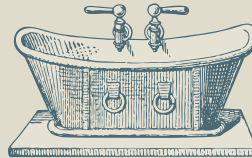


*Indulge your senses*

SECKFORD  
HALL HOTEL  
& SPA



*Treatment menu*





*Serenity starts here*

Discover complete relaxation and restore your senses at our beautiful Seckford Spa, situated on the Heritage Coast of Suffolk.

Using one of the UK's leading skincare brands Natural Spa Factory, we offer relaxing massages, hydrating facials, body wraps and luxury hand and foot treatments.

Every treatment is specifically designed to offer you a unique experience, combining specialist massaging practices and organically rich formulas that are scientifically proven to give you results.

Serenity starts here; soothe away the stress and enjoy some well deserved me time.

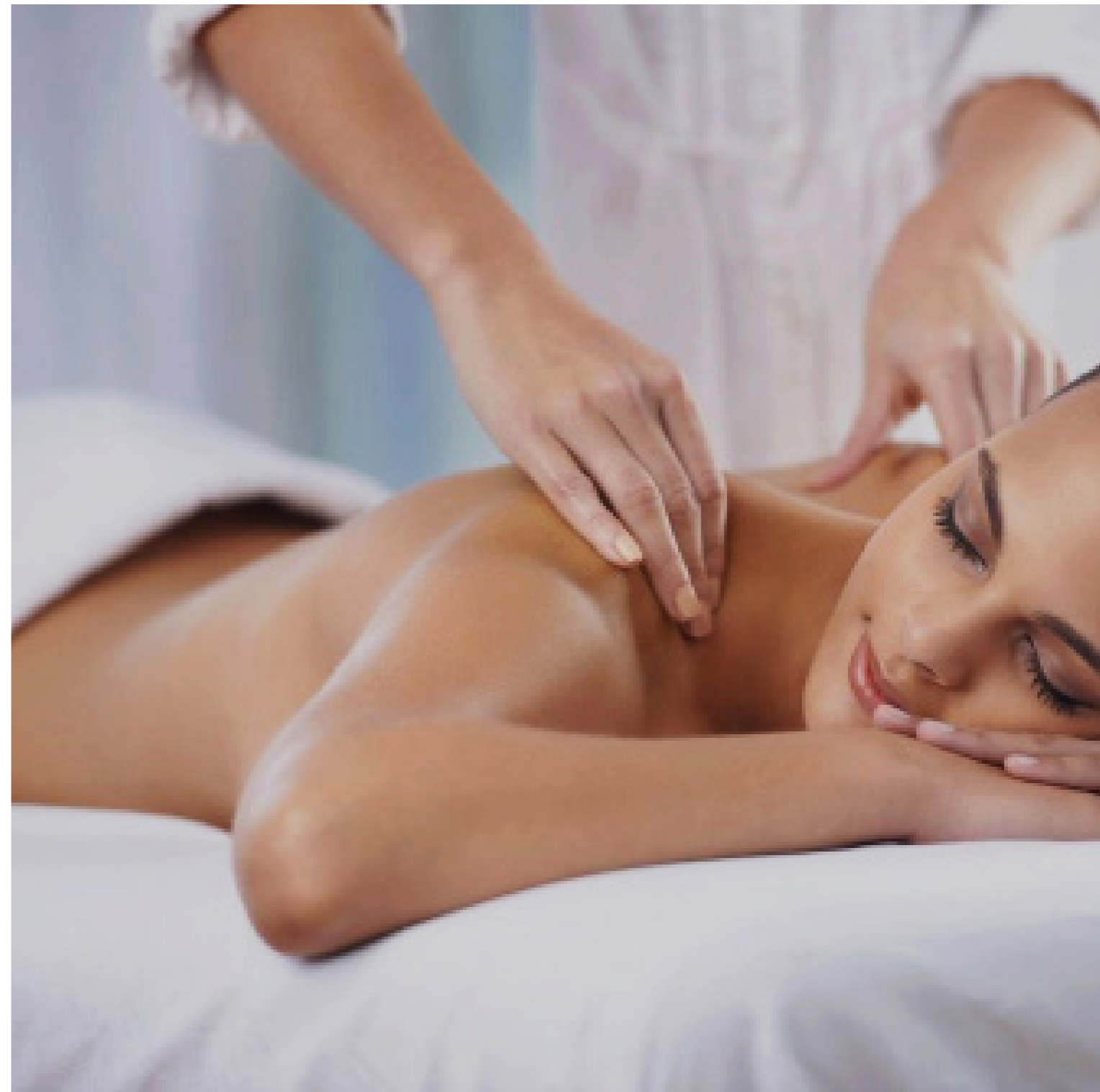




ESPA

Restore and nourish holistically with this indulgent collection of personalised treatments from world-renowned spa experts, **ESPA.**

Results-focused facials, high performance body treatments, immersive massages, and signature rituals await. ESPA's treatments are here to nurture your body, calm your mind, and leave skin looking naturally beautiful.



# Nourish & Wellness

## ESPA

### Inner Beauty Facial

Deeply cleanse, hydrate, and renew with this instantly refreshing facial. Tailored to your skin's precise needs, Tri-Active™ formulas transform your complexion instantly.

60m

£80

### Personalised Express Facial

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalised to your needs, naturally active formulas cleanse, rebalance, and hydrate the skin.

30m

£43

### Active Nutrients Glow Facial

This treatment harnesses the power of Gua Sha, a sweeping massage which stimulates the lymphatic and circulatory systems. In turn, this helps boost the flow of blood and nutrients to the skin.

60m

£83

### Men's Deep Cleansing Facial

Experience instant renewal with this deeply cleansing facial. This hydrating treatment is tailored to your exact needs, featuring our powerful formulas that work to purify and reawaken your skin.

60m

£80

### Inner Calm Massage

Inner calm is yours with this soothing, serene massage. Personalised to your physical and mental needs, this treatment features immersive aromatherapy blends to relax, cleanse or energise.

60m

£77

90m

£92

### Hot Stone Massage

Indulge in sensorial luxury with this intensive massage. Discover the grounding, mindful experience of hot stones.

60m

90m

£80

£100

### HERO Back, Face & Scalp Massage

Unravel tension, boost your vibrance and restore inner calm with our most renowned treatment.

90m

120m

£105

£145

### Invigorating Food Treatment

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

30m

£42

### Shoulder, Neck & Scalp Massage

Ease muscular tension with this powerful restorative treatment that comforts the body. Personalised to your unique needs, this targeted massage features immersive aromatherapy blends to soothe sore muscles and calms your mind.

30m

£45

### Body Polish

This is an exceptional skin softening body treatment exfoliation with use of Cactus Body Brush and Exfoliating Body Polish.

30m

£45

### Salt & Oil Body Scrub

30m

£50



*natural Spa factory*<sup>®</sup>

— EST. BATH ENGLAND —

Natural Spa Factory supplies some of the world's most prestigious spas, boutique hotels and independent retailers with insanely good products that have exquisite ingredients and are made in small batches to keep them in their best condition.

Specialising in seasonal, bespoke and private label treatments and collections with products that are made either here in the UK or in the home of scent - France.

So, what does natural to mean to us? We use botanically sourced ingredients derived by nature like herbs, plants and flowers and try to avoid as many nasties as possible. Our products are FREE FROM any Parabens, SLS, MI (Methylisothiazolinone) or MCI and they have not been tested on animals.

## Signature & Holistic

natural Spa factory®

### The Golden Hour

60m

£100

Focusing on the entire body you can bring new alignment and a renewed sense of self. Soak up the natural calm and long-lasting effects from the traditional combination of Grape Leaf, Pearl & Caviar extract, giving skin a golden glow.

### Mother to Be

90m

£95

Bodies go through an awful lot in pregnancy, so let this treatment reaffirm your incredible power, strength and life-giving miracle. Allow the gentle scent of Neroli from our Bumps A Daisy range to invoke feelings of joy and relaxation.

### Deep Cleansing Back

60m

£70

Targeting the areas where you hold the most tension, this treatment will provide an invigorating back scrub, massage, warm deep cleansing mask and indulgent leg massage.

### Body Boost

60m

£70

Condition your skin and muscles with this all-embracing full body massage. Helping to relieve stress, aching muscles and refreshes the mind, body and soul.

### Ultimate Face & Body

60m

£70

Experience a full Body Exfoliation followed by a luxuriously nurturing Massage, continue with a Full Facial for beautiful skin and an inner sense of calm. Combining our two brands ESPA & Netural Spa Factory.

## Relax, Refresh & Revive

### Indian Head Massage

45m

£60

A deeply powerful treatment designed to stimulate the senses and relax your soul. Massage will include head, neck, shoulders, scalp and face. You will be left feeling lighter in both body and mind.

### Back, Face & Scalp Massage

45m

£60

Treat those areas that are impossible to reach by yourself. We gently cleanse and massage away tensions using a blend of oil and deeply hydrating lotion to leave your back, face and scalp feeling nourished and supple.

## The art of Make-up

### Mii Make Up Application

60m

£60

Get glammed up by one of our make-up artists. Tailored entirely to your wants and needs, your make-up will be nothing short of beautiful.

### Mii 1-1 Make Up Lesson

60m £35



# The perfect finish

Mii

Fly by Mii File & Paint \_\_\_\_\_ 30m **£30**

Treat Mii Mani \_\_\_\_\_ 45m **£45**

Indulge Mii Mani \_\_\_\_\_ 30m **£30**

Fly by Mii File & Paint \_\_\_\_\_ 45m **£45**

Treat Mii Pedi \_\_\_\_\_ 30m **£30**

Fly by Mii File & Paint Gel \_\_\_\_\_ 45m **£45**

Treat Mii Gel Mani \_\_\_\_\_ 30m **£30**

Indulge Mii Gel Mani \_\_\_\_\_ 45m **£45**

Fly by Mii File & Paint Gel Pedi \_\_\_\_\_ 30m **£30**

Treat Mii Gel Pedi \_\_\_\_\_ 45m **£45**

Indulge Mii Gel Pedi \_\_\_\_\_ 30m **£30**

Gel Soak Off \_\_\_\_\_ 45m **£45**





# Spa Day Packages

## Relax & Recharge

What's included;

- Welcome Ritual (Warm Towel, Juice, Macron)
- Use of Spa Facilities
- Complimentary use of Robes & Towels
- Sparkling Spa Afternoon Tea
- Flip Flops (Yours to keep)
- 60 minute treatment, consisting of two of the following ESPA Express Facial, ESPA Body Polish, Therapeutic Back, Neck & Shoulder Massage, ESPA Foot & Leg Treatment, Soothing Scalp Massage.

Tue, Wed, Thurs **£140pp**

Mon & Fri **£150pp**

Sat & Sun **£160pp**

## Seckford Signature

What's included;

- Welcome Ritual (Warm Towel, Juice, Macron)
- Use of Spa Facilities
- Complimentary use of Robes & Towels
- Sparkling Spa Afternoon Tea
- Flip Flops (Yours to keep)
- 90 minute Bespoke 'Seckford' treatment

Tue, Wed, Thurs **£175pp**

Mon & Fri **£185pp**

Sat & Sun **£195pp**

## Pamper & Prosecco

What's included;

- Welcome Ritual (Warm Towel, Bucks Fizz, Macron)
- Use of Spa Facilities
- Complimentary use of Robes & Towels
- Sparkling Spa Afternoon Tea
- Flip Flops (Yours to keep)
- Fly By Mii Gel Mani or Pedi (30mins)
- 30 min ESPA Treatment

Tue, Wed, Thurs **£155pp**

Mon & Fri **£165pp**

Sat & Sun **£175pp**

## Couples Retreat

What's included;

- Welcome Ritual (Warm Towel, Bucks Fizz, Macron)
- Use of Spa Facilities
- Complimentary use of Robes & Towels
- Sparkling Spa Afternoon Tea
- Flip Flops (Yours to keep)
- 60 mins Natural Spa Factory Body Boost Massage
- 60mins ESPA Inner Beauty or Men's Deep Cleansing Facial

Tue, Wed, Thurs **£227pp**

Mon & Fri **£237pp**

Sat & Sun **£247pp**



SECKFORD  
HALL HOTEL  
& SPA



*The ultimate gift*

A selection of accommodation, spa and dining gift experiences are available to buy online.

Delivered swiftly by post or email,  
they make perfect presents.

Seckford Spa • Woodbridge • Suffolk • IP13 6NU

01394 385 606

**[spa@seckford.co.uk](mailto:spa@seckford.co.uk)**

**[www.seckford.co.uk](http://www.seckford.co.uk)**

50% deposit required when booking. See our website for full terms & conditions.