



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**

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



## 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 eucalyptus 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 four organic aromatherapy blends to personalise this ultimate massage experience.

**85 MINUTES ~ £115.00**

### 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 fully customised and holistic 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 ~ £77.00**

### 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 stones.

**85 MINUTES ~ £115.00**

### 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 Neroli Blossom therapeutic meditative massage.

**85 MINUTES ~ £115.00**

### 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 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.

**85 MINUTES ~ £115.00**

## 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 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.

**40 MINUTES ~ £55.00**

### **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 into the skin leaving it refreshed, renewed and restored

**55 MINUTES ~ £77.00**

### **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 hyper-pigmentation 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 younger.

**55 MINUTES ~ £70.00**

### **ANDA VITAL FACIAL**

Envelop skin and soul in a restorative refuge that allows both to renew, transform and strengthen. After a self-love meditation nourishes the spirit, multi-function organic products rich in vital nutrients visibly revitalise the skin. A massage cleanse, paired masques and custom ANDA product blend 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 ~ £77.00**

### **THE REFRESHER FACIAL BY KERSTIN FLORIAN**

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 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 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.

**25 MINUTES ~ £45.00**

### **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 and 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, 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.

**55 MINUTES ~ £77.00**

### **EYE RESCUE UPGRADE**

The perfect pick-me-up for fine lines and puffiness, our therapists will tone and revitalise your tired eyes and tackle those fine lines. Treat yourself to an eye rescue upgrade with any facial.

**ADD 15 MINUTES TO ANY TREATMENT TIME TO INCLUDE THIS ~ £25.00**

## K LIFT

### 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**

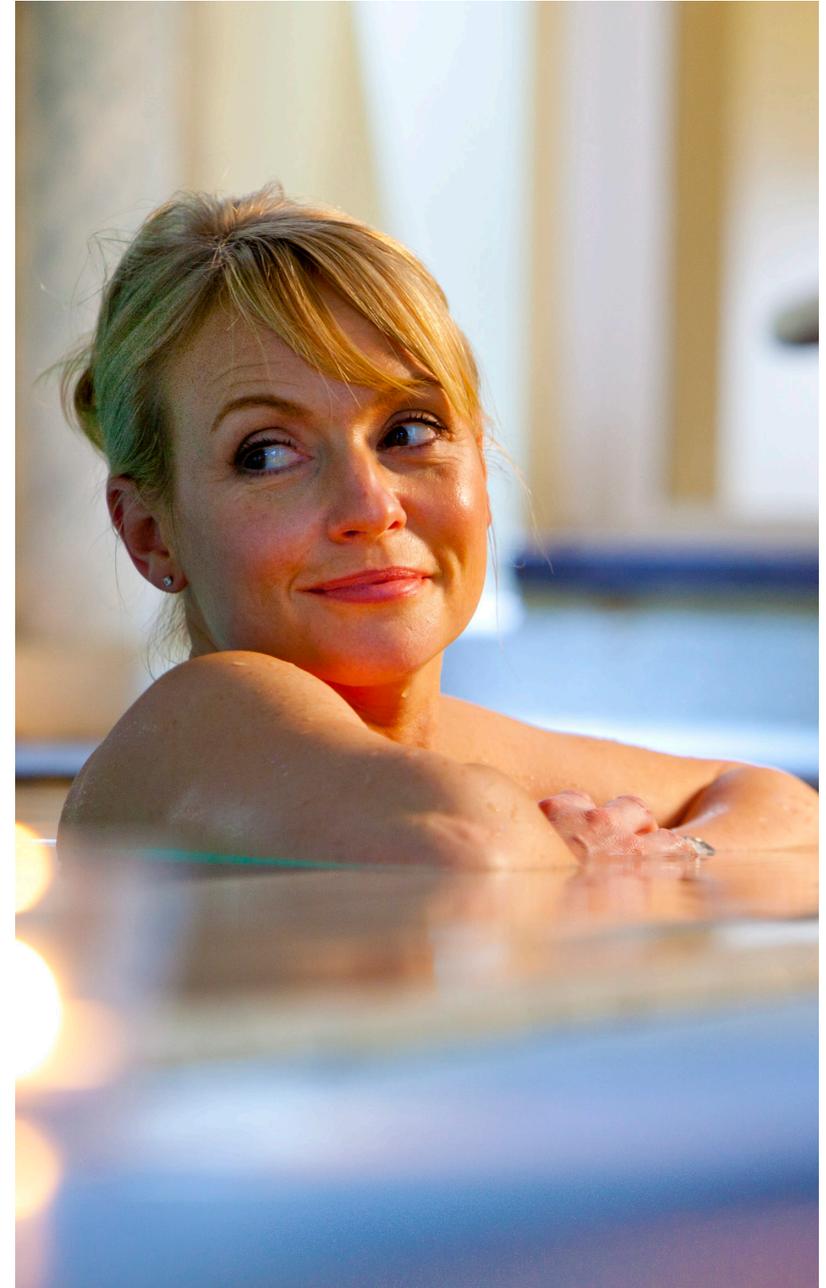
**EXPRESS LIFT ~ 25 MINUTES ~ £30.00**

**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**



## 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 ~ £45.00**

**\*TREATMENT CAN BE UPGRADED TO INCLUDE 30 MINUTES OF  
ADDITIONAL MASSAGE, SUBJECT TO AVAILABILITY ~ £32.00**

### **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 ~ £115.00**

### **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.

**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 stones.

**85 MINUTES ~ £115.00**



## MASSAGE

### KERSTIN FLORIAN ORGANIC AROMATHERAPY MASSAGE

Enjoy an unsurpassed level of relaxation during this enhanced classic massage which begins with a warm eucalyptus 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 four organic aromatherapy blends to personalise this ultimate massage experience.

**85 MINUTES ~ £115.00**

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

### BACK, NECK AND SHOULDER MASSAGE

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

**30 MINUTES ~ £45.00**

### BODY MASSAGE

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

**60 MINUTES ~ £77.00**

### FULL BODY MASSAGE

The Full Body Massage includes a face massage and scalp massage, using nourishing organic natural body oil. Select your pressure accordingly to soothe and relax the whole body.

**75 MINUTES ~ £95.00**

## 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 eliminate the pain and stiffness accompanying joint and muscle strain through firm massage using our own unique sports massage oil.

**60 MINUTES ~ £90.00**

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

## ALTERNATIVE THERAPIES

### INDIAN HEAD MASSAGE

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

**30 MINUTES ~ £45.00**

### 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 ~ £115.00**

### 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. Cold stones are an optional addition based on customer request.

**40 MINUTES ~ £55.00**

**55 MINUTES ~ £77.00**

**70 MINUTES ~ £95.00**

## 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 ~ £60.00**



## 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 ~ £95.00**

### PREGNANCY TREATMENT

A nurturing face and body treatment designed to improve skin tone on bust and abdomen, relieve tired legs and brighten the skin.

**55 MINUTES ~ £77.00**

*Other treatments suitable for pregnant women include a manicure and a pedicure. 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.*



## MEN'S TREATMENTS

### DE-STRESS FACIAL TREATMENT

Combines effective masculine products to cleanse and rejuvenate your skin with a 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 looking and feeling like the 'New Man in Town'!

**40 MINUTES ~ £55.00**

### 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

This treatment begins with a unique male specific massage technique, the skin is then exfoliated with a Sea Salt Body Scrub before a warm mud masque is applied to purify and detoxify the skin. Further massage ensures total muscle relaxation before applying moisturiser for skin rehydration.

**40 MINUTES ~ £60.00**

### 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 ~ £77.00**

### 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.

**40 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 Myrrh 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, 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 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.

**40 MINUTES ~ £55.00**

**25 MINUTE GEL REMOVAL\* ~ £25.00**

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

### EXPRESS MANICURE OR EXPRESS PEDICURE

Looking for a quick nail treatment, then this is for you. Includes shaping, cuticles and nail painting with OPI infinite shine nail lacquer.

**40 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**

**MAKE-UP LESSON ~ £75.00**

### MINI MAKE-OVER

Only available when booking a minimum 50 minute facial.

**10 MINUTES ~ £15.00**

## BRIDAL PARTY

### BRIDAL MAKE UP

**ONE TRIAL AND ON THE DAY APPLICATION ~ £130.00**

*(£55.00 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 ~ £130.00**

**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 the Ashdown Classic Facial by Kerstin Florian, a Luxury Aroma Manicure or Alpine Foot Treatment, and is completed with the Ultimate Forest of Dreams Ritual.

**MONDAY TO FRIDAY ~ £230.00 PER PERSON**

### THE ULTIMATE ASHDOWN EXPERIENCE

This ultimate experience incorporates 175 minutes of treatments, including an exfoliation and massage using Organic Aromatherapy, a Pure Organic Prescriptive Facial by Kerstin Florian and a manicure or pedicure. You will leave looking and feeling fabulous.

**MONDAY TO FRIDAY ~ £189.00 PER PERSON**

### **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 by Kerstin Florian and the Kerstin Florian Organic Aromatherapy massage.

**MONDAY TO FRIDAY ~ £130.00 PER PERSON**

### **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 70 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 ~ £115.00 PER PERSON**

### **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 ~ £150.00 PER PERSON**

### **TWO'S COMPANY**

Share some special girl-time! Indulge in 70 minutes of treatments, including a Kerstin Florian Express Facial, mini manicure and a mini pedicure.

**MONDAY TO FRIDAY ~ £210.00 FOR MOTHER AND DAUGHTER**

### **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 - FRIDAY ~ £165.00**

### **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 - FRIDAY ~ £99.00 PER PERSON**

### **DELUXE SUNDAY SOOTHER**

**12pm - 6pm:** Choose between a 45 minute Aroma Massage or Aroma Facial then you can add either a 25 minute foot and hand pamper.

**£130.00**

### **VEGAN SPA DAY**

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

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

**MONDAY - FRIDAY 1.00PM - 6.00PM ~ £89.50**

**SUNDAY 12.00PM - 5.00PM ~ £99.00**

## 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 £138.50 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

Ashdown Facial & Back Massage

Hot Stone Massage

Pregnancy massage

Aromatherapy Facial

Express Manicure

Express Pedicure

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

**FROM £168.50 PER PERSON,  
BASED ON TWO PEOPLE SHARING A DELUXE BEDROOM**

## REVITALISE SPA PRIVILEGE CARD

20% off all treatments

15% off retail products

A complimentary mini treatment during your birthday week  
worth £30.00 (Mini Pedicure or Mini Manicure or Facial or  
Back, Neck & Shoulder Massage)

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

*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.*

**WWW.ASHDOWNPARK.COM**

