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PARK HOUSE

Spa

Slow down and de-stress in
our award winning spa

Products and Wellness Therapies

Evolve

Evolve Organic Beauty was founded in 2009 to produce highly effective, certified organic skincare, that delivers exceptional results without synthetics. The products are hand made in small batches in their eco studio in Hertfordshire, to minimise waste and maximise freshness.

Their regenerative wellness spa treatments work at a deep holistic level to address anxiety, insomnia, hormone fluctuations, burnout and gut health, delivering total body and mind transformation.

Germaine de Capuccini

Our Wellness Therapies help to restore and soothe mind, body and soul, using carefully selected products to target skin-related side effects caused by chemotherapy, radiation and strong medication. Uses light touch massage, thus suitable for cancer patients, those with long term illness or anyone in need of a completely de-stressing experience.

Caudalie

Caudalie is a glamorous, French brand that combines the latest scientific techniques with natural ingredients. A Caudalie product delivers luxurious textures and aromas that are a delight on the skin; whilst delivering exceptional results. Our therapists are extensively trained to deliver the ultimate in luxurious, indulgent treatment experiences, which are globally recognised as a must-have treatment experience.

Jessica

When it comes to natural nails, Jessica Cosmetics is considered a world-leading brand with a range of nail products to achieve and maintain naturally beautiful nails.

Ashmira

This exquisite waxing range is packed with botanical elements from Mother Nature. Every product has wonderful ingredients such as argan oil, that have been chosen for their exceptional moisturising and anti-inflammatory properties, to help repair, protect and nourish skin after hair removal.

Spa opening times:

Monday to Friday 7am-9pm
Saturday and Sunday 8am-8pm

Treatments: Monday to Sunday 10am-6pm

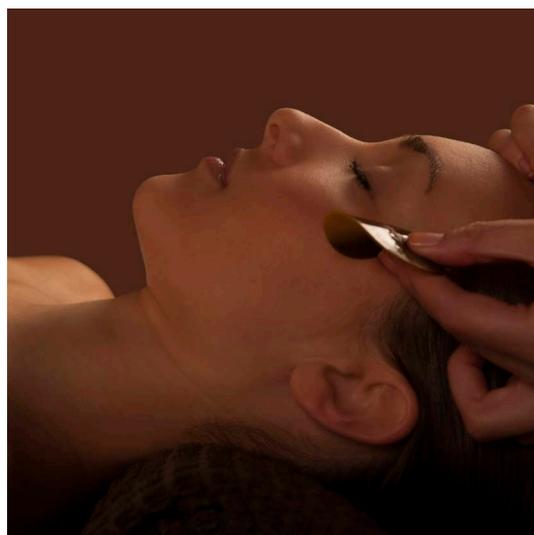
Facials

Caudalie Resveratrol Lift Facial

60 mins £90

75 mins £105 includes a back massage

This exceptional facial, which has been specially created for skin that lacks firmness and vitality, has an option to begin with a calming back massage to induce relaxation. A light glycolic exfoliation is followed with a combination of microcurrent stimulation, and a very firm hands-on lifting face massage. Skin is left glowing, toned and hydrated with a fresh appearance.



Caudalie Vinosource Facial

30 mins £60 | 45 mins £70 | 60 mins £85

This skin specific facial can be tailored to any skin type and will help to even skin tone and deeply hydrate. It is incredibly relaxing, and includes a face massage, as well as a sleep-inducing scalp massage.



Gentlemen's Recovery Facial

45 mins £70

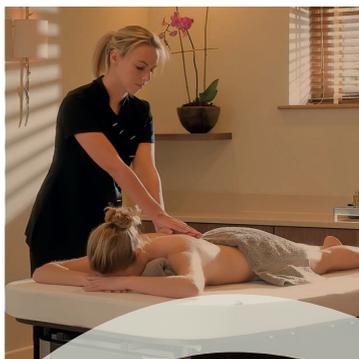
This treatment is suitable for all skin types, especially those in search of anti-aging results. A restorative facial using the finest ingredients to stimulate collagen production and reduce the appearance of fine lines and wrinkles. A sublime face, neck and shoulder massage combined with a stress-busting scalp massage will leave you feeling relaxed.

The Park House Signature Treatment

Ultimate Perfection Ritual

120 mins £180

The most luxurious of all treats! Your ritual begins with one of our invigorating top to toe exfoliations. A full body massage soothes tension, aches and pains and your ritual is completed with a bespoke facial, which includes a relaxing face and scalp massage, leaving your complexion radiant and glowing. After your top-to-toe experience, you will leave feeling completely serene.



Massages

Bamboo Massage

60 mins £105

Relieve all of your deep-seated muscle tension with this full body massage which uses the therapist's hands, as well as a warm bamboo wine makers stick to access pressure points on the body, leaving you fully relaxed and energised.

Face and Body Fusion

90 mins £135

A top-to-toe relaxation journey to stimulate the lymphatic circulation with a full body massage, including a deep cleansing facial and calming scalp treatment, for ultimate relaxation.

Lava Shells Relax Massage

60 mins £115

90 mins £145

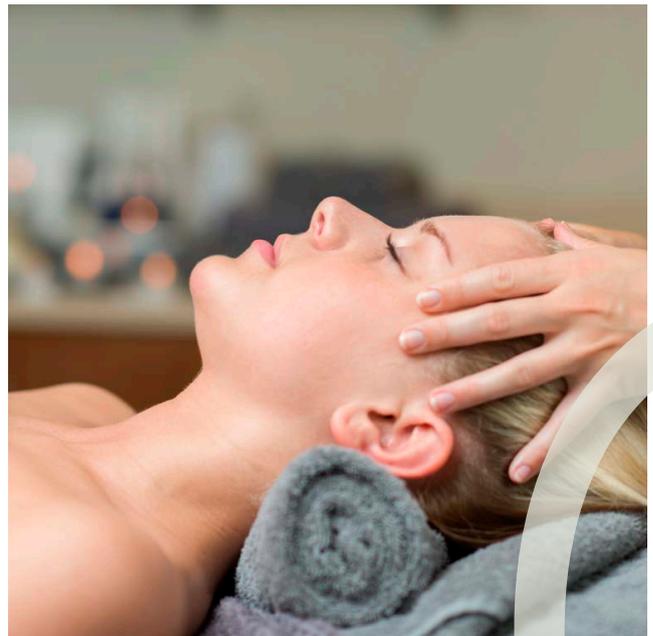
105 mins inc facial £170

This warming massage uses gentle heat in porcelain shells in conjunction with your therapist's hands to deploy deeply therapeutic relief where needed. The 90-minute version finishes with a sublime face and scalp massage, and a self-heating eye mask - this is a seriously relaxing treatment. The 105 mins includes a facial as well.

Traditional Massage

30 mins £70 | 60 mins £105

Using Evolve oils, this massage is designed to soothe tired and aching muscles, nourish the skin and help aid relaxation.



Evolve Holistic Massage Rituals

Relax, Breathe and Release! Choose one these 5 restorative massage rituals, using powerful Evolve essences, to melt away tension in the muscles and bring deep calm to your mind and emotions. These regenerative wellness spa treatments work at a deep holistic level to address anxiety, insomnia, hormone fluctuations, burnout and gut health, delivering a total body and mind transformation.

Calm Massage Ritual

90 mins £135

Rediscover deep calm and restful sleep as you surrender to complete relaxation. Organic Lavender and Bergamot oils are blended to provide a sense of inner peace and tranquillity, combined with sleep enhancing expert massage techniques to melt away tension, soothe the nervous system and restore wellbeing.

Detox Massage Ritual

90 mins £135

Experience renewed energy and clarity with this detoxifying massage. Harnessing the power of purifying essential oils combined with expert lymphatic drainage techniques, stretching and a soothing stomach massage, this ritual is designed to help with the elimination of toxins to boost energy and encourage a sense of motivation, to leave you feeling refreshed.

Energise Massage Ritual

90 mins £135

Experience renewed clarity and zest for life with this mood boosting ritual. An uplifting massage treatment using orange and neroli oils, includes solar plexus energetic holding and reflexology movements to reconnect your mind and body, centre your energy and boost serotonin, as tension and anxiety melt away.

Nurture Massage Ritual

90 mins £135

This nurturing ritual is designed to release tension, boost self-confidence, balance and soothe hormonal disruption. Harnessing the gentle feminine power of Rose Otto and the spiritually uplifting Cacao extract, our Wild Divine essence is combined with expert body and facial massage, including reflexology movements linked to the pelvis and womb, and to ease tension around the temples, jawline and limbs, restoring a deep sense of self love and connection.

Rebalance Ritual

120 mins £180

Rediscover your equilibrium and balance your hormones with this full body soothing ritual. Harnessing powerful aromatic oils, this deeply restorative treatment works from top to toe using energy work, reflexology, holistic body massage and facial contouring techniques, to help balance chakras, calm anxiety, release tension and support hormonal changes. Experience greater wellbeing, balance, connectedness and deep relaxation.

Mini Massages

Ultimate Treats

Calm Minds Scalp Massage

45 mins £70

The face, neck and shoulders are all treated to a combination of massage movements using a facial serum. Pressure points and lymphatic drainage help with sinus problems and headaches, as well as relaxing tight muscles in the neck. A conditioning hair treatment is used during the scalp massage to soothe away tension and quiet your mind.

Reflexology

45 mins £70

A therapy that can be dated to ancient Egypt, India and China; reflexology is a gentle pressure point massage treatment, which uses reflex areas on the feet linked to areas and organs in the body. This relaxing therapy can help identify physical factors that may be affecting your well-being and help to restore balance naturally.

Foot Ritual

45 mins £70

This treatment begins with an exfoliation from the knees to the feet to refine your skin. You will then be treated to a deeply relaxing massage of the lower legs to reduce swelling and soften tired feet. A relaxing scalp massage completes the ritual. This is an ideal treatment during pregnancy.

Ultimate Perfection Ritual

120 mins £180

The most luxurious of all treats! Your ritual begins with one of our invigorating top to toe exfoliations. A full body massage soothes tension, aches and pains and your ritual is completed with a bespoke facial, which includes a relaxing face and scalp massage, leaving your complexion radiant and glowing. After your top-to-toe experience, you will leave feeling completely serene.

Face & Body Fusion

90 mins £135

A top-to-toe relaxation journey to stimulate the lymphatic circulation with a full body massage, including a deep cleansing facial and calming scalp treatment, for ultimate relaxation.

Velvet Touch Massage

90 mins £135

A full body exfoliation is followed by a destressing body massage, leaving you totally relaxed with soft, glowing skin.

Rebalance Ritual

120 mins £180

Rediscover your equilibrium and a lightness of being with this full body ritual. Harnessing the powerful and divine essence of aromatic oils, this deeply restorative treatment works from top to toe using energy work. Reflexology, holistic body massage and facial contouring techniques, to help balance chakras, calm anxiety, release tension and support hormonal changes. As your mind and body are nourished, you experience greater wellbeing, balance, connectedness and deep relaxation.

Pre-Natal Treatments

Our pre-natal treatments are suitable for all mothers-to-be who have completed their first trimester and have no complications with their pregnancy, offering a safe and enjoyable way to be supported during this exciting time.

Evolve Pregnancy Ritual

60 mins £105

Nurturing your evolving body in your second and third trimesters, to release physical and emotional fatigue.

Seated comfortably, the treatment will focus on pressure points on your upper back and includes a restorative full scalp and facial massage paired with bespoke massage techniques. Targeting hormonal transitions, this supportive ritual is designed to soothe away anxiety and help you feel calm.

Lava Mama Pregnancy Massage

60 mins £115

Using a combination of both hot and cold lava shells with pure coconut oil, this treatment aims to improve energy levels, assist circulation and alleviate puffiness and fluid build-up, particularly in the legs and ankles. It is a full body treatment targeted to your areas of tension and leaves skin fully hydrated. The clever combination of gentle but effective warmth and cold, assists with pain relief and reduces muscle spasm, making for a happy pregnancy.

Other popular treatments during pregnancy include:

- Foot Ritual
 - Vinosource Facial
 - Manicure
 - Pedicure
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Please note: Sauna, steam rooms and jacuzzi should not be used during pregnancy as the high heat can increase blood pressure. Care should also be taken in the swimming pool area and showers due to slippery surfaces.

Wellness Therapies

Our Wellness Therapies help to restore and soothe mind, body and soul, using carefully selected products to target skin-related side effects caused by chemotherapy, radiation and strong medication. Uses light touch massage, thus suitable for cancer patients, those with long term illness or anyone in need of a completely de-stressing experience.

Rose & Honey Harmony Facial

75 mins £105

Using rich Royal Jelly products, this Germaine de Capuccini facial is designed to alleviate dry, flaky and sensitive skin. Soothing rose hip oil revitalises dull tone and helps the skin regain natural immunity against daily aggression. The rose petal mask soothes skin prone to sensitivity brought on by emotional and physical stress. A scalp treatment using baobab hair oil can be included, or hand and arms can be massaged if preferred. A luxurious healing face and neck massage using warm Obsidian stones will help restore peace to the mind and soul.

Aloe & Mint Cooling Body Therapy

90 mins £135

This gentle cooling massage uses products rich in aloe vera to deeply hydrate the skin, lemon oil to purify and mint to refresh the body. Additional rose hip oil soothes, nourishes and reduces irritation. Your therapy is completed with a de-stressing scalp massage to aid relaxation, combined with the power of semi-precious stones to restore harmony to the mind. Ideal after radiation therapy.

Baobab Body Ritual

90 mins £135

This Germaine de Capuccini relaxing and indulgent ritual uses ethically sourced, organic baobab oil packed with antioxidants, vitamins and omegas to nourish and protect the skin. Your ritual begins with a gentle full body exfoliation using baobab seeds. Soothing lymphatic massage with baobab oil provides the skin with anti-inflammatory nourishing and hydrating benefits. To complete your stress-reducing experience, our relaxing baobab scalp therapy will help to revitalise the hair and soothe the scalp.

Calming Hand, Foot & Scalp Therapy

60 mins £85

Chemical treatments can cause extreme dryness to hands and feet and stimulate hair loss. This therapy counteracts this. Begins with a gentle hand and foot exfoliation, without water to maintain PH levels. Then a deeply hydrating mask to relieve extreme dryness and dehydration, followed by a nourishing massage. Finally, a revitalising scalp massage using baobab hair oil to revitalise the hair and soothe the scalp.



Exfoliation

Organic Exfoliations For All Skin Types

45 mins £70

Each treatment begins with body brushing to stimulate the lymphatic circulation and ends with an application of body lotion, leaving you feeling invigorated and your skin feeling super soft.

Caudalie Cabernet Scrub

Grape seeds, honey & brown sugar, stimulates circulation.

Organic Coffee & Orange Scrub

Invigorating & draining, finishes with nourishing shea butter.

Evolve Tropical Blossom Body Polish

Gardenia extract, coconut oil, organic sugar to smooth and nourish.

Wraps

Evolve Detox Body Wrap

90 mins £125

Revitalise your body and mind naturally with this purifying and nourishing body and scalp treatment. Your body is beautifully buffed with our exfoliating sugar scrub, before you are enveloped in a deeply purifying clay wrap. While wrapped you receive a soothing scalp treatment. After showering, you'll enjoy an invigorating Gua Sha massage, using purifying oils which invigorates your lymphatic circulation.

Evolve Tropical Gardenia Body Wrap

90 mins £125 (includes facial)

This deeply nourishing body treatment begins with an all-over Tropical Blossom sugar scrub and shower. A layer of Tropical Body Butter is applied and while you are cocooned, a relaxing facial, including exfoliation, hydrating mask and soothing face and scalp massage completes the treatment. Your skin will be softened and delicately perfumed with Gardenia scent.

Hands & Feet

Jessica nail products help to restore moisture and care for your nails as naturally as possible. Your nails are treated with a base coat especially chosen to treat problems such as peeling, breaking or dryness. Please advise if you want gel or normal polish when booking.

Time-Precious Manicure | Pedicure

45 mins £45

Perfect for when you are short of time, or if you have regular nail treatments, this includes nail cutting and filing, tidying of cuticles and an application of polish. Or, if you have a special occasion or holiday coming up, you may want to try a gel polish which will stay chip-free for 2 weeks and dries instantly.

ZenSpa Manicure | Pedicure

60 mins £60

If your feet have been neglected, or they need a bit of extra care, then the ZenSpa pedicure includes nail cutting, filing and cuticle work, as well as exfoliation, hard skin removal and massage. To finish you can either choose the regular nail polish, or have a coat of gel polish which will dry instantly.

Gel Removal

15 mins £25

Removal of gel polish, if time allows, buff and oil.

NB: We only remove gel which has been applied at Park House Spa. Please make sure nails are gel polish free before you arrive for your treatment. If you are having an application of regular nail polish, it is not advised to swim, shower or use any heat treatments such as the sauna, for at least 3hrs.

Waxing & Tinting

Full Leg Wax

£40

Half Leg Wax

£25

Standard Bikini Wax

£20

Underarm Wax

£18

Eyebrow Wax

£20

Lip & Chin Wax

£15

Back or Chest Wax

£25

Eyebrow Tint

£15

Eyelash Tint

£20

Eyelash & Eyebrow Tint

£30

Please note: All our tinting requires a patch test a minimum of 24 hours prior to treatment.

Please note: No sunbathing or heat treatments (for example sauna/steam room) for 24 hours before or after waxing. Swimming and massage treatments are not recommended after waxing.

Spa Days

Sunrise Experience

Monday - Friday | 9 am - 1pm £135

A 45 minute treatment, with either a two-course lunch or afternoon tea, plus use of the facilities and a glass of English Sparkling Wine.

Sunset Experience

Monday - Friday | 1pm - 5pm £135

A 45 minute treatment, with either a two-course lunch or afternoon tea, plus use of the facilities and a glass of English Sparkling Wine.

Moonlight Experience

Monday - Friday | 4pm - 8pm £135

A 45 minute treatment, with either a two-course lunch or afternoon tea, plus use of the facilities and a glass of English Sparkling Wine.

Tranquillity Experience

Monday - Sunday | 12.00pm - 5.00pm £190

Choose 1 x 90 minute from the treatment menu, plus use of all the facilities and a glass of English Sparkling Wine with either a 2 course lunch or afternoon tea.

Twilight Spa Experience

Monday - Sunday | 5.00pm - 8.00pm £50 per person

After a busy day, unwind in peace in our beautiful spa facilities, including indoor and outdoor swimming pools, gym, sauna and steam rooms and relaxation areas. A complimentary glass of English Sparkling Wine completes your experience. (Very limited availability during July and August). Dinner in the hotel may be added at an extra cost.

Park House Experience

Monday - Sunday | 10.00am - 5.00pm £240

The most luxurious of all treats!

Coffee and croissants on arrival in the drawing room of the hotel, followed by your two-hour Ultimate Perfection Ritual.

Your ritual begins with one of our invigorating head-to-toe exfoliations. A full body massage soothes tension, aches and pains and your ritual is completed with a bespoke facial, including a relaxing face and scalp massage, leaving your complexion radiant and glowing. After your top-to-toe experience, you will leave feeling completely serene.

After full use of the spa facilities retreat to the hotel for either a two-course lunch or afternoon tea with a glass of English Sparkling Wine.

All our spa day experiences include the following:

Robe | towels

Use of facilities: Indoor pool | jacuzzi | steam room | sauna | relaxation lounge | gym | golf course (weather permitting). Plus (May to September) grass tennis court | bowling green | croquet lawn | outdoor pool.

We also offer a range of seasonal spa experiences.

See: parkhousehotel.com/spa-in/sussex

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