

TREATMENT LIST

THE LOFT MICRO SPA IS PART OF OUR VISION TO CREATE A UNIQUE EXPERIENCE, A HAVEN FOR RELAXATION AND REJUVENATION AWAY FROM THE STRESSES OF THE WORLD IN A HIDDEN AND INTIMATE RETREAT. THE LOFT PROVIDES THIS AND MORE IN A TRANQUIL LOCATION WITH THE PERFECT BACKDROP OF THE DRAMATIC AND RAW BEAUTY OF THE COUNTRYSIDE IN THE HEART OF WHITE CLIFFS COUNTRY IN KENT, SOUTH EAST ENGLAND.

OUR SELECT LIST OF TREATMENTS HAVE BEEN CAREFULLY CHOSEN BY EXPERT THERAPIST **BEN BARNETT** FOR THEIR HEALING POWER TO MEND BOTH THE BODY AND MIND AFFORDING YOU THE MOST ESSENTIAL LUXURY OF PEACE TO COUNTERACT THE NEGATIVE EFFECTS OF ANXIETY OR STRESS.

HYDROTHERM MASSAGE

Imagine having a massage where you lay on your back supported by a luxurious warm cushion of water and have the whole treatment without turning over. Imagine the hands of the therapist moving over around and under your body uninterrupted using your own bodyweight to give the perfect pressure. Imagine no face holes, cricked necks or pressure on your ribs. You have just imagined Hydrotherm massage...

HYDROTHERM BACK, NECK & SHOULDERS £35.00 30 mins
with Ayurvedic essential oils add £6.00

The ultimate in relaxation and truly holistic massage. Whilst laying on your back, covered with towels and warmed from the water cushions beneath, you receive a 3 dimensional treatment using your bodyweight to give the perfect depth of massage.

THE HYDROTHERM ESSENTIAL EXPERIENCE £60.00 60 mins

Combines Hydrotherm with the use of Ayurvedic oils blended to balance exactly how you feel when you have your treatment. After a brief questionnaire you choose from 4 oils blended according to Ayurvedic Tridosha tradition; in short however you feel and however you want to feel there is a perfect oil for you. Included in the treatment is oil that you can take home to use to remind your mind body and spirit of the profound relaxation this treatment produces.

HYDROTHERM TRANSFORMATIONAL MASSAGE £70.00 60 mins

Through guided meditation and Hydrotherm massage, you can unlock the secrets held in your body. Whether you just want to know where your aching back started from or you want to release your fears about an important future event, Transformational Massage connects the concerns that affect us every day with the parts of the body that is affected by them. Choose exactly how you want to feel when you leave, and get much more than you ask for!

HYDROTHERM DEEP TISSUE MASSAGE £50.00 45 mins

This deep tissue massage treatment helps to improve muscle and joint suppleness and flexibility. It relieves tight, strained and overworked muscles, helping to reduce stiffness and aid recovery time. It is very effective in the treatment of back, neck and shoulder problems. Remedial massage is also very beneficial pre and post-event in the sporting arena and can be used as a preventative or corrective treatment.. It helps to relax muscle tissue, improve circulation, reduce muscle fatigue, alleviate cramp and stimulate the body to perform at its best.

HYDROTHERM PREGNANCY MASSAGE £60.00 60 mins

Designed by a midwife, the Hydrotherm Massage during pregnancy is the most relaxing treatment for mothers to be. Clients after 16 weeks up to 9 months plus can benefit from the warm water cushion support, relaxing movements and gentle rocking in this 1hr experience. Bliss!

REIKI

Literally meaning the channelling of Ki or Chi , Reiki is a gentle healing treatment where the therapists hands are laid gently on parts of the body whilst you sit or lay relaxing. The soothing warmth of Reiki will relax the body, promote wellbeing and help the body regain balance physical, emotionally and mentally.

REIKI £20.00 30 mins

AURICULAR ACUPUNCTURE

Using the ear as a micro map of the whole body, fine needles or magnets or non invasive electrical stimulation can encourage the body systems to work more efficiently, Detox more rapidly, reduce pain and release emotional and mental stress.

BASIC 5 POINT PROTOCOL £30.00 30 mins
INDIVIDUALLY PRESCRIBED TREATMENT £45.00 45 mins

PACKAGES

DAY	£99.00	HYDROTHERM TRANSFORMATIONAL MASSAGE, REIKI & 5 POINT PROTOCOL
DAY & NIGHT	£169.00	DAY PACKAGE PLUS ONE NIGHT STAY WITH BREAKFAST & A 3 COURSE DINNER* *PRICE BASED ON TWO SHARING A STANDARD TWIN/DOUBLE BEDROOM. SUPERIOR/4 POSTER ADD £5.00/£20.00 PP.
VIP	£199.00	EXCLUSIVE USE OF THE LOFT WITH DAY & NIGHT PACKAGE* INCLUDES ONE NIGHT STAY IN THE LOFT APARTMENT WITH BREAKFAST & A 3 COURSE DINNER LOFT APARTMENT HAS 2 DOUBLE ENSUITE BEDROOMS & PRIVATE LOUNGE . MINIMUM 4 PERSONS UP TO MAXIMUM 6. ADDITIONAL GUESTS OVER 4 —£169.00 PER PERSON.

BOOK

CALL 01304 852 229 EMAIL mail@thewhitecliffs.com

TIP

Once you have planned the treatments you wish to enjoy, we do advise you to book as early as possible to avoid disappointment – Fridays, Saturdays and Sundays are sometimes booked up many weeks ahead! Credit Card Details are required to secure a booking for any treatment, a charge may be made in the event of a cancellation within the 24 hour cancellation period.

ENJOY

GET THE MOST OUT OF YOUR SPA EXPERIENCE — Arrive in good time for your appointment— Chill out in the loft. Your therapist will meet you there.
Drink plenty of water after your treatment and relax.

Rates applicable 01/11/08 until 30/04/09. Subject to change by management without notice. Subject to availability.

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THE LOFT MICRO SPA

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THE WHITE CLIFFS, THE BAY RESTAURANT
& THE LOFT ARE PART OF WALLETTS COURT
PARTNERSHIP REGISTERED NO. 1195826 & WALLETTS COURT LTD.

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LEA OAKLEY, CRAIG OAKLEY
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THE WHITE CLIFFS TRADING COMPANY. THE ESSENCE OF COASTAL ENGLAND. LIFESTYLE, FURNITURE, ENTERTAINING, COOKSHOP, DELICATESSEN, LINEN, PRESENTS.

WHAT PEOPLE SAY...

"For Ben ,Thanks for always making me feel so good. Love Kylie "

Kylie Minogue - (Signed on the cover of her no 1 single Spinning around)

"The Star massage therapist.....Ben Barnett might not be a household name yet.....no wonder Kylie takes Ben with her when she goes on tour."
Hello magazine

" By the time he's finished his stuff I've got a spring in my step and a smile on my face....." Telegraph magazine

"As far as I am concerned Ben Barnett is a gifted therapist and masseur"
Kathy Phillips associate Editor of Vogue Health and Beauty writing for the Evening Standard

"It was incredible. I have never experienced a treatment where you work with the masseur in this way.
It's very empowering and I felt genuinely in tune with my body and mind for the first time in ages. Fantastic."
Suzanne Duckett writing for M magazine (supplement for the Sunday mirror)

"The soothing words might not be to everyone's taste.... But they are certainly relaxing and he is an incredible masseur."
The Times Newspaper

I feel noticeably more awake, alert and energized. And the massage has given me such a terrific mood lift...."
Rebecca Barnes , M health section, Daily Mirror

"Rather like Hypnosis you are aware of all the positive messages and questions he asks you yet are completely calm and relaxed in your surroundings"
100 best beauty treatments, Vogue supplement

"Interestingly Despite all the talking and thinking, I found myself very relaxed indeed.....I felt great"
Julia Carling's Beauty Diary Hello magazine

" The Intelligent woman's massageIf you want to know what a magic touch really feels like you'll need to meet Ben Barnett. To call him a masseur is to underestimate the power of his hands and voice"
Sylvia smith The Village local magazine for Knightsbridge, Chelsea Belgravia Pimlico and St James

"Transformational Hydrotherm massage ispsychoanalysis for the senses"
Emily London ,Vogue

"Hydrotherm Prgenancy massage....relax on warm water-filled pillows while therapist Ben Barnett improves yourthrough massage without even having to turn you over" Vogue Beauty

FREQUENTLY ASKED QUESTIONS

FAQS Here's a list of some of the most frequently asked questions. If you need more info' call us on 01304 852229.

Q: What can I do to ensure I get the most out of my Spa experience?

A: Chill out in the loft for at least 15 minutes before your treatment time. Your therapist will meet you there. Drink plenty of water after your treatment and relax.

Q: What do I Wear?

A: You generally remove your clothes for a massage and body treatments, but you are draped with large towels. We would like to ask male clients to wear shorts whilst having treatments.

Q:What do I bring?

A: Yourself. In loose, comfortable clothes a robe and towel will be provided for your use.

Q: I am pregnant, what treatments can I have?

A: Consult your GP/Midwife before booking the treatments with us. Pregnancy Safety Policy – No body treatments can be given in the first 12 weeks of pregnancy. Other limited facial and beauty treatments are available but please be sure to inform your therapist of your wonderful condition.

Q: Can I buy a Treatment as a Gift for some one.

A: Yes, Vouchers ranging in value from £20 to £500 are available by phone on 01304 852229.

Medical Considerations:

Please notify your doctor of your intent if you are taking any medication, are under medical supervision for any other treatments. Please notify the therapist. Consultations are treated in the strictest confidence.

Tedious Small Print...

Once you have planned the treatments you wish to enjoy, we do advise you to book as early as possible to avoid disappointment – Fridays, Saturdays and Sundays are sometimes booked up many weeks ahead!

Time of treatments are approximate may vary with each individual treatment and may include time for a consultation and/or changing.

Credit Card Details are required to secure a booking for any treatment, a charge may be made in the event of a cancellation within the 24 hour cancellation period. Rates applicable 01/11/08 until 30/04/09. Subject to change by management without notice. Subject to availability.

Gift vouchers are available for use against any treatment or product. Gift vouchers are not refundable and must be presented at time of treatment. Cancellation Policy - Should you wish to cancel your appointment, please do so 24 hours prior to your appointment time. Any cancellations made within the 24 hours will be charged 50% of the value of the treatment. Treatment times & prices are subject to change without notification, please check time/price before your treatment with your therapist.

ben barnett

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