



GRAFTON  
SPA AND WELLNESS



## Grafton Spa & Wellness and Just 4 You

Perfectly situated between Towcester and Milton Keynes, along the ancient A5, Grafton Spa and Wellness with Just 4 You Beauty Studio is nestled in the tranquil countryside of the 16th century Wakefield Estate.

Offering a wide range of treatments to relax and rejuvenate, our intimate day-spa is the perfect retreat. In addition to five delightful treatments rooms we also have a 10-seater hydrotherapy pool containing mineral based waters, an Aromatherapy Steam Room and a welcoming Aspen Sauna.

Whether you are looking for a tranquil sanctuary or to host a party of friends, our affordable spa can tailor a package to suit your needs.

Adjacent to the spa is our outstanding salon, providing an extensive collection of treatments for hair, nails and face. We are proud to offer the very latest in skin-care technologies including the revolutionary, non-surgical facelift; the Crystal Clear Plasma Lift. Our services are perfectly balanced by our exclusive range of products ensuring that our customers only ever receive the very best when they visit us.

Expect a warm welcome and a truly memorable stay – we look forward to spoiling you!



## Spa Days

Our Spa packages all have a scrub, massage and/or wrap which can be tailored to your preference of 'Slimming', 'Detoxing', 'Anti-ageing', or 'Relaxing'.

### Grafton Spa Tranquillity Package:

**£90 per person,  
4-hour package**

Includes:

- Welcome drink on arrival
- Use of robes, towels and slippers
- 4 hours use of the Hydrotherapy pool, sauna and steam room
- Your choice of 2 treatments: Back exfoliation, Back massage, or Body wrap.

### Grafton Spa Harmony Package:

**£75 per person,  
3-hour package**

Includes:

- Welcome drink on arrival
- Use of robes, towels and slippers
- 3 hours use of the Hydrotherapy pool, sauna and steam room
- Back exfoliation
- 30 minute back massage or facial.



### Grafton Spa Relaxation Package:

**£150 per person, 6-hour package**

Includes:

- Detoxing smoothie on arrival
- Use of robes, towels and slippers
- 6 hours use of Hydrotherapy pool, sauna and steam room
- Full body exfoliation – 30 minutes
- Full body massage – 1hr
- Full body wrap and Foot Ritual – 45 minutes.

### Pizza and Prosecco Evening:\*

**£45 per person, 3-hour package**

Includes:

- Prosecco on arrival
- Complimentary use of robes, towels and slippers
- 3 hours use of the hydrotherapy pool, sauna and steam room
- A pizza of your choice from our bespoke menu
- Exclusive hire for 6 or more people (max 15).

\*Held on the last Friday of each month between 6-9pm.

To add any treatments on to your spa party packages, please ask us for details.

Seasonal offers and packages also available – please see our facebook page @GraftonSpa and website for more info



### Bespoke Spa

Please contact us to arrange a spa day, just the way YOU like it! Prices vary so please ring to discuss.

Options:

- 2 hour package with 30 minutes of treatments
- 3 hour package with 60 minutes of treatments
- 4 hour package with 90 minutes of treatments
- 6 hour package with 120 minutes of treatments

### Couples Retreat:

**£199 per couple, 4-hour package**

Includes:

- Prosecco on arrival
- 4 hours private use of the Hydrotherapy pool, sauna and steam room
- Complimentary use of robes, towels and slippers
- 30 minute treatment of your choice (one per person)
- Afternoon Tea comprising a selection of sandwiches, savoury bites and scrumptious cakes.

We are happy to accommodate requests for EXCLUSIVE (PRIVATE) use, for which there will be a £100 surcharge.

### Sunset Spa:

**£30 per person**

Available any time from 4pm to 8pm, Wednesday or Thursday. Enjoy the tranquillity of the spa for 2 hours.

Include one 30 minute treatment for an extra £20.

# Spa Party Packages

## Pregnancy Package: £99 per person

Delightful treat for mums to be.\*  
4 hour package includes:

- Full use of the spa to ensure appropriate temperatures throughout
- 60 minute, full-body LavaMama pregnancy massage
- Manicure or pedicure
- Complimentary use of robe, towel and slippers.

Food options available on request.

Exclusive Use i.e. Private Hire is also available - please ask at the time of booking.

\*Only available from week 12 or beyond. Time restrictions apply for use of the Hydrotherapy pool, sauna and steam room.

Please contact us for guest options or to arrange a Baby Shower Party.



## Private Party Package: £65 per person\*

Ideal for Birthdays, Hen do's, Baby Shower's or any special event.

- Welcome drink of Prosecco on arrival
- 30 minute facial
- 30 minute Pedicure, Manicure or Back Massage
- Complimentary use of robe, towel and slippers
- 4 hours private use of the Hydrotherapy pool, sauna and steam room.

\*Food Options are available: Selection of Cakes/Cream Tea from £8.50 per person, or Afternoon Tea from £15 per person.

Please note a minimum of 8 people and maximum of 15 people will be required to make a booking.

## Top to toe all-day ultimate indulgence experience: £250 per person

Up to 6 hours in the spa including over 4 hours of our most popular and exclusive treatments.

This is the ultimate package for those looking for a total body and mind indulgence.

- Welcome drink of Prosecco on arrival
- Complimentary use of robes, towels and slippers
- Afternoon tea-style lunch
- Sole use of Hydrotherapy pool, Sauna and Steam Room for the duration of your time with us
- Full body exfoliation (30minutes)  
Using body scrubs from our MatiSpa range. Choose from three different textures (soft, medium or hard), each with their own invigorating and relaxing scent
- Full body Swedish massage (1hr)  
The perfect way to relax your body and mind. Your therapist will use several techniques to manipulate the superficial layers of the muscles to improve mental and physical health
- Activ' Kaviar Facial (1hr 15 minutes)  
An innovative, luxury anti-ageing treatment to nourish, regenerate and refine the skin
- Deluxe Jessica Manicure (1hr 15 minutes)  
Including a luxurious hand exfoliation and massage, followed by a full manicure
- Complimentary Matis gift pack.

## Wedding Offers:

Let us take the stress out of your big day with our fabulous wedding packages that will help you create a look that's everything you've ever dreamed of and more. We have tailored a number of offers which cater for Brides, Mothers-of-the-Bride/Groom, Bridesmaids etc. These packages include pre-wedding make-up and hair trials, skin care advice and preparatory treatments, as well as on-the-day services. We also offer Hen Parties and relaxing pampering afternoons so that you are all feeling and looking your best on the day! Please give us a call to receive separate information on these offers.

Please note all spa packages are payable IN FULL at the time of booking. Cancellation with 48-hours notice (or more) will receive a full refund.



## Facial Treatments

### ★NEW★ Crystal Clear Plasma Lift:

The revolutionary new facial the industry is raving about! The Plasma Lift facial is a ONE-OFF treatment with a proven record that regenerates the skin – with results and improvements for up to a year after the initial treatment!

WITH THE POWER OF PLASMA, THERE'S NO NEED FOR SURGERY!

Targeting:

- Wrinkles around the mouth
- Fine lines and deeper wrinkles
- Sun damaged on face, neck and décolletage
- Drooping eyelids
- Sagging skin on the jowls
- Stretch marks on the body
- Acne scarring
- Large or open pores
- Uneven skin tone and texture
- Active acne
- Scarring on the body

If you would like to avoid invasive surgical techniques, Plasma Lift offers a quick, easy and extremely effective alternative. Plasma Lift works at and below the surface of the skin, to modify the skin's architecture generating new collagen and elastin fibres, giving clinical improvements in skin tone, texture and laxity which are seen immediately and continue long term.

This industry-transforming treatment is set to change the way we look at skin care and you can be amongst the first to experience the power of plasma. Please give us a call today to find out more!

## INTRODUCING CRYSTAL CLEAR PLASMA LIFT

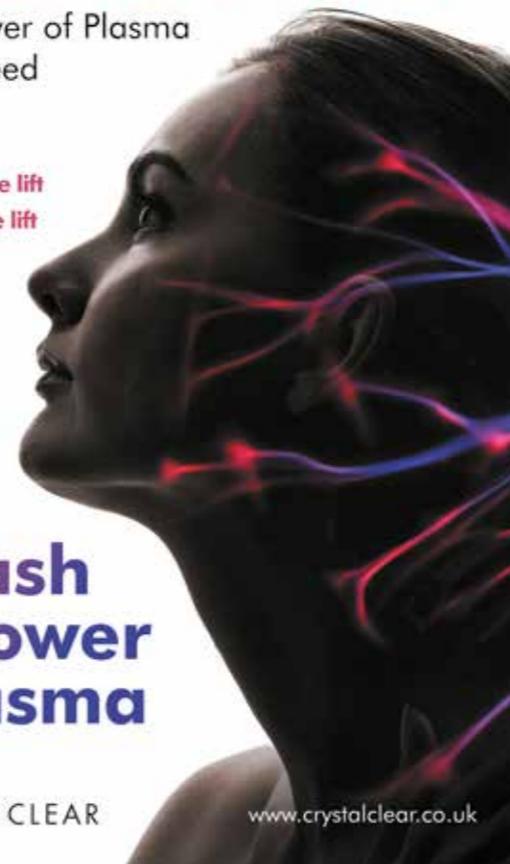
With the power of Plasma  
there's no need  
for surgery

- Non surgical face lift
- Non surgical eye lift
- Stretch marks
- Active acne
- Acne scarring

Unleash  
the Power  
of Plasma

CRYSTAL CLEAR

www.crystalclear.co.uk



### Crystal Clear Comcit Facial

Cryo Oxygen Microchannelling Collagen Induction Therapy offers the simultaneous delivery of Cryo Oxygen whilst the unique Microchannelling Roller creates hundreds of microscopic channels in the skin's epidermal/ dermal junction, allowing the topical infusion of powerful skin rejuvenation ingredients to be driven into the skin. Resulting in: • Instantly smooth, fresh, firmer, plumper and more youthful skin. • Reduced lines and wrinkles. • Tauter, more rejuvenated skin. • Promotion of new Collagen growth.

COMCIT Facial: £85 per session or  
Course of 6\* for £425

\*Must be done fortnightly

### Hydra SK4

The latest technology using award winning Matis skincare.

A personalised program incorporating Sonic Peel exfoliation, Galvanic to deeply cleanse and hydrate, Micro Current to lift, tone and firm and Ultra Sound to soothe. This facial is perfect for all skin types to give a natural 'face lift' and is available as an preventative, anti-aging facial or as an intensive, repair treatment course.

1 hour 15 minutes £62, Course of 6 £310

### Activ' Kaviar

An innovative luxury anti-ageing treatment to nourish, regenerate and refine.

1 hour 15 minutes £75

### Microdermabrasion

This treatment involves using a highly controlled flow of fine, medical grade crystals to remove the dead, outermost layer of the skin. This treatment soothes away lines and wrinkles, reduces pigmentation, unclogs and reduces open pores and improves overall condition of the skin.

1 hour £62,  
Course of 6 £310

### M3 infusion

Combining highly enhanced, tried and tested anti-ageing procedures with advanced future technology. Incorporating clinical grade serums and topical formulations.

- Thermotherapy • Diamond tip microdermabrasion
- Non-surgical face lift • Ultrasound • Cryotherapy

1 hour 15 minutes £80,  
Course of 6 £400

Facials continue overleaf....

## Intensive

### Peel:

A soft and superficial chemical peel to reveal a new radiance, luminosity and refined skin.

**1 hour £65**

### Lift:

A thermal boosting treatment for mature skin to lift, tone and regenerate leaving the complexion glowing.

**1 hour 15 minutes £70**

### Soin Age Intensive

Soin Age is a highly moisturising, age-reversing treatment to brighten and firm the skin.

**1 hour £65**

### Calm & Delicate:

A specialist treatment for even the most sensitive skins, to soften, regenerate and protect, leaving the skin soothed and relaxed.

**1 hour £60**

### Purifying:

A treatment designed to balance, correct and regulate the skin, leaving the complexion brightened and radiant.

**1 hour £60**

\*All of our facials are available in courses. Please ask for details.

### Natural Spa Facial:

An express, 30 minute facial consisting of Cleanse, Exfoliation, Massage and Mask using our Natural Spa products.

**£35**



## Alternative Therapies

Energy healing therapies to bring balance and harmony.

### Reflexology:

Reflexology is a holistic therapy which is suitable for everyone from the new born to the elderly and can be safely used alone or in conjunction with any other medical treatments.

**Reflexology 1 hour**

**£45**

### Reiki:

A Japanese healing treatment that will help still the mind, calm the emotions, heal the body and awaken the spirit. Bringing inner peace and relaxation, Reiki will renew your energy whilst you unwind.

**Reiki Treatment, 45mins**

**£40**

**Reiki Treatment &  
Chakra Balancing, 60mins**

**£60**

**Reiki Treatment with Crystals, 45mins**

**£50**

**Chakra Balancing, 30mins**

**£30**



### Hopi Ear Candles:

Ear candling is a natural therapy to remove wax and pressure from the ears and sinuses. This relieving and relaxing treatment can also help to combat migraines, headaches, Tinnitus, Sinusitis amongst others.

**45mins**

**£35**

### Meditation:

**One to one only to teach the person breathing/  
meditation technique,  
booking time, 60mins**

**£45**

**Card Reading booking time, 30 mins**

**£30**

# Massage Treatments

## Swedish Massage:

Full body massage 1 hour	£45
Back, neck and shoulder massage 30 minutes	£30

## Sports Massage:

Sports Massage is a form of bodywork that uses deep tissue and Swedish massage techniques. It eases stiffness, reduces pain in muscles, increases mobility and can help remove toxins and lactic acid after a workout.

Full body massage 1 hour	£50
Back, neck and shoulders OR any specific area, 30 minutes	£35
Specific area of injury (legs/arms) 45 minutes	£35

\*Courses of treatments available, please ask for details.

## Indian head massage:

Indian Head Massage balances the body, relieves pressure and soothes away tension using ancient Ayurvedic techniques. A complete treatment involves the back, shoulders, neck, arms, head and face.

1 hour	£50
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## Aromatherapy Massage:

Aromatherapy is an ancient art which involves the use of natural plant oils for healing, cleansing and relaxation. It is used to restore harmony between the body and mind and a special blend of essential oils are mixed for each specific problem.

Full body massage 1 hour	£50
Back, neck and shoulder massage 30 minutes	£35

## Hot Stone Massage:

Hot Stone Massage is a mixture of Swedish Massage and thermal therapy with 'hot stones' which encourages the body to detox.

Full body massage 1 hour	£60
Back, neck and shoulder massage 30 minutes	£40



## Lava Shell Massage:

A 5\* treatment that is wonderfully relaxing and deeply therapeutic using heated lava shells from the Philippines.

Back treatment 30 minutes	£40
Full body treatment 60 minutes	£60

## Lava Mama:

An ingenious treatment which creates a blissful combination of relaxation and stimulation to ease away aches and pains particularly focusing on the back, hips, and legs as pregnancy progresses.

1 hour 15 minutes	£65
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Please allow an additional 15 minutes for relaxation time after treatment.

## Thai Style Treatments:

A totally relaxing treatment using a combination of traditional remedies with modern techniques of Thai and Indian massage. This treatment uses deep massage with heated compresses full of luxurious natural ingredients and essential oils. Feel the relief as heated herbal compresses iron out the tension in your muscles and your joints making you feel as good as new.

Complete Thai Indulgence 1 hour 30 mins	£75
Thai Style Body Treatment, 1 hour	£60
Thai Style Back Treatment, 30 minutes	£40
Thai Style Facial, 30 minutes	£40

## Hand & Feet Treatments

All our manicures and pedicures use Jessica cosmetics and The Gel Bottle.

### Jessica Manicure:

<b>Regular</b>	
<b>1 hour</b>	<b>£28</b>
<b>Deluxe</b>	
<b>1 hour 15 minutes</b>	<b>£35</b>
<b>French</b>	
<b>1 hour 15 minutes</b>	<b>£30</b>
<b>File and Polish</b>	
<b>30 minutes</b>	<b>£20</b>

### Jessica GELeration Manicure:

The beauty of Jessica in a 'soak-off gel polish'. With the health of natural nails in mind, GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail.

<b>Regular Manicure: 1 hour</b>	<b>£40</b>
<b>Deluxe Manicure: 1 hour 15 minutes</b>	<b>£50</b>
<b>French Manicure, 1 hour 15 minutes</b>	<b>£45</b>
<b>File and Polish, 30 minutes</b>	<b>£30</b>

\*Please note £10 will be added if we soak off another brand of gel prior to your treatment.



### Little Miss Manicure:

Under 14's hand and nail treatment. Includes polish and nail art.

<b>30 minutes</b>	<b>£20</b>
<b>Parties also available</b>	

### Paraffin Wax Manicure:

Ideal for arthritis and dry skin conditions.

<b>1 hour 15 minutes</b>	<b>£35</b>
<b>Add GELeration for additional £15</b>	

## Feet Treatments

### Jessica File and Polish Pedicure:

<b>30 minutes</b>	<b>£20</b>
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### Jessica ZenSpa Pedicure:

An exclusive blend of botanicals to hydrate and condition the feet. A ZenSpa pedicure includes exfoliation, hard skin removal, cuticle work, massage, file and paint.

<b>1 hour</b>	<b>£30</b>
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### ZenSpa Luxury Pedicure:

A ZenSpa treatment followed by hot booties for a more luxurious treatment targeting dry skin and cracked heels.

<b>1 hour 30 minutes</b>	<b>£38</b>
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### GELeration Pedicure:

<b>1 hour</b>	<b>£45</b>
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\*Please note £10 will be added if we soak off another brand of Gel prior to your treatment.

### GELeration File and Polish:

<b>30-45 minutes</b>	<b>£30</b>
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\*Please note £10 will be added if we soak off another brand of Gel prior to your treatment.

### Fibreglass Nail Extensions:

<b>Full Set</b>	<b>£40</b>
<b>Infill</b>	<b>£30</b>

### Paraffin Wax Pedicure:

Ideal for arthritis and dry skin conditions.

<b>1 hour 15 minutes</b>	<b>£35</b>
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### Podiatry:

Our in-house Podiatrist, Sharon Upstone BSc, is fully qualified to help you and your family take great care of your feet. Offering remedies for a wide range of foot and limb complaints, Sharon is available all day every Wednesday.

<b>45 mins - 1 hour</b>	<b>£40</b>
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# Hair Removal

## Waxing:

Waxing using the PHD waxing system; the most hygienic way of waxing with the choice of tea tree or honey wax. Please contact us to discuss any or all of the treatments below if you would like more information - we are happy to suggest those which give the longevity results you are looking for.

Full Leg and Bikini	£40
Full Leg	£33
Half Leg and Bikini	£35
Half Leg	£25
Bikini	£15-£20
Underarms	£15
Forearms	£15
Lip or Chin	£10
Lip and Chin	£14
Eyebrows	£12

## Electrolysis:

Electrolysis is a proven method of permanent hair removal. It involves using a mild current to cauterise the hair from the root.

10 minutes	£18
15 minutes	£21
30 minutes	£30



## Advanced IPL Hair Removal:

Permanent Hair removal using the latest advanced IPL (intense pulse light) . Free consultation and free patch test on the area. Affordable prices. Price given on consultation.

## Used for:

Hair Removal  
Skin Rejuvenation  
Thread Veins  
Pigmentation.

Courses of treatments available, please ask for details.

# Eye Treatments

## LVL lashes:

The latest in technology for enhancing the natural lashes to Lift, volumise, and lengthen.

**45 minutes** **£50**

Please note a patch test will be required 24 hours before your treatment

## Eyelash Extensions:

Full or infill lash extensions available. Including techniques such as Russian, Hybrid, Volume and Classic. Prices on consultation.

## High Definition Brows by Mii:

Brows by Mii is a treatment in which we wax, tweeze and tint your brows to enhance your natural brow shape.

**30 - 45 minutes** **£30**

Please note a patch test will be required 24 hours before your treatment.

## Tinting:

Eyebrow Tint	£10
Eyelash Tint	£14
Eyebrow and Eyelash Tint	£20

Please note a patch test will be required 24 hours before your treatment.

## Crystal Eye Treatment:

This award-winning eye treatment is formulated to firm, smooth and relax the vulnerable eye area. You will see a visible difference in how your eyes look and feel; it will put the sparkle back into your eyes.

**45 minutes** **£40**



## Further Treatments

### Spray tanning from Norvell:

Norvell products are developed to deliver a just-off-the-beach colour using a blend of botanicals with naturally derived and organic ingredients. Rated 'Most Trusted Brand' for providing a natural looking tan. As seen on *Strictly Come Dancing!*

<b>Full Body</b>	
<b>30 minutes</b>	<b>£30</b>
<b>Just Legs</b>	
<b>15 minutes</b>	<b>£15</b>
<b>Exfoliation and Spray Tan</b>	
<b>1 hour</b>	<b>£60</b>

### Exfoliation:

Using body scrubs and wraps from our MatiSpa range. Options available.

<b>Full body exfoliation, 30 minutes</b>	<b>£35</b>
<b>Back exfoliation, 15 minutes</b>	<b>£15</b>
<b>Full body wrap, 45 minutes</b>	<b>£40</b>

### Make Up Tutorials:

Take the stress out of preparing for a big event. We can help you create the right look before a big day either by giving you a tutorial on how to perfect your make up, or by booking you in for a full make-over on the day.



<b>Special occasion/evening make up</b>	<b>From £40</b>
<b>Make up lesson including a £10 voucher for any Mii products</b>	<b>£50</b>

## Hair Treatments

Our stylists are Matrix and Wella trained. Please note a patch test will be required 24 hours before your first colour treatment.

<b>Wash, Cut and Blow Dry</b>	<b>£40</b>
<b>Blow Dry</b>	<b>£20</b>
<b>Wet Cut</b>	<b>£22</b>
<b>Dry Cut</b>	<b>£20</b>
<b>Full Head Highlights with Cut &amp; Blow Dry</b>	<b>£90-£110*</b>
<b>Full Head Highlights with NO CUT just Blow Dry</b>	<b>£80-£95*</b>
<b>Three Quarters Head Highlights with Cut &amp; Blow Dry</b>	<b>£80-£95*</b>
<b>Three Quarters Highlights with NO CUT just Blow Dry</b>	<b>£70-£85*</b>
<b>Half Head Highlights with Cut &amp; Blow Dry</b>	<b>£70-£80*</b>
<b>Half Head Highlights with NO CUT just Blow Dry</b>	<b>£65-£75*</b>
<b>Full Head Colour with Cut &amp; Blow Dry</b>	<b>£68</b>
<b>Full Head Colour, Full Head Highlights with Cut and Blow Dry</b>	<b>£95-£120*</b>
<b>Full Head Colour, Half Head Highlights with Cut &amp; Blow Dry</b>	<b>£85-£95*</b>

### BALYAGE AVAILABLE

Please speak to your stylist to discuss the options they recommend.

<b>Perm with Cut and Blow Dry</b>	<b>£60</b>
<b>Perm with NO CUT just Blow Dry</b>	<b>£50</b>
<b>Men's Wash Cut and Blow Dry</b>	<b>£15</b>
<b>Child's Cut</b>	<b>£10</b>
<b>Teen Cut and Blow Dry</b>	<b>£28</b>

### Special Occasion:

<b>Hair Up</b>	<b>From £40</b>
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### Bridal Hair Packages:

<b>Bride</b>	<b>£60</b>
<b>Bridesmaids</b>	<b>From £40</b>
<b>Mother of the Bride</b>	<b>£30</b>
<b>Trial</b>	<b>£40</b>

Bridal packages available, please ask for details.

\*Depending on length of hair.

### Terms and Conditions:

48 hours notice for cancellation of all treatments and Spa Days is required. 50% deposit for any Spa Day payable at time of booking.



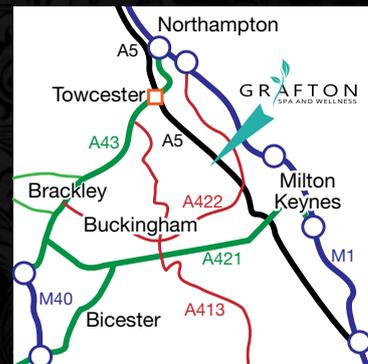
## Opening times:

Monday	CLOSED
Tuesday	10am - 5pm
Wednesday	10am - 8pm
Thursday	10am - 8pm
Friday	10am - 5pm
Saturday	9am - 5pm
Sunday	11am - 4pm

## Contact Us:

01327 810058 - Just 4 You  
[www.just4youbeauty.co.uk](http://www.just4youbeauty.co.uk)

01327 810206 - Grafton Spa  
[www.graftonspa.co.uk](http://www.graftonspa.co.uk)



Wakefield Country Courtyard  
 Wakefield Lodge Estate  
 Potterspury  
 Northamptonshire  
 NN12 7QX



MATIS



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