



MATIS FACIAL TREATMENTS

The Essential Cares – Non-Electrical Facials

Matis was established in 1985. This award winning French company uses only the finest natural ingredients and Bio-technology to produce skincare that really can make a difference.

All prices effective from 1 April 2008 – 31 March 2009

Matis Aromatis – A prescriptive facial to hydrate and treat all skin types. **55 mins £45.00**

Matis Phycorail Mask Facial – An instant beauty treatment for every type of skin using a luxury face mask containing marine extracts and ‘phycorail’ to improve skintone and firmness. **70 mins £52.00**

The Wrinkle Corrective Treatment – A pioneering facial treatment to smooth wrinkles and expression lines. By encouraging the production of collagen, the skin becomes strengthened and more elastic to plump out the complexion. **45 mins £55.00**

Unique Facial – The ultimate in anti-ageing facials uses the latest biotechnology and treats all of the skin’s basic functions, restoring and regenerating moisture, balance and firmness. It offers instant comfort and a glowing complexion for dry, dehydrated and mature skin. **70 mins £60.00**

Caviar Facial – This treatment restores the skin’s suppleness and softness and activates the cellular metabolism whilst ironing out fine lines and wrinkles and is suitable for all skin types concerned with anti-ageing. **70 mins £60.00**

Hydra SK4 – An electro therapy facial suitable for all skin types to deep cleanse, tone facial muscles, boost Collagen and Elastin and promote deeper hydration **70 mins £60.00**
Course of 10 £500.00

Hydra SK4 deluxe – As above but also including the eyes, lips and a relaxing massage **85 mins £75.00**
Course of 10 £600.00

BODY TREATMENTS

A true spa experience. Treatments include a full body exfoliation, a specific massage and an application of a sea based body mask.

Draining Treatments – Using light draining pressures working on the lymph nodes working with waves and pumping movements.
Choose from: **Purifying Citrus Wrap** **75 mins £68.00**
Hot and Cold Slimming Cure **75 mins £68.00**

Relaxing Treatments – Steady protective nurturing movements that envelop the body.
Choose from: **Hot Foaming Cocoa Wrap** **75 mins £68.00**
Sauna Cocoon **75 mins £68.00**

Slimming Treatments – Using specific techniques of kneading and pinching to pummel and manipulate the deep muscle and fat tissue.
Choose from: **Sculpting Green Tea and Strawberry Wrap** **75 mins £68.00**
Firming and Contouring Mosaic **75 mins £68.00**

Energising Treatments – Using brisk energising movements of stroking effleurage.
Choose from: **Revitalising Hibiscus Petal Therapy** **75 mins £68.00**
Reviving Mineral Wrap **75 mins £68.00**

MOTHER TO BE

Pregnancy Massage – This treatment can be carried out at any stage of pregnancy, techniques are applied to suit individual needs **80 mins** £65.00

Pregnancy Treatment – A nurturing face and body treatment designed to improve skin tone on bust and abdomen, relieve tired legs and brighten the skin. **65 mins** £60.00

MASSAGE

Swedish massage techniques are used to relax muscles, increase circulation and promote deep relaxation.

Back, Neck and Scalp **25 mins** £25.00

Body **60 mins** £50.00

Full Body including Face **80 mins** £65.00

Sports Body Massage **60 mins** £55.00

Ask one of our therapists about upgrading to have a pre-blend of essential oils.

MATIS SELF

TANNING

TREATMENT

Part Body **30 mins** £30.00

Full Body **60 mins** £50.00

Alternative Therapies

All subject to availability

AROMATHERAPY

Treatment time includes 15 minutes consultation.

A truly holistic therapy, selecting and blending oils specific to your own personal, physical and emotional needs.

Back, Neck and Scalp **40 mins** £40.00

Full Body **80 mins** £65.00

LA STONE THERAPY

The original hot and cold stone massage. Warmed volcanic rocks and subtly cooled marbled stones massage away life's tensions and draw you into a truly deep state of meditative relaxation.

Back, Arms, Shoulders and Scalp **45 mins** £47.00

Relaxing Body **60 mins** £60.00

Therapeutic Body **80 mins** £75.00

INDIAN HEAD MASSAGE

A chakra balancing treatment using stimulating but relaxing ancient massage techniques to heal mind, body and soul. **25 mins** £30.00

REFLEXOLOGY

Using specific pressure points on the feet, to relieve stress and focus on your individual needs.

Treatment and consultation **70 mins** £55.00

REIKI

Practiced in its traditional form, it heals the body and emotions bringing them into balance and promoting health, happiness, prosperity and longer life. (This treatment is performed fully clothed). **60 mins** £45.00

SHIATSU

Originating in Japan this non-invasive technique stimulates the body's natural healing processes and releases deep seated tension in muscles. **60 mins** £50.00

THERMAL HARMONY

This exclusive treatment starts with a foot cleansing ritual whilst laid on warm Basalt stone. The face is treated with a Matis Specialised Mask while the body is saturated and massaged with warmed essential oils. **60 mins** £70.00

Spa Days

Each Spa Day experience at Ashdown Park includes:

- a welcome drink
- use of robe, towels and slippers
- use of the gymnasium, swimming pool and tennis courts
- a light lunch and a fruit pressé
- use of sauna and steam rooms
- mountain bikes, woodland walks and jogging trails set within the 186 acres of grounds.

| | | |
|-------------------------|--|----------------|
| SPA CREATION | <i>A programme which you design to meet your needs and desires. Any treatment from our Treatments Menu can be added to your day programme. If you would like further information please contact our Reception and we would be pleased to assist.</i> | £38.50 |
| ELITE INDULGENCE | <i>Elite Prescriptive Facial Elite Body Polish and Massage Choice of Manicure or Pedicure</i> | £140.00 |
| RELAXATION DAY | <i>Elite Prescriptive Facial Elite Body Massage</i> | £95.00 |

Finishing Touches

| | | |
|-----------------------|--|------------------------------|
| EYE TREATMENTS | <i>Matis Cristal Eye Treatment</i> – Restores brightness to your eyes, particularly for eyes prone to shadows, bags, puffiness, tiredness and dehydration. | 40 mins £38.00 |
| | <i>Eyebrow Shape</i> | £8.00 |
| | <i>Eyelash Tint (24 hour patch test required)</i> | £15.00 |
| | <i>Eyebrow Tint (24 hour patch test required)</i> | £8.00 |
| NAILCARE | <i>Nailtiques Luxury Manicure</i> | 55 mins £33.00 |
| | <i>Jessica Luxury Zen Spa Pedicure</i> | 55 mins £39.00 |
| | <i>File and Re-varnish</i> | 25 mins £14.00 |
| WAXING | A full range of waxing is available from <i>Lip or Chin</i> | £8.00 |
| | <i>to Full Leg and Bikini</i> | £29.00 |
| MAKE-UP | Using Jane Iredale mineral based and chemical free make-up. A make-up that is good for the skin. <i>Cleanse and Make-up</i> | 30 mins £30.00 |
| | <i>Make-up Lesson</i> | 60 mins £40.00 |
| | <i>Bridal Trial and Day</i> | £70.00 |

Matis Male Grooming

FACIAL AND BODY TREATMENTS

See Alternative Therapies and Massage for other suitable treatments.

The Executive Facial – A prescriptive facial where the products are adapted to suit your specific needs. This includes a facial peel, neck, shoulder and scalp massage and a cooling peppermint mask, leaving a natural healthy glow. **55 mins £45.00**

The Radiance Revealing Treatment – This luxury facial is recommended for men who want the ultimate treatment. 70 minutes of bliss, incorporating deep cleansing and exfoliation with steam and hot towels, finishing with a specialised mask that will either detoxify, purify or energise, giving instant results. **70 mins £50.00**

Eye Print Mask – A 40 minute ‘pick me up’ for the busy executive, this treatment is focused on the vulnerable eye area – targeting puffiness, dark circles and irritation. A specialised cooling mask will instantly revitalise and refresh the eye area, whilst the neck, shoulders and scalp are massaged to de-stress and relax the body and mind. **40 mins £38.00**

Anti Stress Salt Scrub – A 40 minute detox for the back – incorporating a salt scrub, back massage and energising sea mask. Perfect treatment for problematic skin conditions or just to deep cleanse and de-stress. **40 mins £37.00**

To book please contact the Country Club between 9.00am and 5.30pm.

All treatment suitability is subject to a health questionnaire being completed. If you have any health conditions, please contact your GP prior to arrival for a letter of consent or contact our Beauty Therapists for advice.

All treatment times include treatment, preparation and consultation.

As a courtesy to all our clients and to ensure you enjoy the full benefit of your treatment, please be prompt for your appointment.

If you are late for your appointment we will gladly re-schedule, subject to availability. Alternatively we can offer you a shortened service. In the event of the treatment being cancelled, a charge may be made.



Ashdown Park

★★★★

Ashdown Park Hotel and Country Club
Wych Cross, Nr Forest Row, East Sussex RH18 5JR
Telephone +44 (0)1342 824988 Facsimile +44 (0)1342 826206
E-mail reservations@ashdownpark.com
Website www.ashdownpark.com
Heli-Pad Grid Ref TQ 432/322