



### 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.







#### massages

#### tension releasing and calm inducing paradise





# 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 time 25 minutes 50 minutes 80 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. 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 time

50 minutes

# 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 time

#### 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 time 25 minutes

#### Swedish massage

This relaxing massage will work on any common tension areas, boosting the circulation and leaving you feeling destressed.

treatment time 25 minutes 50 minutes

# 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

#### massages

#### tension releasing and calm inducing paradise





#### waxing

Full leg	50 mins
Half leg	25 mins
Bikini	15 mins
Underarm	15 mins
Eyebrow	15 mins
Lip	15 mins
Chin	15 mins

#### body treatments

#### tension releasing and calm inducing paradise





#### ultimate detox reviver

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

#### relax and unwind

A relaxing hot stone back massage to deeply ease tension by using the warmth of the stones followed by an aromatherapy facial to leave you feeling completely de stressed.

treatment time 50 minutes

#### spa packages

#### tranquil mind package

Includes 1 treatment of your choice and use of facilities

#### choose from:

Swedish back neck and shoulder massage, Aromatherapy rose facial, Indian head massage, Manicure with thermal mitts or Zenspa pedicure.

Facilities include: robes, towels and slippers, the family pool, spa, sauna and steam room.

#### 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

#### revive and repair

A relaxing all over body exfoliation followed by a relaxing back massage and layering of richly nourishing products, to leave the skin looking radiant and feeling wonderfully smooth.

treatment time 50 minutes

#### inhale and harmonise package

This package includes a herbal tea and biscuits on arrival. Includes use of facilities, a light lunch and a choice of 1 treatment from each treatment options.

#### choose from:

Indian head massage, Swedish back massage, aromatherapy rose facial

#### and:

Le remedy hand treatment, Zenspa foot treatment, File and polish hands, File and polish toes.

Available Mondays & Fridays. Arrival at 9am.
Use of the spa facilities until 4pm.

# ultimate aromatherapy associates massage

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treatment time 25 minutes 50 minutes 80 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 time 50 minutes

#### 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 time 50 minutes

## men's treatments

release tension and feel invigorated in body and mind





#### facial treatments

natural skin care for a renewed and smooth appearance





## 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 time

25 minutes 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 time 50 minutes

#### 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 time

#### 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

#### existing geleration removal

Removal of existing GELeration only.

treatment time 20 minutes

pedicures and manicures

release tension and feel invigorated in body and mind





# pedicures and manicures

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





#### 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

# 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

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





#### skin treatments

wonderful glowing skin with a healthy and beautiful appearance

#### dermalogica



#### 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

#### booking information

All treatments and spa packages need to be paid for in advance.

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.

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 and a parent or guardian must be present. The minimum age for Jessica file and polish 8-16 and a parent or guardian must be present. 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.







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