



THE PERFECT SPA HIDEAWAY

UNWIND | REJUVENATE | INDULGE



THE PERFECT
PLACE TO RELAX
AND UNWIND

SPA AND LEISURE AT NEEDHAM HOUSE

Spa and leisure is all part of the experience at Needham House hotel. Our facilities include, a Hamman with ice water experience, Swedish sauna and steam room, Gym and relaxation lounge and a general sense of neat design and carefully considered details.

Robes and slippers are provided, plus there is an ESPA retail area so you can purchase your favoured products and refreshments in the SG4 Brasserie are available throughout the day.

We offer a range of treatments including;

SPA Packages

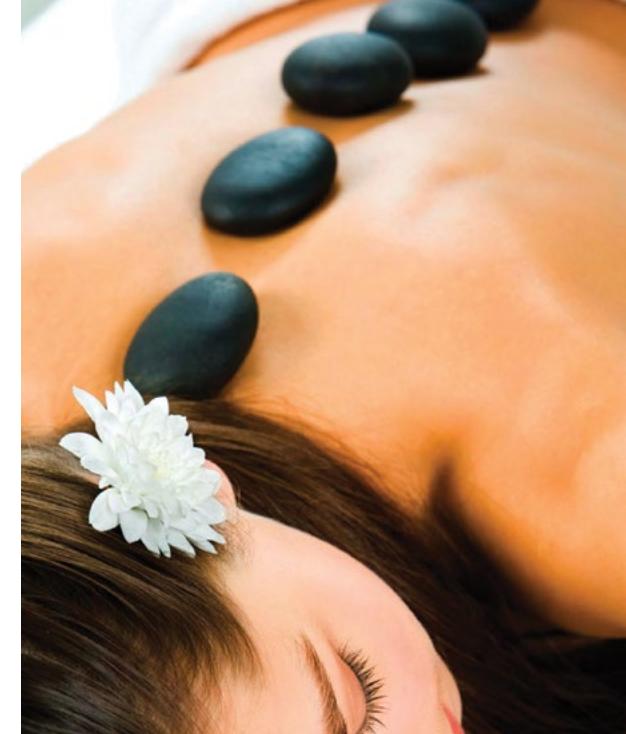
Facial Treatments

Body Treatments

Hot Stones

Holistic Therapy Treatments

Hands, Feet & Nails



ESPA

Natural Beauty
Inner Calm



THE TIME TO
RELAX IS WHEN
YOU DON'T HAVE
TIME FOR IT

SPA DAY PACKAGES

Spa Day Packages all include full use of the gym, sauna, steam and relaxation room. Towel, robes and slippers are provided on the day.

SPA TRIO

Choose three 25 minute treatments from the list below; package also includes Cream Tea (Two fresh scones, clotted cream and homemade jam);

ESPA Express Facial

ESPA Back, Neck and Shoulder Massage

ESPA Lift and Firm Eye Treatment

ESPA Body Polish

ESPA Salt and Oil Scrub

ESPA Invigorating Foot Treatment

Mini Manicure

Mini Pedicure

Treatment Duration: 75 minutes

SPA INDULGENCE FOR TWO

This package includes an afternoon tea with a full selection of sandwiches, cakes and scones with homemade clotted cream and jam, combined with one of the following 55 minute treatments:

ESPA Aromatherapy massage

ESPA Personalised intensive facial

ESPA Lifesaving back treatment

(We do require 48 hours' notice for afternoon tea or cream tea as everything is baked fresh in house).

SPA AFFINITY

This package includes a two course lunch in our SG4 Brasserie, and two 25 minute treatments from the following;

ESPA Express Facial

ESPA Back, Neck and Shoulder Massage

ESPA Body Polish

ESPA Salt and Oil Scrub

ESPA Invigorating Foot Treatment

Lift and Firm Eye Treatment

Mini Manicure

Mini Pedicure

Treatment Duration: 50 minutes

SPA RELAX & REVIVE

This package includes a champagne cocktail, file and paint on either hands or feet and a choice of the following;

ESPA Express Facial

ESPA Back, Neck and Shoulders Massage

TASTER EXPERIENCE

This experience is designed for you share with family or friends.

You'll be provided with your towel, robe and slippers and also with your own personal ESPA Salt & Oil Scrub and Pink Hair & Scalp Mud to use in our Turkish Hammam.

This also includes a taster ESPA gift to carry on your experience at home. Furthermore you'll receive 20% off ANY treatments Monday-Friday when you book this package.



WELLNESS
INSPIRED
BY TOUCH



FACIAL TREATMENTS

ESPA Personalised Intensive Facial 55 minutes

Our facials begin with a detailed consultation and in-depth skin analysis using Skin Vision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results. To maintain the ultimate in healthy, radiant skin we recommend a facial once a month.

ESPA Express Facial 25 minutes

ESPA Active Peel Enzyme Facial 55 minutes

This powerful and highly effective natural facial peel dramatically smoothes, softens and evens skin tone. An intense enzyme peel containing botanical extracts and pumpkin enzymes deeply exfoliates and removes dead skin cells, followed by an application of soothing rose quartz to help cool and calm, revealing an ultra-smooth, glowing complexion.

ESPA Advanced Cellular Renewal Enzyme Facial 1 hour 25 minutes

A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, radiant complexion. Intense enzyme peel containing botanical extracts and pumpkin enzymes to deeply exfoliate and remove dead skin cells. After a soothing massage using rose quartz crystal to help cool and calm, a lifting and smoothing mask is applied, to give your skin a more plumped and firmer appearance.

Mii MAKE UP

Mii make up is a mineral based make up which is combined with the finest ingredients to help promote healthy natural beauty.

Mii Mini Make Under 15 minutes

Heading out straight after your spa day? Enjoy a quick fix with our mini make under for a touch of colour after a treatment.

Mii Bridal Make Up 60 minutes per session

Includes a makeup trial beforehand and make up on the day.

Mii Make Up Bridesmaids/Mother of the Bride 40 minute session

BODY TREATMENTS

ESPA Aromatherapy Massage

Our massages are tailored to suit your needs from Swedish Massage to Deep Tissue. Available as 25 minutes, 40 minutes, 55 minutes and 1 hour 25 minutes treatments.

ESPA Lifesaving Back Treatment 55 minutes

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal for all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed.

ESPA Salt & Oil Scrub - Full Body Exfoliation 25 minutes

ESPA Body Polish - Full Body Exfoliation 25 minutes

ESPA Holistic Back, Face and Scalp Treatment 1 hour 25 minutes

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation - back massage – personalised facial – scalp massage.

ESPA Total Holistic Body Care 1 hour 25 minutes

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. The treatment begins with body brushing and exfoliation to smooth and soften the skin; an indulgent massage following a comforting scalp massage and gentle stretching allows you to relax and unwind.

Includes: Facial cleanse – Body exfoliation – aromatherapy back massage – application of facial oil – scalp massage



HOT STONES

ESPA Hot Stone Treatments

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, helping you to unwind and your body to feel rejuvenated.

Available as 40 minutes (back massage), 55 minutes and 1hr 25minutes treatments.

ESPA Advanced Back, Face & Scalp Treatment with Hot Stones 1 hour 55 minutes

Hot Stones

A powerful stress-releasing treatment using hot stones to work on deep seated tension and restore balance to vital energy points.

Includes: Back exfoliation – hot stone back massage – personalised facial – scalp massage

HOLISTIC THERAPY TREATMENTS

Indian Head Massage 40 minutes

Warm oils are poured into the scalp, shoulders and neck are massaged, relieving stress and tension. Followed by a soothing scalp massage.

Head To Toe Massage 75 minutes

Starting with an aromatherapy back massage to relax and help with any tension, aches and pains you may have. We will then perform an Indian head massage which will work deeper pressures into the neck, face and scalp. The treatment will finish off with Reflexology on the feet to work with any imbalances within the body.

Reflexology 40 minutes

A system of massage used to relieve tension and can treat the muscle groups, bones, nerve ganglions (solar plexus, brachial plexus) and nerves (sciatic) during a session, based on the theory that there are reflex points on the feet, hands, and head linked to every part of the body.

Discover ESPA 50 minutes

Enjoy an aromatherapy back massage followed by an express facial. This treatment is perfect for a bit of everything in one.

HANDS, FEET & NAILS

The world renowned Jessica Nail and Foot care present top class natural nail treatments for both hands and feet. A phenomenal evolution in polish, dries quickly in natural light, has a gel-like shine which lasts up to 10 days and protects the nail.

Phenom Mini Manicure 30 minutes

Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat and completed with the perfect polish.

Phenom Classic Manicure 60 minutes

Nails are analysed and treated for their specific type. Jessica's Classic Manicure includes, exfoliation, hands being placed in heated mitts, massage and cuticle care. Nails are beautifully shaped and treated with a prescriptive basecoat before finishing with the perfect polish.

Phenom Mini Pedicure 30 minutes

This is the perfect quick fix. Your feet will be cleansed with hot mitts, cuticles will be nourished and finally your nails will be finished with our Jessica Phenom paint.

Phenom Classic Pedicure 60 minutes

Starting with your feet being soaked and exfoliated, hard skin will be removed, feet and legs are placed in heated booties, massaged with deep conditioning creams leaving them softer and smoother, your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.

Jessica GELeration 50 minutes

The beauty of Jessica, in a gel, with the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours, GELeration lasts for 2-3 weeks without chipping, peeling, fading, smudging and is easily removed by our Jessica professionals in minutes.

We recommend bringing flip flops or open toed shoes to wear after your pedicure.



MAKE THE MOST
OF YOUR VALUABLE
ME-TIME

A TRANQUIL OASIS OF CALM



APPOINTMENTS

To book all spa treatments please call or email the spa. Full payments for all treatments are required at booking.

ARRIVAL

We recommend that you arrive at least 15 minutes prior to your appointment time so we can ensure that you are comfortable, prepared and receive your full treatment time.

HEALTH AND WELLBEING

If you have any medical conditions or are pregnant, we advise you to consult a doctor before undertaking treatments. You are required to inform your therapist of any allergies that you suffer from or medication you are taking. Consultation forms will need to be updated every six months.

PREGNANCY

We offer treatments for mothers-to-be from 13 weeks that have been specifically designed and are suitable however we strongly advise to seek doctor/midwife's approval before a treatment.

WHAT TO WEAR

Bath robes and towels will be provided by your therapist. Respectable swimwear is required whilst using the spa facilities and appropriate clothing and footwear must be worn in the gymnasium.

VALUABLES

It is the responsibility of the individual to look after their own valuables. The spa does not accept responsibility for any lost valuables during treatments.

CANCELLATION OR NO SHOW

There is a 24hr cancellation policy on spa treatments. The cancellation policy for spa packages is 48 hours. Debit/Credit card details will be required for all spa booking to secure the booking.

Please inform us at booking if you had any operations within the last six months and if you have undergone any chemotherapy or radiotherapy within the last five years

SPA Inserts here

Business Card here



Needham
HOUSE

01462 417 240

Blakemore End Road, Little Wymondley, Hertfordshire SG4 7JJ

sales@needhamhouse.co.uk

www.needhamhouse.co.uk