

## **Spa Treatments**

'Bliss Indulgence in partnership with InParlour work with the Bingham to give guests an exclusive experience of treating the complete self, it is unique in the indulgence of the body, mind and spirit. Working for Bliss Indulgence & InParlour are some of the most experienced and talented consultants who utilise their skills whilst working with complementary treatments. Bliss Indulgence promote their own skin care range, 'Essentially Bliss', all products hand made with essential oils, utilising the wonderful properties within these essential oils to promote healthy and beautiful skin.'

To book a treatment, please inform reservations at the time of booking your room.

Treatments are only available in Superior or River Design rooms due to space.

Please note that treatments are subject to the availability of a consultant and ideally we would like two weeks notice, however late requests can sometimes be accommodated.

Consultation forms must be filled in by the guest prior to treatment & returned to Bliss, If not and a consultant is unable to carry out treatment once at the hotel then the full appointment price will be charged. Cancellation with less than 24 hours notice will incur the full appointment price being charged.

### **Packages**

#### **'Chill'**

£160.00pp

3 hours

Aromatherapy

Reflexology

Indian Head Massage

#### **'Glow'**

£230.00pp

3 hours

Express Facial

Heavenly Bodies Tan

Colour Consultation & Make-up

#### **'Love'**

£290.00per couple

1.5 hours

2 x Aromatherapy Massage

2 x Indian Head Massage

2 x Japanese Facial

61—63 Petersham Rd, Richmond-Upon-Thames, Surrey, TW10 6UT

T:020 8940 0902, F: 0208 948 8737:

[info@thebingham.co.uk](mailto:info@thebingham.co.uk) [www.thebingham.co.uk](http://www.thebingham.co.uk)

VAT 318 3107 82 Proprietors: R. Trinder & S.Trinder

### **A La Carte Menu**

#### **La Stone Therapy – 60 min £65**

This is the original Stone therapy using hot and cold Basalt and Marble stones. These stones are applied to the body creating muscle relief, alleviating chronic and acute symptoms. Through the application, during massage, of alternate hot and cold stones a deep penetrating effect on the body 's physiological system is created and the body starts to work to bring about its own natural healing response.

#### **Aromatherapy– 60 min £65**

Aromatherapy combines the healing power of touch & plants, using individually blended pure essential oils distilled from flowers, fruits, herbs and resins from trees. Oils are blended according to the client's specific needs & are aimed at balancing the whole person body, mind & spirit.

#### **Reflexology – 40 min £60**

A holistic treatment based on the principals that the whole body & all its systems are reflected in the feet & hands. If there are any blockages of energies within the pathways of these systems discomfort & " un-ease " begin to manifest. These blockages show in several ways; tenderness, heat swelling & crystallization. All of which can be felt by the therapist. By stimulation of the acupressure points on either the hands or feet, the body 's own healing ability is activated and channels or pathways are cleared of any blocked energies that may be causing problems on a physical, emotional & mental level.

#### **Indian Head Massage – 30 min £35**

This massage aims to balance the chakras, improve blood & lymphatic drainage, circulation & the alleviation of tension. Allowing one to cope with everyday stresses and strains, leaving them feeling relaxed & energized. This massage works on the areas of the upper back, shoulders, neck, arms, scalp & face.

#### **Back, Neck & Shoulder Massage – 30 min £40**

A massage that works with the principle of massage and its techniques, this treatment specifically works on these areas where almost everyone holds stress. This treatment will relieve any aches and pains whilst promoting a feeling of relaxation and muscle balance.

#### **Heavenly bodies—60 min £65**

This is the newest formulation in sunless tanning. It was launched with the slogan "Italian shoulders" and is the best holiday skin in a bottle! An Aloe Vera based product in which the yellow and green pigments have been removed to guarantee a pure bronze colour on the skin. This treatment is applied by mitt.

#### **Japanese Facial – 60 min £55**

Using traditional Japanese techniques & working on acupressure points and meridian pathways on the face, as well as the facial muscle structure, this Japanese facial massage increases circulation.

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**Eyelashes or Eyebrows – 15 min and £28 each**

Enhance your eyelashes or eyebrows with a semi permanent tint making your eyelashes look longer & thicker and your eyebrows more enhanced and prominent.

**Eyebrow Shape—15 min £15**

The eyebrows shape and define the face. Thorough preparation and consultation is followed by manual plucking to ensure exact results.

**Luxury Manicure—60 min £50**

This luxurious manicure comprises hand & nail cleansing, nail shaping, cuticle care and moisture pack, exfoliating crystals, finishing lotion, massage and nail polish application. French polish is an optional extra\*.

**Nail Extensions– 90 min £50**

Using non-harmful products like MMA we provide gel and acrylic nail extensions.

**Luxury Pedicure—40 min £50**

This luxurious 40-minute pedicure comprises an energetic food scrub, heat treatment, nail and cuticle repair finished off with a nourishing foot massage to relieve and restore your feet. French polish is an optional extra\*.

**For Men**

**Facial with Flannels – 30 min £45**

Working with our Essentially Bliss Range for men. Experience a relaxing whilst invigorating skin treatment, complete with hot flannels, deep cleanse tone and moisturize.

**Body Massage – 60 min £60**

This full body massage is the scientific manipulation of the soft tissues of the body, the objective being the restoration of function & total relaxation

**Manicure—20 min £35**

This manicure comprises cuticle tidy, nail shape & hand massage.

**Pedicure—20 min £35**

This manicure comprises cuticle tidy, nail shape & foot massage.

## Weddings

### Packages

#### **'Pre-Wedding Package '**

£150.00pp  
3 hours 45 minutes  
Basic Manicure  
Basic Pedicure  
Express Facial  
Eyebrow Shaping  
Heavenly Bodies Airbrush Tan

#### **'Bridal Package '**

£325.00pp  
2 hours 30 minutes  
Specialised Bridal Make-up  
Bridal hair  
Hair trial and make up trial price on application

#### **'Groom Package '**

£110.00pp  
2 hours 30 minutes  
Manicure  
Facial  
Body Massage

### A La Carte

**Bridal Make Up – Wedding Day £220**

**Bridesmaids/Mothers – Wedding Day £90**

**Make Up Trials for Brides – £115**

**Fake Lashes £45**