

The  
Norfolk Mead



Treatment Rooms

Monday to Sunday, 10am to 7pm

01603 737 531

[relax@norfolkmead.co.uk](mailto: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 three blends of essential oils and pressure to suit your needs.

30-minute treatment £39  
60-minute treatment £53

### 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 £41  
60-minute treatment £59

### Muscle Melting Hot Bamboo Massage

Our take on the traditional hot stone 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.

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

## 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. Great for a hormonal, congested or unbalanced complexion.

30-minute treatment £39  
60-minute treatment £54

### Rejuvenate & Glow Facial      ♥ Norfolk Mead Favourite

Our 'Best Seller'! It does what it says on the tin! This radiating range will even skin tone, lighten blemishes and reduce the appearance of age spots leaving a luminous glow with instant results. \*Suitable during Pregnancy.

30-minute treatment £41  
60-minute treatment £56

### Precious 23 Carat Gold Facial

Our healthy-ageing remedy! This luxury range is as 'good as gold' – combining champagne leaf extract, pearl, caviar, hyaluronic acid and genuine 23 carat gold. Its velvety texture and amber scent will leave your skin feeling firmer, smoothed, and youthfully revitalised.

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

### Illuminating 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. Includes a 'mind-melting' scalp massage.

30-minute treatment £35

## Seasonal Treatments

### 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    £61

### Scrub of the Day

Buff and indulge your body with a visit to our scrub bar offering a range of seasonal body scrubs to suit your senses. Ask your therapist for the seasonal 'Scrub of the day'.

30-minute treatment    £35

### All in One

Let us smooth, nourish and hydrate your entire body with our seasonal body scrubs and specially selected body oils that are rich in anti-oxidants to help calm your senses, soothe any aches and pains, and maintain the firmness and elasticity of your skin. Finished with a mini Bespoke facial to leave your complexion glowing. Includes a full body exfoliation with a back of the body massage and a mini facial.

75-minute treatment    £68

## 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 to 32 weeks of pregnancy. Enjoy the following for a 60-minute treatment –

- Back of body and 'bump' massage
- Mini Rejuvenate & Glow facial with a mini shoulder and arm massage
- Foot scrub and moisturise

60-minute treatment £60

### 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 or reducing stretch marks.

30-minute treatment £41

### Pre-Natal Pedi

60-minute treatment £36

## Men's Treatments

### Deep Tissue Massage

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

30-minute treatment £41

60-minute treatment £59

### Deep Pore Cleansing Facial

30-minute treatment £39

60-minute treatment £54

### Macho Manicure or Pedicure

30-minute treatment £26

## Bridal Packages

### Bridal Shower Package

Enjoy a glass of Prosecco on arrival in your own private seated area. Choose from either a 30-minute Rejuvenate & Glow facial, Aromassage, seasonal Body Scrub, mini Pedicure or mini Manicure. Finally, relax all together with our signature Afternoon Tea.

30-minute treatment    £55 per person

\*Not available on Sundays. Treatments available two guests at a time. Our seven day cancellation policy applies for a booking with four or more people.

## Bridal 'Prep' Packages

### Get Glowing

Our 60 minute Rejuvenate & Glow facial with our 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.

90-minute treatment    £80

### The Finishing Touch

Includes our gel Manicure for your hands and with our signature Fig & Vanilla Pedicure with a gel polish for your toes.

120-minute treatment    £68

## Hand & Feet Treatments

### Mini Fig & Vanilla Manicure or Pedicure

Includes nail shape, cuticle tidy and application of colour.

30-minute treatment    £24

### 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    £36

### Deluxe Honey Gold Pedicure      ♥ Norfolk Mead Favourite

Plunge your tired soles in our luxurious warming foot bath and enjoy a skin smoothing salt scrub. Then, sit back and relax with our super-hydrating, honey scented massage. We will cocoon your feet in warm booties whilst you drift away with our 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    £46

### Deluxe Illuminating Manicure

Replenish and renew dry, hard-working hands. Our Illuminating product range will 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 colour.

60-minute treatment    £46

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

CND Shellac Gel Manicure or Pedicure 45-minute treatment £34

CND Shellac Gel Removal & Reapplication 60-minute treatment £38

CND Shellac Duo – Manicure & Pedicure 90-minute treatment £58

Gel Removal & Express Manicure/Pedicure \*Polish not included 30-minute treatment £22

### Post-Gel Revival Manicure

Every now and again it's time to take a break from gel polish. In this 'magic-mani' we will restore, hydrate and repair your nails back into shape until you're ready to start again with gel polish.

Perfect to have in-between gel manicures. Normal nail polish included in this treatment.

60-minute treatment £36

## Eye Enhancement Treatments

Eyebrow Tint 15-minute treatment £11.50

Eyelash Tint 30-minute treatment £16.50

Eyebrow Wax & Tint 30-minute treatment £21

Eyebrow & Eyelash Tint 30-minute treatment £26

Eyelash Lift 60-minute treatment £34  
With Eyelash Tint £40

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



## Waxing Treatments

Eyebrow Wax	15-minute treatment	£11.50
Lip or Chin Wax	15-minute treatment	£11.50
Lip & Chin Wax	30-minute treatment	£16.50
Underarm Wax	15-minute treatment	£13.50
Bikini Line Wax	15-minute treatment	£16.50
Half Leg Wax	30-minute treatment	£19.50
Full Leg Wax	45-minute treatment	£28.50
Full Leg & Bikini Line Wax	60-minute treatment	£37
Back or Chest Wax	30-minute treatment	£21
Back & Chest Wax	60-minute treatment	£36
Women's Intimate Hot Waxing*	60-minute treatment	£31

\*Some waxing treatments can be carried out using hot wax. Please ask therapist for details upon booking if required.  
Please note that this will incur an extra charge.

## Packages

### Afternoon Tea & Treat

### ♥ Norfolk Mead Favourite

Choose from either a 30-minute Bespoke facial, seasonal 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 2-5pm & Sunday 4-5pm.)

30-minute treatment £50 per person  
Upgrade to 60-minutes £16 per person

### Sunday Lunch & Treat

Choose from either a 30-minute Bespoke facial, seasonal Body Scrub, Aromassage, mini Pedicure or mini Manicure, completed with a two-course A la Carte Sunday lunch (served 12pm-2.30pm).

30-minute treatment £58 per person  
Upgrade to 60-minutes £16 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 £82 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.

180-minute treatment £150 per person

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

### Twilight Treat

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

60-minute treatment £164 per couple  
\*£15 surcharge on a Saturday

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

### The Overnight Indulgence

Indulge yourselves with a two-course dinner followed by a relaxing stay in one of our deluxe rooms 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 or 30-minutes of each.

60-minute treatment £315 per couple  
\*£35 surcharge on a Saturday

## Terms & Conditions

Please make our Therapists aware of any medical ailments or treatment that you may be undergoing or have undergone in the last five 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 seven days' notice for any group bookings with four people or more or for a booking of 120 minutes or longer or a 100% charge will be incurred.

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

For more information on any of our treatments feel free to visit our website [norfolkmead.co.uk](http://norfolkmead.co.uk)

Gift vouchers also available