The Norfolk Mead

HOTEL • SPA • VENUE

# SPA BROCHURE

Open Monday to Sunday
Spa: 08:00-20:00 | Treatments: 09:00-19:00
www.norfolkmead.co.uk

# Welcome to The Norfolk Mead Spa

Tucked away in a beautifully converted 1740s barn on the Norfolk Mead estate, our spa combines the character of the past with a calm, modern feel. It's a peaceful hideaway within the grounds of our boutique country hotel, created with relaxation and wellbeing in mind.

Our light-filled conservatory restaurant offers a lovely spot to pause. You can enjoy a tapas lunch with small plates made for sharing or treat yourself to one of our award-winning Signature Afternoon Teas.

Our coffee bar serves freshly made coffees, homemade cakes and cocktails which can even be brought to you poolside. Both the restaurant and coffee bar are open to spa guests and visitors alike.

We have five private treatment rooms, two of which can be opened up for shared experiences. Our therapists offer a handpicked selection of luxurious treatments, using natural, paraben- and SLS-free products that are gentle on your skin and kind to the environment.
Every treatment is tailored to you, making each visit personal and unique.

For something a little bit different, explore our three experience rooms: the Beer Spa with its self-serve tap, the Prosecco Spa with golden waters and a chilled bottle on ice, and the Mud Chamber with its dramatic thunderstorm shower.

The Thermal Suite includes a hydrotherapy pool with massaging jets, a lemongrass-infused steam room, a refreshing foot spa and an experience shower with tropical rain, arctic mist and thunderstorm settings.

Outside, you'll find a panoramic sauna overlooking the garden, a sunken hot tub, and cold shower buckets for the brave!
Changing rooms are equipped with everything you need, including GHD hairdryers, straighteners and gentle facial products for your comfort.

Our spa is designed to be an intimate, restful escape. Whether you're floating in warm water, unwinding in the relaxation room, or sipping a cocktail under the open sky, every moment here is about slowing down and feeling good.

Welcome to The Norfolk Mead Spa - a place to relax, refresh, and reconnect.

# Facial Treatments

With something to suit everyone, our product ranges from Natural Spa Factory have been crafted using the best that nature provides – totally free from parabens, preservatives and animal testing!

## English Rose Facial

A calming rose-infused ritual with a cleanse, exfoliation, and a blissful face, shoulder and scalp massage. This 60-minute treatment includes two masks; formulations target acne, rosacea, eczema and dryness.

30-minute treatment £50
60-minute treatment £76

## Cryo-Glow Facial **Norfolk Mead Favourite** ♥

A brightening facial designed to even skin tones, lighten blemishes and reduce pigmentation for an instant, radiant glow. Includes a gentle cleanse, light exfoliation, cold globe facial massage to tighten and calm redness, and a soothing shoulder and scalp massage. The 60 minute treatment includes two masks.
*Suitable during pregnancy

30-minute treatment £57
60-minute treatment £82

## Gold Sculpting Facial

Indulge in pure luxury with champagne leaf, pearl, hyaluronic acid and real 23-carat gold - a velvet-textured, amber-scented ritual to smooth and firm skin. Includes a shimmering facial cleanse and exfoliation, rose quartz Gua Sha sculpting massage and a relaxing shoulder and scalp massage. This treatment includes two masks.

30-minute treatment £60
60-minute treatment £86

## Advanced Bespoke LED Facial

A must for skincare enthusiasts - this customisable treatment uses LED phototherapy to target ageing, acne, eczema, and pigmentation, delivering clinically proven results. Includes a triple hyaluronic acid + vitamin C infusion, rose quartz roller massage, prescriptive face mask and a stress-relieving shoulder and scalp massage.

60-minute treatment £90

## Illuminating Eyes

Designed to reduce fine lines, dark circles and puffiness; this treatment will leave your eye area feeling tighter and looking brighter whilst you drift into complete heaven. Includes a mind-melting scalp massage.

30-minute treatment £56

# Massage Treatments

## Blissful Scalp

Enjoy the heavenly scent of our organic coconut oil as it nourishes the hair and skin in our stress-busting shoulder, neck and scalp massage.

30-minute treatment £46

## Aroma Ritual

**Norfolk Mead Favourite** ♥

Relax, balance or invigorate your senses with our custom-made massage. Pick from 3 blends of warmed essential oils and pressure levels to suit your needs. 60-minute treatment includes an optional mind-melting scalp massage.

30-minute treatment £52
60-minute treatment £82

## Deep Tissue Massage

Designed for those who need more, this targeted massage works deep into muscles to break up stubborn knots, relieve aches and pains and improve muscle mobility.

30-minute treatment £56
60-minute treatment £92

## Hot Himalayan Salt Stone Massage

Experience deep relaxation and detoxification with warm Himalayan salt stones. The soothing heat melts away tension while the mineral-rich stones help balance and rejuvenate your skin and body.

30-minute treatment £56
60-minute treatment £92

# Combination Treatments

## Top to Toe
Keeping it simple - our full body Aroma Ritual Massage including a facial cleanse with a skin brightening face mask - perfect if you can't decide what to choose.

60-minute treatment £86

## 90 Minutes of Heaven
Indulge in 90 minutes of luxury with a bespoke blend of our Aroma Ritual Massage and English Rose Facial. Expertly tailored to your needs on the day, this treatment offers the perfect harmony of deep relaxation and beautifully calm, nourished skin.

90-minute treatment £124

## Soak & Soothe
**Norfolk Mead Favourite** ♥

Sink into your own private bath, infused with calming salts and massaging jets to melt away tension and promote deep relaxation. Then complete your experience with a muscle-melting 45-minute back-of-body massage, using your choice of aromatherapy oils. The perfect ritual for rest and renewal - whether you're indulging in some quiet time or unwinding as a couple.

75-minute treatment £95

## Seasonal Treatment
Experience something beautifully unique each season with our Signature Seasonal Treatment. Designed to reflect the scents, needs, and moods of the moment, each quarter brings a new combination of treatments - from soothing massages and revitalising scrubs to nourishing facials or a little of everything. Contact reception or check online to discover what's in season right now!

60-minute treatment £78

## The Perfect Pamper
Experience a full day of pampering, beginning with a 30-minute English Rose Facial and a 30-minute Aroma-Ritual Massage. Afterwards, head to our Conservatory Restaurant for a tapas lunch or afternoon tea (£25 allowance), before enjoying a 30-minute Mini Manicure and 30-minute Mini Pedicure to complete your day.

120-minute treatment £150

# Body Treatments

### Signature Body Scrub
Buff and renew your skin with our full-body exfoliation featuring dissolving salts and aromatic oils leaving you smooth and 'oh so soft!' Enveloped with a layer of our signature Fig & Vanilla body lotion to lock in moisture.

30-minute treatment £50

### Coconut Milk Body Wrap
Begin with a full-body exfoliation to smooth the skin, followed by a warm drizzle of hydrating body milk and beautifully scented organic coconut oil for the ultimate cleansing and nourishing ritual. Wrapped in a cosy cocoon, drift away with a soothing mini facial and your choice of a heavenly scalp or foot massage.
The experience is complete with a layer of our signature Fig & Vanilla body lotion, leaving your skin deeply moisturised and delicately scented.

60-minute treatment £85

# Spa Experience Treatments

### Mud Chamber
Enjoy a playful and purifying ritual as you apply a variety of mineral-rich muds to your face and body, then unwind in your own private steam chamber. As the gentle heat and aromatic essences work to detoxify and nourish, your journey continues with a dramatic thunderstorm-style rain shower to rinse away the mud. Finish with exfoliating salts to reveal beautifully refreshed, soft skin.

45-minute treatment
£55 for 1 or £100 for 2

### Beer Spa **Norfolk Mead Favourite** ♥
Soak in the antioxidant-rich benefits of beer-infused warm waters, blended with locally sourced malt and hops from our neighbouring brewery. Packed with vitamins and known for their anti-inflammatory properties, this unique soak soothes the skin and calms the body. Unwind in your private wooden hot tub, complete with your very own English Lager tap - perfect for sipping as you soak and bubble your cares away.

45-minute treatment
£68 for 1 or £120 for 2

### Prosecco Spa
Immerse yourself in the indulgent benefits of champagne leaf extract, renowned for its rejuvenating and antioxidant properties. This luxurious bath oil is enriched with real 23-carat gold, helping to preserve collagen and promote youthful, radiant skin. To complete the experience, enjoy a chilled bottle of Prosecco - included as you soak, for a sparkling touch of pure luxury.

45-minute treatment
£73 for 1 or £130 for 2

# Oncology Treatments

We understand that this can be a particularly sensitive and challenging time and our aim is to provide a calming space where you can truly relax and be cared for. Our therapists have undertaken specialist oncology massage training, enabling them to offer safe and nurturing treatments for guests who are currently undergoing or have recently completed cancer treatment.

*Please note that there may be circumstances where treatment isn't suitable. Our team is always happy to offer guidance, answer any questions, and recommend or adapt treatments to ensure your comfort and wellbeing at every stage.

### Soothing Touch Massage

Pressure to suit your needs, along with oils to nourish the skin and aid relaxation or aches and pains. Gentle lymphatic drainage massage can also be incorporated if required.

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| 30-minute treatment | £56 |
| 60-minute treatment | £90 |

### Pure Zen Facial

Using Natural Spa Factory's gentle Ab:Scent and illuminating ranges, this brightening facial leaves your skin with a luminous glow.

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| 30-minute treatment | £55 |
| 60-minute treatment | £80 |

# Men's Treatments

### Deep Tissue Massage

A firm pressure massage ideal for those with stubborn knots or aches and pains.

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| 30-minute treatment | £56 |
| 60-minute treatment | £90 |

### Men's Purifying Facial

A great revival for neglected skin - perfect for balancing the complexion and healing any shaving nicks.

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| 30-minute treatment | £50 |
| 60-minute treatment | £76 |

### Macho Manicure or Pedicure

The perfect treatment for softening overworked hands or feet. Includes a soak, scrub, massage & nail trim.

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| 30-minute treatment | £38 |

# Pregnancy Treatments

Pregnancy is a special time but can also take a massive toll on the mind and body. Our 'Bumps a Daisy' range and gentle treatments have been fully tested and are completely safe from 12 weeks of pregnancy. These treatments are great for improving skin elasticity and firmness and preventing or reducing stretch marks, not to mention helping ease those aches and pains.

## Bumps a Daisy 30

Relax you and your baby with a soothing back and optional bump massage, specially tailored to ease tension, reduce swelling, and support your changing body. Our therapists are trained in pregnancy care and skilled in delivering effective, yet nurturing pressure.

30-minute treatment £56

## Bumps a Daisy 60

Make the most of this special time with a deeply nurturing experience. This full-body ritual includes a soothing leg, hip, back, neck and shoulder massage, a relaxing bump massage, and a relieving foot scrub and massage - all tailored to ease common pregnancy discomforts and support your body's wellbeing. Expertly delivered with confident, caring pressure for real relief.

60-minute treatment £90

## Pre-Natal Pedicure

Treat tired feet to a soothing soak, gentle exfoliation, and much-needed massage to help reduce swelling and relieve aches. Includes nail shape, cuticle care, and a long-lasting polish to leave you feeling refreshed and polished from the ground up.
*Upgrade to Shellac gel for £10

45-minute treatment £45

**Pregnancy Spa Use**
Our spa facilities are available and can be wonderfully beneficial during pregnancy. However, we kindly recommend checking with your midwife before attending, to ensure it's right for you. Please avoid excessive heat such as the sauna and steam room, and be mindful that our hydropool is set to approximately 35°C and contains powerful jets.

# Hand & Foot Treatments

Please inform us if you require a gel removal when booking. Please note that we can only remove
The GelBottle gel. Upgrade any treatment to shellac gel for £10.

## Mini Fig & Vanilla Manicure or Pedicure

Includes nail shape, cuticle tidy, our Fig & Vanilla scented lotion and an application of polish.

30-minute treatment £30

## Signature Fig & Vanilla Manicure or Pedicure

Includes a softening soak and expert exfoliation, all wrapped up in our Signature Fig & Vanilla scented cream. Also includes a nail shape, cuticle tidy and application of polish.

45-minute treatment £45

## Golden Honey Pedicure

**Norfolk Mead Favourite** ♥

Plunge your tired soles into our luxurious warming foot bath enhanced with a golden wash and enjoy a skin smoothing salt scrub. Then sit back and relax with our hydrating honey candle massage. We will cocoon your feet in warm boots whilst you drift away with an optional mind-melting scalp massage - it's the perfect skin-softening treat. Also includes nail shape, cuticle tidy and application of polish.

60-minute treatment £50

## Illuminate & Glow Manicure

Replenish and renew dry, hard-working hands. Our 'Illuminate' cream mask will help to reduce the appearance of pigmentation and age spots with its skin-brightening effect. Includes a salt exfoliation, relaxing hand and arm massage, finished with warm mitts. Also includes nail shape, cuticle tidy and application of polish.

60-minute treatment £50

## Sole Revival

Give your feet the refresh they deserve with a warm bubbly soak, salt exfoliation, and smoothing foot file. Includes a nail trim, cuticle tidy, and tension-relieving foot massage for the perfect finishing touch.
Please note this treatment does not include nail polish.

30-minute treatment £38

# Hand & Foot Treatments (Continued)

We've chosen The GelBottle Inc. for its quality, long-lasting finish and beautiful range of colours.
These products are HEMA and TPO-free, so you can enjoy beautiful nails knowing we've carefully considered the products we use.

### The GelBottle Manicure or Pedicure
A long-lasting polish with a flawless shine. Includes nail shaping, cuticle care, and application of high-performance gel polish that lasts up to two weeks without chipping.
*Please inform us if you require a gel removal upon booking and note that we can only remove The GelBottle gel

45-minute treatment £40

### The GelBottle Removal & Reapplication
Safely remove your old gel polish before refreshing your look with a new, long-lasting application.
Includes gentle removal, nail shape, cuticle tidy, and your choice of fresh gel colour.

60-minute treatment £45

### The GelBottle Removal & Express Manicure *Polish not included
Gently remove gel polish and restore your natural nails with care. Includes nail trim and file, cuticle tidy, light buff, and nourishing cuticle oil to leave nails clean, healthy, and refreshed.
*Please inform us if you require a gel removal when booking

30-minute treatment £26

# Eye Enhancement Treatments

A patch test is required for all eye enhancement treatments at least 48 hours prior to your first treatment and after 6 months of no treatment.

### Eyebrow Tint
15-minute treatment £15

### Eyelash Tint
30-minute treatment £30

### Lash Lift
Lift and curl your lashes for stunning, low-maintenance eyes - no mascara needed! Effects last 4 to 6 weeks.

60-minute treatment £52
with tint £57

# Waxing Treatments

**Pre-Waxing Advisory**
For your safety and comfort, please inform us if you are using any medications or skincare products containing retinoids, acids (such as glycolic or salicylic acid), acne treatments, steroid creams or photosensitising medications. These can make your skin more sensitive and fragile, increasing the risk of irritation, peeling or damage during waxing.

*Some waxing treatments can be carried out using hot wax. Please ask a therapist for details upon booking if required.

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| **Eyebrow Wax** | 15-minute treatment | £15 |
| **Lip or Chin Wax** | 15-minute treatment | £15 |
| **Underarm Wax** | 15-minute treatment | £20 |
| **Bikini Line Wax** | 15-minute treatment | £22 |
| **Half Leg Wax** | 30-minute treatment | £36 |
| **Full Leg Wax** | 45-minute treatment | £45 |
| **Back or Chest Wax** | 30-minute treatment | £36 |
| **Women's Intimate Hot Waxing** | 45-minute treatment | £40 |

# Spa Day Packages

**Treatment choices:** English Rose Facial, Body Scrub, Aroma Ritual Massage, Blissful Scalp, Mini Pedicure or Mini Manicure. All packages include Robe & Towel hire.
**Spa Restaurant Service:** Brunch 9am – 11:30am Tapas Lunch 12pm – 1:45pm Afternoon Tea 2pm – 5pm
**Hotel Restaurant Service:** Tapas Lunch 12pm – 2pm (Monday – Saturday) Tapas Dinner 5:30pm – 8:45pm Afternoon Tea 1pm – 4pm (Monday – Saturday) Sunday Lunch 12pm – 4pm

## Simply Spa

£65pp (£85 on weekends)

Enjoy a blissful 4-hour session with full access to our thermal suite, coffee bar and relaxation room. Includes the use of a robe and towel for your comfort and convenience.

## Blissful Brunch

£105pp (£125 on weekends)
30-minute treatment
£15 Brunch allowance

Start your morning with a delicious brunch from our coffee bar, followed by a 30-minute treatment and access to our spa facilities before 12:00 - the perfect 3-hour package to awaken and unwind. Available 08:00-12:00.

**Norfolk Mead Favourite** ♥

## Half Day

£130pp (£150 on weekends)
30-minute treatment
£25 Lunch allowance or Afternoon Tea

Treat yourself to 4.5 relaxing hours with us, including a revitalising 30-minute treatment, access to our spa facilities and your choice of a delicious tapas lunch or our celebrated traditional afternoon tea.

## Full Day

£175pp (£195 on weekends)
30-minute treatment
£25 Lunch allowance or Afternoon Tea

Immerse yourself in a full day of relaxation from 10:00 to 18:00. Enjoy a 30-minute treatment, exclusive access to our serene spa facilities throughout the day and savour your choice of a tapas lunch or our celebrated signature afternoon tea - the perfect escape to recharge and indulge.

## Sunday Lunch & Spa

£150pp
60-minute treatment
£35 Lunch Allowance

Choose either one 60-minute treatment or two 30-minute treatments, then unwind with 2 hours' access to our spa facilities. Complete your day with a delicious 2-course à la carte Sunday lunch, served in the elegant surroundings of our original Grade II listed Georgian hotel.

# Spa Day Packages (Continued)

## Twilight Spa **Norfolk Mead Favourite** ♥

The perfect evening escape. Begin with a relaxing 60-minute treatment, then unwind in our spa facilities for 2 hours - including the outdoor sunken hot tub - beneath the starry skies of the Norfolk Broads.
Finish your evening dressed for dinner with a 2-course meal and a glass of Prosecco, served in the Georgian elegance of the main hotel's formal dining room.

£126pp (£146 on weekends)
60-minute treatment
£25 Dinner allowance

## The Experience Day

Step into something truly different with this unique 4-hour spa escape. Enjoy full access to our luxurious spa facilities, your choice of a delicious tapas lunch or signature afternoon tea, and a private 45-minute ritual in either our Beer Spa - the first of its kind in the UK, complete with your own self-serve beer tap - our Prosecco Spa, where golden waters and a chilled bottle on ice await, or our Mud Chamber, where a detoxifying body mask meets the drama of a warm thunderstorm-style rain shower. All experiences are self-led, fully private, and designed to leave you feeling relaxed, recharged, and completely revived.

£135pp (£155 on weekends)
45-minute treatment
£25 Lunch allowance or Afternoon Tea
Upgrade to Prosecco Spa £5

# Spa Break Packages

## The Overnight Indulgence

**Norfolk Mead Favourite** ♥

Our Georgian country house offers the perfect place to switch off and slow down. Begin with 4 hours of spa time from check-in, including a 60-minute treatment, then relax with a delicious dinner in our award-winning restaurant. After a peaceful night in a Suite, wake to a full à la carte breakfast and maybe borrow a pair of wellington boots to explore the riverside grounds - home to our resident swans and nestled in the quiet beauty of the Norfolk Broads. A true countryside reset!

£465 for 2 (£485 on weekends)
1-night bed & breakfast stay
60-minute treatment
£25 Dinner allowance per person

## Spa Retreat

Your ultimate escape awaits. Spend two nights in a Suite, with dinner on one evening in our award-winning, 2 AA Rosette restaurant, and a full à la carte breakfast each morning. Enjoy a full day (10:00 to 18:00) in our spa, including a 60-minute treatment and your choice of a tapas lunch or our Signature Afternoon Tea. Drift between the thermal suite and our dark, quiet relaxation room, where curved loungers invite you to fully switch off.

Beyond the spa, explore the hotel's riverside grounds with direct access to the Norfolk Broads National Park. Relax in cosy lounges, play a board game by the fire, or unwind in our coffee bar - serving artisan coffee, homemade cake and classic cocktails. A peaceful escape with comfort, character and just the right amount of indulgence.

£845 for 2 (£885 on weekends)
2-night bed & breakfast stay
60-minute treatment
£25 Dinner allowance per person (1 night)

## The Experience Escape

This unique and memorable getaway is ideal for couples, friends, or as a thoughtful gift.
After check-in, enjoy 4 hours of access to our spa facilities - including the thermal suite and quiet relaxation spaces. Then dive into one of our exclusive, self-led experience treatments: Choose the UK's first Beer Spa, where you'll soak in a private tub of warm waters infused with vitamin-rich malt and hops with your own self-pour beer tap right beside you. Alternatively, opt for our Mud Chamber, where you'll apply mineral-rich muds before stepping into a private steam chamber complete with a tropical thunderstorm-style rain shower.

Once dressed, enjoy a delicious dinner in our 2 AA Rosette restaurant, set within the original Georgian manor house. After a restful night in one of our Suites, wake to a full à la carte breakfast the next morning. With riverside grounds, a cosy coffee bar, and the peaceful charm of the Norfolk Broads all around you, this is a spa escape with a playful twist.

£425 for 2 (£445 on weekends)
1-night bed & breakfast stay
45-minute experience treatment
£25 Dinner allowance per person
Upgrade to Prosecco Spa £5 pp

# Exclusive Packages

## The Spa Collective

Step into a world of pure luxury with exclusive, private access to our entire spa for a truly unforgettable experience. Reserved solely for you and your guests, this ultra-premium package includes full use of all five treatment rooms, immersive experience rooms, thermal suite, serene relaxation spaces, coffee bar and private dining areas.

Indulge in bespoke treatments tailored to your preferences and group size, all within your dedicated time slot. Your VIP escape is perfectly complemented by a gourmet buffet-style tapas lunch or elegant afternoon tea - the epitome of indulgence, ideal for milestone celebrations or lavish group retreats.

*Please give 7 days' notice for any cancellation of exclusive packages or 100% charge will be incurred

From £240 per person (£260 on weekends)
Maximum capacity: 50 guests

The Norfolk Mead
HOTEL • SPA • VENUE

## Sample Menu

## Book Treatments & Memberships

## Gift Vouchers

relax@norfolkmead.co.uk | 01603 737 531

Terms & Conditions

A 100% deposit is taken at booking. Cancellations require 48 hours' notice to avoid a 50% charge; less than 24 hours' notice incurs a 100% charge. For groups of 4+ or treatments over 120 minutes, 7 days' notice is required or the full fee applies. This also applies if you reschedule or shorten appointments. Please complete your online consultation form if prompted. Inform your therapist of any medical conditions or treatments (current or within the last 3 years), as these may affect suitability. A doctor's note is required for guests affected by cancer. The spa is adults-only. Please note that flip-flops are mandatory throughout the spa and public areas. If required, flip-flops can be purchased at reception, priced at £3.50. Nail treatments are available from age 14+ and therapeutic treatments from 16+ with parental consent and presence. For packages excluding spa use or for membership details, please contact reception. Please note: A 15-minute grace period applies to all restaurant bookings, after which tables may be released if guests have not arrived.