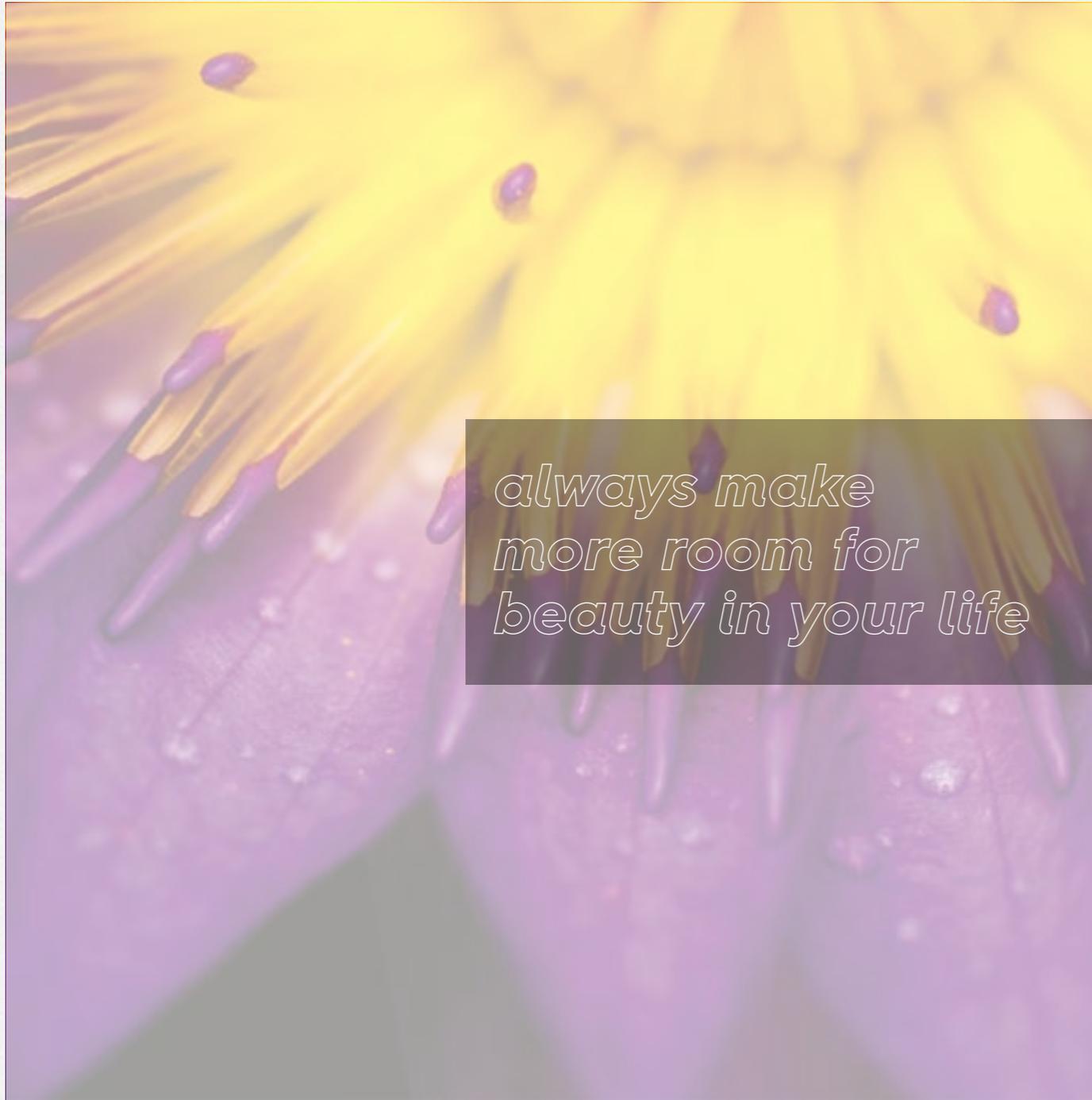




THE
SPA
AT
NORFOLK WOODS



*always make
more room for
beauty in your life*

*almost everything works
again if you unplug it
for a few moments...
...including you*

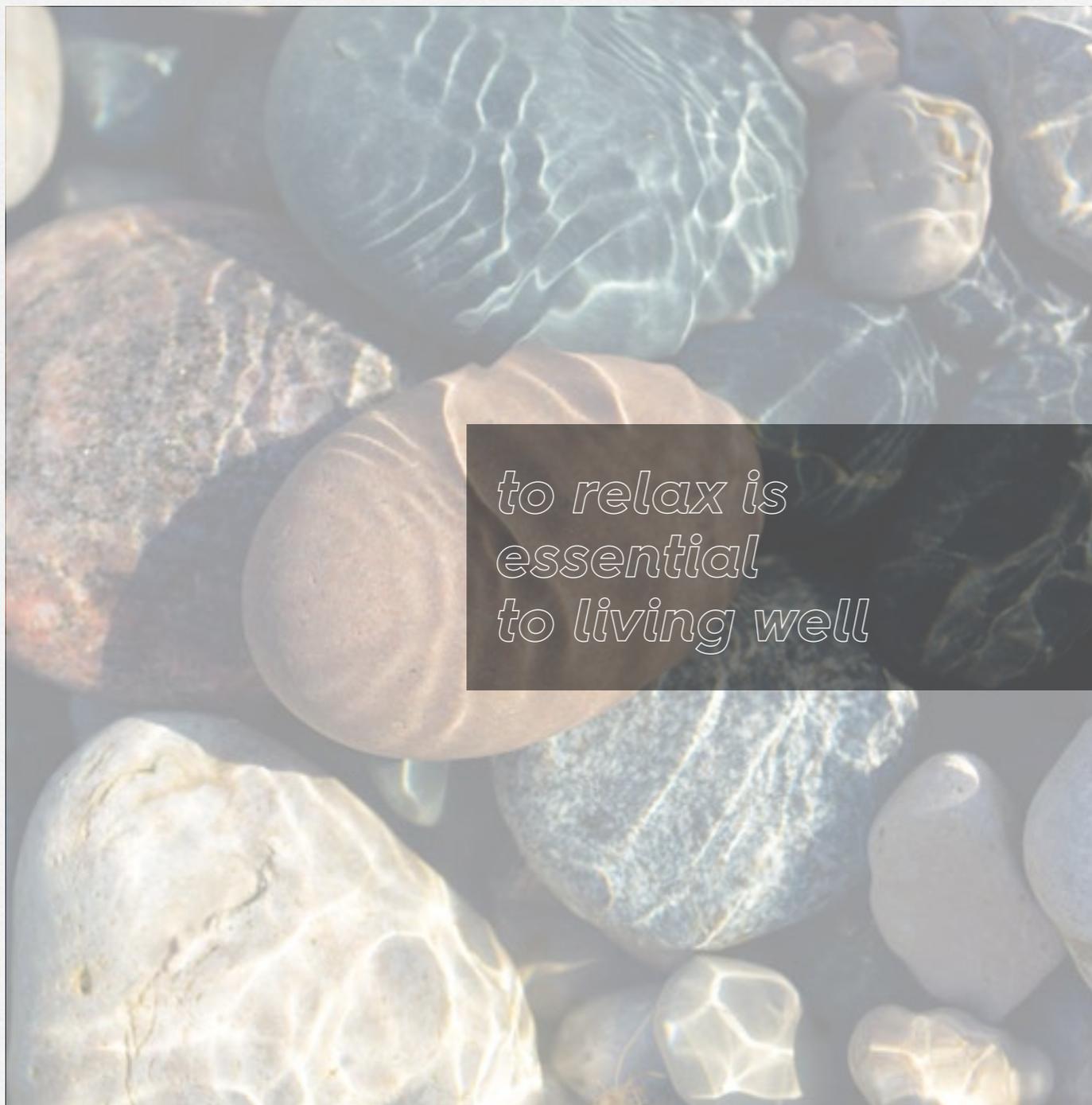
Norfolk Woods Resort & Spa has perfected the art of relaxation by ensuring that unwinding and taking it easy becomes second nature. This sensibility has been lovingly applied to The Spa at Norfolk Woods, making it the perfect sanctuary for relaxation and well-being.

If you are looking for a little pampering or a soothing massage our highly trained therapists are on hand to offer a range of Aromatherapy Associates treatments and therapies suited for any emotional or physical need.

The Spa also has a choice of luxurious treatments for the hands and feet through our partnership with Jessica Nails, providing manicures and pedicures for both men and women.

So if you wish to unwind, release a bit of tension, experience a rejuvenating facial or simply need a pedicure or manicure, a trip to The Spa will do wonders and so much more.





to relax is essential to living well

the ultimate aromatherapy experience

This hero treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

treatment	25 minutes
time	50 minutes
	90 minutes

Indian head massage

A holistic massage carried out on the upper back, neck, shoulders, scalp, and face using massage techniques which stimulate circulation and soothes aching muscles to ease stress related tension.

treatment	25 minutes
time	

intensive muscle release

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

treatment	50 minutes
time	

intensive muscle release back massage

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

treatment	25 minutes
time	

massages

tension releasing and calm inducing paradise





*fall in love with
taking care of
yourself*

the ultimate aromatherapy massage

This invigorating treatment is specifically designed for those looking for an intensive body detox. The perfect therapy when you are dieting, feeling sluggish and lacking energy.

The original Revive Morning blend of refreshing grapefruit, stimulating rosemary and diuretic juniper leaves you feeling truly revitalised and your skin will appear bright, smooth and silky.

treatment time	50 minutes
----------------	------------

bespoke skin polish

A relaxing all over exfoliation and layering of richly nourishing products, to leave the skin looking radiant and feeling wonderfully smooth.

treatment time	25 minutes
----------------	------------

waxing

Full leg	50 mins
Half leg	25 mins
Bikini	15 mins
Underarm	15 mins

ultimate rose pregnancy massage

Feel nurtured and supported in a time of constant change.

Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying attention to tight shoulders, this massage helps to relieve stress and tension.

The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment.

treatment time	50 minutes
----------------	------------

Eyebrow	15 mins
Lip	15 mins
Chin	15 mins

body
treatments

invigoration oils
and gentle
touches leaving
you bright and
silky smooth





*sometimes the most
productive thing
you can do is relax*

**facial
treatments**

**ultimate aromatherapy
associates facial**

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

treatment	25 minutes
time	50 minutes

essential rose facial

This calming treatment begins with frankincense inhalation and a scalp massage to release muscular tension. Your skin is then cleansed and toned, followed by a traditional aromatherapy pressure point massage combined with lymphatic drainage to release facial tension and congestion. Then, while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturising facial oil and moisturiser.

treatment	50 minutes
time	

age repair facial

This is a natural, highly effective skincare to reduce the signs of ageing without using harsh chemicals. This repairing and anti-ageing facial works with natural oils of inca inchi and larch extract which stimulate collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of pomegranate and rose hip seed oil work on slowing down the effects of ageing skin.

True to Aromatherapy Associates' skincare philosophy, your skin is prepared by cleansing and exfoliating with jojoba beads or corncob granules. It is then massaged using apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and anti-oxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. Whilst the masks take affect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity. For ultimate luxury, your scalp is massaged to release stress and tension.

treatment	90 minutes
time	

**natural skin care
for a renewed
and smooth
appearance**





*love yourself first
and everything else
falls into place*

ultimate aromatherapy associates massage

This hero treatment starts with a consultation to find out what your emotional and physical needs are.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

treatment	25 minutes
time	50 minutes
	90 minutes

intensive muscle release

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

treatment	50 minutes
time	

the essential men's facial

A treatment suitable for all skin types, particularly dull skin, looking for a deep cleanse. A deep cleansing and brightening facial that will leave skin looking clean, luminous and deeply hydrated with rich, invigorating essential oils and botanical extracts. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind.

treatment	50 minutes
time	

**men's
treatments**

**release tension
and feel
invigorated in
body and mind**





*the greatest gift
is a little of your
own attention*

leremedi hand treatment

A complete exfoliating and conditioning hand treatment, leaving hands noticeably silkier, smoother and firmer than before.

treatment time	20 minutes
----------------	------------

jessica prescriptive manicure

Nails are analysed and treated for their specific type. Jessica's prescriptive manicure includes exfoliation, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish.

treatment time	45 minutes
----------------	------------

deluxe manicure with leremedi hand treatment

The ultimate in hand and nail care. All the benefits of the LeRemedi Hand Treatment combined with Jessica's Prescriptive Manicure.

treatment time	50 minutes
----------------	------------

jessica prescriptive manicure with thermal heated mittens

Jessica's Prescriptive Manicure with the luxurious added benefits of Thermal Heated Mittens for deeper penetration of oils and creams. This treatment choice is excellent for increasing circulation or relieving stiff, painful joints.

treatment time	50 minutes
----------------	------------

the jessica half hour manicure

Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish.

treatment time	25 minutes
----------------	------------

gentlemen's club hand and nail care

Hands are exfoliated to remove dryness and massaged with treatment creams. Cuticles are conditioned and groomed and nails are trimmed and shaped.

treatment time	25 minutes
----------------	------------

pedicures
and
manicures

dazzling hands
and feet with
a touch of
colour to suit
your mood

**J
JESSICA®**

THE
SPA
AT
NORFOLK WOODS

pedicures
and
manicures

zenspa pedicure

Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed and toe nails are shaped and perfectly polished.

treatment time 50 minutes

zenspa pedicure deluxe

Jessica's ZenSpa pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints.

treatment time 75 minutes

executive footcare for men

A relaxing and grooming foot and leg treatment. Hard skin is removed, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy and toenails will be perfectly shaped.

treatment time 45 minutes

geleration gel nail shape and polish (express)

Nails are filed and shaped and finished off with a Jessica GELeration polish.

treatment time 35 minutes

geleration sculpted manicure

Includes hand exfoliation massage with a full set of GELeration sculpted nails finished with Jessica's GELeration gel polish.

treatment time 90 minutes

geleration sculpted nails

per nail

The ultimate in hand and nail care. All the benefits of the LeRemedi Hand Treatment combined with Jessica's Prescriptive Manicure.

treatment time 10 minutes Per Nail

existing geleration removal

Removal of existing GELeration only.

treatment time 20 minutes

deluxe geleration gel overlay manicure

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

treatment time 50 minutes

geleration gel overlay manicure

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

treatment time 45 minutes

geleration gel overlay manicure and removal

As above and will include any previous gel removal.

treatment time 55 minutes

geleration refresh manicure

Hands are massaged and cuticles conditioned. A coat of GELeration gel polish is applied over your existing manicure to make it last even longer.

treatment time 25 minutes

zenspa pedicure with geleration

Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed and toe nails are shaped, finished with Jessica's GELeration gel polish.

treatment time 50 minutes

zenspa pedicure with geleration and removal

As above and will include any previous gel removal.

treatment time 70 minutes



pedicures
and
manicures



*beauty is about
enhancing what
you have to
shine through*

skin fitness plan *powered by face mapping®*

Your skin is unique, let's treat it that way! Discover how to achieve your best skin ever with your complimentary skin fitness plan.

treatment time	10 minutes
----------------	------------

skin solver®

Fix skin concerns fast with our 10 minute express seated treatment. Let your skin therapist show you professional hacks to get you healthy skin that glows. Ideal if you need a skin boost or before a special event.

treatment time	10 minutes
----------------	------------

proskin 30

Our customised treatment, on your time! Targeting your key skin concern for maximum impact in minimum time. This treatment is a firm favourite with those who have just 30 minutes, want visible results and great value.

treatment time	25 minutes
----------------	------------

proskin 60

The ultimate treatment, different every time. Customised with advanced product, techniques and technology in a soothing environment made for relaxation. The ideal choice for those who want a comprehensive experience to address all skin concerns and achieve healthy glowing skin.

treatment time	50 minutes
----------------	------------

pro power feel

coming soon

Intensive resurfacing treatment, dramatic results. This super charged treatment features our professional grade BioSurface™ Peel powered up with the latest technology to deliver smooth polished skin. Intensive products, no redness, no downtime... just amazing skin!

treatment time	25 minutes 50 minutes
----------------	--------------------------

skin
treatments

wonderful
glowing skin
with a healthy
and beautiful
appearance

dermalogica®

THE
SPA
AT
NORFOLK WOODS



*do more of what
makes you happy*

booking information

Full payment must be taken upon booking treatments.

We recommend booking treatments at least 24 hours in advance in order to avoid disappointment.

Any treatment cancellations must be made at least 48 hours in advance of your scheduled treatment time in order to receive a full refund. If your booking is cancelled 24 hours or less you forfeit the pre-payment of 50% deposit. Cancellations of spa packages must be made 7 days prior to your booking. If the notice is not given the full cost of the spa packages will be charged.

Please ensure that you arrive at the spa at least 15 minutes prior to your appointment in order to make full use of your treatment time and consultation. If you are having a body treatment we will provide you with a robe, towel and slippers upon arrival. Swimwear must be worn at all times.

For all spa enquiries please call 01760 751 376

spa etiquette

The spa is a place of peace and tranquillity; please respect that guests are using the facilities to escape the noise of the outside world. We request that you avoid the use of mobile phones where possible. Please ensure you retrieve all belongings before leaving the spa. We thank you in advance for your cooperation and wish you a relaxing and invigorating experience at The Spa at Norfolk Woods.

terms and conditions

The minimum age requirement for spa treatments and Jessica nail treatments is 16. The minimum age for use of the sauna and steam room is 18.

If you are thought to be under the influence of alcohol or drugs you will be refused your treatment.

You must declare any surgery that has taken place in the last 12 months before your appointment, as the therapist cannot take responsibility for any injuries sustained during your treatment. If surgery has taken place in the last 12 months your treatment may be cancelled. If you suffer from any medical conditions we advise that you consult your doctor prior to any treatments. Any conditions requiring life maintaining medication will not be accepted.

Please note the treatment times stated also include consultation and aftercare.



THE
SPA
AT
NORFOLK WOODS

01760 751 376 | spa@norfolkwoods.co.uk
PENTNEY, KING'S LYNN, NORFOLK PE32 1HU