

The background of the image is a warm, dimly lit spa setting. In the foreground, a lit candle in a stone holder sits on a wooden tray next to a white, oval-shaped stone object. In the background, a large, rough-textured stone vessel and a potted plant with long, dark leaves are visible.

*The* Spa   
*at* Barnham Broom

# SPA BREAKS



Experience the ultimate Norfolk escape at Barnham Broom. Immerse yourself in total relaxation with full access to our Edge fitness suite, swimming pool, sauna, and steam room, complemented by a selection of indulgent spa treatments.

Savour award-winning dining at The Brasserie and treat yourself to a quintessentially British afternoon tea. As evening falls, retreat to one of our stylish, beautifully appointed bedrooms for a restful night's sleep, followed by a leisurely breakfast the following morning.



SCAN TO FIND OUT MORE

## GIRLS' NIGHT IN

50-minute treatment per person

A luxury Girls' Night In including a stay in our comfortable bedrooms, a choice of spa treatments, afternoon tea or lunch, and cocktails before your 3-course dinner plus an ESPA gift each to take away.

## ROMANTIC RETREAT

50-minute treatment per person

A luxury couples' escape including an overnight stay, with spa treatments, pre-dinner cocktails, a 3-course dinner, lunch or afternoon tea and an ESPA gift each to take away.

## LUXURY SPA BREAK

50-minute treatment per person

Enjoy a luxury night in with spa treatments, an overnight stay, afternoon tea or lunch, and a 3-course dinner, plus an ESPA gift each to take away.

# SPA DAYS



From restorative days with friends to intimate escapes for two, discover your perfect spa retreat at Barnham Broom.

All our packages include a complimentary robe and slippers to relax in, plus full use of the Edge Health Club facilities and an ESPA gift to take away.



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## PAMPER SPA TREAT

25-minute spa treatment

Choose from the following: Aromatherapy back massage, Replenish and revive facial, Leg and foot energiser, Hand and arm hydrator, or Body polish.  
Includes: Afternoon tea or a light lunch.

## WELLNESS SPA JOURNEY

(Mon - Thurs)

Two 40-minute spa treatments

Includes: Wellness Smoothie on arrival, Skin vision analysis, Holistic facial, Inner calm body massage and a light lunch.

## CELEBRATE TOGETHER

55-minute treatment

Choose from the following: Aromatherapy back face and scalp massage, Aromatherapy facial, polish and nourish body treatment, Gel manicure, Gel pedicure, or Oriental head massage and Thai foot massage.

Includes: Afternoon tea or a light lunch.

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## RELAX AND UNWIND

Leave the stress of the outside world behind and enjoy sumptuous treatments at The Spa. We are 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.

## TIME TO UNWIND

One 55-minute and one 25-minute spa treatment

Choose your 55-minute treatment: Aromatherapy full body massage, Aromatherapy facial, polish and nourish

body treatment. Select your 25-minute treatment:

Aromatherapy back massage, Replenish and revive facial, Leg and foot energiser, Hand and arm hydrator.

Includes: Afternoon tea or a light lunch.

## ULTIMATE ME TIME

3 hours of spa treatments.

Includes: Full body polish, hot stone full body massage, aromatherapy facial, and an energising foot massage, a glass of prosecco, afternoon tea or light lunch.

## REST & REBALANCE VEGAN JOURNEY

(Mon - Fri)

One 40-minute spa treatment

Choose from: Dry body brush, Back massage,

Face massage & Lymphatic drainage,

Hair treatment mask, Hand and arm massage.

Includes: Vegan afternoon tea or a light lunch.

## PERFECT PAMPERING

25-minute spa treatment

Choose from: Invigorating foot massage,

Tranquil scalp massage, Body polish.

Includes: Afternoon tea or a light lunch, and an ESPA gift for your celebrated guest.

Available for groups of 4 or more, perfect for hen dos.

## PIZZA & PROSECCO

(Tues - Thurs 5 pm - 8.30 pm)

25-minute treatment

Choose from the following: Aromatherapy back massage, Body polish, Tranquil scalp

massage, Replenish facial. Includes:

A Brick Pizza & a glass of prosecco.

## RELAX AND UNWIND

Two 25-minute spa treatments

Choose from: Brightening facial, Relaxing back massage,

Tranquil scalp massage, Invigorating foot massage, or

Body polish. Includes: Afternoon tea or a light lunch

and an ESPA gift for your celebrated guest.

Available for groups of 4 or more, perfect for hen dos.

# MASSAGES & COUPLE TREATMENTS

## PERSONALISED AROMATHERAPY MESSAGES

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

Choose from: Back massage, Full body massage or  
Luxury full body massage.

## DEEP MUSCLE MESSAGES

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

Back massage or Full body massage.

## HOT STONE MESSAGES

Experience lasting relaxation with a therapeutic hot stone massage. Tailored techniques unravel muscular tension while pure essential oils relieve stress, leaving both mind and body rejuvenated.

Choose from: Back Massage, Full body massage or  
Luxury full body massage.

## BARNHAM BROOM SIGNATURE MESSAGE

De-stress back, neck and shoulder massage followed by a tension release scalp massage.

## BAMBOO BACK MESSAGE

A rhythmic, deep-tissue therapy using warmed bamboo to knead away stress and restore muscular flexibility.

## TOGETHER

### ESPA RITUAL

Includes: Back exfoliation & massage, facial and scalp massage.

### BARNHAM RITUAL

Includes: Breath work, back exfoliation, back massage, shoulder and neck massage, foot massage.

### BALANCE & HARMONY

Includes: Skin analysis, back massage, double cleanse, exfoliation, personalised mask and scalp massage.



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# BODY TREATMENTS



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## 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.

## TOTAL BODY CARE

Body brushing using a natural cactus brush, salt and oil body scrub, inner calm personalised full body massage.

## ULTIMATE BODY WRAP

Rejuvenate with a stimulating cactus body brushing and full-body exfoliation, followed by a luxurious cocoon in our Marine Mud to nourish and detoxify.

## TOTAL BODY CARE WITH FACE AND SCALP MASSAGE

Body brushing using a natural cactus brush, salt and oil body scrub, personalised full body massage including the back, legs, arms, facial cleanse, face and scalp massage.



# HOLISTIC TECHNIQUES



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## HOPI EAR CANDLEING

By gently vaporising natural ingredients, the candles create a subtle & chimney effect, designed to soothe the ear canal and help loosen lingering obstructions.

## REFLEXOLOGY

An alternative therapy to promote health and well-being by massaging and manipulating the feet.

## ORIENTAL HEAD MASSAGE

Relieves tension in your forehead, neck and head. To rebalance the mind and body

## THAI FOOT MASSAGE

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

# FACIALS

## SIGNATURE COLLAGEN FACIAL

Enjoy a refresh, with a cleansing facial and collagen-infused mask, complemented by soothing hand, arm, and foot treatments.

## NATURAL FACE LIFT FACIAL

Experience a powerful, age-defying Japanese Kobido massage, using jade rollers and pre/probiotic skincare to detox and sculpt the face.

## ACTIVE NUTRIENTS GLOW

Revitalise your complexion with deep steaming, exfoliation, and a targeted brightening mask, finished with a specialised Gua Sha massage.

## MENS DEEP CLEANSE

Our Men's Deep Cleanse includes a SkinVision analysis, a bespoke cleanse and mask with a tension-relieving massage, and a moisturiser tailored specifically to your needs.

## ESPA BACK, FACE & SCALP TREATMENT

Indulge in a complete ESPA experience featuring a back exfoliation and massage, paired with a personalised facial and scalp massage.

## DEPUFF AND SOOTHE EYE TREATMENT

Depuff and soothe the eyes with lymphatic drainage, cold therapy, and a restorative mask using targeted serums.



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## INNER BEAUTY FACIAL

This Inner beauty facial includes SkinVision analysis, a bespoke cleanse, mask, and tension-relieving massage, finished with tailored hydration.





## HANDS & FEET



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### DELUXE MANICURE

*(with polish or gel)*

Nail shaping, cuticle care,  
hand & arm massage,  
warm heated mittens,  
application of colour.

### EXPRESS MANICURE OR PEDICURE

*(with polish or gel)*

Please note this does not include cuticle work.

### DELUXE PEDICURE

*(with polish or gel)*

Nail shaping, cuticle care, foot  
filing, foot soak, foot and leg  
massage, warm heated booties,  
application of colour.

### MANICURE

*(with polish or gel)*

Nail shaping, cuticle care,  
hand massage,  
application of colour.

### GEL REMOVAL & NAIL TREATMENT

Removal of gel with a treatment basecoat applied.

### PEDICURE

*(with polish or gel)*

Nail shaping, foot filing, foot soak,  
cuticle care, foot massage, application  
of colour.

## LASHES AND BROWS



SCAN

From precision shaping to custom tinting, our  
seasoned team uses gentle, refined techniques to  
enhance your natural beauty in total comfort.

## WAXING

Our waxing treatments include body, intimate and  
facial hair removal, ensuring your skin remains  
smooth, clear, and beautifully conditioned.



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# MATERNITY



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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 following 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  
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

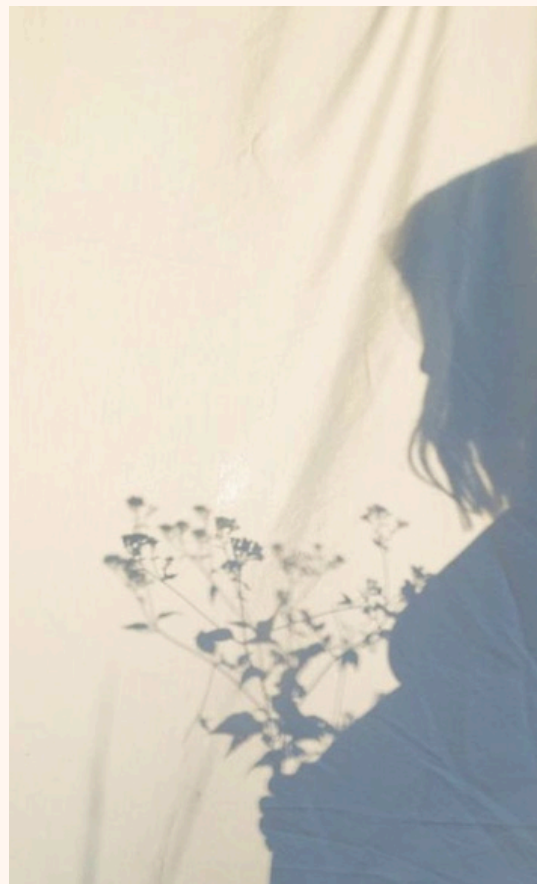
## MUMMY-TO-BE PAMPER DAY

Only available for those between 12 & 38 weeks of pregnancy.



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A perfect pregnancy pamper designed to help expectant mothers relax, de-stress, and recharge. Enjoy two hours of indulgent spa treatments, including an aromatherapy facial and luxury pedicure, followed by a full day of relaxation with unlimited use of the hotel swimming pool. Complete your experience with a traditional afternoon tea or two-course lunch, plus an ESPA gift to take home.



### ADVICE AND IMPORTANT INFORMATION

To maintain our environment of tranquillity, please move quietly through the Spa and refrain from using mobile phones. We ask that you arrive 10 minutes prior to your appointment to ensure a seamless start to your session. Hotel guests are welcome to arrive in their robes to enhance their relaxation. Day guests are also welcome to wear hired robes and slippers throughout the Barnham Broom premises; however, please ensure these items are returned to The Edge health and fitness upon departure. Please note that the minimum age for treatments is 16 years. For the comfort of all guests, we are unable to accommodate babies or children in the Spa while treatments are in progress.

### HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your choice of treatment when making your spa reservation. We will try to adapt treatments to suit your medical needs whenever possible. If a specific service is unsuitable, we will discuss safe alternatives with you.

### HEMOCARE

To continue your spa experience at home, all ESPA products used within your spa treatments are available at the spa reception, where one of our team would be delighted to advise you on the most suitable products for your needs.

### CONTACT

Telephone: 01603 757545  
Email: [spa@barnham-broom.co.uk](mailto:spa@barnham-broom.co.uk)  
Website: [www.barnham-broom.co.uk/spa](http://www.barnham-broom.co.uk/spa)  
Address: The Spa At Barnham Broom, Honingham Road,  
Norwich, Norfolk, NR9 4DD

### SPA OPENING TIMES

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

### 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. Treatment times are approximate and include consultation, treatment, and aftercare.

### BOOKING & CANCELLATION POLICY

Full payment is required at the time of booking for any spa days or treatments. Cancellation & no shows will result in loss of payment. Spa Days: 14 days' notice must be given to amend or move a booking, but it cannot be cancelled. Treatments: 48 hours' notice must be given to amend treatment, but it cannot be cancelled.

### PREGNANCY

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

### VOUCHERS

Please bring your voucher on the day of treatment. Without it, full payment will be required upon arrival.



ESPA

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Honingham Road, Norwich, Norfolk, NR9 4DD

[www.barnham-broom.co.uk/spa](http://www.barnham-broom.co.uk/spa) | 01603 757545 | [spa@barnham-broom.co.uk](mailto:spa@barnham-broom.co.uk)