

spa

KESGRAVE HALL

menu and price list



## REVIVED BY NATURE.

Drawing from the natural beauty of its woodland surroundings, the Spa at Kesgrave Hall blends seamlessly into the Suffolk countryside. Bringing together an abundance of natural light streaming through the large glass windows, beautifully designed interiors and wooden features, this is a haven of relaxation and rejuvenation.

spa  
KESGRAVE HALL

Choose from an array of treatments and day packages, using only the very best spa brands including the fantastic Elemis range, and unwind with an experience as peaceful as the setting itself.

Designed around a series of double treatment rooms, this is the perfect venue if you're looking to enjoy a spa escape with friends or family or just your favourite treatment. Lie back, relax and soak in the air of tranquillity as our team of experienced spa therapists help take your stresses away.

Sunbeds adorn the south-facing deck, complete with large hot tub for anyone looking to relax, or take it easy in the sauna before curling up on comfy sofas, undercover beside the outside fire.

The Spa offers a number of packages, with something for everyone.

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## The Face. Elemis Touch Facials.

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We have chosen Elemis as in our opinion they have the best products with the best techniques... treatments don't get much better.

These globally renowned hands-on facial treatments use Touch as a powerful diagnostic tool, softening and prepping the skin.

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.

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<b>Elemis Superfood Pro-Radiance</b>	<b>25min. £42.00</b>
<i>(If your concerns are to brighten dull skin)</i>	<b>55min. £84.00</b>
	<b>85min. £127.00</b>

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.

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<b>Elemis Pro Collagen Definition Lift and Contour</b>	<b>25min. £42.00</b>
<i>(Anti-ageing, if your concerns are sagging jowls and jawlines)</i>	<b>55min. £84.00</b>
	<b>85min. £127.00</b>

Powered by breakthrough technology targeting sagging jowls, cheeks and jawlines. Products and ingredients that boost the skin's appearance leaving it looking plumper and revitalised, creating a sculpted and youthful effect.

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<b>Elemis Dynamic Resurfacing Precision Peel</b>	<b>25min. £42.00</b>
<i>(Anti-ageing, if your concerns are uneven skin tone)</i>	<b>55min. £84.00</b>
	<b>85min. £127.00</b>

Clinically proven to target signs of ageing and uneven skin tone. A facial that uses layers of enzymes for a power exfoliation. A new start for a smoother, brighter, younger looking skin.

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## The Face. Elemis Touch Facials.

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<b>Elemis Pro-Collagen Age Defy</b>	<b>25min. £42.00</b>
<i>(Anti-ageing, if your concerns are lines and wrinkles)</i>	<b>55min. £84.00</b>
	<b>85min. £127.00</b>

Tackles fine lines and wrinkles with clinically proven age defying benefits. A facial that leaves the skin looking youthful and nourished.

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<b>Elemis Sensitive Skin Soother</b>	<b>25min. £42.00</b>
<i>(If your concerns are sensitivity)</i>	<b>55min. £84.00</b>
	<b>85min. £127.00</b>

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.

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<b>Elemis Anti-Blemish Mattify and Calm</b>	<b>25min. £42.00</b>
<i>(If concerns are congested or hormonal skin)</i>	<b>55min. £84.00</b>
	<b>85min. £127.00</b>

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

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<b>Elemis Peptide 24/7 Skin Sync</b>	<b>25min. £42.00</b>
<i>(Target tired skin with this radiance-restoring peptide 24/7 facial)</i>	<b>55min. £84.00</b>
	<b>85min. £127.00</b>

A facial that will replenish your skin leaving it with a well-rested glow.

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<b>Elemis Teen Facial</b>	<b>25min. £42.00</b>
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A cleansing facial to address the concerns of a teenage skin with useful skincare advice.

This treatment is specifically designed for young people aged 13 and over. We are unable to offer body treatments or electrical facials to those guests under the age of 16.

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## The Face. Elemis BIOTEC Facials.

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Elemis BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch.

A pioneering innovation, the Elemis BIOTEC machine works to switch the skin on, leaving the skin thriving, visibly healthy and energised. Choose from the following Elemis BIOTEC treatments.

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<b>Elemis BIOTEC Line Eraser*</b>	<b>55min. £92.00</b>
<i>(If your concerns are lines and wrinkles)</i>	<b>85min. £137.00</b>

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 our wrinkles and fills out lines.

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<b>Elemis BIOTEC Firm-a-Lift*</b>	<b>55min. £92.00</b>
<i>(If your concerns are sagging jowls and jawlines)</i>	<b>85min. £137.00</b>

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.

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<b>Elemis BIOTEC Skin Resurfacer*</b>	<b>55min. £92.00</b>
<i>(If your concerns are uneven skin tone)</i>	<b>85min. £137.00</b>

This revolutionary resurfacing facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy reveals a noticeably smoother complexion.

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<b>Elemis BIOTEC Radiance Renew*</b>	<b>55min. £92.00</b>
<i>(If your concerns are to brighten dull skin)</i>	<b>85min. £137.00</b>

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.

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\*Not available for spa packages

## The Face. Elemis BIOTEC Facials.

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<b>Elemis BIOTEC Blemish Control*</b>	<b>55min. £92.00</b>
<i>(If your concerns are congested or hormonal skin)</i>	<b>85min. £137.00</b>

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.

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<b>Elemis BIOTEC Sensitive Skin Soother*</b>	<b>55min. £92.00</b>
<i>(If your concerns are sensitivity)</i>	<b>85min. £137.00</b>

This ground-breaking facial combines exclusive botanical formulations with a deeply cleansing ultrasonic peel for a well rested glow. LED light therapy helps improve skin wellness, whilst galvanic technology stimulated the skin for maximum results.

### Add Ons.

Built on touch therapies to make your facial last a little longer...

<b>Back Massage</b>	<b>15 min. £22.00</b>
<b>Foot and Leg Therapy</b>	<b>15 min. £22.00</b>
<b>Hand and Arm Therapy</b>	<b>15 min. £22.00</b>
<b>Warm Wax Hands or Feet</b>	<b>15 min. £22.00</b>
<b>Scalp Therapy</b>	<b>15 min. £22.00</b>

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<b>Ultimate Elemis BIOTEC Experience</b>	<b>110 min. £170.00</b>
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*(Elemis BIOTEC facial and Elemis massage combination)*

Combine a 55 minute Elemis BIOTEC Facial with your personalised Elemis Full Body Massage or Elemis Hot Stone Massage.

*\*Excludes deep tissue massage*

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<b>Ultimate Elemis Experience</b>	<b>110 min. £160.00</b>
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*(Elemis Touch Facial and Elemis Massage Combination)*

Condition your skin and muscles with this all embracing experience. Combine a 55 minute Touch Elemis Facial with your personalised Elemis Full Body Massage or Elemis Touch Hot Stone Massage.

*\*Excludes deep tissue massage*

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## Specialist Facials.

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### **Microneedling Facial**

**55min. £150.00**

Microneedling is a procedure that uses small needles to prick the skin. The purpose of the treatment is to generate new collagen and skin tissue for smoother, firmer and more toned skin. It can be used to treat scars, wrinkles and large pores.

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### **Profilo Facial**

**25min. £300.00**

Profilo is an injectable anti-ageing treatment made from one of the highest concentrations of hyaluronic acid on the market. Ideal for skin that has lost its elasticity and firmness, helping to smooth out fine lines and wrinkles and giving the skin a natural looking youthful glow. To finish off your anti-ageing treatment you will have a relaxing scalp massage.

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*\*Not available for spa packages.*

## Signature Treatments.

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Developed by our highly training therapists to provide the ultimate relaxation experience.

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### **Face and Feet**

**55min. £124.00**

Two therapists, one hour. Choose one of our Elemis Touch facials and combine with a prescriptive pedicure... heaven!

*\*Not available for spa packages.*

*\*Excludes Elemis BIOTEC facials.*

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### **Upper Body Treat**

**55min. £73.00**

This blissfully relaxing treatment that focuses on your upper body, back, neck and shoulders face and scalp massage using essential oils to soothe and balance the mind and body.

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### **Head to Toe**

**160min. £209.00**

The ultimate relaxation experience to be pampered from head to toe. Includes a 55 minute Elemis Touch Facial, 55 minute Elemis Full Body Massage and a file and paint for hands and feet.

**Upgrade to gel polish for hands £10.00**

**Upgrade to gel polish for feet £10.00**

*\*Excludes Elemis BIOTEC Facial and Elemis Deep Tissue Massage.*

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## The Body. Massage.

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**Elemis Back, Neck and Shoulder Massage** **25min. £45.00**

A deeply relaxing massage working on the back, neck and shoulders. Using a combination of different massage techniques to focus on areas of concern.

**Elemis Full Body Massage** **55min. £75.00**

Soothe away stress with this blissful relaxing experience. Using a combination of different massage techniques to focus on areas of concern and using oils that will nourish and hydrate the skin.

**Elemis Deep Tissue Massage** **25min. £55.00**  
**55min. £85.00**

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The following massage works deeper into the tension, encouraging optimum circulation.

*\*Not available for spa packages.*

**Elemis Hot Stone Massage** **Back Massage 25min. £50.00**  
**55min. £80.00**

Stones bathed in the Frangipani Monoi body oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

**Indian Head Massage** **40min. £55.00**

Traditional Indian head massage using a combination of massage techniques to warm, soothe and relax the body... back, neck, shoulder, face and scalp, the result is total relaxation.

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## The Body.

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**Elemis Peaceful Pregnancy** **70min. £85.00**

A relaxing full body and facial massage experience designed to comfort and soothe you and your baby. Can be performed after the first trimester.

**Elemis Peaceful Pregnancy Face and Body Experience** **130min. £155.00**

This treatment combination gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.

**Hopi Ear Candles** **40min. £42.00**

Ear candles that soothe and balance the body and mind, while clearing tensions and blockages.

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## Body Scrubs and Wraps.

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**Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani.** **25min. £40.00**

Fragrances salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves the skin feeling soft and smooth and ready to absorb the deeply nourishing body oil.

**Body Nectar Nourishing Wrap - Frangipani.** **55min. £70.00**

The velvety texture of the Monoi oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin condition oils do their work.

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## Time for Men.

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Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. We have specifically designed these treatments with men in mind...

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### **Elemis Back, Neck and Shoulder Massage** **25min. £45.00**

A deeply relaxing massage working on the back, neck and shoulders. Using a combination of different massage techniques to focus on areas of concern.

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### **Elemis Full Body Massage** **55min. £75.00**

Soothe away stress with this blissful relaxing experience. Using a combination of different massage techniques to focus on areas of concern and using oils that will nourish and hydrate the skin.

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### **Elemis Deep Tissue Massage** **25min. £55.00** **55min. £85.00**

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The following massage works deeper into the tension, encouraging optimum circulation.

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Stones bathed in the Frangipani Monoi body oil are worked deep into the muscles getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

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### **Indian Head Massage** **40min. £55.00**

Traditional Indian head massage using a combination of massage techniques to warm, soothe and relax the body... back, neck, shoulder, face and scalp, the result is total relaxation.

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## Time for Men.

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### **Elemis High Performance Skin Energiser Facial** **25min. £42.00** **55min. £84.00** **85min. £127.00**

This is the hard-working facial for ageing, stressed, dehydrated skin and tired eyes. An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. Dynamic facial massage sequences boost circulation, whilst a targeted scalp massage helps with complete relaxation.

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### **Elemis BIOTEC Super-Charger Facial for Men** **55min. £92.00** **85min. £137.00**

This is the facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean and exfoliation leaving the skin soft and refreshed.

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### **Manicure or Pedicure** **25min. £25.00**

Cleanse, exfoliation, file, cuticle work and massage.

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## Manicures and Pedicures.

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OPI use a range of products that smooth and condition the skin alongside an innovative nail varnish system that creates a long lasting finish.

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**File and Polish, Hands or Feet.** **25min. £25.00**

Cleanse, file and polish.

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**Prescriptive Manicure.** **40min. £40.00**

Cleanse, file and cuticle work, massage and polish application.

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**Luxury Manicure.** **70min. £55.00**

Cleanse, exfoliation, file and cuticle work, mask application, massage and polish application.

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**Prescriptive Pedicure.** **40min. £40.00**

Cleanse, file and cuticle work, massage and polish application.

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**Luxury Pedicure.** **70min. £55.00**

Cleanse, exfoliation, file and cuticle work, hard skin removal, mask application, massage and polish application.

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**Exfoliate and Soften Feet.** **25min. £32.00**

Cleanse, exfoliate, hard skin removal treatment and moisturise.

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**Teen Manicure.** **25min. £25.00**

Cleanse, file and polish.

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**Teen Pedicure.** **25min. £25.00**

Cleanse, file and polish.

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## Gel Manicures and Pedicures.

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GelBottle is a soak off gel polish that is quick, easy, long lasting and keeps its shine.

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**File and Gel Polish Hands or Feet.** **40min. £37.00**

**Gel Manicure.** **70min. £60.00**

Cleanse, exfoliation, file and cuticle work, mask application, massage and gel polish application.

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**Gel Pedicure.** **70min. £60.00**

Cleanse, exfoliation, file and cuticle work, hard skin removal, mask application, massage and gel polish application.

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**Soak Off Gel Nails.** **25min. £20.00**

(We are only able to remove certain gels). Please inform us at time of booking if you have existing gels on that need removing. This requires an additional 25-minute appointment prior to your manicure and pedicure.

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**Soak Off, File and Reapplication of Gel Nails.** **70min. £52.00**

Remove gel nails and reapply.

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## Tanning Treatments.

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**St Tropez Spray Tan.** **25min. £32.00**

All over spray tan, choose between classic, express or dark tan.

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## Make Up.

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Wedding day, parties, photo-shoots, and special occasions... your entire make-up needs.

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**Delilah Make-Up Lesson.** **55min.** **£63.00**

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We apply... you learn.

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**Delilah Make-Up Trial.** **from 45min.** **£45.00**

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We recommend a trial to all brides to ensure you are happy with your make-up on your special day.

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**Delilah Special Occasion Make-Up.** **from 45min.** **£55.00**

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Make-up for all occasions... brides, bridesmaid, in-laws, and outlaws!  
*Based on consultation*

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## Waxing.

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Lycon wax only uses the finest resins, natural ingredients and aromatherapy oils. Lycon delivers superior performance removing stubborn hair. The elite Lycon brand offers a choice of hot wax, strip wax and is complemented by pre and post waxing lotions.

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**Lip or Chin** **15min.** **£12.00**

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**Lip and Chin** **20min.** **£20.00**

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**Eyebrow** **15min.** **£15.00**

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**Basic Bikini Line** **15min.** **£18.00**

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**High Bikini** **15min.** **£25.00**

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**Brazilian Bikini** **40min.** **£35.00**

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**Hollywood Bikini** **40min.** **£40.00**

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**Half Arm** **25min.** **£17.00**

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**Full Arm** **40min.** **£25.00**

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**Underarm** **15min.** **£18.00**

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**Lower Leg** **25min.** **£25.00**

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**Full Leg** **40min.** **£35.00**

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**Full Leg and Basic Bikini** **55min.** **£45.00**

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**Back or Chest** **25min.** **£30.00**

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## Threading.

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**Ideal for those who have a sensitive skin or allergic to wax.**

(Results last 3-4 weeks.)

**Lip or Chin** **15min.** **£15.00**

**Lip and Chin** **25min.** **£25.00**

**Brow Tidy** **15min.** **£16.00**

**Brow Reshape** **30min.** **£24.00**

**Full Face** **45min.** **£40.00**

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## Eye Treatments.

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**Brow Tidy and Tint.** **15min.** **£20.00**

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**Lash Tint.** **30min.** **£18.00**

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**Brow Tint.** **15min.** **£15.00**

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**Lash and Brow Tint.** **25min.** **£25.00**

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**Brow Tidy - Tweezer.** **15min.** **£15.00**

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*\*All tinting treatments require a patch test 48 hours in advance.*

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## Lashes.

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**LVL Lash Lift** **55min.** **£55.00**

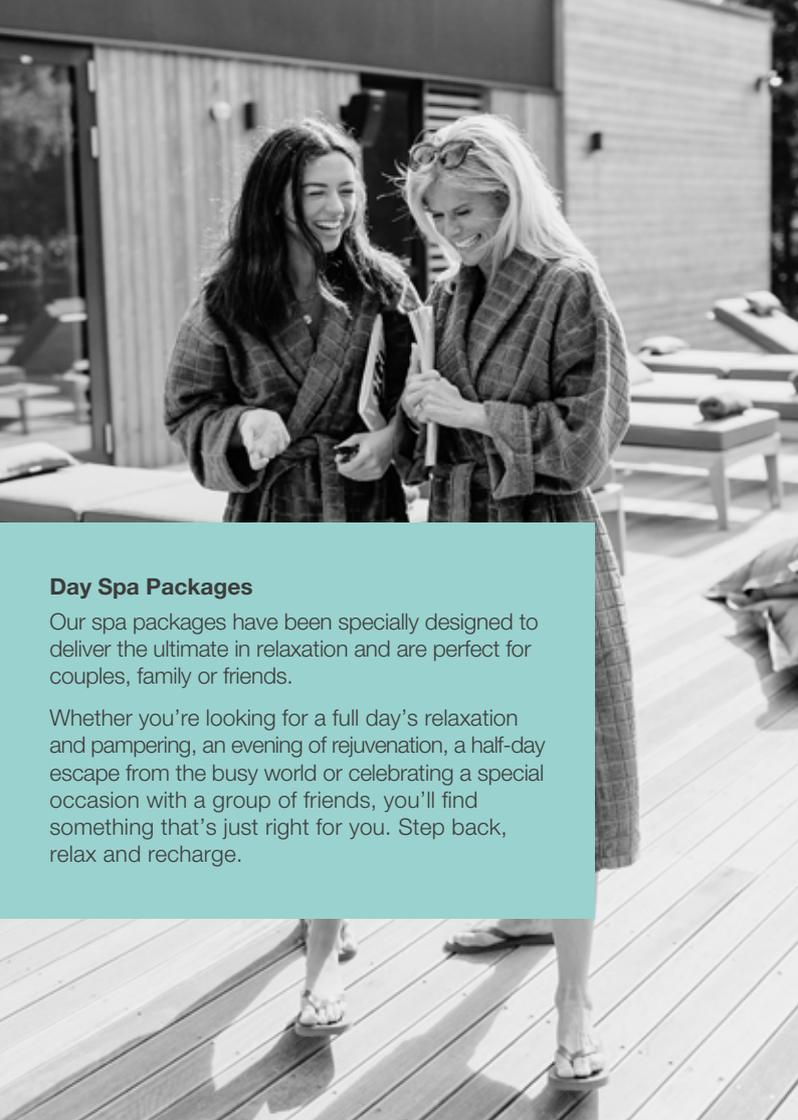
LVL Lash Lift is the revolutionary lash treatment that creates masses of length, volume and lift with your own natural lashes. No mascara. No extensions. No maintenance.

This treatment will create the look of longer, fuller lashes that make your eyes appear more open and youthful as well as saving time in your morning routine. So, if you're looking for a long-lasting, low maintenance, natural looking eyelash enhancement then Nouveau Lashes LVL Lash Lift is for you.

*\*LVL requires a patch test 48 hours in advance.*

*\*Not available for spa packages.*

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## Day Spa Packages

Our spa packages have been specially designed to deliver the ultimate in relaxation and are perfect for couples, family or friends.

Whether you're looking for a full day's relaxation and pampering, an evening of rejuvenation, a half-day escape from the busy world or celebrating a special occasion with a group of friends, you'll find something that's just right for you. Step back, relax and recharge.

## Day Spa Packages.

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### Full Day Spa 9.30-5.00pm

£195 per person

Our Full Day Spa includes use of the facilities, complimentary tea and coffee, a three course lunch in the spa and the following treatments:

**Elemis Lime & Ginger or Frangipani Body Polish**

**Elemis 25 Minute Touch Facial**

**Elemis 25 Minute Back, Neck and Shoulder Massage**

*These treatments cannot be substituted.*

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### Tailored Day Spa 9.30am-5.00pm

£220 per person

Our Tailored Day Spa included use of the facilities, complimentary tea and coffee, a three course lunch in the spa and two 55 minute treatments.

*\*Excludes some treatments.*

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### Half Day Spa 9.00am-1.00pm

£140 per person

1.30pm-5.30pm

*You can also have the choice of afternoon tea for £135 per person.*

Our Half Day Spa includes spending either the morning or the afternoon in the spa with use of the facilities, complimentary tea and coffee, a £30 voucher for lunch at Milsoms Kesgrave Hall and one of the following treatments:

**Elemis 55 Minute Touch Facial**

**Peaceful Pregnancy**

**Luxury Manicure or Luxury Pedicure**

**Elemis Full Body Massage**

*Please note, when dining at Milsoms Kesgrave Hall, you should be appropriately dressed, dressing gowns or robes are not permitted in the restaurant.*

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**Please note all spa packages must be fully prepaid at time of booking.**

Spa packages cancelled with less than 48 hours' notice are non refundable.

## Day Spa Packages.

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**Afterhours Spa (with supper) 5.30pm-8.00pm      £110 per person**

*Available midweek*

Our Afterhours Spa starts at 5.30pm and includes the use of facilities, a glass of prosecco on arrival and a 25-minute treatment of your choice. Choose from the following:

**Elemis 25 Minute Touch Facial**

**Elemis Lime & Ginger or Frangipani Body Polish**

**Elemis 25 Minute Back, Neck and Shoulder Massage**

**File and Polish for Hands or Feet**

This evening concludes with a supper at Milsoms Kesgrave Hall (£30 voucher included).

*Please note, when dining at Milsoms Kesgrave Hall, you should be appropriately dressed, dressing gowns or robes are not permitted in the restaurant.*

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**Afterhours Spa (without supper) 5.30pm-8.00pm      £80 per person**

This package is the same as the Afterhours Spa but without supper.

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**Please note all spa packages must be fully prepaid at time of booking.**

Spa packages cancelled with less than 48 hours' notice are non refundable.

If you are celebrating a special occasion our spa packages can be tailored to your requirements. Please ask for further details.

We offer exclusive use packages for group booking. Please ask for further details.



## **Attire.**

Robes and flip flops are available for spa day guests. We kindly ask guests to wear a robe over their swimwear on the way to a treatment. During treatments, our therapists are trained to observe client modesty at all times. Swimwear is also requested in the hot tub and sauna. If dining at Milsoms Kesgrave Hall as part of your package, please be advised that dressing gowns and robes are not permitted in the restaurant and we kindly ask you to dress appropriately for lunch or dinner.

## **Towels & Robes.**

We provide towels, robes and flip flops when using our Spa facilities, a £15.00 deposit will be taken on arrival and refunded at the end of the day when you return the robe and towel. The flip flops are yours to takeaway.

## **Arrivals.**

Guests are requested to arrive 5 to 10 minutes prior to your appointment in time to change, if desired, and to fill out a medical questionnaire so that it will not deprive you of precious minutes of your treatment.

## **Health Concerns.**

Some treatments are not suitable for certain medical conditions or during pregnancy. To avoid disappointment, please raise any concerns at the time of booking. We also ask clients to fill out a medical questionnaire on arrival at the spa, to ensure that treatments are appropriate. If you are undergoing treatment, have been affected by or are recovering from cancer, please make us aware at the point of booking.

## **Allergies.**

Please make us aware at the time of booking of any allergies. We ask clients to fill out a medical questionnaire on arrival at the spa, to ensure that the treatments are appropriate.

## **Pregnancy.**

Many of our treatments are suitable during pregnancy, but do ask for information when booking. We recommend delaying any body treatments until after the first trimester of pregnancy.

## **Mobile Phones.**

Please ensure that mobile phones are switched off during your visit to the spa.

## **Hotel Guests.**

Hotel guests will need to prebook spa passes on arrival at the hotel reception if they wish to use the facilities. A day pass is £30 per person or £50 per couple subject to availability.

## **Spa Passes.**

The Spa has been purposely built to be small and exclusive. A limited number of Spa passes are available at £30 per person, subject to having at least a 55 minute treatment, and can only be offered between 9am - 1pm and 1.30pm - 5.30pm.

## **Valuables.**

We strongly recommend that you leave your valuables in your locker. Some treatments require the removal of jewellery. Please ensure you retrieve all valuables before leaving the premises and in particular check the pockets of your robe as we cannot be held responsible for any losses.

## **Spa Retail.**

We retail a selection of carefully chosen award-winning brands showcasing luxury and indulgence. See our brands on the reverse.

## **Booking Policy.**

Group bookings for 3 or more must prepay at the time of booking. Spa packages must be fully prepaid at the time of booking.

## **Age Restrictions.**

Children under the age of 16 years are not permitted to use the spa at any time.

## **Cancellation Policy.**

Spa packages cancelled with less than 48 hours' notice are non refundable. Treatments cancelled with less than 24 hours' notice will be charged a 50% cancellation fee.

## **Smoking.**

The spa is a strictly non-smoking venue.

ELEMIS

NOVALASH

THE  
gel  
BOTTLE

NOUVEAU®  
LASHES

O·P·I

Lycon  
precision waxing™

ST.TROPEZ

delilah

**Opening Times.**

Monday, Friday, Saturday, Sunday - 9am-6pm

Tuesday, Wednesday, Thursday - 9am-8pm

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[www.milsomhotels.com/kesgrave-hall-spa](http://www.milsomhotels.com/kesgrave-hall-spa)