



REVITALISE SPA TREATMENT MENU

The Revitalise 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. Service charge not included in any treatment prices.

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

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

Treatments are subject to availability. Treatment suitability is subject to a medical consultation. Patients 16 years old require an accompanying adult. Day cancellations within 48 hours. Treatment cancellation within 12 hours requires 24 hours notice; all prices are inclusive of VAT. All services and will be shared by the therapist to meet your care requirements. Please read our Revitalise 5

website for further information on  
 quette information on  
 www.ashdo

Please read our Revitalise Spa's etiquette information on our website or ask a member of the Country Club team:

## My Notes

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



## *The Ashdown Signature Treatment Collection*

### **The Ultimate Forest of Dreams Ritual**

Relax and envelope 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 ~ £99.00*

### **The Ashdown Classic Facial by Kerstin Florian**

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

*55 minutes ~ £70.00*

### **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 pure experience commences with the warm eucalyptus foot bath and Moor Mud body wrap, followed by a massage using a soothing mineral crème mixed with detoxifying essential oils.

*85 minutes ~ £99.00*



### **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 ~ £99.00*

### **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 enjoy a relaxing hand and arm massage using organic Ylang Ylang, Melissa and Lavender essences infused warm heated mitts. Includes polish.

*55 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. Includes polish.

*55 minutes ~ £55.00*



## 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!*

### The Ashdown Classic Facial by Kerstin Florian

A purifying treatment for any skin type which includes a gentle enzyme peel activated by steam, an acupressure facial massage and deep-cleansing masque.

A relaxing hand massage using botanical extracts to rejuvenate and nourish the skin, completes the experience.

*55 minutes ~ £70.00*

### Caviar Facial

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

*60 minutes ~ £75.00*

### 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 ~ £65.00*

### 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, uniquely nourish and heal each sensitive skin condition. A personalised home program is recommended to continue the aesthetic correction.

*55 minutes ~ £70.00*

### 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 noticeably smoother and younger looking.

*75 minutes ~ £90.00*

### 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 ~ £50.00*

### 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 hyper-pigmentation, oily skin, and signs of premature ageing. An exfoliating multi-acid peel is applied on the face, neck, décolletage and hands to renew the skin and a unique acculift massage lifts and tones the muscles. A masque to soothe and nourish the skin, and relaxing hand massage completes the experience.

*75 minutes ~ £90.00*



## 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.

60 minutes ~ £75.00

## 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 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*

*Extended treatment 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 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.

30 minutes ~ £42.00

## Eye Treatments

### Eye Rescue Treatment by Kerstin Florian

*Can be incorporated as an upgrade within all other Kerstin Florian Facials ~ £25.00*

This intensive eye treatment is designed to diminish fine lines and wrinkles up to 27% while improving dark circles, relieving puffy eyes; improving clarity and total rejuvenation of this delicate area for brighter, more luminescent eyes.

40 minutes ~ £50.00

## *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 Ultimate Forest of Dreams Ritual**

Relax and envelope 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 ~ £99.00*

### **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 pure experience commences with the warm eucalyptus foot bath and Moor Mud body wrap, followed by a massage using a soothing mineral crème mixed with detoxifying essential oils.

*85 minutes ~ £99.00*

### **Body Firming Detox**

Refine and firm body contours with an exclusive technique that incorporates the new Brightening Body Peel; exfoliating the skin, stimulating lymphatic drainage and increasing blood circulation. 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 skin.

*85 minutes ~ £99.00*

### **Brighter Body Scrub and Massage**

This multi-active experience incorporates exfoliating bamboo, fruit enzymes and multi-fruit acids to stimulate 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 program.

*45 minutes ~ £75.00*

### **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 and leaves the skin smooth and soft.

*30 minutes ~ £40.00*

### **Brighter Body Scrub\***

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

*30 minutes ~ £40.00*

*\* Treatment can be upgraded to include 30 minutes of additional massage, subject to availability ~ £35.00*



## 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 ~ £99.00*

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.

*25 minutes ~ £40.00*

*35 minutes ~ £50.00*

### Body Massage

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

*60 minutes ~ £75.00*

### 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 ~ £88.00*

### 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*





## Alternative Therapies

### Indian Head Massage

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

*25 minutes ~ £40.00*

### 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 ~ £80.00*

### 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.

*90 minutes ~ £99.00*

### 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.

*45 minutes ~ £60.00*

*60 minutes ~ £75.00*

*75 minutes ~ £88.00*

## 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 ~ £88.00*

### Pregnancy Treatment

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

*60 minutes ~ £75.00*

Other treatments suitable for pregnant women include the Ashdown Luxury Alpine foot treatment and 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.



## 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'!

*50 minutes ~ £65.00*

### 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 ~ £40.00*

### Eye Rescue Treatment

*Can be incorporated as a 15 minute upgrade within all other men's facials ~ £25.00*

This intensive eye treatment is designed to diminish fine lines and wrinkles up to 27% while improving dark circles, relieving puffy eyes; improving clarity and total rejuvenation of this delicate area for brighter, more luminescent eyes.

*40 minutes ~ £50.00*

### 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.

*50 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 ~ £75.00*

### Men's Hand Treatment

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.

*25 minutes ~ £30.00*

### Men's Foot Treatment

The ultimate foot care, enjoy a warm foot soak including complete nail and cuticle maintenance, a revitalising scrub followed by our stress-releasing massage to renew tired legs and feet.

*25 minutes ~ £30.00*

### 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.

*50 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 hand and arm massage with organic Ylang Ylang, Melissa and Lavender essences infused by warm heated mitts. Includes nail painting with OPI infinite shine nail lacquer.

*55 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. Includes nail painting with OPI infinite shine nail lacquer.

*55 minutes ~ £55.00*

### 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.

*55 minutes ~ £55.00*

*25 minute Gel removal ~£25.00*

### 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 ~ £40.00*

*Express file and paint ~ £25.00*

### 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 ~ £40.00*

*Make-up lesson ~ £55.00*

### 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 ~ £95.00*

*(£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 ~ £95.00*

*On the day application only ~ £40.00*

*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
- 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, 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 ~ £215.00 per person*

*Sunday ~ £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 ~ £175.00 per person*

*Sunday ~ £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 ~ £115.00 per person*

*Sunday ~ £135.00 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 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 ~ £99.00 per person*

*Sunday ~ £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 ~ £130.00 per person*

*Sunday ~ £150.00 per person*

### Mother and Daughter

Share some special girl-time! Indulge in 75 minutes of treatments, including a Kerstin Florian Express Facial, mini manicure and a mini pedicure.

If your child is under 16 years old, or you are looking for a Mother and Son, Father and Daughter or Father and Son package please contact our Country Club reception team for alternative treatments and further information.

*Monday to Friday ~ £198.00 for Mother and Daughter*

*Sunday ~ £220.00 for Mother and Daughter*

## Golfer'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 ~ £145.00*

*Sunday ~ £165.00*

## Half Day Soother

In need of a pamper but limited for time?

9am to 2pm: Includes full use of the country club facilities, a 50 minute treatment\* and lunch.

1pm to 6pm: Includes full use of the country club facilities, a 50 minute treatment\* and afternoon tea.

\*Select one of the following 50 minute treatments: Manicure, Pedicure, Massage, Facial or Anti Stress Back Treatment.

*Monday - Friday ~ £74.50 per person*

## Sunday Soother

12pm - 6pm: This package is the perfect way to spend your Sunday afternoon and includes a delicious light lunch or afternoon tea and your choice of treatments.

Choose one of the following 50-minute treatments: Manicure or Pedicure or Massage or Facial or Anti-Stress Back Treatment

*Sunday Only ~ £85.00 per person*

## Spa Creation day

Our Spa Creation Day entitles you to the same privileges as our Spa Experience Days; a welcome drink, slippers, robe and towel, and full use of the Country Club facilities but with the opportunity to create your own bespoke experience choosing treatments from our spa menu. Treatments are charged as booked.

Receive £10.00 off of the first treatment you book.

*Sunday to Friday ~ Starting from £45.00 plus individual treatment costs*

## 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.

## The Ultimate Relax Package

This is the perfect package for those seeking an all round relaxing escape and includes a 25 minute beauty treatment. Choose one of the following treatments:

- Hot Shoulder, Face & Scalp Massage
- Top & Toes'
- Kerstin Florian Mini Facial
- Hand Pamper or Foot Pamper
- Or you can play a complimentary round of golf on our par-3, 18 hole golf course.

*From £138.50 per person, based on two adults sharing a Deluxe Bedroom.*

## 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 60 minute spa treatment, choose one of the following:

- Turkish Body Scrub & Massage
- Ashdown Facial & Massage
- Dry Buff & Massage
- Kerstin Florian Facial
- Luxury Aroma Manicure
- Luxury Alpine Foot Treatment
- Or unlimited use of our par 3, 18 hole golf course throughout your stay including club and shoe hire.

*From £173.50 per person, based on two people sharing a Deluxe Bedroom.*



## Revitalise Spa Privilege Card

*£99.00 for 1 year*

- 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.

## 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](http://www.ashdownpark.com)







**Ashdown Park Hotel & Country Club**

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

Telephone +44 (0) 1342 824988

E-mail: [countryclub@ashdownpark.com](mailto:countryclub@ashdownpark.com)

Website [www.ashdownpark.com](http://www.ashdownpark.com)