

Beauty & holistic therapy at the Hoste

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Beauty & Holistic Therapist DIP VIA

**Make sure your escape to North Norfolk is as relaxing as can be with our beauty and body treatments offered by our team of highly qualified and experienced professional therapists, carried out in the privacy of your Hoste Arms guest room.**

### **Men, don't be shy**

Holistic therapy is a fantastic stress release. And, if it would make you feel more comfortable, we can put you in the capable hands of either our qualified male masseur or a female masseuse, if you'd prefer – just let us know when booking.

### **Enjoy therapies together**

If you're staying at the Hoste with your partner, family or friends, you can book up to four therapists at one time, so together you can feel the benefits of our beauty and holistic treatments.

### **Are you a bride-to-be?**

Let us know if you're getting married at nearby Sussex Barns. We offer a fab bridal package, so you'll look and feel your best for the big day. Please call and we'll happily tell you more.

Pay for a full body massage / back massage and reflexology package / thai style full body massage or stone full body massage and receive your second treatment half price.

## **Treatments we can offer you**

(All skincare products used are Mary Cohr)

### **Beauty treatments:**

#### **Basic facial (approx 1 hour) £40**

Cleanse and tone / exfoliating scrub / hot pad / soothing facial massage / masque and moisturiser.

#### **Galvanic facial (approx 1 hour 15) £55**

A treatment suitable for all skin types that re-oxygenates and cleans leaving it glowing with health and Re-newed radiance.

Deep cleanse and tone / exfoliating scrub or peel / hot pad / Galvanic face and neck treatment / deluxe facial massage / masque and moisturiser.

#### **Catio Lift facial (approx 1 hour 15 minutes) £60**

A lifting treatment to tone facial muscles leaving it feeling more toned, firmer and visibly smoother.

Deep cleanse / exfoliating scrub or peel / hot pad / Catio face and neck lift / deluxe facial massage / masque and moisturiser.

#### **NEW Peel & Lift facial (approx 1 hour) £60**

A skin renewal treatment that helps give a radiant complexion and younger looking skin.

Deep cleanse / pre peel glycolic acid exfoliating gel / neutralising post peel massage / lifting cryo-elastic mask / moisturiser.

**Manicure with polish (approx 45 minutes) £30**

Finger soak / file / cuticle treatment / hand and arm massage / heated mitts / colour polish of your choice.

**Pedicure with polish (approx 1 hour) £38**

Aroma foot spa / cut and file / cuticle treatment / invigorating foot scrub / deep tissue leg and foot massage / heated booties / colour polish of your choice.

**Holistic therapies:**

**Indian head massage (approx 45 minutes) £35**

Release blocked energy and tension with this soothing massage concentrating on the head, neck, shoulders and arms.

**Aromatherapy massage:**

A combination of deep and soft tissue massage using oils containing plant extracts, known to have powerful healing properties. Let your therapist know exactly how you're feeling before treatment, so they can select the oils most suited to your individual needs.

- Back, including head & face (approx 1 hour) £45
- Full body (approx 1 hour 30) £65

**Reflexology (approx 1 hour) £45**

Relieve tension and redress your mental and physical well-being all through your feet!

**Total aromatherapy back massage & reflexology package (approx 1 hour 30) £65**

Ultimate pampering combining two therapeutic treatments – a back, head and face massage followed by reflexology, leaving you totally relaxed from head to toe.

**La Stone therapy massage**

This is a specialised treatment incorporating warm stones into your massage treatment – bliss for the body, mind and spirit.

- Back (approx 1 hour) £60
- Full body (approx 1 hour 30) £80

This is a specialised massage treatment using traditional heated Thai compresses, a powerful body purifying and detoxifying treatment.

- Back (approx 1 hour) £60
- Full body (approx 1 hour 30) £80

**NEW – Lava Shell Massage**

This is a unique, revolutionary Eco- treatment using warm, smooth Tiger Clam shells. These are expertly glided over the body to alleviate all stress and tension. The specialised tummy work is a natural version of the colonic cleanse. A must try if you have never experienced one. We are currently the only fully trained therapists in Norfolk.

- Back (approx 1 hour) £65
- Full Body (approx 1 hour 30) £85

Any of the above massages can be done synchronised please ask for more details.

**To book, please call Janet on**

**07828 000 146**

**Treatments available Monday to Friday 8am to 8pm, Saturday & Sunday 10am to 4pm**  
(12 hours notice and minimum treatment total of £50 per visit required)

If we're unable to take your call, please leave a message and contact number.

**We promise to return your call within 2 hours.**

**What you need to know:**

Please make your payment by cash or cheque directly to the therapist. Cheques should be made payable to 'Janet Ficarra'.

If you're unable to make your appointment, please let us know within 12 hours, so we're able to offer your slot to another guest on our reservation list. If not, we're sorry but we have to charge you a cancellation fee, which is 50% of the cost of your treatment booked. So best save our number on your mobile, just in case.

Beauty & holistic therapy at Vine House Boutique Hotel and Hoste Arms

janetficarra.

Beauty & Holistic Therapist DIP VIA

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If you're staying at the Vine House with your partner, family or friends, **you can book up to four therapists at one time**, so together you can feel the benefits of our beauty and holistic treatments.

**Treatments available Monday to Friday 8am to 8pm, Saturdays and Sundays 10am to 4pm:**

Facials  
Manicure & pedicure  
Indian head massage  
Bridal Package

Aromatherapy massage  
Reflexology  
Aromatherapy massage & reflexology package  
**New** La Stone massage

**New** Catio lift facial

**New** Thai style massage

**Click here** to view more on each treatment

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**0 7 8 2 8 0 0 0 1 4 6**

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