

Our beauty services include the renowned Caci non-surgical face-lift and body contouring system, which also includes specialist cellulite and lymphatic drainage treatments.

To further extend our therapeutic options, we offer a range of specialist pampering and care packages specific to particular needs. These include: Pamper, Arthritis Care, Detox, Back Care, Youthful Ageing and Cancer Care.

At 09.30 and 14.00 we are offering a number of classes which will also be available on certain evenings during the week. These include: Yoga, Pilates, Tai Chi, Meditation and Breathing/relaxation.



“Where we can help you look your best and feel even better.”



Colonics, Ayurvedic Massage, Hypnotherapy and NLP, Nutritional Medicine, Personal Fitness Training, Tai Chi, Spa Body Wraps, Spa Facials and Lots More...



Heritage Wellbeing Centre part of Nowton Court Retirement Village
Nowton Court Nowton Road Bury St. Edmunds
Suffolk IP29 5LU. Tel. 01284 846800 www.heritagemanor.co.uk



“Where good health comes naturally”



Spa Body Wraps, Reiki, Pilates, Colonics, Massage, Acupuncture and Lots More...

An extensive facility, offering a wide range of natural therapies, in glorious and luxurious surroundings...

spa find

Discover a gentle place to relax, refresh, rejuvenate and revitalise. Whether it's pampering or to seek specialist healthcare packages, at Heritage Wellbeing you can be assured of a professional and caring service, using only the very best of products for your health and wellbeing. To complement the 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 TREATMENTS

The ever increasing pace of urban life, combined with stressful working conditions, often results in hormonal and metabolic imbalances. Spa Find was one of the first ranges of skincare products to recognise that the useful blend of natural compounds from sea-water can be utilised to reconstruct the lost elements in our bodies, and the holistic effect of Dead Sea Minerals on the body and skin results in a healthy, glowing complexion and a perfectly relaxed state of mind. For further information on Spa Find treatments and products please visit www.spafindskincare.com

SPA FIND BODY TREATMENTS

Find... Heavenly Hydration, Salt Brushing 30 mins + 15 mins consultation £27
A pure spa exfoliation treatment using Dead Sea Salts combined with the rich effects of Vitamin E and Coconut Oil to nourish and invigorate the body.

Find... Body Bliss, Spa Cryotherm 90 mins + 15 mins consultation £67
A combination of heated Dead Sea Mud and cooling seaweed masks is applied to firm and tone problem areas, whilst relaxing and relieving muscle tension.

Find... Infinite Indulgence, Black Mud Envelopment 75 mins + 15 mins consultation £50
A deeply relaxing Dead Sea Mud envelopment treatment to nourish, soothe and condition the skin, and totally relax your body and mind.

Find... Sculpted Silhouette, Inchwrap Spa Body Treatment 105 mins + 15 mins £62
This powerful, detoxifying body wrap works to disperse cellulite and toxins, easing the inches away and leaving you with the perfect body contour.

SPA FIND FACIAL TREATMENTS

Find... Essential Elements, Prescriptive Facial 45 mins + 15 mins consultation £38
A deep cleanse and skin polish, followed by a luxury mud mask. Your therapist will analyse your skin and recommend a treatment plan.

Find... Renewed Radiance, Energizing for dry, delicate and mature skin. 60 mins + 15 mins consultation £38
This deeply hydrating facial is perfect for delicate and dehydrated skins, helping to gently renew and revive skin, thus reducing fine lines and signs of ageing.

Find... Balanced Beauty, Stabilizing for normal and combination skin. 60 mins + 15 mins consultation £37
A naturally rebalancing facial to deep-cleanse and brighten normal and combination skins, eliminating impurities and soothing surface imperfections.

Find... Perfect Purity, Dermabalance Acne Treatment 60 mins + 15 mins consultation £38
This purifying facial helps to remineralise, soothe and rebalance acne skin whilst deeply relaxing the mind, leaving you feeling confident and refreshed.

Find... Youthful You, Algid Mud Facial 75 mins + 15 mins consultation £44
This revolutionary treatment combines Dead Sea Mud and seaweed to refine fine lines and wrinkles and produce instant firming results.

Find... Radiant Revival, Algid Mud Lightening mask 75 mins + 15 mins Consultation £44
This instantly beautifying facial lightens and brightens dull, sallow, uneven complexions, to leave skin radiant and glowing.

Find... Natural Nourishment, Black Mud Facial 75 mins + 15 mins consultation £50
A therapeutic spa facial to nourish and hydrate your skin and totally relax you – the ultimate spa facial.

Find... Exquisite Eyes, Mineralizing Eye Contour Treatment 30 mins + 15 mins consultation £28
An anti-ageing eye treatment to reduce fine lines and wrinkles whilst encouraging cell regeneration and deeply relaxing you.

CACI

The Award Winning CACI (Computer Aided Cosmetology Instrument), has gained the reputation as the finest micro current machine available. Backed by over twenty years of research CACI is the best known system and is considered to be the most advanced treatment system of its kind.

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.

CACI Facial	60 mins + 15 mins consultation	£50
Slim & tone	30 mins + 15 mins consultation	£35
Cellulite	30 mins + 15 mins consultation	£35
Décolletage	30 mins + 15 mins consultation	£25
Lymphatic	30 mins + 15 mins consultation	£35
Eye Treatment	30 mins + 15 mins consultation	£25

AYURVEDIC THERAPIES From Tri-Dosha

Ayurvedic massage is the ancient Indian art of massage, practiced for over 4000 years. Its unique range of techniques work on an individually orientated basis using medicinal oils prepared from organic herbs and warmed for maximum absorption.

Trio Dosha – Detailed Consultation	5 mins	Free
Shirobhyanga – Ayurveda's Head, Neck and Shoulder Massage	30 mins	£30
Shirodhara – Third Eye Drip	60 mins	£60
Udvardana – Exfoliation & Slimming Therapy	30 mins	£35
Mukhabhyanga – Ayurveda's Facial Massage	30 mins	£30
Abhyanga – Full Body Massage	90 mins	£80
Abhyanga Snanam – Full Body Massage Including Steaming the Body	120 mins	£100
Pinda Sweda – Herbal Powder Bolus Massage	60 mins	£60
Padabhyanga – Foot and Leg Massage	30 mins	£30
Ultimate Ayurvedic Experience – Tri-Dosha's Eastern Promise	180 mins	£149



COLONIC HYDROTHERAPY

Colonic hydrotherapy is a safe, effective method for cleansing the colon of waste material by repeated, gentle flushing with water. Benefits are: clearer skin, mental clarity and more energy, beneficial for mobility, reduces weight and slims, relieves constipation and IBS, promotes normal bowel movements, relieves bloating and promotes sense of wellbeing.

First Appointment:		
Colon Hydrotherapy	60 mins	£85
Quantum QXCI* inclusive of report	90 mins	£110
Nutritional therapy inclusive of report	90 mins	£80
Homeopathy	90 mins	£80
Scenar	60 mins	£70
Above treatments if adjunct to Colonics treatment:	60 mins	£70
Follow-up Appointments:		
Colon Hydrotherapy	60 mins	£85
Quantum/Hom/NT	60 mins	£60
Scenar	30 mins	£35
*Includes homeopathic prescription		

HOLISTIC THERAPIES

Marma Abhyanga	90 mins	£80
Marma Abhyanga Snanam	120 mins	£100
Pinda Sweda. Bolus Massage	60 mins	£60
Shirobhyanga Head & Neck Massage	30 mins	£30
Shirodhara Third Eye	60 mins	£30
Padabhanga Foot & Leg	30 mins	£30
Mukhabhyanga Facial	30 mins	£30
Soundrayam Vardhini	60 mins	£65
Udvardana Slimming	30 mins	£35
Param Artha Satyi Tri Dosha Eastern Promise	180 mins	£149
Indonesian Full Body	90 mins	£75
Indonesian Extended Back	60 mins	£50
Neck Back & Shoulder Massage	45 mins	£30
Indian Head Massage	45 mins	£35
Aromatherapy	60 mins	£40
Reiki	30 mins	£30
Swedish Massage	60 mins	£40
Deep Tissue Massage	60 mins	£40
NLP(Neuro linguistic Programming)	60 mins	£45-65
Coaching	60 mins	£45
Emotional Freedom Technique	60 mins	£40
Acupuncture	60 mins	£45
Chinese Herbal Medicine	60 mins	£45
Personal Fitness Instruction	60 mins	£40
Hypnotherapy	60 mins	£45-65
Thai Foot Massage	60 mins	£40
Hot Stone	60 mins	£50
Thought Field Therapy	60 mins	£45-65
Scenar	60 mins	£70
Colonic Hydrotherapy	60 mins	£85
Nutritional Medicine	90 mins	£80
Quantum QX	90 mins	£110
Homeopathy	60 mins	£40

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 wax & bikini wax	60 mins	£24
Bikini wax	30 mins	£10
Underarm 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

Eyeshadow tint	30 mins	£12
Eyebrow tint	30 mins	£9
Eyeshadow and Eyebrow tint	45 mins	£15

HERITAGE WELLBEING PACKAGES

These packages have been specifically designed to cater for particular needs and preferences. They provide us with the perfect opportunity to create a day of luxurious pampering and additional therapeutic sessions, according to your state of health and wellbeing.

These packages include:

Pamper Day	from £90
Detox Day	from £120
Youthful Ageing	from £120
Arthritis Care	from £140
Back Care	from £145
Cancer Care	from £165



HAIR, NAILS AND MAKE-UP

MINERAL MAKE UP USING JANE IREDALE

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

NAILS USING MAVALA

Manicure	£25
French Manicure	£26
Paraffin wax manicure	£32
Pedicure	£25
Paraffin wax pedicure	£35
Nail repainting	£9

Find... Fabulous Feet. Spa Kleen Feet 45 mins £27

A nourishing spa foot treatment, combining exfoliation, massage and warm Dead Sea Mud, to hydrate, soothe and relax tired feet.

Find... Hydrated Hands. Cleopatra's Hands 30 mins £27

A hydrating hand treatment combining exfoliation, massage and warm Dead Sea Mud, to leave you feeling totally pampered and relaxed, with silky smooth hands.

HOLISTIC HAIRDRESSING

All our hair products are natural and free of chemicals, most of our range is organic and naturally revitalising. You will enjoy an Indian Head Massage as part of your session, and specialist advice and information will be available for sensitive scalps and other problems often related to harsh synthetics.

Prices available on request.