

# Beauty Treatments

Pamper Yourself with In Room Treatments

We invite you to indulge and experience the ultimate in health & beauty at The Old Bank. Experience our unique and luxurious in-room health & beauty treatments.

## In Room Beauty Treatments

True Balance bring their salon treatments to your room at The Old Bank. Developed for our modern day lifestyle, their therapists will help you to relax and unwind in the comfort of your room. They offer a full range of treatments, and can cater for individual, couple or group bookings.

## Massage Treatments

Soothing and relaxing massage treatments that bring relief to tired and aching muscles, with a choice of scented or non-scented oils.

20 Minute Customer Made £25

40 Minute Back Neck and Shoulder £30

60 Minute Custom Made £50

75 Minute Full Body £58

Includes Back, Shoulders, Legs, Scalp, Arms

90 Minute Massage £80

## Indian Head Massage

An unwinding massage of the scalp, face, neck & shoulders. A great stress buster that can relieve stress, ease tension, help with scalp conditions & reduce frequency of headaches.

30 Minute Treatment £36

## Hopi Ear Candling

A gentle, soothing solution for those who suffer with ear wax, sinus pain or pressure headaches

40 Minute Treatment £35

## Thai Foot Massage

A truly tension releasing massage. Incorporating manipulation and pressure point massage to rebalance the body

30 minute Treatment £35

## Facials

30 Minute Mini Facial £30

Enjoy a deep cleanse, tone, moisturise and facial massage

1 Hour Relaxing Facial £45

Includes deep cleanse, face, neck & shoulder massage, exfoliation & mask treatment

30 Minute Microdermabrasion £40

This treatment includes a cleanse, tone, microdermabrasion, cleanse, tone and then moisturise.

60 Minute Microdermabrasion £65

This treatment includes all of the 30 minute treatment, a longer session of microdermabrasion, plus a face mask / face massage which gives some relaxation time.

Microdermabrasion is a very deep but very gentle exfoliation treatment. We use quartz crystals which are blasted over the skin and this removes the dead, old skin from the area leaving it possible for new clearer skin to reach the surface. This facial also includes a relaxing shoulder massage. It is mainly used as a facial beauty treatment, and can be used simply to revitalize your skin. In addition, this procedure treats a variety of skin conditions such as acne, eczema, psoriasis, scarring, stretch marks & fine lines.

## Manicures & Pedicures

30 Minute Express Manicure or Pedicure £25

File, massage, polish

French manicure £35

1 hour Luxury Manicure £38

Cut, file & shape, soak, cuticles & polish

1 hour Luxury Pedicure £38

Includes intensive foot & lower leg massage, deep exfoliation, file & polish

Gel Polish Manicure (Approximately 40 – 75 mins)

Express Gel Polish Manicure (shellac or opi) £35

Luxury Gel Polish Manicure £48

Gel based polish allows your nails to breathe & develop as it helps to strengthen your natural nails against everyday splits & breakages. Paints onto natural nail & is cured off with a UV lamp so no drying time! Lasts 2 – 3 weeks & then easily soaked off with nail polish remover.

## Other Treatments Available on Request

Waxing, Fake Bake Tanning/ & rub in tanning system, eyebrow/eyelash tinting, eyelash perming, make-up, eyelash extensions

## Treatment Bookings and Enquiries

Should you wish to book a health spa treatment in our hotel, please contact reception by calling 01865 799 599 or emailing [reception@oldbank-hotel.co.uk](mailto:reception@oldbank-hotel.co.uk) with the details of your requirements and your desired date and time of treatment and we can check availability for you.

All health treatments will be charged to your room bill unless otherwise specified. A 100% cancellation fee will be incurred for any treatment not cancelled 24 hour prior to the appointment time. Please inform us of any medical condition you may have including pregnancy, before making your booking. All health treatments will be enjoyed in the privacy of your room.

All health treatments are inclusive of VAT.