

The  
Norfolk Mead



Spa

Monday – Sunday

Spa 8am – 8pm

Treatments 9am – 7pm

[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 £43

60-minute treatment £68

### Rejuvenate & Glow Facial

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 £48

60-minute treatment £73

### 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-aging remedy!

30-minute treatment £53

60-minute treatment £78

### 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 full of 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 £85

## Massage Treatments

### 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.

30-minute treatment £45  
60-minute treatment £70

### 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 £53  
60-minute treatment £78

### 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 £50  
60-minute treatment £75

### 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 & pains, not to mention deeply calming.

30-minute treatment £50  
60-minute treatment £75

## 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 £80

### All in One

Let's 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 £105

### 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!

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

75-minute treatment £105

### 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 £110

## 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    £49

### 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    £80

## 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.

\*Minimum 2 people per booking. Room caters to 2-4 guests, at one time.

45-minute treatment    £50  
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 detox and relieve muscular aches whilst relaxing in a private authentic wooden hot tub. Top off the experience with your own beer tap to help yourself to as you bubble away.

\*Minimum 2 people per booking. 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.

30-minute treatment    £50

Gentle lymphatic drainage massage can also be incorporated if required.

60-minute treatment    £75

### Pure Zen Facial

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

30-minute treatment    £48

60-minute treatment    £73

## 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    £78

### Deep Pore Cleansing Facial

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

30-minute treatment    £43

60-minute treatment    £68

### Macho Manicure or Pedicure

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

30-minute treatment    £35

## 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 £53

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

60-minute treatment £78

### Pre-Natal Pedi

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

\*Upgrade to Shellac gel for £10.

45-minute treatment £44

## 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.

90-minute treatment £110

### 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 £88

## Hand & Feet Treatments

### Mini Fig & Vanilla Manicure or Pedicure

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

30-minute treatment £30

### 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.

\*Includes a complimentary hot drink.

45-minute treatment £46

### 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.

\*Includes a complimentary hot drink.

\*Add on LED Face Mask to enhance your experience £25.

60-minute treatment £52

### 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 & arm massage, finished with warm mitts. Also includes nail shape, cuticle tidy and application of Vinylux colour.

\*Includes a complimentary hot drink.

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

60-minute treatment £52

### CND Shellac Gel Manicure or Pedicure

\*Includes a complimentary hot drink.

45-minute treatment £42

### CND Shellac Duo – Manicure & Pedicure

\*Includes a complimentary hot drink.

90-minute treatment £77

### CND Gel Removal & Reapplication

\*Includes a complimentary hot drink.

60-minute treatment £47

### Gel Removal & Express Manicure \*Polish not included

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 with tint £50  
£55

### 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 facial cleanse, exfoliation, pressure point sinus massage and brightening peel-off mask along with a mind-melting scalp massage.

30-minute treatment £50

## Spa Day Packages

Treatment choices – ‘Clean & Calm’ facial, Body Scrub, ‘Aromassage’, Mini Pedicure or Mini Manicure. All packages include a Robe & Slippers plus Spa Access. Restaurant Service – Breakfast 7.30-10am, Light Lunch 12-2pm, Sunday Lunch 12.30-2.30pm, Afternoon Tea 2-5pm, Dinner 6.30-8.30pm.

### Earlybird

Rise & shine with a full A la Carte breakfast followed by a 30 minute treatment and 3 hour’s use of our spa facilities (8-11am).

£100 per person  
30-minute treatment

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

Choose a 30 minute treatment and enjoy 4 hour’s use of our Spa facilities (9.30am-1.30pm or 2.30-6.30pm), finished with Light Lunch or our Signature Afternoon Tea.

£105 per person  
30-minute treatment  
£25 Lunch allocation per person.

### Full Day

Choose either one 60 minute or two 30 minute treatments and enjoy our Spa facilities (10am-6pm), inclusive of Light Lunch or our Signature Afternoon Tea.

£170 per person  
£25 Lunch allocation per person.

### Stay & Play (for parents!)

Treat yourself whilst your little ones are busy; indulge in coffee and pastries on arrival followed by one hour of pure peace during an ‘Aromassage’ or ‘Clean & Calm’ facial. Let us prepare your lunch for a change whilst you relax in our spa facilities from 9am-3pm – finishing just in time for the school run!

£160 per person  
60-minute treatment  
Light Breakfast & Sandwich.

### Sunday Lunch & Spa

Choose either one 60 minute or two 30 minute treatments and enjoy 2 hour’s use of our spa facilities, completed with a 2-course A la Carte Sunday Lunch.

£120 per person  
60-minute treatment  
£25 Lunch allocation per person.  
£15 surcharge for Saturdays.

### Heavenly Pamper

Start by indulging with our ‘90 minutes of Heaven’ massage & facial 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 to leave you feeling completely pampered. Also enjoy full use of our spa facilities (10am-6pm).

\*Upgrade to Shellac gel for £10 on hands or feet. \*Please give 7 days notice for cancellation or a 100% charge will be incurred. \*Last treatments begin at 5.45pm.

£285 per person  
180-minute treatment  
£25 Lunch allocation per person.

## Sip, Sip, Hooray!

Celebrate in style with 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 Light Lunch or our Signature Afternoon Tea plus 4 hours use of our spa facilities (9.30am-1.30pm or 2.30-6.30pm).

\*Minimum 2 people per booking. Each room caters for 2-4 guests at a time, two rooms available.

£125 per person  
45-minute experience  
£25 Lunch allocation per person.  
(Add 3-course Dinner – £40 per person allowance.)

## Pig in Mud

You’ll find you couldn’t be happier once you combine our Mud Chamber treatment experience with 4 hour’s use of our spa facilities (9.30am-1.30pm or 2.30-6.30pm). Leave feeling detoxed and replenished – Light Lunch or our Signature Afternoon Tea included.

\*Minimum 2 people per booking. Room caters for 2-4 guests at a time.

£110 per person  
45-minute experience  
£25 Lunch allocation per person.  
(Add 3-course Dinner – £40 per person allowance.)

## Mother to Be

Ideal for baby showers featuring a 30 minute treatment of your choice including our special pregnancy treatment for the mum-to-be. Plus 4 hour’s access to our spa facilities (9.30am-1.30pm or 2.30-6.30pm). Finished with our Signature Afternoon Tea – not forgetting to toast the impending arrival with a glass of prosecco included.

£115 per person  
30-minute treatment  
Afternoon Tea.

## 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 Light 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.

£275 per person  
3 treatments  
150-minute total treatment time  
£25 Lunch allocation per person.  
(Add 3-course Dinner – £40 per person allowance.)

## 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! Enjoy access to our Spa Facilities (4-8pm). Then indulge in a 3-course dinner with a glass of prosecco.

\*Last treatments available at 5.45pm. Dinner available 6.30-8.30pm.

£155 per person  
60-minute treatment  
£40 Dinner allocation per person.  
(Add 1 night’s stay from £85pp – incs breakfast.)

## Spa Break Packages

### 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 and enjoy 4 hour's access to our spa facilities.

### 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 Light Lunch or our Signature Afternoon Tea, plus a 60 minute 'Aromassage' or 'Clean & Calm' facial to complete your stay.

### The Exclusive Corporate Package

Take full exclusivity of the whole spa for the day (9am-5pm) including all treatment rooms, experience rooms, pool area, coffee bar, restaurant and relaxation room. Ideal for big celebrations or corporate events. Includes a 30-minute treatment per person plus use of our signature Beer Spa & Mud Chamber Experience treatments. Full access to all spa facilities with a buffet lunch included. Please enquire for more details.  
\*Drinks packages available to add on. \*50-person maximum capacity.

### Spa Only

For those wanting to simply use our spa facilities only, we offer 4 hours access to our thermal suite, coffee bar and relaxation room, along with a locker, robe, towel and slippers.

### Hotel Resident Spa Session

As part of any stay, we offer 2 hours access to our thermal suite, coffee bar and relaxation room. This session is complimentary but needs to be booked in advance.

\*Subject to availability

£225 per person

60-minute treatment

1 night stay

\*£35 surcharge for Saturdays.

\*Upgrade to a suite £25.

£360 per person

60-minute treatment

2 night stay

£25 Lunch allocation per person.

£40 Dinner allocation per person.

\*£35 surcharge for Saturdays.

\*Upgrade to a suite £25.

From £240 per person

30-minute treatment per person

Buffet Lunch.

Plus full access to all experience rooms.

\*£35 surcharge for Saturdays.

\*1 night stay available from £85pp, incs breakfast.

£50

4 hours

Complimentary

2 hours

## Terms & Conditions

We kindly ask all clients to fill in their consultation forms online sent out via email upon booking.

Please make our Therapists aware of any medical ailments or treatment that you may be undergoing or have undergone in the last 3 years, as this may affect your treatment or spa access.

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 treatment 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.

Packages without spa use, and spa use only prices available on request.

Gift Vouchers available