

## Manicure and Head Massage

A luxurious treatment using exotic eastern Thai manicure products to indulge your hands and nails. Let yourself melt away with a luxury 20 minute head massage to ease away stress and tension. This luxury head massage includes a neck, shoulder and face massage.

## Pedicure and Head Massage

The ultimate soul-reviving treatment, using luxury exotic eastern Thai pedicure products to really treat your feet. Let yourself melt away with a luxury 20 minute head massage to ease away stress and tension. This luxury head massage includes a neck, shoulder and face massage.



## Reflexology Pamper

Reflexology is a pressure point foot massage which works on specific points to improve circulation and lymph flow, cleanse the body of impurities and revitalises energy, which will encourage the body to naturally restore its own healthy balance.

Additionally, reflexology can bring soothing stress relief and relaxation to the mind, body and spirit. Your feet will be cleansed and soaked in preparation for the treatment.

Lunch includes a three course meal with a glass of house wine and tea or filter coffee.

Full payment is required in advance to confirm your booking. This is non-refundable if the booking is cancelled within three weeks of your appointment.

Colchester Institute  
Sheepen Road, Colchester, Essex, CO3 3LL

**Contact Chefs Reception for reservations and enquiries.**  
Our telephone lines are manned by students during term time, Monday to Friday from 10.30am to 3.00pm.  
During the holidays, staff are on hand for group and private reservations and enquiries.

Email: [balkerne.restaurant@colchester.ac.uk](mailto:balkerne.restaurant@colchester.ac.uk)  
Website: [www.colchester.ac.uk/restaurants](http://www.colchester.ac.uk/restaurants)  
Chefs Reception: (01206) 712452/3

Every effort is made to keep the information in this leaflet up to date. However, we reserve the right to make any changes according to curriculum requirements. Opening times and prices may be subject to change without prior notice.

If you would like to be notified of hair and beauty or dining events and special offers, please complete the section below and return it to the Balkerne Restaurant. Alternatively, you can e-mail your details to [balkerne.restaurant@colchester.ac.uk](mailto:balkerne.restaurant@colchester.ac.uk)

Name.....  
Address.....  
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.....Postcode.....  
Telephone.....  
E-mail.....

Centre for Hospitality  
and Salon Studies



# Pamper Days



Enjoy a delicious three course lunch in the Balkerne Restaurant and a relaxing Beauty Therapy treatment.

£24.00 per person

Available on selected days  
From 9th January to 18th May 2012

For full details or to make a reservation,  
telephone (01206) 712452/3

Times	Treatments	Monday	Thursday	Thursday	Friday	Friday
		From 9.1.12 Lunch 12 noon Treatment 2.30pm	From 12.1.12 Treatment 9.30am Lunch 12 noon	From 12.1.12 Treatment 10.30am Lunch 12.45pm	From 13.1.12 Treatment 9.30am Lunch 12 noon	From 13.1.12 Lunch 12 noon Treatment 2.00pm
	Facial and Head Massage	✓	✓		✓	✓
	Massage Pamper			✓		
	Facial and Make-up	✓	✓		✓	✓
	Manicure and Make-up	✓	✓		✓	✓
	Pedicure and Make-up		✓		✓	✓
	Manicure and Head Massage	✓	✓		✓	✓
	Pedicure and Head Massage				✓	✓
	Reflexology Pamper			✓		

## Facial and Head Massage

Unwind and revitalise your skin with a relaxing facial treatment to suit and benefit your skin type. Let yourself melt away with a luxury 20 minute head massage to ease away stress and tension. This head massage includes a neck, shoulder and face massage.



## Massage Pamper

Massage is a fantastic way to relax and improve your physical and emotional state of being. This luxury treatment will take you away for an hour of pure bliss and relaxation.



## Facial and Make-up

Unwind and revitalise your skin with a relaxing facial treatment to suit and benefit your skin type. Then enjoy getting ready for the rest of your day/evening and have your make-up professionally applied with tips and advice on colours and application.

## Manicure and Make-up

A luxurious treatment using exotic eastern Thai manicure products to indulge your hands and nails. Then enjoy getting ready for the rest of your day/evening and have your make-up professionally applied with tips and advice on colours and application.



## Pedicure and Make-up

The ultimate soul-reviving treatment, using luxury exotic eastern Thai pedicure products to really treat your feet. Then enjoy getting ready for the rest of your day/evening and have your make-up professionally applied with tips and advice on colours and application.