



SPA TREATMENT MENU

The Spa at Ashdown Park Hotel offers exclusive treatments from Kerstin Florian and VitaMan, offering a wide range of Facial, Body and Male grooming treatments which are only available through Leading Spas and Luxury Hotels.

KERSTIN FLORIAN

Specialises in using natural resources including thermal mineral water, mud, algae, herbal extracts and essential oils which have been inspired by world-wide locations to obtain the highest quality treatments available.

VITAMAN

VitaMan is dedicated exclusively to the needs of men. VitaMan uses a combination of ancient and traditional body and mind-calming therapies that provide the ultimate relaxation and rejuvenation experience possible. All the products contain unique, potent and scientifically proven Plant, Herb and Fruit extracts and are free from harmful chemicals, artificial fragrances and colours.



We suggest you arrive at least 15-20 minutes before your treatment to allow time to relax, unwind and enter the realm of indulgent experiences.

Spa opening times:

9.00am – 6.00pm Sunday – Wednesday

9.00am – 8.00pm Thursday – Saturday

For reservations, please call 01342 824988
or e-mail countryclub@ashdownpark.com

Gift vouchers are available from reception or online.

Terms and conditions

Spa treatments are subject to availability. All treatment suitability is subject to a consultation card being completed.

If you have health conditions, please contact your GP prior to arrival for a letter of consent or contact our Beauty Therapists for advice. For spa days a credit card guarantee will be required. Cancellation within 48 hours will incur a 100% charge. For treatments booked a cancellation within 24 hours will incur a 50% charge. Cancellation within 12 hours will incur a 100% charge. Prices are subject to change without notice; all prices are inclusive of VAT at the current rate.

We welcome guests with restricted mobility, a disability and medical or particular care requirements. Please refer to the website for further information on specific details we require prior to booking.

Signature Treatments

The Ultimate Forest of Dreams Ritual

Relax and envelope your senses as you dream of lavender fields whilst inhaling the calming and balancing benefits of wild lavender in this completely rejuvenating spa experience, which includes an invigorating full body scrub, removed with warm, lavender-infused towels and a soothing body massage including stones.

85 minutes ~ £92.50

The Ashdown Classic Facial by Kerstin Florian

A purifying treatment for any skin type which includes a gentle enzyme peel, activated by steam. A relaxing hand massage and acupressure facial massage and a deep-cleansing masque with botanical extracts to rejuvenate and nourish the skin, completes the experience.

55 minutes ~ £67.50

The Ashdown Pure Organic Moor Mud Experience

Based on the European tradition of using mud, healing waters and light massage therapy, this treatment detoxifies and relaxes. Three treatments in one, this ritual commences with a warm eucalyptus foot bath, followed by a Moor Mud body wrap and finished with a massage using a soothing mineral crème mixed with detoxifying essential oils.

85 minutes ~ £97.50



Kerstin Florian Organic Aromatherapy Massage

Enjoy an unsurpassed level of relaxation in this enhanced classic massage which begins with a warm eucalyptus foot bath. Our calm mind ritual follows, imparting comfort and serenity. You may choose between four organic aromatherapy blends to customise this ultimate massage experience.

The treatment starts with gentle muscle stretches and includes deep tissue massage finishing with a deeply relaxing acupressure face massage.

85 minutes ~ £92.50

The Ashdown Luxury Aroma Manicure

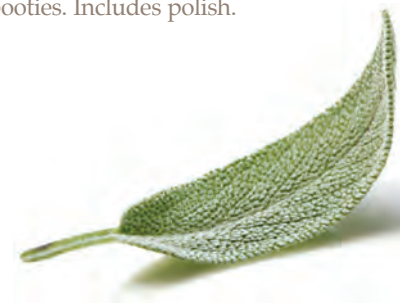
This deluxe manicure incorporates a hand exfoliation treatment followed by a thermal mineral and essential oils soak. Cuticles are then enriched with our special Myrrh nail oil. Enjoy a relaxing hand and arm massage with organic Ylang Ylang, Melissa and Lavender essences. Includes polish.

55 minutes ~ £54.00

The Ashdown Luxury Alpine Foot Treatment

A deluxe pedicure foot therapy for the treatment of dry, rough and cracked skin. Begins with a foot soak in thermal mineral salts enhanced with Eucalyptus oil. Rough skin is exfoliated with a creamy salt mixture then soothed with a massage featuring a natural foot balm rich in Menthol, Eucalyptus and Lavender, infused using warm heated booties. Includes polish.

55 minutes ~ £54.00



Facials

Upgrade your facial with a ten minute, simple make-over for £10.00 so you can leave the spa looking as glamorous as you feel!

The Ashdown Classic Facial by Kerstin Florian

A purifying treatment for any skin type which includes a gentle enzyme peel, activated by steam. A relaxing hand massage and acupressure facial massage and a deep-cleansing masque with botanical extracts to rejuvenate and nourish the skin, completes the experience.

55 minutes ~£67.50

Caviar Facial

An age-defying facial using exclusive caviar products to infuse the skin with essential nutrients, to smooth fine lines and improve texture. The aculift massage visibly firms and tones, while the brightening mask leaves an even skin tone and provides intense hydration to immediately restore radiance, leaving the skin looking supple, healthy and luminescent.

60 minutes ~ £70.00

Pure Organic Aromatherapy Facial by Kerstin Florian

Reconnect with nature, spirit and self with this deluxe facial based on the ancient and influential art of aromatherapy. Centred around a global bouquet of skin-renewing aromatic oils, this facial imparts complete vitality and relaxation, incorporating a specially developed aromatherapy face and scalp massage.

50 minutes ~ £57.50

Sensitive Skin Facial by Kerstin Florian

This ultimate sensitive skin facial protects, corrects and rebuilds skin affected by environmental elements, rosacea, aggressive medical peels and laser treatments. Includes a soothing masque to calm inflammation and uniquely nourish and heal each sensitive skin condition. A personalised home programme is recommended to continue the aesthetic correction.

55 minutes ~ £62.50

Antioxidant Vitamin C Facial by Kerstin Florian

This oxygenating, anti-ageing facial utilises ingredients brimming with antioxidants, including an application of a natural Spirulina algae rich in protein, vitamins, minerals and botanical extracts to combat premature ageing, disrupt hyperpigmentation and provide skin with a healthy glow. This facial includes a luxurious face and scalp massage as well as a hydrating hand massage. Skin is noticeably smoother and younger looking.

75 minutes ~ £88.00

The Refresher Facial by Kerstin Florian

A deep cleansing introductory facial based on organic Moor Mud, which refines and remineralises dull, lifeless skin. Includes a skin analysis and a relaxing face and shoulder massage, as well as a soothing hand massage.

40 minutes ~ £49.00

Correcting PRO Peel 30

Using an exclusive 30% multi-acid peel, this facial provides immediate results to brighten and help even skin tone. An ideal pick-me-up before an event or for those who have little time. Skin is deeply cleansed and toned, followed by a 16-point acupressure massage on the face and scalp. Intensive serums are applied as beauty globes cool and tighten the skin.

30 minutes - £40.00

Kerstin Florian Advanced Age Repair Facial

This results-oriented treatment is customised to address different skin conditions including hyperpigmentation, sensitive, oily and premature ageing. Includes an exfoliating multi-acid or enzyme peel on the face, neck, décolleté and hands to renew the skin, a unique aculift massage to lift and tone the muscles and a masque to soothe and nourish the skin. A relaxing hand massage completes the experience.

75 minutes ~ £88.00

Skin Brightening Facial by Kerstin Florian

A true testament to Kerstin Florian's continuing product and treatment development. This results-driven facial targets hyperpigmentation (sunspots & brown spots), sun damage and signs of ageing, using professional high performance skin brightening ingredients to illuminate the skin. The facial includes an exfoliating multi-acid peel that targets the face, neck, décolleté and hands as well as a deep cleansing massage to promote circulation, followed by a unique brightening masque to complete your experience. A truly amazing treatment giving immediate results.

60 minutes ~ £70.00

K-Lift Advanced Lifting Facial

This energy treatment will transform your skin, both lifting and reducing fine lines and wrinkles. Includes a multi-acid peel for the face and neck to renew the skin, followed by LED red light and Impulse MicroCurrent to help awaken cell functions to younger levels, accelerates the repair mechanism, re-educates muscle tone and triggers DNA regeneration and cell repair. This treatment concludes with an infusion of nutrients to the skin to increase collagen production.

Recommended for clients who are experiencing the first signs of ageing or looking for instant radiance for any special occasion.

55 minutes ~ £75.00

For longer term benefits a course of treatments is recommended:

Course of 6 treatments ~ £375.00

Course of 10 treatments ~ £600.00

K-Lift Ultimate Advanced Lifting Facial

The K-Lift Ultimate Advanced Lifting Facial is identical to the K-Lift Advanced Lifting Facial but is an extended treatment to give intense and visible results.

Recommended for mature, dry and ageing skin concerns.

80 minutes ~ £99.00

Course of 6 treatments ~ £495.00

Course of 10 treatments ~ £792.00

K-Lift Express Upgrade Treatments

(Can be incorporated as an upgrade within other Kerstin Florian facials)

Express Eyes 25 minutes ~ £30.00

Express Lift 25 minutes ~ £30.00

Express Lips 25 minutes ~ £30.00

Each treatment has been designed to help strengthen the muscles. Ideal for targeting the first signs of ageing around each area, helping with fine lines and wrinkles. Facial muscles are lifted to help achieve a more youthful looking appearance. A preventative treatment designed to maintain energy in the cells, strengthen muscle tone and delay the ageing process.

Express Congestion

This treatment has been designed to help draw out excess sebum from an oily skin and increase lymphatic drainage and enhance circulation, aiding in a reduction of puffiness and activating stagnant areas.

30 minutes ~ £42.00

Body Scrubs, Rituals and Wraps

Using natural resources such as thermal mineral water, purifying algae, mud, essential oils and herbs, Kur Rituals satisfy the body's craving for minerals and nutrients, leaving the body refreshed, relaxed and balanced. The following treatment packages re-mineralise, nourish and balance the body.

The Ultimate Forest of Dreams Ritual

Relax and envelope your senses as you dream of lavender fields whilst inhaling the calming and balancing benefits of wild lavender in this completely rejuvenating spa experience which includes an invigorating full body scrub, removed with warm, lavender-infused towels and a soothing body massage including stones.

85 minutes ~ £92.50

The Ashdown Pure Organic Moor Mud Experience

Based on the European tradition of using mud, healing waters and light massage therapy, this treatment detoxifies and relaxes. Three treatments in one, this ritual commences with a warm eucalyptus foot bath, followed by a Moor Mud body wrap and finished with a massage using a soothing mineral crème mixed with detoxifying essential oils.

85 minutes ~ £97.50

Body Firming Detox Treatment

Refine and firm body contours with an exclusive technique which exfoliates the skin, stimulates lymphatic drainage and increases circulation, incorporating the Brightening Body Peel. This is followed by a massage with Intensive Slimming Serum packed with ginger and caffeine to help break down fat cells. Cool compresses finish this experience as Multi-Vitamin Firming Crème hydrates and brightens the body.

85 minutes ~ £99.00

Brighter Body Scrub and Massage

This multi-active experience incorporates exfoliating bamboo, fruit enzymes and multi-fruit acids to stimulate the circulation, refine texture and brighten the skin. Our Organic Ginger oil, blended with Multi-Vitamin Firming Crème, is massaged into the body using long, relaxing strokes with focus on the neck, back and shoulders.

80 minutes ~ £85.00

Sea Spray Detox Wrap

Using an all-natural, live Spirulina algae, this seaweed treatment imparts essential vitamins, minerals and protein to nourish and revitalise the body. Soothing mineral crème mixed with detoxifying essential oils is then applied to leave your skin energised and glowing. Very effective when used as part of a slimming or detox programme.

45 minutes ~ £75.00

Turkish Salt Scrub with Eucalyptus

An exhilarating thermal salt exfoliation applied in a two-step treatment utilising salt rich in mineral and trace elements, and the antiseptic and invigorating benefits of eucalyptus. Stimulates circulation and leaves the skin smooth and soft.

30 minutes ~ £40.00

Brighter Body Scrub

Illuminate your body from head to toe with the results-driven treatment. This multi-active experience incorporates exfoliating bamboo and fruit enzymes along with a Multi-Vitamin Firming Crème to nourish the skin.

30 minutes ~ £40.00

All of the above treatments can be upgraded to include 30 minutes of additional massage for £25.00

Massage

Our massages use swedish techniques which consist of light to medium pressure. If you would like a deeper massage then please mention this when booking.

Express Back Massage

Back, neck and shoulder massage which commences with a refreshing foot balm to ease your aches away.

25 Minutes ~ £30.00

Classic Body Massage

Classic body massage using nourishing organic natural body oil. Select your pressure accordingly to soothe and relax the body.

60 Minutes ~ £55.00

Full Body Massage

Full body massage using nourishing organic natural body oil. Select your pressure accordingly to soothe and relax the whole body. The treatment is completed with a facial and scalp massage.

75 Minutes ~ £70.00

Kerstin Florian Organic Aromatherapy Massage

Enjoy an unsurpassed level of relaxation in this enhanced classic massage which begins with a warm eucalyptus foot bath. Our calm mind ritual follows, imparting comfort and serenity. You may choose between four organic aromatherapy blends to customise this ultimate massage experience. The treatment starts with gentle muscle stretches and includes deep tissue massage finishing with a deeply relaxing acupressure face massage.

85 minutes ~ £92.50

Aromatherapy Massage

Upgrade any of the massages to aromatherapy. Select from a range of beautifully blended organic oils and begin your journey to well-earned relaxation.

Price £7.00

VitaMan Sports Massage

Aimed at the sports enthusiast (male and female) to alleviate muscular tension resulting from exercise, this deep tissue, tension-draining massage, works to ease and eliminate the pain and stiffness accompanying joint and muscle strain. It is ideal for those who want a firm massage. Relax and soothe tired muscles with a deep tissue sports massage featuring our unique sports massage oil. Our Desert Muscle Rub is also used in this treatment on isolated areas to give effective results and instantly revive tired muscles.

60 Minutes ~ £67.50



Alternative Therapies

These treatments require specially trained therapists and are therefore subject to availability.

Fire and Ice Stone Massage

A specialised chakra-balancing and tension-releasing treatment using passive moves to stretch tight muscles, working with warm volcanic rocks and iced marble stones. The stones work as an extension of the hands creating a new dimension to massage.

90 minutes ~ £95.00

Hot Stone Massage

Using warmed volcanic rocks, heated to an optimum 55°C, and subtly cooled marble stones to massage away life's tensions and draw you into deep relaxation.

45 minutes ~ £50.00

60 minutes ~ £65.00

75 minutes ~ £88.00

Aromatherapy

Your therapist will give you a thorough consultation to be able to blend a mix of oils that suit your mood and/or needs. Treatment time allows for 15 minute consultation.

Back, neck and scalp 40 minutes ~ £42.00

Full body 80 minutes ~ £79.00

Reflexology

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

Treatment and consultation 55 minutes ~ £60.00

Reflex Aroma

This luxurious treatment starts with 30 minutes of reflexology to relieve stress and determine which essential oils are best suited to your needs. Your body is then treated to a 60 minute aromatherapy massage for ultimate pampering.

90 minutes ~ £90.00

Indian Head Massage

A chakra-balancing treatment using stimulating but relaxing ancient massage techniques to heal mind, body and soul.

25 minutes ~ £32.00

Thermal Harmony

This treatment, exclusive to Ashdown Park, starts with a foot cleansing ritual whilst laid on warm basalt stones. The face is treated with a Chamomile and Chitosan mask, while the body is saturated and massaged with warm lime and lavender essential oils.

60 minutes ~ £72.00



Mother-to-be treatments

Harmony Pregnancy Massage

A nurturing, all-over body massage ensuring maximum comfort at all stages of the pregnancy, using specially blended aromatherapy oils.

75 Minutes ~ £77.00

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 minutes ~ £70.00

Other suitable treatments include the Ashdown Luxury Alpine Foot Treatment as well as the Ashdown Luxury Aroma Manicure. All facials, with the exception of those using electrical currents, are also suitable treatments during pregnancy, as long as it is possible to lie in a state of recline.



Male Grooming

The VitaMan De-Stress Facial Treatment

Combines effective masculine products to cleanse and rejuvenate your skin with VitaMan's unique, male-specific massage technique to de-stress the shoulder, neck and jaw areas. This world renowned treatment suits men of all ages. You get double the benefits of both looking and feeling like the 'New Man in Town'!

50 minutes ~ £57.50

The VitaMan Express Facial

The perfect facial booster for the man on the go. Skin is refreshed with a deep cleanse, stimulation, exfoliation and nourishing masque leaving the skin feeling calmed and revitalised. This facial is ideal if you have never experienced a facial before.

25 minutes ~ £35.00

The VitaMan Ultimate Facial

Commencing with VitaMan's unique, male-specific massage technique, the face is gently cleansed and exfoliated whilst a luxurious, anti-ageing hydrating masque releases active Red Wine extracts deep into the layers of the skin to reduce the signs of ageing, combined with the unique and relaxing head neck and shoulder massage.

65 minutes ~ £72.50

VitaMan De-Stress Back Treatment

Starting with VitaMan's unique, male-specific massage technique, the area is then exfoliated with our Sea Salt Body Scrub. A warm Jurassic clay masque is applied to purify and detoxify the skin, then massaged and moisturised for total skin rehydration. It will leave you feeling in the best shape possible.

50 minutes ~ £65.00

VitaMan Relaxation Massage

Not just a word, but a state of mind. A relaxing massage which gives you 'time out' can bring huge benefits to your wellbeing. You'll feel more productive, more creative and better equipped to tackle life's challenges. Your experience is a full body massage including a deeply relaxing scalp massage, using essential oil blends that will achieve a heightened state of relaxation.

60 minutes ~ £67.50

VitaMan Sports Massage

Aimed at the sports enthusiast (male and female) to alleviate muscular tension resulting from exercise, this deep tissue, tension draining massage, works to ease and eliminate the pain and stiffness accompanying joint and muscle strain. It is ideal for those who want a firm massage. Relax and soothe tired muscles with a deep tissue sports massage featuring our unique sports massage oil. Our Desert Muscle Rub is also used in this treatment on isolated areas to give effective results and instantly revive tired muscles.

60 Minutes ~ £67.50



Eye Rescue Treatment by Kerstin Florian

(Can be incorporated as an upgrade within other Kerstin Florian facials)

This intensive eye treatment is designed to diminish fine lines and wrinkles by up to 27%, improves dark circles, relieves puffy eyes, improves clarity and totally rejuvenates this delicate area for brighter, more luminescent eyes.

40 Minutes ~ £50.00

15 minutes upgrade - £25.00

VitaMan Manicure and Pedicure

Enjoy a warm foot soak while your hands receive an invigorating manicure including complete nail and cuticle maintenance, with a hand and forearm massage leaving hands with a smart, groomed and professional appearance. Our signature pedicure then incorporates the ultimate foot care, a revitalising scrub followed by our stress-releasing massage to renew tired legs and feet.

60 Minutes ~ £52.00



Finishing Touches

Luxury Aroma Manicure

This deluxe manicure incorporates a hand exfoliation treatment followed by a thermal mineral and essential oils soak. Cuticles are then enriched with our special Myrrh Nail Oil. Enjoy a relaxing hand and arm massage with organic Ylang Ylang, Melissa and Lavender essences. Includes polish.

55 minutes ~ £54.00

The Ashdown Luxury Alpine Foot Treatment

A deluxe pedicure foot therapy for the treatment of dry, rough and cracked skin. Begins with a foot soak in thermal mineral salts enhanced with Eucalyptus oil. Rough skin is exfoliated with a creamy salt mixture then soothed with a massage featuring a natural foot balm rich in Menthol, Eucalyptus and Lavender infused using warm heated booties. Includes polish.

55 minutes ~ £54.00

Make up

Using Jane Iredale mineral based and chemical-free make up.

A make up that is good for the skin as mineral particles form a protective barrier on the skin that allows it to breath and function normally, particularly suitable for use after a facial.

Cleanse and make up £40.00

Make up lesson £55.00

Bridal trial and day £95.00

Mini Make-Over

Only available when booking a minimum 50 minute facial.

10 minutes ~ £10.00

Waxing

A full range of waxing is available:

Lip or Chin £12.00

Half leg £20.00

Bikini £12.00

Full leg and bikini £40.00

Eye Treatments

Eye Rescue Treatment by Kerstin Florian

(Can be incorporated as an upgrade within other Kerstin Florian facials)

This intensive eye treatment is designed to diminish fine lines and wrinkles by up to 27%, improves dark circles, relieves puffy eyes, improves clarity and totally rejuvenates this delicate area for brighter, more luminescent eyes.

40 Minutes ~ £50.00

15 minutes upgrade - £25.00

Eyebrow shape £12.00

*Eyelash tint *£20.00*

*Eye brow tint *£12.00*

*Eyelash and Brow tint *£25.00*

**Please note a 24 hour patch test is required before tinting*

In-Room Experiences

Kerstin Florian offers a wide selection of in-room treatments that rejuvenate and refresh your spirits. A classic in-room experience allows you to create the Spa experience within the privacy of your own room. Packages can be upgraded with other hotel services such as Champagne and Strawberries.

Muscle Soother Bath Experience

Ideal for any guest wishing to soothe aching muscles after a day of activity on the golf course or after a long day at the office. The Ashdown Park Spa will deliver your own bath experience for you to create in the comfort of your hotel room. Especially high in magnesium, our mineral bath salts will detoxify and balance the body and, in combination with a Eucalyptus Bath Oil, will ease stiff muscles and aching joints. Complete your experience with chamomile body lotion. Alternatively, we can pack this experience as a gift to take home.

£39.00

Sleep Treat Bath Experience

Our sleep treat bath tray will be delivered to your room to allow you to create your own soothing and relaxing bath experience. Use the luxurious body exfoliant, whilst filling your bath tub. Submerge in the all-natural, mineral wellness salts to nourish and balance the body. Complete your experience with moisturising chamomile body lotion. Alternatively, we can pack this experience as a gift to take home.

£39.00

Ashdown Spa Experience Days

Spa Days are not available on Saturdays or between 24th December and 1st January, as well as Bank Holiday weekends.

Indulge yourself with a luxury Spa Day at Ashdown Park. Whichever of our packages you choose, the following are included:

- Welcome drink, use of luxurious robes, towels and slippers. Take some exercise in the Gymnasium, Swimming Pool or Tennis Courts
- Prepare for your treatment by relaxing and warming your body in the Sauna and Steam Rooms
- A light lunch and refreshments to nourish
- For the more adventurous, take a walk in the woodlands or run the jogging trail.

The Forest of Dreams Package

The dream spa day awaits you! A day which will leave you completely relaxed and in tip-top condition. A must before any big day or evening event, or just when you need to relax and pamper yourself! Over three hours of treatments include the Ashdown Classic Facial by Kerstin Florian; a choice of Luxury Aroma Manicure or Alpine Foot Treatment; and completed with the Ultimate Forest of Dreams Ritual. You will finish your day feeling that you haven't a care in the world... and look fabulous too!

Sun ~ Fri £210.00

The Ultimate Ashdown Experience

Take a little time for yourself or enjoy the day with a friend or partner. Your dream escape incorporates over three hours of treatments including an exfoliation and massage using Organic Aromatherapy, a Pure Organic Prescriptive Facial by Kerstin Florian together with a Luxury Manicure or Pedicure . A top-to-toe experience!

Sun ~ Fri £185.00

Pure Relaxation

Take time out to relax and recharge on our ultimate relaxation day. Two of our most relaxing treatments will lull you into a dream-like state. 100 minutes of complete de-stress with our Pure Organic Prescriptive Facial by Kerstin Florian and a Kerstin Florian Aroma Massage.

Sun ~ Fri ~ £99.00

Mother-to-Be Day

Pamper yourself before your big day arrives with a pregnancy massage and an Alpine Foot treatment. You will finish your day feeling that you haven't a care in the world.....and look fabulous too! 130 minutes of treatments.

Sun ~ Fri ~ £130.00

Mother and Daughter Day

Share some special girl-time! Indulge in an Express Facial by Kerstin Florian with a mini manicure and pedicure. 75 minutes of treatments. Not suitable for children under 12.

Sun ~ Fri ~ £180.00

VitaMan De-Stress Day

Relax and be pampered with the choice of two of VitaMan's most popular treatments, the VitaMan De-Stress Facial Treatment or the VitaMan De-Stressing Back Treatment, followed by a 50 minute VitaMan Relaxation Massage.

All designed to make you look and feel like a new man! 105 minutes of treatments.

Sun ~ Fri ~ £115.00

Golfer's Renewal

A day designed to tackle the parts of the body that are important to golfers and other sportsmen! Including the VitaMan De Stress Facial, the VitaMan Manicure and Pedicure, plus a Back Massage. 135 minutes of treatments

Sun ~ Fri ~ £145.00

Spa Creation Day

Our Spa Creation Day entitles you to the same privileges as our Spa Experience Days. Create your own Spa Experience choosing treatments from the tariff

Sun ~ Fri ~ £45.00

Receive £10 off any one Spa Treatment when booked with your Spa Creation Day

Half Day Soother

We offer a half day package for those who are limited for time but are still in need of a pamper! Book from 9am to 2pm to include a 50 minute treatment and lunch, or from 1pm to 6pm to include a 50 minute treatment and Afternoon Tea. Treatment choice is either a Manicure, Pedicure, Massage, Facial or Anti-Stress Salt Scrub.

Sun ~ Fri ~ £74.50



Revitalise Spa Privilege Card

£99.00 for 1 year

- 20% off all treatments
- 15% off retail products
- 48 hour guaranteed availability up to an hour**
- Exclusive cardholder offers by email
- Complimentary mini treatment during your birthday week worth £30.00 (pedicure, manicure, facial, BNS)
- Complimentary tea or coffee after every treatment
- Card can be used 7 days a week, subject to availability **
- Complimentary day membership trial for two
- Friend referral scheme
- Use the pool before your treatment*
- Kerstin Florian or VitaMan product sample pack after first treatment.

* Up to an hour use of pool before treatment – Mon – Fri only

** Saturday availability not guaranteed.

GIFT VOUCHERS

All our Treatments and Spa Days are available to purchase from reception or online as gift vouchers which are valid for 12 months from date of purchase.



Spa Etiquette

1. Please arrive 15 - 20 minutes before your treatment time. This allows for completion of a medical form and for your treatment to begin on time. Late arrival will limit the time of the treatment and in some cases the appointment may need to be rescheduled. Treatments will end on time so that other guests are not inconvenienced.
2. In order to retain a peaceful atmosphere and for consideration to others, we request that mobile phones be turned off or put on silent and conversations are kept quiet when within the treatment area.
3. We can provide a robe and slippers if required, during the treatment you will be draped with towels to ensure your privacy.
4. Men will be asked to retain undergarments or swimwear for discretion.
5. Know that you are in a professional environment and do not expect anything other than therapeutic, salon services.
6. Communicate your preferences during treatments so that therapists can adjust to your requirements.
7. Do not leave children under 16 unattended. This can be disruptive to other spa visitors and unsafe for your children.
8. You may relax for a while once a treatment has been completed, but please be aware that the treatment room needs to be prepared for the next client.



Ashdown Park Hotel & Country Club

Wyck Cross, Nr Forest Row, East Sussex, RH18 5JR

Telephone +44 (0) 1342 824988

Facsimile +44 (0) 1342 826206

E-mail: countryclub@ashdownpark.com

Website www.ashdownpark.com