

The  
Norfolk Mead



Treatment Rooms

Monday – Tuesday 9am – 6pm  
Wednesday – Sunday 10am – 7pm  
01603 737531  
[relax@norfolkmead.co.uk](mailto:relax@norfolkmead.co.uk)

## Massage Treatments

### Aromassage

Relax, balance or invigorate your senses with our custom-made massage. Pick from 3 blends of warmed essential oils and pressure to suit your needs. Includes a mind-melting scalp massage.

30-minute treatment £42  
60-minute treatment £58

### 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 £44  
60-minute treatment £60

### Melting Candle Massage

Choose the rose, cacao-flower or honey scented coconut and soya based candle, which is melted and poured onto the skin for a nourishing yet serene massage.

30-minute treatment £46  
60-minute treatment £62

### Hot Herbal Massage     Norfolk Mead Favourite ♥

Our take on a traditional hot stone massage; using steamed Asian compresses to deeply warm and relax the muscles. Especially beneficial for aches & pains, not to mention deeply calming.

30-minute treatment £45  
60-minute treatment £65

## Facial Treatments

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

### Clean & Calm Facial

Welcome to our gentle, yet deep cleansing facial collection.

Pure and uncomplicated; great for a hormonal, congested or dry complexion.

30-minute treatment £42

60-minute treatment £58

### Illuminate & Rejuvenate Facial      Norfolk Mead Favourite ♥

Our 'Best Seller'! This radiating range will even skin tone, lighten blemishes and reduce the appearance of pigmentation leaving a luminous glow with instant results.

\*Suitable during Pregnancy.

30-minute treatment £44

60-minute treatment £60

### Luxury 23 Carat Gold Facial

This precious range is pure luxury—combining champagne leaf, pearl, caviar, hyaluronic acid and Genuine 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 £46

60-minute treatment £65

### Rejuvenating Eyes

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

Includes a mind-melting scalp massage.

30-minute treatment £38

## Body Treatments

### Body Scrub

Buff and indulge your body with our signature Fig & Vanilla Salted Body Crush. Dissolving salts and aromatic oils will leave your skin smooth and 'oh so soft!' Enveloped with a layer of our Fig & Vanilla Body Lotion to finish.

30-minute treatment    £36

### Top to Toe      Norfolk Mead Favourite ♥

Let's keep it simple – our full body Aromassage including a deep facial cleanse with a skin brightening face mask. We will tailor make this relaxing ritual to your wants and needs using our favourite seasonal products. This is definitely worth a try!

60-minute treatment    £62

### All in One

Let us smooth, nourish and hydrate your entire body with our signature body scrub, then use our specially selected body oils that help calm your senses, soothe any aches and pains, and balance the body and mind to massage the back of the body. Finished with a mini Clean & Calm facial to leave your complexion glowing.

75-minute treatment    £75

### Unwind & Recharge

The ultimate pamper if you're always 'on the go'. Includes a back of the body massage, combined with a foot soak, scrub and massage, not forgetting a nail shaper and cuticle tidy; Perfect for athletes!

75-minute treatment    £75

## Oncology Treatments

We understand how much of a testing time this is and we're here to pamper and relax. Our therapists have undertaken specialist Oncology massage diplomas with Zen to allow us to offer knowledgeable and safe treatments whether you're currently undergoing or have recently undergone cancer treatment.

Please note – there are still some restrictions that may prevent treatment, however we're always on hand to answer any questions or advise which treatment may be best suited, and arrange any amendments necessary to allow maximum comfortability.

### Soothing Touch Massage

Pressure to suit your needs, along with oils to nourish the skin and aid relaxation or aches and pains.

Gentle lymphatic drainage massage can also be incorporated if required.

30-minute treatment £46

60-minute treatment £62

### Pure Zen Facial

Using Natural Spa Factory's illuminating range for a gentle, yet brightening facial giving your skin a nice glow.

Features a subtle scent of vanilla and alpine plants.

30-minute treatment £44

60-minute treatment £60

## Men's Treatments

### Deep Tissue Massage

A firm pressure massage ideal for those with stubborn knots or ache and pains.

30-minute treatment £44

60-minute treatment £60

### Deep Pore Cleansing Facial

A great revival for neglected skin. Perfect for balancing the complexion and healing any shaving nicks.

30-minute treatment £44

60-minute treatment £58

### Macho Manicure or Pedicure

The perfect treatment for softening overworked hands or feet. Includes a soak, scrub, massage & nail trim.

30-minute treatment £28

## Pregnancy Treatments

Pregnancy is a special time but also a massive toll on the mind and body. Our gorgeous 'Bumps a Daisy' range and beautifully gentle treatments have been fully tested and are completely safe from 12 weeks of pregnancy. Great for increasing skin's elasticity & firmness and preventing or reducing stretch marks, not to mention helping ease those aches and pains.

### Bumps a Daisy 30

Relax you and baby with a back & bump massage.

30-minute treatment £44

### Bumps a Daisy 60

Make the most of this time and reward your body with a soothing leg & hip, and back, neck & shoulder massage, relaxing bump massage, mini Rejuvenate & Glow facial, and an alleviating foot scrub & massage.

60-minute treatment £60

### Pre-Natal Pedi

Treat your feet to a warm, bubbly soak, exfoliation, and well needed foot massage — helping to reduce swollenness and relieve aches. Includes a nail shape, cuticle tidy, and application of vinylux colour.

60-minute treatment £44

\*Upgrade to Shellac gel for £10.

### Baby Shower / Bridal Package

Enjoy a glass of prosecco on arrival in your own private seated area. Choose from either a 30 minute 'Rejuvenate & Glow 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 £58  
per person

## Bridal 'Prep' Treatments

### Get Glowing

Our 60-minute Rejuvenate & Glow facial with a full body exfoliation. This 90-minute treatment will illuminate the skin leaving you with an even, bright glow. This is perfect to have one week before the big day.

60-minute treatment £85

### The Finishing Touch

Includes a Shellac gel manicure and our Signature Fig & Vanilla Pedicure with a Shellac gel polish for your toes.

120-minute treatment £76

## Hand & Feet Treatments

### Mini Fig & Vanilla Manicure or Pedicure

Includes nail shape, cuticle tidy and application of Vinylux colour.

30-minute treatment    £26

### 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 Vinylux colour.

45-minute treatment    £40

### Deluxe Honey Pedicure      Norfolk Mead Favourite ♥

Plunge your tired soles into our luxurious warming foot bath and enjoy a skin smoothing salt scrub. Then, sit back and relax with our super-hydrating, honey scented candle 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 Vinylux colour.

60-minute treatment    £50

### 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 Vinylux colour.

60-minute treatment    £50

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

CND Shellac Gel Manicure or Pedicure	45-minute treatment	£36
CND Shellac Duo – Manicure & Pedicure	90-minute treatment	£65
CND Shellac Gel Removal & Reapplication	60-minute treatment	£40
Gel Removal & Express Manicure *Polish not included	30-minute treatment	£24

## Eye Enhancement Treatments

\*A patch test is required for all eye enhancement treatments at least 48 hours prior to your first treatment and after 6 months of no treatment.

### Brow Lamination

Lift your hairs for that perfectly brushed appearance that lasts 4-6 weeks.

60-minute treatment	£42
with tint	£45

### Eyebrow Tint

15-minute treatment	£12
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### Eyelash Tint

\*Includes an optional scalp massage

30-minute treatment	£20
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### Lash Lift

Give your lashes a natural lift, similar to the effect of using eyelash curlers but effects will last 4-6 weeks.

60-minute treatment	£42
with tint	£45



## Waxing Treatments

Eyebrow Wax	15-minute treatment	£12
Lip or Chin Wax	15-minute treatment	£12
Underarm Wax	15-minute treatment	£14
Bikini Line Wax	15-minute treatment	£17
Half Leg Wax	30-minute treatment	£25
Full Leg Wax	45-minute treatment	£30
Back or Chest Wax	30-minute treatment	£25
Women's Intimate Hot Waxing	60-minute treatment	£32

\*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 a 'Clean & Calm' facial, Body Scrub, 'Aromassage', Pedicure or Manicure, finished off with our Signature Afternoon Tea. (Includes selection of sandwiches, cakes and scones with tea or coffee – served Monday-Saturday 1pm-4pm & Sunday 4pm.)

30-minute treatment £55 per person  
60-minute treatment £68 per person

### Sunday Lunch & Treat

Choose from a 'Clean & Calm' facial, Body Scrub, 'Aromassage', Pedicure or Manicure, completed with a 2-course A La Carte Sunday Lunch (served 12pm-3pm).

30-minute treatment £60 per person  
60-minute treatment £74 per person

### 90 Minutes of Heaven

Choose either a 60 minute 'Aromassage' with a 30 minute 'Clean & Calm' facial or enjoy a 60 minute 'Clean & Calm' facial and a 30 minute 'Aromassage'.

90-minute treatment £92 per person

### The Full Works

Start by indulging with our '90 minutes of Heaven' combination, followed by a well-earned break for a freshly prepared light lunch. Then return to us for a 90 minute Signature Fig & Vanilla Manicure & Pedicure nail session to leave you feeling completely pampered. \*Upgrade to Shellac gel for £10 on hands or feet \*Please give 7 days notice for cancellation of our Full Works Package or a 100% charge will be incurred.

180-minute treatment £180 per person

### Twilight Treat

The perfect evening package for two. Escape with our 60 minute 'Aromassage' or our 60 minute 'Clean & Calm' 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 £180 per couple  
\*£15 surcharges 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 £345 per couple  
\*£35 surcharges for Saturdays

## Terms & Conditions

We ask all clients to fill in their consultation form prior to their appointment online via our website.

Please make our Therapists aware of any medical ailments or treatment that you may be undergoing or have undergone in the last 5 years, as this may affect your treatment.

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.

Our cancellation policy also applies to amending treatments or packages to a shorter treatment time than originally booked.

Gift vouchers available