

THE TREATMENT ROOMS AT

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THE OLD  
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## *Treatment Rooms*

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A mere stones throw from the shore, on the edge of the historic old town. The Treatment Rooms at The Old Rectory, offer a personalised approach to well being.

Combining the perfect balance of providing luxuriously indulgent treatments in relaxed surroundings, our experienced and expertly trained Decl or therapists ensure you are able to look and feel your best, leaving you feeling re-vitalised by the time you leave.

We are proud to work with Decl or, whose products combine nature's purest and most potent active ingredients, providing the perfect antidote to modern day life.

Decl or scientifically selects and masterfully blends premium essential oils to deliver for each skin need, targeted and proven skincare solutions. Understanding that beauty and well-being are intrinsically linked, Decl or offers a unique sensory experience that visibly enhances the skin's natural health and radiance.

Each treatment begins with your personalised consultation, which allows your therapist time to learn more about you and your specific needs, enabling them to customise your time with us.

Following your treatment you will be given a personalised prescription explaining the products that work for you and have time to relax with a drink and some refreshing sorbet to gently ease you back into the real world.

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To book an appointment or to discuss treatments

Please call 07827 811011 or email: [treatmentrooms@theoldrectoryhastings.co.uk](mailto:treatmentrooms@theoldrectoryhastings.co.uk)







COPLEY  
NO. 2

BODY WASH

LIME, BASIL & MANDARIN  
WITH ADDED SEA BUCKTHORN

MADE BY THE SE

MADE IN THE UNITED KINGDOM

DECLÉOR  
PARIS

PROLAGÈNE LIFT

Crème riche lift fermante  
en LAVANDÉE VRAIE et 2-MSM

Lift & firm rich day cream  
LAVENDER and 2MS Essential Oil

## *Treatment Rooms*

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### **Ultimate Vitamin Glow**

**75 mins**

**£80**

An award winning facial that leaves skin visibly radiant.

Power-packed with vitamins and anti-oxidants, this facial melts away stress. A skin specific mask is combined with a warm decongesting mask to softly cocoon skin, providing the perfect environment for it to flourish.

Skin is left deeply cleansed, perfectly replenished and most importantly glowing with vitality.

## *Anti Ageing Facials*

### **Yoga Facial Lift**

**30 mins**

**£35**

**75 mins**

**£80**

Energizing but luxurious, this facial helps to fight against the signs of ageing.

Activating collagen and elastin, it promotes the elimination of toxins. A collagen – rich mask infuse the complexion with skin plumping nutrients, kick starting the skin's natural renewal process for firmer, radiant skin.

### **Orexcellence Facial Pilates**

**75 mins**

**£80**

Inspired by Pilates and recommended for ages 50+.

Delivering a natural lift to the face, whilst helping reshape the contours with a re-cushioning effect. Lines and wrinkles are plumped and smoothed, whilst tone is softened and increased, leaving the skin flawless and glowing. A calming back massage will help you completely unwind and release the mind.



# *Treatment Rooms*

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## *Specialist Facials*

### **The Inner facial**

**60 mins**

**£120**

This niche, luxe facial is sought after by celebrities and clients alike who will travel the world to experience this treatment with Nichola Joss. Nichola is one of the most famous facialists not only in London but globally with residencies in New York and Toronto.

Charlotte Connoley has been trained by and has worked along side Nichola for almost a decade and can deliver this expertly designed bespoke treatment.

The Old Rectory together with Charlotte is delighted to offer this exclusive facial.

Designed to concentrate on lifting and sculpting facial muscles to improve the overall structure of facial contours improving muscle tone and vitality to give a lifted radiant and glowing skin. This bespoke facial treatment uses deep lymphatic drainage massage and sculpting massage techniques designed by Nichola.

This treatment involves a small amount of massage from inside the mouth to de stress muscles along the jawline and under the cheekbones. This encourages the muscles to sit higher as well as adding youthfulness and firmness whilst also removing tension and toxins. A must have treatment to give a radiant glowing freshness to the face.



# *Treatment Rooms*

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## *Acupuncture treatments*

Maria has been practising Traditional Chinese Medicine and massage for 20 years. Specialising in women's wellness in addition to general practice for men and women, Maria has extensive experience supporting menstrual issues, fertility, pregnancy, digestive and stress related issues and beyond. As previous lead acupuncturist of the IVF clinic at Hammersmith Hospital in London, Maria has supported hundreds of women throughout their fertility and pregnancy journey.

### **Body Acupuncture** **60 mins** **£80**

Acupuncture is an ancient form of Traditional Chinese Medicine involving the insertion of fine needles into points on the body to enhance the flow of energy (Qi) and blood.

Maria's sessions are an intuitive and holistic blend of acupuncture, massage techniques, energy healing and lifestyle advice, tailored to an individual's needs. Rooted in the principles of calming the heart and mind, treatment is also empowering during transitional life events such as bereavement, career or relationship changes or simply to relax and recharge.

### **The Eastern Face Lift** **75 mins** **£95** **(Acupuncture Rejuvenation facial)**

For a glow giving facial that works outside and within, the eastern face lift begins with a brief massage and loosening of the shoulders and neck, followed by a facial cleanse, facial cupping and Gua Sha – time honoured ancient Chinese medical techniques, used to boost circulation, lift facial tissues, drain lymphatic fluid and reduce undereye puffiness.

Lastly, the insertion of small needles stimulates collagen and elastin production, while foot and leg acupressure boosts detoxification, blood circulation to the face and aids deep relaxation. The end result is tranquillity and glowing skin.

Note: The acupuncture can be omitted for anyone who would prefer not to have needles.



# Treatment Rooms

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## Massages

### Decléor Massages

Aromatherapy back, neck & shoulder massage	<b>30 mins</b>	<b>£35</b>
Deep tissue back, neck & shoulder massage	<b>30 mins</b>	<b>£35</b>
Aromatherapy full body massage	<b>60 mins</b>	<b>£65</b>
Deep tissue full body massage	<b>60 mins</b>	<b>£65</b>
<b>Aromatherapy face, body and scalp massage</b>	<b>90 mins</b>	<b>£90</b>

Truly all about you.

Following your in depth consultation, your therapist will personalise your massage and your selection of oils to suit your individual needs, helping you feel revitalised.

<b>Aromablend full body massage</b>	<b>60 mins</b>	<b>£70</b>
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A bespoke body shaping massage for lasting skin transformation.

A fusion of essential oils is blended especially for you, focusing on how you would like to feel and what you would like to achieve. Both firming and refining, your body will feel recharged and your emotions balanced.

<b>Reflexology</b>	<b>60 mins</b>	<b>£50</b>
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A deeply relaxing foot massage.

Concentrating on the pressure points within the foot, that correspond to body areas. Balance is restored, enabling a state of pure calm and well being to be reached.

<b>Radiant mum to be</b>	<b>75 mins</b>	<b>£80</b>
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A safe and gentle ritual for pregnancies over 12 weeks.

Our blissful face and body treatment includes a comforting tummy mask that actively helps reduce the risk of stretch marks, plus draining massage to reduce water retention thus lightening "heavy legs". A skin-brightening facial ensures you look as glowing as you feel.

<b>Tranquillity scalp</b>	<b>30 mins</b>	<b>£35</b>
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An Intensely de-stressing scalp treatment to banish tension and aid restful sleep.

Pressure point massage includes rosemary and lavender essential oils to both invigorate and calm.



# Treatment Rooms

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## Hand and Feet OPI ProSpa

**File & Paint** **30 mins** **£15**

**Signature Manicure** **45 mins** **£30**

This luxurious treatment includes nail shaping, cuticle work, a hand exfoliation and massage, completed with your choice of polish.

**Pamper Manicure** **60 mins** **£40**

Our 'Signature Manicure', with some extra time for an extended massage and a pampering hydrating mask, completed with your choice of polish.

**Signature Pedicure** **60 mins** **£35**

This wonderful treatment includes nail shaping, cuticle work, a foot exfoliation and massage, completed with your choice of polish.

**Pamper Pedicure** **75 mins** **£45**

Our 'Signature Pedicure', with extra time for a pampering hydrating mask and an extended massage, completed with your choice of polish.

### OPI GelColor

Application only **45 mins** **£30**

Application added to manicure or pedicure **+ 15 mins** **£12**

Removal **30 mins** **£15**

Removal after previous Old Rectory **30 mins** **£5**

Treatment Room Application



# *Treatment Rooms*

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## *Waxing*

### **Warm wax**

Eyebrow shape	<b>15 mins</b>	<b>£12</b>
Lip	<b>15 mins</b>	<b>£12</b>
Chin	<b>15 mins</b>	<b>£12</b>
Underarm	<b>15 mins</b>	<b>£12</b>
Regular bikini	<b>15 mins</b>	<b>£12</b>
Half leg	<b>25 mins</b>	<b>£20</b>
Full leg	<b>45 mins</b>	<b>£25</b>

### **Hot wax**

Underarm	<b>15 mins</b>	<b>£12</b>
Regular bikini	<b>15 mins</b>	<b>£12</b>
High bikini	<b>30 mins</b>	<b>£20</b>
Brazilian	<b>45 mins</b>	<b>£30</b>
Hollywood	<b>60 mins</b>	<b>£35</b>

### **Eye enhancements**

Eyebrow tint	<b>15 mins</b>	<b>£12</b>
Eyelash tint	<b>30 mins</b>	<b>£15</b>
Brow & lash tint	<b>30 mins</b>	<b>£25</b>
Eyebrow shape & tint	<b>20 mins</b>	<b>£20</b>

Two £12 waxing or eye enhancement treatments for £20



# *Treatment Rooms*

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## *Terms & Conditions*

### **Client questionnaire & Health conditions**

As a new client, you will be required to complete a client questionnaire form before we can perform any treatments on you. Without this, we are unable to perform your treatment. Please use this form to advise us of any health conditions, allergies, or injuries which could affect your treatment.

As a returning client, we also reserve the right to ask you to complete the client questionnaire form every 6 months so that we can update our records. Please note that It is your responsibility to let us know of any changes in your circumstances before your treatment commences.

### **Appointment length**

All timings shown, refer to appointment length which includes your personalised consultation and after care as a complimentary service.

### **Guaranteeing your booking**

A valid credit / debit card number will be required to guarantee your booking.

### **Restrictions**

All clients under 18, must be accompanied by an appropriate adult for the duration of their treatment.

### **Cancellation Policy**

We require 24 hours notice for any cancellation or amendment in appointment date or time. Cancellation within 24 hours of your appointment, where we are unable to fill your time slot will incur a 100% of the treatment charge.

### **Lateness to your appointment**

We will always do our best to accommodate late arrivals by performing the most complete treatment possible in the time remaining.

### **Parking**

We do not offer parking for Treatment Room clients, however we are happy to discuss local parking options as necessary.



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