury manicure and luxury pedicure.

- Use of The Edge Health & Fitness Club (swimming pool, sauna, steam room & gym)
- Choice of a light lunch or afternoon tea
- Robe and slipper hire for the day

£225

Soothing Spa Journey

Unwind with this ESPA back, face and scalp treatment, leaving you relaxed and ready to enjoy a light lunch or afternoon tea, followed by a serene swim.

- Use of The Edge Health & Fitness Club (swimming pool, sauna, steam room & gym)
- Choice of a light lunch or afternoon tea
- Robe and slipper hire for the day

£100

with hot stones

£115





DAY SPA PACKAGES

New Mum / Mother-To-Be Spa Experience

An ESPA facial including face, shoulder, scalp and décolleté massage followed by a pedicure with polish.

- Use of The Edge Health & Fitness Club (swimming pool, sauna, steam room & gym)
- Choice of a light lunch or afternoon tea
- Robe and slipper hire for the day

£115



Mini Pamper Experience

- Use of The Edge Health & Fitness Club (swimming pool, sauna, steam room & gym)
- Light lunch
- Robe and slipper hire for the day

Choose your 25 minute treatment:

- Back, neck and shoulder
- Taster facial
- File and polish
- Oriental head massage

One treatment each **£50**

Two treatments each **£70**



SPA BREAKS

Make your day into a stay with a wonderfully relaxing Spa break.

Come and enjoy all of The Edge Health & Fitness Club's facilities including swimming pool, sauna, steam room and gym, alongside luxurious Spa treatments.

Dine in style at the award-winning Brasserie restaurant, which offers a fantastic menu designed by our acclaimed chefs.



Then, feel rejuvenated after a stay in one of Barnham Broom's 46 bedrooms. Each room is decorated to the very highest standard and includes complimentary toiletries and a delicious full English or continental breakfast.

ADVICE AND IMPORTANT INFORMATION

Our spa environment is one of tranquillity and relaxation. Please respect all Spa guests' rights to privacy and serenity by moving around The Spa quietly and refraining from mobile telephone use.

Please arrive 10 minutes prior to your appointment. Hotel guests may wish to arrive for their treatments in their robe to help with their continued relaxation. Day Spa guests hiring robes and slippers from us are also very welcome to walk around Barnham Broom in this attire. Day Spa guests are asked to return hired robes and slippers to The Spa on departure.

The minimum age requirement to have treatments in The Spa is 16 years of age. Unfortunately we cannot accommodate babies and young children in our Spa whilst mothers are having treatments.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your treatment when making your Spa reservation. The Spa will adapt treatments wherever possible to suit the needs of your medical condition. However, if we feel a treatment may not be suitable for you then we will discuss this with you and offer safe alternatives.

PREGNANCY

Please inform us at the time of booking if you are pregnant or breastfeeding.

GENERAL INFORMATION

Avoid any heat treatments including sauna, steam room, hot baths or sunbeds, as well as swimming or sunbathing for 24 hours after waxing.

A patch test is required 24 hours prior to tinting and perming treatments.

For all Day Spa experiences, a welcome tour will be arranged for you. Please notify us in advance if your estimated time of arrival changes.

BOOKING & CANCELLATION POLICY

Full payment is required at the time of booking any **Day Spa Experiences**, and seven days' notice must be given for any group booking cancellation, or a full refund will not be given.

A 50% charge will be incurred for any treatments cancelled within 24 hours of the appointment time.

SPA OPENING TIMES

Monday	9am-7pm
Tuesday	9am-7pm
Wednesday	9am-7pm
Thursday	9am-8pm
Friday	9am-7pm
Saturday	9am-7pm
Sunday	9am-6pm

Telephone: 01603 757545
Hotel ext 228

Email: spa@barnham-broom.co.uk

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Norfolk, NR9 4DD





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