

A field of purple chive flowers in bloom, with several buds visible. The background is a soft, out-of-focus green. A grey rectangular box is positioned at the top center of the image, containing the text 'HEADLAM HALL' and 'RURAL RETREAT' separated by a thin horizontal line.

HEADLAM HALL

RURAL RETREAT

SPA TREATMENT MENU

FACE THERAPY

Five Element Aroma Facial

30 mins for £40

45 mins for £54

60 mins for £62

90 mins for £85 (*inc. Back Massage*)

Rejuvenating Age Support Facial

60 mins for £62

90 mins for £90

Age Support Eye Lift

30 mins for £40

THERMAL AURICULAR THERAPY

Hopi Ear Candling

40 mins for £35

THALGO

Spirulina Boost

60 mins for £75

Hyalu-Procollagene

60 mins for £75

Marine Facial

60 mins for £60

EXFOLIATING & BODY WRAPS

Fire Zest Body Scrub

25 mins for £39

Purifying Detox Wrap

60 mins for £65

MASSAGE THERAPY

Five Element Aroma Massage

45 mins for £58

60 mins for £66

90 mins for £90

Pre-natal Well-Being Massage

Only available from 12 weeks

60 mins for £70

Head & Scalp Massage

25 mins for £40

Muscle Melt Back Massage

30 mins for £46

Sea & Senses – Hot Stone Massage

30 mins for £49 (*back, neck & shoulder only*)

60 mins for £70

Headlam Bespoke Ritual

90 mins for £85

ESSENTIAL GROOMING

Shape & Varnish

Polish	30 mins for £25
Gel Polish	45 mins for £31

Prescriptive Manicure

Polish	45 mins for £40
Gel Polish	60 mins for £52

Treatment Pedicure

Polish	60 mins for £46
Gel Polish	60 mins for £56

Deluxe Manicure

(inc. exfoliation)

Polish	60 mins for £56
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Deluxe Pedicure

(inc. extended massage)

Polish	70 mins for £60
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Men's Manicure

25 mins for £30

Men's Pedicure

30 mins for £35

Tinting

Test required from spa reception
24 hours prior to treatment

Eyelash	£25
Eyelash & Eyebrow	£31
Eyebrow	£16

Waxing

Eyebrow Shape	£20
½ Leg	£31
Full Leg	£43
Bikini	£20
Under-arm	£20
Lip or Chin	£20

Men's Waxing

Back	£30
Chest	£35
Chest & Stomach	£40
Eyebrow Groom	£15

Reflexology

45 mins for £60

Thalgo Merveille Arctique - Anti-Tension Ritual

90 mins for £90

Thalgo Ile Pacifique - Relaxing Ritual

90 mins for £90





DAY SPA PACKAGES

Our day spa experiences focus on your wellbeing and comfort combining authentic spa therapy with time to relax and enjoy the benefits of the spa facilities that include a 15m swimming pool, outdoor hydrotherapy pool, sauna, steam room and both indoor and outdoor lounging zones.

The Morning Spa

- Arrival tea/coffee/fruit juice
- Use of the spa wet area and relaxation areas from 9.30am - 1.30pm
- A 30 minute facial - choose from a Thalgo Facial or an Elemental Herbology Facial
- A 30 minute massage - choose from a Muscle Melt Massage or a Hot Stone Back Massage
- Conclude with a two-course lunch at 1.30pm

Monday to Friday:

£120 per person

Weekends and Bank

Holidays: **£135 per person**

The Afternoon Spa

- A two-course lunch on arrival at 12 noon (12.30pm on Sundays)
- Use of the spa wet area and relaxation areas from 1pm - 5pm
- A 30 minute facial - choose from a Thalgo Facial or an Elemental Herbology Facial
- A 30 minute massage - choose from a Muscle Melt Massage or a Hot Stone Back Massage
- Conclude with tea or coffee in the spa lounge

Monday to Friday:

£120 per person

Weekends and Bank

Holidays: **£135 per person**

The All Day Spa

- Arrival tea/coffee/fruit juice
- Use of the spa wet area and relaxation areas from 9.30am - 4.30pm
- A spa platter lunch - choose from anti-pasti, seafood and vegetable mezze (all served with a garden salad and homemade focaccia bread) followed by a choice of desserts
- The choice of one of our 90-minute spa rituals - Headlam Bespoke Ritual, Thalgo Merveille Arctique Anti-Tension Ritual or Thalgo Ile Pacifique Relaxing Ritual

Monday to Friday:

£165 per person

Weekends and Bank

Holidays: **£185 per person**



EVENING SPA PACKAGES

A magical night time spa experience.



Spa at Night

- A homemade fruit smoothie followed by a tea/coffee on arrival
- Use of the spa facilities from 5pm until 8pm
- Robes & towels
- 30 mins of therapy time
- A two-course dinner in the Hall Restaurant at 8.30pm

Monday to Friday: **£90 per person**

Saturday: **£105 per person**

ENHANCE YOUR SPA EXPERIENCE

with an overnight stay at Headlam in one of our beautifully appointed bedrooms with English breakfast the following morning.

For best available B&B rates please call **(01325) 730238**
or email **reception@headlamhall.co.uk**



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