



# HINTLESHAM HALL

SUFFOLK

TREATMENT MENU

A woman is lying down, wearing a white ribbed top. She has a white facial mask applied to her face, covering her eyes and nose. The background is dark and out of focus.

WELCOME TO OUR LUXURY  
TREATMENT ROOMS

At Hintlesham Hall Hotel, we offer a range of high quality spa and 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.

**YOUR BODY IS A LIVING TEMPLE,  
Honour it, enjoy your life and live it to the full**

TEMPLESPA is a British brand with a Mediterranean soul.

We have an extensive menu of face and body treatments for girls and guys and we guarantee you'll leave feeling rested, revived and restored – skin, body and soul.

We have teamed up with Temple Spa, OPI and the Gel Bottle\* to bring you a new and exciting list of treatments, manicures and pedicures. Temple Spa were inspired with the warmth, the vibrancy, the wonderful nutritious indigenous ingredients and the love of living life to the full. 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.

# TEMPLE SPA LUXURY FACIALS

why not add a glass of Champagne or prosecco along with our homemade chocolates for pure indulgence!

## **TEMPLESPA | LIGHT RELIEF CBD SKIN BOOSTER FACIAL:**

**75 minutes - £92**

This anti-inflammatory treatment brings comfort to fragile and dehydrated skin whilst soothing mind, body & soul. Starting with a calming face massage and eye treatment and followed by a hot oil scalp massage, plus hand & arm massage using warmed stones will leave you radiant, glowing and feeling totally chilled out.

## **TEMPLESPA | REPOSE AROMATHERAPY FACIAL RELAXING, INDULGENT FACIAL:**

**75 minutes - £92**

This indulgent aromatherapy facial includes a relaxing face massage, hot oil scalp massage, plus hand & arm massage.

## **Champagne & Truffles Deluxe Treatment:**

**60 minutes - £77 | 90 minutes - £98**

Powerful lifting techniques target sagging jowls, cheeks, chin and neck for the ultimate A luxury facial that combines truffle skincare with specialist lifting massage techniques that together iron out deep lines and wrinkles, help to reduce puffiness and strengthen muscle tone. The 90 minute version includes an exquisite cooling alignate mask and a rose quartz massage therapy.



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# TEMPLE SPA SKIN SOLUTIONS

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

## **TEMPLESPA | ALL ABOUT THE GLOW VITAMIN C RADIANCE FACIAL WORKOUT :**

**60 minutes - £75**

This advances, skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and glycolic acid complexes.

## **TEMPLESPA | MY KINDA SKIN BESPOKE PRESCRIPTION FACIAL FOR INDIVIDUAL SKIN TYPES :**

**60 minutes - £75**

Let us analyse your skin and prepare a tailored treatment for you. Your facial includes a tailored face and décolleté massage plus a relaxing scalp massage.

## **GO GUY – THE MALE EXECUTIVE TREATMENT, MEN'S FACIAL:**

**60 minutes - £73**

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush clean plus exfoliating mask and an energising or relaxing massage, plus a hot stone massage to the neck and shoulders.

## **The Power Breakfast Facial:**

**30 minutes - £40**

Looking for results right now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround. Finished with a wake-up scalp massage.

## **TEMPLESPA | MY KINDA MOOD A PRESCRIPTIVE FACIAL & MASSAGE BESPOKE TO YOU :**

**120 minutes - £130**

First we help you choose the aromatherapy fragrance to match your mood, Then we'll take care of you with a wonderfully relaxing and Restorative full body massage, followed by an indulgent facial. Products and techniques will be bespoke to your wants and needs. Both Bamboo massage remain the same.



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# TEMPLE SPA

## **TEMPLESPA | AAAHHH! LEG AND FOOT ENERGISER :**

**30 minutes - £40**

Don't you just hate aching legs and feet – Your legs are treated to a warm oil massage that will leave you tingling and feeling lighter. The treatment is completed with a cooling and soothing balm, followed with a skin treating sweep across your feet.

## **SIDE ORDERS: DELIGHTFUL TREATS TO ADD TO ANY TREATMENT**

**15 minutes - £15**

- Hot stone neck & shoulder massage
- Hot oil scalp sensation
- Indulgent hand ritual
- Indulgent foot ritual

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

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



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# BODY THERAPY

## **The Outer Glow – Face & Body Exfoliation**

**45 minutes - £50**

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated.

## **Glorious Mud – Skin Conditioning And Detoxifying Mud Wrap**

**60 minutes - £65**

This heavenly treatment starts with a lymphatic body- brushing, then warm mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage.

## **I'll be Back – A Facial For The Back**

**45 minutes - £50**

The invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage.

## BAMBOO FULL BODY MASSAGE

### **The Treatment time**

**60 minutes - £73**

This massage will benefit anyone who leads an active lifestyle and requires deep work to soften and break down muscular tension. Delivering stress relief, lymphatic drainage as well as improving flexibility and inner wellbeing are just a few significant results to this unique, fascinating treatment.

## BAMBOO LEG AND FOOT MASSAGE

### **The Treatment time**

**30 minutes - £35**

Are you a runner? Cyclist? Or perhaps somebody who is just on their feet all day every day? This powerful massage focuses on the areas of your body where you perhaps do not realise you hold so much tension. Alleviating unwanted tightness from your lower body will be sure to leave feeling renewed, relaxed and wanting to come back again!



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# HOLISTIC TREATMENTS

## **Hot Stone Full Body Massage**

**75 minutes - £80 | 30 minutes - Back Massage - £40**

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 - £50**

A holistic experience working on pressure points on your head, neck & shoulders to put you into a sense of deep relaxation.

## **Hopi Ear Candling**

**45 minutes - £35**

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.





# THERAPEUTIC MASSAGES

## **Work It Out Massage – Detoxing Muscle Workout Massage**

**30 minutes - £40 | 60 minutes - £75**

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious work it out detox massage oil including Essential oils of Lavender and Cypress, We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body boosting massage with muscle fitness techniques and movements to really give your muscles a work out, working on knots, tension and tightness.

## **Drift Away – Relaxing Full Body Massage**

**60 minutes - £67**

This deeply relaxing top-to-toe massage, formulated with a blend of Mediterranean essential oils, including Frankincense, Lavender and Patchouli, is guaranteed to have you drift away.

## **Drift Away – Remove Those Knots And Built Up Tension**

**30 minutes - £37**

A signature back massage using an aromatherapy resting oil Drift Away. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind.

## **New Beginnings – Mummy To Be Massage**

**60 minutes - £67**

You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed).

## **Stress Not – CBD Massage**

**30 minutes - £37 | 60 minutes - £67**

This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed stones. Our CBD balm Stress Not naturally eases muscle stiffness and calms busy minds.



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# TIME FOR MEN

## **Go Guy – The Male Executive Treatment, Men’s Facial:**

**60 minutes - £70**

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush clean plus exfoliating mask and an energising or relaxing massage, plus a hot stone massage to the neck and shoulders.

## **O.P.I Men’s Manicure or Pedicure:**

**45 minutes - £33**

Includes cut, file nails, cuticle work, massage and buff of the nails leaving them smooth, healthy and shiny.

## **My Kinda Mood – A Prescription Facial & Massage Bespoke To You:**

**120 minutes - £130**

First we help you choose the aromatherapy fragrance to match your mood, Then we'll take care of you with a wonderfully relaxing and Restorative full body massage, followed by an indulgent facial. Products and techniques will be bespoke to your wants and needs. Both Bamboo massage remain the same.



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# O.P.I. MANICURES & PEDICURES



## O.P.I Luxury Manicure

**75 minutes - £45**

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

**75 minutes - £49**

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 - £37**

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

**60 minutes - £40**

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 Gel Varnish Manicure Or Pedicure

**60 minutes - £37**

This includes a cut, file of the nails, cuticle work, gel application and a massage, 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.

**O.P.I Mini Manicure /  
Pedicure**

**30 minutes - £26**

Cut, file nails and paint

**Soak off & Gel  
application**

**75 minutes - £42**

**Removal of Gel Varnish**

**30 minutes - £15**

**\*The gel bottle BIAB can be added to all manicures & pedicures for an extra £5**

Biab is used on the natural nail bed to enhance the natural nails The Gel bottle BIAB was born in 2015, and offers an incredible array of over 360 unique colours. The Gel Bottle are known for their highly pigmented, chip resistant and long lasting shine polishes.

# Mii MAKE UP

Using brands such as Charlotte Tilbury, Urban Decay and M.A.C

## **Day or Evening Make-Up**

**60 minutes - £50**

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

## **Bridal Make-Up**

**90 minutes trial, 60 minutes on the day - £110**

Trial and make-up on the day

## EYE TREATMENTS

### **Eyelash Tint**

**30 minutes - £19**

### **Eyebrow Tint**

**15 minutes - £13**

### **Eyelash And Eyebrow Tint**

**45 minutes - £28**

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

## THREADING

### **Eyebrows**

**15 minutes - £12**

### **Upper-lip or Chin**

**15 minutes - £10**

## WAXING

### **Upper-lip or Chin**

**15 minutes - £12**

### **Eyebrow**

**15 minutes - £13**

### **Bikini Line**

**20 minutes - £18**

### **Underarm**

**15 minutes - £16**

### **Forearm**

**30 minutes - £22**

### **½ Leg**

**30 minutes - £25**

### **Full Leg**

**45 minutes - £38**

### **Full Leg and Bikini Line**

**60 minutes - £45**

### **Back or Chest**

**45 minutes - £33**

# MYLASH

## **MyLash Lift**

**1 hour - £45.00**

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 - £55.00**

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.

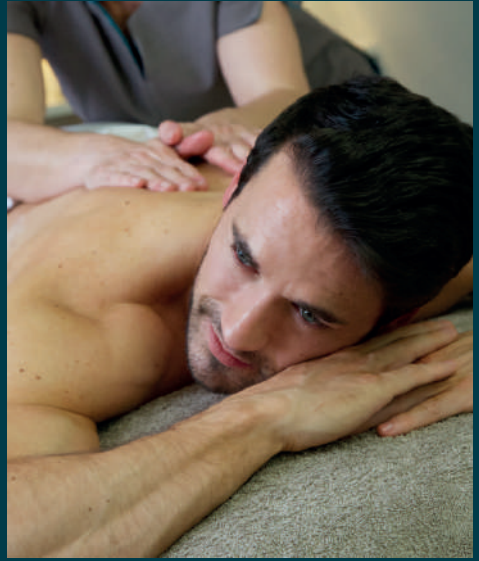
Please note a 24 hour patch test is essential for this treatment, there are also contra indications that should be discussed with therapist prior to treatment commencing.

## **Terms and Conditions**

- Treatment times shown are approximate and include preparation time.
- Courses are 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.
- If you are late for your treatment, it will reduce into treatment time.



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