

Hintlesham Hall

ESTD. SUFFOLK 1440

Treatment Menu



*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, Hintlesham Treatment rooms boasts a light and airy atmosphere with sophisticated and understated décor. It comprises of three soothing treatment rooms, one of which can be set up as a twin room, 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

Temple Spa is a British Brand with a Mediterranean Soul.

We have an extensive menu of face and body treatments for everyone which we guarantee will leave you feeling rested, revived and restored – skin, body and soul.

We are excited to announce a collaboration with Temple Spa, OPI and the Gel Bottle to offer a fresh and exciting list of treatments, manicures and pedicures. Temple Spa draws inspiration from the warmth, vibrancy, and nourishing indigenous ingredients with a passion for living life to the fullest. The Gel Bottle is renowned for its highly pigmented, chip resistant polishes that deliver long-lasting shine.

Additionally, we continue our partnership with OPI, the global leader in professional nail care. OPI is dedicated to offering top-quality products and services with an emphasis on safety, innovation and industry excellence. Known for their exceptional formulas, trendy colours and iconic names, OPI remains a staple in the world of nail care.



TEMPLE SPA LUXURY FACIALS

Results Driven Facials

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

CBD Light Relief – Skin Booster Facial:

75 minutes - £99

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 hot stones. It will leave you radiant, glowing and feeling totally chilled out.

Repose Aromatherapy Facial:

75 minutes - £99

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

Champagne & Truffles Firm and Lift Treatments:

60 minutes - £85 | 90 minutes - £105

Powerful lifting techniques target sagging jowls, cheeks, chin and neck for the ultimate 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 and a mini hot stone back massage.



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TEMPLE SPA SKIN SOLUTIONS

Results Driven Facials

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

All About The Glow – Vitamin C Radiance Facial Workout:

60 minutes - £82.50

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

My Kinda Skin – A Bespoke Prescription Facial:

60 minutes - £82.50

Let us analyse your skin and prepare a personalised 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 - £85

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

The Power Breakfast Facial:

30 minutes - £42.50

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

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

120 minutes - £155

With this treatment we first help you to choose an 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.



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AAAHH! – 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



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BODY THERAPY

The Outer Glow – Face & Body Exfoliation

60 minutes - £70

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 - £70

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 - £55

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

BAMBOO FULL BODY MASSAGE

60 minutes - £85

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

30 minutes - £45

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 Massage

Full Body - 75 minutes - £90 | Back Massage - 30 minutes - £47.50

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 - £55

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

HOPI Ear Candling

45 minutes - £40

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.



WELLBEING MESSAGES

Work It Out Massage – Detoxing Muscle Workout Massage

Back, Neck and Shoulder Massage - 30 minutes - £47.50

Full Body Massage - 60 minutes - £85

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 - £80

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 – Back, Neck and Shoulder Massage

30 minutes - £42.50

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 - £80

With this treatment 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 whilst you feel completely comfortable and relaxed. In addition to the massage, this treatment also includes a face cleanse, facial massage and scalp massage.

Stress Not – CBD Massage

30 minutes - £46 | 60 minutes - £80

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 - £85

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush clean, 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 - £35

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 - £155

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.



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O.P.I. MANICURES & PEDICURES

O·P·I

O.P.I Luxury Manicure

75 minutes - £50

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 - £55

A foot and nail treatment designed to make you feel like you're 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 - £40

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

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

O.P.I Pedicure

60 minutes - £47.50

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 - £52

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 - £47

Removal of Gel Varnish
30 minutes - £18

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.

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

Half 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 - £50.00

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 - £65.00

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

- If a cancellation is made with less than 24 hours' notice, this will incur a cancellation charge of 50% the cost of any treatment/s booked.
- Gift Vouchers are valid from the date of purchase until the expiry date. When using a gift voucher, you must call and make a reservation quoting the voucher number. On arrival, please present the gift voucher for validation, failure to do so could result in full payment being required. We reserve the right to refuse payment by gift voucher.
- Treatment times shown are approximate and include preparation time.
- If you are late for your treatment, the treatment may still be given but altered to fit in the remaining time.
- Please notify us if you have any special medical considerations as some of our treatments may not be suitable.
- 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 a £20 per person deposit.



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