

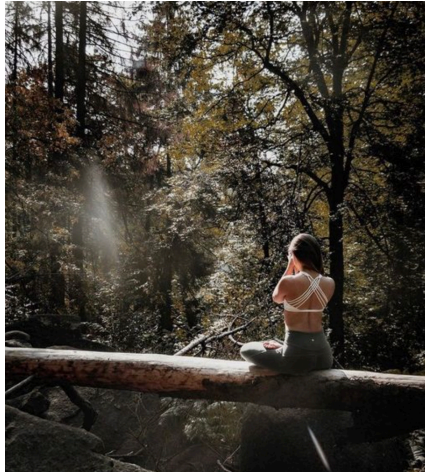


FOREST SPA

treatment & spa day menu

*“a place that helps bring a
fundamental sense of you
into focus... nurturing and
awakening you to your intrinsic
earthy, sensual nature”*

LEONARD KOREN





Enter a different kind of spa.

A world created out of stone, wood, fire, water and steam.

Planted with scented herbs and fruit trees, and entwined with ancient yew, oak and sycamore.

Our therapists use carefully selected products from Voya created from organic seaweed, and botanical essences from Aromatherapy Associates, to heal, nurture, and relax.

Take time to linger in the spa, to sit by the pool, and let the warm water of the spring water hot tub, or the alternating hot and cold of the sauna, steam and plunge pool work their magic.

Fundamentally though, this is time for you.

Time to relax, to step away from the world, and step back into nature.







*time to relax
get back to nature,
and back to you*



S P A E T I Q U E T T E

Arrival

Please arrive at the Forest Spa least 15 minutes before your treatment, or as advised in your confirmation letter.

What to bring

Note that we operate a no shoe policy, and robes and flip flops will be provided. If you have booked access to the thermal spa, please bring suitable swimwear. Note we do not allow robes or flipflops in the forge restaurant.

Medical Questionnaire

On arrival you will be asked to complete a medical questionnaire. We do have oncology trained therapists but we do need to know inadvance to allocate the correct therapist to you so let us know.

Pregnancy

Please tell your therapist if you think you might be pregnant. We do have some specific treatments tailored for pregnancy (and post pregnancy) but we not advise that you have these before 12 weeks.

Cancellation Policy

Full payment will be made at booking, but if you wish to cancel, 50% will be refunded back if you let us know more than 48 hours before your booking.

Group Bookings

Groups of up to six can be accommodated subject to availability, but treatments will be payable in full at time of booking and are non refundable.

Please respect the contemplative nature of the spa.



SPA PACKAGES

HALF DAY SPA £175 (Mon-Thurs) / £190 (Fri-Sun)

Half day in the spa, including a 45 minute treatment ritual (or bath but experience), and a beautifully selected spa menu.*

DAY SPA £220 (Mon-Thurs) / £240 (Fri-Sun)

Spa day including a 60min treatment ritual (choosing from a massage, facial, or body scrub)* and two course lunch in the Pool House from our spa menu.*

DAY RETREAT £320 (Mon-Thurs) or £350 (Fri-Sun)

While away a full day in the spa, including a 2 hour treatment ritual, bathing experience and two course lunch in the Pool House from our spa menu.*

EVENING SPA Coach House : £100 (Mon-Thu) / £115 (Fri-Sun)

Forge (Thu-Sun) : £150 (6 courses) / £190 (10 courses)

Spend an evening at the spa, with 2 course dinner at the Coach House or a reduced tasting menu at Forge, (open Thursdays-Sundays only), subject to availability.

**with opportunities to upgrade to longer treatments*



45 MINUTE TREATMENTS

45 MINS

(included in Spa package)

VOYA EXPRESS FACIAL

A beautiful facial, using organic seaweed from VOYA to cleanse and exfoliate, followed by a nourishing seaweed mask to leave your skin rejuvenated and moisturised using bespoke products tailored to your skin type.

BACK OF BODY MASSAGE

A deeply relaxing massage focusing on the back, and back of legs only.

INDIAN HEAD & FACE MASSAGE

Relieve headaches and eye tension to truly relax with this deeply stimulating massage for head, neck and shoulders using pure essential oils.

PREGNANCY MASSAGE

A nurturing massage using Voya's Mama Oil nourish skin, stimulate blood circulation, help reduce water retention and relieve fatigue.



BATH HUT EXPERIENCE

AROMATHERAPY ASSOCIATES

FOREST THERAPY BATH EXPERIENCE (45 min) £60

Pure unadulterated you time in your own forest bath hut. Visualise being in a vast forest while you sink into glorious bubbles scented with Aromatherapy Associates Forest Therapy essential oil blend, which uses calming ho wood, uplifting pink pepper and grounding cypress to support respiratory health and help you to relax and breathe more deeply, while warm water relaxes tired muscles.

Leave thoroughly relaxed and surrounded by the scent of the forest.

UPLIFTING ROSE BATH EXPERIENCE (45 min) £60

Pure unadulterated you time in your own private bath hut. Paying homage to our beautiful rose gardens in the Walled Garden, the Aromatherapy Associates Rose Blend celebrates the unashamedly feminine and optimistic character of rose petals, with uplifting Damask Rose, balancing Geranium, and skin conditioning Palmarosa.

Leave with beautifully soft skin scented with rose petals and a heart uplifted.



BATH HUT EXPERIENCE

VOYA SEAWEED BATHS

VOYA SEAWEED BATH EXPERIENCE (45 mins) £60

A unique and healing experience, with guided meditation.

Seaweed was also known as the “Sailor’s Cure” by ancient mariners who observed its healing properties. Relax in your own private bath hut, and float away while the natural power of organic hand-harvested seaweed from the North Atlantic Ocean deeply moisturises your skin, increases circulation and promotes healing.

Beneficial for relaxing aching muscles and soothing joint pain, healing bruising, the minerals and natural oils contained also help plump up your skin and support skin regeneration and renewal while combating the effects of aging. Seaweed also has natural anti-cellulite properties.

Perfect for after a big sporting event, or when you need a bit of a detox.



SIGNATURE TREATMENTS

AROMATHERAPY ASSOCIATES (60 mins)

£105

Forest Therapy Treatment

Inspired by the art of forest bathing, this treatment will ground and restore you. Connecting you to nature, the unique essential oil blend containing ho wood, pink pepper and cypress and unique massage techniques leave you feeling refreshed, tranquil and grounded.

Starting with a cleansing guided inhalation & tension releasing long, deep massage focussing on back, legs and abdomen, a hot stone placement, followed with a warm grounding mud mask to recharge your energy through your hands and feet. Finally, we will restore tranquility to the mind with an expert scalp massage.

AROMATHERAPY ASSOCIATES (90 mins)

£140

Ultimate Aromatherapy Experience

Drawing from the traditions of East and West, this ultimate aromatherapy experience combines the power of pure essential oils with specialised massage techniques working on the nervous system with foot and spinal reflex sequences to target the nervous system easing away the days stresses and strains, bringing the body back into balance.

Indulge in a completely bespoke treatment tailored for you. You will have an aroma consultation with your therapist to choose the most appropriate oil for you. Massaging from top to toe, including a scalp massage and facial lymphatic drainage massage, you are sure to leave feeling incredible.



SIGNATURE TREATMENTS

VOYA SECRET GARDEN ESCAPE (120 mins)

£170

Scrub Massage & Facial

Close your eyes and let us take you away from it all with a Secret Garden Escape. We start with a Lavender sugar scrub, to gently exfoliate the skin and stimulate the circulation. Next you will be pampered with a head to toe massage. This exquisite technique not only eases aches and pains but also nourishes the skin with a heady blend of botanicals. To complete the experience, you will be treated to a mini facial including full cleanse, exfoliation, mask and scalp massage. The perfect way to drift away and escape, and wake up feeling wonderful from top to toe.

VOYA WILD GARDEN RITUAL (120 mins)

£170

Full Body Massage & Bespoke Facial

Indulge in a completely bespoke massage and facial experience based on your skin type and requirements. We could focus on Rosehip oil to give your skin a little extra nourishment with vitamin A or Lavender to sooth and emotionally balance, Avocado oil to help improve your skins elasticity - or a bit of all the above if necessary! Suitable for all skin types.



VOYA SEAWEED

VOYA products are made from organic seaweed from Ireland. Following in the 17th century tradition of healing seaweed baths, the “sailors cure”, the seaweed is hand harvested sustainably from the Atlantic Irish coast by a family team. The products are rich in minerals and nutrients. Wrapped in seaweed leaves, or with a ground up seaweed and herbal massage, the products will leave you soothed, energised and your skin smoothed. We can even put the packaging on the compost for the kitchen garden!



VOYA FACIALS

ORGANIC PURIFYING DEFENSE FACIAL (60 mins)

Purifying

£105

Commencing with a deep cleansing treatment to leave the skin feeling purified, smooth and re-hydrated, our double action technique will work to eliminate toxins and rebalance the skin. This is followed by a facial massage for lymphatic drainage and finally a marine clay mask with extracts of rosemary, patchouli and eucalyptus. The combination will leave the skin fresh, cleansed and re-balanced, and provide a visibly clearer complexion. This treatment is complemented with a relaxing scalp massage.

OCEAN FRESH FACIAL EXPERIENCE (60 mins) £150

Refreshing

In this truly organic facial, we use a spiny bamboo facial exfoliator to reveal a more radiant glow, and then provide a VOYA signature massage using a face serum containing an intense blend of organic oils and anti-oxidant seaweed, followed by a VOYA maskerade gel mask applied to deeply hydrate and detoxify. This is all complemented with a relaxing scalp massage.

VOYA BOOSTERS - to boost any Voya Facial

£25

Organic Seaweed Marine Eye Treatment (15mins)

Relaxing Back Massage (15 mins)



VOYA FACIALS

RESTORATIVE FACIAL (90 mins)

£140

Anti-Ageing

Beginning with a relaxing back massage, this truly organic anti-ageing facial we use the best of Voya's aromatherapy oil and seaweed botanical ingredients to help to stimulate collagen production and reduce the appearance of fine lines and wrinkles.

Experience strips of seaweed over the face to help you feeling and looking brighter, smoother and more radiant.

VOYA SKIN RENEWAL FACIAL (75mins)

£120

Renewal, dryness, sensitivity, rosacea

This skin renewing facial combines restorative properties with results-driven organic formulas that are designed to achieve optimal skin health. Using a multi-level approach including a purifying cleansing ritual, the use of AHA and rose quartz, a powerful age defying facial massage, a deeply restorative mask and sonic pulse technology.

The facial is completed with Voya's advanced serums and moisturisers tailored to suite your skin's needs. A high-performance facial formulated to help improve lacklustre skin. The facial also targets issues such as dryness, dehydration, sensitivity and rosacea for skin that feels and looks truly comforted and hydrated.

VOYA BOOSTERS - to boost any Voya Facial

£25

Organic Seaweed Marine Eye Treatment (15mins)

Relaxing Back Massage (15 mins)



VOYA BODY TREATMENTS



VOYAGER TOTAL MASSAGE JOURNEY (90 mins) £140

Ultimate Relaxation Massage

Get away from it all with a complete top to toe relaxation journey. This massage journey follows the same path as the relaxation massage with the addition of an extra thirty minutes face and scalp massage. This treatment incorporates body brushing exfoliation to stimulate lymphatic circulation which aids weightloss. This is followed by a body massage, and scalp massage which replicates the movement of the sea, combining both gentle and stimulating movements. The ultimate treatment to relieve aches and pains, and to condition the body, using the world's first organic seaweed oil, with 2lbs of wild Atlantic Angelicus Serratus seaweed in every bottle.

VOYA BOOSTERS - to boost any VOYA treatment

£25

Organic Seaweed Marine Eye Treatment

15mins

Express facial

15mins



VOYA BODY WRAPS

ORGANIC LAVENDER BODY WRAP (60 mins) £105

Nourishing

This indulgent and beautiful treatment begins with a dry body brush exfoliation to remove dry skin cells and stimulates the skin to leave it looking renewed, radiant and velvety soft. Then, a warm soothing lavender body butter is gently applied to the full body before you are beautifully wrapped up in a relaxing cocoon. You will then enjoy a relaxing scalp massage to ease tension to help you drift off into a deep relaxed state while the products soak into your skin.

ORGANIC EXFOLIATING BODY WRAP (90mins) £140

Rejuvenating scrub, wrap and facial

This deluxe face and body treatment begins with a dry body brush to help stimulate your circulation, followed with a natural body exfoliation using finely ground walnut shells with Fucus Serratus seaweed (rich in antioxidants), Fucus Vesiculosus (containing skin improving minerals, iodene and alginic acid, stimulating circulation and the lymphatic system), Shea nut butter (vitamins A, E and F) and gently scented with ginger chai spices.

Then we gently apply the Lavender Buoyancy body butter with seaweed extracts which enrich your skin with anti-inflammatory and antioxidant properties designed to nourish and improve skin tone. Your therapist will wrap your body up before you indulge in a quick facial and scalp massage while the products work their magic.



VOYA BODY TREATMENTS

HERBAL SEAWEED SUGAR GLOW (60mins) £105

Gentle Exfoliation - Relax or Uplift

This all over exfoliating treatment uses organic ingredients including seaweed and sugar to invigorate, exfoliate, and nourish the skin with either lavender buds to relax, or peppermint to uplift and cool.

Afterwards enjoy a short relaxing massage with VOYA's Softly Does It body cream with citrus, pear and plum extracts, to melt away tension while soothing and softening the skin.

STIMULATING SEAWEED BODY BUFF (60mins) £105

Medium Exfoliation

Our certified organic Bladder Wrack body buff is the ultimate treat for tired and dull skin. The anti-oxidants of the mineral rich Bladder Wrack seaweed combined with pure seaweed oils provide a powerful organic way to better skin.

The all-over body scrub is followed by light cleansing, and a short relaxing massage with VOYA's Softly Does It. This ground down seaweed is a strong exfoliator that stimulates and leaves the skin tingling.



VOYA MASSAGE

VOYA MASSAGE JOURNEY (60mins)

£105

Relaxation Massage

A complete relaxation journey, this amazing experience includes body brushing to help stimulate the lymphatic circulation which helps aids weight loss.

This is following by a body massage, that replicates the movement of the sea, combining both gently and stimulating movements. This treatment can relieve aches and pains, and to condition the body using the healing properties of the world's first organic seaweed oil. There are 2lbs of wild Atlantic Angelicus Serratus seaweed in every bottle.

VOYA CRYO MASSAGE (60/90mins)

£105/£140

Muscle Recovery

Experience the ultimate relief and rejuvenation with our Voya Muscle Recovery Cryo-Revive ritual.

Designed to ease muscle tension, enhance circulation and reduce inflammation while boosting energy and vitality. This treatment combines warming and cooling techniques using Voya's signature Sereneergise body oil and Cryo gel, while specialised techniques are used to help sculpt the body.

(90min treatment includes a body scrub).



AROMATHERAPY
ASSOCIATES



AROMATHERAPY ASSOCIATES specialises in pure therapeutic essential oil blends, created from nature's therapeutic pallet using the finest botanical ingredients. Their in-house Master Blender handcrafts and individually tailors each formula in the UK to create ground breaking blends which naturally reduce stress, lift energy, build mental clarity and optimism, and help you into a state of deep relaxation. We love that you can select a blend according to your mood to create a truly exceptional sensorial experience.

AROMATHERAPY ASSOCIATES

BODY

ULTIMATE AROMATHERAPY EXPERIENCE

Full body ritual with facial massage (90 mins) £140

This hero treatment starts with a consultation to understand your emotional and physical needs. We then carry out an aroma test to help you select the oil most suitable for you. Our twelve signature blends are formulated with natural plant and flower extracts to create beautiful scents and powerful therapeutic benefits for body and mind.

Using the blend of your choice, your therapist will use carefully applied pressures to stimulate the nervous system, with Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

This treatment works from your head to your toes, and includes a facial massage. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind, and spirit, allowing all your stress and tension to melt away leaving you feeling deeply relaxed and recharged.



AROMATHERAPY ASSOCIATES

BODY

FOREST THERAPY MASSAGE (60 mins)

£105

Body & Scalp, mud mask

Feel restored from the stresses of modern-day living, cleansed of pollution and relieved from restlessness & agitation. Starting with a cleansing, guided inhalation & tension releasing long, deep massage focussing on back, legs and scalp, followed with a warm grounding mud mask to recharge through hands and feet. Finally, restoring tranquillity to the mind with our expert scalp massage.

ROSE INDULGENCE MASSAGE (60 mins)

£105

Guided breathing, body exfoliation

A beautiful exfoliation and wrap treatment to uplift the spirit and enrich the skin. This treatment begins with guided breathing to aid relaxation followed by a full body exfoliation

Skin is exfoliated then nourished with a full rose ritual from hair to toe.

Skin is left softened, allowing the therapeutic properties of the rose products to fully absorb. Focusses on the back, legs, arms, abdomen, chest, scalp.

RELAX & SLEEP

(60 mins)

£105

Guided breathing, body massage

Full relaxation for a fantastic night's sleep. Starting with inhalation and guided breathing, carefully applied pressures and massage technique to work on the back, scalp, arms, legs and feet relieve key areas of tension, whilst our award-winning essential oil blend sedates, calms and grounds you to induce a serious state of relaxation.



KEEPING IT SIMPLE

MUSCLE RECOVERY MASSAGE (60 mins)

£105

A full body massage, focusing on the back, neck and shoulders, this massage works at relieving aches and pains and helps treat muscle fatigue using VOYAs Feel the Heat balm (optional) on any targetted aches and pains.

FULL BODY SWEDISH MASSAGE (60 mins)

£105

A full body swedish massage combining using flowing effleurage techniques to detoxify, relax and invigorate. Customised to your needs and preference, this massage will leave you feeling calm, refreshed and energised, using VOYAs Feel the Heat balm (optional) on targeted aches and pains.

REFLEXOLOGY (45 mins)

£85

Drawing on centuries of knowledge dating back to Egyptian times, our trained reflexologists target specific areas of the feet. Each zone corresponds to different areas of the body, and different pressures are used to help release energy blockages. This incredibly relaxing and bespoke treatment helps to reduce stress, and aid natural healing.



MUM TO BE & NEW MUMS

We speak from experience when we say time to yourself as a mum-to-be or new mum is more precious than ever, and what could be more deserved than a little pampering?

Facials are generally safe to have when pregnant, although we would avoid using essential oils and use gentle products as the skin can be more sensitive at this time. Please inform us if you are pregnant or think you might be when you book. Treatments are available from 12–38 weeks. If you are in the third trimester we will make sure you are on your side so you are comfortable.

ORGANIC MAMA MASSAGE (60 mins) £105
A relaxing full body massage using Voya's Mama Oil nourish the skin, and stimulate blood circulation, reducing water retention and relieving fatigue. The oil contains Fucus Serratus to rejuvenate and nourish, Cacay seed oil to combat wrinkles and fine lines, and Jojoba oil to help heal and help fade stretch marks.

ORGANIC NURTURING MUM-TO-BE (60 mins) £105
This is designed to concentrate on pampering mum's growing bump starting with a gentle exfoliation, followed by a specialised mask to support connective tissue and prevent stretch marks. Your feet will be wrapped in Laminaria digitata seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. The hydrating mask will work its magic whilst you enjoy a relaxing face, scalp, hand and arm massage. The perfect treatment to support your wonderful journey into motherhood.

ORGANIC HEALING NEW MUM (60 mins) £105
Let us take care of you for a change with a bespoke full body post partum massage targeting areas of concern using Voya's organic seaweed based body oil. This distinctly fragrant super hydrating body oil exemplifies Voya's signature notes of citrus and the sea and is safe for breastfeeding.



*WE HOPE TO WELCOME
YOU HERE SOON.*

