



Swedish Massage

A bespoke treatment using Natural Spa Factory oils to help alleviate mental and physical problems.

<u>Back, Neck and Shoulder 30 Minutes</u>	<u>£35.00</u>
<u>Half Body 45 Minutes</u>	<u>£45.00</u>
<u>Full Body 60 Minutes</u>	<u>£60.00</u>
<u>Top to Toe 90 Minutes</u>	<u>£90.00</u>

The Top to Toe Massage involves a full body massage followed by a cleansing facial

Facials

Customised to your specific skin type using Natural Spa Factory products, combining gentle massage with cleansing, toning and moisturising.

<u>30 Minute Cleansing Facial</u>	<u>£35.00</u>
<u>60 Minute Deluxe Facial</u>	<u>£60.00</u>

Reflexology

Reflexology is a holistic, non invasive therapy. Reflexology Lymph Drainage (RLD) is an award winning reflexology technique which focuses on stimulating that lymphatic reflexes on the feet.

<u>60 Minute Treatment</u>	<u>£60.00</u>
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Thai Foot Massage

A Massage of the lower legs and feet that involves stretching and massage to open the energy lines. A Thai foot stick is also used in this treatment to enhance energy flow.

<u>60 Minute Treatment</u>	<u>£60.00</u>
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Reiki

Reiki is a Japanese word that means universal life energy. Reiki maybe experienced as a flow of energy, mild tingling, warmth or coolness. Reiki is deeply relaxing and has a profoundly calming effect.

<u>45 Minute Treatment</u>	<u>£45.00</u>
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Indian Head Massage

Indian head massage is especially good for relieving stress, tension, fatigue, insomnia, headaches, migraine and sinusitis.

<u>30 Minutes – On Chair</u>	<u>£35.00</u>
<u>45 Minutes – On Couch</u>	<u>£45.00</u>

Extended treatment with face massage

Either Natural Spa Factory or Jennifer Young products will be used during your treatments. Should guests require Oncology treatments, please be assured our Spa Manager, Tracy is qualified in these and Jennifer Young has developed products especially for this purpose.

Due to Social Distancing protocols, we cannot currently offer dual treatments. Rules currently stipulate that there needs to be a 20 minute interval between guests to ensure adequate cleaning time and room ventilation.

Booking Terms and Conditions

- All treatment times stated include consultation time and changing time.
- Please notify the Receptionist if you are pregnant or have any medical conditions at time of booking.
- If your chosen treatment is unsuitable for you at time of consultation, an alternative will be offered.
- Please arrive at least 5 minutes before your treatment for consultation.
- 16's and over only. All bookings are subject to availability.

Payment and Cancellation Policy – Hotel Residents

- All treatments will be added onto your Accommodation Invoice to be settled on departure
- Should you cancel up until 24 hours before your treatment, the charge will be removed from your account
- If cancellation is made after the 24 hour cancellation window the treatment will be charged in full

Payment and Cancellation Policy – Day Guests

- For guests that will not be residing with us a 50% deposit is required to secure you reservation
- If a cancellation is made up until 3 days (72 hours) before your treatment time the 50% deposit will be refunded
- After the 72 hour cancellation window has passed, the remaining 50% balance will be automatically charged

To Enquiry and Book your Treatment Reservation please email leisure@heywoodspahotel.co.uk