



HINTLESHAM HALL  
SUFFOLK

TREATMENT MENU

WELCOME TO OUR  
TREATMENT ROOMS

## At Hintlesham Hall Hotel, we offer a range of high quality beauty treatments for residents and day guests.

Designed to complement the historic hotel, The Spa at Hintlesham is light and airy with sophisticated and understated décor. It comprises of three soothing treatment rooms, manicure and pedicure stations, a relaxation lounge and quaint outdoor terrace with a Jacuzzi.

We have teamed up with ELEMIS and OPI to bring you a new and exciting list of treatments, manicures and pedicures. ELEMIS was born out of the vision to bring together the power of nature, science and aromatics. With 25 years of experience the house of ELEMIS is a couture beauty house for people who are serious about looking after their skin and serious about looking after themselves. Their experience and wisdom has inspired the pioneering ELEMIS formula and revolutionary treatment menu, which we are proud to bring to you. We are also continuing to work with the world leader in professional nail care, OPI who are committed to providing high-quality products and services with a focus on industry safety and innovation. OPI are known for their exceptional formula, fashionable colours and iconic names.

## ELEMIS TOUCH: ANTI-AGEING FACIALS

The hands of a highly trained ELEMIS therapist are profoundly effective anti-ageing tools.

Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

### **Pro-Definition Lift and Contour Facial 1 hour £72**

Powerful lifting techniques target sagging jowls, cheeks, chin and neck for the ultimate lift effect.

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 extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

### **Pro-Collagen Age Defy Facial 1 hour £72**

Anti-Wrinkle Facial - Proven Results

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. \*Independent Clinical Trials

### **Dynamic Resurfacing Precision Peel Facial 1 hour £72**

Rejuvenate your skin, reveals instant results.

Clinically proven\* to target the signs of ageing 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.\*Independent Clinical Trials

# ELEMIS TOUCH: SKIN SOLUTIONS

These targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.

## **Superfood Pro-Radiance 1 hour £65**

A nutritional boost rich in superfoods 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.  
*\*Independent Clinical Trials.*

## **Sensitive Skin Soother 1 hour £65**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

## **Anti-Blemish Mattify and Calm 1 hour £65**

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

## **Elemis Mini Facial 30 minutes £30**

A great taster of the Elemis experience, leaving the skin smooth, radiant and hydrated. Includes cleanse, face massage, exfoliation, mask and moisturiser.

*All our facials are recommended once every three to four weeks.*

**Courses are available for all facials, please contact us for prices.**

## **Pure Bliss for Women 2 hours £108 or £115, depending on chosen facial**

Complete face and body overhaul

Enjoy the best of both worlds by combining a Swedish full body massage with a luxurious Elemis facial. Improves body performance and leaves you feeling refreshed, revitalised and relaxed (excluding Biotec facials).

# ELEMIS TECHNOLOGY: BIOTEC FACIALS

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Visibly healthy, nourished and energised skin.

## **BIOTEC Line Eraser 1 hour £79**

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

## **BIOTEC Firm-a-Lift 1 hour £79**

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.

## **BIOTEC Skin Resurfacer 1 hour £79**

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.*

## **BIOTEC Radiance Renew 1 hour £79**

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.

*All our facials are recommended once every three to four weeks.*

**Courses are available for all facials, please contact us for prices.**



## ELEMIS TECHNOLOGY: SKIN SOLUTIONS

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### **BIOTEC Blemish Control 1 hour £79**

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.

### **BIOTEC Sensitive Skin Soother 1 hour £79**

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.

*All our facials are recommended once every three to four weeks.*

**Courses are available for all facials, please contact us for prices.**



# ELEMIS BODY THERAPY

## **Exotic Lime and Ginger Salt Scrub 30 minutes £30**

Invigorating deep cleanse

Feel your senses lifted and your body invigorated by the sublime Exotic Lime and Ginger Salt Glow infused with skin enriching Japanese Camellia Oil Blend. After light body brushing, warm oil is drizzled luxuriously over the body. Skin is deeply cleansed, leaving it silky-smooth and glowing.

*Recommended: 1 treatment every 3 weeks. Please contact us for a course price.*

## **Exotic Frangipani Body NourishWrap 45 minutes £45**

Deeply nourishing aromatic treat

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the monoi which is poured all over your body and then cocooned in a nourishing foil wrap or dry float. Skin is drenched with moisture, for immediate softness, suppleness and radiance.

*Recommended: 1 treatment every 3 weeks. Please contact us for a course price.*

# HOLISTIC TREATMENTS

## **Hot Stone Full Body Massage 1 hour 15 minutes £70    30 minutes Back Massage £38**

Drift into a deep sense of relaxation while the hot stones work wonders into your muscles relieving built up tension & stress. The heat increases circulation and stimulates the lymphatic system revitalising the mind, body & soul.

## **Indian Head Massage 45 minutes £40**

Not just an ordinary massage, a holistic treatment which includes acupressure moves to help with the dispersal of toxins and re-balancing of the bodies energies, focussing on the upper back, arms, face and scalp this treatment aims to drift you into a deep sense of relaxation. Time spent on certain areas will be discussed with your therapist.

## **Hopi Ear Candling 45 minutes £30**

An ancient Indian therapy which clears sinuses and built up congestion. A relaxing treatment includes a head and scalp massage. Ideal for anyone who suffers with painful ears when flying, blocked sinuses or anyone who is after a relaxing body balancing cleanse. There are some contra indications that can prevent this treatment being carried out, we advise you to speak to one of our therapists if you have had any sinus/ear related problems in the past or are currently experiencing any.



# THERAPEUTIC MASSAGES

## **Freestyle Deep Tissue Muscle Massage 30 minutes £37 1 hour £68**

Deep rhythmic pressure massage

Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Dynamic blends of essential oils and level of pressure are customised to target individual needs. Helps relax, recharge and re-energise, whilst tension melts away.

## **Swedish Full Body Massage 1 hour £60**

Pure relaxation removing tension & stress

A head to toe soothing full body experience. Releasing tension and draining away toxins to balance your body's energy and wellbeing. You will leave feeling like you are walking on clouds...

## **Back, Neck & Shoulder Massage 30 minutes £30**

Remove those knots and built up tension.

Tired of those aches and pains? This back massage will loosen those tight knots relieving tension and reduces stress and will induce a feeling of euphoria.

## **Mother-to-be Massage 1 hour £65**

Treat yourself & bump.

Soothing gentle massage suited to your individual needs in the second or third trimester. Whilst helping to adapt to new changes and hormonal shifts, it relaxes muscle tension and balances fluid levels. This specialised massage promotes rest and reduces any anxieties, enabling the focus of energies to be gathered for the happy event.

Please advise which trimester at the time of booking (unsuitable in the first trimester)

# TIME FOR MEN

## **High Performance Skin Energiser 1 hour £68**

Anti-ageing booster for tired, stressed and dehydrated skin

The ultimate skin overhaul for maximum anti-ageing results. Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a hectic lifestyle, and environmental stressors.

*Recommended: 1 treatment every 3 weeks. Please contact us for a course price.*

## **BIOTEC Super-charge for Men 1 hour £76**

High performance facial for men to de-grease, de-age and calm a stressed, dehydrated skin.

Energise the skin with a complex formulation to firm, de-age and hydrate the skin, rich in Kalpariane Allantoin, and Salicornia. Whilst a powerful trio of steam, ultrasonic peeling and galvanic current deep clean, exfoliate and power-up the high-potency plant actives to help reduce all visible signs of ageing.

## **Total Time Out for Men 2 hours £110**

Complete face and body overhaul

Enjoy the best of both worlds by combining our High Performance Skin Energiser Facial with a Freestyle Deep Tissue Massage to improve total body performance. Rehydrates and energises the complexion, whilst deeply relaxing and recharging the body.

## **O.P.I Men's Manicure or Pedicure 45 minutes £25**

Includes cut, nail filing, cuticle work, exfoliation and massage leaving hands and feet smooth, healthy and shiny.

# O.P.I. MANICURES & PEDICURES

## **O.P.I Luxury Manicure 1 hour 15 minutes £40.00**

A hand and nail treatment designed to leave the hands feeling wonderfully soft and the nails conditioned. This includes nail filing, cuticle work, exfoliation, mask with heated mitts, hand & arm massage ending with your choice of nail varnish colour.

(Add a French polish finish for an extra £8 15mins added to treatment time.)

## **O.P.I Luxury Pedicure 1 hour 15 minutes £45.00**

A foot and nail treatment. Designed to make you feel like your walking on air. This includes nail filing, cuticle work, hard skin removal, exfoliation, mask with heated booties, foot & leg massage ending with your choice of nail varnish colour.

(Add a French polish finish for an extra £8 15mins added to treatment time.)

## **O.P.I Manicure 45 minutes £30.00**

This includes nail filing, cuticle work, hand & arm massage ending with your choice of nail varnish colour.

(Add a French polish finish for an extra £8 15mins added to treatment time.)

## **O.P.I Pedicure 1 hour £35.00**

This includes nail filing, cuticle work, hard skin removal, exfoliation, foot & leg massage ending with your choice of nail varnish colour.

(Add a French polish finish for an extra £8 15mins added to treatment time.)

## **O.P.I Mini Manicure 30 minutes £20.00**

Cut, file nails and paint

## **O.P.I Mini Pedicure 30 minutes £20.00**

Cut, file nails and paint

## **O.P.I Gel Varnish Manicure or Pedicure 1 hour £35.00**

This includes a cut, file of the nails, cuticle work and gel application, plus a foot file with the pedicures.

Please note: we do not soak the feet or hands or apply any oils to the areas with a gel manicure/pedicure due to the fact this will affect the varnish

## **Removal of Gel Varnish 30 minutes £15.00**

## **Soak off & Gel application 1 hour 15 minutes £40.00**



# Mii MAKE UP

## **Day or Evening Make-Up 1 hour £35.00**

Cleanse, tone and make-up application included. Learn new tips & techniques, leave looking flawless.

## **Bridal Make-Up 1 hour 30 minutes trial, 1 hour on the day £105.00**

Trial and make-up on the day

## **Mii Mineral Tutorial 30 minutes £20.00**

Learn how to apply the 100% mineral Mii makeup. Application included.

# EYE TREATMENTS

**Eyelash Tint £15.00 30 minutes**

**Eyebrow Tint £10.00 15 minutes**

**Eyelash and Eyebrow tint £20.00 45 minutes**

We require that you have a patch test at least 24 hours prior to the treatment

# THREADING

**Eyebrows £10.00 15 minutes**

**Upper-lip or chin £8.00 15 minutes**

**Full face £18.00 45 minutes**

# WAXING

**Chin £10.00 15 minutes**

**Eyebrow £12.00 15 minutes**

**Upper-lip £10.00 15 minutes**

**Underarm £15.00 15 minutes**

**Bikini line £15.00 30 minutes**

**½ leg £21.00 30 minutes**

**Forearm £17.00 30 minutes**

**Full leg and bikini line £42.00 1 hour 30 minutes**

**Full leg £30.00 1 hour**

**Back or chest £30.00 45 minutes**

# MYLASH

## **MyLash Lift 1 hour £35.00**

MyLash Lift is designed to create the illusion of longer, thicker lashes without the need for extensions, the results are immediate and you can expect the effects of the lift to last around six weeks. This treatment is a new and improved version of the traditional lash perm, with no damage being caused to the lashes, also includes a tint.

Please note a 24 hour patch test is essential for this treatment, there are also contra indications that should be discussed with therapist prior to treatment commencing.

## **MyLash Lift offers**

### **Perfect Eyes Trio 1 hour 20 mins £45.00**

Let your eyes stand out with this amazing offer. Purchase a MyLash Lift & Brow Tint and receive a free Brow Thread! Creates a signature, defined look.

### **Buy one and treat a friend to 20% off**

Purchase a MyLash Lift and a friend can join you with 20% off a lash lift for themselves! Has to be had on the same day.

Please note a 24 hour patch test is essential for this treatment, there are also contra indications that should be discussed with therapist prior to treatment commencing.

## **Terms and Conditions**

- Treatment times shown are approximate and include preparation time.
- Courses to be paid in full on the initial treatment
- A cancellation charge of 50% of treatment booked unless 24 hours notice given.
- Please notify us if you have any special medical considerations as some of our treatments may not be suitable.
- If you are using a gift voucher for payment you must bring the original voucher with you.
- No children under the age of 16 are allowed in the treatment areas, unless accompanied at all times by an adult and by prior arrangement.
- For non-resident bookings we require full payment in advance







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