

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.

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## The Face. Pro-Glow Facials.

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

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<b>Pro-Glow Renewal Facial</b>	<b>25min.</b>	<b>£50.00</b>
	<b>55min.</b>	<b>£95.00</b>
	<b>85min.</b>	<b>£145.00</b>

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

In one treatment, skin looks visibly refreshed and rebalanced.

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<b>Pro-Glow Smooth Facial</b>	<b>25min.</b>	<b>£50.00</b>
	<b>55min.</b>	<b>£95.00</b>
	<b>85min.</b>	<b>£145.00</b>

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.

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## The Face. Pro-Glow Facials.

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<b>Pro-Glow Resurface Facial</b>	<b>25min.</b>	<b>£50.00</b>
	<b>55min.</b>	<b>£95.00</b>
	<b>85min.</b>	<b>£145.00</b>

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.

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<b>Pro-Glow Brilliance Facial</b>	<b>25min.</b>	<b>£50.00</b>
	<b>55min.</b>	<b>£95.00</b>
	<b>85min.</b>	<b>£145.00</b>

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.

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## The Face. Elemis Pro-Glow+.

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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.

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<b>Pro-Glow Renewal+ Facial</b>	<b>55min. £105.00</b>
	<b>85min. £155.00</b>

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.*  
*\*Not available for spa packages.*

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<b>Pro-Glow Smooth+ Facial</b>	<b>55min. £105.00</b>
	<b>85min. £155.00</b>

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.*  
*\*Not available for spa packages.*

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## The Face. Elemis Pro-Glow+.

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<b>Pro-Glow Resurface+ Facial</b>	<b>55min. £105.00</b>
	<b>85min. £155.00</b>

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.*  
*\*Not available for spa packages.*

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<b>Pro-Glow Brilliance+ Facial</b>	<b>55min. £105.00</b>
	<b>85min. £155.00</b>

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.*  
*\*Not available for spa packages.*

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<b>Ultimate Elemis Experience</b>	<b>110 min. £185.00</b>
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*(Pro-Glow Facial and Elemis Massage Combination)*

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*  
*\*Not available for spa packages.*

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## Specialist Facials.

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### Microneedling Facial

**55min. £160.00**

**Course of 5 treatments** *(get the 6th free).* **£800.00**

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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*\*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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### Upper Body Treat

**55min. £90.00**

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.

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### Head to Toe

**160min. £245.00**

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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**Lie back, unwind & relax**

Recharge your body and mind as our team of experienced therapists take your stress away.

## The Body. Massage.

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**Elemis Back, Neck and Shoulder Massage**                      **25min. £55.00**

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. £90.00**

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**                      **Back Massage**                      **25min. £65.00**  
**55min. £100.00**

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. £60.00**  
**55min. £95.00**

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. £64.00**

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.

**Lava Shell Back Massage**    **25min. £65.00**  
**55min. £100.00**

A unique massage that uses tiger clam shells on the back, neck and shoulders. The shells are warm on application and with the shells and hands this makes for a very relaxing massage.

*\*Not available for spa packages.*

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## The Body.

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**Elemis Peaceful Pregnancy**    **55min. £90.00**

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. £175.00**

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. £55.00**

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

**Reflexology.**    **25min. £40.00**  
**50min. £70.00**

Non-invasive treatment working on reflex points on the feet which correlate to different areas of the body. Reflexology is deeply relaxing, promotes general well-being and is known to be of benefit to many specific health problems.

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## Body Scrubs and Wraps.

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**Intensely Cleansing Salt Scrub**    **25min. £50.00**

Fragrant salts 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.

## 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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<b>File and Polish, Hands or Feet</b>	<b>25min.</b>	<b>£35.00</b>
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<b>Prescriptive Manicure</b>	<b>40min.</b>	<b>£50.00</b>
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Cleanse, file and cuticle work, massage and polish application.

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<b>Luxury Manicure</b>	<b>70min.</b>	<b>£65.00</b>
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Cleanse, exfoliation, file and cuticle work, mask application, massage and polish application.

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<b>Prescriptive Pedicure</b>	<b>40min.</b>	<b>£50.00</b>
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Cleanse, file and cuticle work, massage and polish application.

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<b>Luxury Pedicure</b>	<b>70min.</b>	<b>£65.00</b>
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Cleanse, exfoliation, file and cuticle work, hard skin removal, mask application, massage and polish application.

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<b>Exfoliate and Soften Feet</b>	<b>25min.</b>	<b>£40.00</b>
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Cleanse, exfoliate, hard skin removal treatment and moisturise.

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<b>Teen Manicure</b>	<b>25min.</b>	<b>£35.00</b>
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Cleanse, file and polish.

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<b>Teen Pedicure</b>	<b>25min.</b>	<b>£35.00</b>
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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. Choose from an array of colours including BIAB which encourages natural nail growth.

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<b>File and Gel Polish Hands or Feet</b>	<b>40min.</b>	<b>£45.00</b>
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<b>Gel Manicure</b>	<b>70min.</b>	<b>£70.00</b>
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Cleanse, exfoliation, file and cuticle work, mask application, massage and gel polish application.

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<b>Gel Pedicure</b>	<b>70min.</b>	<b>£70.00</b>
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Cleanse, exfoliation, file and cuticle work, hard skin removal, mask application, massage and gel polish application.

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<b>File and Gel on Hands and Feet</b>	<b>70min.</b>	<b>£85.00</b>
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<b>Soak Off Gel Nails</b>	<b>25min.</b>	<b>£20.00</b>
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(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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<b>Soak Off, File and Reapplication of Gel Nails</b>	<b>70min.</b>	<b>£60.00</b>
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Remove gel nails and reapply.

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## Tanning Treatments.

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<b>St Tropez Spray Tan</b>	<b>25min.</b>	<b>£38.00</b>
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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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<b>Delilah Make-Up Lesson</b>	<b>45min.</b>	<b>£70.00</b>
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We apply... you learn.

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<b>Delilah Make-Up Trial</b>	<b>45min.</b>	<b>from £60.00</b>
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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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<b>Delilah Special Occasion Make-Up</b>	<b>55min.</b>	<b>from £75.00</b>
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Make-up for all occasions... brides, bridesmaids in-laws, and outlaws!  
*Based on consultation*

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## Lashes.

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<b>LVL Lash Lift</b>	<b>55min.</b>	<b>£65.00</b>
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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.*

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## Eye Treatments.

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<b>Brow Tidy - Tweezer</b>	<b>15min.</b>	<b>£20.00</b>
<b>Brow Tidy and Tint</b>	<b>15min.</b>	<b>£30.00</b>
<b>Lash Tint</b>	<b>30min.</b>	<b>£22.00</b>
<b>Brow Tint</b>	<b>15min.</b>	<b>£20.00</b>
<b>Lash and Brow Tint</b>	<b>25min.</b>	<b>£35.00</b>

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

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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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<b>Lip or Chin</b>	<b>15min.</b>	<b>£15.00</b>
<b>Lip and Chin</b>	<b>15min.</b>	<b>£20.00</b>
<b>Eyebrow</b>	<b>15min.</b>	<b>£20.00</b>
<b>Basic Bikini Line</b>	<b>15min.</b>	<b>£22.00</b>
<b>High Bikini</b>	<b>15min.</b>	<b>£30.00</b>
<b>Brazilian Bikini</b>	<b>40min.</b>	<b>£45.00</b>
<b>Hollywood Bikini</b>	<b>45min.</b>	<b>£55.00</b>
<b>Half Arm</b>	<b>25min.</b>	<b>£25.00</b>
<b>Full Arm</b>	<b>40min.</b>	<b>£35.00</b>
<b>Underarm</b>	<b>15min.</b>	<b>£22.00</b>
<b>Lower Leg</b>	<b>25min.</b>	<b>£35.00</b>
<b>Full Leg</b>	<b>40min.</b>	<b>£45.00</b>
<b>Full Leg and Basic Bikini</b>	<b>55min.</b>	<b>£60.00</b>
<b>Back or Chest</b>	<b>25min.</b>	<b>£35.00</b>
<b>¾ Leg</b>	<b>35min.</b>	<b>£34.00</b>
<b>¾ Leg &amp; Bikini</b>	<b>50min.</b>	<b>£46.00</b>

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## **Day Spa Packages.**

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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** **£225 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.*

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### **Tailored Day Spa 9.30am-5.00pm** **£250 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.*

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### **Half Day Spa 9.00am-1.00pm** **£160 per person** **1.30pm-5.30pm**

***Instead of lunch you can also have the choice of afternoon tea for £150 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.*

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## Day Spa Packages.

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### **Afterhours Spa (with supper) 5.30pm-8.00pm** **£140 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** **£110 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.

**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.

**Treatments you can trust**

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

## Wellness for Cancer Treatment Menu.

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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.

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## Massages.

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### **Back, Neck and Shoulder Massage** **25min. £55.00**

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

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

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### **Full Body Massage** **55min. £90.00**

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.

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### **Hand and Arm Massage** **25min. £40.00**

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

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### **Foot and Leg Massage** **25min. £40.00**

A pampering massage to help those tired and achy legs.

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## Elemis Facials.

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### **Pro-Glow Smooth** **25min. £50.00** **55min. £95.00**

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.

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### **Pro-Glow Renewal Facial** **25min. £50.00** **55min. £95.00**

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.

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## Nails.

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### **Manicure** **50min. £55.00**

Cleanse, file, mask application, massage and varnish application.

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### **Pedicure** **50min. £55.00**

Cleanse, file, mask application OR hard skin removal, massage, and varnish application.

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

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**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 £35 per person or £60 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 £35 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 X

Lycon  
precision waxing™

O·P·I

delilah

ELEMIS



**Opening Times.**

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

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Spa Kesgrave Hall, Hall Road,  
Kesgrave, Ipswich, Suffolk IP5 2PU  
01473 855105  
thespa@kesgravehall.com

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

All prices are correct at the time of printing.