



Welcome to Willow Spa & Fitness at Brome Grange Hotel.

Thank you for considering us to help you improve your health, fitness and well-being.

We are proud to present, top of the range, PRECOR Gym Equipment whereby members can sync cardiovascular equipment with their Apple or Android devices. Our Gym members will also have use of the Spa facilities which include a deck level Spa Bath, Steam Room and Sauna Room.

It is our goal to achieve your 100% satisfaction with our facilities and services. We are keen to encourage a friendly and sociable atmosphere in our Gym, with staff being at hand to provide encouragement and advice to enable you to achieve your fitness goals.

- Gym Members - whatever your reasons for working out, we are here to support you.
- Spa Guests - we will ensure you will leave us revived, recharged and rejuvenated.

If you have any further questions about our facilities or treatments, please do not hesitate to contact me.

We look forward to seeing you soon.

Kindest regards

*Kevan Potter*

Kevan Potter (General Manager)



## **DAY SPA PACKAGES**

All Day Spa Packages are inclusive of use of the Steam Room, Heated Hammam Seating and Foot Spa, Spa Bath, Robes and Slippers

### **REVIVE SPA AFTERNOON £45**

For this spa day you can choose a 30 minute treatment from one the following: Elemis facial, Swedish back massage, Indian head massage. Then followed with our Suffolk Afternoon Tea and a Glass of Bubbly

### **RECHARGE SPA DAY £65**

The treatments for this relaxing spa day consists of a Taster Facial for 15 minutes and a 30 minute Swedish Massage. The spa day also includes an Arrival Drink and 2 Course Lunch

### **REJUVENATE SPA DAY £95**

The treatments for this relaxing spa day consists of a 30 minute Skin Specific Facial, a 30 minute Swedish Massage and a 15 minute Mini Manicure or Pedicure. The spa day also includes an Arrival Drink and 2 Course Lunch

## **SPA BREAKS**

### **BRIDAL SHOWER PACKAGE (1 NIGHT) - £99 per person based on two people sharing a twin / double**

Available Fridays, Sundays and Bank Holiday Mondays (except Christmas) 15 minute Mini Skin Specific Elemis Facial, 15 minute Mini Pedicure or Manicure and Self Application Oriental Hammam Ritual

Afternoon Glass of Bubbly, Gift for the Bride

1 Night accommodation in a standard classic twin or double room (upgrades available)

Full English Breakfast in the morning (served to your room if desired) and a 2 Course Dinner on the first night

### **BROME ROMANCE PACKAGE (2 NIGHTS) - £170 per person based on two people sharing a twin / double room**

Self Application Dual Oriental Hammam Ritual and a 30 minute treatment of your choice

Bottle of Bubbly, Chocolates, Swan towels and Petals in your room

2 Nights accommodation in a standard classic twin or double room (upgrades available)

Full English Breakfast each morning (served to your room if desired) and a 2 Course Dinner served on one of the nights

### **SUNDAY WILLOW SPA PACKAGE (1 NIGHT) – £80 per person based on two people sharing a twin/ double room**

Back Massage or Facial – 30 minutes

One nights accommodation in a standard classic twin or double room (upgrades available)

Full English Breakfast in the morning (served to your room if desired) and a 2 Course Dinner on the first night

## **SWEDISH MASSAGE RITUALS**

Here at the Brome Grange we have trained therapists in the art of Swedish Massage. Swedish Massage involves the use of hands, forearms or elbows to manipulate the superficial layers of the muscles to improve mental and physical health. The benefits of Swedish massage include increased blood circulation, mental and physical relaxation, decreased stress and muscle tension and improved range of motion.

### **FULL BODY MASSAGE- 60 minutes £50**

This treatment will help improve blood circulation, which will help you feel more energetic by increasing the flow of nutrient-rich oxygen to the muscles in your body. Additionally, it stimulates the lymphatic system, which carries the body's waste products, meaning you'll process the good and the bad much quicker.

If you're experiencing muscle cramps and spasms, a Swedish massage with a focus on your problem areas can help relieve this pain. Massage therapy can also help with managing the pain from conditions such as arthritis and sciatica.

### **BACK MASSAGE-30 minutes £35**

This massage will focus on the back, shoulders, neck and scalp area, this will help you feeling rejuvenated and relaxed

*It is not a good idea to have a Swedish Massage if you have a fever, infections, inflammation, osteoporosis, and other medical conditions—at least not without consulting your doctor first—and it's best not to get a massage if you are ill. If you have any doubts about whether to have a massage or not then please consult a medical professional before booking a massage*

## **ALTERNATE MASSAGE THERAPY**

### **INDIAN HEAD MASSAGE- 30 minutes £35**

A technique of manipulating tissues in the shoulders and scalp, the therapist uses a range of different massages pressures and rhythms to stimulate the head and neck area. Indian head massage includes a gentle face massage to aid the circulation, improve skin tone and reduce sinus and headache problems.



## **ELEMIS FACIALS**

### **PERSONALISED ELEMIS FACIAL- 30 minutes £35**

Your therapist will select the most suitable facial for your skin. Every Elemis personalised facial includes a consultation, skin analysis, cleanse, exfoliation, personal face mask and finishes with an application of a booster serum to suit your skin.

### **ELEMIS SKIN-SPECIFIC FACIALS – 60 minutes £55**

These revitalising facial treatments help refresh tired skin, giving a noticeably brighter and naturally radiant appearance. Choose from...

#### **FRUIT ACTIVE GLOW**

A comforting facial for sensitive skins prone to redness and irritation, leaving the skin calmed and nourished.

#### **EXOTIC MOISTURE DEW**

An intensive regenerating facial for dehydrated skin leaving it supple and nourished.

#### **HERBAL LAVENDER REPAIR**

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores, encouraging a more balanced and clearer complexion.

### **ELEMIS ADVANCED AGE-DEFYER FACIAL- 60 minutes £60**

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.

This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

### **ELEMIS FOR MEN**

#### **ELEMIS AGE REBEL FACIAL- 60 minutes £55**

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with tailored solution to your skins needs



## **ELEMIS BODY EXOTICS**

### **EXOTIC LIME AND GINGER SALT GLOW – 45 minutes £40**

An exotic exfoliation ritual to invigorate and revitalise the body.

After light body brushing, warm oils are drizzled luxuriously all over your body before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Your skin is deeply cleansed, polished and softened to perfection, completed with an application of Skin Nourishing Body Lotion leaving the skin glowing and vibrant, replenished and flawless.

### **EXOTIC COCONUT RUB AND MILK RITUAL WRAP – 60 minutes £65**

A ceremony of pure sensuality to tantalize and delight!

A traditional Balinese recipe of coconut, mung bean, spices and lavender is combined to polish the skin and stimulate the senses. Warmed Skin Nourishing Milk Bath is then poured over your entire body before being cocooned in a foil wrap. This exotic wrap is excellent for skin smoothing and softening all combined with a Thai drainage facial massage and scalp treatment.

### **EXOTIC FRANGIPANI BODY NOURISH WRAP – 45 minutes £60**

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic, aromatic Tahitian Coconut and Frangipani flowers and soaked together to produce the Monoi used in this wrap which Polynesian women traditionally used to protect their skin and provides the ultimate radiance, vitality and all over body glow.

## **ELEMIS BODY THERAPY**

### **MUSCLEASE AROMA SPA OCEAN WRAP 60 minutes £65**

A warm seaweed body mask combined with essential oils of Pine and Rosemary is applied to the body before you are cocooned in a foil wrap and treated to a Thai drainage facial massage and scalp treatment.

A treatment to ease rheumatism, arthritis, muscular spasm and fatigue.



## **MANICURES AND PEDICURES**

### **GENERAL File and Polish £15**

Nails are shaped and buffed to give a natural shine

### **NAIL LACQUER POLISH Manicure £25**

Start with a relaxing hand soak, followed by a softening hand and arm massage, cuticle work with shape and finishing with polish (choose any colour from our range).

### **Pedicure £30**

Start with relaxing soak followed by a softening scrub, hard skin removal and luxurious massage. Nails are then shaped and polished to finish.

### **GEL POLISH Dry Manicure with Gel £30**

Start with cuticle work with nail shaping, followed by Gel overlay paint (choose any colour from our range) and finish with a softening hand and arm massage.

### **Dry Pedicure with Gel £35**

Start with cuticle work with nail shaping, followed by Gel overlay paint (choose any colour from our range), followed by hard skin removal and finished with a luxurious massage.

### **Gel Removal £8**



## **CHARME D'ORIENT TREATMENTS**

### **Self-Application Hammam Ritual - £15.00**

This treatment leaves skin soft and satin smooth.

You are provided with black soap to apply before relaxing in the steam room for ten minutes follow with a shower, scrub and tone using a Kassa you can then relax in the sauna.

### **Secrets of Argon – 60 minutes £50**

Sheer bliss for both mind and body. After deep cleansing full body exfoliation, combining a mineral clay scrub and a massage with Argan Butter will leave the skin with a soft veil and subtle notes.

## **OTHER SERVICES**

### **LASH TREATMENTS Eye Lash Tinting £12 \***

Tinting the eyelashes gives definition to the eyes and makes them look like you're wearing mascara, perfect treatment if you are going on holiday or like to swim.

### **Eyebrow Tinting £10 \***

Tinting the eyebrows gives definition to the face and leaves a neat finish.

### **Lash Lift £25 \***

This treatment lifts your natural lashes at the root and in an upward position, this creates the appearance of longer, thicker lashes.

### **Lash Lift and Tint £32 \***

This treatment lifts your natural lashes at the root and in an upward position, this creates the appearance of longer, thicker lashes. To top off the treatment, a black lash tint is applied. This treatment is ideal for those that want a little extra oomph from their lashes, but without all the maintenance of lash extensions.

### **Precision Brow £40 \***

A complete eyebrow service which incorporates waxing, tweezing, trimming and tinting to create highly defined eyebrows. The shape and colour are personalised according to each individual client. The shape and colour are paramount in creating eyebrows that compliment and frame the client's facial features.

*\*24hr to 48hr Patch Test Required*

## **FITNESS MEMBERSHIP**

### **SILVER**

Silver membership includes full use of the Fitness Room and Spa facilities during the hours of 9.30am and 4.30pm Monday – Sunday.

Use of all Precor cardiovascular and free weight equipment

Induction on start up with going through the facilities

Clean towels every session

Changing facilities and locker facilities available

5% discount off at Brome Grange Hotel food and beverage (except Christmas and New Year)

### **£25.00 per calendar month GOLD**

Gold membership includes full use of the Fitness Room and Spa facilities during the hours of 7.00am and 9.00pm Monday – Sunday.

Use of all Precor cardiovascular and free weight equipment

Induction on start up with going through the facilities

Clean towels every session

Changing facilities and locker facilities available

10% discount off at Brome Grange Hotel food and beverage (except Christmas and New Year)

5% Discount off all Spa Treatments in the Willow Spa (except Spa Days and Promotions) **£35.00**

### **per calendar month**

Terms and Conditions Apply – see separate application forms

Please ask at the Leisure Reception for a Membership Form

**PRECOR®**

