

The  
Norfolk Mead



Spa

Open Monday to Sunday

Spa 08:00 to 20:00 | Treatments 09:00 to 19:00

[relax@norfolkmead.co.uk](mailto:relax@norfolkmead.co.uk) | 01603 737531

## 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 £46

60-minute treatment £72

### Rejuvenate & Glow Facial

This radiating range evens skin tone, lightens blemishes, and reduces the appearance of pigmentation, leaving a luminous glow with instant results.

Suitable during pregnancy.

30-minute treatment £53

60-minute treatment £78

### Luxury 23 Carat Gold Facial

This precious range is pure luxury – combining champagne leaf, pearl, hyaluronic acid and genuine 23 carat gold. Its velvet texture and amber scent will leave your skin feeling smoothed, firmed, and youthfully revitalised. Take a gold leaf out of Cleopatra's book and try our healthy-ageing remedy!

30-minute treatment £58

60-minute treatment £82

### Advanced Bespoke Facial

### Norfolk Mead Favourite ♥

A must for skincare enthusiasts! LED phototherapy targets ageing, acne, eczema, and pigmentation with clinically proven results. Energise the skin with our Triple Hyaluronic Acid Super Serum, rich in vitamin C to tighten and brighten. Then relax with a soothing Rose Quartz face massage followed by a prescriptive face mask and stress busting shoulder and scalp massage.

60-minute treatment £88

### Illuminating 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 £55

## Massage Treatments

### Blissful Scalp

Enjoy the heavenly scent of our 100% Raw coconut oil as it nourishes the hair and skin in our stress-busting shoulder, neck and scalp massage.

30-minute treatment £44

### Aromassage **Norfolk Mead Favourite** ♥

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 (only 60 minutes).

30-minute treatment £48

60-minute treatment £78

### Deep Tissue Massage

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

30-minute treatment £56

60-minute treatment £88

### 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 £55

60-minute treatment £85

### Hot Herbal Massage

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

30-minute treatment £55

60-minute treatment £85

## Combination Treatments

### Top to Toe

Let's keep it simple – our full body Aromassage including a facial cleanse with a skin brightening face mask. Perfect if you can't decide what to choose!

60-minute treatment £85

### Refresh & Restore

Begin with a refreshing back scrub followed by a restoring back, neck and shoulder massage. Follow with a facial cleanse, tone and moisturise before you drift off with your choice of a foot or scalp massage

60-minute treatment £85

### All in One

Start with our signature body scrub to smooth the skin, then select one of our fragrant body oils to calm, soothe, or balance the mind with a back of the body massage. Finished with a mini facial to leave you perfectly hydrated.

75-minute treatment £115

### 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 shape and cuticle tidy. Perfect for athletes!

75-minute treatment £115

Add a Vinylux polish for £10 or Shellac Gel for £15.

### 90 Minutes of Heaven **Norfolk Mead Favourite** ♥

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 £125

## Body Treatments

### Fig & Vanilla 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    £52

### Coconut Milk Body Wrap

Begin with a full body salt exfoliation, then let us drizzle warm Hydrating Body Milk followed by the gorgeously scented Raw Coconut body oil for the ultimate cleansing yet hydrating treat. Wrap up in a warm cocoon and enjoy a facial cleanse, exfoliation and your choice of a heavenly scalp or foot massage. All topped off with a layer of our classic Fig & Vanilla Body Lotion.

60-minute treatment    £85

## Spa Experience Treatments

### Mud Chamber

Begin your Spa experience by exfoliating with our Fig & Vanilla Salted Body Crush to reveal super-soft skin, then have fun applying different muds to the face and body before you sit back in your own private chamber and allow the steam and essences to detox and nourish. Encounter your own thunder storm rain shower to wash off the mud, leaving you feeling cleansed and replenished.

\*Room caters to 2-4 guests, at one time.

45-minute treatment    £55  
per person

### Beer Spa

Unlock the anti-oxidant benefits of beer ingredients on the skin and mind – using malt and hops from our local Woodforde's Brewery; rich in vitamin-high anti-ageing qualities aiding smoothed, nourished skin and reduced inflammation. Allow the warm water and jets to detoxify and relieve muscular aches while you relax in a private, authentic wooden hot tub. Top off the experience with your own beer tap to help yourself to as you bubble away. Room caters to 2-4 guests at one time – two rooms available.

45-minute treatment    £68  
per person

## Oncology Treatments

We understand how much of a testing time this is and we're here to help pamper and relax. Our therapists have undertaken specialist Oncology massage diplomas to enable 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 comfort.

### 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    £55  
60-minute treatment    £80

### Pure Zen Facial

Using Natural Spa Factory's gentle Ab:Scent and illuminating range for a gentle, yet brightening facial giving your skin a luminous glow.

30-minute treatment    £48  
60-minute treatment    £85

## Men's Treatments

### Deep Tissue Massage

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

30-minute treatment    £53  
60-minute treatment    £83

### Deep Pore Cleansing Facial

A great revival for neglected skin. Perfect for balancing the complexion and soothing any shaving irritation.

30-minute treatment    £48  
60-minute treatment    £85

### Macho Manicure or Pedicure

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

30-minute treatment    £38

## 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 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 and bump massage.

30-minute treatment £58

### 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, and an alleviating foot scrub and massage.

60-minute treatment £85

### 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.

45-minute treatment £48

## Hand & Feet Treatments

### Mini Fig & Vanilla Manicure or Pedicure

Includes nail shape, cuticle tidy, our Fig & Vanilla scented lotion and an application of Vinylux colour.

30-minute treatment £32

### Signature Fig & Vanilla Manicure or Pedicure

Includes a softening soak and expert exfoliation, 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 £45

Includes a complimentary hot drink. Upgrade to Shellac for £10.

### 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 hydrating honey candle massage. We will cocoon your feet in warm boots 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 £52

Includes a complimentary hot drink. Add on LED Face Mask to enhance your experience; £25. Upgrade to Shellac for £10.

### Deluxe Illuminating Manicure

Replenish and renew dry, hard-working hands. Our 'Illuminate' cream mask with help to reduce the appearance of pigmentation and age spots with its skin-brightening effect. Includes a salt exfoliation, relaxing hand and arm massage, finished with warm mitts. Also includes nail shape, cuticle tidy and application of Vinylux colour.

60-minute treatment £52

Includes a complimentary hot drink. Upgrade to Shellac for £10.

### CND Shellac Gel

Includes nail shape, cuticle tidy and application of gel polish. Do inform us if you require a gel-removal upon booking.

Includes a complimentary hot drink.

### CND Gel Removal & Reapplication

Please note we cannot remove any gel other than CND Shellac.

Includes a complimentary hot drink.

### Gel Removal & Express Manicure

Please note we cannot remove any gel other than CND Shellac.

Includes a complimentary hot drink. Polish not included.

45-minute treatment    £42

60-minute treatment    £47

30-minute treatment    £28

## Waxing Treatments

### Eyebrow Wax

15-minute treatment    £14

### Lip or Chin Wax

15-minute treatment    £13

### Underarm Wax

15-minute treatment    £18

### Bikini Line Wax

15-minute treatment    £20

### Half Leg Wax

30-minute treatment    £30

### Full Leg Wax

45-minute treatment    £40

### Back or Chest Wax

30-minute treatment    £30

### Women's Intimate Hot Waxing

45-minute treatment    £38

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

## Eye Enhancement Treatments

A patch test is required for all tint and lash lift treatments at least 48 hours prior to your first treatment and after 6 months of no treatment.

### Eyebrow Tint

15-minute treatment    £14

### Eyelash Tint

Includes an optional scalp massage.

30-minute treatment    £25

### Lash Lift

Give your lashes a natural lift – effects last 4-6 weeks.

60-minute treatment    £50  
with tint    £55

## Spa Day Packages

**Treatment Choices** – Clean & Calm Facial, Body Scrub, Aromassage, Mini Pedicure, Mini Manicure or Blissful Scalp. All packages include a robe, towel & flip flops plus Spa Access. **Restaurant Service** – Tapas Lunch 12-1.45pm, Sunday Lunch 12-3pm, Afternoon Tea 2-5pm, Dinner 6.30-8.30pm.

### Spa Only

For those simply wanting to use our Spa facilities, we offer a 4-hour session which includes access to our thermal suite, coffee bar and relaxation room, along with use of a locker, robe, towel and flip flops.

£60 per person  
4-hour experience

### Earlybird

Enjoy a peaceful wake up spending 3 hours in our Spa facilities including a 30-minute treatment finished with brunch in our coffee bar served between 9:30-11am.

£100 per person  
30-minute treatment  
£16.50 brunch allowance per person.

### Half Day **Norfolk Mead Favourite** ♥

Spend 4 hours with us including a 30-minute treatment, use of our Spa facilities and inclusive of Tapas Lunch or our Signature Afternoon Tea.

£120 per person  
30-minute treatment  
£27.50 Lunch allowance or Afternoon Tea.

### Full Day

Enjoy use of our facilities 10am-6pm inclusive of Tapas Lunch or our Signature Afternoon Tea. Choose one of our 60-minute package treatments to complete your day of relaxation.

£195 per person  
£27.50 Lunch allowance or Afternoon Tea.

### Sip, Sip, Hooray!

Celebrate in style and spend 4 hours with us including your own private Beer Spa Experience – Immerse yourselves in our authentic wooden hot tubs and allow the added ingredients of malt extract and hops to detox the body and smooth the skin whilst aiding any aches and pains. Inclusive of your own beer barrels to help yourselves to whilst bubbling away. Then replenish with Tapas Lunch or our Signature Afternoon Tea. Each Beer Spa room can accommodate 2-4 guests at a time, two rooms available.

£140 per person  
45-minute experience  
£27.50 Lunch allowance or Afternoon Tea.

### Pig in Mud

You'll find you couldn't be happier when you spend 4 hours with us combining our Mud Chamber treatment experience with Tapas Lunch or Afternoon Tea plus access to our Spa facilities. Leave feeling detoxed and replenished. Mud Chamber can accommodate for 2-4 guests at one time.

£130 per person  
45-minute experience  
£27.50 Lunch allowance or Afternoon Tea.

### Sunday Lunch & Spa

Join us for 2 hours in the Spa, with a 60-minute treatment from one of our highly trained therapists. Then head to the main hotel restaurant for an indulgent 2-course A la Carte Sunday Lunch.

£140 per person  
60-minute treatment  
£31.50 Lunch allowance per person.

### The Full Works **Norfolk Mead Favourite** ♥

Enjoy the best of The Norfolk Mead Spa combining our custom Beer Spa & Mud Chamber experiences, plus a 60-minute treatment from one of our highly trained therapists. Relax with full use of the Spa facilities (10am-6pm) plus Tapas Lunch or Signature Afternoon tea included. Please give 7 days notice for cancellation of our Full Works Package or a 100% charge will be incurred.

£305 per person  
3 treatments  
150-minute treatment time  
£27.50 Lunch allowance or Afternoon Tea.

### Twilight Treat

The perfect evening package for two in a 4-hour escape plus an indulgent 3-course dinner with a glass of prosecco. Relax with a 60-minute treatment. Last treatments available at 5.45pm.

£170 per person  
60-minute treatment  
£45 Dinner allocation per person.

### Time Out Treat

Treat yourself whilst your little ones are busy; start with a well earned tea or coffee followed by 60 minutes of pure peace during an 'Aromassage' or 'Clean & Calm' Facial. Indulge in a freshly prepared Tapas Lunch whilst you relax in our Spa facilities from 9am-3pm – finishing just in time for the school run!

£170 per person  
60-minute treatment  
Monday – Friday only.  
£27.50 Lunch allowance.

## Spa Break Packages

**Treatment Choices** – Clean & Calm Facial, Aromassage, Deluxe Honey Pedicure or Deluxe Illuminating Manicure, or try 30 minutes of each!

### The Overnight Indulgence

Indulge yourselves with a 3-course A la Carte 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 ‘Clean & Calm’ Facial as you join us for 4-hours access to the Spa.

Please give 7 days notice for cancellation of The Overnight Indulgence package or a 100% charge will be incurred.

### The Full Spa Retreat

The ultimate getaway to a boutique country hotel featuring 2 nights in a deluxe room, full A la Carte breakfast

both mornings, and an indulgent 3-course A la Carte dinner on one evening of your choice. Experience one

Full Spa Day with access to our facilities from 10am-6pm, inclusive of Tapas Lunch or our Signature Afternoon

Tea, plus a 60-minute ‘Aromassage’ or ‘Clean & Calm’ Facial to complete your stay.

Please give 7 days notice for cancellation of The Full Spa Retreat package or a 100% charge will be incurred.

### Hops & Harmony Retreat

Indulge in ultimate relaxation with our exclusive Overnight Spa Package. Unwind in our unique Beer Spa,

where the soothing power of malt and hops rejuvenate your body and mind. Enjoy 4-hours access to our

luxurious Spa facilities, followed by a 3-course A la Carte dinner, with a relaxing stay in a deluxe room for two.

Wake up refreshed with a delicious full A la Carte breakfast to complete your stay.

Please give 7 days notice for cancellation of Hops & Harmony Retreat package or a 100% charge will be incurred.

### Mud & Minerals Escape

Escape to tranquillity with our rejuvenating Overnight Spa Package. Experience the unique and therapeutic

Mud Chamber, where mineral-rich mud promotes relaxation and detoxification. Enjoy 4-hours access to our

luxury Spa facilities. Savour a delicious 3-course A la Carte dinner, followed by a restful night’s sleep in a

deluxe room for two. Start your day with a full A la Carte breakfast, leaving you refreshed and revitalised.

Please give 7 days notice for cancellation of Mud & Minerals Escape package or a 100% charge will be incurred.

£495 per couple

60-minute treatment each

1 night stay

£40 room upgrade to a Suite.

£45 Dinner allocation per person.

£820 per couple

60-minute treatment each

2 night stay

£40 room upgrade to a Suite.

£27.50 Lunch allowance or Afternoon Tea.

£45 Dinner allocation per person.

£495 per couple

£40 room upgrade to a Suite.

£45 Dinner allocation per person.

£460 per couple

£40 room upgrade to a Suite.

£45 Dinner allocation per person.

### Exclusive Spa

Enjoy your own private use of the full Spa for half-a-day including all treatment rooms, experience rooms,

thermal suite, coffee bar, restaurant and relaxation room. Ideal for celebrations or big group bookings.

Includes any treatments of your choice that fit within your half-day for amount of guests booked. Full access

to all Spa facilities with a bespoke Lunch or Afternoon Tea included. Please enquire for more details.

Maximum of 25 people for half day. 25-person maximum capacity.

Please give 7 days notice for cancellation of the Exclusive Spa package or a 100% charge will be incurred.

### The Corporate Package

Take full exclusivity of the whole Spa for the whole-day (9am-5pm) including all treatment rooms, experience

rooms, thermal suite, coffee bar, restaurant and relaxation room. Ideal for big celebrations or corporate events.

Includes any treatments of your choice that fit within the day for amount of guests booked. Full access to all

Spa facilities with a bespoke Lunch or Afternoon Tea included. Please enquire for more details.

45-person maximum capacity.

Please give 7 days notice for cancellation of The Corporate Package or a 100% charge will be incurred.

From £240 per person

30-minute treatment per person

Full access to all experience rooms.

From £265 per person

30-minute treatment per person

Full access to all experience rooms.



## Terms & Conditions

We kindly ask all clients to complete their consultation form online before their appointment. Please inform our Therapists of any medical conditions or treatments from the past three years, as these may affect your treatment or Spa access. A doctor's note is required for those affected by cancer – feel free to contact us with any questions.

Our Spa is for guests aged 18 and over.

Cancellations require at least 48 hours' notice to avoid a 50% charge; less than 24 hours' notice incurs a 100% charge.

Group bookings (4+ people) or treatments of 120+ minutes require 7 days' notice, or the full amount will be charged.

This policy also applies to reducing treatment durations.

Gift Vouchers available

[www.norfolkmead.co.uk](http://www.norfolkmead.co.uk)