# the Spa

TREATMENT MENU

### WELCOME

SITUATED ADJACENT TO THE TOWN'S STYLISH BEDFORD LODGE HOTEL, THE SPA IS HOUSED IN A VICTORIAN BUILT PROPERTY WHICH ONCE FORMED PART OF THE ESTATE OF THE SIXTH DUKE OF BEDFORD

THIS LOVINGLY RESTORED NEWMARKET
RETREAT OFFERS A RANGE OF HEAT
EXPERIENCES AS VVELL AS AN EXTENSIVE
TREATMENT MENU OFFERING NATURAL,
HOLISTIC AND RESULTS DRIVEN TREATMENTS

Our spa is open to day guests, hotel guests and those just wanting a single experience.

- Hydrotherapy pool with five water experiences
- Outdoor rooftop hot tub with views over the paddocks
- Rasul for cleansing mud treatments
- Experiential showers
- Thermal area with a steam room, sauna and hammam table
- Decadent relaxation room
- 10 spacious and beautifully styled treatment rooms
- Couples treatment suite
- Beauty room for manicures and pedicures
- Spa lounge offering healthy and indulgent food & beverages

### ENJOY...

- 5 SPA EXPERIENCES
- 6 SIGNATURE TREATMENTS
- 7 FACIAL TREATMENTS
- 8 BODY TREATMENTS
- 9 MASSAGES
- 10 MATERNITY
- 1.1 TREATMENTS FOR MEN
- 12 HANDS & FFFT
- 13 FINISHING TOUCHES
- 14 WEILNESS FOR CANCER
- 15 WELLNESS FOR CANCER
- 16 SPECIAL OCCASION MAKE-UP & TANNING
- 17 BRIDAL SPA PACKAGES
- 18 ADVANCED TREATMENTS
- 19 COURSES OF TREATMENTS
- 20 SPA DAYS & BREAKS
- 21 USEFUL INFORMATION



### SPA EXPERIENCES

FOR THE ULTIMATE RELAXATION TREATMENT, THE FLOTATION TANK WILL SUPPORT YOUR BODY WEIGHT EFFORTLESSLY ALLOWING YOU TO DRIFT PEACEFULLY INTO A STATE OF TRANQUILLITY, RELIEVING STRESS AND MEITING AWAY ACHES AND PAINS.

#### Deeply Relaxing Lavender Flotation

60 mins £92

An intensive treatment to relax the mind and body; beginning with a skin softening body exfoliation combined with powerful essential oils, to leave your skin nourished, soft and supple.

A nourishing wrap combined with healing lavender essential oil is applied to the skin to gently soothe, smooth and destress. Relax in the warmth of the dry flotation as you gently drift into a state of tranquillity.

Includes: Body scrub - wrap - flotation

#### Tension Release Flotation

50 mins £92

A powerful treatment designed to alleviate tension and muscular stress

Following a body scrub, a complete body wrap of Marine Mud combined with Fitness Body Oil, containing clove and west Indian bay, will promote relaxation and ease tense muscles. The gentle warmth of the flotation will soothe and calm, as any stress slowly melts away leaving the body refreshed and revitalised.

**Includes:** Body scrub - wrap - flotation.

#### Rasul Experience

45 mins £52 per person

Immerse your senses and prepare mind and body for an indulgent and relaxing experience.

A selection of nourishing muds are presented to smooth onto the body and face. Soothe tense muscles in the Rasul steam before a warm shower leaves the skin feeling smooth and the mind clear. This treatment can be experienced as an individual or as a couple.

WHY NOT COMPLEMENT YOUR DAY WITH:

#### Dry Flotation

30 mins £4

The gentle warmth of the flotation will soothe and calm, as any stress slowly melts away leaving the bod refreshed and revitalised helping promote sleep and relaxation.

### SIGNATURE TREATMENTS

WE ARE DELIGHTED TO OFFER FOUR SIGNATURE TREATMENTS TO OUR GUESTS INCLUDING OUR POPULAR LAVENDER POULTICE MASSAGE.

#### Balinese Massage With Hot Stones

90 mins £137

This massage uses long, warming strokes to encourage complete calm and wellbeing.

Gently heated aromatherapy oils are and massaged into the skin using stones are used to tailor the massage tension. This soothing and indulgent

Includes: Balinese massage to back,

#### Lavender Poultice Massage

120 mins £192

The Poultice treatment is designed to give a calming and relaxing effect to the mind and body, achieved by the use of exfoliation and warm herbal poultices.

joints at the same time increasing

Then a warm, soothing compress infused with lavender is applied.

**Includes:** Body exfoliation, poultice

#### ESPA Natural Face Lift

80 mins £137

Reveal visibly resilient, healthylooking, youthful skin.

This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology to detoxify, invigorate, sculpt and relax. massage, along with stimulation lade the skin firm, lifted and beautifully

*Includes:* Skin analysis with SkinVision massage - stimulating Jade rollers techniques - lifting & smoothing mask



60 mins £107

(book between 2 & 4 hours)

The perfect gift for a loved one and the ideal way to book a treatment for yourself.

Our expert therapists will ensure the

Please note that only ESPA treatments





### FACIAL TREATMENTS

YOUR FACIAL WILL BE SPECIFICALLY TAILORED TO YOUR SKINTYPE, TO INCLUDE SKIN ANALYSIS, CLEANSING, EXFOLIATION AND THERAPEUTIC MASSAGE.

#### ESPA Intense Regenerating Facial

60 mins £10

Visibly diminish wrinkles and fine lines with this powerfully age-defying facial.

Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin.

Includes: Skin analysis with Skin Vision™ lamp – triple cleanse – exfoliation – steam and extraction (if required) – age defying facial massage – mask scalp massages

#### Advanced Enzyme Facia

60 mins £107 90 mins £137

This powerful and highly effective natural facial peel dramatically smoothes, softens and evens skin tone.

A brush cleanse, followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes deeply exfoliates and removes dead skin cells, followed by an application of soothing Rose Quartz Crystals to help cool and calm, revealing an ultra smooth, glowing complexion.

#### ESPA Active Nutrients Glov From Within Facial

60 mins £10

This invigorating nutrient-rich treatmen embraces ESPA'S holistic approach to restoring radiance.

A sweeping Gua Sha massage stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin.

Includes: Skin analysis with Skin Vision™ lamp – cleansing & extoliation (including Foreo) steam- Gua Sha facial massage – double mask – hand & arm GuaSha massage massage massage massage massage massage massage massage

#### Advanced Radiance Facial

90 mins £13

A powerful and results driven facial to target dull, lack lustre skin and pigmentation.

followed by the Lifting, Smoothing and Skin Radiance masks combined with the soothing Rose Quartz crystal massage technique to leave skin rejuvenated and glowing.

#### Personalised Facial

60 mins £9

This expert facial is specifically tailored to you, and will include deep cleansing, exfoliation, steam and gentle extraction where needed, and a treatment specific massage and mask.

Finally, ESPA skincare products including an intensive booster serum are chosen to suit your individual needs to achieve maximum results.



RO mine \$44

Perfect for those who are concerned with the first signs of ageing around the eyes.

WHY NOT
COMPLEMENT
ANY FACIAL
TREATMENT BY
ADDING ON
15 MINS £27.

### **BODY TREATMENTS**



WE OFFER A WIDE RANGE OF SOLUTION LED BODY TREATMENTS AND MASSAGES, EACH ONE DESIGNED AND TAILORED SPECIFICALLY TO YOUR NEEDS.

#### Back, Face & Scalp Treatment

with or without hot stones 90 mins £132 £142 (with hot stones)

### Renowned as ESPA's 'Hero' treatment and loved by all.

This experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone.

**Includes:** Back exfoliation and hot stone back massage, personalised facial and scalp massage.

#### The Modern Alchemy Harmonising Ritual

90 mins £142

Influenced by the power and symbolism of the full moon, this deep meditative journey is defined by the fluid circularity of its massage movements.

Beginning with a foot bathing ceremony using healing basalt magma stones, feet are gently cleansed with The Grounding Crystals. The Anointing Oil is smoothed onto your hands in slow circles, softening the skin as you slowly inhale its soothing aroma.

Using the curvature of the Kansa wand, a time-honoured Indian tool believed to calm the nervous system, cycles of infinity flow over the body, creating a hypnotic rhythm, freeing you from thoughts and feelings that no longer serve you.

**Includes:** Foot ritual, warm salt stone acupressure point and scalp massage.

#### The Modern Alchemy Empowering Ritual

90 mins £142

This invigorating journey is influenced by the symbolism of the new moon, a lunar phase representing an awakening of the spirit that invites us to plant new desires and intentions.

After a cleansing and soothing aromatic foot bathing ceremony, attention moves to the rest of the body.

The Anointing Oil smooth's and nourishes the skin, while swift massage movements flow from your left side to your right, balancing your energy centres. The long linear strokes and firm pressure work on the base of the muscle tissue to release tension with an intensity enhanced by green Jade rollers – a crystal renowned for its empowering properties.

*Includes:* Foot bathing ceremony and full body Jade roller massage.

### MASSAGES

#### Personalised Massage

60 mins £101 90 mins £132

After a detailed consultation our therapists will determine the most suitable massage for you.

*Includes:* Tailored massage to suit your individual needs.

#### Swedish Massage

60 mins £101 90 mins £132

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension

This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived

#### Hot Stone Massage

60 mins £117 90 mins £142

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension.

The warmth of the stones penetrate: your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

#### **Aromatherapy Massage**

60 mins £101 90 mins £132

ESPA aromatherapy massage is essential and specific, using a blend of individually chosen oils

A personal consultation will ensure that you receive a unique treatmer to suit your specific needs.

#### Choose from the following:

Detoxifier | De-Stresser | Muscle Relaxer | Jet-Lag Reviver | Immunity Booster | Energiser | Body Toner

#### Tension Release Massage

60 minutes £112 90 mins £137

A powerful massage designed to alleviate deep-seated tension and muscular stress.

Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, lower back pain and sore, tight shoulders. Available with or without hot stones.

#### Salt & Oil Scrub

40 mins £52

15 mins £40 When added to complement your treatmen

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighte application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

### MATERNITY



RELIEVE AREAS PRONE TO STRESS AND TENSION DURING PREGNANCY WHILE NOURISHING THE SKIN, RELIEVING STRESS AND CARING FOR BOTH MUM AND BABY.

#### Pre & Post Natal Treatment

60 mins £101 | Course of 6 treatments £507

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy.

Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

A course of 6 treatments is recommended following the first trimester or pregnancy.

**Includes:** Back exfoliation (if required), body and scalp massage - this treatment is tailored to your specific needs.

#### Lighter Legs

40 mins £57

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains and is suitable for all.

Includes: Foot ritual, low leg massage including lymphatic's drainage massage to help with puffiness and water retention.

### TREATMENTS FOR MEN

OUR MEN'S TREATMENTS INCLUDE TARGETED AND EFFECTIVE MASSAGES TO RELIEVE TENSION AND MUSCLE ACHES, FACIALS PROVIDE EFFECTIVE CLEANSING, HYDRATION AND HELP TO REDUCE THE SIGNS OF AGEING.

### Age Rebel Facial

A powerful and effective, age defying facial incorporating a natural enzyme peel designed to deliver immediate results to tired looking skin and reduce fine lines and wrinkles

#### Personalised Facial, Shoulder, Neck & Scalp Massage

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs

### Personalised Massage

After a detailed consultation our therapists will determine the most

**Includes:** Tailored massage to suit your individual needs.

### Tension Release Massage 60 mins £112 | 90 mins £137

A powerful massage designed to alleviate deep-seated tension and muscular stress.

Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, lower back pain and sore, tight shoulders.

#### Back, Face & Scalp Treatment

with or without hot stones 90 mins £132 £142 with hot stones

### Renowned as ESPA's 'Hero' treatment and loved by all.

This experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone.

### Relax & Revive Massage 35 mins £67

If you have little time to spare, this deeply soothing back, face and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles.



male Grooming Treatments are Also available.

Please see page 13

### HANDS & FEET

JESSICA COSMETICS IS CONSIDERED THE WORLD'S LEADING AUTHORITY ON NATURAL NAIL CARE, WITH A RANGE OF JESSICA NAIL PRODUCTS AVAILABLE, YOU CAN ACHIEVE AND MAINTAIN NATURALLY BEAUTIFUL NAILS.

#### Prescriptive Manicure

Nails are not alike... a treatment manicure which analyses and treats each nail for its specific nail type.

The cuticles are cared for with oils and creams, the nail shape is perfected and treatment basecoats and colour are applied for the perfect finish until your next visit.

Standard Polish	$40 \min$	£50
Phenom	40 min	£55
GELeration	$40 \min$	£60

#### **Deluxe Manicure**

The Jessica Prescriptive Manicure including the LeRemedi Hand Treatment programme.

A luxury and effective treatment for the hands including HandCleanse, HandSilk Exfoliare, HandRestructive Masque and HandRenew Liposomes. Hands will feel softer, smoother, firmer and more attractive.

Standard Polish	55 min	£62
Phenom	55 min	£67
GELeration	55 min	£72

#### ZenSpa Pedicure

With the option of calming green tea, energising ginger or revitalising citrus, this is a luxury treatment resulting in softer, smoother legs and feet and finished with perfectly polished toes.

Standard Polish	55 min	£62
Phenom	$55 \min$	£67
GELeration	55 min	£72

### Nail Shape and Polish for fingers or toes

Standard Polish	25 min	£39
Phenom	$25 \min$	£42
GELeration	$25 \min$	£47

#### ZenSpa Deluxe Pedicure

The ZenSpa pedicure uses thermal heated booties for deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiff joints.

Standard Polish	70 min	£72
Phenom	70 min	£77
GELeration	$70 \min$	£82

#### Gel Removal

30 min	£27
30 min	£37
	30 min 30 min

GEL REMOVAL MUST BE ADVISED AT THE TIME OF BOOKING ANY NAIL IREATMENT.

### FINISHING TOUCHES

USING ONLY THE FINEST RESINS, NATURAL INGREDIENTS AND AROMATHERAPY OILS, LYCON WAX WILL TREAT EVEN THE SHORTEST HAIRS SO YOU CAN STAY SMOOTH AND HAIR FREE FOR LONGER.

Eyebrow Wax/Shape	
Underarm Wax	
Bikini Wax	
Brazilian Wax	
Hollywood Wax	
Half Leg Wax	
Full Leg Wax	
Back Wax for Men	
Chest Wax for Men	
Threading Eyebrows	
Threading Upper Lip or Chin	
Lip & Chin Wax	

Book any 2 areas for waxing and receive a 10% saving. Book any 3 areas for waxing and receive a 15% saving.

Guests are advised not to use heat treatments prior to waxing

Eyelash Tint	
Eyebrow Tint	
Lash and Brow Tint	

#### Brows by Mii

In depth consultation, tinting, waxing and brow grooming service to create perfectly groomed brows.

1st treatment £50 including Mini Mii Makeover.

Maintenance treatments course of 3 £121

Maintenance treatments course of 6 £207



### WELLNESS FOR CANCER

HAVING RECOGNISED THE NEED TO BE INCLUSIVE AND HELP SUPPORT PEOPLE DURING AND POST-CANCER TREATMENT, WE HAVE COMPLETED TRAINING WITH 'WELLNESS FOR CANCER', A WORLD LEADING PROVIDER OF CANCER THERAPY TRAINING.

The following rituals have been especially created to soothe, relax, nurture and nourish both face and body, leaving you feeling totally comforted. All experiences begin with breath-work and visualisation to commence relaxation, with the emphasis on a holistic approach to each guest's wellbeing.



#### **Be Nurtured Facial**

60 mins £97

A relaxing, rebalancing and deeply nourishing facial combining advanced skin assessment, expertly tailored facial massage and a bespoke selection of naturally advanced skincare

- ு Personal consultation
- Skin analysis (completed in a very sensitive and caring manne
- \*\* Breath work and visualisation to commence relaxation
- № Placement of crystals to the chakras and in hands
- \* A totally personalised facial
- Gentle facial massage including crystal massage to increase skin vitality using ESPA Facial Oils
- A hydrating face mask to quench the skin
- Facial serum and moisturiser to finish, leaving skin nourished and radiant

### WELLNESS FOR CANCER

#### Be Nurtured Massage

60 mins £97

A unique experience delivering just what body and mind need, this personalised massage concentrates on areas of concern to gently soothe tense muscles, relax the mind, boost spirit and help restore balance to body - while gentle yet rich oils leave skin feeling nourished.

- Personal consultation
- Breath work and visualisation to commence relaxation
- Using a combination of gentle effleurage and Balinese linear movements to soothe, relax and rebalance
- ESPA Nourishing Oil is used to deeply nourish and hydrate the skin

#### Be Nurtured Back, Face & Scalp

90 mins £127

An adaptation of our most popular renowned ritual to soothe both mind and body. Relaxing and gently effective, the experience addresses the main areas of tension - the back, the face and the scalp - with a nuturing massage to help alleviate stress.

- Personal consultation
- Breath work and visualisation to commence relaxation
- Skin analysis (completed in a very sensitive and caring manner)
- Soothing back massage focusing on the areas of concern and using ESPA's Nourishing Oil
- Placement of crystals to the chakras and in hands
- Gentle facial massage, including crystal massage to increase skin vitality using ESPA Facial Oils
- 🜞 A totally hydrating face mask to quench the skir
- Facial serum and moisturiser to finish, leaving skin nourished and radiant

#### Be Nurtured Spa Day

£152

A luxurious spa day combined with a choice of Be Nurtured treatments (facial or massage). This spa day is the perfect way to relax and unwind in a tranquil setting. Enjoy a delicious one course lunch and soft drink in our spa lounge and take advantage of our warming facilities.

- Use of the hyrdrotherapy & heat experience:
- Be Nurtured 60 mins facial or Be Nurtured 60 mins massage
- One course lunch and a soft drink

### SPECIAL OCCASION MAKE-UP & TANNING

## MII COSMETICS HAS BEEN INSPIRED BY THE WANTS AND WISHES OF THOUSANDS OF BEAUTY SPA AND SALON DEVOTEES, AS WELL AS A TEAM OF BEAUTY EXPERTS.

Combining the finest ingredients, Mii offers effortless application and unrivalled expertise to reveal your natural beauty. The collection also includes a mineral make-up line infused with precious gemstones, thirteen tailored brushes, and handbag heroes; Flawless Face Base, Moisturising Lip Lover, Pure Wonder Concealer and Glamorous Trio Bronzing Face Finish.

Not only does this make-up range leave you feeling great, but we sell it too. So if there is something in the Mii range you just can't do without, then you can buy it to take home to get the look time and again.

Our makeover sessions are the perfect way to learn, try something new, or feel truly pampered for a special occasion.

KISSED BY MII IS A HYDRATING SUNLESS TANNING LINE FROM MII COSMETICS. AN INSTANT TANNING BOOST WITH MARINE MINERALS FOR A HAPPY & HEALTHY FEELING FROM TOP TO TOE.

### Bridal make-up including a trial

(1 hour trial, 1 hour on the day) £164

Includes mascara and lipstick

### Day or Evening Make-Up

45 mins £82

Includes mascara and lipstick

### Kissed by Mii Sun Tan

Come and get hooked on sunless, streakfree, hydrating tanning!

Full body scrub Mii lotion application

Mii Tan application only £47

#### Bridesmaid or Mother of the Bride

(45 mins on the day) €82

Includes mascara and lipstick

### Make-Up Lesson & Skin Consultation

45 mins £87



### BRIDAL SPA PACKAGES

### Pre Wedding Prep

### Bridal Top to Toe



### ADVANCED TREATMENTS

#### A WIDE RANGE OF ADVANCED TREATMENTS ARE ALSO AVAILABLE INCLUDING;

- **\*** Anti Wrinkle Injections
- **₩** Fillers
- ★ Medical Microdermabrasion
- Skin Peels
- **₩** Dermaplaning
- Skin Rejuvenation
- \* Skin Treatments for Vascular (thread veins) and Pigmentation Concerns.
- **#** IPL Treatments
- **\*** Advanced Electrolysis
- Cosmetic Dermatology (skin tags and lesions)

Please ask for our advanced treatment menu or speak to a member of staff for more information. To book a consultation with our advanced practitioners Call 01638 676130



### COURSES OF TREATMENTS

HEALTH CARE EXPERTS NOW RECOMMEND REGULAR MASSAGE AS PART OF A ROUTINE HEALTH CARE PLAN. PICK FROM ANY OF OUR POPULAR MASSAGE TREATMENTS FOUND BELOW TO ENHANCE YOUR WELL-BEING, REDUCE STRESS, OR FOR A QUICK PICK-ME-UP

WHEN YOU BUY 5
MASSAGES YOU GET THE
6TH TREATMENT FREE.

CONTACT OUR SPA RESERVATIONS TEAM TO BOOK YOUR COURSE AND GET ON YOUR WAY TO BETTER HEALTH AND WELLNESS.

#### Treatments included in this offer are:

Relax and Revive Massage

35 mins £335

Personalised Massage

60 mins £50

Aromatherapy Massage

 $60 \, \mathrm{mins} \, \pounds 50$ 

Tension Release Massage

60 mins £560

Hot Stone Massage

60 mins £585

Swedish Massage

60 mins £50.

Pre Natal Massage

60 mins £505

Terms and Conditions: Course must be prepaid at time of booking. Full course must be used within 7 months from date of purchase. Courses must be for one treatment type only.

### SPA DAYS & BREAKS

#### Spa Days

Why not treat yourself or a loved one to a rejuvenating spa day?

The Spa offers a world of sheer luxury and indulgence making it the perfect place to relax and unwind.

#### Spa Breaks

The ultimate way to relax and unwind by staying in the hotel and enjoying a spa experience.

Each spa break includes a dinner allocation in our Squires restaurant, overnight stay in a twin or king bedroom and a leisurely full english breakfast.

FOR A FULL LIST OF THE PACKAGES AVAILABLE PLEASE VISIT WWW.BEDFORDLODGEHOTELSPA.CO.UK OR CALL ONE OF OUR FRIENDLY TEAM ON 01638 676130



### USFFUL INFORMATION

#### Gift Vouchers

Gift vouchers are available at the Spa reception or can be purchased online a bedfordlodgehotelspa.co.uk.

We offer gift vouchers for a range of treatment experiences, spa days and breaks. There is also the option to purchase a monetary voucher so the recipient can choose their own experience.

#### **Cancellation Policy**

Our cancellation policy is 100% charge for treatments cancelled within 48 hours of the booking.

#### Age Restrictions

Children under 16 years of age are no permitted to use the spa at any time.

Correct at time of printing - August 2022

#### Alcohol Restrictions

Anyone heavily under the influence of alcohol will be denied access to the spa

#### **Guest Arrivals**

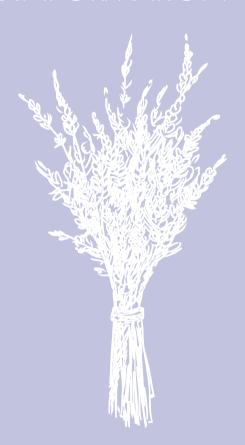
Guests are asked to arrive a minimum o 20 minutes before a single experience appointment to complete a health questionnaire.

Guests on a spa break or spa day are asked to arrive a minimum of 60 minutes before their treatments time to enjoy full use of the hydrotherapy and heat experiences.

We ask that all guests give themselves and others the full opportunity to relax by turning off mobile phones on arrival.

#### Health Problems

We ask guests to advise of any health problems or allergies at the time of booking.





Bury Road, Newmarket, Suffolk CB3 7BX
Email spareservations@bedfordlodgehotel.co.uk
Telephone 01638 676130 | ☑ f ♥

www.bedfordlodgehotelspa.co.ul