

Holistic Therapies

Aromatherapy	60 mins	£40
Cosmo Facial	90mins	£60
Counsellor (Individual & Couples)		
Price available on request		
Dorn Therapy	60mins	£40
Emotional Freedom Technique	60 mins	£40
Facial Reflexology	75mins	£40
Healing Tuning Forks Sound Therapy	60mins	£50
Hopi Ear Candle	60mins	£30
Hypnotherapy	60mins	£45-£65
Indian Head Massage	45mins	£35
Indonesian Extended Back	60mins	£40
Indonesian Full Body	90mins	£60
Inner Balance	60mins	£45
Lifestyle Coaching	60mins	£45
Neck Back & Shoulder Massage	45mins	£30
NLP (Neuro linguistic Programming)	60mins	£45-£65
No Hands Massage	60mins	£40
Reflexology	60mins	£34
Reiki	30mins	£30
Sports Massage	60mins	£40
Swedish Massage	60mins	£40
Thai Foot Massage	60mins	£40
Thought Field Therapy	60mins	£45-£65
Vodder Lymphatic Drainage	60mins	£50

Colon Hydrotherapy

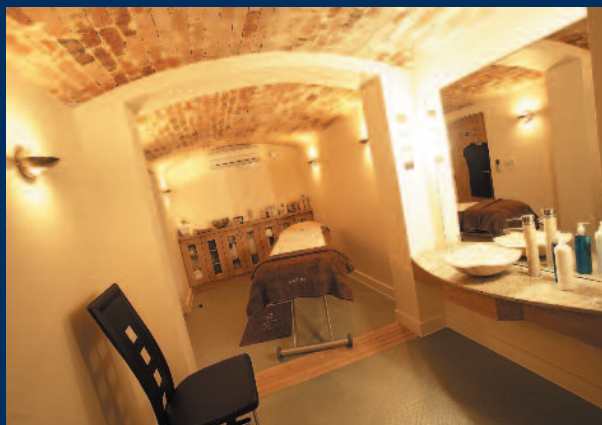
Colon Hydrotherapy is a safe and gentle process involving warm, purified water being introduced into the colon where it cleanses, detoxifies, revitalises, balances microflora, increases the absorption of nutrients, and promotes a sense of wellbeing. In addition to treating digestive disorders, a colonic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

Colon Hydrotherapy	60mins	£70
Quantum QXCI	90mins	£110
Follow-up appointment - Quantum	60mins	£60
Nutritional therapy	90mins	£80
Follow-up appointment - Nutritional therapy	60mins	£60
Homeopathy	90mins	£80
Follow-up appointment - Homeopathy	60mins	£60
Scenar	60mins	£70
Follow-up appointment - Scenar	30mins	£35

Ayurvedic Therapies (from Tri-Dosha)

Ayurvedic massage is the ancient Indian art of massage, practised for over 4000 years. Its unique range of techniques work on a individually orientated basis using medicinal oils chosen to suit your body type.

Shirodhara - Third Eye Drip	60mins	£60
Marma Abhyanga - Massage	90mins	£60
Marma Abhyanga Snanam - Full Body	120mins	£100
Pinda Sweda - Herbal Powder Bolus Massage	60mins	£50
Mukabhyanga - Ayurveda's Face Massage	30mins	£25
Soundrayam Vardhini - Ayurvedic Facial	60mins	£40
Padabhyanga - Foot and Leg Massage	30mins	£25
Udvardana - Exfoliation & Slimming Therapy	30mins	£25
Shirobhyanga - Ayurveda's Head, Neck & Shoulder Massage	30mins	£25
Ultimate Ayurvedic Experience - Tri-Dosha's Eastern Promise	180mins	£135



*“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

Wellbeing Packages

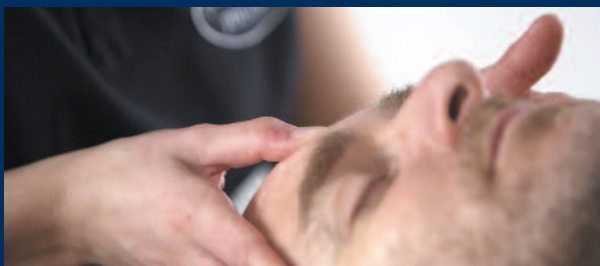
Create a day of luxurious pampering and additional therapeutic sessions, according to your health and wellbeing. Our pamper packages include lunch and freshly squeezed health juice.

FOR HER

Time Out Treat	£60
Post Natal Pamper	£65
Luxury Half Day	£95
Professional Detox Package	£99
Rejuvenation Day	£149
Pre-Wedding Pamper Day	£165
Ultimate Relaxation Day	£190

FOR HIM

Time Out Treat	£60
Luxury Half Day	£95
Professional Detox Package	£99



Lifestyle Analysis Consultation:

Free of charge to all first time clients to help identify individual needs.

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

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

Spa Find Facial Treatments

Find Essential Elements Prescriptive Facial	45mins	£38
Find Renewed Radiance For Dry and Mature skin	60mins	£38
Find Balanced Beauty For Normal and Combination skin	60mins	£37
Find Perfect Purity Dermabalance Acne Treatment	60mins	£38
Find Youthful You Algimud Facial	75mins	£44
Find Radiant Revival Algimud Lightening mask	75mins	£44
Find Natural Nourishment Black Mud Facial	75mins	£50
Find Exquisite Eyes Eye Contour Treatment	30mins	£28

Essential Beauty

WAXING

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

EYES

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



Nails and Make-up

MINERAL MAKE-UP USING JANE IREDALE

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

NAILS USING MAVALA

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	30mins	£35
Cellulite	30mins	£35
Decolletage	30mins	£25
Lymphatic	30mins	£35
Eye Treatment	60mins	£25

