

THE TREATMENT ROOMS AT

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THE OLD  
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## *Treatment Rooms*

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Just a short stroll from the sea, situated on the edge of the historic old town. The Treatment Rooms at The Old Rectory offer a personalised and holistic approach to well being.

Offering the perfect synergy of luxuriously indulgent treatments in beautiful, relaxed surroundings, our experienced and expertly trained Therapists ensure you are able to look and feel your best, leaving you completely revitalised by the time you leave.

Our Senior Therapist Lucy strives to offer the highest standard of treatments and customer care. Working alongside other skincare and wellness specialists, who share the common belief that looking after yourself is imperative to your well being.

We are proud to work with a range of high quality beauty products, from world renowned brands such as Decléor and OPI, to emerging local skincare ranges including Copley and Rock Rose.

Your time spent with us will be relaxing and tranquil. Each treatment begins with a personalised consultation, allowing your therapist time to learn more about you and your specific needs, enabling them to customise your visit. Our aim is for you to leave feeling calm, rejuvenated and restored.

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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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## *Decleor Facials*

**Ultimate Vitamin Glow** **60 mins** **£65**

Power-packed with vitamins and anti-oxidants, this facial melts away stress. A warm, decongesting mask softly cocoons the skin leaving it deeply cleansed, perfectly replenished and glowing with vitality.

**Prescriptive Facial** **30 mins** **£35**  
**60 mins** **£65**  
**90 mins** **£85**

Personalised to your skin type with one of four ranges, your therapist will help you choose from the following: Quench & Protect, Even & Bright, Calm & Strengthen or Clean & Rebalance.

**Plump & Lift** **60 mins** **£65**  
**90 mins** **£85**

Recommended for a 40-50 skin age. A unique facial combining the flow, rhythm and repetition of powerful Kobido massage technique, with Iris and Lavendula essential oils for smoothed, firmed and luminous skin. Cheekbones and eyelids appear visibly lifted and face definition improved.

**Sculpt & Rejuvenate** **60 mins** **£65**  
**90 mins** **£85**

Recommended for a 50+ skin, with collagen-boosting Magnolia oils. Concentrating on facial massage, this treatment delivers a natural lift to the face whilst reshaping the contours. Lines and wrinkles are plumped and smoothed, leaving the skin glowing with rosy youthfulness.



ROCK ROSE  
BEAUTY  
MOISTURIZING BALM  
DRY SKIN  
1.5oz

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## *Rock Rose Facial*

In 2016, after a series of chemotherapy treatments, co-founder Lindsay Wright found the skin on her face became extraordinarily dry and blotchy. While on holiday in Portugal having a break from treatment, she discovered a moisturiser made with rock rose oil. Using it made her skin look more radiant, smooth and healthy-looking.

She decided to spread the word about the wonderful properties of rock rose oil back in the UK. Together with two friends, Raquel and Vanessa, she created some sample balms to share with their friends and family. The response was so incredibly positive, they decided to start a company to creating moisturising products with rock rose oil for everyone.

At the heart of the Rock Rose products is oil from the herb, *Cistus Ladanifer*, or the rock rose. Renowned for generations for its immune-boosting properties, the oil from *Cistus Ladanifer* is a pale golden-yellow colour, with a sweet, warm herbaceous scent of fruit and honey. It is packed full of polyphenols and antioxidants, studies of which show levels comparable to those in green tea.

Rock Rose oil products are fabulous for all ages and skin types, but they're especially beneficial for mature skin, helping combat the effects of menopause and ageing. They are 100% organic, never tested on animals and the packaging recyclable.

### **Rock Rose Facial**

**30 mins**

**£30**

**75 mins**

**£65**

Your treatment begins with a deep cleanse, incorporating moves to promote lymphatic drainage. After an exfoliation, we begin a relaxing massage around the neck and shoulders before moving onto the face to stimulate muscles and assist in improving tone and circulation.

In our longer treatment, a warm paraffin wax mask is then gently applied to promote hydration and encourage the Rock Rose ingredients to be absorbed further into the skin.

Following a soothing hand and arm massage whilst the healing Rock Rose works its magic, we then complete your treatment with the application of a moisturising balm.

To quote one of our clients, "you can almost hear your skin saying thank you!"



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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 hand-picked professional skincare products tailored to your skin's needs, 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 Aromatherapy Massage**

A truly relaxing and de-stressing massage. 100% natural Decléor essential oil balms actively work with your body to help calm and unwind, energise or harmonise your well-being.

Back, neck & shoulder massage	<b>30 mins</b>	<b>£35</b>
Full body massage	<b>60 mins</b>	<b>£65</b>

### **Deep Tissue Massage**

Release tight, aching muscles with a massage customised to your needs. Deep, firm massage movements are used to alleviate localised areas of excessive tension, leaving your body and mind intensely relaxed.

Back, neck & shoulder massage	<b>30 mins</b>	<b>£35</b>
Full body massage	<b>60 mins</b>	<b>£65</b>
Add on a scalp massage to any of the above	<b>15 mins</b>	<b>£10</b>

### **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.

### **Baby On Board Face & Body Treatment**

**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.

*Hands and Feet**OPI ProSpa*

<b>File &amp; Paint</b>	<b>20 mins</b>	<b>£15</b>
<b>Express Manicure</b>	<b>30 mins</b>	<b>£25</b>
Perfect if you're short on time – includes nail shaping, cuticle work, moisturiser and polish.		
<b>Signature Manicure</b>	<b>45 mins</b>	<b>£30</b>
This luxurious treatment includes nail shaping, cuticle work, a hand exfoliation and massage, completed with your choice of polish.		
<b>Pamper Manicure</b>	<b>60 mins</b>	<b>£35</b>
Our 'Signature Manicure', with some extra time for an extended massage and a pampering hydrating mask, completed with your choice of polish.		
<b>Express Pedicure</b>	<b>40 mins</b>	<b>£30</b>
A quick tidy up for the feet – includes nails shaping, cuticle work, rasping of dry skin, moisturiser and polish.		
<b>Signature Pedicure</b>	<b>60 mins</b>	<b>£35</b>
This wonderful treatment includes nail shaping, rasping of dry skin, cuticle work, a foot exfoliation and massage, completed with your choice of polish.		
<b>Pamper Pedicure</b>	<b>75 mins</b>	<b>£40</b>
Our 'Signature Pedicure', with extra time for a pampering hydrating mask and an extended massage, completed with your choice of polish.		
<b>OPI GelColor</b>		
A high shine, instant dry polish on your natural nails that lasts for 1-3 weeks		
Application - includes file & cuticle work	<b>45 mins</b>	<b>£25</b>
Application added to manicure or pedicure	<b>+ 15 mins</b>	<b>£5</b>
Removal includes strengthener & cuticle oil	<b>30 mins</b>	<b>£15</b>
Removal with any other nail service	<b>20 mins</b>	<b>£5</b>

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## *Beauty Treatments*

### **Vita Liberata Manual Tan**

**60 mins**

**£40**

The treatment begins with a full body exfoliation. After showering this off, the tan will be massaged into the skin for a beautiful natural glow. Certified organic tanning with a colour choice of Medium or Dark

### **Eye enhancements**

Lash Lift	<b>45 mins</b>	<b>£35</b>
Lash Lift and Tint	<b>60 mins</b>	<b>£40</b>
Eyelash tint	<b>30 mins</b>	<b>£15</b>
Eyebrow tint	<b>15 mins</b>	<b>£10</b>
Eyebrow shape & tint	<b>20 mins</b>	<b>£15</b>
Brow & Lash Tint	<b>30 mins</b>	<b>£20</b>

## *Waxing*

### **Warm wax**

Eyebrow shape	<b>15 mins</b>	<b>£10</b>
Lip	<b>15 mins</b>	<b>£10</b>
Chin	<b>15 mins</b>	<b>£10</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>£10</b>
Regular bikini	<b>15 mins</b>	<b>£10</b>
High bikini	<b>30 mins</b>	<b>£16</b>
Brazilian	<b>45 mins</b>	<b>£25</b>
Hollywood	<b>60 mins</b>	<b>£30</b>

Skin tests needed for tinting & lifting treatments at least 48 hours in advance.



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## *Men's Treatments*

### **Facials**

All of our Facial treatments are suitable for both men and women; please see the front of the Treatment Menu for options

### **Massage**

Deep Tissue Back, Neck & Shoulder Massage	<b>30 mins</b>	<b>£35</b>
Deep Tissue Full Body Massage	<b>60 mins</b>	<b>£65</b>
Add a scalp massage to either of the above	<b>15 mins</b>	<b>£10</b>
Scalp Massage & Exfoliation Treatment	<b>30 mins</b>	<b>£35</b>

### **Signature Manicure**

**30 mins**

**£25**

Nail filing, cuticle tidying, exfoliation & massage, finished with cuticle oil & optional nail strengthener.

### **Signature Pedicure**

**45 mins**

**£30**

Nail filing, cuticle tidying, dry skin rasping, exfoliation & massage, finished with cuticle oil & optional nail strengthener.

### **Waxing & Eye Enhancements**

Back Wax or Chest Wax	<b>30 mins</b>	<b>£20</b>
Brow Tidy	<b>15 mins</b>	<b>£10</b>
Brow Tint	<b>15 mins</b>	<b>£10</b>
Eyelash Tint	<b>30 mins</b>	<b>£15</b>
Eyelash Lift & Tint	<b>60 mins</b>	<b>£40</b>

Skin tests needed for tinting & lifting treatments at least 48 hours in advance.



## *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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To book an appointment or to discuss treatments

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