



Ardencote
DESTINATION SPA

Welcome to Destination Spa at Ardencote

Are you ready to relax, unwind and take a journey into the Ardencote Destination Spa?

Here at Ardencote we have a holistic approach to your Spa Journey. Not only do we consider the physical benefits of visiting a Thermal Spa such as ours, but also the mental health and wellbeing aspects too.

Our Spa has received the 5-Bubble Rating from The Good Spa Guide for two years in a row. Our thermal facilities have an extensive range of benefits, leaving you feeling relaxed, happier and with a renewed sense of calm.

Start your journey in our light and airy Spa Reception, before heading to the Tepidarium, a place of mild heat, great for getting your blood circulating. Once rested here you can take your pick of the numerous thermal rooms; perhaps the Himalayan Salt Sauna? Or Aromatherapy Steam Room...don't forget to cool off with our Ice Fountain.

Throughout your journey it is important to stay hydrated with the provided refreshments, we would also recommend enjoying a spot of light lunch or afternoon tea in the Brasserie.

Whether you are just spending the day, or for a little longer on one of our overnight breaks, we're certain that you will leave Ardencote calm, refreshed and feeling both physically and mentally better.

We have a wide range of Spa Days, Overnight Spa Breaks and Fabulous Treatments to choose from. This brochure highlights our most popular packages we have on offer. If you would like to view a full list of packages and treatments & prices, just head to the website.



We look forward to welcoming you.

We have an extensive range of Destination Spa and Leisure Facilities, here is what you can expect to find on your visit:

Destination Spa Facilities

Himalayan Salt Sauna
Aromatherapy Steam Room
Tepidarium
Foot Spas
Monsoon Shower
Ice Fountain
Relaxation Lounge
Tranquillity Lounge
Outdoor Tyrolean Kilo Sauna
Outdoor Hot Tub
Outdoor Heated Swimming Pool

Leisure Facilities

Indoor Pool
Indoor Jacuzzi
Steam Room
Sauna
Cardiovascular & Free Weight
Gyms Dance Studio
Table Tennis
Squash/Racquetball Courts
Tennis Courts

A photograph of a tepidarium, a type of spa treatment room. The room features a long, curved bench and three cylindrical stools, all covered in a mosaic of small, multi-colored tiles. The tiles are primarily light-colored with some darker, iridescent accents. The background wall is made of light-colored stone or wood panels. The floor is a light-colored, smooth material.

Tepidarium

The perfect place to start your Spa Journey, the room is designed to have lower heat and humidity, but still warm enough to raise your body temperature and increase blood flow, as well as relaxing your muscles.

Spa Days

Our Spa Day Packages give you the perfect opportunity to relax, unwind and truly pamper yourself. Whether you come alone, as a couple or in a group, we have a selection of Spa Days perfect to suit you! Choose from the selection of Spa Days below, or head to our website to view all our Spa Days, including seasonal offers and group days.

Seasonal Spa Days

Arrival from 10am - Depart at 5pm

Hire of Spa Robe and Pool Towel included per guest, as well as complimentary slippers to take home.

1 x 25 minute treatment per guest - choose from:

Seasonal Back Treatment / Seasonal Facial / Mini Manicure / Mini Pedicure

Refreshments in the Relaxation Lounge

3 hour access to the Destination Spa

Light Lunch served between 12pm - 2.30pm

Access to the Outdoor Hot Tub area & Spa Relaxation Lounge from 10am - 6pm

Access to Indoor Pool area, Gyms, Squash Courts & Tennis Courts

Twilight Destination Spa Experience

Our Twilight Spa Experience is perfectly designed for evenings where you need a little extra TLC...

Arrival From 4.30pm

Cream Tea & Glass of Prosecco in our Brasserie

Access to Destination Spa from 5.30pm - 8.30pm

Hire of Spa Robe, Slippers and Pool Towel included per guest

Refreshments in our Relaxation Lounge

Access to Indoor Pool area, Gyms, Squash Courts & Tennis Courts

Bookable Fridays Only

Full package details, seasonal offers and T&Cs available on our website

www.ardencote.com



Outdoor Heated Pool

Get active with a dip in our Outdoor Swimming Pool!
Swimming is a fantastic low impact activity, it increases your heart-rate, improves your muscle strength and your cardiovascular fitness. Please note that the Outdoor Pool is open throughout the summer months and is weather dependent.



Overnight Spa Breaks

Our overnight Spa Breaks will give you everything you need to feel truly relaxed.

Head over to our website to view all the Spa Breaks we have available.

Seasonal Destination Spa Break

Your break includes:

Arrival from 10.30am

Access to the Outdoor Hot Tub & Pool area, as well as the Spa Relaxation Lounge from 10.30am - 5pm

Hire of Spa Robe and Pool Towel included per guest, as well as complimentary slippers to take home.

Refreshments in the Relaxation Lounge

3 hour access to the Destination Spa

Access to Indoor Pool, Gyms, Squash & Tennis Courts

Choice of 25 minute treatment per guest from Back Wrap, Facial, Mini Manicure or Mini Pedicure

Light Lunch

Check in to your bedroom from 2.30pm

2 Course Dinner from the Restaurant Menu

Overnight Stay in a double or twin room

Restaurant Breakfast

Check out at 10.30am

Sundown Destination Spa Break

Your break includes:

DAY 1: Overnight stay with dinner

Arrive from 4pm to check in to your bedroom

Access to Indoor Pool, Gyms, Squash & Tennis Courts from 4pm

2 Course Dinner from the Restaurant Menu

Overnight Stay in a double or twin room

DAY 2: Spa Day

Restaurant Breakfast

Check out at Spa Reception at 10am and enjoy 3 hour access to Destination Spa, from 10am - 1pm

Hire of Spa Robe, Slippers and Pool Towel included per guest

Access to the Outdoor Pool*, Outdoor Hot Tub & Spa Relaxation Lounge from 10am - 4pm

Light Lunch

Choice of 25 minute treatment from either Skin Nourishing Back Massage or Skin Soothing Facial

Depart at 4pm

Full package details, seasonal offers and T&Cs available on our website

www.ardencote.com

Monsoon Experience Shower

Perfect to improve circulation, The experience shower will leave you feeling refreshed and revitalized, and ready to enjoy the rest of your Spa day or break.





Himalayan Salt Sauna

The benefits of Salt Therapy are wide ranging. The negatively charged ions in salt improve your circulation, breathing, reduce inflammation and relaxes your muscles.



Aromatherapy Steam Room

Take a moment to relax in our Aromatherapy Steam Room. The steam assists in the opening of your airway, and is a well known aid in relieving congestion.

ELEMIS Spa Treatments

ELEMIS BIOTEC

BIOTEC is a 5 in 1 advanced bio-electronic technology that works in perfect synergy with the skin's natural bio-electric field.

30min

60min

Choose from:

ELEMIS BIOTEC 24/7 Skin Sync

ELEMIS BIOTEC Line Eraser

ELEMIS BIOTEC Skin Resurfacer

ELEMIS BIOTEC Firm Lift

ELEMIS BIOTEC Radiance Renew

ELEMIS Bespoke Facial

25 minutes to a smooth, glowing complexion. Perfect for a lunch-time or early evening 'quick fix', these facials are uniquely designed for maximum results in minimum time.

25min

ELEMIS Pro-Collagen Age Defy

Experience the age-defying benefits of Padina Pavonica whilst a targeted massage encourages optimum cellular function.

55min

ELEMIS Dynamic Resurfacing Precision Peel

This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone.

55min

ELEMIS Superfood Pro-Radiance

Energise and detoxify stressed, dull skin with a nutritional superfood boost. Leaves skin plumper, radiant and lit up with good health. Vegan Friendly Facial

55min

Please visit our website for prices & a full list of Treatments, including facials, massages, waxing, tinting and body rituals.

ELEMIS Spa Treatments

ELEMIS Freestyle Deep Tissue Massage Full Body: 55min

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

ELEMIS Absolute Spa Ritual 110min

Enjoy the number 1 treatment. The ultimate introduction to ELEMIS spa therapies. This best selling package combines a full body Deep Tissue Massage with an intensive Anti-Ageing or Skin Solution Facial, prescribed to your needs.

ELEMIS Body Nourishing Frangipani Wrap 55min

The velvety texture of the Monoi Oil offers super-hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS Anti-blemish Mattify & Calm Facial 55min

Mattify and combat oil and shine whilst restoring micro-circulation. A deeply detoxifying treatment which leaves skin bright and clear.

ELEMIS Peptide Facial 55min

Target tired skin. This radiance-restoring Peptide 24/7 facial uses powerful botanical formulations which are exclusive to Elemis. Combining this rejuvenating range with specialist massage techniques replenishes the skin, bringing back your glow.

Please visit our website for prices & a full list of Treatments, including facials, massages, waxing, tinting and body rituals.



Foot Spas

This treatment will help increase blood circulation, relieve pain and tension and leaves your feet feeling well and truly pampered.

ELEMIS Spa Treatments

ELEMIS Ardencote Country Wellbeing Ritual 110min

From the soles of your feet to the crown of your head, this customised face and body treatment is the ultimate skin and body therapy.

Your ritual begins with a welcome touch pressure point foot massage. Followed by a body exfoliation to increase cell renewal. This will follow with a relaxing body massage to achieve soothing relief to tired muscles, combined with an ELEMIS bespoke facial to accommodate the needs of your skin.

ELEMIS Intensively Cleansing Salt Scrub 40min

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. Choose either:

Lime & Ginger Salt Scrub OR Exotic Frangipani Salt Scrub.

ELEMIS Signature De-Stress Me Massage 40min

Help rejuvenate tired, painful muscles from your shoulders to the soles of your feet, with this complete de-stress treatment. A series of deep tissue moves are used on the back concentrating on knots, to alleviate stress and tension. The scalp is then given a thorough work out and the treatment is completed with a pressure point massage to over worked feet. A perfect treatment to disperse tension.

ELEMIS Deeper Than Deep Hot Stone Massage 55min

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, working into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

Please visit our website for prices & a full list of Treatments, including facials, massages, waxing, tinting and body rituals.

Hand Treatments

OPI Mini Manicure

30min

A quick work out for the nails and cuticles, finished with one of our dazzling OPI colours. Designed with a quick maintenance in mind.

OPI Mini Gel Manicure

30min

Cuticle work, file and shape followed by the application of your chosen OPI gel colour.

OPI Manicure

40min

A quick work out for the nails and cuticles, followed by exfoliation and massage finished with one of our dazzling OPI colours.

OPI Deluxe Manicure

70min

This treatment combines the opi manicure with the luxurious added benefits of thermal mittens, helping oils and creams to penetrate deep into the skin as well as increasing circulation and relieving stiff, painful joints. Finished with the perfect polish.

Please visit our website for prices & a full list of Treatments, including facials, massages, waxing, tinting and body rituals.

Foot Treatments

OPI Mini Pedicure

A quick work out for the nails and cuticles, finished with one of our dazzling OPI colours. Designed with a quick maintenance in mind.

25min

OPI Mini Gel Pedicure

Cuticle work, file and shape followed by the application of your chosen OPI gel colour.

30min

OPI Pedicure

This luxury foot and leg treatment includes the removal of hard skin, then feet and legs are massaged with deep conditioning creams to leave them soft and smooth. Cuticles are groomed and the nails are beautifully shaped and polished.

40min

OPI Deluxe Pedicure

The opi pedicure, with the luxurious added benefit of thermal booties for deeper penetration of oils and creams. The gentle heat is excellent for increasing circulation and relieving stiff and painful joints

70min

Please visit our website for prices & a full list of Treatments, including facials, massages, waxing, tinting and body rituals.





Outdoor Hot Tub

Set at a constant 38 degrees, the Hot Tub is a gentle relaxing experience designed to melt away tension and promote calmness.



Relaxation Lounge

The Relaxation Lounge is the perfect place to catch up with your friends, enjoy complimentary refreshments and really relax during your stay



Outdoor Tyrolean Kilo Sauna

Our Outdoor Tyrolean Kilo Sauna is the perfect spot to unwind, come rain or shine. Set in the heart of our facilities looking out onto our Outdoor Heated Swimming Pool, the Sauna warms your body, relieves pain and helps your stress melt away.



Use of Leisure Facilities

We pride ourselves on our range of facilities and equipment here at Ardencote. Whether you're looking for a relaxing swim, an invigorating work out or a competitive game, set and match, we have it covered.

FAQs

Here are a few things you may need to know before booking. A full list of FAQs and booking Terms & Conditions are available on our website.

I have booked a treatment, can I use Destination Spa Facilities?

No, if you have booked a treatment only it does not allow access to Destination Spa. If you would like use of Destination Spa, you will need to enhance your stay at a cost of £25 per person. Please note that Destination Spa Upgrade is subject to availability

Can Children use Destination Spa?

Destination Spa is exclusively an adult only area, and any persons under the age of 18 are not permitted to use Destination Spa. Children can use the Indoor Pool with adult supervision.

Can I have a treatment if I have existing health issues?

Please contact us directly to discuss which treatments are best suited for you.

When do I pay?

Full payment is required for Spa Days & Treatments. Spa Breaks can be booked with £50.00 per room deposit. Full payment is required 14 days prior to arrival. All Spa Breaks, Breaks & Treatments are non-refundable.

What should I wear in Destination Spa?

As a Destination Spa guest you are provided with robes and slippers, please wear these throughout the Spa. We would recommend removing all jewellery before using any of our facilities. Please note we do not allow any luggage or bags within Destination Spa, please keep these in your room or locker.

Do I need to pre-book treatments?

To avoid disappointment we would recommend booking your Spa Treatment in advance of your arrival. We can not guarantee that there will be treatments available on the day of your arrival. Please book all treatments online by visiting www.ardencote.com/destination-spa

What is your mobile phone policy?

We do not allow mobile phones in the Treatment Rooms or in Spa Reception. Our spa is an area of relaxation, please can we request use of mobile phone conversations are kept to a minimum. We have WIFI Access available in the Relaxation Lounge.

Do I need anything for the lockers?

We provide lockers in the changing rooms, you will require a £1 coin.

Do you take cash and can I put food and drinks on my room bill?

Ardencote is a cash-less business, all transactions will only be accepted by Debit/Credit Card following each purchase. There will not be a facility for Guests to charge items to rooms, foregoing the need for lengthy check-outs on departure.



Ardencote
DESTINATION SPA

Ardencote, The Cumsey, Lye Green Road, Claverdon, Warwick, CV35 8LT
www.ardencote.com | 01926 843111 | spa@ardencote.com