



HOMEFIELD  GRANGE
live life well

treatment menu

Homefield Grange has the pursuit of wellness, good health and nutrition at its core. And with these values in our heart, we have created each of our spa, detox, slimming and wellbeing treatments with the sole purpose of helping our clients *live life well.*

We're delighted to partner with excellent spa brands, Decleor, Pevonia and a 100% organic range, Made For Life by Spiezia Organics.

For more than 40 years **Decleor** continues to lead the market as the trusted expert in aromatherapy essential oils and results driven treatments.

Decleors' products combine nature's purest and most potent active ingredients.

Established over thirty years ago, **Pevonia** is used in many high end spas around the world.

Using only natural formulations, with organic extracts, Pevonia's treatment focus is on restoring and revitalizing face and body using paraben free professional products.

Our spa and our bedrooms are fitted out with these amazing products – try them and see why we've fallen in love with Pevonia.

We are proud to have undertaken specialist training with the Made for Life Foundation, which enables Homefield to treat clients who are undergoing surgery, or those diagnosed with Cancer.

These 'Gentle Touch' therapies are delivered safely and ethically, using a purely 100% organic range by **Spiezia Organics**.

Your therapies will be carried out on luxurious therapy couches designed by the German company **Ionto Comed**.

Our specialist sand quartz bed made by **Gharieni** has been voted one of the most comfortable massage tables in the world.

enjoy!

Wellness clinic

Colon Hydrotherapy

50 mins £90

Shown to be effective for IBS symptoms, constipation and a sluggish digestion. This treatment is painless, odourless and your modesty is protected throughout.

The perfect therapy to begin better ways of eating and living and helping the body remove old toxins and wastes that can create tiredness and lethargy.

The therapy to choose for that clean slate feeling. (You'll be in safe hands – Homefield's practitioners are trained and qualified with the UK's governing body; ARCH).

Live Blood Analysis

50 mins £129

If you need some motivation on making positive changes for your health, our Live Blood Analysis is a powerful incentive.

A tiny pin prick of blood is taken from your fingertip and placed under a microscope. Staring out at you from a computer screen will be thousands of your red blood cells telling the story of your life.

You'll learn about your current levels of acidity, general organ function, blood sugar and hormonal imbalances, deficiencies, how your body is metabolising fats, proteins and nutrients.

This therapy truly inspires long term change – it's the perfect gift to yourself and continues to be one of our clients top rated treatments.

Dietary Intolerance Testing

50 mins £99

Feeling bloated, tired, low mood, or struggle with weight issues? Your diet has a massive impact on your vitality levels, with food intolerances being linked to health niggles like headaches, insomnia and irritability.

Using a simple, painless, non-invasive Di EtX machine, (which measures your body's electrical resistance), we can help you identify those foods which simply don't suit you.

Guidance will be given on better food choices for your body.

Nutritional Consultation

50 mins £99

Do you feel like your diet and your health could do with improving, but just don't know where to start?

If you are in need of direction, clear and simple strategies for long term success in weight loss, or generally want to establish better eating habits, a 50 minute consultation with our very experienced practitioner can help you cut through the confusion and get on track fast.

(Practitioner is registered with UK's governing body BANT).

Wellness & Lifestyle Coaching

50 mins £99

Our wellness coach can help you make positive and lasting changes to your lifestyle.

Get help and motivation in developing the right mindset that will get you the results you want for your body and your life.

If you struggle sticking to your goals, low on energy and motivation, struggle with work-life balance, then our wellness and lifestyle coaching would be a great option for you.

Additional services

Homefield offers a variety of intravenous vitamin infusions, diagnostic testing, including DNA diet & exercise tests and personal training. Please ask reception for details and availability.



Detox therapies

Body Brushing

25 mins £49

Body Brushing is an easy, yet effective way of boosting your metabolism, improving circulation, reducing the appearance of cellulite and helping detoxification.

Let your therapist show you how you can use this treatment time and time again in your everyday life to improve not only the texture of your skin, but your general wellbeing levels too. Price includes your own body brush to take home.

Castor Oil Liver Treatment with Relaxing Scalp Massage

25 mins £49

Give your hard working liver some much needed TLC. The liver has to process everything you place in and on your body. Frequent intake of sugar, alcohol, wheat, dairy and medications can cause joint pain, food cravings, sleep issues, under eye circles and irritability – all signs that your liver needs a break.

A castor oil lint cloth is placed over your abdomen, followed by a warm heat pack.

A gentle scalp massage makes this a deeply relaxing, yet beneficial treatment for weight loss, hormone balancing and liver detoxification.

Pevonia Detox Seaweed Wrap

50 mins £89

Using the finest seaweed, this powerful wrap contours, firms, hydrates and detoxifies mind and body. It activates blood circulation and reduces fluid retention, your body will be gently exfoliated, then warm seaweed potions applied

As stress and toxins disappear, the entire body is replenished and restored with over 104 vitamins and minerals.

Detox Full Body Polish

25 mins £49

Get ready for beautiful skin. Pevonia's aromatic, gentle and creamy silky skin scrub is perfect for exfoliating dry skin and polishes away toxins.

Your skin will feel wonderfully hydrated and nourished. Can be used as an individual body treatment, or as a pre-treatment to any of our massages to enhance your detox, weight loss or relaxation results.

Saltmousse Exfoliating Glow

25 mins £49

Take your body on holiday with this tropical themed treat. Pevonia's French sea salt is infused with pineapple and papaya to create a powerful anti-ageing saltmousse.

Enriched in pro-vitamin A and carrot seed oil, the saltmousse refines the skin unlike any other exfoliation treatment.

Results are softer, smoother and divine smelling skin. A perfect gift to yourself for an upcoming special occasion, pre-holiday, party season – or just because you're worth it.

Aromatic Moor Mud Tension Relief Back Treatment

50 mins £79

Treat your back to this wonderfully results driven therapy. The body will be treated to an exfoliation, an application of Aromatic Mud to the back area and a wonderful relaxing massage. Releases muscular tension, aches and pains and allows the mind to escape into a state of deep relaxation



Body wraps

Our body wraps are designed to reduce fluid retention, stimulate weight loss, boost circulation and shift toxins. Each wrap is accompanied by a deeply relaxing scalp massage, making these treatments holistic as well as results driven. You'll leaving feeling nourished, purified and revived.

Decleor Lemon & Mango Firm & Tone Wrap

50 mins £89

Using products by world leading aromatherapy experts Decleor, enjoy a full body experience.

Beginning with an exfoliation, followed by a body mask, and deeply relaxing scalp and back massage.

A treatment designed to tighten slackened skin, repair sun damage and reduce the appearance of stretch marks. Leaves the skin with a radiant and firmer texture.

Pevonia Aromatic Moor Mud wrap

50 mins £89

Warm aromatic Moor Mud, rich in natural vitamins, minerals and enzymes is generously applied to the entire body. As you relax secure and warm, enjoy a tension relieving cocoon massage performed over the top of the wrap.

This powerful therapy, is designed to aid circulation, reduce muscular aches and pains, and ease lower back pain. It is the perfect detoxifier and helps boost the body's immune system.

Pevonia Cellu-smooth Green Coffee Wrap

50 mins £89

Slim and tone your body with Pevonia's cutting-edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increases metabolism and eliminates water retention.

Pure 100% micronized green coffee, rich in chlorogenic acid, proteins and essential oils will smooth and enhance your skin's overall texture. Visibly reduces spongy, dimply, cellulite areas.

Pevonia Detox Seaweed Wrap

50 mins £89

Using the finest seaweed, this powerful wrap contours, firms, hydrates and detoxifies mind and body. Activates blood circulation and reduces fluid retention, your body will be gently exfoliated, then warm seaweed potions applied.

As stress and toxins disappear, the entire body is replenished with over 104 vitamins and minerals. It's the perfect treat for a new beginning.



Massages (continued on next page)

Traditional Full Body Massage

50 mins £79

An indulgent and relaxing full body massage. Gain a deep sense of relaxation and as muscular aches and pains disappear. A classic treatment that helps with sleep problems, anxiety and promotes detox and wellness.

(Your therapist will personalise the pressure for you).

Deep Tissue Massage

50 mins £79

More results focused than relaxing, the aim of a deep tissue massage is to loosen tight muscles, lower inflammation, and re-align layers of connective tissue.

Slower strokes are used than in a traditional massage and stronger pressure is applied by your therapist, using her elbows, forearms and knuckles.

It's perfect for breaking up knots of stress and tension and is especially useful for chronic pain in lower backs, neck, shoulders or legs.

Stress Elimination Massage

50 mins £79

Using Pevonia's specialist massage oils enriched with geranium and orange essential oils – your muscles will become relaxed and the body hydrated. Swedish massage techniques, combined with aromatherapy make this a gentle and restorative treat – simply close your eyes, relax and bid stress farewell.

Hot Stones

50 mins £79

Using large smooth flat stones that have been gently warmed. The stones will be placed on key tension areas of the body and others will be held in your therapists' hands to massage away tension and tightness in the arms, legs and back.

The warmth of the stones helps improve circulation and results in a deeply relaxing treatment. It's the perfect way to let go of a stressful life.

Bamboo Massage

50 mins £79

Using warm and hollow bamboo cane as a massage tool, Bamboo massage is perfect for those of you who like a more deep tissue treatment.

This therapy is designed for detoxification, releases muscular tension and works on balancing you physically and mentally.



Massages (continued)

Out of this World

80 mins £129

For an experience like no other, Homefield is proud to offer this exclusive massage that will transport your mind, body and soul to another dimension.

The massage bed is filled with warm sand, infused with healing crystals that envelops the body whilst you are massaged with warm steamed quartz crystal poultices.

Designed to dissolve tension, improve circulation and metabolism and boosts the immune system. Feel yourself sink deeper into relaxation as vibrations from singing bowls increase the flow of positive energy through your body.

Light and sound therapy is used to lift mood, balance hormones and induce a deep sense of connection.

To complete your journey, a pressure point facial massage will leave you feeling rebalanced, revitalised and completely restored.

Tranquility

80 mins £119

The ultimate mind, body and soul therapy. Enjoy a relaxing full body massage, followed by a reiki experience. Reiki works with the universal energy within and around every body.

Your attuned therapist will gently place her hands on certain energy centres of the body called 'Chakras' – which are worked on to create both balance and personal reconnection. It's proved beneficial for clients who would like some emotional support or seek restorative harmony to their world.

Serenity

80 mins £119

Beginning with a relaxing full body massage, your therapist will then treat you to a dedicated scalp massage. The scalp can hold a lot of stress and tension and our clients often tell us how massaging their head can help with headaches and insomnia.

Your choice of oils made from the 100% natural ingredients of Pevonia will ensure a personalised treatment. You decide whether you wish to work on alleviating stress, or lower inflammation, or uplift your soul and revitalise your spirit.

Indian Head

25 mins £49

A dedicated massage for the upper back, head, neck, shoulders, face and scalp. Used for centuries to help with headaches, mental overload, stress and muscular tension.

Back, Neck & Shoulder

25 mins £49

Ease tight shoulders and release lower back tension. Your experienced therapist will concentrate on your particular areas of concern.



Bathing & massage ritual

Bathing & Massage

80 mins £119

For those who need to restore mind, body and soul. Our bathing rituals use mineral rich muds, salts, or essential oils personalised to your needs. It's the perfect treatment to relax overstimulated minds and bodies.

In total privacy, relax into warm waters – pure peace and quiet – ready for you to float away for twenty minutes 'me time.'

Complete your journey with a deeply relaxing full body massage.

Choose your personalised bathing experience from one of the following:

Restore me

Moors Mud contains a wealth of herbs, grasses, minerals and vitamins. Soaking for 20 minutes in Moors Mud opens the pores, lowers inflammation, corrects hormonal imbalances and boosts immunity. Highly restorative and nurturing.

Detox me

Epsom Salts are rich in magnesium and act as a powerful detoxifier. These salts naturally remove harmful impurities from the body – perfect for telling those toxins to leave the party! Highly beneficial to those who are experiencing feelings of being run down, have poor sleep and are in need of relaxation.

Relax me

If you love aromatic smells, and really wish to let go, then try the stress relieving essential oils of Jasmine and Lavender. In addition plant extracts are added to relax the mind, body and soul – your bathing experience will leave you feeling soothed and supported, ready to enjoy your deeply relaxing massage.



Holistic therapies

Reflexology & Grounding Foot Ritual

80 mins £119

A VIP treat for your feet! Connect your body and soul with a wellness grounding foot ritual. This foot bath uses Pevonia's natural sea salt and algae scrub to remove dead skin cells and reveal silky soft, hydrated feet.

Continue your journey to deep relaxation and wellness with a Reflexology session, designed to reduce stress, relieve anxiety and help clear toxins and waste products from the body.

Reflexology is the application of gentle pressure to the reflexes of your feet which correspond to the rest of your body. It's deeply relaxing and continues to be one of the most popular of our holistic treatments.

Hopi Ear Candles with Relaxing Scalp Massage

50 mins £79

Do you find that you suffer with frequent headaches or migraines? Are you someone who experiences compacted ear wax, sore throats, sinusitis or in recovery from a cold?

If so, our Hopi Ear Candles therapy may well benefit. A traditional therapy of holding a lit, upright candle gently in the ear canal helps draw out wax, clears 'thick heads' and may alleviate symptoms associated with tinnitus.

It's always exciting to unravel the candle at the end of the session to identify removed wax! Finish your therapy with a fabulous face and scalp massage, designed to increase energy flow and assist circulation.

Reiki

50 mins £79

Reiki is an 'energy healing' practice that is carried out by the therapist placing her hands in a series of positions over the fully clothed client.

It's designed to promote healing on a physical, emotional and spiritual level by activating the relaxation response and helping the body balance itself from a very deep level.

There is no massage or manipulation involved, yet many of our clients report that they feel very comforted and "held" during a Reiki session.

There is no diagnosis involved and what you may experience during treatment is profoundly individualistic, however it has proven to be effective for those of us who find that life has been very demanding and feel depleted on more than just a physical level.



Facials

LED Skin Rejuvenation

20 mins £49

Lay under our deeply relaxing and highly effective facial light canopy for twenty minutes and see your skin improve in just one session.

Research shows that LED light can improve skin sensitivities, help with pigmentation, rosacea, redness and acne. LED can also be used for those who want to turn back the clock, reduce the appearance of fine lines and wrinkles and create a dewy, healthy glow to the skin.

LED can be used as a 'standalone' therapy or as an addition to any of our facials for that extra boost. It significantly increases the effectiveness of all of the facial therapies we offer.

Decleor Vitamin Recharge Glow

50 mins £79

The Vitamin Recharge Glow is a multi-award winning facial. Decleor's holistic facials are world famous for their heavenly feel and stunning results.

This treatment begins with a unique back diagnostic massage and follows with products that are power packed with vitamins and antioxidants. A deliciously warm mask leaves your skin glowing and oh so healthy looking.

Decleor Collagen Plump & Lift

50 mins £79

Decleor's advanced anti-ageing facial is a customised treatment for younger and firmer looking skin. It offers a dramatic improvement in skin tone and clarity and a new lease of life for maturing complexions.

Decleor Harmonie Calm

50 mins £79

For those of you who live in the city, are stressed out, feel fatigued, have been poorly, or have a poor diet – there is no better facial for irritated skin than the Harmonie Calm. Using the wonderful products from Decleor – this facial will help you say hello to clearer, soothed and more resilient healthy skin.

Lumafirm Lift & Glow Facial

50 mins £85

Designed by Pevonia as the ultimate anti-ageing treatment, this facial offers radiance and facial contouring. Ideal for any skin type that is showing signs of ageing, or as the perfect instant repair boost when you want to look your absolute best.

Skin will be left feeling firmer, tighter and have a more youthfully defined appearance.



Hamмам

Hamмам Ritual

50 mins £149

A unique, VIP treatment for clients wanting to experience a spa treatment packed with 'wellness powers.'

Originating from the Ottoman Empire, polished stone, heated by the warmth of the sun's rays, would be used to massage and cleanse the body. The treatment has been used for hundreds of years for health benefits. Our heated granite Hamмам bed continues with this tradition.

First your body will be cleansed and exfoliated with a special Black Soap that cleanses, exfoliates, and moisturises the skin.

Next, the detoxing, healing and anti-inflammatory properties of Detox Mud potions will be applied to the entire body.

Whilst the mud works its magic, the warmth from the granite Hamмам bed will ease any aches and pains. Your therapist will carry out gentle pressurised 'cocoon movements' over arms and legs to increase lymphatic drainage.

The next step is a deeply relaxing scalp massage, helping to nourish the hair with natural oils.

Finally, you'll experience the uplifting and stress reducing benefits of contrast showering to complete your Hamмам experience.



Rasul

The Rasul is an ancient Arabian body cleansing therapy designed to detox and revive tired bodies. Begin your journey with a 'self-applied' exfoliating salt mouse that will help remove dead skin cells and impurities. Next the self-application of a medicinal mud is applied to the whole body, (it's great fun). Finally, just sit back and relax in your own personal cabin, with dimmed lights and relaxing fibre optic lights that fill the ceiling.

Warm steam will gently open your pores, stimulate a sluggish circulation, remove toxins, and stimulate the lymphatic system. Once the mud has performed its magic, your treatment will be brought to an end with a warm shower to gently wash away the remaining mud. Your skin will be left feeling, cleansed, glowing and silky smooth.

Why not treat yourself to a full body massage as the ultimate luxury spa experience.

Rasul Ritual

30 mins £49

Rasul Ritual for Two

30 mins £85 (per couple)

Rasul Ritual combined with Full Body Massage Treatment

80 mins £119

Rasul Ritual combined with Full Body Massage Treatment for Two

80 mins £238 (per couple)



Gentle touch specialist therapies

The following therapies are available to all our residential and day spa guests, however they are a range of specialist wellness treatments designed for those clients who have been diagnosed with cancer, or undergoing medical treatment, or are recovering from surgery.

These therapies are akin to a period of meditation, allowing the body to access the parasympathetic state. This period of time allows rejuvenation on all levels – mind, body and spirit – including a natural boost to immunity. Products used are 100% organic.

Hand On Heart

50 mins £89

80 mins £119

A nurturing and calming treatment for the head, face, back and shoulders. Created to allow you to drift away into a meditative state of relaxation.

Slow Tui Na Chinese massage techniques rebalance and calm the upper body, while the facial will replenish, nourish and revive the skin with 100% certified organic products, Made for Life by Spiezia Organics.

Catch The Breath

25 mins £49

This nurturing gentle treatment is designed for the upper body.

The ritual uses slow, soothing and rhythmic techniques providing complete relaxation. Ideal for those who are new to massage.

Soothe & Nurture

25 mins £49

50 mins £79

A beautiful organic facial and an ideal way to restore natural luminosity to the skin, leaving you looking and feeling radiant.

100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin.

A deeply relaxing face and scalp massage calms the mind and soothes the soul.

Touch Therapy

25 mins £49

50 mins £79

An exceptionally relaxing sequence of touch, tailored to your specific and personal needs, whether you decide on full body, or part body.

Designed to help induce a deep sense of relaxation enabling you to switch off and enjoy the present moment.



Homefield health kitchen chef's training

We are proud to have some talented and experienced chefs working at Homefield, who are passionate about motivating our guests to live life well. If you would like bespoke training and advice on how to continue to eat well on returning home, you have the opportunity to have our knowledgeable chefs all to yourself.

A perfect long term investment in learning how to look after yourself in the best way possible.

(Cost Includes: Ingredients used; Preparation; Chef's time; Clearing Up. Unfortunately for Legal & Professional reasons any food made cannot be taken off site)

A cut above the rest (knife skills)

1 hour £69

Whether you are a pure beginner, or just need a sharpen, knife skills are a fundamental building block to becoming a successful, healthy cook.

Learning to chop like a pro is a great confidence booster – and with a little guidance from our chef, not only will your meals look good enough – to eat, your perfectly proportioned ingredients will cook more evenly, improving taste, texture and appearance of everything you make.

It will also halve your cooking time.

Guilt free desserts

1 hour £139

Who says you can't have your cake and eat it too? Learn some healthy and delicious desserts that everyone will love, without wrecking waistlines.

Skip the guilt and satisfy your sweet tooth with recipes that are low in calories, yet high in important nutritional value.

Healthy soup making

1 hour £139

Guests love our soups! If you're wanting to take the benefit of our soup making ideas home with you, then try this health boosting practical session of making a bowl or two of a great comfort dish, without the calories.

Our chef can help you impress friends and family with delicious, yet simple tips that will elevate your soup game to its tastiest level.

Eating well (plant based main meals)

1 hour £139

Including more plant based meals in your diet has been shown to reduce risks of diabetes, heart disease, high blood pressure and is now scientifically proven to increase longevity.

Our chef will inspire you with some main meal ideas that are quick, easy, and incredibly tasty.

Eating healthily should be a joy, not a punishment – we can show you how.



homefieldgrange.co.uk

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