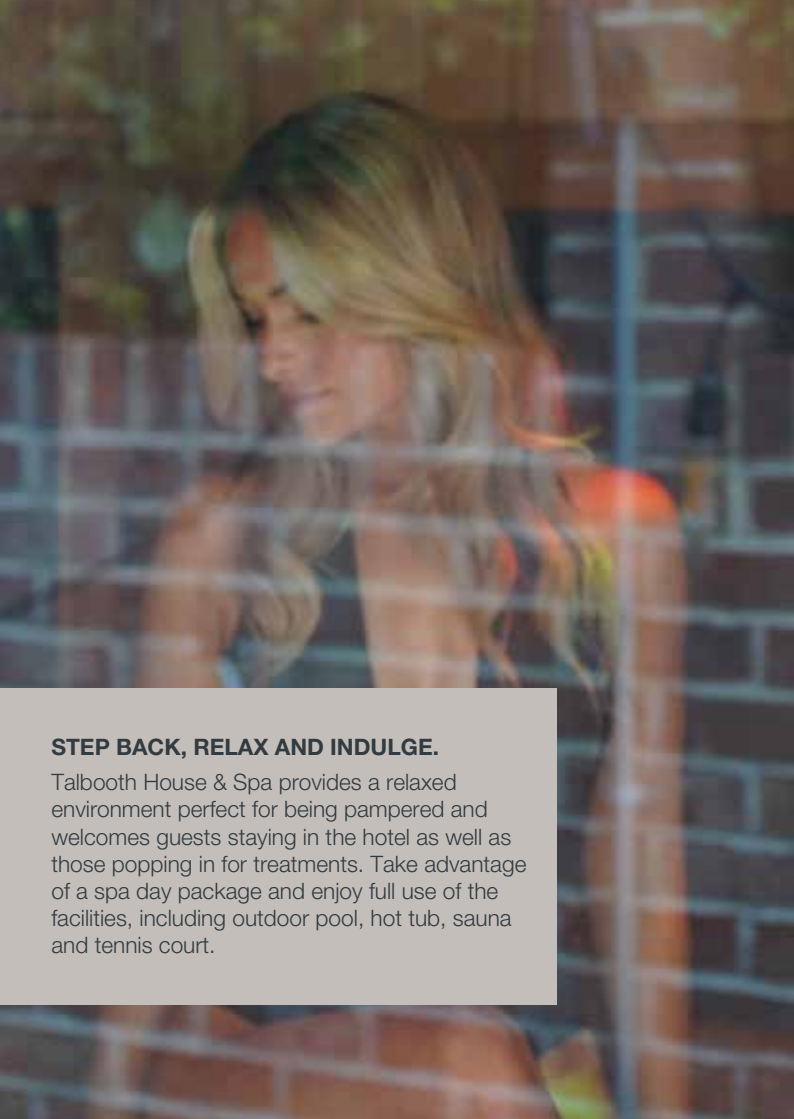




Treatment Menu



STEP BACK, RELAX AND INDULGE.

Talbooth House & Spa provides a relaxed environment perfect for being pampered and welcomes guests staying in the hotel as well as those popping in for treatments. Take advantage of a spa day package and enjoy full use of the facilities, including outdoor pool, hot tub, sauna and tennis court.

TALBOOTH HOUSE & SPA

Choose from an array of treatments and day packages, using only the very best spa brands including the fantastic Elemis range, and unwind with a relaxing and personal experience.

There are six treatment rooms, four double and two single. Three of these are in the house, while the other three are poolside and so are ideal if you are looking for a spa escape with friends or family or simply to enjoy an individual treatment if you live locally.

Talbooth House & Spa offers a number of treatments and packages, with something for everyone.

The Face. Pro-Glow Facials.

Pro-Glow Renewal Facial.	25min. £44.00
	55min. £88.00
	85min. £131.00

For gorgeous glowing skin. Elemis signature deep cleansing skin wellness facial, showcasing prebiotics and antioxidant-rich goodness to deliver healthy lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced.

Pro-Glow Smooth Facial.	25min. £44.00
	55min. £88.00
	85min. £131.00

The HIIT workout for your skin. Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone luminosity.

Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visible tightening effect. After just one treatment, the complexion looks firmer supremely smooth and rejuvenated.

The Face. Pro-Glow Facials.

Pro-Glow Resurface Facial.	25min. £44.00
	55min. £88.00
	85min. £131.00

Resurfacing for stunningly smooth skin. Purify and brighten as your skin's texture is transformed. With a spotlight on enlarged pores, blemishes and blackheads, this unique facial powered by patent Tri-Enzyme technology minimises the look of uneven tone, texture fine lines and pigmentation.

Dull, uneven, tired-looking skin will appear instantly brighter, smoother and renewed.

Pro-Glow Brilliance Facial.	25min. £44.00
	55min. £88.00
	85min. £131.00

Your recipe for radiance. Turn up the brightness with our triple cleanse, melting away make-up daily pollutants and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin.

A fusion of Superfoods and anti-oxidant rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant, and healthy.

The Face. Elemis Pro-Glow+.

Elemis Pro-Glow+ Facial treatments are where ground breaking technology meets active ingredients and transformative touch.

A pioneering innovation, the Elemis BIOTEC machine works to switch the skin on - leaving the skin thriving, visibly healthy and energised.

Pro-Glow Renewal+ Facial.	55min. £96.00
	85min. £141.00

For a healthy, gorgeous glow. Elemis signature deep cleansing skin wellness facial, showcasing prebiotics and antioxidant-rich goodness to deliver healthy lit-from-within glow. In one treatment, skin looks visibly refreshed and rebalanced. Supercharged with Elemis BIOTEC Ultrasonic Resurfacing.

Pro-Glow Smooth+ Facial.	55min. £96.00
	85min. £141.00

The ultimate HIIT workout for your skin. Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin. Skin will appear more vibrant, with improved feeling of firmness and elasticity. Supercharged with Elemis BIOTEC Ultrasonic, Microcurrent and O₂ infusion.

Pro-Glow Resurface+ Facial.	55min. £96.00
	85min. £141.00

Reveal stunningly smooth skin. Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing the skin to help reduce visible dryness and smooth appearance of fine lines. Dull, uneven, tired looking skin will appear instantly renewed and stunningly smooth and clear. Supercharged with Elemis BIOTEC Ultrasonic, LED Light Therapy and Galvanic.

The Face. Elemis Pro-Glow+.

Pro-Glow Brilliance+ Facial.	55min. £96.00
	85min. £141.00

Your recipe for radiance. Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich superfoods will plump and smooth with supercharged air massage to breathe life into your skin. Immediately revealing an outdoor-fresh glow. Skin is left feeling fresh, radiant and healthy. Supercharged with Elemis BIOTEC Ultrasonic, O₂ Infusion and Galvanic.

Ultimate Elemis Experience.	110min. £168.00
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(Pro-Glow Facial and Elemis Massage Combination)

Condition your skin and muscles with this all-embracing experience. Combine a 55 minute Pro-Glow Facial with your personalised Elemis Full Body Massage.

**Excludes deep tissue massage.*

Add Ons.

Built on touch therapies to make your facial last a little longer...

Back Massage.	15 min. £25.00
Foot and Leg Therapy.	15 min. £25.00
Hand and Arm Therapy.	15 min. £25.00
Warm Wax Hands or Feet.	15 min. £25.00
Scalp Therapy.	15 min. £25.00

The Face. Oxyjet Facials.

The De Luxe Oxygen Treatment.

85min. £145.00

Give your skin a new breath of life... the oxygen infused treatment pumps oxygen into the skin with no needles – a similar result to Botox with a course of treatments. The treatment combines techniques that leave you with smooth, tightened, toned and firm skin. A completely bespoke treatment to you using a combination of pulsed oxygen pressure injection, oxygen diamond peeling, oxy clear, deep cleansing exfoliation using blue and red light therapy, oxy tone and oxy lifting. The results are amazing.

Oxyjet Express Filler.

25min. £55.00

Leaves you with instant visible benefits, tightened facial contours, reduced expression lines, youthful appearance with increased blood circulation. The result is firm, fresh and moisture drenched into to Oxyjet by us.

The De Luxe Microdermabrasion.

55min. £95.00

A deep cleansing and exfoliating facial using our De Luxe Oxyjet machine, combining a gentle skin resurfacing diamond tip exfoliation, alongside a constant cushion of pure oxygen for fresh and glowing skin, finished with a soothing and cooling mask, and neck and shoulder massage.

Specialist Facials.

Microneedling Facial.

55min. £155.00

Microneedling is a procedure that uses small needles to prick the skin. The purpose of the treatment is to generate new collagen and skin tissue for smoother, firmer and more toned skin. It can be used to treat scars, wrinkles and large pores.

Prophilo Facial.

25min. £300.00

Prophilo is an injectable anti-ageing treatment made from one of the highest concentrations of hyaluronic acid on the market. Ideal for skin that has lost its elasticity and firmness, helping to smooth out fine lines and wrinkles and giving the skin a natural looking youthful glow. To finish off your anti-ageing treatment you will have a relaxing scalp massage.



The Body. Massage.

Back, Neck and Shoulder Massage. **25min. £50.00**

A deeply relaxing massage using light to medium pressure working on the back, neck and shoulders. Using a combination of different massage techniques to focus on specific areas.

Full Body Massage. **55min. £80.00**

Soothe away stress with this blissful relaxing experience. Using light to medium pressure with a combination of different massage techniques to focus on specific areas.

Deep Tissue Massage. **25min. £60.00**

55min. £90.00

Your therapist will carry out a firm pressured massage using a combination of techniques which will work deeper into the muscle to relieve tension and encouraging optimum circulation.

Hot Stone Massage. **25min. £55.00**

55min. £85.00

Our hot stones bathed in body oil are worked deep into the muscles to help relieve muscle pain and reduce tension. Perfect treatment to help you relax.

Indian Head Massage. **40min. £57.00**

Traditional Indian head massage using a combination of massage techniques to warm, soothe and relax the body... back, neck, shoulder, face and scalp. The result is total relaxation.

Lava Shell Relax Massage. **25min. £60.00**

55min. £90.00

A unique massage type that uses tiger clam shells which help to reduce tense muscles, revitalise, and rebalance the body and mind.

The Body.

Elemis Peaceful Pregnancy. **60min. £88.00**

A relaxing full body and facial massage experience designed to comfort and soothe you and your baby. Can be performed after the first trimester.

Elemis Peaceful Pregnancy Face and Body Experience. **130min. £160.00**

This treatment combination gently addresses any visible effects of hormonal changes on the skin and supports it as it accommodates your baby.

Hopi Ear Candles. **40min. £45.00**

Ear candles that soothe and balance the body and mind, while clearing tensions and blockages.

Reflexology. **40min. £65.00**

Non-invasive treatment working on reflex points on the feet which correlate to different areas of the body. Reflexology is deeply relaxing, promotes general well-being and is known to be of benefit to many specific health problems.

Bamboo Massage. **25min. £60.00**

55min. £90.00

Indulge yourself with the calming touch of nature through bamboo massage, Comparable to deep tissue massage, this popular treatment uses sustainable materials to soothe and relax using massage techniques to manage stress and improve lymphatic circulation promoting the removal of fluids and toxins.

Body Scrub.

Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani. **25min. £43.00**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves the skin feeling soft and smooth and ready to absorb the deeply nourishing body oil.

Signature Treatments.

Developed by our highly trained therapists to provide the ultimate relaxation experience.

Face and Feet.

55min. £130.00

Two therapists, one hour. Choose one of our Elemis Touch facials and combine with a prescriptive pedicure... heaven!

**Excludes Elemis BIOTEC facials.*

Upper Body Treat.

55min. £73.00

This blissfully relaxing treatment that focuses on your upper body, back, neck and shoulders, face and scalp massage using essential oils to soothe and balance the mind and body.

Head to Toe.

160min. £228.00

The ultimate relaxation experience to be pampered from head to toe. Includes a 55 minute Elemis Touch Facial, 55 minute Elemis Full Body Massage and a file and paint for hands and feet.

Upgrade to gel polish for hands £10.00

Upgrade to gel polish for feet £10.00

**Excludes Elemis BIOTEC Facial and Elemis Deep Tissue Massage.*



Manicures and Pedicures.

OPI use a range of products that smooth and condition the skin alongside an innovative nail varnish system that creates a long lasting finish.

File and Polish, Hands or Feet.	25min.	£30.00
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Cleanse, file and polish.

Prescriptive Manicure.	40min.	£45.00
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Cleanse, file and cuticle work, massage and polish application.

Luxury Manicure.	70min.	£58.00
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Cleanse, exfoliation, file and cuticle work, mask application, massage and polish application.

Prescriptive Pedicure.	40min.	£45.00
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Cleanse, file and cuticle work, massage and polish application.

Luxury Pedicure.	70min.	£58.00
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Cleanse, exfoliation, file and cuticle work, hard skin removal, mask application, massage and polish application.

Exfoliate and Soften Feet.	25min.	£35.00
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Cleanse, exfoliate, hard skin removal treatment and moisturise.

Teen Manicure.	25min.	£30.00
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Cleanse, file and polish.

Teen Pedicure.	25min.	£30.00
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Cleanse, file and polish.

Gel Manicures and Pedicures.

GelBottle is a soak-off gel polish that is quick, easy, long-lasting and keeps its shine.

Manicure or Pedicure (no polish).	25min.	£30.00
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Cleanse, exfoliation, file, cuticle work and massage.

File and Gel Polish Hands or Feet.	40min.	£40.00
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Gel Manicure.	70min.	£63.00
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Cleanse, exfoliation, file and cuticle work, mask application, massage and gel polish application.

Gel Pedicure.	70min.	£63.00
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Cleanse, exfoliation, file and cuticle work, hard skin removal, mask application, massage and gel polish application.

Soak Off Gel Nails.	25min.	£20.00
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(We are only able to remove certain gels). Please inform us at time of booking if you have existing gels on that need removing. This requires an additional 25-minute appointment prior to your manicure and pedicure.

Soak Off, File and Reapplication of Gel Nails.	70min.	£55.00
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Remove gel nails and reapply.

Nail Art.	£2.00 per nail
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Add some design to your gel treatment – selection of designs available.

**Must be requested at time of booking.*

Tanning Treatments.

St Tropez Spray Tan. **25min.** **£35.00**

All over spray tan, choose between classic, express or dark tan.

Waxing.

Lycon wax only uses the finest resins, natural ingredients and aromatherapy oils. Lycon delivers superior performance removing stubborn hair. The elite Lycon brand offers a choice of hot wax, strip wax and is complemented by pre and post waxing lotions.

Lip or Chin. **15min.** **£12.00**

Lip and Chin. **20min.** **£20.00**

Eyebrow. **15min.** **£18.00**

Basic Bikini Line. **15min.** **£20.00**

High Bikini. **15min.** **£28.00**

Brazilian Bikini. **40min.** **£40.00**

Hollywood Bikini. **40min.** **£50.00**

Half Arm. **25min.** **£20.00**

Full Arm. **40min.** **£28.00**

Underarm. **15min.** **£20.00**

Lower Leg. **25min.** **£30.00**

Full Leg. **40min.** **£38.00**

Full Leg and Basic Bikini. **55min.** **£50.00**

Back or Chest. **25min.** **£30.00**

Make Up.

Wedding day, parties, photo-shoots, and special occasions... your entire make-up needs.

Delilah Make-Up Lesson. **55min.** **£65.00**

We apply... you learn.

Delilah Make-Up Trial. **45min.** **£50.00**

We recommend a trial to all brides to ensure you are happy with your make-up on your special day.

Delilah Special Occasion Make-Up. **45min.** **£65.00**

Make-up for all occasions... brides, bridesmaid, in-laws, and outlaws!

Eye Treatments.

Brow Tidy and Tint. **15min.** **£25.00**

Lash Tint. **30min.** **£20.00**

Brow Tint. **15min.** **£18.00**

Lash and Brow Tint. **25min.** **£30.00**

Brow Tidy - Tweezer. **15min.** **£18.00**

**All tinting treatments require a patch test 48 hours in advance.*

Threading.

Ideal for those who have a sensitive skin or allergic to wax.

(Results last 3-4 weeks.)

Lip or Chin. **15min.** **£15.00**

Lip and Chin. **25min.** **£25.00**

Brow Tidy. **15min.** **£20.00**

Brow Reshape. **30min.** **£26.00**

Full Face. **45min.** **£40.00**

**Based on consultation with the 'Delilah Special Occasion Make-Up'*

Lashes.

LVL Lash Lift.*

55min. £60.00

LVL Lash Lift is the revolutionary lash treatment that creates masses of length, volume and lift with your own natural lashes. No mascara. No extensions. No maintenance.

This treatment will create the look of longer, fuller lashes that make your eyes appear more open and youthful as well as saving time in your morning routine. So, if you're looking for a long-lasting, low maintenance, natural looking eyelash enhancement then Nouveau Lashes LVL Lash Lift is for you.

**Requires a patch test 48 hours in advance.*

Brows.

Brow Lamination.*

55min. £60.00

Brow lamination involves straightening and lifting the hairs using a chemical solution, which allows the hairs to have more flexibility to move them into your desired shape, therefore covering any gaps or stray areas. Brow lamination is a professional treatment allowing you to dramatically change the shape of your eyebrows to create a full, uniform look which lasts up to 6 weeks.

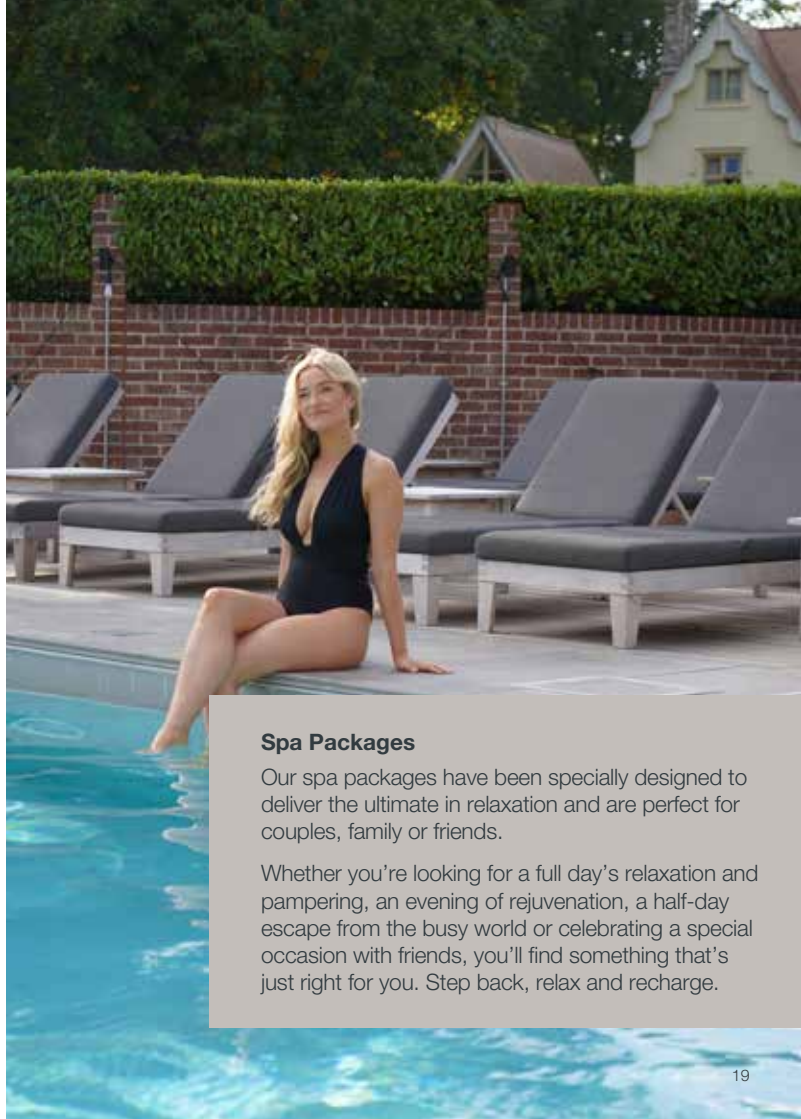
**Requires a patch test 48 hours in advance.*

HD Brows.*

30min. £45.00

HD Brows is a bespoke eyebrow treatment that is totally tailored to you, abandoning stencils and instead working on what suits and frames the clients face best and their desired outcome. HD Brows is a dedicated treatment plan to suit your bone structure to create defined brows whilst maintaining a natural look.

**Requires a patch test 48 hours in advance.*



Spa Packages

Our spa packages have been specially designed to deliver the ultimate in relaxation and are perfect for couples, family or friends.

Whether you're looking for a full day's relaxation and pampering, an evening of rejuvenation, a half-day escape from the busy world or celebrating a special occasion with friends, you'll find something that's just right for you. Step back, relax and recharge.

Day Spa Packages.

Full Day Spa. 9.30-5.00pm **£215 per person**

Our Full Day Spa includes use of the facilities, tea and coffee on arrival, a lunch in the spa and the following treatments:

Elemis Lime & Ginger or Frangipani Body Polish.

Elemis 25 Minute Touch Facial.

Elemis 25 Minute Back, Neck and Shoulder Massage.

These treatments cannot be substituted.

Lunch will be served at the Pool House.

Tailored Day Spa. 9.30am-5.00pm **£240 per person**

Our Tailored Day Spa included use of the facilities, tea and coffee on arrival, a lunch in the spa and two 55 minute treatments.

Excludes some treatments.

Lunch will be served at the Pool House.

Half Day Spa. 9.00am-1.00pm **£150 per person** **1.30pm-5.00pm** **£150 per person**

Our Half Day Spa includes spending either the morning or the afternoon in the spa with use of the facilities, tea or coffee on arrival, a £30.00 voucher for lunch at Milsoms and one of the following 55min treatments:

Elemis Touch Facial.

Peaceful Pregnancy.

Luxury Manicure or Luxury Pedicure.

Elemis Touch Facial including 25 minute back, neck and shoulder massage.

Please note when dining at Milsoms, please be appropriately dressed, dressing gowns or robes are not permitted.

Please note all spa packages must be fully prepaid at time of booking.

Spa packages cancelled with less than 48 hours' notice are non refundable.

Day Spa Packages.

Afterhours Spa (with dinner). 5.30pm-8.00pm **£130 per person**

Available Monday, Tuesday and Wednesday

Our Afterhours Spa starts at 5.30pm and includes the use of facilities, a glass of prosecco on arrival and a 25-minute treatment of your choice. Choose from the following:

Elemis 25 Minute Touch Facial.

Elemis Lime & Ginger or Frangipani Body Polish.

Elemis 25 Minute Back, Neck and Shoulder Massage.

File and Polish for Hands or Feet.

This evening concludes with a dinner at Milsoms (£30 voucher included).

Please note when dining at Milsoms, please be appropriately dressed, dressing gowns or robes are not permitted.

Afterhours Spa (without dinner). 5.30pm-8.00pm **£100 per person**

This package is the same as the Afterhours Spa but without dinner.

Please note all spa packages must be fully prepaid at time of booking.

Spa packages cancelled with less than 48 hours' notice are non refundable.



Spa and Stay.

Extend your stay in Dedham with our exclusive 'Spa and Stay' overnight breaks.

Talbooth House & Spa.

From £250 per person

This lovely package includes use of the Spa facilities from 10.00am, tea and coffee on arrival, a lunch in the spa and one of the following treatments:

Elemis 55 Minute Touch Facial.

Peaceful Pregnancy.

Luxury Manicure or Luxury Pedicure Elemis.

*Based on double occupancy and subject to availability
Sunday to Thursday nights.*

Milsoms.

From £200 per person

This package includes use of the Spa facilities from 10.00am, tea and coffee on arrival, a lunch in the spa and one of the following treatments:

Elemis 55 Minute Touch Facial.

Peaceful Pregnancy.

Luxury Manicure or Luxury Pedicure Elemis.

*Based on double occupancy and subject to availability
Sunday to Thursday nights.*

Gift Vouchers.

Our gift vouchers make a great present any time of year for birthdays, Christmas or just as a simple 'thank you'.

Vouchers can easily be purchased in person at Talbooth House & Spa, online (for instant delivery) or by calling **01206 322367**.

Attire.

Robes and flip flops are available for spa day guests. We kindly ask guests to wear a robe over their swimwear on the way to a treatment. During treatments, our therapists are trained to observe client modesty at all times. Swimwear is also requested in the hot tub. If dining at Milsoms, please be appropriately dressed, dressing gowns or robes are not permitted.

Towels & Robes.

We provide towels, robes and flip flops when using our Spa facilities. The flip flops are yours to takeaway.

Arrivals.

Guests are requested to arrive 5 to 10 minutes prior to your appointment in time to change, if desired, and to fill out a medical questionnaire so that it will not deprive you of precious minutes of your treatment. Late arrival will result in reduction of treatment time.

Health Concerns.

Some treatments are not suitable for certain medical conditions or during pregnancy. To avoid disappointment, please raise any concerns at the time of booking. We also ask clients to fill out a medical questionnaire on arrival at the spa, to ensure that treatments are appropriate. If you are undergoing treatment, have been affected by or are recovering from cancer, please make us aware at the point of booking.

Allergies.

Please make us aware at the time of booking of any allergies. We ask clients to fill out a medical questionnaire on arrival at the spa, to ensure that the treatments are appropriate.

Pregnancy.

Many of our treatments are suitable during pregnancy, but do ask for information when booking. We recommend delaying any body treatments until after the first trimester of pregnancy.

Mobile Phones.

Please ensure that mobile phones are switched off during your visit to the spa.

Valuables.

We strongly recommend that you leave your valuables in your room or at home. Some treatments require the removal of jewellery. Please ensure you retrieve all valuables before leaving the premises and in particular check the pockets of your robe as we cannot be held responsible for any losses.

Opening Times.

9.00am - 6.00pm Monday to Saturday.
9.00am - 5.00pm Sunday.
Afterhours by prior appointment.

Booking Policy.

Group bookings for 3 or more must prepay at the time of booking. Spa packages must be fully prepaid at the time of booking.

Milsom Card Discount.

Milsom Card holders receive a 10% discount on all individual spa treatments (excluding packages). To claim your discount, please advise your membership details at the time of booking. If you'd like to know more or sign-up, please speak to a member of our team who will be happy to help. Please note, this discount cannot be used in conjunction with any other offer.

Age Restrictions.

Children under 16 are not permitted to use the spa. Children under 16 can only use the pool 8.00am - 9.00am, 5.00pm - 7.00pm accompanied by an adult. All treatments for children under 16 must be accompanied by an adult. Specific treatments available include facials, manicures and pedicures.

Cancellation Policy.

Spa packages cancelled with less than 48 hours' notice are non refundable. Treatments cancelled with less than 24 hours' notice will be charged a 50% cancellation fee.

Smoking.

The spa is a strictly non-smoking or vaping venue.



ELEMIS

OXYjet[®]
DELIVERING NATURAL BEAUTY

THE
gel
BOTTLE II

NOUVEAU[®]
LASHES

O·P·I

Lycon
precision waxing™

ST. TROPEZ

dellilah



Opening Times.

9.00am - 6.00pm Monday to Saturday

9.00am - 5.00pm Sunday

Afterhours by prior appointment

Talbooth House & Spa, Stratford Road,
Dedham, Colchester CO7 6HN

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talboothspa@milsomhotels.com



www.milsomhotels.com/talbooth-spa



MILSOM[®]

HOTELS & RESTAURANTS