



The
OLD HALL
Hotel, Health & Spa

Spa



A Stunning Spa Experience

Our day spa programmes are designed to meet your individual health and beauty needs and offer the opportunity to get the most value out of your visit.

For flexibility and convenience our day spa packages are time orientated, as opposed to treatment led. They incorporate a combination of dedicated therapist treatment time coupled with full use of our range of health and spa facilities. Because you book a slot of time rather than a single treatment you'll be under no pressure to leave as soon as your treatment is over so you'll have time to fully relax.

So, booking an experience is based on you making just two decisions:

1. How much time you can spend with us
2. How you want to feel when you leave us - relaxed, revitalised or restored.

Day Spa packages, you can choose the total duration of your experience and the relative proportion of private treatments within it.

These Spa 'Experiences' range from the 2 hour 'Discover' package through to unlimited 'Full Day Experience' for the ultimate in pampering.

All of our spa experiences include full use of our swimming pool, hydrotherapy pool, sauna, steam room and gymnasium as well as use of a robe, towel, slippers and choice of tea, coffee or soft drink on arrival.

The Discover Experience - is a great way to try 2 hours use of the health & spa facilities complete with your choice of any of our 30 minute treatments.

Half Day / Half Day Luxury Experiences **Most popular Spa day Choice**- enjoy a morning or afternoon's full use of the health & spa facilities along with your choice of either 60 or 90 minutes of dedicated treatment time.

Full Day Experience - enjoy unlimited use of the health & spa facilities along with 120 minutes of dedicated treatment time. Full Day Experience also includes a one course light lunch.

When you arrive – Sit down and tell us how you feel, if there are specific areas you would like to concentrate on and most importantly how you would like to feel on leaving us – relaxed, restored or revitalised. Our therapists will then work their magic touch.

When you leave – We want you to have both enjoyed your time and developed a greater understanding of the short and long term benefit of Spa treatments. All we ask is that you tell us how you feel, what worked for you and how you envision your next visit.

Spa Experiences Comparison Table

Experience	Therapist time	Spa time	Price
Facility use	n/a	2 ½ hours	£30
Discover	30 mins	2 ½ hours	£65
Half Day	60 mins	3 hours	£85
Half Day Luxury	90 mins	3 ½ hours	£99
Full Day	120 mins	Unlimited	£136

Treatments For The Body

NR Spa, has thoroughly tried and tested a number of body treatments to ensure we offer you the best quality with the highest results and optimum enjoyment. Whether you seek a body detox, some muscle or tension relief, skin firmness & hydration or simply a super-smooth body. Our Body Therapy products have got you covered head-to-toe.

TEMPLESPA Drift Away - Relaxing Massage

30 minute treatment £35

60 minute treatment - full body £60

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away...Also includes a scalp massage (in a 60 minute full body treatment)

TEMPLESPA Work It Out Massage - Deep Muscle Massage

30 minute treatment £35

60 minute treatment £60

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious!

TEMPLESPA Rocks Of The Mediterranean - Hot Stone Massage

30 minute treatment £35

60 minute treatment - full body £60

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

TEMPLESPA Stress Not – CBD Well Being Massage

30 minute treatment £38

60 minute treatment – full body £65

This calming and anti-inflammatory massage targets muscle pain and melts away tension leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm STRESS NOT naturally eases muscle stiffness and calms a busy mind. giving you a moment of blissful respite.

TEMPLESPA New Beginning's – Mum To Be Massage

30 minute treatment £36

60 minute treatment – full body £65

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a mini cleanse for the face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

TEMPLESPA Back To Life

30 minute treatment £41

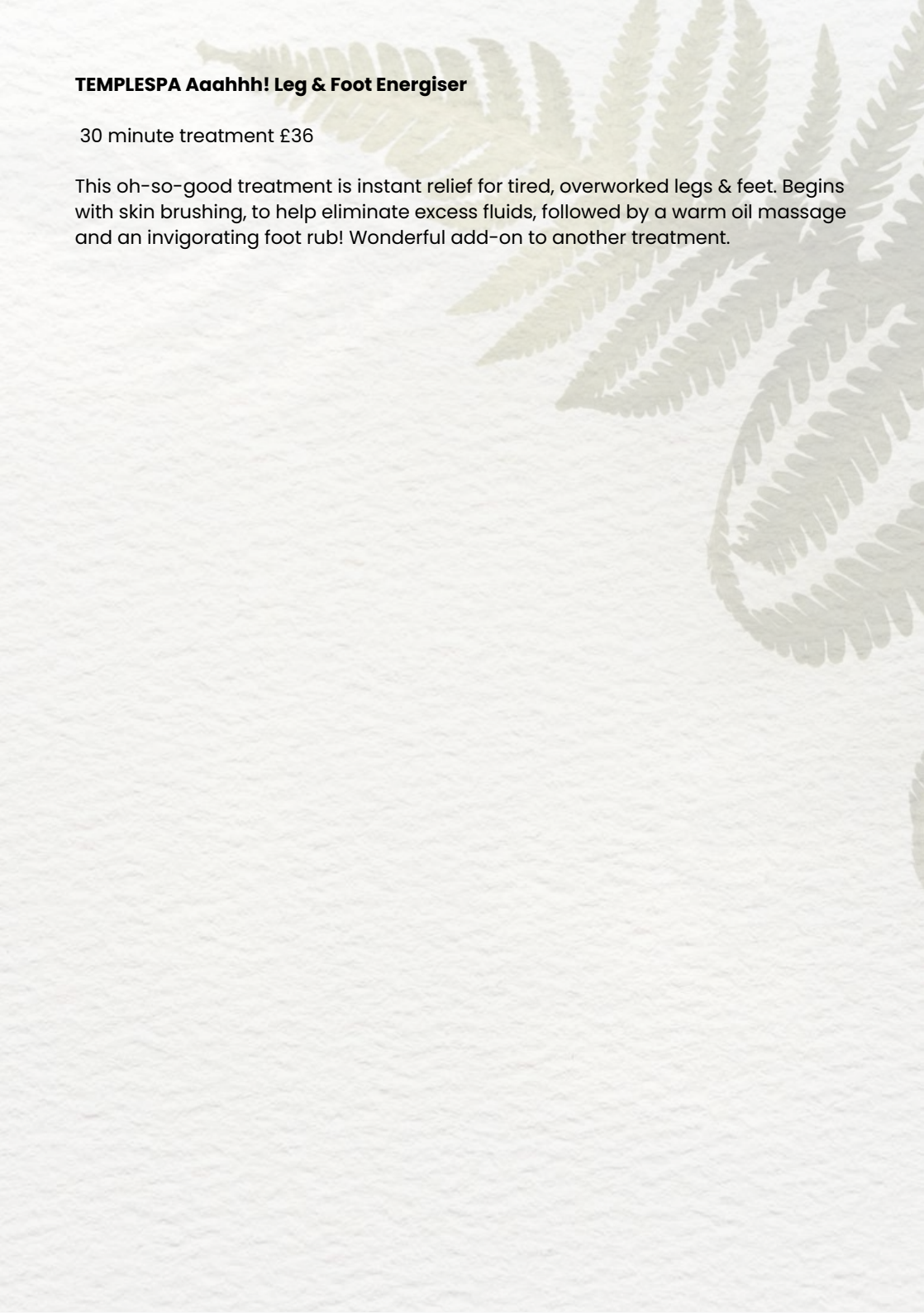
This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a body moisturiser. Leaves you with a back to be proud of.

TEMPLESPA The Outer Glow – Body Exfoliation

45 minute treatment £36

Add extra (hot oil scalp massage) – £46

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow! For extra relaxation finish off with a hot oil scalp massage for an extra £10!



TEMPLESPA Aaahhh! Leg & Foot Energiser

30 minute treatment £36

This oh-so-good treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

Treatments for your Face

The upmost goal of our Skin Therapy is not only to delight, but to reward your skin with outstanding long-term benefits. Results driven, anti-ageing skincare with an abundance of exquisite botanicals that nature is kind enough to lend us, combined with state-of-the-art complexes. Our formulas are developed by the most gifted of product creators and using the empirical knowledge of doctors of derma science, professional therapists and artisan herbalists. The results will astound you!

TEMPLESPA All About The Glow – Glow & Radiance Facial

30 minute treatment £40

60 minute treatment £60

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin.

TEMPLESPA My Kind Skin– Bespoke Prescriptive Facial

30 minute treatment £36

60 minute treatment £57

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

TEMPLESPA Mediterranean Marinade – Hydrate & Soothe Facial

30 minute treatment £32

60 minute treatment £55

A deeply hydrating facial to help soothe and calm the effects of fatigued, delicate or stressed skin. The secret is in our cooling, calming probiotic products, gentle lymph drainage and a tranquil face massage.

TEMPLESPA Champagne & Truffles – The Crème De La Creme Of Anti-Ageing Facials

60 minute treatment £69

this luxury facial combines our award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel, a pure gold hydrating radiance mask with black truffles followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow.

Gel Nails Overlay

45 minute Gel nails Manicure or Pedicure £35

30 minute Gel nails removal £24

60 minute Gel nails removal with Gel Manicure or Pedicure £42

The Geleration system meets Jessica's high quality standards to care for the health and growth of natural nails, with ease of application and removal.

Waxing

Full Leg	45 Mins	£32.00	Underarm	15 Mins	£15.00
½ Leg	30 Mins	£24.00	Eyebrows	15 Mins	£15.00
¾ Leg	35 Mins	£29.00	Lip or chin	15 Mins	£15.00
Full leg & bikini	60 Mins	£36.00	Lip & chin	20 Mins	£20.00
½ & bikini	45 Mins	£34.00	Back or Chest	30 Mins	£25.00
Bikini	15 Mins	£15.00			

Finishing Touches

Hot Oil Scalp Massage

15 minute treatment £25

A truly relaxing experience, we have developed a unique scalp massage incorporating pressure point techniques to the scalp and ears and tension releasing movements that will place you into a state of pure bliss.

Mini Cleanse and Boost

15 minute treatment £25

This Mini facial includes a deep cleanse with serum application to boost and refresh the skin. All finished with a prescribed day and eye cream, leaving you looking and feeling beautiful!

Cooling Leg and Foot Treatment

15 minutes £25

This relaxing treatment designed to invigorate and refresh tired legs and feet involves a cooling stimulating foot mask followed by a relaxing massage using draining movements to help stimulate blood flow and circulation.

Tinting

Eyelash tint - 15 minute treatment £21

Eyebrow tint - 15 minute treatment £14

Eyebrow wax & tint - 20 minute treatment £25

Eyelash Lift and Tint

60 minute treatment £40

Lash lift with tint- a perm for the eyelashes. The treatment gives natural lashes length and volume, creating a fuller, more enhanced look. If correct aftercare is followed, the treatment lasts for up to 8 weeks*.

*A patch test is required 24 hours prior to any tinting treatments.

Manicure / Pedicure Treatments

Prescriptive Therapeutic Pedicure

60 minute treatment £40

Sheer bliss for your feet, this conditioning treatment nourishes and softens the skin, leaving your skin feeling silky soft and finished with a revitalising Jessica Mini polish to take away with you.

Prescriptive Therapeutic Manicure

Prescriptive Therapeutic Manicure

60 minute treatment £40

A luxury treatment for the hands, this specialist manicure will strengthen and condition your hands and nails. Includes the use of our specially designed heated mitts and Jessica Mini polish to take away with you.

Mini Manicure or Mini Pedicure

30 minute treatment £30

A maintenance treatment to help you keep your nails in tip top condition. Create a sparkle or a gloss by adding a splash of colour for that perfect finishing touch with an Jessica Mini polish to take away with you.



The
OLD HALL
Hotel, Health & Spa

Spa

The Old Hall, High Street, Caister-on-Sea, Great Yarmouth, Norfolk, NR30 5JL, t: 01493 72162,
e: oldhall@nrhealthclub.co.uk