



Honingham Road, Norwich, Norfolk, NR9 4DD

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RELAX AND UNWIND
IN OUR INDULGENT SPA

Leave the stress of the outside world behind and enjoy sumptuous treatments at The Spa. The Spa is open to everyone, whether you live locally, are a hotel guest, a member or are visiting the area. Indulge in a few hours of complete relaxation with our range of holistic massage and beauty treatments, which will leave you feeling radiant and refreshed.

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SPA PACKAGES

Spa Packages include access to The Edge health & fitness club, including pool, sauna and steam room. Use of a robe, slippers and towel, plus a full traditional afternoon tea, with a tea or coffee depending on the Spa package. Complimentary water and herbal tea are available in our beauty treatment area.

If you'd like to book additional Spa treatments, please browse our treatment menu and choose from the array of treatments to add onto your day.



PAMPER SPA TREAT

Includes:

Access to The Edge health & fitness club
Robe and slipper hire

One 25 minute treatment, please choose from the following:

- Aromatherapy back massage
- Replenish and revive facial
- Leg and foot energiser
- Hand and arm hydrator
- Body Polish

Includes full traditional afternoon tea in our Brasserie and a gift to take away.



CELEBRATE TOGETHER SPA

Includes:

Access to The Edge health & fitness club
Robe and slipper hire

One 55 minute treatment, please choose from the following:

- Aromatherapy back, face and scalp massage
- Aromatherapy facial
- Polish and nourish body treatment
- Gel manicure
- Gel pedicure
- Oriental head massage and Thai foot massage

Includes full traditional afternoon tea in our Brasserie and a gift to take away.



TIME TO UNWIND SPA

Includes:

Access to The Edge health & fitness club
Robe and slipper hire

One 55 minute treatment and one 25 minute treatment inclusive of one body and one face treatment, please choose from the following:

- Aromatherapy full body massage (55 minutes)
- Aromatherapy facial (55 minutes)
- Polish and nourish body treatment (55 minutes)
- Aromatherapy back massage (25 minutes)
- Replenish and revive facial (25 minutes)
- Leg and foot energiser (25 minutes)
- Hand and arm hydrator (25 minutes)

Includes full traditional afternoon tea in our Brasserie and a gift to take away.

ULTIMATE ME TIME SPA

Includes:

Access to The Edge health & fitness club
Robe and slipper hire

3 hours of treatment time, includes the following:

- Full body polish
- Hot stone full body massage
- Aromatherapy facial
- Energising foot massage

Includes full traditional afternoon tea in our Brasserie with a glass of Prosecco and a gift to take away.





MUMMY-TO-BE PAMPER

Includes:

Access to The Edge health & fitness club
Robe and slipper hire

2 hour treatment time, includes the following:

- Aromatherapy facial
- Luxury Gel pedicure

Includes full traditional afternoon tea in our
Brasserie and a gift to take away.



MATERNITY TREATMENT MENU

During pregnancy your body is continually
adjusting and sometimes you may feel all you
need is some pampering.

Our treatment range will help nourish and
protect the skin during this special time.

The treatments are suitable for clients over
12 weeks pregnant. Unfortunately we cannot
perform treatments in the first trimester.

Full body care

Body exfoliation, full body massage, including a
face and scalp massage

Full body massage

Includes massage to the back, legs, feet, arms and
décolleté

Back massage

Includes massage to the back and neck

You can have any of the following treatment
categories in our brochure – Facials, manicure
or pedicure



SPA BREAKS

Turn your day into a stay with a wonderfully relaxing Spa break.

Enjoy all of The Edge health & fitness club's facilities including swimming pool, sauna, steam room and gym, alongside luxurious Spa treatments.

Dine in style at the award-winning Brasserie restaurant, which offers a fantastic menu designed by our chefs, or enjoy an indulgent afternoon tea.

Feel rejuvenated after a stay in one of Barnham Broom's beautiful bedrooms. Each room is decorated to the very highest standard and includes complimentary toiletries and a leisurely continental and cooked breakfast.

Get in touch to find out more about our spa breaks:
01603 759393
enquiry@barnham-broom.co.uk
www.barnham-broom.co.uk/stay



GIRLS' NIGHT IN

Available on selected dates

Get together for our Girls' Night In break, includes the following:

- An overnight stay in one of our beautiful bedrooms
- Two x 25 minute treatments or one x 50 minute treatment per person in our Spa
- Full traditional afternoon tea
- Beauty gift set within your room
- Use of the Edge health & fitness club
- A pre-dinner cocktail
- Three course evening dinner served in our award-winning Brasserie
- Continental and cooked breakfast the following morning.
- Robe and slipper hire included



BEAUTY ESSENTIALS

Eyes

- Eyelash tint
- Eyebrow tint
- Eyelash lift

Patch test required 24 hours prior to tinting and lash lifting.

Waxing

- Full leg
- Half leg
- Bikini
- Brazilian
- Underarm
- Top lip
- Chin
- Eyebrow

Occasion Make-up

Please enquire directly

FACIALS

Personalised ESPA Facial

- Cleanse, exfoliation and a personalised mask treatment with a tension relief face, shoulder and scalp massage. Finish with a serum and moisturiser chosen specifically for you
- Skin analysis with SkinVision lamp

Express Facial

- An express treatment to treat the key concerns of your skin

ESPA Back, Face and Scalp Treatment

- Back exfoliation
- Back, neck and shoulder massage
- Personalised facial including face and scalp massage

Signature Collagen Facial

- Cleanse, exfoliation and a face massage with a collagen infused mask
- Hand and arm massage
- Foot massage

Depuff & Soothe Eye Treatment

- To minimise dark circles and reduce puffiness for tired, ageing or dehydrated eyes

All treatment times are approximate and includes consultation, treatment and aftercare. These treatments are available for all genders.





BODY TREATMENTS

Salt and Oil Body Scrub

Full body exfoliation to reveal soft glowing skin, followed by a warm shower for removal. Perfect for dry skin and for the removal of dull, dead skin cells

Ultimate Body Wrap

- Body brushing with a natural cactus body brush
- Full body exfoliation
- Mud or algae mask, followed by a shower and application of body oil

Choice of marine mud to nourish your skin or marine algae to detox your body.

Total Body Care

- Body brushing using a natural cactus brush
- Salt and oil body scrub
- Inner Calm personalised full body massage

All treatment times are approximate and include consultation, treatment and aftercare.

A wide range of ESPA products are available to purchase in The Spa.

Available for all genders.

MASSAGES

Personalised Aromatherapy Massage

Combines the power of essential oils with massage therapy to promote relaxation and mindfulness.

Choose from:

- Back massage
- Full body massage
- Luxury full body massage

Hot Stones Massage

Hot volcanic stones to calm and soothe the mind, ease pain and muscle tension.

Choose from:

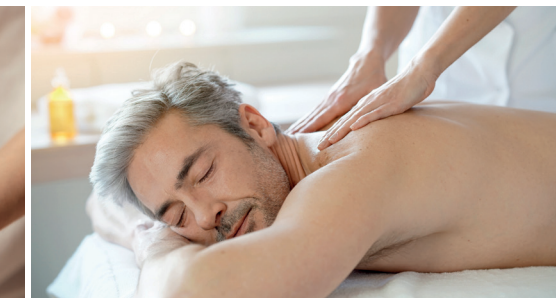
- Back massage
- Full body massage
- Luxury full body massage

Deep Tissue Massage

Massage to help release toxins and lactic acid build-up in tired muscles.

Choose from:

- Back massage
- Full body massage





HOLISTIC TECHNIQUES

Hopi Ear Candling

- Ear candles are used to soothe and release a build-up of ear wax. Followed by a head and pressure point massage
- Relieves headaches and sinus tension

Reflexology

An alternative therapy to promote health and wellbeing by massaging and manipulating the feet

Oriental Head Massage

Relieves tension in your forehead, neck and head. To re-balance the mind and body

Thai Foot Massage

Ease day-to-day stresses and muscular tension and promote relaxation





HANDS

Express File and Polish with polish or gel

Please note this does not include cuticle work

Manicure with polish or gel

- Nail shaping
- Cuticle care
- Hand massage
- Application of colour

Deluxe Manicure with polish or gel

- Nail shaping
- Cuticle care
- Hand and arm massage
- Warm heated mittens
- Application of colour

Gel Removal and Nail Treatment

Removal of gel with a treatment
basecoat applied



FEET

Express File and Polish with polish or gel

Please note this does not include cuticle work

Pedicure with polish or gel

- Nail shaping
- Foot filing and foot soak
- Cuticle care
- Foot massage
- Application of colour

Deluxe Pedicure with polish or gel

- Nail shaping
- Foot filing and foot soak
- Cuticle care
- Foot and leg massage
- Warm heated booties
- Application of colour

Gel Removal and Nail Treatment

Removal of gel with a treatment
basecoat applied



ADVICE AND IMPORTANT INFORMATION

Our Spa environment is one of tranquillity and relaxation. Please respect all Spa guests' rights to privacy and serenity by moving around The Spa quietly and refraining from mobile telephone use.

Please arrive 10 minutes prior to your appointment. Hotel guests may wish to arrive for their treatments in their robe to help with their continued relaxation. Day Spa guests hiring robes and slippers from us are also very welcome to walk around Barnham Broom in this attire. Day Spa guests are asked to return hired robes and slippers to The Spa on departure.

The minimum age requirement to have treatments in The Spa is 16 years of age. Unfortunately we cannot accommodate babies and children in our Spa whilst mothers are having treatments.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your treatment when making your Spa reservation. The Spa will adapt treatments wherever possible to suit the needs of your medical condition. However, if we feel a treatment may not be suitable for you then we will discuss this with you and offer safe alternatives.

PREGNANCY

Please inform us at the time of booking if you are pregnant or breastfeeding.

GENERAL INFORMATION

Avoid any heat treatments including sauna, steam room, hot baths or sunbeds, as well as swimming or sunbathing for 24 hours after waxing.

A patch test is required 24 hours prior to tinting and perming treatments.

For all Day Spa experiences, a welcome tour will be arranged for you. Please notify us in advance if your estimated time of arrival changes.

BOOKING & CANCELLATION POLICY

Full payment is required at the time of booking any of our Spa days and seven days' notice must be given for any group booking cancellation, or a full refund will not be given.

A 50% charge will be incurred for any treatments cancelled within 24 hours of the appointment time.

SPA OPENING TIMES

Monday	9am-6pm
Tuesday	9am-7pm
Wednesday	9am-7pm
Thursday	9am-7pm
Friday	9am-7pm
Saturday	9am-6pm
Sunday	9am-5pm

Telephone: 01603 757545
Hotel ext. 3500

Email: spa@barnham-broom.co.uk

Address: The Spa at Barnham Broom,
Honingham Road, Norwich,
Norfolk, NR9 4DD

