



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: and 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 £45

55 minutes £65

ELEMIS Pro-Glow Smooth

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine whilst improving the appearance of skin tone and luminosity/. Skin is prepped for an infusion of hydration that will double its moisture content leaving it feeling plump and hydrated, whilst delivering an immediate and visible tightened effect.

After just one treatment the complexion looks firmer, supremely smooth and rejuvenated.

ELEMIS Pro-Glow Resurface

Purify and brighten as skin textured is transformed. With a spotlight on enlarged pores, blemishes and blackheads. This unique facial powered by patented Tri-Enzyme technology minimises the lack of uneven tone, texture fine lines and pigmentation.

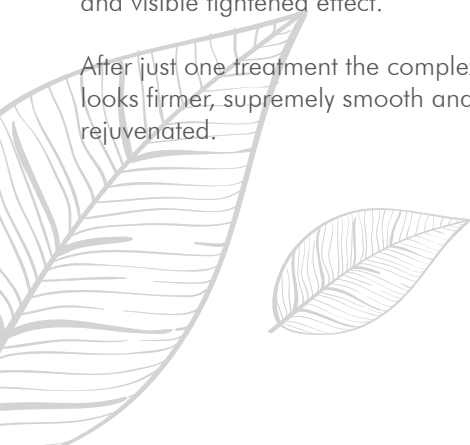
Dull uneven, tired-looking skin will appear brighter, smoother and renewed.

ELEMIS Pr-Glow Brilliance

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants and grime. Gently resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin.

A fusion of Super-foods and antioxidant rich facial oils plump up the skin with moisture, whilst helping to nourish and protect.

Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy



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 £50

55 minutes £70

Pro-Glow Smooth +

Ultrasonic peeling exfoliates dead skins cells to smooth and prepare the skin for line-fighting microcurrent technology targeting lines and wrinkles for more radiant, youthful looking skin

Skin will appear more vibrant, with improved feeling of firmness and elasticity.

Pro-Glow Resurface +

Super-charged deep cleansing and powerful ultrasonic peel technology eliminates visible pollutants, dirt and impurities for an immediately cleaner, brighter complexion. Gently resurfacing helping to reduce viable dryness and smooth the appearance of fine lines.

Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clean.

Pro-Glow Brilliance +

SExperience ultrasonic peel technology and brightening enzymes to deep clean and remove visual pollutants, make-up and city grime for happy healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with super-charged air massage to breath life into your skin.

Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed and glowing.

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.





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

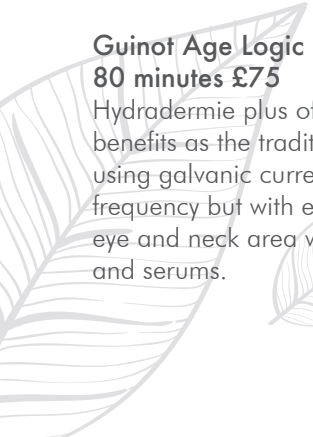
60 minutes £65

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.





BODY TREATMENTS & MASSAGES

BODY MASSAGE

Aromatherapy body Massage

25 minutes £45

55 minutes £65

Our expert therapists will create your very own personally-tailored 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.

Free Style Deep tissue massage

25 minutes £50

55 minutes £70

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). Leaves your mind feeling less cluttered and muscles intensely relaxed.

Hot Stone Massage

25 minutes £50

55 minutes £70

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 £45


55 minutes £65

Take a walk in an English rose garden with this lavishly hydrating massage & micro wrap. The unique trio of Rose, Camelina & 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 £50**

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.





HANDS & FEET

Treat Mii Manicure

45 Min £32

Nourishing manicure products to soothe, brighten and renew skin combined with Mii colour confidence polish

Indulge Mii Manicure

55 Min £35

Treat Mii manicure with the luxurious benefit of thermal heated mittens for deeper penetration of oils and creams. Finished off with Mii colour confidence polish

Treat Mii GELeration Manicure

45 Min £32

Your hands will be smoother, silkier & firmer. Cuticles will be cared for, nails will be shaped and finished with Mii gel polish.

Mii Express 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.

Treat Mii Pedicure

45 Min £32

Soothing pedicure products to create silky smooth results. Hard skin removed, feet and legs will be massaged with deep conditioning cream. Combined with Mii colour confidence polish.

Mii Indulge Pedicure

55 Min £35

Treat Mii pedicure with luxurious benefits of thermal heated mittens for deeper penetration of oils and creams. Finished off with Mii colour confidence polish.

Treat Mii Gel Pedicure

45 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 Mii gel polish.

Remove Mii

20 Min £10

Removal of existing Mii gel only. Cuticles are conditioned & nails are treated with Mii prescription basecoat.





TREATMENT ENHANCEMENTS

Treat yourself to something a little extra during your time in the hands of our 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

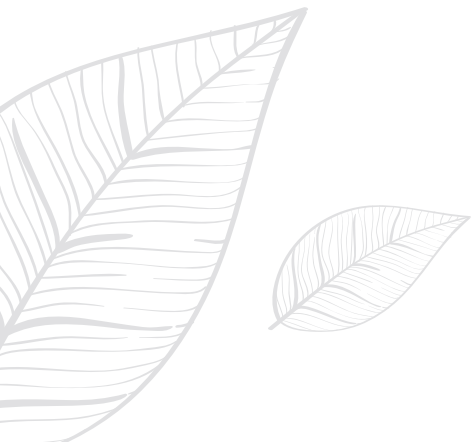
Smooth basalt stones radiate heat deep into the muscles to loosen and relieve deep set tension and stress.

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 | £24 |
| Half Leg Wax | £19 |
| Bikini Line Wax | £14 |
| Underarm Wax | £14 |
| Forearm Wax | £14 |

FACIAL WAXING

| | |
|---------------|-----|
| Lip Wax | £12 |
| Chin Wax | £12 |
| Eyebrow Shape | £12 |
| 2 Areas | £20 |
| 3 Areas | £29 |

TINTING

| | |
|------------------|-----|
| Eyebrow Tint | £12 |
| Eyelash Tint | £16 |
| Brow & Lash Tint | £24 |

Please be advised a tint test is required at least 24hrs prior to any tint treatment if it is your first visit.





SPA PACKAGES

All spa packages are available from 10am-5pm. Leisure club facilities include 3 hours access to the gym, swimming pool, spa bath, sauna & steam room. Towels are included. Robe packages are available from £7.00.

Time Together Package

£55 per person

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

Time for Me Package

£75 per person

Includes a 55 minute treatment per person. Treatment choices include: Jessica Prescription Manicure, Jessica ZenSpa Pedicure, Elemis Garden of England Massage or Elemis Facial.

Perfect Pair Package

£95 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, or Sprowston Scalp Massage and a Elemis facial.



Pure Bliss Package

£110 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, Aromatherapy Massage, Elemis Facial.

Revive & Relax Package

£120 per person

Includes 25 minute Massage & 55 minute Facial per person. Treatment choices include Elemis Garden of England Massage, Aromatherapy Massage or Sprowston Scalp Massage and a of Elemis 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.

Perform & Energise Skin Facial

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

25 minute £45

55 minutes £65

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

30 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

Half Back Wax 25 minutes £20

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 complete a short consultation form. 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

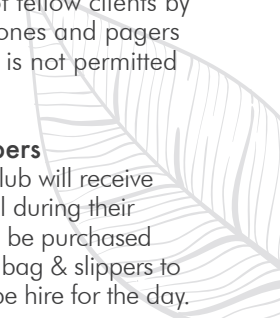
As part of your complete experience, our trained Therapists will gladly recommend a skin care routine to enable you to continue the benefits of your treatment at home. Our products are available to buy directly from the Spa.

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 £7.00 and include a bag & slippers to take home as well as robe hire for the day.





POOL FACILITIES

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

Monday - 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 9:00-11am on Tuesdays & Thursdays. Classes are £7.50 per person and can be booked one week in advance by contacting the leisure club.

Swim School lessons are between 3-7pm on Tuesdays and Thursdays **as well as 8am-12pm 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.

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 ice water.



WHEN MAKING A BOOKING

We are now taking a 50% non refundable deposit. The rest of the amount will be paid on the day.

THE SPA OPENING HOURS

Monday to Saturday – 10am to 6pm

Sunday – Closed







Sprowston Manor Hotel, Golf & Country Club

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