

THE TREATMENT ROOMS AT

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## *Treatment Rooms*

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Just a short stroll from the sea, situated on the edge of historic Hastings Old Town, the Treatment Rooms at The Old Rectory offer a personalised approach to wellbeing.

Creating 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.

We strive to offer the highest standard of service and customer care. Our Treatment Rooms Manager, Lucy, offers the range of massage and beauty treatments found in our menu, whilst working alongside other skincare and wellness therapists who specialise in their chosen fields. Charlotte Connoley, skincare and facial specialist, who brings her unique Sculpted facial. Maria Christofi, women's wellness specialist who treats holistically with acupuncture, bodywork and transformative facials. We all share the common belief that looking after yourself is imperative to your wellbeing.

We are proud to work with a range of high quality beauty products, from world renowned brands such as Decleor 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 your 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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## *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 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**

**60 mins**

**£60**

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 nourishing 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.





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## *The Sculpted Facial with Charlotte Connoley*

### **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.



## *Acupuncture with Maria Christofi*

Maria 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>60 mins</b>	<b>£60</b>
<b>Follow Up Treatments</b>	<b>60 mins</b>	<b>£60</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** **£90**

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 & de-stressing massage, with your choice of 100% natural essential oil balm. Your therapist will discuss which areas you need worked on, whether it be the back, full body, or a bespoke mixture to suit you.

<b>30 mins</b>	<b>£35</b>
<b>60 mins</b>	<b>£65</b>
<b>75 mins</b>	<b>£80</b>

### **Deep Tissue Massage**

Perfect for aching muscles - a firmer massage using deep tissue techniques. Your therapist will discuss which areas you need worked on, whether it be the back, full body, or a bespoke mixture to suit you. (Please note this is not a sports massage).

<b>30 mins</b>	<b>£35</b>
<b>60 mins</b>	<b>£65</b>

Add on a scalp massage to any of the above

<b>15 mins</b>	<b>£15</b>
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### **Reflexology**

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>60 mins</b>	<b>£50</b>
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### **Baby On Board Face & Body Treatment**

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 body massage to reduce water retention thus lightening "heavy legs". A skin-brightening facial ensures you look as glowing as you feel.

<b>75 mins</b>	<b>£80</b>
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### **Neck, Shoulder & Scalp Massage**

Perfect if you suffer from tension through your shoulders, running up into your neck & head. Concentrating on these areas, your therapist will use a blend of massage techniques to help loosen the muscles and relax your mind.

<b>45 mins</b>	<b>£50</b>
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*Hands & Feet - with OPI Pro Spa products*

WITH REGULAR POLISH

<b>File &amp; Paint (hands or feet)</b>	<b>20 mins</b>	<b>£15</b>
<b>Signature Manicure</b>	<b>45 mins</b>	<b>£30</b>
includes filing, cuticles, exfoliation & massage.		
<b>Signature Pedicure</b>	<b>60 mins</b>	<b>£35</b>
includes filing, cuticles, rasping, exfoliation & massage.		
<b>Pamper Pedicure</b>	<b>75 mins</b>	<b>£40</b>
includes filing, cuticles, exfoliation, massage & mask.		

WITH GEL POLISH

<b>Gel Polish Application</b>	<b>45 mins</b>	<b>£30</b>
hands or feet - includes filing & cuticle work.		
<b>Signature Gel Manicure</b>	<b>60 mins</b>	<b>£35</b>
includes filing, cuticles, exfoliation & massage.		
<b>Signature Gel Pedicure</b>	<b>60 mins</b>	<b>£40</b>
includes filing, cuticles, exfoliation & massage.		
<b>Pamper Gel Pedicure</b>	<b>75 mins</b>	<b>£45</b>
includes filing, cuticles, exfoliation, massage & mask.		

**Gel polish removal added to any Manicure or Pedicure** **£5**

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## *Waxing*

Brow / lip / chin	<b>(each)</b>	<b>£10</b>
Any two of the above		<b>£16</b>
Half leg		<b>£20</b>
Full leg		<b>£25</b>
Underarm (Hot Wax)		<b>£10</b>
Regular bikini (Hot Wax)		<b>£10</b>
High bikini (Hot Wax)		<b>£16</b>
Brazilian (Hot Wax)		<b>£25</b>
Hollywood (Hot Wax)		<b>£30</b>

## *Beauty Treatments*

### **Eye enhancements**

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

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

## *Tanning*

<b>Vita Liberata Manual Tan</b>	<b>60 mins</b>	<b>£40</b>
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A full body exfoliation followed by the professional application of certified organic tan.





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## *Men's Treatments*

Most of our treatments are suitable for both men & women, however the following have been selected & tailored with the male client in mind.

<b>Signature Manicure</b>	<b>30 mins</b>	<b>£25</b>
filing, cuticles, exfoliation & massage		
<b>Signature Pedicure</b>	<b>45 mins</b>	<b>£30</b>
filing, cuticles, dry skin rasping, exfoliation & massage		
<b>Waxing</b>		
Back Wax		<b>£20</b>
Chest Wax		<b>£20</b>
Brow wax		<b>£10</b>
Nose wax		<b>£8</b>
Ear wax		<b>£8</b>
Full arm wax		<b>£15</b>

For massage & facials, please see the relevant pages.



## *Terms & Conditions*

### For Your Information

#### Entrance

The Treatment Rooms are accessed via the door situated to the top right of the driveway, not via the main door to The Old Rectory. If you are a guest at the B&B, you can access the Treatment Rooms through the internal hallway.

#### Cancellations

We require 24 hours for any cancellations or amendments. 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 paying with a gift voucher, 50% of the treatment cost will be deducted from its balance).

#### Deposits

A 50% deposit will be taken for large or group bookings. 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.

#### Lateness

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 Rooms clients, however we are happy to discuss parking options as necessary.

### **GIFT VOUCHERS**

can be purchased from our website in monetary or treatment values, and are valid for one year. The perfect gift.

### **BOOK ONLINE**

via our website, Facebook or Instagram pages. Alternatively, download the Fresha booking app and search for us.

[www.theoldrectoryhastings.co.uk](http://www.theoldrectoryhastings.co.uk)





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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)

Gift vouchers and online booking are also available via our website

 [treatmentrooms1066](https://www.facebook.com/treatmentrooms1066)

 [treatmentroomsattheoldrectory](https://www.instagram.com/treatmentroomsattheoldrectory)

[www.theoldrectoryhastings.co.uk](http://www.theoldrectoryhastings.co.uk)