

The
Norfolk Mead
Hotel

Treatment Rooms

Monday to Sunday, 10am to 7pm

01603 737531

Relax@norfolkmead.co.uk



With something to suit everyone, our face and body ranges from the Natural Spa Factory are crafted using the best that nature provides—totally free from parabens, preservatives and animal testing!

Massage Treatments

Aromassage

♥ Norfolk Mead Favourite

Relax, calm or invigorate your senses with our custom-made massage.
Pick from 3 blends of essential oils and pressure to suit your needs.

| | |
|---------------------|-----|
| 30-minute treatment | £35 |
| 60-minute treatment | £48 |

Deep Tissue Massage

For those of you that need a little more, let us work deep down to release stubborn knots and muscle tension.

| | |
|---------------------|-----|
| 30-minute treatment | £37 |
| 60-minute treatment | £54 |

Muscle Melting Hot Bamboo Massage

Let our soothing, heated bamboo canes release your aches and pains with its firm yet relaxing pressure, whilst our 100% Organic Coconut oil nourishes and brightens your skin.
The perfect achy-muscle remedy, completed with a mind melting scalp massage (optional).

| | |
|---------------------|-----|
| 30-minute treatment | £40 |
| 60-minute treatment | £60 |

Facial Treatments

Bespoke Facial

Welcome to our tailor-made facial collection using our Natural Spa Factory 100% oil range. Pure and uncomplicated; we will hand pick the perfect facial for your specific and unique skin type to form carefully designed treatment remedies.

| | |
|---------------------|-----|
| 30-minute treatment | £35 |
| 60-minute treatment | £50 |

Illuminate & Rejuvenate Facial Norfolk Mead Favourite

Our 'Best Seller'! This radiating range will even skin tone, lighten blemishes and reduce the appearance of age spots leaving a luminous result. *Suitable during pregnancy.

| | |
|---------------------|-----|
| 30-minute treatment | £36 |
| 60-minute treatment | £52 |

Luxury 23 Carat Gold Facial

This precious range is pure luxury—combining champagne, pearl, caviar, hyaluronic acid and 23 carat gold. It's velvet texture and amber scent will leave your skin feeling smoothed, firmed, and youthfully revitalised. Our healthy-aging remedy!

| | |
|---------------------|-----|
| 30-minute treatment | £40 |
| 60-minute treatment | £60 |

Rejuvenating Eyes

Designed to reduce fine lines, dark circles and puffiness; this treatment will leave your eye area feeling tighter and looking brighter whilst you drift off into complete heaven.

| | |
|---------------------|-----|
| 30-minute treatment | £32 |
|---------------------|-----|

Body Treatments

'Skindulgent' Body Scrub

Buff and indulge your body with a visit to our scrub bar offering a range of seasonal body scrubs to suit your senses.

30-minute treatment £30

It's a wrap—The Clean & Green

Go green and squeaky clean with our super detoxifying wrap. The concoction of Green Tea Body Polish and specially selected seaweeds are rich in anti-oxidants that help to flush out toxins, stimulate metabolism, and maintain firmness and elasticity of the skin. Enjoy a mini 'Illuminate' Facial whilst you're cocooned in our stimulating yet soothing body pack. Also available as a course of treatments for better results.

75-minute treatment £58

Course of 3 treatments £150

Perfecting Back Treatment

♥ Norfolk Mead Favourite

Let us cleanse, buff and purify your back with our deep cleansing and nourishing routine. Perfect for those with concerns of congestion, dullness or dryness on that hard-to-reach area. Also available for a course of treatments for better results.

45-minute treatment £40

Course of 3 treatments £105

Pregnancy Treatments

Baby on Board 60

Pregnancy is a special time but it's a massive undertaking for your muscles and skin. Our gorgeous 'Bumps a daisy' range and beautifully gentle treatments have been fully tested and are completely baby-safe between 12-32 weeks of pregnancy, Enjoy the following for a 60-minute treatment

- Back of body and 'bump' massage
- Mini 'Illuminate' Facial with mini shoulder and arm massage
- Foot scrub and moisturise

60-minute treatment £56

Baby on Board 30

Enjoy a deeply relaxing back of body and 'bump' massage using our specially formulated 'Bumps a daisy' body oil. Perfect for increasing skin elasticity and firmness and preventing and reducing stretch marks.

30-minute treatment £36

Pre-Natal Pedi

60-minute treatment £32

Baby Shower Package

Enjoy a mocktail or a hot drink on arrival in your own private seated area. Choose from either a 30 minute 'Baby on Board' Massage, 'Illuminate' Facial, Mini Pedicure or Mini Manicure.

Finally, relax all together with our Signature Afternoon Tea.

30-minute treatment £50
per person

* Not available on Sundays, Treatments available two guests at a time.

Bridal Packages

Come and join us for a personalised consultation to plan your perfect pre-wedding day treats. Every bride is individual and has different wants and needs. We can design tailor-made packages for you and your bridal party, and put together courses of treatments to let you look your best on your special day. Please contact our therapists or events coordinators for details.

Bridal Shower Package

Enjoy a glass of Prosecco on arrival in your own private seated area. Choose from either a 30 minute 'Illuminate' facial, 'Aromassage', Body Scrub, Mini Pedicure or Mini Manicure . Finally, relax all together with our Signature Afternoon Tea.

*Not available on Sundays. Treatments available two guests at a time.

30-minute treatment £50
per person

Men's Treatments

Deep Tissue Massage

*Upgrade your Massage to include our powerful hot bamboo canes to increase pressure and reduce muscle tension for an additional £6.

30-minute treatment £36
60-minute treatment £54

Deep Pore Cleansing Facial

30-minute treatment £35
60-minute treatment £50

Macho Manicure or Pedicure

30-minute treatment £22

Hand & Feet Treatments

Mini Fig & Vanilla Manicure or Pedicure

Includes nail shape, cuticle tidy and application of colour.

30-minute treatment £20

Signature Fig & Vanilla Manicure or Pedicure

Includes a softening soak, expert exfoliation and rough skin buff all wrapped up in our Signature Fig & Vanilla scented lotion. Also includes a nail shape, cuticle tidy and application of colour.

45-minute treatment £35

Deluxe Honey Gold Pedicure

♥ Norfolk Mead Favourite

Plunge your tired soles into our luxurious champagne foot bath and enjoy a skin smoothing sugar scrub. Then, sit back and relax with our super-hydrating, honey scented massage. We will cocoon your feet in our warm booties whilst you drift away with an optional mind-melting scalp massage - it's the ultimate skin-softening treat. Also includes nail shape, cuticle tidy and application of colour.

60-minute treatment £44

Deluxe Illuminating Manicure

Replenish and renew dry, hard-working hands. Our 'Illuminate' range with help to reduce the appearance of pigmentation and age spots with its skin-brightening effect. Includes a light exfoliation, relaxing hand & arm massage, finished off with our toasty mittens. Also includes nail shape, cuticle tidy and application of a colour.

60-minute treatment £44

*Upgrade any 45-minute + manicure or pedicure to include Shellac gel polish for £10

CND Shellac Gel Manicure or Pedicure

45-minute treatment £32

CND Shellac Duo—Manicure & Pedicure

90-minute treatment £54

Gel Removal & Express Manicure

30-minute treatment £12

Eye Enhancement Treatments

Eyebrow Tint

15-minute treatment £10

Eyelash Tint

30-minute treatment £14

Eyelash Extensions—Full Set

120-minute treatment £55

Eyelash Extensions—Infill

90-minute treatment from* £30

Eyelash Lift

60-minute treatment £30

*Add on an eyebrow tidy or a scalp massage to your lash lift for an additional £10

*A patch test is required for all eye enhancement treatments at least 24 hours prior to your first treatment.

*Price may vary due to amount of lashes needing to be infilled.

Waxing Treatments

| | | |
|-----------------------------|---------------------|-----|
| Eyebrow Wax | 15-minute treatment | £10 |
| Lip or Chin Wax | 15-minute treatment | £10 |
| Underarm Wax | 15-minute treatment | £12 |
| Bikini Line Wax | 15-minute treatment | £14 |
| Half Leg Wax | 30-minute treatment | £16 |
| Full Leg Wax | 45-minute treatment | £24 |
| Back or Chest Wax | 30-minute treatment | £16 |
| Women's Intimate Hot Waxing | 60-minute treatment | £28 |

*Some waxing treatments can be carried out using hot wax, Please ask therapist for details upon booking if required.

Packages

Afternoon Tea & Treat

♥ Norfolk Mead Favourite

Choose from either a 30 minute 'Bespoke' facial, Body Scrub, 'Aromassage', Mini Pedicure or Mini Manicure, finished off with our Signature Afternoon Tea. (Includes selection of sandwiches, cakes and scones with tea or coffee—served Monday Saturday 2pm-5pm & Sunday 4-5pm).

30-minute treatment £44 per person
Upgrade to 60 minutes £18 per person

Sunday Lunch & Treat

Choose from either a 30 minute 'Bespoke' facial, Body Scrub, 'Aromassage', Mini Pedicure or Mini Manicure, completed with a 2-course a la carte Sunday Lunch (Served 12pm-2.30pm).

30-minute treatment £54 per person
Upgrade to 60 minutes £18 per person

90 Minutes of Heaven

Choose either a 60 minute 'Aromassage' with a 30 minute 'Bespoke' Facial or enjoy a 60 minute 'Bespoke' Facial and a 30 minute 'Aromassage'.

90-minute treatment £75 per person

The Full Monty

Relax with our 60 minute 'Aromassage' along with a 60 minute 'Bespoke' Facial, followed by a well-earned break for a freshly prepared light lunch. Then return to us for our 60 minute Deluxe Honey Gold Pedicure or Illuminating Manicure to leave you feeling completely pampered.

*Please give 7 days notice for cancellation of our Full Monty Package or a 100% charge will be incurred.

180-minute treatment £140 per person

Twilight Treat

The perfect evening package for two. Escape with our 60 minute 'Aromassage' or our 60 minute 'Bespoke' facial or perhaps try 30 minutes of each! Then indulge in a 2-course dinner with a glass of prosecco.

*Dinner available from 6.30pm and last treatment will begin at 5.45pm.

60-minute treatment £140 per couple
*£15 surcharge for Saturdays

The Overnight Indulgence

Indulge yourselves with a 2-course dinner followed by a relaxing stay in a deluxe room for two. Then rise and shine for a delicious full a la carte breakfast, not forgetting to unwind in your 60 minute 'Aromassage' or 'Bespoke' Facial.

60-minute treatment £295 per couple
*£35 surcharge for Saturdays

Terms & Conditions

Please make our Therapists aware of any medical ailments or treatment that you may be undergoing, as this may affect your treatment. For more information on any of our treatments feel free to visit our website www.norfolkmead.co.uk

Please give 48 hours notice for any cancellation or a 50% charge will be incurred. If less than 24 hours notice is given, this will result in a 100% charge for your booking. Please give 7 days notice for any group bookings with 4 people or more or for a booking of 120 minutes or longer or a 100% charge will be incurred.

Gift vouchers also available