

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 £36
60-minute treatment £50

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 £38
60-minute treatment £56

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 £42
60-minute treatment £62

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	£36
60-minute treatment	£52

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	£38
60-minute treatment	£54

Precious 23 Carat Gold Facial

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

30-minute treatment	£42
60-minute treatment	£62

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	£32
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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	£58
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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.

30-minute treatment	£32
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It's a Wrap

Let us smooth, nourish and hydrate your entire body with our seasonal body scrubs and specially selected body masks that are rich in anti-oxidants to help flush out toxins, stimulate metabolism, and maintain the firmness and elasticity of your skin. Enjoy a mini 'Bespoke' Facial whilst you're cocooned in our stimulating yet soothing body pack.

75-minute treatment	£60
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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 £58

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 £38

Pre-Natal Pedi

60-minute treatment £34

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.

* Not available on Sundays. Treatments available two guests at a time. Our 7 day cancellation policy applies for a booking with four or more people.

30-minute treatment
per person £52

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. Our 7 day cancellation policy applies for a booking with four or more people.

30-minute treatment
per person £52

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 £38
60-minute treatment £56

Deep Pore Cleansing Facial

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

Macho Manicure or Pedicure

30-minute treatment £24

Hand & Feet Treatments

Mini Fig & Vanilla Manicure or Pedicure

Includes nail shape, cuticle tidy and application of colour.

30-minute treatment £22

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 warming 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 £45

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 Gel Removal & Reapplication

60-minute treatment £36

CND Shellac Duo—Manicure & Pedicure

90-minute treatment £54

Gel Removal & Express Manicure *Polish not included

30-minute treatment £20

CND 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 shellac gel. Perfect to have in-between Gel manicures as a course of 3 treatments. Normal nail polish included.

60-minute treatment £32

Eye Enhancement Treatments

Eyebrow Tint

15-minute treatment £10

Eyelash Tint

30-minute treatment £15

Eyelash Lift

60-minute treatment £32
With Eyelash Tint £38

*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	£10
Lip or Chin Wax	15-minute treatment	£10
Underarm Wax	15-minute treatment	£12
Bikini Line Wax	15-minute treatment	£15
Half Leg Wax	30-minute treatment	£18
Full Leg Wax	45-minute treatment	£26
Back or Chest Wax	30-minute treatment	£18
Lip & Chin Wax	30-minute treatment	£15
Full Leg & Bikini Line Wax	60-minute treatment	£35
Back & Chest Wax	60-minute treatment	£32
Women's Intimate Hot Waxing*	60-minute treatment	£30

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

Packages

Afternoon Tea & Treat

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 to Saturday 2pm-5pm & Sunday 4pm-5pm.)



Norfolk Mead Favourite

30-minute treatment £48 per person
Upgrade to 60 minutes £15 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 £56 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 £78 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 £145 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 à la carte dinner with a glass of prosecco.

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

60-minute treatment £160 per couple
*£15 surcharge for Saturdays

The Overnight Indulgence

Indulge yourselves with a 2-course à la carte dinner followed by a relaxing stay in a deluxe room for two. Then rise and shine for a delicious full à 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 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 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 www.norfolkmead.co.uk

Gift vouchers also available