



WEAVERS'  
HOUSE SPA

---

THE SWAN AT LAVENHAM



*"Take a deep breath in, and release...  
breathe your troubles away"*

-YOUR SPA GURU

## WELCOME TO OUR HOME

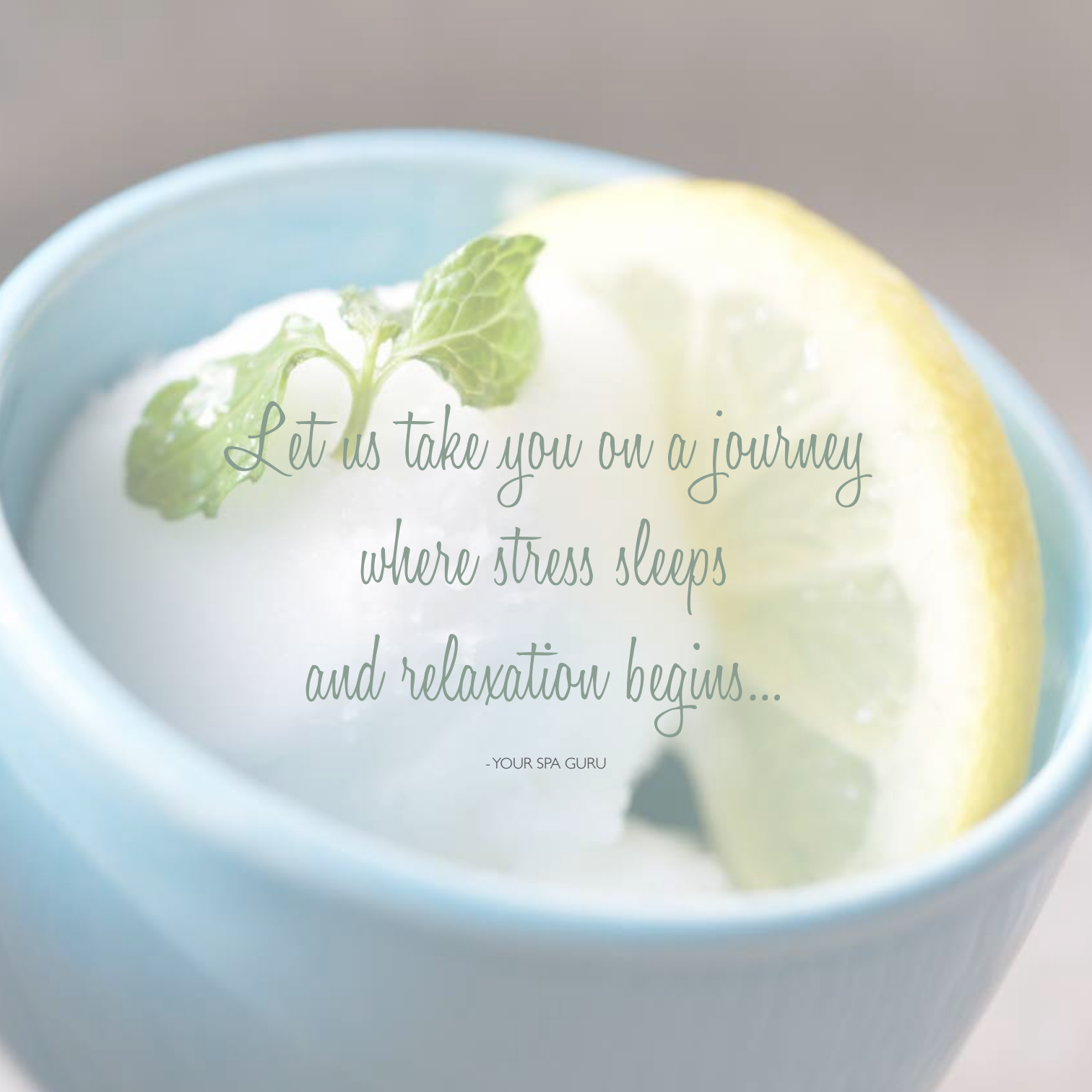
Welcome to our beautiful Spa Retreat, your home away from home. Weavers' is the perfect setting designed for your total relaxation, well-being and comfort. Our nurturing haven of tranquillity and never-rushed calm promises you an intimate spa experience, with exceptional service from our lovely team. We are here to take care of you- it's that simple!

*Weavers' House Spa partners with the award-winning Temple Spa brand.  
It's British and locally produced with a Mediterranean heartbeat.*

*We offer a selection of 'Touch Therapies' by Jennifer Young; recently introduced to enhance our guests spa experience, providing relaxation at it's best for those living with and beyond cancer. See page 20.*

Our first-class treatments are seriously restorative and feel-good, with visible and impressive results. Every treatment is performed on a Hydrotherm water bed so, not only do you receive a wonderful experience, but you'll feel as if you are floating on a bed of warm and comforting clouds. You just won't want to leave.

01787 246246 | [weavers@theswanatlavenham.co.uk](mailto:weavers@theswanatlavenham.co.uk) | [www.theswanatlavenham.co.uk/spa](http://www.theswanatlavenham.co.uk/spa)  
The Swan at Lavenham, High Street, Lavenham, Suffolk, CO10 9QA



*Let us take you on a journey  
where stress sleeps  
and relaxation begins...*

-YOUR SPA GURU

## YOUR SPA JOURNEY

---

Delight in 'the little extras at Weavers'! Our unique treatment led, boutique spa sanctuary welcomes you with a berry smoothie and warm towel on arrival. Awaken post treatment with a zesty lemon sorbet and a choice of three bespoke teas, blended just for us (accompanied by a macaron of course!).

*We can't wait to make you feel amazing.*

*The Weavers' House Spa team X*



*Not staying or short on spa time?  
For a small fee you can enjoy the facilities,  
ask us for more details on an upgrade.*

## WEAVERS' HEAT SUITES AND MORE...

---

Whether you are staying with us in the hotel, or a day spa guest we have our 'heat suites' for your relaxation and wellbeing. We recommend using our Steam, Sauna and Vitality Pool prior to your treatments and suggest you arrive 1-2 hours before your treatment to indulge.

*Heating the body before spa treatments will increase the benefit and rewards of your spa time with us, warming up the muscles, detoxifying the body, repairing and preparing it for relaxation.*

## INDULGE WITH US...

---

LUNCH, AFTERNOON TEA-TOX OR EVEN A GLASS OF BUBBLY...

---

Our spa offerings don't stop at treatments. Introducing our Nutritious and Delicious range of Salads, guilt free (almost) Afternoon Tea-Tox, expertly blended bespoke spa cocktails at your fingertips, all served on our spa terrace. Ask us for more details upon booking.

\*Should you have any health history you feel we need to know, please share this with us before using our Heat Suites



*"I have had many spa experiences,  
and both the treatment and the therapist  
were excellent. Her care of me throughout  
the treatment was exemplary."*

— SHARON SCOTT



## CAN'T DECIDE WHICH TREATMENT YOU'D LIKE?

We understand that sometimes you just don't know which treatments you'd like until you arrive. Some days you feel the need to relax and other days you need to be revived or rejuvenated. But knowing in advance how you will feel is sometimes a little hard.

No problem at all.

Our unique booking system is here to help and you have two options:

1. Book a specific treatment from our menu if you know in advance what you'd like.

OR

2. Book 'time' (choose from one hour, two hours or more) and you can decide on which treatments you want when you arrive. And if you still can't decide, tell us how you feel and we'll design something personally, just for you.

So relax and know that whatever you need, it will be taken care of.

# HOUSE TREATMENTS & PACKAGES

## SPECIALITIES OF THE HOUSE

### WEAVERS' HOUSE HUG

Our signature treatment

2 hours

If you are serious about relaxation then this is the one for you. A truly out of this world face, scalp, hands, feet and body experience that combines unique and exclusive 'weaving massage' techniques. Nowhere else can you experience this truly exceptional two-hour vacation for the senses. You will be treated to our unique facial and your weary body drizzled with warm oil. Then relax with our deep tissue massage and nurturing body rocking that will take you to a place of complete peacefulness. Hot stones and stretching complete the experience and leave your soul embraced with a huge Temple Spa hug. You will 'swan out' feeling gorgeously dreamy and totally restored.

### SWAN IN & SWAN OUT

90 minutes – morning or afternoon

This is the package for when you are a bit short on time but you still want to feel like you've been to heaven and back! We start by giving you a 60-minute WORK IT OUT deep tissue massage for detox or muscle rescue, combined with a results-oriented POWER BREAKFAST FACIAL. Just the thing to get you back on tip-top form.

### SWAN SONG FOR TWO

2 hours

Sometimes, the very best way to 'spa' is with a friend. So why not have a treatment package together? This one will leave you, and a friend, partner or family member, feeling totally relaxed and 'spa'd out' together. This gorgeous package includes the prescriptive MY KINDA SKIN facial, a 30 minute back massage to suit your mood, and wonderfully topped off with your choice of a hand or foot spa treatment. Now the most difficult part is deciding which friend you'll take...

### SWANNING AROUND

3 hours

How does spending the whole day hanging around our gorgeous spa and having three luxurious treatments sound? Mmmm. We start with OUTER GLOW for the body, followed with the super premium CHAMPAGNE AND TRUFFLES FACIAL. The finishing touch is your choice of a manicure or pedicure. Also included is full use of all our spa facilities. Altogether a blissful day of total me-time. You'll never want it to end.

### THE MEDITERRANEAN FLOAT

The fully loaded skin-luxe facial and body duo

90 minutes

Packed with delicious ingredients, this double deluxe all over treatment will leave you looking and feeling like you've taken a mini vacation. Your mind will escape as your body is polished and nourished with the iconic Mediterranean body scrub, prior to being cocooned in an aromatic infusion to soften and hydrate. Your rejuvenating facial contains our unique Mediterranean Marinade. The results? Totally smoothed and soothed skin, head to toe.

### THE SERIOUS DETOX

The ultimate detox package

2½ hours

If you are serious about detoxing, then this is the one for you. We have put together the perfect combination to cleanse and detoxify. We commence by exfoliating the whole body. The hips, thighs and abs are treated to a detoxifying massage, using targeted techniques, followed by a stimulating marine and earth mud wrap. We finish with an invigorating and energising full body massage, using lymphatic drainage techniques, to leave you thoroughly rejuvenated and supported in your quest to get in shape. A complimentary Temple Spa Detox Plan is also included.

### A BRUSH WITH HEAVEN

Totally unique face and body treatment using only brushes

90 minutes

Imagine the sensation from a sequence of brushes in varying sizes and textures being used from top-to-toe, to massage, stimulate, drain toxins and smooth on delicious preparations to the face and body. Once lavished in rich warm body oil, you will be cocooned, then treated to the exclusive Temple Spa facial treatment. Carried out entirely with brushes, while you doze. It's heaven.

# SPA EXPERIENCES

## TOP TO TOE SPA AFFAIRS

### MY KINDA MOOD

A prescriptive facial & massage bespoke to you

2 hours

Not sure how to spend the next couple of hours? Firstly, we'll chat about how you are feeling – skin, body and soul – and let you smell the different aromas to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent facial. We will select the products and techniques perfect for your wants and needs. You will look, feel and smell so good.

### YUMMY MUMMY TO BE

Everything a mum-to-be should have to make her feel healthy, gorgeous and pampered

2½ hours

This is a specially designed treatment for mum-to-be. You will be treated to a full body massage on our beautiful Hydrotherm water bed, without the need to lie on your tummy. We follow this with a delicious face treatment packed with wonderful natural ingredients. Finally your legs will be revitalised with our Leg Energiser treatment that is perfect for swollen ankles.

*Enhance your treatment*

**KNEAD IT**

Oh...that little bit more, right where you 'knead it'.

*For more side orders see page 12*

# MEDITERRANEAN MESSAGES

THE BEST MASSAGE TREATMENTS YOU'LL EVER EXPERIENCE

## DRIFT AWAY

Relaxing back, neck and shoulder massage

30 minutes

Relaxing full body massage

60 / 90 minutes

This is our really relaxing top-to-toe massage, formulated with a dreamy blend of essential oils, guaranteed to have you drifting away. It's completed with a face and scalp massage using our aromatherapy resting cream REPOSE. It will soothe frazzled nerves, relaxing the muscles and the mind. We'll wind you down and take your mind off your thoughts for a while. The 60 and 90 minute versions also include a facial.

## IN GOOD SPIRITS

Energising back, neck and shoulder massage

30 minutes

Energising full body massage

60 or 90 minutes

An invigorating massage designed to leave you full of vitality. We use a gorgeous blend of Mediterranean essential oils that are carefully chosen to stimulate and refresh the skin, body and soul. The clever massage movements encourage circulation and stimulate the whole body. Your aching muscles will feel eased and soothed. All guaranteed to restore and revive you top-to-toe. The 60 and 90 minute versions also include a facial.

*Enhance your treatment*

HOT STONE NECK AND SHOULDER MASSAGE

Bliss for stressed out shoulders.

*For more side orders see page 12*

## *Floating on the clouds...*

Our floating Hydrotherm mattresses really come into their own here, leaving you feeling dreamy, nurtured and totally at ease. These body temperature, water filled mattresses hug your curves and ensure that, at all times, the body is supported. A truly amazing experience. The weightless feeling is also perfect for mums to be, bodies that are showing a bit of wear and tear or those feeling a bit delicate or fragile. If you prefer a massage that is performed with you only lying on your back (i.e. no turning over), ask your therapist who can advise you which one to select.

## WORK IT OUT

Detoxing back, neck and shoulder massage

30 minutes

Detoxing and muscle workout massage

60 or 90 minutes

A detoxifying massage that will sculpt the body, relieve fluid retention and work out tired muscles, using the ingenious WORK IT OUT detox oil. First we start with a full body brushing to get the circulation going and improve lymph drainage. Then we perform a really deep tissue, body boosting massage with special techniques to really give your muscles a work out – working on knots, tensions, tightness and helping the detox process.

## NEW BEGINNINGS

Mummy-to-be massage

60 minutes

Pregnancy is a most wonderful time that requires treatments specially designed just for you. You will enjoy a full body massage with IT'S ALL GOOD nutritious oil, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore and tired muscles while you feel completely comfortable and relaxed. You never know, your 'bambino' might enjoy the sense of calm too.

## ROCKS OF THE MEDITERRANEAN

Hot stones massage

75 minutes

This popular thermal stone massage is a glorious treatment using warm basalt lava stones to massage the body from head to toe, harnessing the touch of the stone and the influence of the heat to create an aura of warmth. The muscles are relaxed and rejuvenated in a sensation unique to stone massage. It's an experience you just have to have at least once in your life.

## MEDITERRANEAN SEA MASSAGE

Float your stress away...

60 minutes

A most wonderful massage experience utilising the world's first Hydrotherm 3D massage system. A new dimension in the healing art of massage. Total revitalisation, regeneration and harmony whilst you are lying face up on cushions of warm water. A deep and profoundly relaxing massage technique, surpassing both the effects and benefits of conventional massage therapy. The MEDITERRANEAN SEA MASSAGE is for mind, body and spirit.

## SIDE ORDER TREATMENTS

Have you ever had a treatment at a spa and thought to yourself, "I wish I could have a little more"? Well now you can. Just like when you are at your favourite restaurant and you choose your main meal but desire a little extra something on the side. Here we present an irresistible selection of options to add onto your main treatment. These can be added to any treatment such as facials, massages and body treatments.

*Enhance and design your own bespoke treatment*

### HOT STONE NECK AND SHOULDER MASSAGE

Bliss for stressed out shoulders.

### KNEAD IT

Oh... that little bit more, right where you 'knead it'.

### GO LUXE

Add warm cocoa butter to your massage for super smooth conditioned skin.

### SEDATING SCALP MASSAGE

Tension taming for the scalp.

### INDULGENT HAND RITUAL

Nourishing healing for hands.

### INDULGENT FOOT RITUAL

Heavenly for feet.

### SECRET EYE REMEDY

Pick me up for the eyes.

### THE CONTOURIST

Hello firm, tight and radiant skin - perfect to add on to a massage

### 15 MINUTES PER SIDE ORDER

Must be added on to a 30 mins treatment or more.

14

*Our Personal Favourite*

## IT'S ALL ABOUT THE FACE

### SUPER ANTI-AGING FACIALS

### CHAMPAGNE & TRUFFLES DELUXE TREATMENT

The crème de la crème of facials

90 minutes

This stunning treatment is just the thing if you are looking for a serious celebration for the skin, containing ingredients such as champagne, silk, diamonds, gold and of course black truffles. Highly unique elements include special lymph drainage techniques to reveal fresher skin; a Triple Infusion Alginate mask to help iron out fine lines and wrinkles; specialist lifting massage to strengthen muscle tone on the face and jowls; an iced blend to reduce puffiness; and then cold stone therapy. Finally, an application of Temple Spa award-winning SKIN TRUFFLE, will leave your complexion glowing, more youthful and instantly wonderful. You will receive a flute of bubbly and a delicious handmade truffle as you admire your complexion.

### NEED A PRESCRIPTION?\*

High performance prescriptive facial

60 minutes

The bootcamp of facials – a prescriptive treatment designed to work on the muscles, lifting and firming in all the right places. The Skin Investment Cell Communication machine's safe and effective nano-current smooths wrinkles, brightens the skin tone and boosts collagen levels. Recommended as a course of 6–10 treatments.

### NEED A MIRACLE?\*

High performance miracle facial

90 minutes

This ultimate treatment, including THE BIG REVEAL peel and super-boosting mask, is designed to re-texture and brighten the skin. Lines and wrinkles will be smoothed, facial contours sculpted and the muscles re-educated and lifted, producing immediate and dramatic results. The skin is more youthful and visibly radiant. Recommended prior to a special occasion or as a maintenance treatment.

### TRUFFLE EYE TREAT – MIRACLE WRINKLE REMEDY

A powerful non-surgical eyelift

30 minutes

This is the most luxurious anti-ageing treat that your eyes have been craving for. The eye area is treated with a gentle yet scientifically advanced lifting eye massage, combined with facial lymph drainage to brighten dark circles, plus a heavenly scalp massage to relax tension held around the eyes. In addition, super luxe EYETRUFFLE is applied with cold therapy techniques for maximum wrinkle-ironing results. You'll emerge looking and feeling incredible, with an eye and brow area that is lifted, firmer and smoother, with reduced fine lines and wrinkles. Wonderful.

### \*SKIN INVESTMENT CELL COMMUNICATION FACIALS

A collection of non-surgical designer facials that uniquely use an advanced Skin Investment Cell Communication machine to visibly lift, firm, tighten and tone the skin (and yes, that would be instantly!). This is a non-invasive, computerised device that conducts a nine-stage process to help build new tissue, lift sagging skin and give dramatic results on many skin concerns including deep wrinkles, pigmentation, dark circles, acne and sun damage. One facial is great. A course of 6-10 treatments is amazing for your skin.

15



## WELLBEING FACIALS

CALMING, SOOTHING AND HYDRATING

### THE TOTALLY QUENCHED & DRENCHED

Rehydrating facial for thirsty skin

75 minutes

The ultimate in anti-ageing, this lavish facial is a must for dehydrated or neglected skin and is designed to leave it looking radiant and fresh. Applying powerful antioxidants to help fight the ageing process and loss of skin elasticity this divine treatment includes a mask, which gives a cooling effect and aids the infusion of the goodness of the mask. It also includes our intense eye therapy and eye massage with a rather special secret remedy to encourage deep hydration and eliminate fine lines. And if that isn't enough, we also use lifting massage techniques and lymph drainage. You could call it a facial iron.

### REPOSE AROMATHERAPY FACIAL

Relaxing, indulgent facial for all skin types

75 minutes

This indulgent aromatherapy facial is infused with generous anti-inflammatory ingredients and will soothe, calm and nourish a tired, irritated or unhappy complexion. A divine treatment that begins with lymph draining techniques, followed by a relaxing, tranquil face and scalp hot oil massage. Pure bliss.

### MEDITERRANEAN MARINADE

A calming facial for sensitive or delicate skin

60 minutes

A totally luxurious facial packed with fresh ingredients and vitamin boosters that will leave the skin, body and mind smoothed and soothed. Designed also to reduce the effects of sun, stress or fatigue. Following a deep cleanse, your skin is softened with a unique Temple Spa marinade, lymph draining and a tranquil face massage. A deeply relaxing experience not to be missed.

*Enhance your treatment*

INDULGENT HAND RITUAL

Nourishing healing for hands.

*For more side orders see page 12*

## DEEP CLEANSING FACIALS

### NEED A SPRING CLEAN?\*

High performance brightening facial

60 minutes

Whatever the season, we can all look in the mirror and feel that our skin is looking dull, tired and in need of a good spring clean. Bring on this ultra deep cleansing treatment that uses micro and galvanic currents designed to flush out toxins. Special drainage techniques are used to cleanse and detoxify leaving your skin brighter, smoother and refreshed. Recommended as a one-off treatment or as part of a course.

### PURIFICATION

A deeply cleansing and relaxing facial for oily, congested, and blemished skin

60 minutes

Sometimes your skin needs a good spring clean – you know those times when it feels congested, a bit spotty and dull, and pores are in need of a good vacuum? This is the solution. A professional deep cleanse that leaves your complexion feeling squeaky clean, un-clogged and fresh as a daisy. A combination of a gently purging facial and tingling scalp massage will have you emerging feeling positively purified.

## PRESCRIPTION & SKIN BOOSTING FACIALS

### THE POWER BREAKFAST FACIAL

Express facial for all skin types

30 minutes

If you are looking for quick results, need to look your best and don't have much time, this is the one for you. We have taken all the ingredients that you would find in a healthy breakfast, containing oats, honey and fruit juices, to create this revitalising facial. Includes a deep power cleanse, nutritious mask, lymph drainage techniques and wonderful scalp massage. You will be ready for anything.

### MY KINDA SKIN

Bespoke prescription facial for individual skin types

60 minutes

Are you the sensitive type? Classic combination? Dreadfully dry? Perhaps you don't know. Let us analyse your skin and prepare a wonderful treatment using products specifically for your skin type. Just relax and we'll do the rest. This gorgeous facial includes a face mask, lymph drainage and a face, scalp, hand and arm massage of your choice – choose from tranquil or lifting. You will feel amazing and your skin will look so good.

### GO GUY – MALE EXECUTIVE

Men's facial for all skin types

60 minutes

This macho facial is perfect to revive, refresh and invigorate. Your skin will be revitalised with a deep brush cleanse, a choice of lifting or tranquil massage, compression massage and an exfoliating mask. Aching neck muscles will be massaged, worry lines smoothed and headaches soothed. Finally, a detoxifying foot massage. You'll feel glad you gave us an hour of your time.

\* See Page 13



*"We were made to feel very welcome. Staff were very friendly, accommodating & professional. Made us feel special."*

– HOLLIE SANDERS

## DESIGN YOUR OWN FACIAL

### WITH OUR SPECIALISED SIDE ORDERS

Enhance and design your own bespoke treatment (must be added on to a 30 mins treatment or more)

#### WINDOWS OF THE SOUL

##### Divine eye treatment

30 minutes

Perfect for when you look tired, this treatment is designed for the delicate eye area that needs special attention. Using intensive formulations and 'cold therapy' to tighten and tone the eye area, plus specialised eye massage techniques to lift, smooth and revitalise.

This is the one to put the sparkle back into your eyes. It's also lovely to add to any facial.

#### NEED A LIFT?\*

##### High performance lifting boost

30 minutes

A quick, yet effective treatment that delivers fast results. An introduction to a more toned complexion. Designed to be added to any treatment, or on its own. Perfect when time is short but your skin needs a bit of a lift.

#### HOT STONE NECK AND SHOULDER MASSAGE

##### Bliss for stressed out shoulders

15 minutes

Our most popular side order for facials.

\* See Page 13

# BODY SCRUBS, WRAPS & INFUSIONS

JUST LIKE A 'FACIAL' BUT FOR THE BODY

## AAAHHH!

Leg & foot energiser  
30 minutes

Don't you just hate it when your legs and feet beat like drums? This oh-so-good treatment is instant relief for tired, over-worked limbs. It begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage, that will leave you tingling and finally, an invigorating rub. Wonderful to add on to another treatment.

## I'LL BE BACK

A facial for the back  
45 minutes

Following an invigorating skin exfoliation with SUGAR BUFF Mediterranean scrub, warm purifying mud is smoothed all over your back, for a deeply cleansing treatment. Heated fragrance-infused mitts are used to remove the mask before a stimulating massage, which will leave you energised and with a back to be proud of.

## SOL SURVIVOR

A body and facial exfoliation, moisturisation and all over safe tanning treatment  
75 minutes

Now you can 'prepare to bare' with this fabulous treatment that will imitate a few days in the sun and give you a beautiful golden glow, safely of course. We will prepare your face and body with a double exfoliation and luscious envelopment of hydration, followed by a skilful application of Temple Spa SOL MATE. A mini vacation indeed.

## THE OUTER GLOW

Face and body exfoliation  
45 minutes

Using our unique SUGAR BUFF body scrub, we polish your body and exfoliate your face with BREAKFAST SMOOTHIE. This invigorating and refreshing all-over treatment leaves the skin top-to-toe soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Go and glow.

## GLORIOUS MUD

Skin conditioning and detoxifying mud wrap  
60 minutes

Using the finest blends of ingredients for detoxifying and purification of the body, this treatment starts with top-to-toe body-brushing to encourage lymphatic flow. The body is then smoothed with warm vitamin and mineral rich mud which helps nourish and purify the skin. Once cocooned in a cosy wrap, the relaxation process is then taken to another level with a glorious face and scalp massage. You wouldn't believe wallowing in mud could feel so good.

## TURKISH DELIGHT

Body exfoliation  
45 minutes

Using hot exfoliating gloves, along with our KEEP CALM aromatherapy cleansing bar, your body will be lathered and exfoliated. Followed by a hot, steam towel removal and a blissfully, warm DRIFT AWAY oil application, you will feel soft, smooth and totally relaxed. If you've ever wondered what it would be like to be rubbed, scrubbed and lathered-up Turkish style, this is the one for you.

## GO FIGURE

A firming, toning, tightening body detox treatment  
60 minutes

This is the one if you feel you need a bit of help to get into a special dress. Your treatment commences with brushing and sloughing movements to stimulate lymphatic flow. Hips, thighs and abs are treated to a detoxifying massage, using targeted techniques, followed by an intensive marine and earth mud wrap to continue the good work. Finally, a friction rub with GO FIGURE anti-cellulite gel completes the treatment. You will feel invigorated and clothes should be that bit looser. One treatment is fabulous – a course of six is amazing!

# HOUSEKEEPING FOR THE BODY

TURN GROOMING INTO A TREAT

Eyebrow Shape 15 minutes

Lip Wax 15 minutes

Extended Bikini Wax 30 minutes

Eyebrow Tint 10 minutes

Chin Wax 15 minutes

Half Leg Wax 30 minutes

Eyelash Tint 10 minutes

Underarm Wax 15 minutes

Three Quarters Leg Wax 45 minutes

Eyebrow & Eyelash Tint 30 minutes

Half Arm Wax 15 minutes

Full Leg & Bikini Wax 60 minutes

Bikini Wax 15 minutes

# HANDS & FEET SUITE

TEMPLE SPA MANICURES & PEDICURES

Probably the most luxurious manicure and pedicure you will ever have, literally skin care for the hands or feet. These 60 minute treatments will leave your hands and fingertips or feet and toes looking elegant and feeling so good.

Using the unique Temple Spa NAIL TREATS that are nail treatments with colour, you choose your shade and then get to take it home with you.

Spa Manicure 60 minutes

Spa Pedicure 60 minutes

Express Manicure 30 minutes

Express Pedicure 30 minutes

Gelish Gel application Chip free nails for up to 3 weeks.  
(Available with spa/express nail services)

# THE TOUCH THERAPIES

by Jennifer Young

Specialist treatments help those living with and beyond cancer, ideal for the most sensitive of skins.

After researching training and treatments for our guests living with or surviving cancer, we have decided to team with Jennifer Young. Jennifer Young has a BSc (Hons) in Biology and is an experienced Micro-biologist, a qualified Nutritional Therapist, an associate member of the Royal Society of Medicine, a qualified Aromatherapist, Beauty Therapist and Product Formulator. Weavers' House Spa therapists have been specially trained and qualified in Jennifer Young treatments and skincare, so we can deliver you the highest grade of treatment with quality ingredients to indulge you in some seriously sumptuous pampering.

## GLOWING FACIAL

30 / 60 minutes

As with all of the Jennifer Young treatments, this relaxing facial is blissfully adapted to bring the glow of health and harmony to even the most sensitive skin. Soothing massage techniques help you to drift to a place of rest & relaxation, leaving your skin with a glowing radiance. Your specialist therapist extends the treatment to include the scalp making the experience even more indulgent.

## INDULGENT MASSAGE

30 / 60 minutes

A bespoke massage carefully adapted by a specialist therapist to suit each individual's need. Using 100% natural and organic oils this treatment is ideal for the most sensitive skins. Let the power of touch bring harmony & well-being. You will be left feeling deeply relaxed. The experience is extended to include the scalp ensuring that your massage is pure indulgence.

## TOP TO TOE

75 minutes

This top to toe experience includes a gentle full body massage followed by a deeply relaxing facial. It will benefit even the most sensitive skin. Your specialist therapist uses 100% natural and organic products, extending the experience to include the scalp.

## SPECIALIST MANICURE

30 / 60 minutes

Luxurious peach kernel oil and macadamia oil combine with the specialist knowledge of your therapist to give a healing and relaxing manicure. This treatment is designed for damaged nails and sensitive skin. Your specialist therapist will bring your nails back to a new level. This nourishing and moisturising manicure is finished with an application of your favourite colour. You will be given expert advice on how to improve the condition of your nails.

## NAIL BEAUTIFUL PEDICURE

30 / 60 minutes

Our soothing and nourishing foot balm is massaged into your feet whilst our 100% natural and organic nail oil works its magic into your nails. Finish off with a colour of your choice and enjoy recognising your feet! Your specialist therapist will provide expert advice on how best to look after your feet and nails.

  
**JENNIFER YOUNG**  
As Unique as You



## CALL IT A NIGHT

CANDLE LIT EVENING SPA EXPERIENCE—PERFECT FOR A HEN NIGHT OR SPECIAL OCCASION

Interested in hiring the spa exclusively? Imagine a candle lit spa night with six or more of your best friends or family.

Enjoy a facial or a massage, a glass of bubbly and exclusive use of the spa facilities — all lit by candles.


A most stunning idea for a celebration event and it might well be the most relaxing and romantic spa experience in existence...

We must mention that a minimum of six people are required for this booking.

## SPARTY WITH US

A SPARTY is a stylish way to discover more about how to look after your skin and you also get to enjoy a glass or two of bubbly and some delicious canapés. Trained therapists will talk you through a spa facial so you can correct, perfect and maintain your skin care at home using luxurious Temple Spa products available from the retail boutique at Weavers' House Spa.

'A Sparty' can be booked Monday to Thursday for up to 10 guests between 5.30pm and 7.30pm. Reservations should be made a minimum of five days in advance and confirmed with a deposit, which is redeemable against Temple Spa products on the evening.



## READY TO BOOK OR HAVE A QUESTION?

Call us on **01787 246246**  
or email us at [weavers@theswanatlavenham.co.uk](mailto:weavers@theswanatlavenham.co.uk)

We wouldn't want you to miss out on your favourite date and time, so please book well in advance. If you're not sure which treatment you want yet that's fine – just book time with a therapist and you can decide on the day which treatment(s) you'll enjoy.

If you are not staying with us in the hotel, we will need your full address, telephone number and debit or credit card details to secure your booking.

## HOUSE RULES

### CHECK IN

Please arrive 15 minutes prior to your scheduled treatment, so you can complete a health care consultation and questionnaire and be fully relaxed. We don't ever want you to feel rushed.

### USE OF SAUNA, STEAM ROOM AND VITALITY POOL

Use of the above facilities is complimentary for anyone who has booked 90 minutes or more of treatment time, or is staying with us in the hotel. Not staying or short on spa time? For a small fee you can enjoy the facilities, ask us for more details on an upgrade.

### CANCELLATION POLICY

Sometimes things go amiss and you can't make your appointment, but please let us know 24 hours in advance. Unfortunately if you forget to cancel and we can't fill your booking with someone else, you will be charged a fee.

### TRANQUILLITY POLICY

Spaaaaa... Even the word conjures up stillness, so to help keep the peaceful ambiance, please keep your phones and electronic devices switched off and keep conversations to a whisper.

### MINIMUM AGES

We love all ages in our spa, but we cannot accommodate children and teens under 16 years. Their time will come.

### HYGIENE

Please be considerate of other guests by showering before using any of the spa facilities.

### MEDICAL CONDITIONS

Please let us know of serious medical conditions. In some cases medical approval may be needed.

### PREGNANT?

Firstly, congratulations! How exciting. Please tell us though, as some treatments are not recommended for you at this time.

### SMOKING

This is not permitted anywhere in or around the spa.

### LOCKERS

Lockers are available for your belongings. Kindly note Weavers' House Spa accept no responsibility for lost or stolen property from lockers.

### WHAT TO BRING

Please bring a swimsuit to wear in the spa facilities. We will supply you with towels, a fluffy robe and slippers to be worn exclusively in the spa.

### TRANSFORM YOUR HOME INTO A TEMPLE SPA

The Temple Spa products we use in your treatment can all be purchased. Our therapists and staff will be happy to help you decide which are suitable for your skin type and lifestyle.



*Discover the art of  
Swimming around*

*'Weave in a little me time'*

SPA TARIFF & MORE



*Spa with us...*

*Get in touch...*

01787 246246 | [weavers@theswanatlavenham.co.uk](mailto:weavers@theswanatlavenham.co.uk) | [www.theswanatlavenham.co.uk/spa](http://www.theswanatlavenham.co.uk/spa)  
The Swan at Lavenham, High Street, Lavenham, Suffolk, CO10 9QA