



THE **SPA** AT
SPROWSTON MANOR



SPROWSTON MANOR
HOTEL & COUNTRY CLUB, NORWICH





WELCOME TO THE SPA AT SPROWSTON MANOR



Working with some of the world's finest product houses our team of spa specialists can offer you the ultimate experience in holistic beauty care, whether you are looking for a de-stressing massage, nourishing facial or glamorous nails our spa professionals are able to assist.

ELEMIS FACIALS

All the treatments are designed to support great skin health: to respect that skin is alive. No two skins are the same and no two bodies are the same. Every spa therapy is shaped and moulded around you, personalised for a result-driven, personalised experience.

25 minutes £40

55 minutes £60

85 minutes £75

ELEMIS Pro-Collagen Age Defy

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS Pro-Definition Lift and Contour

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extracellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS Dynamic Resurfacing Precision Peel

Clinically proven* to target the signs of aging and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

ELEMIS Superfood Pro-Radiance

A nutritional boost rich in super foods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.



ELEMIS BIOTEC FACIALS

Discover how our professional high potency **ACTIVES**, **ELEMIS'** unique **Skin Lift TOUCH** and science of 5 in 1 advanced bio-electric **TECHNOLOGY** work in perfect synergy with the skin's natural bio-electric field.

25 minutes £40

55 minutes £60

85 minutes £75

ELEMIS BIOTEC Line Eraser

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A power fully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines.

ELEMIS BIOTEC Firm-a-Lift

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

ELEMIS BIOTEC Anti-Pigment Brightener

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

ELEMIS BIOTEC Skin Resurfacer

This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

*Independent Clinical Trials

ELEMIS BIOTEC Radiance Renew

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

ELEMIS BIOTEC Blemish Control

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

ELEMIS BIOTEC Sensitive Skin Soother

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

ELEMIS BIOTEC Neck Treatment Add on Treatment

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

25 minutes £40

ELEMIS BIOTEC Eye Treatment Add on Treatment

BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

25 minutes £40



GUINOT FACIALS

Guinot Beaute Neuve

55 minutes £60

Beaute Neuve is a double-peeling treatment with fruit acids, glycolic acids and pure Vitamin C. Anti-ageing cell-renewal, youthful radiance and anti-pigmentation actions, leaving your skin brighter and more radiant.

Guinot Hydradermie Facial

60 minutes £60

Deep cleansing and plumping treatment. Uses galvanic current and high frequency for healthy skin cells. Visible improvements to skin texture and surface wrinkles or blemishes, offering longer lasting results as the products optimise the skins natural cycle. Includes a mask and facial massage.

Guinot Hydradermie Lift

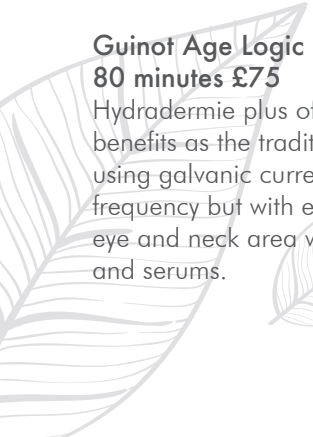
60 minutes £65

Advanced treatment uses microcurrent to reduce fine lines, tone and firm the skin and facial muscles. Includes a mask and facial massage. Most beneficial as a course of treatments.

Guinot Age Logic (Hydradermie Plus)

80 minutes £75

Hydradermie plus offers the same benefits as the traditional hydradermie using galvanic current and high frequency but with extra attention to the eye and neck area with targeted masks and serums.




Guinot Hydradermie Lift Deluxe

90 minutes £85

Combines the traditional hydradermie and hydradermie lift treatments.

Advanced treatment with galvanic, high frequency, drainage and muscle stimulation. Optimises the skins natural cycle to improve skin tone, texture and fine lines whilst firming the muscles.

Includes mask, facial massage and hand and arm massage.



DECLEOR FACIALS

Our 25 minute Facials offer a facial cleanse with the use of expert massage techniques & 100% Essential Oils to relax & comfort, leaving a glowing complexion. Each 55 minute facial includes a professional mask to address your individual needs as well as the use of expert massage techniques & 100% Essential Oils. Our 85 minute facials include the Back Diagnostic allowing your therapist to tailor the treatment to your specific concerns as well as facial massage, pressures, drainage & professional mask.

25 minutes £40

55 minutes £60

85 minutes £75

ESSENTIALS

Quench & Protect

Super-hydrating and able to quench even the thirstiest of skins, avoid dull and dehydrated skin with this deeply moisturising treatment. It includes a gentle yet effective exfoliation to leave skin smooth, velvety soft and perfectly prepped for our nourishing AROMESSENCE™ Neroli Amara Oil Serum. A nutrient-rich mask drenches skin with soothing, moisture-loving ingredients for a complexion that's rehydrated, supple and cashmere soft.

Cocoon & Repair

Say goodbye to dry, flaky skin with our ultra-nourishing facial which deeply soothes, restores and renews skin. Gentle massage movements help to boost micro-circulation while the nourishing blend of Geranium and Rose help to feed skin with vital nutrients. Moisturised skin helps to strengthen protection against wind, rain and cold making this ideal for anyone who spends a lot of time outdoors. Even the driest skin is left supremely supple, comfortable and satin smooth.

Clean & Rebalance

This mattifying facial targets spots, blemishes, open pores and excessive shine. Includes a balancing and deeply oxygenating power mask to bring instant clarity to dull, devitalised skin and a three-stage massage ritual which intensively relaxes and refines uneven texture. Previously oily, combination and dull skin is brought back to life leaving it luminous, crystal clear, beautifully matte and completely flawless.

Calm & Soothe

This intensely soothing treatment instantly relieves sensitive and irritated complexions. Acting like a calming comfort blanket, Blueberry Extract soothes angry, sore skin; a cooling Algae plasticizing mask peels away to reveal a calmer, smoother surface. Redresses all types of sensitivity whether due to stress, poor diet, illness, medication or simply general fatigue. Skin becomes clear, soothed and more resilient to environmental aggressions.

ANTI-AGEING

NEW Smooth & Glow

This facial is enriched with vitamins and anti-oxidants. The unique massage movements help to release tension and the bamboo movements help to smooth out the appearance of lines and wrinkles. Our vitamin mask softly cocoons skin, providing the perfect environment for it to flourish. Skin is left deeply cleansed, perfectly replenished and glowing with vitality. Our brand new range Green Mandarin boosts your skin's natural glow.

Plump & Lift

A unique facial combining the flow, rhythm and repetition of powerful Kobido massage technique with Iris and Lavandula essential oils for smoothed, firmed and luminous skin. We take inspiration from Vinyasa Flow Yoga to give a visibly lifted appearance to the cheekbones and eyelids and improve the shape and definition of the face.

Sculpt & Rejuvenate

This facial has been created to deliver a natural lift to the face, helping reshape the contours of the face with a re-cushioning effect. The treatment includes a back massage to help you completely unwind & relax. After a deep cleanse & three facial massages, your therapist will help lift your skin with a massage using our outstanding Energy Youth Concentrate Mask. This will plump and smooth the appearance of lines & wrinkles, whilst softening & increasing the tone, leaving the skin glowing with rosy youthfulness.

TARGETED

Smooth & Revitalise Eye Treatment 25 minutes £30

Delicately nurturing the most sensitive and delicate part of the face, this specialised treatment is fatigue-fighting, moisture quenching and wrinkle smoothing. Decléor's unique toning eye technique stimulates micro-circulation, anti-ageing eye mask also decongests and de-puffs. Leaves even contact lens wearers, hay fever sufferers and smokers with a dramatically brighter, younger looking eye zone

SIGNATURE TREATMENT

Reset & Strengthen Facial

55 minutes £60

85 minutes £75

Aromaplastie Ritual Treatment. The very first Decléor bespoke treatment created that brings out your complexion's natural beauty. The face is perfectly replenished and glowing with vitality, thanks to Essential Oils and our blend of flaxseed, sunflowers and plant vitamins.







BODY TREATMENTS & MESSAGES

BODY MASSAGE

Decleor Recover & Release Tensions Bamboo Massage

55 minutes £60

Relieve your daily stresses and tiredness with this sensuous deep tissue massage using natural bamboo and deep pressures to accentuate the massage effects and instantly relieve muscle tensions. The massage with Cica, Rosemary & Niaouli Essential Oils will help to stimulate blood circulation and help your skin to heal itself, naturally.

Decleor Relax & De-stress Massage

25 minutes £40

55 minutes £55

85 minutes £75

Our expert therapists will create your very own personally-tailoring sculpting massage targeted to your individual needs. Aromatherapy essential oils help to relax and unwind, energise or harmonise your well-being. Whether its pure relaxation, body firming or refining your silhouette, this highly effective massage will ensure your needs will be met.

Decleor Deep Tissue Muscle Energiser

25 minutes £45

55 minutes £60

Banish tight muscles and alleviate stress levels deep down. Powerful, deep and strongly rhythmic movements make this customised massage pure therapy for body and soul. Created for you to release the discomfort of aching

muscles (whether through fatigue or stress), 100% natural, Decleor Essential Oil Balms actively work with your body to release localised areas of excessive tension. Leaves your mind feeling less cluttered and muscles intensely relaxed.

Decleor Aromatherapy Hot Stone Massage

25 minutes £45

55 minutes £65

85 minutes £85

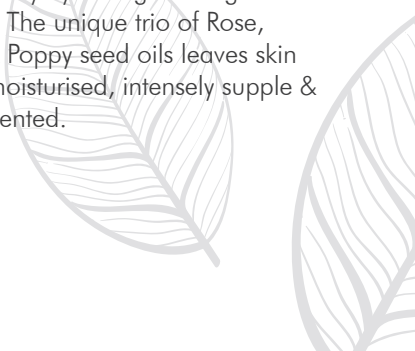
The most blissful way to soothe body and mind, stress doesn't stand a chance against this divine hot stone massage. Your personalised sensorial journey relies on the therapist's intuitive touch in harmony with smooth, heat-releasing stones. Individually shaped, the stones help release tension, reduce stress, soothe aches and rebalance energy levels; used with luxurious Aromatic Balms that melt into your skin leaving it as soft as silk.

ELEMIS Garden of England Rose Restore Massage

25 minutes £40

55 minutes £55

take a walk in an English rose garden with this lavishly hydrating massage & micro wrap. The unique trio of Rose, Camellina & Poppy seed oils leaves skin exquisitely moisturised, intensely supple & delicately scented.





Sprowston Scalp Massage

25 minutes £35

A de-stressing scalp treatment to soothe & aid restful sleep. Pressure point massage relieves stresses to calm, leaving a feeling of serenity.

BODY TREATMENTS

ELEMIS Intensely Cleansing Salt Scrub

45 minutes £45

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil includes an Elemis exfoliating facial ritual.

Decleor Destress & Rebalance Cocooning Body Wrap

55 minutes £55

Banish stress with this cocooning and warming relaxation wrap. Developed to improve wellbeing by relieving stress and clearing busy minds, indulgent self-heating ingredients actively help reduce tension and stress. The perfect treatment for anyone with a hectic, demanding lifestyle who finds it hard to switch off, this sublimely relaxing envelopment includes soothing Vanilla as well as brightening Papaya Extract to leave skin satin smooth and supple.

Decleor Revitalise & Hydrate Energising Body Wrap

55 minutes £55

Aches, pains and tiredness dissolve away with this stimulating treatment. The antidote to poor circulation, this refreshing full body

wrap eases aching muscles and fights fatigue. Ideally suited to those who enjoy sport and or an active lifestyle, this warming zesty treatment also ensures cold hands and feet become a thing of the past. Essential Oils of Lemon, Pepper and Cypress revitalise skin for total comfort all over.

Decleor Firm & Tone Toning Body Wrap

55 minutes £55

This collagen-boosting body wrap tones slackened skin, targets sun damaged skin and helps improve the look of stretch marks. Potent radiance enhancers Immortelle, Lemon and Frankincense Essential Oils work to erase the appearance of imperfections and strengthen skin whilst also combatting the appearance wrinkles. Deeply nourishing, this sculpting envelopment hydrates and moisturises too, improving hydration levels for radiant, firm and soft skin from top to toe.

Decleor Polish & Nourish Scrubbing Body Massage

55 minutes £55

Powdered Fruit Seeds of Orange and Apricot plus Essential Oils and Spices are used to buff and polish skin leaving it in supreme condition. A delightfully relaxing massage with warm aromatherapy oils then allows your therapist to focus on any areas of tension and stress, re-energising and restoring vitality for skin that's beautifully nourished and velvety soft all over





HANDS & FEET

Jessica Prescriptive Manicure with LeRemedie Hand Treatment **55 Min £32**

The ultimate in hand and nail care. All the benefits of the LeRemedie Hand Treatment combined with Jessica's Prescriptive Manicure.

Jessica Deluxe Manicure with Thermal Heated Mittens. **55 Min £35**

Jessica's Prescriptive Manicure with the luxurious added benefit of Thermal Heated Mittens for deeper penetration of oils and creams. This treatment choice is excellent for increasing circulation or relieving stiff, painful joints.

Jessica GElation Manicure **45 Min £32**

Includes the benefits of the luxurious LeRemedie Hand Treatment. Your hands will be smoother, silkier & firmer. Cuticles will be cared for, nails will be shaped and finished with Jessica's GElation gel polish.

Jessica Half Hour Manicure or Pedicure **25 Min £20**

Hands/ feet and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish.

ZenSpa Pedicure **55 Min £32**

Hard skin will be removed, feet and legs will be massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.

ZenSpa Pedicure Deluxe **55 Min £35**


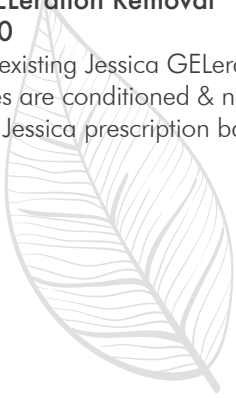
Jessica's ZenSpa Pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams. Excellent for increasing circulation or relieving stiff, painful joints.

ZenSpa Pedicure with GElation **55 Min £32**

A luxury foot and leg treatment. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed and toenails will be shaped, finished with Jessica's GElation gel polish.

Existing GElation Removal **20 Min £10**

Removal of existing Jessica GElation only. Cuticles are conditioned & nails are treated with Jessica prescription basecoat.





TREATMENT ENHANCEMENTS

Treat yourself to something a little extra during your time in the hands of the capable therapists. The following enhancements can be added to any spa treatment to give you a little extra pampering within your existing treatment time.

Hands or Feet Revitalizer Scrub £8

Infused with aromatherapy, this treatment will detoxify, deep cleanse, soften, smooth and hydrate.

Warm Stone Muscle Melt £8

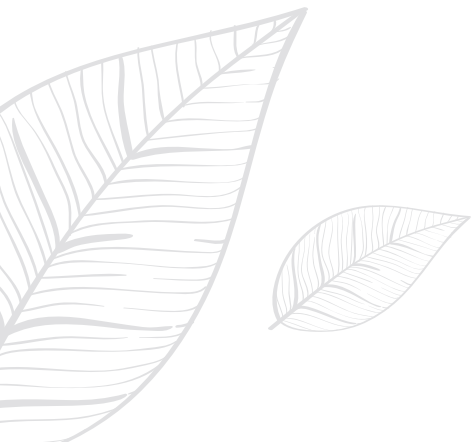
Smooth basalt stone radiate heat deep into the muscles to loosen and relieve deep set tension and stress.

Scalp Massage £8

Essential oils & circulation stimulation through massage improves the condition of the scalp, while hair is left revitalized with a lustrous shine.

Eye and Lip Collagen Mask £8

Diminishes the appearance of puffiness, dark circles and fine lines, leaving a rejuvenated youthful look.





FINISHING TOUCHES

BODY WAXING

Full Leg Wax	£22
Half Leg Wax	£17
Bikini Line Wax	£12
Underarm Wax	£12
Forearm Wax	£12

FACIAL WAXING

Lip Wax	£10
Chin Wax	£10
Eyebrow Shape	£10
2 Areas	£18
3 Areas	£27

TINTING

Eyebrow Tint	£10
Eyelash Tint	£14
Brow & Lash Tint	£22





SPA DAY PACKAGES

All spa days are from 10am-5pm. Leisure club facilities include access to the gym, swimming pool, spa bath, sauna & steam room. Towels are included. Robe packages are available from £6.50. All food is served between 1-4pm. Table times will be allocated on arrival at the spa. Larger groups must pre-book table times.

Time Together Package

£55 per person

Includes a 25 minute treatment per person. Treatment choices include: Half Hour Manicure OR Pedicure, Elemis Massage OR Facial, Decleor Massage or Facial, Sprowston Scalp Massage.

Spa Cream Tea Package

£60 per person

Includes a 25 minute treatment per person & a pot of tea with scones clotted cream & jam. Treatment choices include: Half Hour Manicure OR Pedicure, Elemis Massage or Facial, Decleor Massage or Facial, Sprowston Scalp Massage.

Time for Me Package

£70 per person

Includes a 55 minute treatment per person. Treatment choices include: Jessica Prescription Manicure, Jessica ZenSpa Pedicure, Elemis Garden of England Massage, Decleor Relax & Destress Massage, Decleor Polish & Nourish Scrubbing Body Massage, Elemis Facial or Decleor Facial.

Afternoon Tea & Spa Package

£85 per person

Includes a 55 minute treatment per person & Afternoon Tea served in the Hotel Bar. Treatment choices include: 55 minute Elemis Facial or 55 minute Decleor Facial.

Perfect Pair Package

£90 per person

Includes 50 minutes of treatment per person inclusive of one 25 minute massage & one 25 minute facial. Treatment choices include: Elemis Garden of England Massage, Decleor Relax & Destress Massage or Sprowston Scalp Massage AND your choice of Decleor or Elemis facial.

Pure Bliss Package

£115 per person

2 hours of treatment per person inclusive of one hand/ foot treatment and one face/ body treatment. Treatment Choices include; Jessica Deluxe Manicure OR Jessica Deluxe Pedicure AND your choice of Elemis Garden of England Massage, Decleor Relax & Destress Massage, Decleor Polish & Nourish Scrubbing Body Massage, Elemis Facial or Decleor Facial.

Revive & Relax Package

£120 per person

Includes 25 minute Massage & 55 minute Facial per person plus £15 voucher for Lunch in Zest Café OR £15 off Spa Products. Treatment choices include Elemis Garden of England Massage, Decleor Relax & Destress Massage or Sprowston Scalp Massage AND your choice of Elemis or Decleor Facial





MEN'S SPECIFIC TREATMENTS

Each of the treatments listed within our brochure are suitable & adaptable for both men & women. The treatments listed below have been specifically designed with Men in mind, focusing on the concerns and demands of the modern man.

Decleor Perform & Energise Skin Facial

Men's Facial Treatment. Rebalance & energise Tailored to suit all skin types, this hard-working facial leaves skin energised, rebalanced and looking healthy.

25 minute £40

55 minutes £60

85 minutes £75

Jessica Gentleman's Club Hand & Nail Care

30 minute £20

Hands are exfoliated to remove dryness and massaged with treatment creams. Cuticles are conditioned and groomed and nails are trimmed and shaped.

Jessica Executive Footcare for Men

45 minute £28

Hard skin is removed, feet and legs are massaged, cuticles will be made neat and tidy and toenails will be perfectly shaped.

Full Back Wax 40 minutes £30

Semi Back Wax 25 minutes £20

Full Chest & Ab Wax 40 minutes £30

Chest Wax 25 minutes £20





SPA TIPS

How do I choose my treatments?

We offer a menu to pamper, relax and revive the body. Our Therapists can help you select those treatments that are most appealing and beneficial to you.

Treatment Consultations

Our consultations are confidential and complimentary and are included within the treatment time experience. Please notify us on booking if you have any allergies or medical concerns that may prevent us undertaking the treatment. Some treatments are not suitable for certain medical conditions and will require a letter from your Doctor confirming that the treatment can be performed.

Arrival

We kindly ask that you arrive at The Spa Reception 20 minutes before your appointment time to enable you to relax and enjoy a herbal tea or water. We offer our guests a reliable treatment schedule, please appreciate that late arrivals will not receive an extension of scheduled treatment time.

What shall I wear?

Wear whatever is comfortable. On Arrival, your therapist will explain the elements of your treatment and will advise what items of clothing should be worn during it. During treatments all of our therapists are trained to drape you appropriately for privacy. Whilst using the wet spa and any of our heat experiences, swimming shorts/trunks or costumes must be worn.

Young Adults

Young adults aged 15 years and younger may receive Manicures and Pedicures only. Young adults aged 16-17 years can also receive Facials once a Minors Authorisation Form has been completed and signed. Massage and Body treatments are available for young adults aged 18 years and over.

What if I'm pregnant?

Please notify us if you are pregnant when booking your treatments.

Take the Spa Home

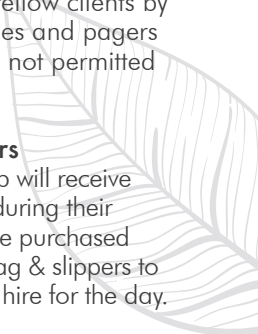
As part of your complete experience, our trained Therapists will gladly recommend a skin care routine to enable you to continue the benefits of your treatment at home. Our products are available to buy directly from the Spa.

And finally a few spa tips;

Please make us aware of any preferences that you may have. Talking with your Therapist will help to customise their service & ensure maximum enjoyment. To keep you hydrated we recommend that you drink plenty of water. We recommend men shave a few hours before a facial. We request that you respect the needs of fellow clients by leaving your mobile phones and pagers in your locker. Smoking is not permitted on the premises.

Towels, Robes & Slippers

Those using the leisure club will receive one complimentary towel during their visit. Robe packages can be purchased for £6.50 and include a bag & slippers to take home as well as robe hire for the day.





POOL ACTIVITIES

The Leisure Club is open daily
last entry is at 8pm.

Monday - Friday 6:30am - 9pm

Saturday & Sunday 7am-9pm

Please be aware that our pool hosts various activities and we advise our spa clients to book their visits accordingly to ensure maximum enjoyment and relaxation.

Aqua fit classes run from 9:30-11:15am on Tuesdays & Thursdays, from 9:30-10:15am & 18:30-18:45pm on Wednesday. Classes are £6.50 per person and can be booked one week in advance by contacting the leisure club.

Swim School lessons are between 2-7pm on Tuesdays, Thursdays & Fridays **as well as 8-10am Saturday** Class start times will vary depending on class size and schedules. Our leisure club is a family friendly club allowing access for children of all ages. The club operates an Adult Only swim time 1-2pm Monday to Friday & 8-9pm daily. Subject to change*

FOOD OUTLETS

Café Zest overlooks the golf course & offers laid back dining throughout the day. The Hotel Bar serves lunch & Afternoon Tea 1pm-4:30pm. Please pre-book your table time upon booking with the spa.

BOOKINGS

Please book spa appointments in advance. Bookings can be made directly on **01603 254222. or beauty763@theelitevenueselection.co.uk.**

Credit card details may be required to secure an appointment. Please note we have an Age Policy for treatments as detailed in the 'Spa Tips' section of the brochure All appointment durations stated include consultation and changing time and not the total 'hands on' time. Arrival is recommended 20 minutes before treatment time to check in and relax in our waiting room with a complimentary water or herbal tea.

CANCELLATION POLICY

There will be a full charge of the treatment(s) booked if you do not show for your booked appointment or if less than 12 hours' notice is given. 50% charge if less than 24 hours' notice is given.

COUPLES TREATMENT

Our spa offers a dual treatment room where treatments are performed in the same room side by side. To evoke relaxation this option is only possible when both clients are having the same treatment. Must be booked in advance.

THE SPA OPENING HOURS

Monday to Friday – 10am to 6pm

Saturday – 10am to 7pm

Sunday – 10am to 5pm







Sprowston Manor Hotel, Golf & Country Club

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E: beauty763@theelitevenueselection.co.uk