



## Event Treatment List

**Penny Groom**  
**penny@pennygroommassage.co.uk**  
**07775537404**



Pamper yourself, friends and family anywhere in the beautiful setting of Norfolk; Whether you are at home, on holiday or have a venue, you can choose from an array of treatments and activities. All organised, scheduled and carried out by some amazing local freelance therapists and practitioners. Advanced notice is advisable to ensure your day runs smoothly and incorporates everything that you decide you would like to make your stay a memorable

### BEAUTY & MASSAGE

**The Mini Package**  
**£20** Per Treatment (Minimum 8 treatments)  
 Choose from any of the following 15 minute treatments:

**Nails** – Manicure or Pedicure; Reshape & File

**Massage** – Hands/Feet/Head/Face

**Facial** – Choose from Prescription, Anti-aging, Quick Cleanse  
 Inc; cleanse, tone, exfoliate, moisturise.

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**The Luxury Package**  
**£35** Per Treatment (Minimum 6 Treatments)  
 Choose from any of the following 30 minute treatments:

**Nails** – Manicure or Pedicure: Nail shape/file, cuticle work and nail polish.

**Massage** - Bespoke 30 Minute Massage of Your Choice

**Facial** - Choose from Prescription, Anti-aging, Deep Cleansing.  
 Inc; cleanse, tone, exfoliate, massage, moisturise.

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**The Decadent Package**  
**£50** Per Treatment (Minimum 4 Treatments)  
 Choose from any of the following 45 minute treatments:

**Nails** – Manicure or Pedicure; Gel Only OR Nail shape/file, cuticle work & soak, massage and nail polish.

**Massage** - Bespoke 45 Minute Massage of Your Choice

**Facial** - Choose from Prescription, Anti-aging, Deep Cleansing  
 inc; cleanse, tone, exfoliate, massage, mask, moisturise.

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**The Indulgent Package**  
**£65** Per Treatment (Minimum 2 Treatments)  
 Choose from any of the following 60 minute treatments:

**Nails**- Manicure or Pedicure; Nail shape/file, cuticle work & soak, massage, mask & mitts, nail polish or Gel.

**Massage** – Bespoke 60 Minute Massage of Your Choice

**Facial** - Choose from Prescription, Anti-aging, Deep Cleansing  
 inc; cleanse, tone, exfoliate, massage, mask, scalp massage and moisturise.

### ACTIVE PACKAGE

Whether you are after high intensity, speed and agility, endurance or strength; Let one of our fully trained freelance **Personal Trainers** create a **bespoke workout** for you, your friends and family.

| Minutes      | 30   | 45   | 60   |
|--------------|------|------|------|
| 01-05 people | £60  | £70  | £80  |
| 06-10 people | £90  | £120 | £145 |
| 11-15 people | £130 | £175 | £210 |
| 16-20 people | £165 | £225 | £275 |

In the event that your accommodation isn't big enough this price Includes a booking fee for a local hall.

### CHILLOUT PACKAGE

If you are in the mood to relax, stretch and unwind; Let one of our freelance **yoga** teachers create a bespoke class to accommodate all levels within your party.

| Minutes      | 60   | 75   | 90   |
|--------------|------|------|------|
| 01-05 people | £90  | £110 | £135 |
| 06-10 people | £150 | £175 | £200 |
| 11-15 people | £215 | £240 | £260 |
| 16-20 people | £275 | £300 | £325 |

In the event that your accommodation isn't big enough this price Includes a booking fee for a local hall.

**Meditation** is something the whole group can enjoy together. You can do it by itself with one of our freelance **meditation practitioners** or our **yoga teachers** can add this relaxation time onto your yoga Savasana session at the end; enabling you to really benefit from your asana practice.

| Minutes      | 20   | 30   | 40   |
|--------------|------|------|------|
| 01-05 people | £50  | £55  | £60  |
| 06-10 people | £60  | £75  | £90  |
| 11-15 people | £90  | £115 | £135 |
| 16-20 people | £120 | £150 | £180 |

Other options maybe available with advance notice; **Nutrition, Pilates, Waxing, Eye lash extensions, Hair, Make up, Mobile Sauna & cold bath, hot tub hire.** Prices may differ to those stated above.  
 Consultation forms will be collected on the day. Therapists and practitioners should be made aware of medical conditions prior to the event. In the event that anyone is unable to undertake a treatment due to a medical condition alternatives maybe advised or the practioners are within their righs to refuse to provide the treatment if advance notice has not been provided.