

Beauty Treatments

Full Leg Wax	£35
Half Leg Wax	£30
Back or Chest Wax	£30
Bikini Wax	£20
Underarm Wax	£18
Lip or Chin Wax	£15
Eyebrow Shape	£15
Eyebrow Tint	£18
Eyelash Tint	£25

Contact Us

☎ 01603 254 222

✉ beauty763@theelitevenueselection.co.uk

📍 **Sprowston Manor Hotel, Spa & Golf**
Wroxham Road
Norwich
NR7 8RP

📌 Please check with the Spa Reception for opening times

Important Information

Please arrive at least 10 minutes before your appointment to complete your consultation form.

To preserve a calm atmosphere, please switch off mobile phones during your visit.

A 50% non-refundable deposit is required at the time of booking.

Access to health and leisure facilities is available for up to 4 hours with any treatment, subject to availability on the day.

All prices include VAT at the current rate.

Treatment List



Spa & Wellness

SPROWSTON MANOR HOTEL, SPA & GOLF

ELITE VENUE SELECTION

Facial Collection

Indulge in the ultimate skin and soul experience with our professional Germain de Cappuccini facial treatments

Destress Facial - Calming Skin & Mind | 25-MINUTE TREATMENT £55

Revitalise tired, stressed skin with indulgent royal jelly, designed for all skin types, rich in potent antioxidants and essential nutrients. The result is a radiant, luminous appearance and a healthy, revitalised glow that leaves both skin and spirit feeling renewed.

Timexpert C+ Radiance Facial | 55-MINUTE TREATMENT £99

Illuminate and revitalise your skin with the power of Vitamin C. Designed to combat the first signs of ageing and re-energise. Enriched with a potent Vitamin C derivative, it delivers antioxidant protection while promoting firmness and a radiant, healthy glow.

Timexpert Wrink-Less Facial | 55-MINUTE TREATMENT £99

Rewind the signs of ageing for smoother, more elastic skin. This advanced facial targets fine lines and wrinkles, leaving the skin visibly softer, refined, and rejuvenated. Using gentle neuromuscular modulation and targeted wrinkle-filling techniques, facial contours are enhanced while natural collagen production is stimulated to promote long-term elasticity.

The Art of Rituals

Rituals where luxury is both felt and breathed with protocols that serve as a sanctuary for the skin and senses, elevating the concept of well-being

Harmony Body Massage

A deep relaxing body treatment tailored to your needs, working to release tension, soothe muscles, and restore balance. Perfect for total relaxation and a sense of renewed well-being.

25-MINUTE TREATMENT - BACK, NECK & SHOULDER MASSAGE £55

55-MINUTE TREATMENT - FULL BODY MASSAGE £95

Whispering Forest Ritual | 100-MINUTE TREATMENT £170

Immerse yourself in this truly restorative escape for the face, body, mind, and spirit. Reawaken and renew your skin with an indulgent full-body exfoliation, massage, and facial for silky-soft, radiant skin.

Mediterranean Escape | 85-MINUTE TREATMENT £149

Begin your journey with the soothing sounds of waves. Your escape commences with an olive exfoliation before indulging in a relaxing pinda massage. Warm oil from the candle will be poured over your body, enhancing the massage with deep, calming movements. Perfect for relaxation that restores well-being and revitalises dry skin.

Harmony Destress Face & Body Therapy | 55-MINUTE TREATMENT £95

Unwind from head to toe in this deeply restorative ritual. A harmonious back, neck and shoulder massage releases knots and restores ease to tired muscles. Finally, an express Elixir Destress Facial revitalises the skin, leaving your complexion radiant and your mind serene.

Matcha Zen Body Revitalise | 45-MINUTE TREATMENT £70

Immerse yourself in a truly reviving body exfoliation, allowing your body to indulge in ingredients such as Matcha tea, rice, soy, and sesame.

New Life Massage | 55-MINUTE TREATMENT £95

Using ethically sourced baobab seed oil, this African-inspired full body massage promises a relaxing, stress-reducing experience. The blend of natural oils provides anti-inflammatory benefits, a reduction in stretch marks, and increased skin elasticity.

Nail Treatments

O.P.I Intelli-Gel & File £38

O.P.I Nail Lacquer & File £35

O.P.I Intelli-Gel Removal & Refresh £60

O.P.I Nature Strong Pamper Pedicure | 50-MINUTE TREATMENT £60

Soothe, relax, and renew with the ultimate pedicure experience. The O.P.I Nature Strong Pamper Pedicure includes callus softening, exfoliation, plus an extended massage to reduce stress and relieve tension, leaving your feet feeling relaxed and renewed.

O.P.I Nature Strong Pamper Manicure | 50-MINUTE TREATMENT £60

Pamper your hands with our relaxing extended manicure service using O.P.I Nature Strong products. During this service, you will benefit from exfoliation, moisture, and protection, while revelling in a combination of massage techniques designed to reduce stress and relieve tension.