

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. Also offering a range of 'Wellness for Cancer' treatments.

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.

The Face. Pro-Glow Facials.

We have chosen Elemis as in our opinion they have the best products with the best techniques... treatments do not get much better.

Pro-Glow Renewal Facial	25min.	£44.00
	55min.	£88.00
	85min.	£131.00

For gorgeous glowing skin. Elemis signature deep cleansing skin wellness facial, showcasing prebiotics and antioxidant-rich goodness to deliver healthy li-from-within glow.

In one treatment, skin looks visibly refreshed and rebalanced.

Pro-Glow Smooth Facial	25min.	£44.00
	55min.	£88.00
	85min.	£131.00

The Hiit workout for your skin. Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visible tightening effect.

After just one treatment, the complexion looks firmer supremely smooth and rejuvenated.

The Face. Pro-Glow Facials.

Pro-Glow Resurface Facial	25min.	£44.00
	55min.	£88.00
	85min.	£131.00

Resurfacing for stunningly smooth skin. Purify and brighten as your skin's texture is transformed. With a spotlight on enlarged pores, blemishes and blackheads, this unique facial powered by patent Tri-Enzyme technology minimises the look of uneven tone, texture fine lines and pigmentation.

Dull, uneven, tired-looking skin will appear instantly brighter, smoother and renewed.

Pro-Glow Brilliance Facial	25min.	£44.00
	55min.	£88.00
	85min.	£131.00

Your recipe for radiance. Turn up the brightness with our triple cleanse, melting away make-up daily pollutants and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and anti-oxidant rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant, and healthy.

The Face. Elemis Pro-Glow+.

Elemis Pro-Glow+ 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.

Pro-Glow Renewal+ Facial	55min. £96.00
	85min. £141.00

For a healthy, gorgeous glow. Elemis signature deep cleansing skin wellness facial, showcasing prebiotics and antioxidant-rich goodness to deliver healthy lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.

Supercharged with Elemis BIOTEC Ultrasonic Resurfacing.

Pro-Glow Smooth+ Facial	55min. £96.00
	85min. £141.00

The ultimate Hiit workout for your skin. Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity.

Supercharged with Elemis BIOTEC Ultrasonic, Microcurrent and O2 infusion.

The Face. Elemis Pro-Glow+.

Pro-Glow Resurface+ Facial	55min. £96.00
	85min. £141.00

Reveal stunningly smooth skin. Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing the skin to help reduce visible dryness and smooth appearance of fine lines. Dull, uneven, tired looking skin will appear instantly renewed and stunningly smooth and clear.

Supercharged with Elemis BIOTEC Ultrasonic, LED Light Therapy and Galvanic.

Pro-Glow Brilliance+ Facial	55min. £96.00
	85min. £141.00

Your recipe for radiance. Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich superfoods will plump and smooth with supercharged air massage to breathe life into your skin. Immediately revealing an outdoor-fresh glow. Skin is left feeling fresh, radiant and healthy.

Supercharged with Elemis BIOTEC Ultrasonic, O2 Infusion and Galvanic.

Ultimate Elemis Experience	110 min. £168.00
<i>(Pro-Glow Facial and Elemis Massage Combination)</i>	

Condition your skin and muscles with this all embracing experience. Combine a 55 minute Pro-Glow Facial with your personalised Elemis Full Body Massage.

**Excludes deep tissue massage*

Specialist Facials.

Microneedling Facial	55min. £155.00
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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.

Profilo Facial	25min. £300.00
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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 smooth out fine lines and wrinkles. Giving the skin a natural looking youthful glow. To finish off your anti-ageing treatment you will have a relaxing scalp massage.

**Not available for spa packages.*

Signature Treatments.

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

Upper Body Treat	55min. £75.00
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A blissfully relaxing treatment focusing on your upper body, back, neck and shoulders. This face and scalp massage uses essential oils to soothe and balance the mind and body.

Head to Toe	160min. £228.00
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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.*

The Body. Massage.

Elemis Back, Neck and Shoulder Massage	25min.	£50.00
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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.	£80.00
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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.	£60.00
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55min.	£90.00
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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.	£55.00
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55min.	£85.00
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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.

Indian Head Massage	40min.	£57.00
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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.

Lava Shell Massage	55min.	£90.00
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85min.	£145.00
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A unique massage that uses tiger clam shells which help to reduce tense muscles, revitalise and rebalance the body and mind.

The Body.

Elemis Peaceful Pregnancy	70min.	£88.00
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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.	£160.00
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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.	£45.00
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Ear candles that soothe and balance the body and mind, while clearing tensions and blockages.

Body Scrubs and Wraps.

Intensely Cleansing Salt Scrub	25min.	£43.00
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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.

Time for Men.

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...

Elemis Back, Neck and Shoulder Massage	25min.	£50.00
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Indian Head Massage	40min.	£57.00
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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.

Time for Men.

Elemis Mens Facial	25min.	£44.00
	55min.	£88.00
	85min.	£131.00

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.

Manicure or Pedicure	25min.	£30.00
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Cleanse, exfoliation, file, cuticle work and massage.

Manicures and Pedicures.

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

File and Polish, Hands or Feet.	25min.	£30.00
Cleanse, file and polish.		
Prescriptive Manicure.	40min.	£45.00
Cleanse, file and cuticle work, massage and polish application.		
Luxury Manicure.	70min.	£58.00
Cleanse, exfoliation, file and cuticle work, mask application, massage and polish application.		
Prescriptive Pedicure.	40min.	£45.00
Cleanse, file and cuticle work, massage and polish application.		
Luxury Pedicure.	70min.	£58.00
Cleanse, exfoliation, file and cuticle work, hard skin removal, mask application, massage and polish application.		
Exfoliate and Soften Feet.	25min.	£35.00
Cleanse, exfoliate, hard skin removal treatment and moisturise.		
Teen Manicure.	25min.	£30.00
Cleanse, file and polish.		
Teen Pedicure.	25min.	£30.00
Cleanse, file and polish.		

Gel Manicures and Pedicures.

GelBottle is a soak off gel polish that is quick, easy, long lasting and keeps its shine. Choose from an array of colours including BIAB which encourages natural nail growth.

File and Gel Polish Hands or Feet.	40min.	£40.00
Gel Manicure.	70min.	£63.00
Cleanse, exfoliation, file and cuticle work, mask application, massage and gel polish application.		
Gel Pedicure.	70min.	£63.00
Cleanse, exfoliation, file and cuticle work, hard skin removal, mask application, massage and gel polish application.		
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.		
Soak Off, File and Reapplication of Gel Nails.	70min.	£55.00
Remove gel nails and reapply.		

Tanning Treatments.

St Tropez Spray Tan.	25min.	£35.00
All over spray tan, choose between classic, express or dark tan.		

Make Up.

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

Delilah Make-Up Lesson.	55min.	£65.00
We apply... you learn.		

Delilah Make-Up Trial.	45min.	from £50.00
We recommend a trial to all brides to ensure you are happy with your make-up on your special day.		

Delilah Special Occasion Make-Up.	45min.	from £65.00
Make-up for all occasions... brides, bridesmaids in-laws, and outlaws! <i>Based on consultation</i>		

Threading.

Ideal for those with 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.	£20.00
Brow Reshape	30min.	£26.00
Full Face	45min.	£40.00

Lashes.

LVL Lash Lift	55min.	£60.00
A revolutionary lash treatment that creates masses of length, volume and lift with your own natural lashes. No mascara, extensions or 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.*

Eye Treatments.

Brow Tidy and Tint.	15min.	£25.00
Lash Tint.	30min.	£20.00
Brow Tint.	15min.	£18.00
Lash and Brow Tint.	25min.	£30.00
Brow Tidy - Tweezer.	15min.	£18.00

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

Waxing.

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.

Lip or Chin	15min.	£12.00
Lip and Chin	20min.	£20.00
Eyebrow	15min.	£18.00
Basic Bikini Line	15min.	£20.00
High Bikini	15min.	£28.00
Brazilian Bikini	40min.	£40.00
Hollywood Bikini	40min.	£50.00
Half Arm	25min.	£20.00
Full Arm	40min.	£28.00
Underarm	15min.	£20.00
Lower Leg	25min.	£30.00
Full Leg	40min.	£38.00
Full Leg and Basic Bikini	55min.	£50.00
Back or Chest	25min.	£30.00
¾ Leg	35min.	£34.00
¾ Leg & Bikini	50min.	£46.00
Half Leg & Bikini	35min.	£42.00



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.

Full Day Spa 9.30-5.00pm £215 per person

Our Full Day Spa includes use of the facilities, complimentary tea and coffee, 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.

Tailored Day Spa 9.30am-5.00pm £240 per person

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

**Excludes some treatments.*

Half Day Spa 9.00am-1.00pm £150 per person **1.30pm-5.30pm**

Instead of lunch you can also have the choice of afternoon tea for £145 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 allocation 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.

Day Spa Packages.

Afterhours Spa (with supper) 5.30pm-8.00pm £130 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.

Afterhours Spa (without supper) 5.30pm-8.00pm £100 per person

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


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.

Why not extend your spa experience with an overnight stay?

We offer exclusive use packages for group bookings and also have a number of stunning bedrooms available. If you are celebrating a special occasion our spa packages can be tailored to your requirements.

Please ask for further details.

A black and white photograph of a person lying down with their eyes closed, receiving a facial massage from a therapist's hands. The person's head is tilted back, and their face is the central focus. The therapist's hands are visible, gently touching the person's forehead and cheeks. The background is dark and out of focus, with a bright light source visible in the upper right.

Treatments you can trust

The following treatments have been designed for clients that have been touched by cancer.

Wellness for Cancer Treatment Menu.

All our therapists have completed ‘Wellness for Cancer’ training which has enabled us to offer a full range of treatments for clients who have been touched by cancer.

Massages.

Back, Neck and Shoulder Massage **25min. £50.00**

A deeply relaxing massage on the back, neck and shoulders.

Using a combination of different massage techniques to focus on areas of concern.

Full Body Massage **55min. £80.00**

Sooth away stress with the 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.

Hand and Arm Massage **25min. £35.00**

A blissfully relaxing massage to unwind any tension in those hardworking hands.

Foot and Leg Massage **25min. £35.00**

A pampering massage to help those tired and achy legs.

Elemis Facials.

Pro-Glow Smooth **25min. £44.00**
55min. £88.00

Lifts away dead skin cells to smooth, renew and fine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visible tightening effect.

Pro-Glow Renewal Facial **25min. £44.00**
55min. £88.00

Elemis Signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking lit from within glow.

In one treatment, skin looks visibly refreshed and rebalanced.

Nails.

Manicure **50min. £45.00**
Cleanse, file, mask application, massage and varnish application.

Pedicure **50min. £45.00**
Cleanse, file, mask application OR hard skin removal, massage, and varnish application.

Please note that gel application is not available with our wellness treatments.

Please note each treatment may have to be adapted to each individual client’s needs.

Attire.

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. 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. Late arrival will result in reduction of treatment time.

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. Please note dogs are not allowed at the spa.

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.

Gift Vouchers.

Vouchers are available to purchase at the spa or hotel reception, or by calling 01473 855105.

Age Restrictions.

Children under the age of 16 years are not permitted at 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 or vaping venue.

ST.TROPEZ

NOUVEAU®
LASHES

THE™
gel
BOTTLE®

Lycon
precision waxing™

O·P·I

delilah

ELEMIS



Opening Times.

Monday to Sunday - 9am-6pm
After hours by prior appointment

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www.milsomhotels.com/kesgrave-hall-spa