



TREATMENT MENU



CALMIA TREATMENTS

AT THE DUTCH BARN

calmiatreatments.co.uk



FACIALS

ROSE CRYSTAL LYMPHATIC

Luxurious rose quartz facial to reduce puffiness, calm skin, and deeply cleanse, with soothing shoulder, scalp, and arm massage.

60 MINUTES £90
90 MINUTES £120

CRYO LIFT

A refreshing facial with cooling cryo tools to lift, tone, and stimulate circulation. Perfect for skin needing revitalisation.

60 MINUTES £90

SKIN SOLUTION

Tailored to target acne, rosacea, or dehydration. A custom facial using organic actives with plenty of healing massage.

60 MINUTES £90

WHITE JADE

Gentle detox using white jade tools to decongest, drain lymph, and tone. Combats dullness and fatigue.

60 MINUTES £90

DETOX & GLOW

Combines lymphatic drainage with deep exfoliation and brightening masks. Ideal for a dull or tired complexion.

60 MINUTES £90

TEENAGE FACIAL

A soothing treatment tailored to teenage skin. Cleanse, exfoliate, extractions, mask, and relaxing head massage.

45 MINUTES £60

FULLY LOADED FACIAL

High-performance facial with exfoliation, deep cleanse, massage, masks, cryo lifting, and tailored care — the ultimate pre-event or monthly reset for radiance, firmness, and glow.

90 MINUTES £130

GLOW ON THE GO

A 30-minute mini facial with exfoliation, mask, and head massage. Tailored boost for revitalized, glowing skin.

30 MINUTES £45



BODY TREATMENTS

GREEN COFFEE BODY SCULPT

Targets cellulite and bloating using fat-burning coffee oil and a sculpting massage. Great for waist, thighs, and tummy.

60 MINUTES £90

REVIVE & RESTORE LYMPHATIC MASSAGE

Boost immunity, support digestion, and deeply relax. Includes cupping, scalp massage and detox oil blends.

75 MINUTES £120

HARMONISING HOT POUCH MASSAGE

A soothing treatment using warm herbal pouches to ease muscle fatigue and improve energy flow.

90 MINUTES £120

DETOX BODY RITUAL

Detox scrub and mud wrap with eucalyptus, seaweed and lemon. Finishes with a relaxing head massage.

60 MINUTES £90

RESET + RENEW BODY RITUAL

Sea salt and sugar scrub, followed by a hydrating mud wrap and calming scalp massage.

60 MINUTES £90

MIND + BODY WELLNESS RITUAL

Full body ritual with energising exfoliation, rare fossil detox wrap and followed by a deeply cleansing, relaxing facial.

90 MINUTES £130

AYURVEDIC GUT RESET RITUAL

Body brushing, warm oil navel massage, and Mama Point therapy to relieve bloating, ease tension, and support digestion — ideal during detox or weight loss.

60 MINUTES £85

REIKI & RELAXING BACK MASSAGE

A soothing Reiki-infused back or scalp massage to ease tension, restore balance, and leave you deeply relaxed.

45 MINUTES £65



ADVANCED SKIN TREATMENTS

EXPRESS MICRODERMABRASION

30 MINUTES £60

A powerful yet time-efficient skin-resurfacing treatment using gentle crystals or diamond-tip to deeply cleanse, smooth, and brighten the skin.

Perfect for anyone needing a quick boost for congested skin.

Leaves your complexion feeling fresh, refined, and radiant — ideal as a pre-event glow or a regular monthly reset. Recommended for: Dull skin, congestion, fine lines, uneven tone, scarring, acne scarring, and enlarged

LUXURY MICRODERMABRASION

60 MINUTES £85

A results-driven, holistic treatment combining deep exfoliation with soothing care. Includes full microdermabrasion to resurface and renew, followed by a targeted treatment to calm and restore, and a deeply relaxing head massage to bring balance. This luxurious facial leaves your skin glowing, smooth, and beautifully revitalised.

Recommended for: Dull skin, congestion, fine lines, uneven tone, scarring, acne scarring, enlarged pores, and anyone in need of a results-led yet restorative facial experience.

SKINBASE™ HYDRO FACIAL

Experience a gentle exfoliation that effectively resurfaces your skin, helping to eliminate impurities and excess oil from your pores. This luxurious treatment leaves your complexion looking renewed, hydrated, and radiant. Enjoy instant results as your skin is transformed, revealing a brighter and clearer appearance. Indulge in this refreshing facial and embrace a more vibrant you.

60 MINUTES £90



SKINBASE™ MICRODERMABRASION & HYDRO FACIAL

Indulge in a rejuvenating experience that will leave your skin feeling fresh and vibrant. This innovative treatment combines microdermabrasion and a hydrating facial to gently exfoliate and nourish your complexion. You can expect a thorough cleansing that removes dead skin cells and promotes a smoother, more radiant appearance. Ideal for all skin types, this facial aims to enhance your skin's texture and clarity. Treat yourself to the ultimate refreshment and discover a luminous glow today.

60 MINUTES £120

THE CALMIA RITUAL CLUB

- One 60-minute treatment of your choice each month
- 10% OF additional treatments and gift vouchers
- 10% OFF all retail products
- Priority booking
- Birthday gift: Receive a full-size product

£70/MONTH

TREATMENT BUNDLE

Buy 5 treatments and get the 6th FREE. Payment can be spread over 2 months. Valid across all services.

£70/MONTH

WHERE BEAUTY MEETS BALANCE
& SKINCARE BECOMES SELFCARE

CALMIATREATMENTS.CO.UK

The Dutch Barn, Carr's Lodge Farm, Newstead Ln, Stamford, PE9 4SA





TREATMENT MENU

CALMIA TREATMENTS AT THE DUTCH BARN

Founded by Louise, a holistic therapist and beauty specialist with over 30 years' experience in the wellness industry. Louise's background includes working in top spas, as a celebrity facialist, and as a beauty business development expert.

Her passion is to create a sacred, nurturing space where deep rest, skin health, and soul care can come together. Located just a few minutes from Stamford, Calmia sits within a peaceful farm surrounded by open countryside – an ideal sanctuary for modern-day rest and ritual.

Louise has carefully selected The Organic Pharmacy, a results-driven luxury organic brand used in leading spas like the Four Seasons – aligning with her commitment to clean, conscious, and holistic skincare.

BOOK ONLINE

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