



the Spool
Barnham Broom

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

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

<i>Mon-Fri</i>	<i>Sat-Sun</i>
<i>£75</i>	<i>£85</i>

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
- Jessica manicure
- Jessica pedicure

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

<i>Mon-Fri</i>	<i>Sat-Sun</i>
<i>£100</i>	<i>£110</i>

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.

<i>Mon-Fri</i>	<i>Sat-Sun</i>
<i>£147</i>	<i>£157</i>

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.

<i>Mon-Fri</i>	<i>Sat-Sun</i>
<i>£205</i>	<i>£215</i>





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 pedicure

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

Mon-Fri *Sat-Sun*

£150 *£160*



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
- ESPA 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



CELEBRATION ESCAPE

Available on selected dates

Celebrate in style with this indulgent break, includes the following:

- An overnight stay in one of our beautifully decorated bedrooms with a delicious continental and cooked breakfast in the morning.
- Arrive to a bottle of Prosecco in your room and later enjoy a 25-minute treatment in The Spa, where you will be able to truly unwind.
- Evening dining in the Brasserie with a three course menu prepared by our talented chefs.
- Use of the The Edge health & fitness club
- Robe and slipper hire included

For more information or to see our range of spa breaks available, please visit our website: www.barnham-broom.co.uk/spa/spa-breaks





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

55 minutes

£65

Express Facial

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

25 minutes

£45

ESPA Back, Face and Scalp Treatment

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

1 hour 20 minutes

£85

Signature Collagen Facial

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

1 hour

£60

Depuff & Soothe Eye Treatment

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

25 minutes

£43

All treatment times are approximate and includes consultation, treatment and aftercare





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

25 minutes

£38

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

50 minutes

£60

Total Body Care

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

1 hour 40 minutes

£90

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

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

MASSAGES

Personalised Aromatherapy Massage

Your therapist will provide a sensory test with ESPA oils carefully chosen to suit your specific needs

25 minutes (back, neck and shoulders) **£42**

55 minutes (full body including back, legs, arms and décolleté) **£65**

1 hour 20 minutes (full body including face and scalp) **£75**

Barnham Broom Signature Back Massage

40 minutes (back, neck, shoulders and scalp) **£55**

Deep Tissue Full Body Massage

55 minutes **£75**

Hot Stones

- Hot volcanic stones to calm and soothe the mind and body
- Cold marble stones can also be incorporated to relieve inflammation

25 minutes (back, neck and shoulders) **£48**

55 minutes (full body including back, legs, arms and décolleté) **£75**

1 hour 20 minutes (full body inc. face and scalp) **£82**





MATERNITY

Pregnancy Massage

- Adapted to be safe and comfortable in pregnancy

25 minutes

£42

55 minutes

£65

Suitable from 12 to 38 weeks

All of our hand and feet treatments and facials are also suitable throughout pregnancy

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

30 minutes

£45

Reflexology

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

50 minutes

£55

Oriental Head Massage

Relieves tension in the upper back, neck, scalp and face

25 minutes

£42





HANDS AND FEET

Jessica Manicure

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

50 minutes **£38**

GELeration polish **£45**

Jessica Deluxe Manicure

- Includes hand exfoliation, mask and thermal mitten treatment

1 hour **£45**

GELeration polish **£50**

Gel removal £17, or £8 when combined with a manicure or pedicure

Express File and Polish

- Fingers or toes

25 minutes **£24**

GELeration polish **£28**

Please note this does not include cuticle work

Jessica Pedicure

- Foot filing and foot soak
- Foot massage
- Application of colour

50 minutes **£45**

GELeration polish **£50**

Jessica Deluxe Pedicure

- Includes foot exfoliation, mask and thermal bootie treatment

1 hour **£50**

GELeration polish **£55**

BEAUTY ESSENTIALS

Mii Make-up Application

50 minutes £50

Wedding and Big Event Look Make-up (including trial)

2 x 1 hour Sessions (different days) £110

Mother of the Bride (40 minutes) £43

Bridesmaid (40 minutes) £43

Eyes

- Eyebrow tint £12
- Eyelash tint £18
- Eyebrow shape, lash and brow tint £30
- Eyelash and eyebrow tint £25
- Eyelash lift £40
- Eyelash lift and tint £45

Mii-Make-up is also available to purchase in The Spa.

Patch test required 24 hours prior to tinting and lash lifting appointments for the treatment to take place.



Waxing

- Half leg £25
- Full leg £35
- Top lip £12
- Chin £12
- Top lip and chin £20
- Underarm - hot wax £18
- Eyebrow £14
- Standard bikini - hot wax £18
- High line bikini - hot wax £22
- Full leg and standard bikini £42
- Half leg and standard bikini £38
- Brazilian - hot wax £36
- Hollywood - hot wax £40



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

Telephone: 01603 757545
Hotel ext. 3500

Email: spa@barnham-broom.co.uk

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



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Barnham Broom

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