

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)



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## *Facials*

### **Aromatherapy Discovery Facial**                      **30 mins**                      **£35**

The effective rescue remedy for perfectly radiant skin.

This skin specific facial is a perfect way to discover why Decleor facials are world famous. The combination of revitalising massage, essential oils and a gentle polish will leave skin fresh and radiant.

### **Jasmine Glow Power Boost**                      **30 mins**                      **£35**

A power booster facial to awaken the skin and senses.

For tired complexions, the exquisite massage techniques and the powerful infusion of essential oils in the Hydrogel mask will leave the skin with an airbrushed luminosity.

### **Personalised Performance Facial**                      **60 mins**                      **£65**

Personalised with one of five problem-specific professional masks, this facial targets even the most demanding skin.

Your relaxation journey starts with Decléor's characteristic back massage, before deep cleansing and beautiful aromas are combined with blissful pressure and drainage movements to produce a deeply relaxing experience.



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NO.2

BODY WASH

LIME, BASIL & MANDARIN  
WITH AGED SEA BUCKTHORN

MADE BY THE SE

MADE IN THE UNITED KINGDOM

DECLÉOR  
PARIS

PROLAGÈNE LIFT

Crème riche 50% ferment  
à l'acide hyaluronique  
en LAOANDE STAGÉ à 17000  
Lift & firm each day cream  
LAVENDER and 100% COGNAC OIL

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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.



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## *Specialist Treatments*

### **The Sculpted Facial**

**60 mins**

**£120**

The Sculpted Facial is sought after by celebrities and clients alike, who travel the world to experience this treatment with Charlotte Connoley.

Charlotte has worked within the beauty industry for a decade and delivers this expertly designed, bespoke treatment to perfection.

Designed to concentrate on lifting and sculpting, the Sculpted Facial improves muscle tone and facial contours.

Muscles along the jawline and cheekbones are de-stressed using both lymphatic drainage and deep sculpting massage techniques, encouraging the muscles to sit higher, adding youthfulness and removing tension.

A must have treatment to give a radiant glow and freshness to the face. Combined with powerful essential oil-based Decléor products, you'll see the results instantly.

A real workout for the face.



## *Specialist Treatments - Acupuncture*

Maria Christofi has been treating for two decades & runs a thriving practice at Triyoga, London's leading yoga centre.

With many high profile clients, Maria's intuitive and holistic fusion of acupuncture, massage, energy healing and lifestyle guidance has gained her recognition in the wellness movement.

Specialising in women's health, Maria was previously lead acupuncturist of the IVF clinic at Hammersmith Hospital and has supported hundreds of women throughout their fertility and pregnancy journey. Other extensive clinical experience includes facial rejuvenation, menstrual issues, fertility, pregnancy, gut health, stress and beyond...

Maria is fully insured and registered with the British Acupuncture Council.

### **ACUPUNCTURE - ancient medicine for modern times**

<b>Initial Treatment</b>	<b>75 mins</b>	<b>£60</b>
<b>Follow Up Treatments</b>	<b>60 mins</b>	<b>£50</b>

Rooted in the wisdom of Traditional Chinese Medicine, acupuncture boosts energy & blood flow, calms the nervous system & relieves tension. Maria's sessions assess physical & emotional symptoms and are a customised blend of both acupuncture & massage.

### **REJUVENATION facial** **75 mins** **£80**

This unique facial is the result of Maria's vast experience with skincare. A holistic approach to ageing well. Ancient chinese practices combine with modern facial massage techniques to deeply rejuvenate the skin, promising to lift your spirits as well as your face.

**Phase 1** - Back & neck massage to promote blood flow to the facial tissues followed by body acupuncture to enhance internal balance & skin function.

**Phase 2** - Bespoke prescription of the following:

- Acupressure & facial massage to release & lift connective tissue.
- Facial cupping to drain toxins and puffiness.
- Fine needles to boost collagen, oxygen & blood flow, treat inflammation, scar tissue and any signs of ageing.
- Gua Sha – A soothing, ancient practice. Skin is stroked with a smooth, cooling rose quartz or jade crystal to lift & sculpt the face, drain lymphatic fluid, toxins & under eye puffiness.

The result: skin that glows.

Please note: Acupuncture and Gua Sha cannot be performed on any areas treated with fillers or botox in the past 3 months. There is a chance of very minimal bruising following facial acupuncture so needling can be omitted for any rejuvenation facials close to a significant event or for anyone who would like the facial without needling.



## 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>

**Aromatherapy face, body and scalp massage** **90 mins** **£90**

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.

**Aromablend full body massage** **60 mins** **£70**

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.

**Reflexology** **60 mins** **£50**

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.

**Radiant mum to be** **75 mins** **£80**

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.

**Tranquillity scalp** **30 mins** **£35**

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.



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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 - includes file & cuticle work **45 mins** **£30**

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

Removal **30 mins** **£15**

Removal with any other nail service **30 mins** **£5**



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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



## *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**

For bookings totaling £100 or more, a 50% deposit will be taken at time of booking. This is refundable on any cancellations or amendments made with more than 24 hours notice. With less than 24 hours notice, this deposit is non-refundable, unless the time slot can be re-allocated. Where paying with a gift voucher, this will be held as a deposit and 50% of the treatment cost will be redeemed from the voucher if any cancellations or amendments are made with less than 24 hours notice.

### **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 charge of 50% of the treatment cost. Where a treatment is to be paid with a gift voucher, any cancellations made with less than 24 hours notice will result in 50% of the treatment cost being redeemed from the voucher.

### **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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