



The Ickworth

SUFFOLK

ELEMIS Treatment List

Face Touch

The hands of a highly trained ELEMIS therapist are profoundly effective anti-aging tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

PRO-DEFINITION LIFT AND CONTOUR

This facial restores the architecture of your face with potent plant actives which help to strengthen and support the extra-cellular matrix. For a profoundly, sculpted youthful effect. Includes a targeted Jowl mask to lift and firm.

Duration 50 minutes
£70

DYNAMIC RESURFACING PRECISION PEEL

This precision treatment targets the signs of ageing, congestion and uneven skin tone, using layers of enzymes for powerful exfoliation and renewal.

Duration 50 minutes
£70

PRO-COLLAGEN AGE DEFY

Tackles dehydration, fine lines and wrinkles with the age-defying benefits of marine-charged Padina Pavonica and Red Coral whilst targeted massage encourages optimum cellular function for nourished, younger looking skin.

Duration 50 minutes
£70

SUPERFOOD PRO-RADIANCE

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives, leaving skin plump, radiant and bright.

Duration 50 minutes
£70

HIGH PERFORMANCE SKIN ENERGISER FOR MEN

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximizes cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

Duration 50 minutes
£70

ELEMIS Face Technology

The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. The results giving a visibly healthy and energised skin.

BIOTEC LINE ERASER

Targets wrinkles and energises the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating facial treatment that effectively iron out wrinkles and fills out lines.

Duration 1 hour
£80

BIOTEC FIRM A LIFT

With this ground-breaking blend of massage and sculpting galvanic technology, skin is visibly strengthened for a contoured complexion that is remarkably lifted.

Duration 1 hour
£80

BIOTEC SKIN RESURFACER

This facial address skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel and light therapy deliver a smoother than ever complexion.

Duration 1 hour
£80

BIOTEC RADIANCE RENEW

This cellular boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, whilst the galvanic rejuvenating current restores moisture for instantly clearer and visible brighter skin.

Duration 1 hour
£80

BIOTEC BLEMISH CONTROL

A deeply cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

Duration 1 hour
£80

BIOTEC SENSITIVE SKIN SOOTHER

This anti redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skins ability to repair itself. The result is calm and soothes skin.

Duration 1 hour
£80

BIOTEC SUPER CHARGER FOR MEN

The facial to de-stress, de-age and de-fatigue the male complexion. Ultrasonic peeling and galvanic current deliver a deep clean.

Duration 1 hour
£80

Biotec Add-on Treatments

BIOTEC EYE TREATMENT

Gently stimulates and tighten the delicate eye area without disturbing fragile skin.

Duration 30 minutes
£35

BIOTEC NECK TREATMENT

Microcurrent reminds the muscle to firm up whilst the Arjuna-infused jowl and chin mask lifts and tightens for super contouring.

Duration 30 minutes
£35

Face & Body Combination Treatments

COUTURE TOUCH

Combining a bespoke deep tissue back massage with a hands on 30 minute personalised ELEMIS facial

Duration 50 minutes
£75

TOTAL ESCAPE

Combining Bespoke deep tissue full body massage and a Personalised 50 mins ELEMIS Touch hands on Facial.

1 hour 50 minutes
£120

Upgrade your 50 minute facial to a BIOTEC FACIAL for only £15.

1 hour 50 minutes with a BIOTEC facial.
£135

Body Treatments

BESPOKE DEEP TISSUE BACK MASSAGE

Using selected aromatic oils your therapist will massage tension areas of the back, neck and shoulders.

Duration 25 minutes
£40

BESPOKE DEEP TISSUE BODY MASSAGE

Your therapist will select an aromatic oil according to your concerns, be they muscle pain or the need for stress relief, relaxation or emotional balance. The flowing massage works deeper and deeper into the tension, encouraging optimum circulation.

Duration 50 minutes
£70

HOT MINERAL BODY BOOST MASSAGE

This unique full body massage treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins, includes a restorative facial massage.

Duration 50 minutes
£70

GARDEN OF ENGLAND ROSE RESTORE MASSAGE

A lavishly hydrating body massage and wrap. A Unique trio of Rose, Camelina and Poppy seed oils leaves the skin moisturised, intensely supple and delicately scented.

Duration 50 minutes
£70

HOT STONE MASSAGE

Hot Balinese stones bathed in the Frangipani Monoi Body oil are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy with the bonus of intensely hydrated skin.

Duration 1 hour
£85

PEACEFUL PREGNANCY MASSAGE

A gentle nurturing, specially formulated Full body massage for Mothers to be that deeply relaxes. Also includes a relaxing facial and scalp massage.

Duration 1 hour
£80

BODY NECTAR NOURISHING FRANGIPANI WRAP

The velvety texture of the Monoi oil offers super hydration for a thirsty skin. You are kept cocooned and warm while the balancing aromatic and skin conditioning oils do their work.

Duration 50 minutes
£65

INTENSELY CLEANSING SALT SCRUB - LIME AND GINGER OR FRANGIPANI

Lime and Ginger, Frangipani or Sapphire and Lavender Scrubs. Fragranced salt will slough away dead skin cells, encouraging the regeneration of new cells. Leaving the skin ready to absorb the deeply nourishing body oils.

Duration 30 minutes
£45
