



# Treatment Menu

At Homefield Grange,  
wellbeing, good health, and  
balanced nutrition lie at the  
heart of everything we do.  
Guided by these values, each of  
our spa, detox, slimming, and  
wellbeing treatments has been  
thoughtfully created to support  
your journey towards lasting  
vitality, helping you restore  
balance, renew energy, and  
*live life well*



We are delighted to partner with the holistic skincare experts at Natural Spa Factory. Ethically sourced and environmentally conscious, their beautiful product range is used by leading spas around the world.

Specialising in detox, weight loss, and mind-body restoration, each of our treatments has been thoughtfully created by our founder, a qualified Naturopathic Practitioner, to bring harmony, balance, and renewal.

Your therapies take place on luxurious treatment couches designed by the renowned German company Ionto Comed, celebrated internationally for their exceptional comfort and quality.

For something truly unique, our specialist sand quartz bed, crafted by spa innovators Gharieni, is one of only a few in the UK, offering a deeply soothing experience unlike any other.

## **NATURAL SPA FACTORY**





Wellness  
Health Clinic



## Nutritional consultation

50 MINS £129

Do you feel your diet and overall health could be better, but you're not sure where to begin?

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.

## Nutrigenomix DNA Genetic Testing for Personalised Nutrition

£349

We are all different and finding the diet that suits you as an individual can be life changing. We often hear about genes predicting our risk of certain health conditions, but did you know they can also shape how we respond to foods, drinks, supplements, and even different forms 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 3-4 weeks and are posted or emailed to your home with explanatory guidelines.

# BEMER Therapy

8 MINS £45

The body is capable of doing great things when it is given the right environment and there is no doubt that a healthy body begins at a cellular level. The finest blood vessels in the body are microscopically small, yet powerful contributors to our health. We have a whole capillary and venous network in our body, that when working well, helps you receive more nutrients from your food, you feel more vital because oxygen is transported more efficiently through your blood vessels and your body is able to remove toxins and wastes more effectively.

So how do we look after this important system in our bodies? Welcome to BEMER - a magnetic field therapy that moves through your body to these cellular levels in an enjoyable and relaxing way. Simply lay back on our beautiful therapy couch, close your eyes and rest.

BEMER is a medical device and has been scientifically investigated in numerous studies.

Only 8 minutes is needed for BEMER to work its magic, improving your blood flow, leaving you feeling rested, refreshed and getting you back to feeling your best.

**Highly recommended during your stay at Homefield Grange**

Wellness  
Mind & Body





# Holistic Therapies

A person is lying on their back, receiving a body treatment. A dark, thick mud mask is applied to their back. Two hands are resting on their shoulders, one with red nail polish. The person is wearing a white towel around their waist. The background is a white sheet.

# Body Treatments