



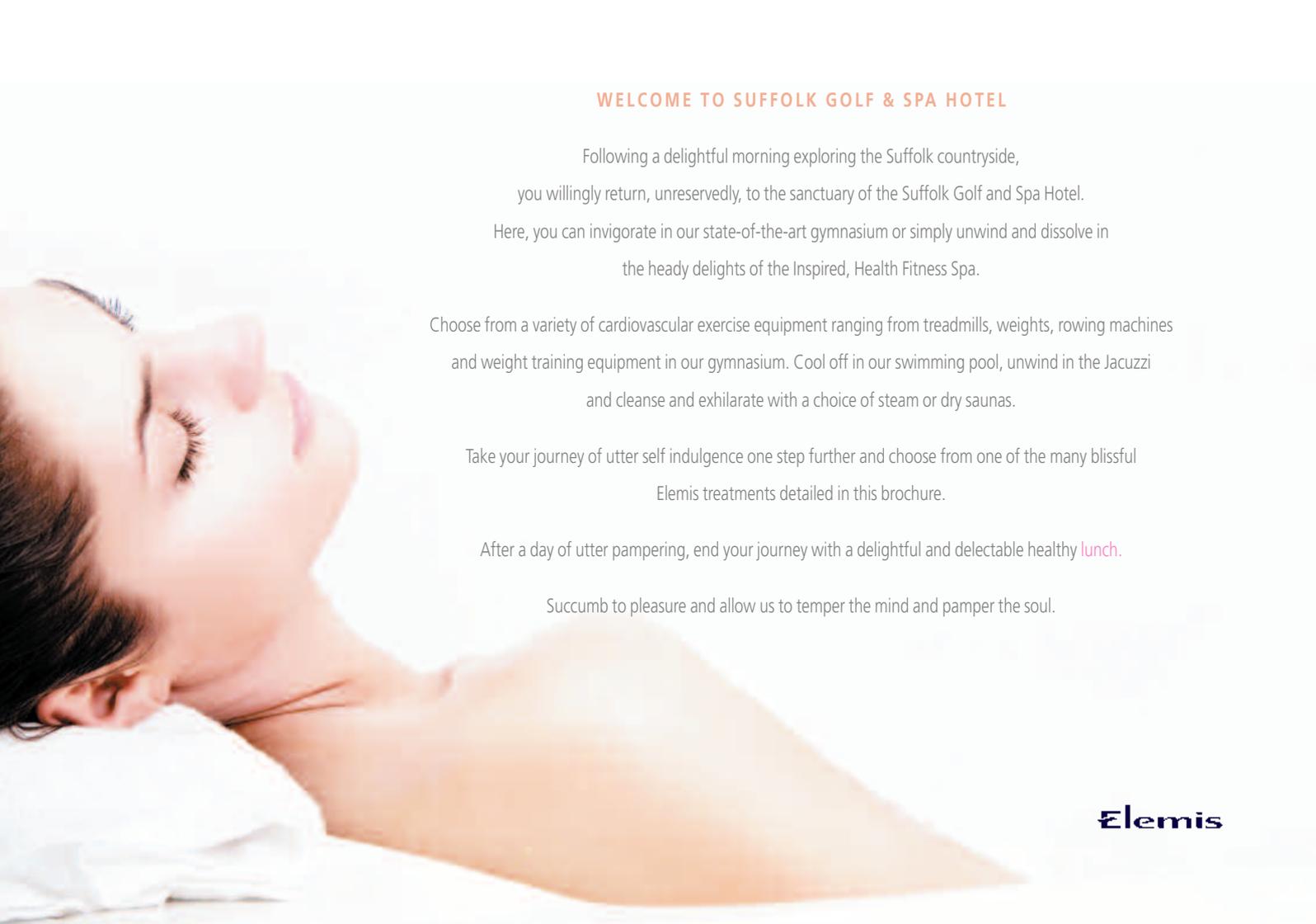
inspired

health · fitness · spa



Suffolk Golf & Spa Hotel · Bury St Edmunds





WELCOME TO SUFFOLK GOLF & SPA HOTEL

Following a delightful morning exploring the Suffolk countryside, you willingly return, unreservedly, to the sanctuary of the Suffolk Golf and Spa Hotel. Here, you can invigorate in our state-of-the-art gymnasium or simply unwind and dissolve in the heady delights of the Inspired, Health Fitness Spa.

Choose from a variety of cardiovascular exercise equipment ranging from treadmills, weights, rowing machines and weight training equipment in our gymnasium. Cool off in our swimming pool, unwind in the Jacuzzi and cleanse and exhilarate with a choice of steam or dry saunas.

Take your journey of utter self indulgence one step further and choose from one of the many blissful Elemis treatments detailed in this brochure.

After a day of utter pampering, end your journey with a delightful and delectable healthy **lunch**.

Succumb to pleasure and allow us to temper the mind and pamper the soul.

Elemis

ELEMIS FACIAL THERAPY

Taster Facial · 30 mins - £25.00

An excellent facial to introduce you to our skin care range. This treatment involves a cleanse, tone, exfoliation and mask finishing with a moisturiser to hydrate the skin.

ELEMIS ADVANCED ANTI-AGEING FACIALS

Tri-Enzyme Resurfacing Facial · 60 mins - £65.00

For ageing, acne scarring and uneven skin tone. This new treatment offers micro-encapsulated enzyme therapy. The layering of three targeted enzymes effectively removes the thickening layer of the epidermis leaving the skin clean, smooth and radiant bringing a renewed level of evenness and clarity to the complexion.

Visible Brilliance Facial · 75 mins - £65

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturation levels of the skin are proven to increase by up to 61% and elasticity by 40% after 1 treatment.

New Pro-Collagen Quartz Lift Facial · 75 mins - £65.00

This exceptional face and eye treatment helps slow down the visible signs of ageing. Specialized lifting massage techniques combined with the three brand new anti-ageing products help to protect against the appearance of fine lines and wrinkles.

ELEMIS SKIN SPECIFIC

Fruit Active Glow · 60 mins - £40.00

Skin is deeply cleansed and stimulated by specialist eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Exotic Moisture Dew · 60 mins - £40.00

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Herbal Lavender Repair · 60 mins - £40.00

Deep cleansing to draw out skin impurities, this facial will help reduce shine, refine the pores and treat skin breakouts.

ELEMIS SKIN SOLUTIONS

Oxygen Skin Calm Facial · 75 mins - £50.00

For sensitive skin. Gentle massage combined with anti-inflammatory actives to reduce redness and a Restructuring Japanese Silk Mask helps to rebalance delicate, fragile and sensitive skin. Finished with a luxurious hand, arm and scalp massage.

S.O.S. Purifying Facial · 75 mins - £50.00

A powerful face and eye treatment that helps regulate and balance the function of the skin, Gentle massage and a Japanese Sulphur Mask impregnated with Vita C Booster Serum help to calm irritated skin and rebalance oil rich pores. Finished with a luxurious hand, arm and scalp massage.



TIME FOR MEN

ELEMIS ADVANCED PERFORMANCE FACIAL FOR MEN

Urban Cleanse Facial · 75 mins - £65.00

Deep cleanse and complete detox.

This super grooming facial works overtime to eliminate blocked pores and neutralise impurities. Reduces sensitivity and provide defense against damaging effects of daily pollutants, leaving skin visibly clear and squeaky clean.

ELEMIS ADVANCED ANTI-AGEING FACIAL FOR MEN

Skin IQ + Facial · 75 mins - £65.00

Anti-ageing booster for tired, stressed skin.

Charge with the clinically proven anti-ageing time defense, this treatment is tailored to meet the needs of a hectic lifestyle and to help combat harsh ageing effects of frequent shaving and pollution, giving men the ultimate skin overhaul with maximum anti-ageing results.

ELEMIS FACE AND BODY THERAPY FOR MEN

Total Time Out · 120 mins - £90.00

The ultimate skin and body therapy for men.

Select either the Anti-Ageing Eleemis Skin IQ+ or the Urban Cleanse Facial combined with the dynamic and immediate tension-relief of the prescribed Eleemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Total Time Out.



ELEMIS DETOX THERAPIES

Body Sculpting Cellulite and Colon Therapy · 75 mins - £40.00

Redefine and smooth your silhouette. Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined.

The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention.

Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

ELEMIS FACE AND BODY THERAPY

Absolute Spa Ritual · 120 mins - Skin Solution - £90.00

From the soles of the feet to the crown of the head, this customised face and body treatment is the ultimate skin therapy. Choose from an Advanced Anti-Ageing Facial or Skin Solutions Facial and combine it with the Deep Tissue Muscle Massage to achieve dramatic results.



BODY THERAPIES

ELEMIS BODY THERAPY MASSAGE

Deep Tissue Muscle Massage · 60 mins - £40.00

A deep rhythmic pressure massage to alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage.

Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

Choose from:

- Stress Away - Wind down and release the tension of the day
- Spirit Reviver - A powerful surge to invigorate and recharge
- Muscle Melt - Relax and re-energise a tired and aching body
- Chakra Balancing - Reconnect your mind, body and soul.

Deep Tissue Back · 30 mins - £25.00

Minimum time, maximum tension - reliving results.

Specifically targeting the back, shoulders and neck areas where you need it most.

SOOTHING & DETOXIFYING BODY WRAPS

Aroma Spa Ocean Wrap · 75 mins - £40.00

This seaweed treatment detoxifies and deep cleanses the body inside and out, combining the richest of sea plants and marine algae with aroma-therapeutic actives. A warm seaweed body mask combined with a blend of essential oils is applied to the body before you are cocooned in a comforting wrap whilst being treated to a deep Thai drainage facial massage and de-stress scalp treatment.

Choice of two wraps

- **Musclease;** Helps to ease aching, tense muscles
- **Cellutox;** This therapy helps to reduce the appearance of cellulite and relieve the discomfort of fluid retention.



ELEMIS SKIN EXOTIC THERAPY

Exotic Lime and Ginger Salt Glow · 30 mins - £30.00

Invigorated cleansed and polished to perfection.

A body exfoliation ritual to invigorate and revitalise. After a light skin brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis exotic lime and ginger salt glow is applied. Skin is deeply cleansed and moistened, leaving it glowing and vibrant, replenished and flawless.

Exotic Coconut Rub and Milk Ritual Wrap · 45 mins - £40.00

Pure sensuality to enliven the senses.

Warmed Elemis skin nourishing milk bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp massage.

Exotic Frangipani Body Nourish Wrap · 45 mins - £40.00

Aromatic Tahitian coconut and frangipani flowers are soaked together to produce the monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides radiance, vitality and all over body glow.

The Cooling Hot Stone Body and Face · 60 mins - £65.00

Pure body indulgence with exceptional anti-ageing facial results in just 60 minutes your Elemis therapist will customise a unique ice-cool thermal muscle massage to your specific problem areas, alleviating stress and easing aching muscles. Whilst your body is in a pure state of blissful relaxation, receive an intensive anti-ageing booster facial that will smooth out your wrinkles and restore youthful radiance.

NEW EXOTIC THERAPIES

Pro-Collagen Hand and Nail Treatment · 30 mins - £25.00

Pure indulgence for the hands.

Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis skin nourishing milk bath combined with the anti-ageing pro-collagen hand and nail cream intensely hydrates for irresistibly smooth, youthful looking hands.

May be extended to 45 minute treatment to include a manicure - **£30.00**

Sole Delight Foot Treatment · 30 mins - £25.00

A total sensory experience for your feet.

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin.

May be extended to a 45 minute treatment to include a pedicure - **£30.00**





SPA ETIQUETTE

When shall I arrive?

We recommend that you arrive 10 minutes before your appointed time to allow introductions, consultation and to complete your treatment card.

What shall I wear?

Please wear clothes you find comfortable. During treatments our therapists will drape you appropriately for privacy and comfort at any time. If necessary a robe, towel, slippers and secured lockers are all provided.

What if I am late for my appointment?

Arriving late will unfortunately limit the time allocated for your treatment: it will lessen the effectiveness and most importantly your pleasure and enjoyment. As a courtesy to all clients our treatments are completed as scheduled.

Do you offer Gift Certificates?

Indulge a special someone with a Gift Certificate from the Inspired Health Fitness Spa at Suffolk Golf & Spa Hotel. These are available for all occasions, please ask your therapist or enquire at the Spa reception.

What if I have special health considerations or allergies?

Please notify us when booking your treatment if you have any allergies or any concerns regarding your health or body.

Reservations

All treatments, whether included or additional, need to be booked in advance to avoid disappointment.

Open: Tuesday to Thursday and Saturday - 9.30am to 5.30pm
Friday - 9.30am to 7.00pm

Sunday and Monday and any other hours upon appointment only

To make a booking please call 01284 706777 or email us on leisure.suffolkgolf@ohiml.com

Payments and reservations guarantee

All reservations need to be guaranteed with a valid credit card or a 50% deposit. All major credit and debit cards are accepted. For group enquiries, please check at time of booking.

Cancellations

A minimum of 12 hours notice if you need to change or cancel your appointment. If shorter periods of notice are given, 50% of the treatment cost applies. If you notify less than 1 hour before or miss your appointment, we will charge you the full treatment price.

For group bookings (3 pax or more) a minimum of 24 hours is required. If shorter periods of notice are given, 50% of the treatment cost applies. If less than 2 hours notice is given, we will charge the full treatment price.

Parking

Parking available free of charge adjacent to the Inspired Health Fitness Spa.

MEMBERSHIP

Perhaps you would like to come by yourself for that essential 'me' time or bring your best friend and make a day of it. Or why not treat you and your partner to a special day. Perhaps take some quality time for a mother and daughter. We can also nurture the needs for a mother-to-be and prepare a bride for her big day.

Why not treat yourself to a day of luxury at the inspired retreat.

Choose from our indulging packages to suit your needs.

All packages include:

- Refreshing drink on arrival
- Two course lunch in the Genevieve Restaurant
- Use of the relaxation area and the use of robes and slippers for your leisure
- Use of the facilities such as the pool, sauna and steam

INDULGING HALF DAY - £75.00

Choose from these relaxing combinations:

- Your choice of Elemis taster facial and a 30 minute holistic treatment
- Your choice of Elemis taster facial and a mini manicure or pedicure
- A 30 minute holistic treatment and a mini manicure or pedicure

INDULGING FULL DAY - £130.00

Your choice of Elemis taster facial, a 1 hour holistic treatment, and a choice between a mini manicure, mini pedicure or a relaxing foot massage. Afternoon tea also included.

OVERNIGHT STAY -

Choose one of our packages, then fall into a sumptuous slumber in one of our enchanting bedrooms.

One day break £65.00 per guest per night based on two guests sharing a twin or double room, dinner and breakfast included. £55.00 for one guest.





LEISURE OPENING TIMES

Monday - Friday 7.00am - 10.00pm
Saturday - Sunday 8.00am - 9.00pm

FACILITIES USAGE TIMES

Monday - Friday 7.00am - 9.00pm
Saturday - Sunday 8.00am - 8.00pm

Bank Holiday opening times as weekends. These times are subject to change at management discretion, but 2 weeks notice will be given to members.

MEMBERSHIP RATES (LEISURE)

Category	Monthly	Annual	Category	Monthly	Annual
Single Full	£41.00	£492.00	Youth (16-18 years)	£21.00	£252.00
Single Off Peak	£29.00	£348.00	Single Swim Only	£32.00	£384.00
Single Full including Golf	£82.00	£984.00	Joint Swim Only	£53.00	£636.00
Joint Full	£65.00	£780.00	Junior Swim Only (under 16)	£13.00	£156.00
Joint Off Peak	£50.00	£600.00	Off Peak Swim	£21.00	
Joint Full including Golf	£136.00	£1632.00			
Single Services Full	£34.00	£408.00			
Joint Services Full	£55.00	£660.00			

All prices inclusive of VAT at current rate.

Please Note: Off Peak Hours - Monday to Friday 9.00am - 5.00pm.

For more information please contact the Membership Secretary Will Barber.

NON-ELEMIS TREATMENTS

Holistic Therapy Treatments

Holistic meaning “whole”, all treatments are designed to relax mind & body, a new way of caring for you.

Back Neck and Shoulder Massage · (30 minutes) - £22.00

Working on the whole of your back & shoulders, this treatment will sooth away all your aches and pains.

Full Body Massage · (60 minutes) - £45.00

Using a variation of massage techniques from around the world, this treatment will leave you floating in the clouds.

Indian Head Massage · (45 minutes) - £40.00

A heavenly relaxing treatment concentrating on the upper part of your back, neck & head to pinpoint areas of tension and stress inducing tranquillity.

Reflexology · (60 minutes) - £45.00

A Chinese healing therapy, reflexology is a unique system of foot massage treating the body through the feet providing relaxation & renewed energy.

Reiki · (60 minutes) - £45.00

An ancient healing ritual working with universal life energy, which re-balances the mind, body & spirit, promoting natural healing & wellbeing.

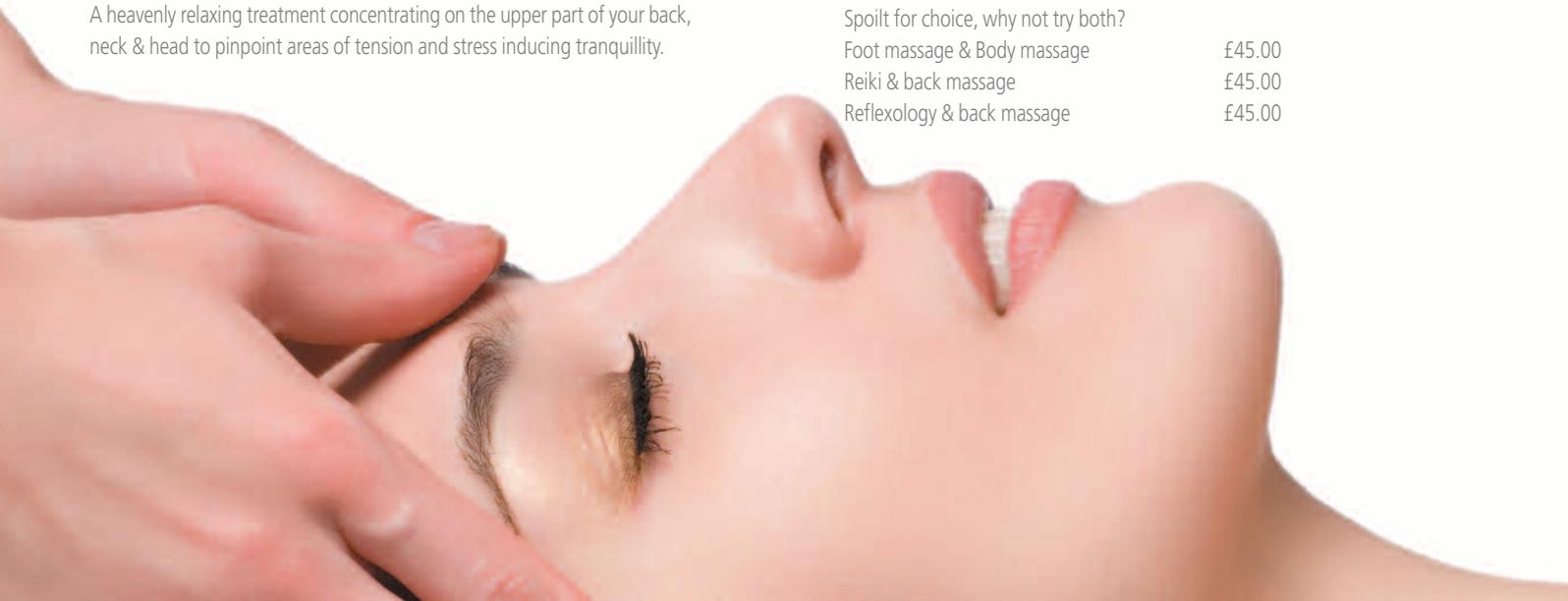
Foot Massage · (15 minutes) - £18.00

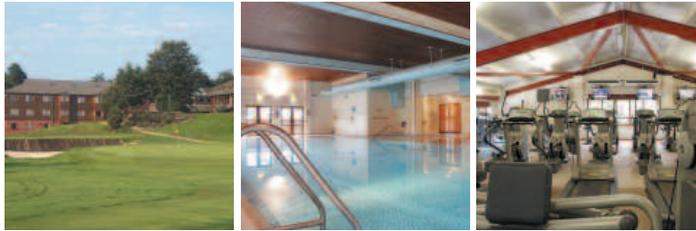
Your feet are cleansed with warm mitts followed by a standard relaxing foot massage to relieve tired aching feet.

Best of Both

Spoilt for choice, why not try both?

Foot massage & Body massage	£45.00
Reiki & back massage	£45.00
Reflexology & back massage	£45.00






SUFFOLK
GOLF & SPA HOTEL

Fornham St Genevieve · Bury St Edmunds · Suffolk IP28 6JQ

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Suffolk Golf & Spa Hotel is a member of the Oxford Hotels and Inns group. Details of all our hotels and inns can be found at www.oxfordhotelsandinns.com