

Beauty Opening Times

Monday	CLOSED
Tuesday	10am—6pm
Wednesday	10am—6pm
Thursday	10am—6pm
Friday	10am—6pm
Saturday	10am—6pm
Sunday	10am—6pm

Please speak to one of our receptionists to book in your next relaxing treatment.

Alternatively call or email us.

High Wych, Sawbridgeworth, Hertfordshire CM21 0JU
01279603544
www.manorofgroves.com | spa@manorofgroves.co.uk



MANOR of GROVES



MANOR of GROVES

Treatments

AT THE MANOR OF GROVES HOTEL

Experience the Difference



Men's

Club

Men's pro skin fitness £50 for 30 minutes

Let us help with the signs of aging, shaving irritation, rough dry skin and breakouts. Every stage is customized to your skins needs.

Men's sports manicure £28 for 30 minutes

An SOS treatment to tidy the nails and cuticles to revitalize the hands.

Tension busting scalp massage £45 for 30 minutes

Clear your mind with this releasing massage designed to loosen the scalp and free the neck from tension

Tension busting full body massage £75 for 60 minutes

Tension busting Back, Neck & Shoulder Massage £55 for 30 minutes

This massage includes traditional Swedish techniques to create a tailored massage for those who enjoy stronger pressure

Men's MOT £100 for 1 hour & 30 minutes

Sports manicure

Swedish Back, Neck & Shoulder Massage

Tension busting scalp massage

Waxing

Back wax £35 (30 minutes)

Chest wax £35 (30 minutes)



Experience
the Difference....

Experience the Difference



Packages

Pure bliss £100 for 1 hour & 30 minutes

Dermalogica pro skin 30 minutes
Aromatherapy full body massage

Girls at Play £105 for 2 hours & 30 minutes

Luxury manicure
Luxury pedicure
Relaxing back, neck and shoulder massage

Pamper day £145 for 2 hours & 30 minutes

Jessica manicure
Jessica pedicure
Relaxing back, neck and shoulder massage
Dermalogica pro skin 30 minutes

Holiday £70 for 2 hours

Jessica pedicure
Underarm wax
Eyebrow wax
Half leg wax

To upgrade to gels for an extra £10 please state at time of booking

All our packages include free access to our health club

Massages

Relaxing Full Body Massage £65 for 60 minutes

Relaxing Back, Neck & Shoulder Massage £45 for 30 minutes

This blissful massage will have you feeling destressed in no time. This massage is perfect for anyone who needs sometime to rewind

Tension/Sport Full Body Massage £75 for 60 minutes

Tension/Sport Back, Neck & Shoulder Massage £55 for 30 minutes

This massage uses sports massage techniques to create a tailored massage for those who enjoy a stronger pressure.

Aromatherapy Full Body Massage £75 for 60 minutes

Aromatherapy Back, Neck & Shoulder Massage £55 for 30 minutes

The most relaxing kind of massage working on the mind, body & soul. Specifically developed to use pressure points and essential oils

Head & Scalp Massage £45 for 30 minutes

This divine form of massage will help disperse and headaches or tension around the head, scalp, face and neck area.

Leg & Foot Massage £25 for 15 minutes

A 15 minute massage to sooth away aches and pains. Perfect for anyone who has been on their feet all day.

Stress Buster £40 for 30 minutes

A 15 minute back, neck & shoulder massage, finishing off with a 15 minute scalp massage, a great treatment to feel destressed to relieve headaches and tension from the neck.

Ultra calming £65 for 60 minutes

Settle in for our super soothing treatment that includes gentle cleansing, a calming masque and therapies that help calm redness and reduce inflammation

AGE Smart £65 for 60 minutes

Are the signs of aging becoming more prevalent on your skin? This powerful treatment will give it a revitalizing power boost designed to help firm, smooth, nourish & regenerate while controlling

Lava Shells Full Body Massage £85 for 60 minutes

Lava shells Back, Neck & Shoulder Massage £65 for 30 minutes

A truly pampering treatment combining the warmth of shells with deeply relaxing massage techniques to create a sense of balance to the body and mind. The shells are worked over the whole body to release tension.

Experience the Difference

Specialised

Facials



Dermalogica Pro Skin £50 for 30 minutes

We will target your skin concerns for maximum impact in minimum time.

This treatment is popular for people who have just 30 minutes and want visible results with great value.

Dermalogica Pro skin £65 for 60 minutes

This 60 minute treatment is customised to you, whether your main concern is ageing, acne, pigmentation or sensitivity we will address all your skin concerns in 60 minutes.

Skin brightening £65 for 60 minutes

This treatment improves skin pigmentation, accelerates brightening and regenerates a youthful glow, creating a fresher & healthier appearance.

Body Treatments

Pregnancy Pamper* £52 for 60 minutes

Being pregnant is the perfect time to let us pamper you! Enjoy a relaxing massage followed by a relieving leg and foot treatment.

*We will not perform this treatment on anyone who is under 12 weeks pregnant or after 38 weeks due to health and safety

Total Body Treat £55 for 60 minutes

Fancy treating yourself to something special? Starting with a full body exfoliation to prepare the skin, your therapist will then apply a nourishing body cream using gentle massage techniques.

Waxing

Lip	£10 (15 minutes)	Full leg	£30 (45 minutes)
Chin	£10 (15 minutes)	1/2 leg	£25 (30 minutes)
Lip & Chin	£17 (15minutes)	Full Arm	£25 (30 minutes)
Eyebrow	£10 (15 minutes)	1/2 Arm	£20 (15 minutes)
Full leg & bikini	£40 (50 minutes)	Under arm	£15 (15minutes)
1/2 leg & bikini	£35 (40 minutes)	Bikini Line	£17 (15 minutes)

Manicures & Pedicures

Gel Manicure £38 (60 minutes)

Gel Pedicure £40 (60 minutes)

Gel removal £12 (20 minutes) FREE if getting reapplied

Normal Polish

Manicure £35 (40 minutes)

Pedicure £38 (50 minutes)

Luxury Manicure £40 (50 minutes)

Luxury Pedicure £42 (60 minutes)

Eyes

Eye Lash Tint £15 (30 minutes)

Eyebrow Tint £12 (15 minutes)

Lash & Brow Tint £22 (30 minutes)

* A patch test is required 24 hours prior to your tinting treatment



Experience the Difference