



Visiting Ashdown Park for a spa day

We are looking forward to welcoming you to the Country Club Forest Brasserie and Forest Spa.

- Full payment of Spa Day price is required upon booking, Any extras are to be settled on departure. We are a cashless hotel but all cards are accepted.
- Included in your package is a welcome drink, choose from one of our speciality teas, coffees, or fruit juices.
- There will be a selection of teas and fresh water for you to help yourself to throughout your spa day. Any additional coffees or soft drinks and Alcohol ordered in the brasserie are to be paid for before the Brasserie closes at 4pm.
- You will be provided with a brief tour of the facility; you will be given information about your spa day for you to keep.
- You have use of towelling robe, which should be returned to us before you leave. Flip flops can be taken away with you free of charge, alternatively we can recycle them. Towels are also provided for use.
- Please wait, on time, in the Relaxation room for your Therapist. You will have completed a Health Questionnaire on arrival, if you have any concerns regarding your health you should let us know before you go through for your treatment. Your treatment room is Cleaned in between each guest and fresh towels used for each guest.
- If you would like to use the Tennis, or Table Tennis you are welcome to bring your own equipment although we will happily lend you ours. If you wish to pay golf, then you will just need to pay Green fees which is £15 per person. Clubs are available for hire.
- We do have a small supply of magazines for you to read, if you like to read, we would recommend you bring something along with you.
- Our lockers are digital so no need for any £1 coins.
- We do have Sanitary machines for use which do take £1 coins so may wish to bring some Just in case!
- We have Molton Brown products provided in the shower cubicles. A Hair and Body Wash and a conditioner, you are welcome to bring your own toiletries for use. Please remember to take your products home with you.
- We don't recommend bringing jewellery to the Spa. Chlorine can tarnish some Jewellery and guests often lose gems in the pool that cannot be retrieved. Any Jewellery brought into the Spa is done so at your own risk.
- We ask that you turn your phones off while In the spa or use on silent. Please refrain from making calls or having loud conversations in the Relaxation lounge.
- If you do lose any items we do hold Lost property for a short period of time, so it is always worth a call.

We look forward to welcoming you to Ashdown Park hotel soon and If you have any queries prior to your visit please do not hesitate to contact us on (01342) 824988