

Imagine...

the very best in spa treatments

Treatments for your Face

Harmonise

30 minute treatment

£25

A unique facial massage including deep relaxation, incredible stimulation for results your face won't be able to recognise.

Discovery

45 minute treatment

£40

Awaken your senses as your skin is pampered and refreshed, an invigorating boost to delight and lift your spirits. You choose whether your Discovery treatment leaves your face feeling enhanced, stimulated or corrected.

Hydration and Glow

60 minute treatment

£50

Replenish a dehydrated skin with a delicious nourishment of Shea Butter and Orange Sap Water hydrating your skin and returning it to a velvety soft texture that breathes freshness.

Revitalise

60 minute treatment

£50

Chocolate will give you a truly uplifting experience as its properties have been infused with Royal Jelly "the essence of youth" into a treatment that will invigorate your skin and melt away your worries.

Purify

90 minute treatment

£70

Clear, like pure water, will describe the incredible freshness your skin will feel after this treatment has deeply cleansed all impurities. Essential ingredient of green coffee detoxifies allowing your skin to breathe fresh and reveal the real you.

Ultimate Recomfort

90 minute treatment

£70

Transform an irritated and aggravated skin into a tranquil ambience. Your skin is calmed with the soft cooling properties of Brown Linen and Green Algae alleviating inflammation and redness restoring balance and radiance.

Radiance Enhancer

90 minute treatment

£70

Allow your senses to be touched by the freshness and radiance of your skin after it experiences an awakening from within. Your skin is reenergised with a collagen treatment illuminating your complexion, while Ginseng alleviates fatigue and stress and Chocolate ensures your skin is touched by heaven itself.

Deep Nourishment

90 minute treatment

£70

Take your skin from a cracking drought to humidified healing. Honey and Jojoba soak deep into your skin to encapsulate moisture preventing further dryness. Your skin is bathed in a collagen mask to intensely hydrate leaving your skin nourished looking milky and smooth.

Renewing Youth – Smooth (First signs of ageing)

90 minute treatment

£75

If it's time to regenerate your skin's appearance from the first signs of ageing then this treatment can be tailor made to restore the youthfulness to your eyes, lips and neck area. Specific ingredients are harvested from Soya and Oat fields and delivered into your skin to revive a youthful complexion.

Renewing Youth – Firm (Established signs of ageing)

90 minute treatment

£75

This highly active firming treatment will soften and smooth your facial contours while reviving your skin's elasticity and firmness. Clover is combined with essential fatty acids to restructure and protect your skin from the effects of time while your skin enjoys a rejuvenating touch.

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Massage Treatments

Massage is one of the oldest and simplest forms of therapy and has been used for centuries to induce benefits of health and wellbeing - a system of stroking, manipulating and kneading the soft tissues of the body. Massage can be applied to parts of the body or successively to the whole body, to relieve muscle tension, ease psychological stress and improve circulation, among other benefits. We offer a selection of massages, from the traditional to our own specially created signature treatments, all of which will be tailored to your individual needs.

Scalp Massage

15 minute treatment

£15

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

Soap Brush Massage

30 minute treatment

£35

One of the favourite treatments delivered on our heated hamman table. During this special wet massage you are invigorated using a brush made from natural hair gently removing the uppermost flakes of skin leaving it soft and supple. A warm shower is applied whilst you remain on the bed leaving you feeling totally spoilt.

Raindrop Massage

45 minute treatment

£45

A warming, relaxing massage that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache. An "imagine" exclusive!

Deep Tissue Massage

Body - 60 minute treatment **£60**

Back only – 30 minute treatment **£30**

A massage that will feel more like a workout! Ideal for relieving muscular aches and pains, the therapist will apply pressure that ensures you will achieve physical and psychological equilibrium. Using essential oils to suit your particular requirements this massage will be tailored to your desired outcome – leaving you relaxed, revitalised or restored.

Swedish Massage

Body - 60 minute treatment **£50**

Back only – 30 minute treatment **£25**

The traditional massage using Swedish style movements to promote a relaxing or detoxifying effect.

Specialised Body Massage

90 minute treatment **£75**

You choose the massage you want to receive – relaxing, revitalising or restoring – and our specially created semi-precious oils will be drizzled over your body before a liberating massage is provided for 90 minutes of ultimate luxury. You really do deserve to be spoilt like this.

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Treatments for the Body

Exfoliation

Body – 30 minute treatment **£30**

Back only – 15 minute treatment **£17**

Marine mineral crystals are mixed with a specific gemstone balm that melts as it is applied to your skin to give an irresistible silky smooth texture. The treatment is adapted for a relaxing, revitalising or restoring treatment for the whole body or can be specific to the back.

Sweet Imagination Exfoliation Experience

30 minute treatment **£35**

An "Imagine Health & Spa" signature treatment to invigorate, exfoliate and nourish your skin. Natural brown sugar will help to exfoliate the skin before a honey and milk moisturiser will leave you feeling both silky soft and delicious!

Sea Salt Scrub

30 minute treatment **£35**

The ultimate exfoliation treatment based on ingredients from our North Norfolk location. A combination of sea salt, rose petals and lavender will remove impurities and stimulate circulation while essential oils will be massaged into your skin to leave you feeling fantastic.

Body Wrap

45 minute treatment **£45**

Cocooned in a warm blanket, feel yourself drift away in the comforts of your dreams. Your skin is covered with a creamy mineral based clay mask and left to penetrate, re-mineralising and moisturising your body from top to toe. Afterwards experience a relaxation treatment to continue the effects of the wrap whilst a scalp massage is performed to relieve all stresses and tensions. The wrap is adapted for a relaxing, revitalising or restoring treatment.

Aromatherapy Bath Treatments

30 minute treatments

£30

The ultimate way to escape – unwind in our constantly heated aroma bath with its specially prepared ingredients of petals, essential oils and milks. The tea lights flicker as you forget about the world outside. The aroma bath can be a treatment in its own right or can be the perfect way to prepare for your massage or serail bath experience. Don't forget your book!

Secret Bath for Beautiful Women

A sublime half an hour as you melt in a combination of sea salt, orange and lavender with fresh lemon and lime strips combined with rose petals.

Lavender Relax Bath

Our "Imagine" Norfolk special containing sea salt, lavender and honey. The stress just disappears as you soak. Just divine!

Salt Petal Bath

A combination of sea salt, a handful of petals or herbs and rose, orange or lavender oil will ensure you feel fantastic.

Sandalwood Bath for Men

The perfect antidote to a stressful life! Take an executive break as you are invigorated in a sandalwood and milk combination.



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Finishing Touches

Treatments for your Eyes, Lips, Neck and Décolleté

Eye and Lip Firming Treatment

30 minute treatment

£30

This combination treatment will smooth out the fine lines and firm the contours, to highlight your eyes and brighten their sparkle. As the microcirculation is stimulated, puffiness and dark circles will become a look of the past, leaving your eyes refreshed and rejuvenated. Meanwhile the lip firming treatment returns softness and definition to leave your lips with a smooth look and feel.

Neck and Décolleté Firming Treatment

30 minute treatment

£30

This firming treatment tightens and lifts the contours of your neck, jaw line and bust whilst stimulating the skins circulation to improve colour, tone and elasticity. Your neck will regain its youthful fresh look with our specific rejuvenating treatment.

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Manicure and Pedicure

Therapeutic Manicure

60 minute treatment

£22

A luxury treatment for the hands, this specialist manicure will strengthen and condition your hands and nails and includes use of our specially designed heated mitts and a refreshing nail paint to finish.

French Manicure

60 minute treatment

£25

Using our therapeutic manicure and pedicure treatments our 'French' version adds a little more glamour to the end results, using a specialist paint technique that will leave nails looking natural and elegant.

Therapeutic Pedicure

60 minute treatment

£25

Sheer bliss for your feet, this conditioning treatment nourishes and softens the skin, using our unique heated mitts to leave your feet feeling silky soft and finished with a revitalising nail pain

