

Barnham Broom

RELAX AND UNWIND IN OUR INDULGENT SPA

Leave the stress of the outside world behind and enjoy sumptuous treatments at The Spa. The Spa is open to everyone, whether you live locally, are a hotel guest, a member or are visiting the area. Indulge in a few hours of complete relaxation with our range of holistic massage and beauty treatments, which will leave you feeling radiant and refreshed.

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FACIALS

Personalised ESPA Facial

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

50 minutes

£55

Lift and Firm Eye Treatment

• To minimise dark circles and reduce puffiness for tired, ageing or dehydrated eyes

25 minutes

£28

Express Facial

• An express treatment to treat the key concerns of your skin 25 minutes £35

Natural Face Lift

A distinctive exercise regime for the skin. Your skin will look lifted, nurtured and balanced 90 minutes

£85

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 I hour 20 minutes with hot stones £87

Barnham Broom Signature Collagen Facial

• Cleanse, exfoliation and a face massage with a collagen infused mask

£60

- Hand and arm massage
- Foot massage I hour

Barnham Broom Signature Booster Facial

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

25 minutes	£40
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All treatment times are approximate and includes consultation, treatment and aftercare



MASSAGES

Personalised Aromatherapy Massage

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
I hour 20 minutes (full body including	
face and scalp)	£70
Add deep tissue for £5	

Barnham Broom Signature Back Massage

40 minutes (back, neck, shoulders and scalp) £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) £65	
<i>I hour 20 minutes</i> (full body inc. face and scalp)	£75

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

I hour 30 minutes

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

£55

£60

50 minutes

Golfer's Tonic

- Back massage with hot stones to improve your swing
- Foot cleanse and exfoliation
- Foot mask and heated booties
- Scalp massage

55 minutes

Lifesaving Back Treatment

- Body brushing
- Back exfoliation
- Back massage with hot stones
- Warming marine mud mask to decongest and hydrate the skin
- Back of leg massage with hot stones
 55 minutes
 £60

Total Body Care

- Body brushing using a natural cactus brush
- Salt and oil body scrub
- Inner Calm personalised full body massage
 I hour 40 minutes £80
 I hour 50 minutes
 (including hot stones and a face and scalp massage) £95

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

A wide range of ESPA products are available to purchase in The $\ensuremath{\mathsf{Spa}}$

YTSARA

WELCOME TO YTSARA

A true wellness experience

Vegan and cruelty free holistic treatments and products, drawing inspiration from the natural world.

Ytsara techniques originate from 14th century Northern Thailand, where sacred word with no written information was passed on through family generations to maintain traditional methods and organic ingredients.



YTSARA SKINCARE

Infused with Asian wisdom, empowered by French science

Unlike most skincare products,Ytsara uses Living Water, which has been scientifically restructured back to its pure form so it is entirely free of heavy metals and chemicals to restore the skin back to its natural molecular structure.

TOK SEN MASSAGE

Key to the Ytsara philosophy, this treatment uses vibrational therapy which works deep into the muscle. The body's lines are tapped with a special tool made from the tamarind tree. Helping to clear blocked energy, the treatment offers instant muscle easing results.

I'ADORE - TOP-TO-TOE INDULGENCE

For face and body

An indulgent top-to-toe treat, starting with a renewing body polish, leaving the skin feeling silky smooth. After, enjoy a soothing back and leg massage to relieve tension and restore vital tranguillity, using Ytsara's Inner Reset Body Oil and Heated Sea Salt Cushion. Then, a relaxing scalp massage is combined with a deep exfoliation facial and hydrating masque enriched with sacred lotus, goji berry and hyaluronic acid to plump and restore 60 minutes £70

£57

COCONUT HEAD MASSAGE

For a calmed mind and nourished hair

Targeting the hotspots of the shoulders, neck and head, the massage focuses on pressure points correlating to the body's chakras, promoting whole body energy flow. Organic coconut oil and a warm poultice further evoke relaxation and a conditioning hair wrap intensely nourishes the hair

45 minutes

MOHOM DEEP PRESSURE

For muscle healing

Designed to encourage blood flow, stretch muscles and ease joints, this deep massage conditions the whole body. Thai therapeutic massage and pure plant essential oils work synergistically together and a warm, herbal poultice provides a medicinal remedy for sore or overworked muscles 60 minutes £80

ULTIMATE DEEP PRESSURE

For free motion

Relieve stiff and sore muscles with this deep muscular treatment. Tok Sen massage combines steamed therapeutic herbs with a rare essential oil found on only two remote islands in the Pacific Ocean. Rainforest clove has the ability to suppress pain while tangerine, pink grapefruit and rosemary drain toxins out from your muscles. You will leave soothed, relaxed and free of sores

45 minutes	£57
90 minutes	£105

Ytsara skincare products are available to purchase in The Spa



HOLISTIC TECHNIQUES

Thai Foot Massage

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

30 minutes

£40

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 £50

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 a 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 the use of rose quartz crystals
- Relaxing scalp massage with a hand and arm massage to finish *I hour 20 minutes* £70

Executive Footcare for Men

- Foot filing and scrub
- Foot soak and nail shaping

40 minutes

• Foot massage

£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

Suitable from 12 to 38 weeks

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 15 for a relaxing spa day package

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



HANDS AND 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

l 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 GELeration polish Please note this does not include cuticle work	£20 £25
Jessica Pedicure • Foot filing and foot soak • Foot massage • Application of colour	
50 minutes GELeration polish	£40 £45
Jessica Deluxe Pedicure Includes foot exfoliation, mask and thermal 	bootie treatment
l hour GELeration polish	£45 £50

BEAUTY ESSENTIALS

Mii Make-up Application

50 minutes	£45
Wedding and Big Event Look Make-up	(including trial)

2 x 1 hour Sessions (different days)	£110
Mother of the Bride (40 minutes)	£40
Bridesmaid (40 minutes)	£40

Eyes

£10
£12
£14
£27
£20
£35
£40

Mii-Make-up is also available to purchase in The Spa.

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



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





DAY SPA PACKAGES

Spa Celebration Experience

Ideal for hen parties, birthday celebrations or simply when you are indulging in a special day with friends.

You can enjoy the day together as a group but are welcome to each choose different treatments.

- Use of The Edge Health & Fitness Club (swimming pool, sauna, steam room and 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

	Mon-Fri	Sat-Sun
One treatment each	£70	£80
Two treatments each	£115	£125



DAY SPA PACKAGES

Me-Time Spa Experience

Experience our body scrub, Inner Calm full body massage, which includes a foot massage, followed by a personalised ESPA facial.

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

Mon-Fri	Sat-Sun
£180	£190

Soothing Spa Journey

Unwind with our ESPA back, face and scalp treatment, including:

- Back exfoliation
- Back, neck and shoulder massage
- Personalised facial to include a face and scalp massage
- Use of The Edge Health & Fitness Club (swimming pool, sauna, steam room and gym)
- Choice of a light lunch or afternoon tea
- Robe and slipper hire for the day

Mon-Fri	Sat-Sun
£115	£125





DAY SPA PACKAGES

New Mum / Mother-To-Be Spa Experience

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

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

Choose your 25 minute treatment:

- Back, neck and shoulder massage
- Taster facial

One Two

- File and polish
- Oriental head massage

	Mon-Fri	Sat-Sun
treatment each	£50	£60
treatments each	£70	£80





SPA BREAKS

Turn your day into a stay with a wonderfully relaxing spa break.

Enjoy all of The Edge Health & Fitness Club's facilities including swimming pool, integrated relaxation 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 chefs, or enjoy an indulgent afternoon tea.

Feel rejuvenated after a stay in one of Barnham Broom's beautiful bedrooms. Each room is decorated to the very highest standard and includes complimentary toiletries and a leisurely cooked and continental breakfast.

Get in touch to find out more about our spa breaks: 01603 759393 enquiry@barnham-broom.co.uk www.barnham-broom.co.uk/stay



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 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 of our spa days 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 Tuesday Wednesday Thursday Friday Saturday	9am-7pm 9am-7pm 9am-7pm 9am-7pm 9am-7pm 9am-7pm
Sunday	9am-6pm
Telephone:	01603 757545 Hotel ext. 228
Email:	spa@barnham-broom.co.uk
Address:	The Spa at Barnham Broom Honingham Road, Norwich, Norfolk, NR9 4DD





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