



TREATMENT MENU



# CALMIA TREATMENTS AT THE DUTCH BARN

[calmiatreatments.co.uk](http://calmiatreatments.co.uk)



## FACIALS

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### 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

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### 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 £90

### 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

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### 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.

## THE CALMIA RITUAL CLUB

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- 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

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

£70/MONTH



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](#)

WHERE BEAUTY MEETS BALANCE  
& SKINCARE BECOMES SELFCARE

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