

Treatments for your Face

BABOR - experts in professional skincare

For over 50 years BABOR dermatologists, geneticists and biochemists have worked closely with renowned universities and scientific establishments to find solutions to very specific skin problems and needs. BABOR professional products are used in all Imagine treatments due to their outstanding quality and effectiveness.

Prescriptive Discovery

30 minute treatment

£28

60 minute treatment

£50

Using innovative skincare systems that are as individual as your skin, this facial is designed for you to find out more about your skin and how to keep it looking radiant and healthy. After a thorough skin analysis and consultation, a gentle exfoliation precedes the application of a rich vitalising mask* which helps us diagnose your skin condition. You will then enjoy a facial massage and prescriptive treatment mask*, all topped off with eye and face hydration and protection. (*The rich vitalising mask and the prescriptive treatment mask are only included within the 60 minute treatment).

English Rose Radiance

60 minute treatment

£50

With this exquisite facial you will enjoy the luxurious sensation of a Rose Quartz massage. Harnessing the cell renewing properties of Alpine stem cells, Retinol (Vitamin A) and Rock rose extract, this facial will visibly regenerate the complexion and give it a fresh, rosy glow. Your skin will feel fantastic.

Collagen Infusion

60 minute treatment

£60

This triple hit is perfect if you have dry, tight, red or sensitive skin. We use the highest quality Collagen Booster fluids to ensure that this facial will intensively hydrate, calm and firm your skin whilst leaving it well toned with reduced fine lines and wrinkles. We promise you results that are better than you can imagine with this treatment – WOW!

Imagine's Favourite - Anti-Ageing Powerlift

60 minute treatment

£75

Imagine the most effective facial ever; one which is not only the most enjoyable and relaxing you've tried, but also has a truly noticeable effect. This is it! The exclusive High Skin Refiner products have instant results you can see and feel; fine lines and wrinkles are noticeably smoothed, giving the skin a more refined appearance. Experience our unique HSR ultra-concentrated anti-wrinkle fluid which increases the lifting effect. Your skin will be left noticeably firmer with a youthful complexion.

Treatments For Men

Nearly all of the treatments offered in our massage and body treatments are suitable for men as well as women, but this selection is particularly recommended for male skin...

Men's Energy Release Facial

30 minute treatment

£28

60 minute treatment

£50

This specially designed facial for men gives skin renewed strength and vitality. Often external and internal stress factors can upset the balance of your skin. This facial will deeply cleanse and soothe your skin improving its resilience. The healing power of hops and Siberian Ginseng will restore balance and the pressure point and scalp massage will leave you feeling energized.

Deep Tissue Back Massage

30 minute treatment

£30

An invigorating massage that is ideal for relieving muscular aches and pains, the therapist will apply pressure that ensures you will achieve physical and psychological equilibrium. This massage will be tailored to your desired outcome - leaving you relaxed, revitalised or restored.

Raindrop Massage

30 minute treatment

£35

60 minute treatment - full body

£58

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache. An "Imagine" exclusive!

Imagine's Sensory Body Massage with Lava Stones

30 minute treatment

£30

60 minute treatment - full body

£58

Imagine the warmth of sun kissed pebbles on a beach as heated, smooth lava stones are incorporated into this relaxing massage. After enveloping the body in the chosen warm, therapeutic massage oil, our therapists work their magic on tired muscles to bring a sense of calm and deep down muscle relaxation.

Imagine's Sensory Body Massage

30 minute treatment

£30

60 minute treatment - full body

£58

A massage tailored to your desired outcome (relaxed, revitalised or restored) through a combination of your chosen silky smooth, nourishing massage oil and the pressure applied with kneading, rolling motions and pressure point massage. This invigorating massage relieves muscular aches and pains, bringing physical and psychological equilibrium with highly effective, noticeable effects on the skin, radiance and mental wellbeing.

Imagine's Sensory Body Scrub

30 minute treatment

£35

A body scrub is an essential treatment for removing dead skin cells, increasing the circulation and leaving it feeling as soft as silk, revealing a brighter glow to your skin. We use rich grain mineral sea salts mixed with your chosen luxurious, silky smooth oil to exfoliate the skin, stabilise moisture levels and promote skin renewal. Perfect before a massage or wrap!

Men's Manicure

30 minute treatment

£20

A treatment for the hands, this specialist manicure will strengthen and condition your hands and nails.

Treatments For The Body

Imagine has thoroughly tried and tested a number of body treatments to ensure we offer you the best quality with the best results and optimum enjoyment. If you are looking for a luxurious treatment which leaves you feeling wonderful then we recommend our sensory range. We recognise that there are times when results are every bit as important as relaxation and our effective range are guaranteed to leave you looking great.

To enhance the effects of our body scrubs, wraps and massages your therapist will help you choose the oil best suited to your desired effect from the beautiful BABOR SPA range.

To feel revitalised, the beautiful *energising lime mandarin*.

To feel relaxed, the indulgent *relaxing lavender mint*.

To feel restored, the soothing *balancing cashmere wood*.

Our Sensory Selection For The Body

Imagine's Sensory Body Scrub

30 minute treatment

£35

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Imagine's Sensory Body Wrap

60 minute treatment

£58

This is an Imagine Spa favourite because it nourishes and soothes the skin, cocoons the body and leaves you looking and feeling fantastic. We use one of our luxurious oils with an intensive moisturizing body cream which is applied head to toe. As you relax, your therapist will treat you to an indulgent foot and scalp massage, allowing time for the rich ingredients to take effect. The perfect treatment after our body scrub or before a massage.

Imagine's Sensory Body Massage

30 minute treatment

£30

60 minute treatment - full body

£58

A massage tailored to your desired outcome (relaxed, revitalised or restored) through a combination of your chosen silky smooth, nourishing massage oil and the pressure applied with kneading, rolling motions and pressure point massage. This invigorating massage relieves muscular aches and pains, bringing physical and psychological equilibrium with highly effective, noticeable effects on the skin, radiance and mental wellbeing.

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30 minute treatment

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Imagine the warmth of sun kissed pebbles on a beach as heated, smooth lava stones are incorporated into this relaxing massage. After enveloping the body in the chosen warm, therapeutic massage oil, our therapists work their magic on tired muscles to bring a sense of calm and deep down muscle relaxation.

Our Sensory Selection For The Body (continued)

Raindrop Massage

30 minute treatment £35

60 minute treatment - full body £58

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache. An "Imagine" exclusive!

Our Effective Selection For The Body

Detoxifying and Clarifying Back Massage

30 minute treatment £35

Detoxifying and Clarifying Body Massage

60 minute treatment £58

This treatment creates a visibly refined, clean and even complexion and reduces impurities and redness. We use a volcanic clay peel to deep cleanse the back and stimulate the circulation. We then allow a thermo-mineral clay pack to work its magic before finishing the treatment with a soothing massage application of Vitamin ACE body cream.

Deep Tissue Back Massage

30 minute treatment £30

An invigorating massage that is ideal for relieving muscular aches and pains, the therapist will apply pressure that ensures you will achieve physical and psychological equilibrium. This massage will be tailored to your desired outcome - leaving you relaxed, revitalised or restored.

Anti-cellulite Firming Treatment

60 minute treatment £58

Say goodbye to cellulite and uneven skin tone with this detoxifying and firming treatment. After an invigorating salt exfoliation and stimulating massage, our wraps, whose active ingredients help to promote the microcirculation and create an intense sensation of warmth, are applied to localised areas. Your skin will be left feeling softer, smoother and firmer. Try it and the results will mean that you keep coming back for more!

Mum to Be Treat

30 minute treatment £30

60 minute treatment £58

Relax and be pampered with this luxurious treatment which is safe pre and post pregnancy. The unique complexes in the Advanced Biogen Intensive repair help reduce and minimise stretch marks and leave you feeling wonderful. The 60 minute treatment includes a back, neck and shoulder massage, a foot and leg mask/treatment and a mini facial. (Please note this treatment is for those past their 12th week of pregnancy.)

Finishing Touches

Scalp Massage

15 minute treatment

£18

A truly relaxing experience using Moroccan Oil, we have developed a unique scalp massage incorporating pressure point techniques to the scalp and ears and tension releasing movements that will place you into a state of pure bliss.

Sensational Eyes

30 minute treatment

Without tint £28

30 minute treatment

With tint £35

It is said that the eyes are the window to our soul, so enhance this delicate area with this nourishing, refreshing and firming eye treatment. Active complexes help to drain, brighten and firm while reducing the appearance of fine lines and wrinkles. Have this treatment as a stand alone or as an add on to any facial.

Eyelash tint - 30 minute treatment

£8

Eyebrow tint - 15 minute treatment

£6

Eyelash and eyebrow tint - 30 minute treatment

£12

A patch test is required 24 hours prior to any tinting treatments.

Mini Cleanse and Boost

15 minute treatment

£15

This Mini facial includes a deep cleanse with serum application to boost and refresh the skin. All finished with a prescribed day and eye cream, leaving you looking and feeling beautiful!

Prescriptive Therapeutic Manicure

60 minute treatment

£30

A luxury treatment for the hands, this specialist manicure will strengthen and condition your hands and nails and includes use of our specially designed heated mitts and a Jessica Midi polish to finish and take away with you.

Prescriptive Therapeutic Pedicure

60 minute treatment

£30

Sheer bliss for your feet, this conditioning treatment nourishes and softens the skin, using a cooling mask to leave your skin feeling silky soft and finished with revitalising Jessica Midi polish to take away with you.

Mini Manicure/Pedicure

30 minute treatment

£20

A maintenance treatment to help you keep your nails in tip top condition. Create a sparkle or a gloss by adding a splash of colour for that perfect finishing touch.

Gel Nails Overlay

60 minute Gel nails Manicure or Pedicure	£35
30 minute Gel nails refresh manicure	£20
30 minute Gel nails removal	£18
75 minute Gel nails removal with Gel Manicure or Pedicure	£40

A revolutionary soak-off gel polish that offers a longer lasting manicure with total protection for your nails unlike previous gels. It's quick, easy and dries in seconds. Smudge and chip resistant giving active women the freedom to literally work hard and play hard whilst keeping their nails looking their best. Please note this treatment does not provide an extension to the natural nail.

Make-up Application/Lesson

30 minute treatment	£30
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Learn about our make-up range and how to apply it – the therapist will advise you what you should be using on your skin and why. Alternatively, just come and relax while we apply your make-up for you – perfect after one of our luxurious facials.

Cooling Leg and Foot Treatment

15 minutes	£15
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This relaxing treatment designed to invigorate and refresh tired legs and feet involves a cooling stimulating foot mask followed by a relaxing massage using draining movements to help stimulate blood flow and circulation.

Spray Tan

30 minutes	£25
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Our full body spray tan that leaves you looking bronzed and beautiful. Don't forget to wear dark loose clothing after your tan!

Waxing

Full leg	45 mins	£26.00	Forearm	15 mins	£11.00
Full leg and Bikini	60 mins	£32.00	Underarm	30 mins	£15.00
3/4 leg	30 mins	£20.00	Eyebrows	15 mins	£9.00
1/2 leg	30 mins	£17.00	Lip or chin	15 mins	£7.00
1/2 leg and Bikini	45 mins	£24.00	Lip & chin	30 mins	£12.00
Bikini	15 mins	£10.00	Back or chest	30 mins	£18.00

We use Perron Rigot, the leading specialist in depilatory waxing.

A Stunning Spa Experience

Our day spa programmes are designed to meet your individual health and beauty needs and offer the opportunity to get the most value out of your visit.

For flexibility and convenience our day spa packages are time orientated, as opposed to treatment led. They incorporate a combination of dedicated therapist treatment time coupled with the opportunity for you to experience the very latest in heat and water therapies in our unique thermal suite.

So, booking an Imagine experience is based on you making just two decisions:

1. How much time you can spend with us
2. How you want to feel when you leave us - relaxed, revitalised or restored

Our time packages come in either half day or full day options, so, once you know how long you will be spending with us, you can choose between three programmes, each designed to provide a slightly different experience.

The Discover Experience - for the first time spa goer who may be unsure about having treatments and therapies, or for those who prefer to have more time in the luxurious thermal suite, the Discover package offers a great way for you to discover the delights of the day spa.

The Enrich Experience - if you can't decide whether its more treatment time or relaxation in our thermal suite time you want, why not opt for the Enrich experience giving you time to make the most of both. Kick back and we will bring you back to your very best and leave you feeling on top of the world.

The Indulge Experience - is pure pampering at its best! With extended treatment time you can enjoy more of our fabulous therapies and still have plenty of time in the Thermal Suite.

At this stage no specific treatment booking is required in advance. Part of your overall experience is the freedom to select your treatment on the day of your visit. Choose from our extensive range of massages, facials and body treatments to suit your needs.

When you arrive - Sit down and tell us how you feel, if there are specific areas you would like to concentrate on and most importantly how you would like to feel on leaving us – relaxed, restored or revitalised. Our therapists will then go through our range of face, body and alternative treatments and help you to create a personalised plan tailored to meet your needs.

In addition you will receive recommendations on which of our fabulous thermal suite treatments will compliment your programme and then be given time to enjoy our unique top of the range facilities.

The treatment time included within these packages is designed for any of our Massages, Facials or Body treatments. Any of the treatments from the finishing touches menus can be booked as additional to your package, subject to availability.

When you leave - We want you to have both enjoyed your time and developed a greater understanding of the short and long term benefit of Spa treatments. All we ask is that you tell us how you feel, what worked for you and how you 'Imagine' your next visit to us will be.

So now you know the Imagine concept, simply use our at a glance guide to select the perfect experience for you.

Length of visit	Experience	Therapist time	Spa time	Mon-Fri	Sat-Sun
Half Day	Fire & Ice	n/a	240 mins	£22	£30
	Discover	30 mins	210 mins	£49	£59
	Enrich	60 mins	180 mins	£79	£89
Full Day*	Discover	60 mins	420 mins	£89	£99
	Enrich	90 mins	390 mins	£109	£119
	Indulge	120 mins	360 mins	£139	£149

* All full day experiences include a light lunch.

imagine the finest treatments and facilities...



We're passionate about the quality standards and service we offer to our members and guests. That's why we ensure everything from the receptionist's greeting through to the development of individually tailored spa experiences is always delivered how you want it, when you want it.

Our treatments incorporate a selection of the finest products including many from the local Norfolk area adding an extra bit of luxury to our range of multi-sensory health and beauty therapies. Using a unique blend of healing oils, natural pure plant extract, minerals and fruits, all our treatments will be tailored to your need and adapted to create a relaxing, restoring or revitalising effect.

From body wraps, exfoliations and a range of massages to rejuvenating facials, our professional therapists can deliver them all in our five beautifully appointed treatment rooms. In addition, we also have a dedicated manicure, pedicure and make up area where your therapist will soothe away your aches and pains or give your nails some special attention and leave you looking fabulous.

Combining oil treatments in an ergonomically shaped bath full of constant warm water, our indulgent aromatherapy bath is something of a bathing ritual while our Serail chamber is just the ticket to cleanse the skin and accelerate toxin removal.

It's great on your own but better to share with a friend.

Imagines unique thermal suite has a range of heat and cooling experiences to cleanse and sooth the body. Its range of steam rooms, feature showers, ice fountain and foot spas help to maximize the benefits and effectiveness of your spa treatments.

Whether before, during or after your treatment, why not also spend time in our relaxation lounge, which provides the ideal environment to unwind.

Adjoining the spa and provided for the benefit of both spa guests and health club members is our luxurious swimming pool, whirlpool bath, sauna and steam room.

So what are you waiting for? Give us a call now to arrange the best spa experience you could possibly Imagine!



Imagine the ultimate health and spa experience in the East of England...

Imagine Health & Spa is the unique North Norfolk health club and luxury day spa. Our warm welcome and expert staff will ensure you feel relaxed and comfortable from the moment you walk through the door to the time you leave whether it's your first time in a spa or you're a regular.

We know that attention to detail makes a big difference. That's why there is no need to stress about booking specific treatments before you arrive. Simply book a block of time and, on arrival one of our friendly, professional therapists will help you create a personally tailored spa visit including your treatments and time in our luxurious thermal suite. No planning. No prior experience. No difficult decisions. Easy! And always an expert on hand to guide you.

Of course you can also book any of our treatments individually should you prefer.

The Imagine ethos encapsulates flexibility, informality and clarity. Our aim is to offer you a unique experience based on freedom of choice where you are in control of how you spend your time with us. Our friendly, quiet, intimate atmosphere means you can instantly switch off from kids, life, work, laptops, mobile phones and recharge your own batteries!

You no longer have to imagine, you just have to visit us!

Call: 01553 670991 to book

Imagine Health & Spa
Knights Hill Hotel,
South Wootton,
King's Lynn,
Norfolk.
PE30 3HQ

www.imaginespa.co.uk

imagine
Health & Spa

RELAX | REVITALISE | RESTORE

Imagine the ultimate hen spa pamper day...



Imagine a spa that makes you feel at ease from the moment you step through the door. Where the peaceful sounds, soothing aromas and soft lighting work in harmony to create a restful environment that leaves you feeling calm and contented. Our hen party packages will guarantee a fun relaxing party with plenty of time to chat and catch up without the planning stress and makes a perfect venue for a real hen party treat.(based on groups of 4 or more)

Hen Pamper Party (4 hours)

Monday - Friday £45 per person; Saturday - Sunday £55 per person

Includes glass of bubbly and chocolates on arrival, full use of the spa facilities and a 30 minute treatment of your choice.

Hen Party Pamper Plus (4 hours)

Monday - Friday £65 per person; Saturday - Sunday £75 per person

Includes glass of bubbly and chocolates on arrival, full use of the spa facilities and a 60 minute treatment of your choice.

Exclusive Hen Pamper Party - from £75 per person*

For the ultimate hen party spa treat, we offer you exclusive use of the whole spa - a simply divine, memorable way to spend your special day and perfectly prepare for your wedding. Come and meet us to discuss your requirements and we will tailor make the perfect day for you and your party.

*Minimum spend required

There's more... Enjoy a FREE wedding make-up demonstration for the whole group and a make-up application for the Bride-to-be (groups of 4 or more). And don't forget, the Bride-to-be goes FREE with groups of 10 or more!

**Call us now to discuss your Imagine Spa Hen Pamper Party on
01553 670991**

For more information contact Imagine Health & Spa on **01553 670991**, visit **www.imaginespa.co.uk/kingslynn** or email **reception@imaginespa.co.uk**

Fire and Ice Experience

The Fire and Ice experience can be enjoyed on its own or as part of our day spa experiences where it is part of the all inclusive price.

The Fire and Ice experience is based on the ancient ritual of bathing where the body is treated using a series of hot and cooling experiences, guiding your body through a sensory journey with the ultimate aim of inducing deep relaxation. By increasing the core temperature of the body it is an excellent way of preparing for individual massage treatments which will be more effective as a result.

Heat Experiences

Aroma Steam Room

Using a variety of essences to cleanse the body of impurities and revitalise the mind by inducing a deep state of relaxation. This moist heat environment is particularly beneficial to the respiratory system.

Mineral Grotto

A hot steamy room featuring crystals and essences to aid healing and relaxation whilst you melt into the curved, heated seats. Mineral salts within the grotto offer a variety of therapeutic effects.

Foot Spa

A gentle relaxing foot bath to soothe the feet. The perfect way to soak away the stresses of a busy day.

Spa Bath

A bubbling warm pool in which you can enjoy the gentle massaging effects of water.

Sauna

A luxurious timber chamber provides a dry heat which will deeply penetrate the body and soothe joints and muscles.

Swimming Pool

If all this relaxation is getting to much our indoor pool provides the perfect way to gently exercise! (Please note that the spa bath, sauna and swimming pool are located in a separate area to the other heat experiences)

Cooling Experiences

Ice Fountain

Gently apply crushed ice onto the body to counteract the warming effects of the heat experience.

Experience Showers

These showers offer a multi-sensory experience from soft tropical rain to invigorating peppermint mist designed to help cool the body. A waterfall shower and body shower complete the experience.

Relaxation Room

Lie back and relax on our loungers in a dedicated relaxation room. Sip chilled water or a refreshing warming herbal tea to hydrate as you appreciate the peace and tranquillity.

Aromatherapy Bath Treatments

30 minute treatments

£30

The ultimate way to escape – unwind in our constantly heated aroma bath with its specially prepared ingredients and milks. The tea lights flicker as you forget about the world outside. The aroma bath can be a treatment in its own right or can be the perfect way to prepare for your massage or serail bath experience. Choose your treatment from below....

Maritime Salt Bath

This bath with the combination of blue-green algae and sea salt has a toning effect, resulting in firmer body contours and more youthful-looking skin.

Herbal Milk Bath

A relaxing blend of milk and herbs regenerate and condition the skin whilst relaxing and balancing.

Lavender Relax Bath

Our 'Imagine' special containing natural plant oils, lavender and lemon balm. Soothes strained nerves, relieves stress and promotes deep sleep. Mmm!

Milk Bath

A soothing bath treatment to calm the skin, intensively moisturise and leave the skin feeling as soft as silk.

Aroma Bath Relaxing/ Revitalising/Restoring

A deeply relaxing aroma therapeutic bath, to reduce stress and treat the skin. Choose the fragrance to suit your mind and help you get the most out of the treatment.

To feel revitalised, the beautiful *energising lime mandarin*.

To feel relaxed the indulgent *relaxing lavender mint*.

To feel restored the soothing *balancing cashmere wood*.

Serail Mud Chamber

One person treatment (45 minutes)

£45

Two person treatment (45 minutes)

£80

This is a wonderful treatment that is most enjoyable with a friend or partner, as you apply the healing mud to your body before entering the two person serail chamber. During the initial relaxation stage the pleasant healing warmth of the chamber enables the mud to cleanse the skin accelerating toxin removal. The music and gentle lighting ensures you are totally relaxed. A warm shower removes all the mud to complete your treatment. Your skin will feel as soft as silk and you will feel completely chilled. It's decadent but you do deserve it!