The Little Retreat

Treatments & Packages

Facial Treatments

ELEMIS EXPERT™ TOUCH NOURISH FACIAL
Cleanse, Rebalance & Revive | 50 mins | £75
Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

ELEMIS EXPERT™ TOUCH RENEW FACIAL
Hydrate, Lift & Firm | 50 mins | £75
Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

ELEMIS EXPERT™ TOUCH REVEAL FACIAL
Resurface, Smooth & Glow | 50 mins | £75
Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.



ELEMIS EXPERT™ TOUCH DEFINE FACIAL
Energise, Rejuvenate & Sculpt | 50/80 mins | £75/£90
This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin. For the ultimate option facial experience book our 80mins option.

Facial Treatments

DERMAPLANING

30 mins | £45 | 45 mins | £60

add LED facial mask | 55 mins | £70

A treatment to make your skin's surface smooth, youthful, and radiant. Dermaplaning is a skin treatment that uses an exfoliating blade to skim dead skin cells and hair from your face. Remove that "peach fuzz," the short, soft hairs on your face and walk away feeling like a new you.





ELEMIS EXOTIC FRANGIPANI SALT GLOW
Invigorating deep cleanse | 25 mins | £47
Feel your senses lifted and your body invigorated by the sublime Exotic Frangipani Salt Glow infused with skin enriching Frangipani Oil Blend. After light body brushing, warm oil is drizzled luxuriously over the body. Skin is deeply cleaned, leaving it silky-smooth and glowing.
Recommended | 1 treatment every 3 weeks.

ESPA SALT & OIL SCRUB | 25 mins | £47
Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.
Includes | Salt & oil full body exfoliation

Body Therapy

SWEDISH BACK, NECK AND SHOULDER | 25 mins | £45
Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage which relaxes tense muscles, re-energises your body and calms your mind.
Includes | Massage to the back, neck and shoulders.

SWEDISH FULL BODY MASSAGE
Standard 45 mins | £60 | With aromatherapy oils | £65
Ease tension for your whole body with this fast acting massage. Created around your unique needs and adapted to your required choice of pressure, this full body massage to include arms and legs will re energise your body and calm the mind. For a further £5 why not choose an aromatherapy oil of your choice to suit you mood and senses.

SWEDISH FULL BODY, FACE AND SCALP MASSAGE
Standard 55 mins | £70 | With aromatherapy oils | £75
This ultimate full body massage ensures every element of your body will feel re-energised and calm. Ease tension for your whole body with this fast acting massage. Created around your unique needs and adapted to your required choice of pressure, this full body massage includes arms, legs, face and scalp. For a further £5 why not choose an aromatherapy oil of your choice to suit you mood and senses.

ELEMIS FRANGIPANI UPPER BODY MASSAGE
25 mins | £45
Using the Elemis enriching Frangipani Oil infused with the frangipani flower this upper body treatment provides superior moisturisation giving dry skin a glowing sheen. Release your tension with this back massage along with your arms and neck. You will then be turned over to finish with a face and scalp massage leaving your upper body re-energised.

ELEMIS DEEP TISSUE MASSAGE | 55 mins | £70
ELEMIS DEEP TISSUE BACK MASSAGE | 25 mins | £50
Deep rhythmic pressure massage. Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Dynamic blends of essential oils and level of pressure are customised to target individual needs. Helps relax, recharge and re-energise, whilst tension melts away.

HOT STONE BACK MASSAGE | 25 mins | £50
HOT STONE FULL BODY MASSAGE | 55 mins | £75
This deep tissue massage uses the heat of the hot stones to treat the back, neck, arms and legs. Different angles of the hot stones allow a deep tissue massage whilst the heat eases your tensions away in this super luxurious massage.

*Please note the legal age requirement for any massage treatment is 16 years old.

*Please be aware that certain illnesses such as cancer may result in therapists not being able to carry out these treatments without a valid doctors note.

ESPA RESTORE AND RESILIENCE MASSAGE
90 mins | £90
Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.
Includes | Yogic stretching – reflex zone foot massage – back massage – sinus release – scalp massage.

ESPA SLEEP RITUAL | 90 mins | £90
The definitive answer to a truly blissful night's sleep. Quieten your mind and release physical tension and emotional anxieties with this tailor-made experience. Returning mind and body to a perfect balance, guided breathing and visualisation combine with deeply therapeutic massage to help clear the mind and enable you to completely switch-off, ensuring an uninterrupted and blissful night's sleep.

Includes | Breathing and visualisation techniques – full body massage with hot stones – therapeutic scalp massage

Body Therapy

ESPA INNER CALM MASSAGE | 60/90 mins | £70/£90

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes | Breathwork – full body aromatherapy massage – scalp massage with Rose Quartz Crystals

ESPA MINDFUL MASSAGE | 90 mins | £90

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Includes | Breathwork and visualisation – massage to metamorphic zones of the feet – full body massage – scalp massage with warm Rose Quartz Crystals.



Signature Treatments



PURE BLISS | 70 mins | £80

This treatment is an all-time favourite, get pampered from head to toe with this luxurious treatment. Enjoy a back, neck and shoulder massage, ELEMIS facial along with a scalp massage and hand and arm massage.

THE FOUR HANDS TO KEDAMAIAN | 90 mins | £110

Renowned as our Hero treatment you are guaranteed to leave floating away.

Nothing can prepare you for the experience and pleasure of having your body massaged from head to toe by two of our most experienced therapists. Skilfully and fluidly working your body, sometimes synchronized, sometimes in contrast yet always in harmony. Feel the heightening of your senses and let your mind unwind whilst warm oil is drizzled along with long sweeping strokes and the perfect pressure to relax your body.

Once your body is relaxed one of our therapists will leave the room whilst the second therapist applies a foot mask onto your feet and starts the most beautiful ELEMIS facial enhanced with hot stones to completely send you away to a place your body has never been before.

INDIAN HEAD MASSAGE | 25/45 mins | £40/£55

Indian head massage is a relaxing holistic treatment that uses acupressure massage on the head, face, neck and shoulders. It aims to rebalance your body's energies. This form of massage focuses on the three higher "chakras" - mind, body and spirit and as such hits your energy epicentre.

It doesn't seem sufficient to say that a good Indian head massage will relax you. It's more than this. It can make you feel detached and serene, leave you sighing and wordless, but also alert and clear-headed, alleviating brain-fog and stress.

PRE-NATAL - NURTURING MOTHER-TO-BE TREATMENT | 60 mins | £80

Massage for each stage of pregnancy. Award-winning therapy that's good for you and your baby from the first trimester. Performed on the unique ELEMIS beanbag for ultimate safety, comfort and relaxation, this unique therapy helps relive back tension, swollen hands and feet. This treatment eases the mind and lifts the spirits.

Hands

EXPRESS MANICURE | £35
Cuticle work, file and polish to fingers.

GEL APPLICATION TO FINGERS | £35
BUILDER INFILL | £40
BUILDER GEL TO FINGERS | £38
Any nail repairs after 5 days of gel or polish applications are down to wear and tear and will be chargeable at a cost of £2.50 per nail if you wish for them to be repaired before your next appointment
SOAK OFF | £5
GEL APPLICATION TO FINGERS AND TOES | £65
GEL SOAK OFF AND TIDY | £25
Gel removal with cuticle work and file.
NAIL ART | from 50p per nail

LUXURY MANICURE | £40 | Add gel for £5
Hand soak and exfoliation, cuticle work, shape and polish finished with a light massage.

SPA MANICURE | 60 mins | £45 | Add gel for £5
A therapeutic manicure designed for different nail types. This luxury manicure includes a hand and arm massage, exfoliation, hand mask and heated mitts, cuticle work, nail shape and polish application.



Feet

EXPRESS PEDICURE | £35
Cuticle work, file and polish to toes.

GEL APPLICATION TO TOES | £35
SOAK OFF | £5
GEL SOAK OFF AND TIDY | £25
Gel removal with cuticle work and file.

LUXURY PEDICURE | £40 | Add gel for £5
Foot soak and exfoliation, cuticle work, nail shape, hard skin removal, finished with a massage and polish.

SPA PEDICURE | 60 mins | £45 | Add gel for £5
This spa pedicure is the ultimate treat, the treatment includes, cuticle work, file, exfoliation, hard skin removal, mask and heated booties, polish to toes. Possibly the most relaxing pedicure.

*Please note a charge of £5 is applied to any gel soak off when booked with a gel application.

Waxing

HALF LEG WAX	£27
FULL LEG WAX	£35
FULL LEG & BIKINI	£42
UNDERARM WAX	£15
BIKINI WAX	£18
EXTENDED BIKINI	£24
BACK OR CHEST	£24
LIP & CHIN	£15
LIP OR CHIN	£8
BRAZILIAN	£35
HOLLYWOOD	£42
ARM WAX	£22
SIDES OF FACE	£16

Threading

EYEBROW THREAD	£15
LIP THREAD	£12
FULL FACE THREAD	£25



Eyes, Brows & Lashes

EYELASH TINT*	£18
EYEBROW TINT*	£15
EYELASH & EYEBROW TINT*	£30
EYEBROW SHAPE	£15
HD BROWS	£35
HD BROW MAINTENANCE	£30
BROW LAMINATION*	£45
HENNA BROWS*	£35

LVL LASHES*

1 person | 60 mins	£50pp
2 people | 60 mins	£40pp

KOREAN LASH LIFT

1 person | 60 mins	£50pp
2 people | 60 mins	£40pp

*A patch test is required 48hrs prior to application of tint.



Teenage Retreat

TEENAGE FACIAL | 25 mins | £40
This facial is designed to introduce teenagers into a skincare regime and target any problem areas. They will learn how to perform a deep cleanse and also look after their skin at the most important stages in their lives.

MINI MANICURE | £27.50
Cuticle work, file and polish to fingers

MINI PEDICURE | £27.50
Cuticle work, file and polish to toes

*Teenage treatments are only suitable for Children aged 13-17.

Male Grooming

ELEMIS DEEP TISSUE FULL BODY MASSAGE 55 mins | £70
Deep rhythmic pressure massage. Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Dynamic blends of essential oils and level of pressure are customised to target individual needs. Helps relax, recharge and re-energise, whilst tension melts away.

MALE PEDICURE | £35
Hot soak, cuticle work, file, scrub, full buff away of any hard skin finished with a luxurious foot and leg massage.

MALE MANICURE | £35
Hot soak, cuticle work, file, scrub with a luxurious hand massage.

ELEMIS MALE SKIN BOOSTER FACIAL | 25 mins | £45
25 minutes to a smooth, glowing complexion. Perfect for a lunch time or early evening “quick fix”. These facials are uniquely designed for maximum results in minimum time.

ELEMIS MALE FACIAL | 50 mins | £75
This facial will ensure your skin is left glowing. This specialist lifting massage, combined with proven marine extract, helps re-energise cell communication and rejuvenate skin.

THE FACE QUEEN

at The Little Retreat

Brows

MICROBLADING | £295

A manual method with a blade and handpiece that implants pigment under the skin for a natural beautiful brow effect. Results can last anything up to 18 months with a maintenance appointment required.

BLADE & SHADE | £375

For a fuller brow this method is microblading for the natural effect but machine shading may be added to create depth. Some clients may need this to blend their natural brow hair.

HAIRSTROKE MACHINE BROWS | £350

This method is used for a fuller, longer lasting brow. Hairstrokes still look natural but are not as fine as microblading. This is great for people with gaps in their brows that need blending, as well as those wanting a stronger brow that will last longer.

POWDER BROW | £350

A full brow done by machine that is a block effect for a full makeup look.

THE PERFECT OMBRE | £350

For those that want the perfect Anastasia Beverley Hills brow. A great effect that lasts 12-24 months due to the machine depth.

COMBINATION BROW | £375

A combination of hairstroke machine and shading for depth.

Eyes

EYELINER LASH LINE TOP	£275
EYELINER LASH LINE BOTTOM	£200
EYELINER LASH LINE TOP AND BOTTOM	£350
THICK EYELINER OR GRADUATED LINER TOP	£300
THICK EYELINER TOP AND BOTTOM	£395

Lips

LIP LINE | £250

FULL LIP BLUSH | £350

Maintenance

A maintenance is needed depending on your lifestyle and skin type. Each client gets the same procedure but the results can differ, therefore if you want your brows looking perfect at all times a maintenance is advised.

6-8 WEEK TOUCH UP	£35*
9 MONTHS	£120
12 MONTHS	£175
18 MONTHS	£200

*Any additional touch ups will be charged at £25 per touch up as some clients skin may require more than one.

How to Book

BOOKING INFORMATION

You can book either online, via email, phone or social media. We strongly recommend that treatments are booked as far in advance as possible as demand is very high especially at weekends and peak seasons.

Name, mobile number, email address and payment details will need to be taken at the point of booking. Please note that all payments need to be settled at reception after your appointment.

CANCELLATION POLICY

As a courtesy to our other guests and our therapists please give at least 48hrs notice if you need to cancel an appointment. Please note that a cancellation fee of 100% applies if an appointment is cancelled less than 48hrs in advance.

CHILDREN AND BABIES

Unfortunately we are unable to accommodate children or babies at The Little Retreat due to health and safety.

CONSULTATION

Treatments will only be carried out on a successful completion of consultation, therapists reserve the right to refuse treatments.

The Little Retreat



GIFT VOUCHERS

Gift vouchers can be purchased from reception or on our website for a single treatment or for a set value. Please note a postal charge of £3.80 applies.

ARRIVAL TIME

Clients are advised to arrive 15 minutes before an appointment to enjoy the surroundings. If a client is late for their appointment this will be deducted from their treatment time.

ETIQUETTE

As courtesy to other guests we ask that mobile phones are turned off whilst in treatment rooms and that noise level is kept to a minimum to ensure other clients are not disturbed.

Contact Information

THE LITTLE RETREAT DAY SPA NORFOLK

THE STABLES, RYSTON HALL, RYSTON, DOWNHAM MARKET, NORFOLK PE38 0AA

TEL | 01366 389731
WEBSITE | WWW.THELITTLERETREATDAYSPA.CO.UK
EMAIL | INFO@THELITTLERETREATDAYSPA.CO.UK

Opening Hours

MONDAY	– CLOSED
TUESDAY	– 9.30AM - 5.30PM
WEDNESDAY	– 9.30AM - 5.30PM
THURSDAY	– 11AM - 7PM
FRIDAY	– 9.30AM - 5.30PM
SATURDAY	– 9.00AM - 4.30PM
SUNDAY	– CLOSED

WWW.FACEBOOK.COM/THELITTLERETREATDAYSPA
@THE_LITTLE_RETREAT

ESPA
ELEMIS
DYOTICS
LVL BY NOUVEAU LASHES
The London Brow Company
CND Nails. Fashion. Beauty.
The gel BOTTLE
Lash Perfect eyelash extensions
HIGH DEFINITION
The Little Retreat

