

The
Norfolk Mead



Treatment Rooms

Monday to Sunday, 10am to 7pm

01603 737 531

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 pair with a relaxing pressure to suit your needs. Includes a mind-melting scalp massage.

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

Clean & Calm Facial

Welcome to our gentle, yet deep cleansing facial collection using our Natural Spa Factory 100% oil range. Pure and uncomplicated; great for a hormonal, congested or dry complexion.

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

Rejuvenate & Glow 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 £41
60-minute treatment £56

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

Combination Treatments

Body Scrub

Buff and indulge your body with our seasonal body scrub. Dissolving salts and aromatic oils will leave your skin smooth and 'oh so soft'!

30-minute treatment £35

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. This is definitely worth a try!

60-minute treatment £61

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 Clean & Calm 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

Unwind & Recharge

The ultimate pamper if you're always 'on the go'. Includes a back, neck and shoulder and back of leg massage, combined with a foot soak, scrub and massage, not forgetting a nail shape and cuticle tidy. Perfect for athletes! *Add Vinylux colour for £6 *Add Shellac gel for £10

75-minute treatment £68

Pregnancy Treatments

Pregnancy is a special time but it's a massive undertaking for your body and mind. 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. Our specially formulated 'Bumps a daisy' body oil is perfect for increasing skin elasticity and 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 £41

Bumps a Daisy 60

Make the most of this time and reward your body with a soothing leg and hip, and back, neck and shoulder massage, relaxing bump massage, mini Rejuvenate & Glow facial, and an alleviating foot scrub and 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. *Upgrade to Shellac gel for £10

60-minute treatment £36

Men's Treatments

Deep Tissue Massage

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

30-minute treatment £41

60-minute treatment £59

Deep Pore Cleansing Facial

A great revival for neglected skin. Perfect for balancing the complexion and healing any shaving nicks. Includes a mind-melting scalp massage.

30-minute treatment £39

60-minute treatment £54

Macho Manicure or Pedicure

The perfect treatment for softening overworked hands or feet. Includes a soak, exfoliation, massage, nail trim and cuticle tidy.

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, 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 £55 per person

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 a Shellac gel manicure for your hands and our Signature Fig & Vanilla Pedicure with a Shellac 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 Vinylux 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 Vinylux colour.

45-minute treatment £36

Deluxe Honey 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 Vinylux 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 Vinylux 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 £12

Eyelash Tint

30-minute treatment £17

Eyebrow Wax & Tint

30-minute treatment £21

Eyebrow & Eyelash Tint

30-minute treatment £26

Lash 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	£12
Lip or Chin Wax	15-minute treatment	£12
Lip & Chin Wax	30-minute treatment	£17
Underarm Wax	15-minute treatment	£14
Bikini Line Wax	15-minute treatment	£17
Half Leg Wax	30-minute treatment	£20
Full Leg Wax	45-minute treatment	£29
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 Clean & Calm 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 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 Clean & Calm facial, 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 Clean & Calm facial or enjoy a 60-minute Clean & Calm facial and a 30-minute Aromassage.

90-minute treatment £82 per person

The Full Works

Relax with our 60-minute Aromassage along with a 30-minute Clean & Calm facial, followed by a well-earned break for a freshly prepared light lunch or Afternoon Tea. Then return to us for our Signature 45-minute Fig & Vanilla manicure and pedicure to leave you feeling completely pampered.

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

180-minute treatment £150 per person

Twilight Treat

The perfect evening package for two. Unwind 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 £164 per couple
*£15 surcharge on a Saturday

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 Clean & Calm 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. If you are displaying any symptoms of COVID-19 or if you have been around someone who is displaying symptoms, then please let our team know as soon as possible and we will safely reschedule your appointment without a charge.

For more information on any of our treatments feel free to visit our website norfolkmead.co.uk

Gift vouchers also available