



HOMEFIELD GRANGE

live life well

Therapy 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 to *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 revitalising 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

Nutritional Consultation

50 mins £129

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).

Personal Training

1 hr £60

Whether you wish to tone, tighten or burn fat, our experienced personal trainers will inspire you with a personalised exercise session suited to your fitness levels for an enjoyable and beneficial Personal Training session.

As regular exercise is a fabulous way to help you stay on track easily, booking a PT session during your time at Homefield offers the perfect kick start to falling in love with moving your body.

(Please note a 48 hour cancellation policy is in place for Personal Training, so your account will be charged if notice is not given).

Nutrigenomix DNA Genetic Testing for Personalised Nutrition

£249

'One size does not fit all'

We are all different and finding the diet that suits you as an individual can literally be life changing.

We are familiar now with our genes predicting health risk, but did you know that our genes can also influence how we respond to certain foods, drinks and supplements, and to different types of exercise?

This 70 gene test will give you a 50-page report detailing your personal needs with regard to key nutrients; how well you process fats and carbohydrates, caffeine, gluten and lactose; what sort of exercise you should be doing and factors that influence your risk of cardiovascular disease.

All that is required is a cheek swab.

Results come through between three to four weeks, 4 posted or emailed to your home.

Please note if you wish one of our practitioners to offer further advice on your results once received, there will be a fee payable for a 50 minutes session of £99.



Wellness clinic

Colon Hydrotherapy

50 mins £99

Especially beneficial to support an effective cleanse of the colon and to boost the elimination of old wastes during your detox here at Homefield Grange. Helps remove toxins which in turn can reduce the occurrence of headaches, tiredness and bloating.

The therapy is painless and your modesty is protected throughout. It offers a wonderful 'clean slate feeling'.

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 to make positive changes to 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.

Although this is not a diagnostic test, (it will not give you numerical levels of your thyroid, sex hormones, or nutrients), it will however focus on improvements you can make to your diet and guidance you can make to your lifestyle that could impact the health of various systems in the body.

It will also show indications that certain nutrient levels are low, or that your hormones require further investigation with your GP.

Overall this therapy can be an interesting eye opener and offers a really powerful incentive to make long term changes. It continues to be the top therapy booked at Homefield.

B12 Vitamin Shot

£99

The popularity of B12 vitamin shots continues to grow, probably due to the demands and stresses of modern day living. Vitamin B12 is a powerhouse. It makes DNA, nerve and blood cells and is crucial for a healthy brain and immune system.

Your metabolism would not work well without it. Many people are not getting enough B12, possibly down to stress, ageing, unhealthy eating, alcohol consumption, gut issues, or being a vegan or vegetarian.

B12 is somewhat a wonder for your health. A few of the greatest health benefits of Vitamin B12 is for long term weight control, improved sleep, better mood, helps with fatigue, prevents cancer, offers mental clarity, stronger nails and healthier skin.

A small pin prick into the top of the arm makes this therapy a quick and effective one.

Dietary Intolerance Testing

50 mins £99

Feeling bloated, tired, have low mood or struggling 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.



Wellness clinic mind & body

Hypnotherapy/NLP

50 mins £99

Our in house wellness coach will use her eclectic approach, inspiring positive change to beliefs and behaviour using neuro linguistic programming and hypnotherapy techniques.

A powerful combination to help clients who self sabotage and find it difficult to stay on track, as this therapy works on both the conscious and the unconscious mind.

Ideal for phobias, personal development and for motivation to a healthier and happier way of living.

Wellness & Lifestyle Coaching

50 mins £129

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

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

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

Healthy, Happy, Sober

2 Hours £249

Take back control of the booze, with the help of your own 'Sober Coach.' This unique 2 hour session will use the powerful combination of Sober Coaching, NLP and hypnotherapy.

Your coach will help you identify your triggers for drinking and will examine your reasons why you wish to stop, or reduce your alcohol intake. Tried and tested practical steps will help you take back control of your drinking.

You will also receive a recorded self-hypnosis which can be used as often as you need it to keep you committed to your goals.



Speciality holistic

Navel Candling

50 mins £89

Naval Candling is also known as stomach or tummy candling. A hollow herbal candle is lighted and placed over the belly-button. The candle warms internally to increase the blood and lymph flow around the abdominal area. During the candling process, a gentle and relaxing massage is applied to the stomach area to aid circulation.

As with ear candling, the burning candle creates a vacuum and the heat generated assists with the dispelling of toxins.

A very relaxing therapy designed to beat stress and aid digestive complaints.

Crystal Bowl Therapy (One to One Sound Bathing)

50 mins £89

Your therapist will use special crystal bowls that produce sounds that resonate with each of the body's seven chakras to realign and rebalance the body physically and emotionally.

The therapy will be individually tailored to your specific needs. Guests say that they are left feeling calmer, less stressed and more resilient. This therapy aims to treat the body on a spiritual level and is ideal for emotional upset or upheaval.

Himalayan Singing Bowl Healing (One to One Sound Bathing)

50 mins £89

Metal Himalayan sound bowls produce a soulful, earthy tone and can be played similarly to the crystal bowls.

Designed to help to realign and balance the energy system which in turn helps the body to relax and start the healing process physically, mentally and emotionally. This therapy is grounding and balancing on a physical level.

Both the crystal and Himalayan sound bowls will give a truly relaxing treatment, that needs to be experienced to be appreciated.



Detox therapies

Detox Define

50 mins £89

Enjoy a pamper as you detox mind, body and soul with this indulging body treatment. Your therapy will begin with an all over body brush experience, designed to stimulate circulation and exfoliate dead skin cells. Focusing on problematic areas, cellulite and stubborn fatty deposits, skin will be left silky smooth and toxin removal boosted.

We then treat one of the most neglected areas of the body, (the back), with a detoxifying massage, finishing off with a scalp massage, using rosemary oil to nourish dry scalps and encourage healthy hair growth..

Shangri-la 3 Point Massage with Detoxing Castor Oil Liver Pack

25 mins £60

Give your liver some much needed TLC with a detoxing liver pack. Ideal for clients who drink caffeine/alcohol, had recent antibiotics, been under stress, or consume sugar and processed foods.

Your therapist will administer a warm castor oil pack over your abdominal area. Whilst the liver pack works its magic, you will be treated to a soothing scalp, hand and foot massage.

Luxury Detox Seaweed Wrap

80 mins £129

Using the finest seaweed, this powerful wrap contours, firms, hydrates and detoxifies mind and body.

Begin your therapy with a gentle full body exfoliation to remove dead skin cells and stimulate metabolism.

Next a generous application of warm micronised seaweed is applied to the body. The seaweed which will help improve blood circulation, reduce fluid retention and release toxins and impurities. The entire body is replenished and restored with over 104 vitamins and minerals.

Saltmousse Exfoliating Glow

50 mins £89

Take your body on holiday with this tropical themed treat. This full body exfoliation uses French sea salt, 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.

This therapy gently polishes the skin, removing dead skin cells and repairs the epidermis. Results are softer, smoother and divine smelling skin.

The treatment continues with a deeply relaxing back, neck and shoulder massage to release stress and melt tension.

Aromatic Moor Mud Back Treatment

50 mins £85

Treat your back to this wonderful results driven therapy. The back is often the most neglected area of the body because we can't exfoliate, or massage this part for ourselves. A detox is an idea time to give your back to some TLC.

First, your back will be treated to an exfoliation. Then an application of warm aromatic Moor Mud, rich in natural vitamins, minerals and enzymes is generously applied to the back area.

Sore and tired muscles will be soothed and relaxed. Aches and pains will be reduced leaving you feeling wonderfully relaxed.

This therapy is excellent for those prone to rheumatism, arthritis and muscular fatigue.

Enjoy a wonderful scalp massage whilst the Moor Mud works its magic.



Traditional massages

Traditional Full Body Massage

50 mins £79

80 mins £119*

(*to include concentrated back and shoulder attention)

An indulgent and relaxing full body massage. Gain a deep sense of relaxation 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 £89

80 mins £129*

(*to include concentrated back and shoulder attention)

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

80 mins £129

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

80 mins £129

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.



Luxury massages

Luxury Out of this World Massage

80 mins £129

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

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

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

Tranquility

80 mins £129

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.

This therapy has been shown to be beneficial for clients who would like some emotional support or seek restorative harmony to their world.

Serenity

80 mins £129

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.

Oils made from 100% natural ingredients of Pevonia will ensure a personalised treatment. You decide whether you wish to work on alleviating stress, lowering inflammation or uplifting your soul and revitalising your spirit.

Indian Head Massage

50 mins £89

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 £60

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



Bathing & massage ritual

Bathing Rituals with Full Body Massage

80 mins £129

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 some moments of 'me time.' 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. Followed by full body massage.

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. Followed by full body massage.

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 full body massage.



Holistic therapies

Reflexology & Grounding Foot Ritual

80 mins £129

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 £89

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 £89

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.

Reflexology

50 mins £89

A reflexology session that is designed to restore your balance and equilibrium. Let your cares and worries melt away as your therapist relieves tension and stress through specific pressure points through your feet.

Deeply relaxing and restorative.



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 therapy can be booked 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 Aromatherapy Facial

50 mins £89

Decleor targets this powerful facial to all who are seeing to target the brightening and rebalancing of the skin.

Using a professional mask your therapist will select either the Aromaplasty mask containing sunflower and wheatgerm, or the soothing Harmonie calm mask for a moisturised, luminous skin.

The face will be left feeling silky sooth, deeply cleansed and perfectly replenished, glowing with vitality.

Decleor 'Lifting' Aromatherapy Facial

50 mins £89

A targeted anti-ageing facial for those who wish to slow the signs of ageing. This deeply relaxing, toning and firming aromatherapy facial is ideal for those clients wanting to destress, plus gain, younger, firmer looking skin.

A lifting and contouring professional mask will be applied to the face to leave the skin looking tighter and toned as if lifted Turn back the clock with this very popular Decleor classic.

Lumafirm Lift & Glow Facial

50 mins £89

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 Ritual

Hamмам Ritual

50 mins £89

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 Ritual

The Rasul is an ancient Arabian body cleansing therapy designed to detox and revive tired bodies.

Your therapist will apply a mineral rich mud to your back and then leave you to apply to the rest of your body.

Then sit back for 20 minutes and just relax in your own personal cabin with dimmed lighting 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 finish 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 (for one)

30 mins £49

Rasul Ritual combined with Full Body Massage Treatment

80 mins £129



Manicure & Pedicure

Orly Mini Manicure

50 minutes £59

We begin with the filing and tidying of the nails.

Excess cuticles are gently pushed back, applying nourishing vegan friendly oils.

A relaxing hand and arm massage will follow using a luxurious mandarin cream, leaving your hands looking younger and firmer, with a silky and healthy glow.

Finally, your chosen vegan nail polish will be applied, leaving your hands looked cared for, renewed and protected.

Orly Mini Pedicure

50 minutes £59

We begin with filing and tidying the nails.

Excess cuticles are gently pushed back.

A nail strengthener is applied to the nail bed using vegan friendly Orly products.

Following this, we remove any areas of hard skin.

Enjoy a relaxing foot and leg massage using a luxurious mandarin cream to create silky soft skin that is left nourished and protected.

Finally, your chosen vegan and breathable nail polish will be applied to the toes, leaving you with pretty, well cared for feet.

Men Only*

If no nail colour is to be applied, we will dedicate the time to a longer massage during your manicure or pedicure.

Please note that Homefield uses natural vegan products for our manicures and pedicures, therefore we are unable to remove acrylics, gel, Shellac, or any other longwear polish.



Homefield health kitchen chef's training

A Cut Above the Rest (knife skills)

1 hour £89

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!

Healthy Soup Making

1 hour £139

Guests love our soups! If you'd like to take the benefit of our soup making ideas home with you, then try this health boosting practical session. Learn how to make 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.

