



## Treatment menu



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

We are delighted to partner with the holistic  
spa product house Natural Spa Factory.

Ethically sourced and eco friendly, these  
products are used around the world by  
top end spas.

Specialising in detox, weight loss and mind  
body restoration, the design of each one of  
our treatments has been thoughtfully put  
together by our founder, a qualified  
Naturopathic Practitioner.

Your therapies will be carried out on  
luxurious therapy couches that were  
imported from Europe and designed by the  
German company Ionto Comed. These beds  
have been voted one of top therapy couches  
in the world.

Our specialist sand quartz bed used for our  
Out of This World therapy is one of only a  
handful in the UK and designed by spa  
equipment leaders Gharieni.

*enjoy!*

# Wellness Health Clinic

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## 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 experienced practitioner can help you cut through dietary confusion and get on track fast.

Your practitioner is registered with the UK's governing body, The British Association for Nutrition and Lifestyle Medicine.

## 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 your body processes 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 take between three to four weeks and are posted or emailed to your home with explanatory guidelines.

On receiving your results, if you would like a Homefield practitioner to offer further advice, please book an additional consultation.

**(50 mins, £129)**



# Wellness Health Clinic

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## 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 £149

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 £129

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 Mind & Body

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## Hypnotherapy/NLP

**50 mins £129**

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 can help get you the results desired for your body and life.

If you struggle to stick to your goals, feel 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 hrs £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 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.



# Holistic Therapies

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## Navel Candling, (ladies only)

**50 mins £99**

Navel Candling is a traditional ritual for the health of the female body. It is also known as stomach or tummy candling.

A hollow herbal candle is lit, then placed over the belly-button. The candle warms the body internally to increase the blood and lymph flow around the abdominal area. As with ear candling, the burning candle creates a vacuum and the heat generated assists with the dispelling of toxins.

During the candling process a gentle and relaxing massage is applied to the stomach area to aid circulation.

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.

## 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 using a raw coconut oil rich in nutrients to nourish the hair increase energy flow and assist circulation.



# Holistic Therapies

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## 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 a Bladderwick & Peppermint salt 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

## Reflexology\*

50 mins £89

A reflexology session 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 on your feet. Deeply relaxing and restorative.

## 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.

*\*Please note that this treatment is ideal for guests wanting relaxation and a sense of wellbeing. It is not a clinical treatment, neither is it intended to be diagnostic.*



# Body Treatments

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## 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 using seaweed body oil, finishing off with a scalp massage, using raw coconut oil to nourish dry scalps and encourage healthy hair growth.

## Love your Liver Therapy

25 mins £60

Give your liver some much needed TLC with a detoxing liver pack. Ideal for clients who drink caffeine/alcohol, have undergone 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 and face massage using organic Baobab Oil.

## Unwind my Mind

25 mins £60

Using a targeted calming massage oil, this deeply relaxing therapy releases tension and relaxes mind and body using gentle massage techniques for the face, scalp, hands and feet. A holistic and deeply restorative therapy that aims to help induce restful sleep and ease anxiety.

## Detox Remedy

50 mins £85

Time to press the reset button in feeling lighter and brighter.

First, ease tired back muscles with the application of a detoxing mud treatment. Whilst the mud works its magic, enjoy a detoxing scalp massage, (either dry or with the choice of using organic Baobab hair oil).

The therapeutic mud will be removed by hot mitts. Get ready to enjoy a deeply relaxing massage for the back, neck and shoulders, designed to soothe tired muscles, increasing lymphatic flow to help the body release toxins. Leave feeling ready to face your world anew.

## Lime, Basil & Mandarin

### Exfoliating Glow

50 mins £89

Revive tired and dull skin with fresh lime, peppery basil, zesty mandarin with an abundance of natural oils and sea salt. This essential treatment bursting with fresh and citrus scents will remove dead skin cells leaving your skin with a fresh glow.

Packed with vitamins A and E, this therapy works to renew skin cells, nourish the skin and fight against ageing free radicals. Also anti-inflammatory, this treatment promotes skin health and aims to alleviate fine lines and wrinkles by improving electricity.

The treatment continues with an invigorating oil used on tension areas of your back, neck and shoulder muscles.





# Body Treatments

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## Slimming Seaweed Wrap

80 mins £129

Using a combination of seaweeds, (red algae, brown algae, iodine and spirulina) for intense body shaping, reducing cellulite and as an aid to flush out toxins, this wrap is the perfect addition to your detox or weight loss journey.

Starting with a Bladderwick & Peppermint Body Salt Scrub to draw out toxins, this therapy also has a wonderfully relaxing scalp massage as the wrap works its magic.

Hair will be nourished and strengthened using a Raw Coconut Oil elixir.

Finally treat your skin to its supple conclusion using a seaweed body oil. Leave feeling toned, firmed with beautiful smooth skin.

## Ginger, Sweet Orange & Cocoa Bean Body Wrap

80 mins £129

Re-energise your body with this warm spicy smelling body wrap. Designed to give your mind, body and soul an uplifting boost, this wrap aims to improve energy levels and kick start a sluggish circulation.

Starting with a zingy Lime and Lemongrass Salted Body Scrub to remove dead skin cells, you'll enjoy a relaxing scalp massage as well as a finishing invigorating body oil using rosehip, mint and ginger.

Get ready to feel alive and leave feeling energised and ready to take on the world!

## Anti-Ageing Body Wrap

80 mins £129

Re-energise your body with this warm spicy smelling body wrap. Designed to give your mind, body and soul an uplifting boost, this wrap aims to improve energy levels and kick start a sluggish circulation.

Starting with a zingy Lime and Lemongrass Salted Body Scrub to remove dead skin cells, you'll enjoy a relaxing scalp massage as well as a finishing invigorating body oil using rosehip, mint and ginger.

Get ready to feel alive and leave feeling energised and ready to take on the world!



# Traditional Massages

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## Traditional Full Body Massage

50 mins £89

80 mins £129\*

An indulgent and relaxing full body massage. Using calming body massage oil, 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\*

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. Your massage oil includes spearmint, Clove Bud, Lavender and Rosehip properties.

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 a specialist massage oil enriched with sweet orange, evening primrose and neroli – 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. Additional stones 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.

*\*to include concentrated back and shoulder attention*



# Luxury Massages

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## 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.

Using a calming body oil, 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 'universal energy.'

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 using organic Baobab scalp oil.

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. This is perfect for clients who love to have as much attention on their scalp as much as their bodies.

## 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. Your massage oil includes Chamomile, Geranium and Patchouli to offer deep relaxation and ease stress and worry.



# Bathing & Massage Ritual

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## Bathing Rituals with Full Body Massage

80 mins £129

For those who need to restore mind, body and soul. Our bathing rituals use 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:**

### Lift me up

Using deeply relaxing Himalayan Bath Salts, the body and mind will feel rested and rebalanced after this bath soak. The body is able to absorb much needed minerals and himalayan salts are kind and nourishing to the skin.

**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.**



# Hamмам

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## The Body Booster

50 mins £89

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

Originating from the Ottoman Empire, 'Hamмам' therapy would use a polished stone, heated by the warmth of the sun's rays to detoxify, restore and relax the body. Homefield Grange's Body Booster signature spa treatment incorporates the use of a heated granite bed to continue with this ancient tradition.

To begin, your body will be cleansed with a nectarine and honey body salt scrub. This will offer the body an excellent exfoliation to remove dead skin cells, leaving the body feeling silky soft.

Next, a detoxing mud will be applied to the body that aims to tone the skin, increases circulation and aids the breakdown of any fatty deposits and cellulite.

Whilst the mud works its magic, enjoy a relaxing scalp massage using a green tea and jasmine hair mask. Hair will be left silky smooth and nourished.

Finally, stress and inflammation levels are targeted with contrast temperature water jets run up and down the spine.

Leave the treatment room feeling deeply relaxed and renewed!





# Rasul Ritual

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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, handing you a bowl of this therapeutic mud to apply to the rest of your body.

Sit back for 20 minutes and 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.

For the ultimate treat, continue with a full body massage using a calming aroma oil to take you to the next level of deep relaxation.

## Rasul Ritual (for one)

30 mins £49

## Rasul Ritual combined with Full Body Massage Treatment

80 mins £129



# Facials

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## LED Skin Rejuvenation

20 mins £49

Relax 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 at Homefield Grange.

## 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.

Face, neck and décolleté is cleansed, exfoliated and massaged using an ampule of anti-aging hyaluronic acid, followed by a deeply hydrating hydra cloud mask. Gentle massage movements are used to help you deeply relax.

When you wake up, your face will be left feeling firmer, tighter and have a more youthfully defined appearance.

## Hydra-Cloud Facial\*

50 mins £89

This restorative, tightening, firming, calming and soothing facial helps your skin age backwards. Formulated to counteract the signs of ageing, this facial works to rid your skin of environmental pollutants and toxins.

Thoroughly relax as a cooling cleanse is followed by a gentle exfoliation, preparing your skin to be deeply quenched with anti-ageing hyaluronic acid.

Visible lines and wrinkles are minimised, your complexion resurfaces instantly brighter, visibly smoother and superbly hydrated. Skin is left feeling cool and refreshed. A sensational experience that will help you feel 'as light as a cloud.'

Recommended for all skin types, especially those with sensitivity concerns. Ideal for perimenopausal and menopausal skin.

*\*contraindication fish allergy*



# Manicure & Pedicure

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## 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 Training

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## A Cut Above the Rest (knife skills)

**1 hour £139**

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.

