



COUNTRY  
CLUB & SPA

## SPA TREATMENT MENU

# WELCOME

## TO THE COUNTRY CLUB & SPA

The Spa at Ashdown Park Hotel offers exclusive treatments from Kerstin Florian, including 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.

### OPI

Renowned as the leaders in nail care; their beautiful heavily-pigmented, chip-resistant lacquers and polishes are available in a wide range of exceptional colours and provide a flawless long-lasting finish to your manicure or pedicure.

Please arrive 15-20 minutes before your treatments to allow time to relax, unwind and enter the realm of indulgent experiences.

Treatment time includes: Collection, consultation and preparation, which is approximately five minutes.

### THE SPA OPENING TIMES:

9.00am – 6.00pm Sunday – Wednesday

9.00am – 8.00pm Thursday – Saturday

Subject to availability enjoy an additional 10% discount off treatment prices Monday - Thursday. Excludes school holidays and public holidays. Please speak with the Country Club receptionist for further details. Spa days and packages are not included in this offer. Discretionary 10% service charge not included in any treatment prices.

To book your Spa experience, please call **01342 824988** or e-mail **[countryclub@ashdownpark.com](mailto:countryclub@ashdownpark.com)**

**Spa gift vouchers are available  
to purchase from reception or online.**

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## TERMS AND CONDITIONS

Treatments are subject to availability. Some treatments are specialised and can only be performed by certain therapists. All treatment suitability is subject to a consultation card being completed. If you are currently pregnant, have any allergies, a heart disorder, a diagnosed medical condition or are taking any prescribed drugs, please let us know in advance. Children under 16 years old require an accompanying adult. Credit Card details are required when booking spa days as a guarantee. Spa Day cancellations within 48 hours will incur a 100% charge. Treatment cancellation within 24 hours will incur a 100% charge. Prices, packages and treatments are subject to change without notice; all prices are inclusive of VAT at the current rate. A discretionary 10% service charge will be added to your bill for all Spa services and will be shared by the entire team. 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.

Please read our Spa etiquette information on our website or ask a member of the Country Club team: [www.ashdownpark.com](http://www.ashdownpark.com)

## MY NOTES

Please use this page to jot down your favourite treatments ready to book.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## OUR SIGNATURE TREATMENT COLLECTION

### KERSTIN FLORIAN ORGANIC AROMATHERAPY MASSAGE

Enjoy an unsurpassed level of relaxation during this enhanced classic massage which begins with a warm lavender foot bath, followed by our calm mind ritual - imparting a sense of serenity and comfort. Relax further with gentle muscle stretches and a deep tissue massage, finishing with a soothing acupressure face massage.

You have the choice between five organic aromatherapy blends to personalise this ultimate massage experience.

**85 MINUTES ~ £120.00**

### GUA SHA INSTANT LIFT FACIAL

Rejuvenate the skin with the Ancient Art of Gua Sha which visibly firms, contours and generates a glowing complexion. This deep cleansing facial combines results driven ingredients to address all skin concerns. Expert massage techniques with specialized Jade tools stimulate lymphatic drainage, release toxins, improve circulation and enhance natural hydration while botanical essences nourish, replenish and fortify skin. Tension is released, puffiness is reduced, and clarity is enhanced, leaving the face, neck and décolleté visibly smoother, tighter and more radiant.

**55 MINUTES ~ £80.00**

### THE ULTIMATE FOREST OF DREAMS RITUAL

Relax and envelop your senses as you dream of lavender fields. Inhale the calming, 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 soothing body massage using warmed stones. Treatment concludes with warm oil through the hair and a scalp massage.

**85 MINUTES ~ £120.00**

### NEROLI BLOSSOM SENSORY EXPERIENCE

Awaken the senses with the Award winning treatment. Signature aroma of Neroli in this deeply relaxing yet uplifting experience featuring energy balancing, Eucalyptus infused foot cleansing ritual with reflexology to clear the mind, a lymphatic dry brush technique followed by a therapeutic meditative massage using Neroli blossom and warmed stones.

**85 MINUTES ~ £120.00**

### WELL BEING FACE AND BODY

Drift into a state of relaxation with our Well Being Face and Body Treatment. Your experience will begin with an aromatherapy body massage using a choice of five aromatherapy oils which will work out all your tensions from your back through to your legs. This is then followed by an aromatherapy Facial which includes a hand and arm massage. A complete top to toe experience.

**85 MINUTES ~ £120.00**

### 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. The body is saturated with warm lime and lavender essential oils, and gently massaged to send you into a deep state of relaxation. Treatment concludes with an invigorating scalp massage to awaken your senses.

**55 MINUTES ~ £89.00**



## FACIALS

*Upgrade your facial with a ten minute make-over using Jane Iredale mineral make up for £15.00; so you can leave the spa looking as glamorous as you feel!*

### PURE ORGANIC AROMATHERAPY FACIAL

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.

**40 MINUTES ~ £60.00**

### BIO-MINERAL FACIAL

Reset your complexion with this all-natural facial designed to return the skin's microbiome to its ideal, most functional state. Balancing pre- and probiotics, cell-renewing fruit enzymes and skin-replenishing minerals combine with a clearing massage using Jade tools to stimulate lymphatic drainage, release toxins, and improve circulation. A nourishing masque and customized serum blend are infused to balance an oily acne or combination skin.

**55 MINUTES ~ £80.00**

### ANTIOXIDANT VITAMIN C FACIAL

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, 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 left looking noticeably smoother and revived.

**55 MINUTES ~ £80.00**

### ANDA VITAL FACIAL

Envelop skin with this completely Vegan facial, begins with a Gua Sha massage to shoulders and upper back. Multi-function organic products rich in vital nutrients visibly revitalise the skin. A custom ANDA product, blends are enhanced with specialised Gua Sha techniques and dynamic structured water elixir to provide proven results that improve not only complexion, but skin wellness. Emerge feeling vital, empowered, and beautiful.

**55 MINUTES ~ £80.00**

### THE REFRESHER FACIAL

An introductory facial for all skin types. A Deep cleanse with our Pearl polish brightens the skin and the aromatherapy oils deeply nourish and hydrate. Includes a skin analysis and a relaxing face and shoulder massage as well as a soothing hand or scalp massage.

**25 MINUTES ~ £45.00**

### CORRECTING PRO PEEL 30

Using an exclusive 30% multi-acid peel, this facial provides immediate results to brighten and help even skin tone. Skin is deeply exfoliated and toned, followed by a 16-point acupressure massage on the face. Intensive serums are applied as beauty globes cool and tighten the skin.

**25 MINUTES ~ £45.00**

### SKIN BRIGHTENING FACIAL

A true testament to Kerstin Florian's continuing product and treatment development. This results-driven facial targets hyperpigmentation, 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, décolletage and hands as well as a deep cleansing massage to promote circulation. Your experience is completed with a unique brightening masque. A truly amazing treatment giving immediate results.

**70 MINUTES ~ £95.00**

## K LIFT

### K-LIFT ADVANCED LIFTING FACIAL

This NEW energy treatment will transform your skin – both lifting and reducing fine lines and wrinkles. It includes a multi-acid peel for the face and neck to renew the skin, followed by LED red light and Impulse Micro Current to help awaken cell functions to younger levels. This facial helps accelerate skin's repair mechanism, re-educates muscle tone and triggers DNA regeneration and cellular repair.

Concluding this treatment is an infusion of nutrients to the skin to increase collagen production. Recommended for clients experiencing the first signs of aging, or looking for instant radiance for any special occasion.

**70 MINUTES ~ £105.00**

For longer term benefits a course of treatments is recommended:

**COURSE OF 6 TREATMENTS ~ £525.00**

### K-LIFT EXPRESS UPGRADE TREATMENTS

Can be incorporated as an upgrade within all other Kerstin Florian Facials. 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 EYES ~ 25 MINUTES ~ £30.00**

**EXPRESS LIFT ~ 25 MINUTES ~ £30.00**

**EXPRESS LIPS ~ 25 MINUTES ~ £30.00**

### EXPRESS CONGESTION

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

**25 MINUTES ~ £45.00**

## IN ROOM SPA EXPERIENCE

### FACE & BODY £38

Pamper yourself in the comfort of your home or hotel room with this Spa-at-Home Face & Body Wellness Kit. Begin by running a nice warm bath infused with Mineral Wellness Salts & Eucalyptus, exfoliate all over with a dry brush, and nourish your face and body with specially selected products.

### BODY £30

Pamper yourself in the comfort of your home or hotel room with this Spa-at-Home Body Wellness Kit. This kit includes Turkish Salt Scrub to invigorate your skin and buff away any dryness to leave it feeling silky smooth. Run yourself a nice warm bath infused with Mineral Wellness Salts & Eucalyptus, nourish your body and hair with our specially selected products.





## 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.*

### **TURKISH SALT SCRUB WITH EUCALYPTUS\***

An exhilarating thermal salt exfoliation, utilising salt rich in mineral and trace elements, combined with the antiseptic and invigorating benefits of eucalyptus. This treatment helps stimulate circulation, flush toxins and leaves the skin smooth and soft.

**25 MINUTES ~ £50.00**

**\*TREATMENT CAN BE UPGRADED TO INCLUDE 30 MINUTES OF  
ADDITIONAL MASSAGE, SUBJECT TO AVAILABILITY ~ £35.00**

### **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. This also includes a body massage.

**85 MINUTES ~ £120.00**

**\*TREATMENT CAN BE UPGRADED TO INCLUDE A REFRESHER FACIAL,  
EXTRA 15 MINUTES, SUBJECT TO AVAILABILITY ~ £25.00**

## **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. The body is saturated with warm lime and lavender essential oils, and gently massaged to send you into a deep state of relaxation. Treatment concludes with an invigorating scalp massage to awaken your senses.

**55 MINUTES ~ £89.00**

## **THE ULTIMATE FOREST OF DREAMS RITUAL**

Relax and envelop your senses as you dream of lavender fields. Inhale the calming, 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 soothing body massage using warmed stones. Treatment concludes with warm oil though the hair and scalp massage.

**85 MINUTES ~ £120.00**



## MASSAGE

### KERSTIN FLORIAN ORGANIC AROMATHERAPY MASSAGE

Enjoy an unsurpassed level of relaxation during this enhanced classic massage which begins with a warm lavender foot bath, followed by our calm mind ritual - imparting a sense of serenity and comfort. Relax further with gentle muscle stretches and a deep tissue massage, finishing with a soothing acupressure face massage. You have the choice between five organic aromatherapy blends to personalise this ultimate massage experience.

**85 MINUTES ~ £120.00**

*The following massages use Swedish techniques which consist of a medium pressure. If you would like a deeper massage then please mention this when booking.*

*You have the choice between five organic aromatherapy blends to personalise this ultimate massage experience. These massages commence with a foot cleanse and includes a refreshing foot balm.*

### AROMATHERAPY BACK, NECK AND SHOULDER MASSAGE

The classic relaxing back, neck and shoulder massage to remove tension and aches. This treatment includes a scalp massage.

**30 MINUTES ~ £50.00**

### AROMATHERAPY BODY MASSAGE

Classic body massage using organic aromatherapy oils.  
Includes legs, arms, back and shoulders.

**60 MINUTES ~ £90.00**

### AROMATHERAPY FULL BODY MASSAGE

The Full Body Massage includes a face massage and scalp massage, using nourishing organic natural body oil.

**75 MINUTES ~ £105.00**

### BAMBOO BODY MASSAGE

Bamboo is considered to have powerful healing properties in ancient China, using warm bamboo, enhancing the flow of oxygen and nutrient rich blood to help with recovery and healing, helps to reduce various pains and aches such as lower back pain, neck and shoulder pains and aches and general muscle soreness.

**40 MINUTES ~ £60.00**

### SPORTS MASSAGE

Designed for sport enthusiasts (male and female) to alleviate muscular tension resulting from exercise. This deep tissue, tension draining massage works to relax and soothe tired muscles, easing and eliminating the pain and stiffness accompanying joint and muscle strain through firm massage using our own unique sports massage oil.

**60 MINUTES ~ £99.00**

**45 MINUTES ~ £75.00 (SPORTS BACK MASSAGE ONLY)**

### LAVA SHELL MASSAGE

The warm tiger clam shells are glided over the body with varying pressures, techniques and precision, to ease muscle tension and aches. Deeply relaxing, this treatment releases blocked energy flow to re-energise the body restoring a sense of balance to the body and mind

The heat from the shell enables the therapist to go 10 X deeper into the muscle. A Full body massage using natural and biodegradable materials. During the massage, the shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress followed by wonderfully tranquil massage on the back, neck and shoulder area to ease away all tension, knots and stress.

**55 MINUTES ~ £89.00**



## ALTERNATIVE THERAPIES

### INDIAN HEAD MASSAGE

A chakra-balancing treatment using stimulating but relaxing ancient massage techniques to heal mind, body and soul. Includes massage on neck, shoulders, face & scalp.

**30 MINUTES ~ £50.00**

### FIRE AND ICE STONE MASSAGE

A holistic chakra-balancing treatment which begins with 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.

**85 MINUTES ~ £120.00**

### HOT STONE MASSAGE

Using warmed volcanic rocks, heated to an optimum 55°C, to massage away life's tensions and draw you into deep relaxation. Cold stones are an optional addition based on customer request.

**40 MINUTES ~ £70.00**

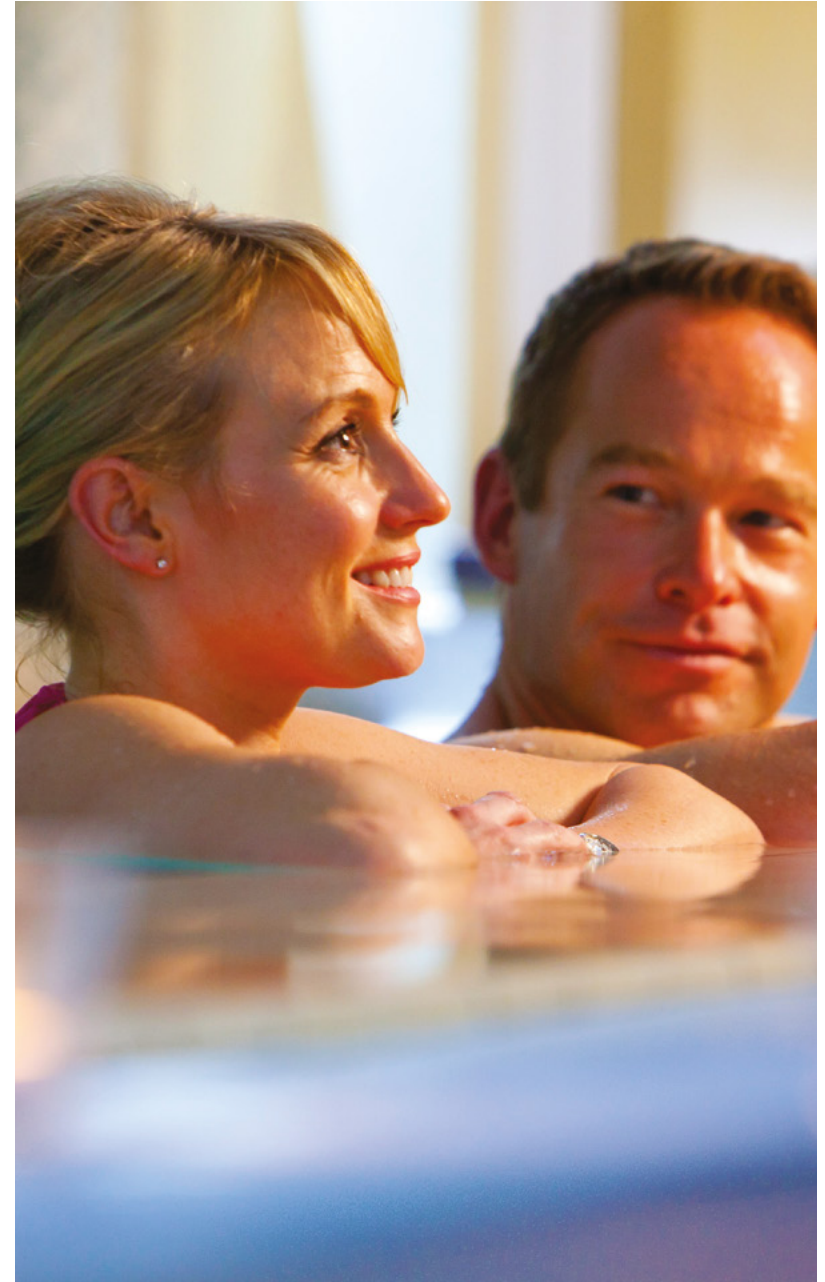
**55 MINUTES ~ £90.00**

**70 MINUTES ~ £105.00**

### REFLEXOLOGY

Use of appropriate pressure to specific points and areas on the feet. Reflexologists believe that these reflex points correspond to different body organs and systems, and that pressing them creates real benefits for the person's health

**40 MINUTES ~ £70.00**



## MOTHER-TO-BE TREATMENTS

### HARMONY PREGNANCY MASSAGE

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

**75 MINUTES ~ £105.00**

### PURE ORGANIC AROMATHERAPY FACIAL

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.

**40 MINUTES ~ £60.00**

### THE ASHDOWN LUXURY ALPINE FOOT TREATMENT\*

A deluxe pedicure foot therapy for the treatment of dry, rough cracked skin. Begin with a foot soak in thermal mineral salts,

Rough skin is exfoliated with a creamy salt mixture, nails and cuticles are tidied, then feet are soothed with a massage featuring a natural foot balm rich in methanol and lavender infused by warm heated booties.

Does not include nail painting.

**40 MINUTES ~ £55.00**

**\* CAN BE UPGRADED TO A 55 MINUTE TREATMENT TO INCLUDE NAIL PAINTING FOR AN EXTRA £20.00**

**OTHER FACIALS, NAIL TREATMENTS AND REFLEXOLOGY ARE ALSO SUITABLE FOR MOTHERS TO BE.**

### 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 Nail Oil while you relax with a hand and arm massage with organic Ylang Ylang, Melissa and Lavender essences infused by warm heated mitts. Does not include nail painting.

**40 MINUTES ~ £55.00**

**\* CAN BE UPGRADED TO A 55 MINUTE TREATMENT TO INCLUDE NAIL PAINTING FOR AN EXTRA £20.00**

## MEN'S TREATMENTS

### DE-STRESS FACIAL TREATMENT

Combines effective products to cleanse and rejuvenate your skin with a unique massage technique to de-stress the shoulder, neck and jaw area. This treatment suits men of all ages. You get double the benefits of looking and feeling like the 'New Man in Town'!

**40 MINUTES ~ £60.00**

### EXPRESS FACIAL

The perfect facial booster for the man on the go. Skin is refreshed with a deep cleanse, stimulating exfoliation and a nourishing masque leaves the skin feeling calmed and revitalised. This is an ideal first time men's facial.

**25 MINUTES ~ £45.00**

### DE-STRESS BACK TREATMENT

The back is exfoliated with a Sea Salt Body Scrub before a warm Algae masque is applied to purify and detoxify the skin. Back and scalp massage ensures total body and soul relaxation.

**40 MINUTES ~ £65.00**



### RELAXATION MASSAGE

A relaxing massage is a time-out that can bring huge benefits to your day. You'll feel more productive, more creative and better equipped to tackle daily challenges. This experience is a full body massage, starting with a relaxing scalp massage using blended essential oils that help achieve a heightened state of relaxation.

**60 MINUTES ~ £90.00**

### MEN'S HAND AND FOOT COMBINATION TREATMENT

Enjoy a warm foot soak while your hands receive an invigorating manicure including complete nail and cuticle maintenance and 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.

**45 MINUTES ~ £55.00**





## FINISHING TOUCHES

### 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 Nail Oil while you relax with a hand and arm massage with organic Ylang Ylang, Melissa and Lavender essences infused by warm heated mitts. Does not include nail painting.

**40 MINUTES ~ £55.00**

### THE ASHDOWN LUXURY ALPINE FOOT TREATMENT\*

A deluxe pedicure foot therapy for the treatment of dry, rough cracked skin. Begin with a foot soak in thermal mineral salts.

Rough skin is exfoliated with a creamy salt mixture, then soothed with a massage featuring a natural foot balm rich in methanol, eucalyptus, and lavender infused by warm heated booties. Does not include nail painting.

**40 MINUTES ~ £55.00**

*\* Can be upgraded to include nail painting for an extra £20.00*

### GEL MANICURE

Enjoy beautiful, longer lasting nail colour with OPI Gel Lacquer. Relax with a soothing hand nourish or if your gels were done by our therapists, receive a complimentary gel removal before re-application, please inform us when booking if gel removal is required.

If you require gel lacquer removal which was not applied by our therapists then you will need to book a 25 minute Gel Removal followed by the Gel Manicure.

**£60.00**

**GEL REMOVAL\* ~ £25.00**

**\*GEL REMOVAL MUST BE BOOKED  
AT THE SAME TIME AS APPLICATION.**

## OPI PRO SPA MANICURE OR PEDICURE

### USING THE PRO SPA

OPI products a complete pedicure or manicure to tidy the nails and cuticles, exfoliate and moisturise dry skin. Includes nail painting using OPI Infinite Shine Polish.

**50 MINUTES ~ £55.00**

### WAXING

We offer a full range of waxing.

**LIP OR CHIN ~ £15.00**

**HALF LEG ~ £20.00**

**BIKINI STANDARD ~ £15.00**

**FULL LEG AND BIKINI ~ £40.00**



## MAKE UP

### JANE IREDALE

Jane Iredale is a mineral based, chemical-free make-up, which forms a protective barrier of mineral particles on the skin, allowing it to breathe and function normally. Particularly suitable for use after a facial.

**CLEANSE AND MAKE-UP ~ £55.00**

### MINI MAKE-OVER

Only available when booking a minimum 40 minute facial.

**10 MINUTES ~ £15.00**

## BRIDAL PARTY

### BRIDAL MAKE UP

**ONE TRIAL AND ON THE DAY APPLICATION ~ £150.00**

**ON THE DAY APPLICATION ONLY ~ £75.00**

*(£75.00 for the make up trial is non-refundable should you decide not to go ahead with the make up application on the wedding day.)*

### BRIDESMAID MAKE UP

**ONE TRIAL AND ON THE DAY APPLICATION ~ £150.00**

**ON THE DAY APPLICATION ONLY ~ £55.00**

*Please note that if you have a make up trial then, come the big day, our make-up artist can work from the comfort and privacy of your hotel bedroom.*

### EYEBROW AND EYELASH TREATMENTS

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

**EYE BROW SHAPE ~ £15.00**

**EYELASH TINT ~ £25.00**

**EYE BROW TINT ~ £15.00**

**EYELASH AND BROW TINT ~ £30.00**

## ASHDOWN SPA EXPERIENCE DAYS

*Indulge yourself with a luxury spa day at Ashdown Park.  
All experiences are suitable for men and women, unless otherwise specified. Whichever of our packages you choose, the following are included:*

- Welcome drink
- Use of luxurious robes, towels and slippers
- Full access to the Gymnasium, Swimming Pool and Tennis Courts
- A light lunch and refreshments to nourish in the Forest Brasserie
- Use of our relaxation room
- For the more adventurous, take a walk in the woodlands or run the jogging trail.
- Treatments specified to the package you book.
- All treatments included in a package must be booked consecutively.

### THE FOREST OF DREAMS PACKAGE

The dream spa day awaits you, with 195 minutes of treatments which will leave you completely relaxed and in tip top condition. Recommended as a must before any big event, or when you need to relax and be truly pampered! Includes an Ultimate Forest of Dreams ritual, a Prescriptive Facial and the choice of Luxury Aroma Manicure or Alpine Foot Treatment with nail painting.

**MONDAY TO FRIDAY ~ £230.00 PER PERSON (ONE COURSE LUNCH)**

### THE ULTIMATE ASHDOWN EXPERIENCE

This ultimate experience incorporates 175 minutes of treatments, including an body polish and massage using Organic Aromatherapy, a Prescriptive Facial and your choice of an OPI Pro Spa manicure or pedicure. You will leave looking and feeling fabulous.

**MONDAY TO FRIDAY ~ £199.00 PER PERSON (ONE COURSE LUNCH)**

### **PURE RELAXATION**

Take time out to relax and recharge with two of our most relaxing treatments that will lull you into a dream-like state. Enjoy 100 minutes of complete de-stress pampering with our Pure Organic Prescriptive Facial and an Aromatherapy body massage.

**MONDAY TO FRIDAY ~ £140.00 PER PERSON (ONE COURSE LUNCH)**

### **HEN SPA DAY**

Celebrate with your closest friends for a day of laughter, pampering and relaxation. Each hen will receive a glass of prosecco and 75 minutes of treatments, including a Kerstin Florian Express Facial, a mini manicure and mini pedicure. If you would like to upgrade your treatments please speak with our Country Club reception team.

**MONDAY TO FRIDAY ~ £125.00 PER PERSON (ONE COURSE LUNCH)**

### **MOTHER-TO-BE DAY**

Pamper yourself before your baby's arrival with a pregnancy massage and an Alpine Foot treatment. You will finish your day feeling that you haven't a care in the world ...130 minutes of treatments.

**MONDAY TO FRIDAY ~ £160.00 PER PERSON (ONE COURSE LUNCH)**

### **TWO'S COMPANY**

Indulge in 70 minutes of treatments, including a Kerstin Florian Express Facial, mini manicure and a mini pedicure.

**MONDAY TO FRIDAY ~ £230.00 FOR TWO (ONE COURSE LUNCH)**

### **SPORTPERSON'S RENEWAL**

A day designed to renew and revitalise the areas of the body that are most used by golfers and other sports-people. Enjoy 125 minutes of treatments including a back massage, hand and foot treatment, and the De-Stress Facial.

**MONDAY TO FRIDAY ~ £165.00 (ONE COURSE LUNCH)**

### **HALF DAY SOOTHER**

In need of a pamper but limited for time?

**9am - 2pm:** Includes full use of the country club facilities, a 55 minute treatment\* and lunch.

**1pm - 6pm:** Includes full use of the country club facilities, a 55 minute treatment\* and lunch on arrival.

\* Select one of the following 55 minute treatments: Luxury Aroma Manicure (including nail paint), Alpine Pedicure (including nail paint), Body Massage, Prescriptive Facial or combined Prescriptive Facial & Back Massage.

**MONDAY TO FRIDAY ~ £110.00 PER PERSON (TWO COURSE LUNCH)**

### **SUNDAY REVIVER (12.00PM - 6.00PM)**

Much like the Half Day Soother, this treatment includes a delicious two course lunch, and your choice of treatment.

Turkish Body Scrub & back massage (40 min)

Aromatherapy Facial (40 min)

Hot Stone Massage (40 min)

Aromatherapy Massage (40 min)

Pregnancy Massage (40 min)

Pro Spa Manicure (50 min)

Pro Spa Pedicure (50 min)

This package can also be adapted to be suitable for Vegans, select one of the following treatments.

Choose one of the following 40-minute treatments: ANDA Facial, Organic Aromatherapy Massage or Hot stone Massage.

**£110.00**

Includes full use of the country club facilities, a treatment and lunch on arrival.



## SPA BREAKS

*Escape from the everyday and experience total tranquillity with a Spa Break at Ashdown Park. Our unique location at the heart of the stunning Ashdown Forest provides a soothing and distinctly memorable setting for you to sit back and relax. From the moment you arrive whether at the peak of summer or the middle of winter, feel revived by the fresh country air and serenity of the surrounding 186 acre estate where we welcome you to do as much, or as little as you would like.*

*Each of our Spa Breaks includes luxurious accommodation, a sumptuous seasonal three course table d'hôte dinner served in our 2 AA Rosette fine dining Anderida Restaurant, full access to our indoor country club facilities and all weather tennis courts, a complimentary newspaper and breakfast.*

*Please pre-book all treatments and dinner reservations.*



## LUXURY GOLF BREAK

This is the perfect escape for any golf enthusiast. Enjoy full access to all of our country club facilities, including unlimited golf and use of our driving range throughout your stay including club and shoe hire.

**FROM £207.00 PER PERSON,  
BASED ON TWO ADULTS SHARING A DELUXE BEDROOM**

*Please be aware that the golf course and driving range is subject to closure in bad weather. Under these circumstances, we will contact you to discuss your package.*

## ULTIMATE INDULGENCE BREAK

Indulge yourself with this ultimate break; unwind and enjoy being pampered in the Revitalise Spa with a choice of 40 minute spa treatment and two course dinner. Choose from one of the following treatments:

Turkish Body Scrub & Back Massage

Bamboo (firm pressure) Aromatherapy (medium pressure)  
or Pregnancy Massage

Aromatherapy Facial

Pro Spa Manicure (50 mins)

Pro Spa Pedicure (50 mins)

Or unlimited use of our par 3, 18 hole golf course throughout your stay including club and shoe hire.

**FROM £232.50 PER PERSON,  
BASED ON TWO PEOPLE SHARING A DELUXE BEDROOM**

## FOREST SPA PRIVILEGE CARD

20% off all treatments

15% off retail products

£30 off a treatment (before discount) the week of your birthday

Complimentary tea or coffee after every treatment

Complimentary day membership trial for two

Friend referral scheme

Use the pool before your treatment\*

\*Up to an hour use of pool before treatment – Monday – Friday only

**£99.00 FOR 1 YEAR**

## GIFT VOUCHERS

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