

A field of purple chive flowers in bloom, with several buds and one fully open flower in the foreground. The background is a soft-focus field of similar flowers. A grey rectangular box is positioned at the top center of the image, containing the text 'HEADLAM HALL' and 'COUNTRY HOTEL & SPA'.

HEADLAM HALL

COUNTRY HOTEL & SPA

SPA TREATMENT MENU
& SPA PACKAGES



WELCOME TO HEADLAM SPA

<i>4</i>	Product Ranges
<i>6-7</i>	Face Therapy
<i>8</i>	Exfoliating & Body Wraps
<i>9</i>	Bespoke Spa Rituals
<i>10-11</i>	Massage Therapy
<i>12</i>	Grooming Essentials
<i>13</i>	Essential Grooming for Men
<i>14-17</i>	Day Spa Packages
<i>18-19</i>	Spa User Guide

PRODUCT RANGES

Elemental Herbology

Elemental Herbology is a niche British brand with the purpose to help your skin achieve a state of optimum health and vitality. Using therapeutic levels of naturally active ingredients, they are proud to create skincare and body care that brings advance nutrition to your skin.

Their treatments are based on the Five Element Theory found in Traditional Chinese Medicine and work to reduce the stresses caused by everyday life and increase your wellbeing by ensuring all the elements are working in harmony to bring you a sense of equilibrium.

Thalgo

Thalgo are world famous for their patented marine formulas which have been incorporated into masks and wrap therapies for the face and body to boost circulation, detoxification and re-mineralisation. Vital for health and well-being; the powers of the sea are renowned for their dramatic enhancing effects on the re-balancing and healing of the body.

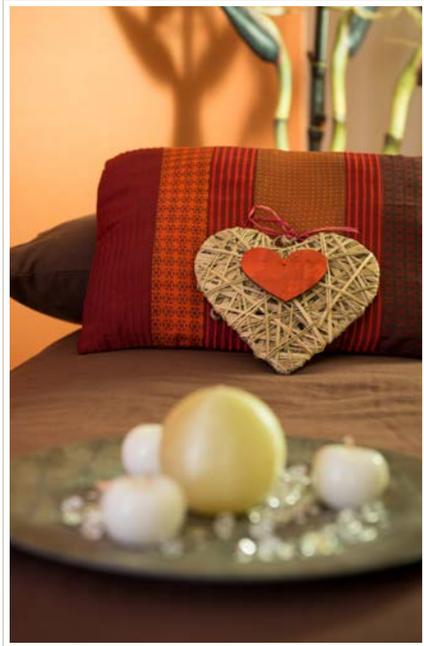
Jessica

A custom blended spa line for the nails that can actually stop them from breaking, chipping and peeling. The combined formulations make the nails hard and strong on the outside, but flexible and resilient on the inside; just like nature intended.

Jessica gelation is a hybrid between gel polish and the traditional polish giving fantastic colour that does not chip or peel, maintains shine, and dries in seconds using LED light to set the polish resulting in the polish lasting for up to 2 weeks.



FACE THERAPY (ELEMENTAL HERBOLOGY)



Five Element Aroma Facial

Bespoke to each client, we tailor a facial treatment to harmonise the Five Elements and address the key underlying concerns of the skin. This transformative facial combines healing botanicals, vitamins and marine extracts to feed the skin and restore equilibrium, while creating a more vibrant and healthy complexion. Incorporating deep cleansing, exfoliation, a luxurious facial massage and nourishment, this treatment replenishes the skin giving you immediate and long lasting results.

30 mins for £34

45 mins for £47

60 mins for £52

90 mins for £70 (inc. Back Massage)

Age Support Eye Lift

Combining smoothing and plumping plant peptides, proteins and algae with targeted lymphatic drainage to help reduce the appearance of fine lines and wrinkles.

30 mins for £34

Rejuvenating Age Support Facial

This transformational facial addresses the key underlying causes of physiological ageing. By improving fine lines and wrinkles, cellular drainage, micro-circulation, skin nutrition and hydration, the skin's tone, elasticity, radiance and moisture levels are radically improved. This reviving and rejuvenating treatment begins with a deep cleanse and AHA exfoliation followed by an extensive face, throat and décolleté massage and acupressure to repair and revitalise the skin. This facial delivers both immediate and long lasting results.

60 mins for £52

90 mins for £70

FACE THERAPY (THALGO)

Collagen Eye Therapy

Targeting fine lines and wrinkles around the delicate eye area. Helps smooth and firm the area resulting in a more youthful look.

30 mins for £34



Thalgo Bespoke Facial

Using specialised skincare and the very best of marine ingredients to treat any skin concern or problem. Your chosen therapist will tailor your facial to suit your individual needs and skin type leaving your skin feeling relaxed and refreshed.

Skin Types:

Normal/Dehydrated

Very Dry

Oily/Combination

Sensitive

30 mins for £34

45 mins for £47

60 mins for £52

90 mins for £70 (inc. Back & Neck Massage)

Collagen Smoothing Facial

Give your skin a collagen boost with instant results. The anti-ageing massage will lift facial features and help the skin absorb the Marine Collagen. The collagen mask smooths fine lines and has a plumping effect leaving your skin radiant, its collagen levels restored.

60 mins for £62

Hyaluronic Filler Facial

Targeting lines and wrinkles with a plumping filler mask, this facial leaves the complexion smooth with a healthy glow and expression lines less pronounced.

60 mins for £62



EXFOLIATING

Macadamia and Papaya Body Scrub (EH)

Shed flaky, dead skin cells with a tropical cocktail of super foods, before hydrating your skin with a cooling cucumber and watermelon seed infusion.

25 mins for £34

Polynesian Body Scrub (Th)

Using an exotic island body scrub containing sea salt, coconut shell & vanilla to intensely exfoliate followed by a relaxing application of luxurious massage oil leaving your skin purified, hydrated & sublimely enhanced.

40 mins for £42

BODY WRAPS

Aromatic Body Wrap (Th)

Spring clean the body and remove the unwanted toxins using micronised marine algae with peppermint and essential oils; Including a body exfoliation to prepare the skin and a relaxing head and scalp massage during the heated wrap process. Ideal for the skin conditions: psoriasis, eczema and helps relieve muscular aches and the daily stresses and strains.

55 mins for £57

BESPOKE SPA RITUALS

Polynesian Ritual (Th)

Taking inspiration from Polynesian beauty rituals to create the perfect escape and enhance your well-being. Using an exotic island body scrub containing coconut shells, white sand from Bora Bora, marine salt and Tahitian vanilla combined together to soften and smooth your skin. The Mahana technique is a slow, powerful and sculpting massage using specialised sand pouches to relax your muscles deep within. Your mind is released of all tensions and your body will be blissfully relaxed.

75 mins for £67

Headlam Bespoke Ritual (EH)

Commencing with a relaxing foot soak and exfoliation your chosen therapist will consult on specific concerns to suit your needs. Following with a body brushing technique to increase blood flow, then a warm oil back, neck and shoulder massage and application of oil all over the body. Finishing with an Elemental Herbology facial tailored to suit your skin and relaxing foot massage. Pure bliss!!

90 mins for £74



MASSAGE THERAPY

Five Element Aroma Massage (EH)

This aromatherapy massage blends customised essential oil infusions with herbal steam towels, heated stones and skilful therapeutic techniques to deliver the ultimate massage experience. This treatment draws from both Eastern and Western massage to help balance the body and mind.

Wood Rejuvenation

Rejuvenates and invigorates body and mind.

Fire Zest

Promotes vitality, energy and clarity.

Earth Balance

Restores equilibrium and calms and centres the mind.

Metal Detox

Purifies, reduces fluid retention and helps increase circulation.

Water Soothe

Deeply relaxing and calming.

45 mins for £50

60 mins for £57

90 mins for £74

Ho-Leaf and Rosemary Muscle Melt (EH)

Combining stimulating Ho Leaf, Lemongrass, Nutmeg and Rosemary with deep tissue massage therapy. This concentrated treatment will relieve deep stress and tension incorporating hot stones and a warm invigorating balm.

60 mins for £60



Pre-Natal Well-Being Massage (EH)

A massage specifically designed to address the body's needs during pregnancy, this treatment is the perfect remedy to ease an aching back, shift fluid retention, alleviate stretch marks and promote a state of calm.

60 mins for £57

Head & Scalp Massage

An ancient massage technique which works to relieve stress and tensions held in the neck, head and shoulders. Using warmed oils and specialised massage technique to stimulate blood flow and enhance mental clarity.

25 mins for £35

Muscle Melt Back Massage (EH)

Releases any stress and aches in this relaxing back and shoulder massage.

30 mins for £40

Swedish Massage

A traditional massage therapy to suit individual requirements. This highly popular treatment works to release muscular tension and alleviate mental fatigue and stress.

Back and Neck 30 mins for £40

Full Body 60 mins for £57

Sea & Senses - Hot Stone Massage (Th)

Increase your sense of relaxation and calm using the smoothest of volcanic and marine stones.

30 mins for £40 (back, neck & shoulder only)

60 mins for £57

Thermal Auricular Therapy - Hopi Ear Candles

A gentle, relaxing and natural holistic therapy that cleanses and harmonises creating a pleasant feeling of warmth. Balances pressure in the ears, forehead and sinuses, the candle, once lit, creates a light suction action and gentle vibration finishing with a soothing pressure point massage.

40 mins for £35

Reflexology

An ancient, holistic healing technique using manipulation and pressure applied to specific areas of the feet (which correspond to specific organs of the body). The specialised finger pressure technique will restore balance, increase circulation to the organs, free blocked energy, boost the immune system and activate the body's natural self-healing process.

60 mins for £57

GROOMING ESSENTIALS

Shape & Varnish

Polish 30 mins for £22
Gel Polish 45 mins for £27

Prescriptive Manicure

Polish 45 mins for £35
Gel Polish 60 mins for £45

Treatment Pedicure

Polish 60 mins for £40
Gel Polish 60 mins for £49

Deluxe Manicure

Including exfoliation and heated mittens.

Polish 60 mins for £49

Deluxe Pedicure

Including extended massage and heated booties.

Polish 70 mins for £52

Waxing

Eyebrow Shape £17
1/2 Leg £27
Full Leg £37
Bikini £17
Under-arm £17
Lip or Chin £17

Make-up

Our therapists will guide you on the most appropriate colours, application techniques and finishes.

Choose from:
Special Occasion Make-up £40
Wedding Make-up Trial £45
Wedding Day Make-up £45



Additional

Eyeshadow Tinting £22
Eyeshadow & Eyebrow Tint £27
Eyebrow Tint £14

Please note that clients will be required to have a tint test at least 24 hours before having an eyelash or brow tint to safeguard against an allergic reaction.



ESSENTIAL GROOMING FOR MEN

Men's Manicure

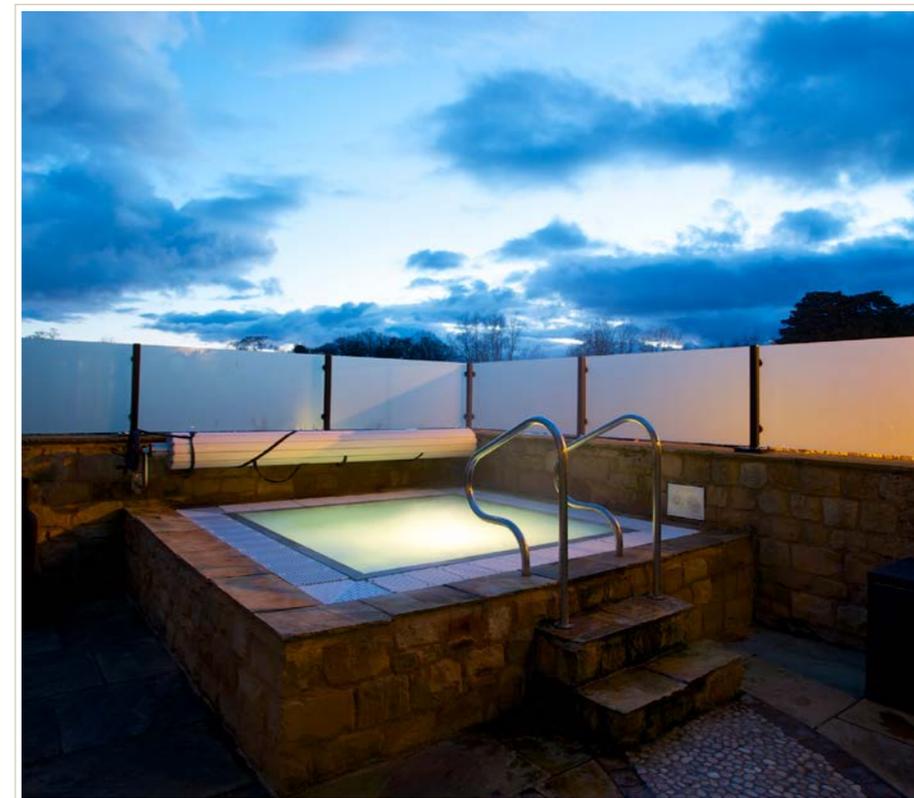
25 mins for £30

Men's Pedicure

30 mins for £35

WAXING

Back £30
Chest £35
Chest & Stomach £40
Eyebrow Groom £15



DAY SPA PACKAGES

Our day spa packages focus on your well-being, comfort and enjoyment by combining spa therapy with relaxation time. A day in the spa is a perfect way to refresh the mind and body leaving you feeling rejuvenated.

You can enhance any of our day spa packages by adding overnight accommodation in a Main Hall, Mews or Spa room with three-course dinner and breakfast for an extra **£99** per person (£40 single supplement).

OUR MONDAY TO FRIDAY PACKAGES

Spa Touch

- A home-made fruit smoothie followed by tea or coffee on arrival
- Use of the spa facilities from 9.30am – 4.30pm
- A two-course lunch in the Brasserie
- Robes and towels
- 60 minutes therapy time

This package includes two 30 minute spa treatments. Choose two of the following:

A Hot Stone Back Massage
Five Element Aroma Facial
Muscle Melt Back Massage

£108 per person

Ultimate Duo

- A home-made fruit smoothie followed by tea or coffee on arrival
- Use of the spa facilities from 9.30am – 4.30pm
- A two-course lunch in the Brasserie
- Robes and towels
- 90 minutes therapy time

Enjoy a spa experience for two in our duo treatment room - friends, couples or partners. This package includes a Five Element Aroma Massage to help balance body and mind.

£147 per person



Day of Relaxation

- A home-made fruit smoothie followed by tea or coffee on arrival
- Use of the spa facilities from 9.30am – 4.30pm
- A two-course lunch in the Brasserie
- Robes and towels
- 90 minutes therapy time

A combination of treatments designed to install a deep sense of relaxation and well-being from your head to your toes including:

Hot Stone Back, Neck & Shoulder Massage
Soothing Scalp Massage
Relaxing Foot Treatment

£145 per person

Yummy Mummy

- A home-made fruit smoothie followed by tea or coffee on arrival
- Use of the spa facilities from 9.30am – 4.30pm
- A two-course lunch in the Brasserie
- Robes and towels
- 135 minutes therapy time

The ultimate pampering for pregnant and nursing mum's, helping to ease aches and pains and that 'heavy feeling'.

This package includes:
Pre-natal Well-being massage
Deluxe Treatment Pedicure

£142 per person

Bespoke Package

Create your own spa day...

- A home-made fruit smoothie followed by tea or coffee on arrival
- Use of the spa facilities from 9.30am – 4.30pm
- A two-course lunch in the Brasserie
- Robes and towels
- 90 minutes of therapy time must be booked with this package (see our Treatment Menu)

This package is priced at **£42** per person **PLUS** the cost of your chosen treatments (a minimum therapy time of 90 minutes per person must be booked on this bespoke package).

AFTERNOON TEA

Conclude any of our full day spa packages with an afternoon tea served in the Main Hall or Stable Lounge at 5pm. Our afternoon tea includes dainty sandwiches, a selection of pastries and teas - **£20** per person in addition to your chosen day spa package. *Please book at least 24 hours in advance.*

OUR SATURDAY PACKAGE

Saturday Spa

- A home-made fruit smoothie followed by tea or coffee on arrival
- Use of the spa wet facilities from 10am – 1pm
- A two-course lunch in the Brasserie
- Robes and towels
- 60 minutes bespoke treatment (scheduled after lunch)

£40 per person
PLUS the cost of your chosen treatment

OUR SUNDAY PACKAGE

The Secluded Sunday Option 1 – Breakfast Spa

- Arrive at 10am for breakfast in the Brasserie
- Use of the spa facilities until 3pm
- Robes and towels
- 45 minutes of bespoke therapy time
- Conclude with tea/coffee and a homemade scone with jam in the Brasserie

£90 per person

Option 2 – Sunday Lunch Spa

- Arrive at 12noon for a two-course lunch in the hotel restaurant
- Use of the spa facilities until 5pm
- Robes and towels
- 45 minutes of bespoke therapy time

£90 per person

Option 3 – Afternoon Tea Spa

- Arrive at 11.30am for a home-made fruit smoothie followed by tea or coffee
- Use of the spa facilities until 4pm
- Robes and towels
- 45 minutes of bespoke therapy time
- Afternoon tea in the Stable Lounge at 4.30pm

£90

OTHER PACKAGES

Spa at Night

A twilight spa experience available any night of the week

- A home-made fruit smoothie followed by tea or coffee on arrival
- Use of the spa facilities from 5pm – 8pm
- Robes and towels
- 30 minutes of therapy time
- A two-course dinner in the hotel restaurant at 8.30pm

Mon - Fri: £85 per person

Sat: £90 per person

Upgrade to include Bed & Breakfast in a Main Hall, Mews or Spa room following your spa at night experience - £150 per person (based on two sharing)

Mid-Week Morning Spa

(available Monday, Tuesday & Wednesday)

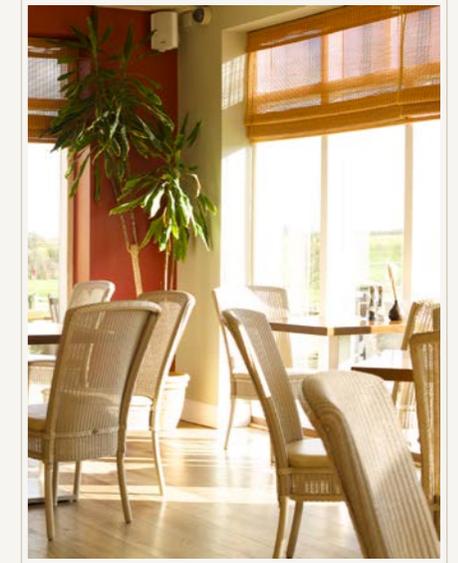
- A home-made fruit smoothie followed by tea or coffee on arrival
- Use of the spa facilities from 9.30am - 1.30pm
- Robes and towels
- 60 minutes of therapy time

Choose from one of the following:-

- Hot Stone Full Body Massage
- A Collagen Facial
- Five Element Aroma Facial
- Five Element Aroma Massage

£75 per person

If you wish to include a two-course lunch with this package please add £15 per person



STAY THE NIGHT AS WELL...

If you would like to turn any of these day spa packages into a mini spa break then you can include overnight accommodation in a Main Hall, Mews or Spa room with a three-course a la carte dinner and English breakfast for an additional £99 per person (based on two sharing).



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