

## *Holistic Therapies*

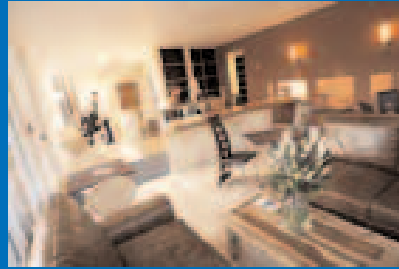
Aromatherapy	60 mins	£40
Counsellor (Individual & Couples)		
Price available on request		
Dorn Therapy	60 mins	£40
Hopi Ear Candle	60 mins	£30
Hypnotherapy	60 mins	£45-£65
Indian Head Massage	45 mins	£35
Inner Balance	60 mins	£45
Neck Back & Shoulder Massage	45 mins	£30
No Hands Massage	60 mins	£40
Reflexology	60 mins	£34
Reiki	30 mins	£30
Sports Massage	60 mins	£40
Swedish Massage	60 mins	£40
Thai Foot Massage	60 mins	£40
Thought Field Therapy	60 mins	£45-£65
Vodder Lymphatic Drainage	60 mins	£50



## *Colon Hydrotherapy*

Colon Hydrotherapy is a safe and gentle process involving warm, purified water being introduced into the colon where it cleanses, detoxifies, revitalises, balances microflora, increases the absorption of nutrients and promotes a sense of wellbeing. In addition to treating digestive disorders, a colonic also benefits other conditions such as sinus problems, allergies and weight problems.

Colon Hydrotherapy	60 mins	£70
Nutritional therapy 90mins		£80
Follow-up appointment -		
Nutritional therapy	60 mins	£60
Homeopathy	90 mins	£80
Follow-up appointment -		
Homeopathy	60 mins	£60



### Opening Times

Monday	Closed
Tuesday	9am – 9pm
Wednesday	9am – 5pm
Thursday	9am – 9pm
Friday	9am – 5pm
Saturday	10am – 5pm
Sundays	Closed

**Juice bar open Tuesday – Saturday  
10am – 4pm**

Why not pop into our wellbeing treatment centre and try one of our freshly squeezed juices, soups or lunches in a relaxing, tranquil setting.



*“Look your best,  
feel even better”*

**Tel: 01284 846800**

Heritage Wellbeing Centre  
Part of Nowton Court Village  
Nowton Road • Bury St Edmunds  
Suffolk IP29 5LU

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

## Wellbeing Packages

Create a day of luxurious pampering and additional therapeutic sessions, according to your health and wellbeing. Our pamper packages include lunch and freshly made juice.

### FOR HER

Time Out Treat - Choose either an Aromatherapy Massage or Essential Elements Facial plus a mini manicure & mini pedicure £60  
Luxury Half Day – Essential Elements facial, Heavenly Hydration Salt Brushing £95

Professional Detox Package – Nutritional Consultation, CACI Lymphatic Drainage and Colon Hydrotherapy £99

Rejuvenation Day – Youthful You Facial, Sculptured Silhouette Inchwrap Body Treatment or Infinite Indulgence, Black Mud Envelopment, Neck Back & Shoulder Massage, Full Manicure & Pedicure £149

### FOR HIM

Time Out Treat – Full Body Aromatherapy or Swedish Massage & Indian Head Massage £60

Luxury Half Day – Hot Stone Massage, Indian Head Massage & Reflexology or Facial £95

Professional Detox Package Nutritional Consultation, CACI Lymphatic Drainage and Colon Hydrotherapy £99

All the above packages include homemade lunches and freshly made healthy juices.



To complement our therapeutic services, we also offer holistic beauty therapy, using a natural mineral based skin care range "Spa Find" who offer deeply hydrating treatments and products that are used by celebrities and top spas worldwide, natural mineral make-up by Jane Iredale, and our natural nail care range.

Spa Find Body Treatments

Heavenly Hydration Salt Brushing	30 mins	£27
Body Bliss Spa Cryotherm	90 mins	£67
Infinite Indulgence Black Mud Envelopment	75 mins	£50
Sculpted Silhouette Inchwrap Spa Body	105 mins	£62
Peace Hot Stone Massage	90 mins	£60
Hydrated Hands	30 mins	£27
Fabulous Feet	45 mins	£27

## Spa Find Facial Treatments

Essential Elements Prescriptive Facial	45 mins	£40
Renewed Radiance For Dry and Mature skin	60 mins	£40
Balanced Beauty For Normal and Combination skin	60 mins	£40
Perfect Purity Dermabalance		
Acne Treatment	60 mins	£40
Youthful You Algimud Facial	75 mins	£46
Radiant Revival Algimud Lightening mask	75 mins	£46
Natural Nourishment Black Mud Facial	75 mins	£50
Exquisite Eyes Eye Contour Treatment	30 mins	£30

## Essential Beauty

### WAXING

Full Leg wax	60 mins	£23
Full Leg wax & Bikini	90 mins	£27
Half Leg wax	30 mins	£18
Half Leg & Bikini	45 mins	£24
Three Quarter Leg wax	45 mins	£20
Three Quarter Leg & Bikini wax	60 mins	£24
Bikini wax	30 mins	£10
Under arm wax	30 mins	£10
Top Lip/Chin	20 mins	£9
Forearm wax	30 mins	£13
Eyebrow wax or Tweeze	30 mins	£9
Chest/Back wax	45 mins	£22

### EYES

Eyelash tint	30 mins	£12
Eyebrow tint	30 mins	£9
Eyelash & Eyebrow tint	45 mins	£1
Eyelash & Eyebrow tint	45 mins	£15



## Nails and Make-up

### MINERAL MAKE-UP USING JANE IREDALE

Cleanse and Make-up	45 mins	£27
includes 15mins consultation		
Make-up lesson	60 mins	£32
Special Occasion Make-up	60 mins	£35
Bridal Make-up including 1 trial	60 mins	£45

### NAILS

Manicure	£25
French Manicure	£26
Gem Manicure	£27
Paraffin Wax Manicure	£32
Pedicure	£25
Gem Pedicure	£27
Paraffin Wax Pedicure	£35
Nail repainting	£9

## CACI

CACI has become known as "the non-surgical face lift" with dramatic results, making it a household name. CACI has attracted a unique celebrity following, making it the most publicised beauty treatment in the industry's history. It allows clients to enjoy the dual benefits of the non-surgical facelift while at the same time receiving a total body toning experience.

### All CACI treatments have a 15min consultation.

CACI Facial:	60 mins	£50
Slim & Tone	30 mins	£35
Cellulite	30 mins	£35
Decolletage	30 mins	£25
Lymphatic	30 mins	£35
Eye Treatment	60 mins	£25

