THE ALFRISTON

SOUTH DOWNS

Treat yourself...

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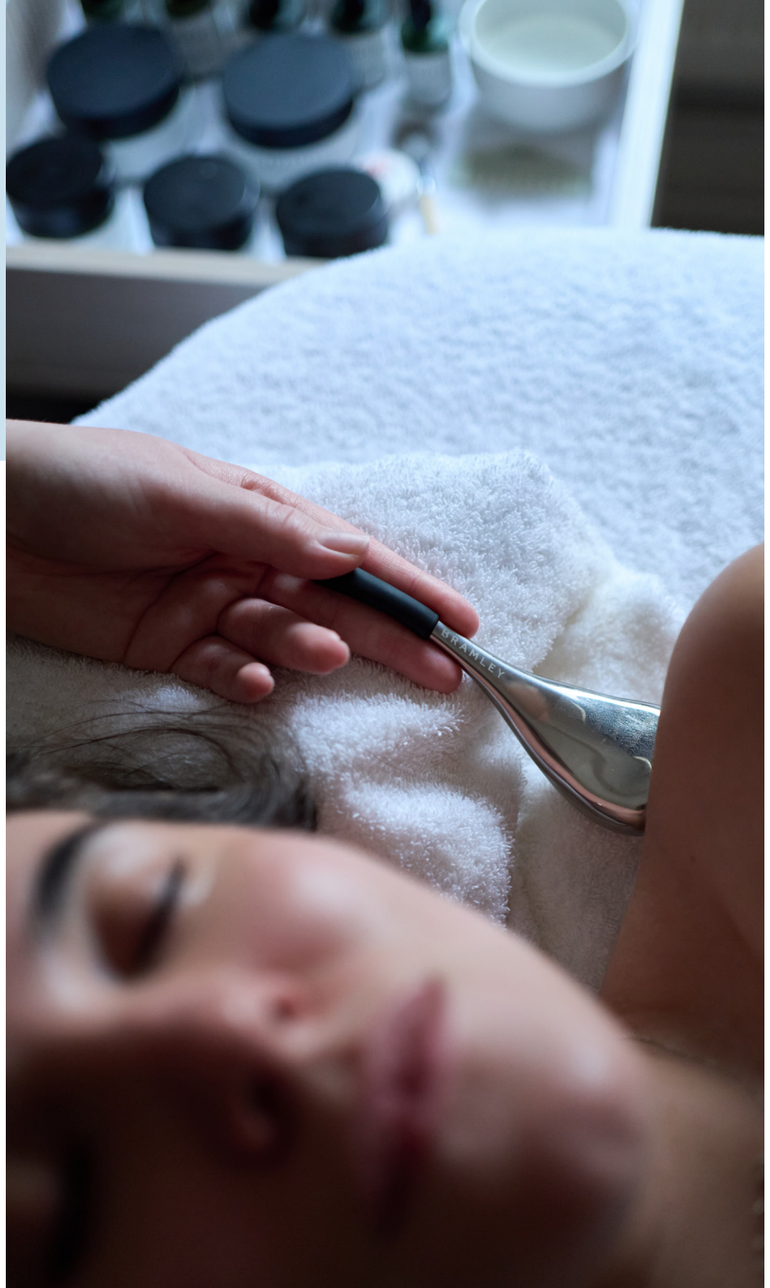
Our Spa

WHERE CALM MEETS COUNTRYSIDE CHARM.

The Signet Spa at The Alfriston is a haven of calm and connection - a place to pause, breathe, and rediscover balance. Inspired by our natural surroundings, we combine British heritage and the art of slow living to create a spa experience that's restorative, refined, and beautifully simple.

Whether you're here for an indulgent weekend escape, a mindful moment of calm, or a full reset, our treatments are designed to nurture, soothe, and leave you glowing from the inside out.



Our Partner: Bramley

NATURALLY BRITISH. BEAUTIFULLY KIND.

We're proud to partner with Skin by **Bramley**, the much-loved British botanical brand inspired by the beauty and balance of the countryside.

Crafted with care in Somerset, Bramley's products use only the finest essential oils and naturally derived ingredients — kind to your skin and kind to the planet.

Each treatment harnesses the **power of nature's oils and botanicals** to restore harmony, awaken the senses, and leave you feeling refreshed, radiant, and completely renewed.

Signet Treatments

The Signature Collection

SOLE RITUAL

45 mins

Experience deep relaxation and balance with our soothing foot and lower leg treatment. This rejuvenating therapy combines gentle massage techniques with the healing principles of reflexology, focusing on the feet and lower legs to release tension, reduce fatigue, and improve circulation.

Feel the stress melt away as your body is brought back into harmony — leaving you refreshed, relaxed, and revitalised from the ground up.

SERENITY RITUAL

60 mins

Our Serenity Ritual is a carefully curated treatment designed to provide complete relaxation and relief from stress and tension. Your therapist will conduct a consultation to understand your specific needs and preferences. This indulgent ritual is performed combining various massage techniques promoting relaxation and stress relief and will leave you feeling deeply relaxed and refreshed with a renewed sense of calm and well-being. We use Grapeseed oil in this treatment, ideal for those with allergies.

THE GLOW UP

60 mins

Step into a serene and tranquil luxurious facial that combines several elements which will rejuvenate and hydrate your skin, relax and restore your inner balance and overall well-being. Our therapist will use skincare products tailored to your skin type. We will start by gently cleansing your face to remove makeup and impurities, which will prepare your skin to be treated to a gentle exfoliation.

As you relax with facial massage techniques, tension melts away, and you begin to unwind. While a customised mask sets, you'll receive a neck and head massage. After the mask the therapist will apply serum and moisturiser leaving your skin feeling soft and radiant.

MELT AWAY

60 mins

A therapeutic full body massage, using our specially blended oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, thus helping you to unwind and feel rejuvenated.

HEAD START

45 mins

Indian head massage is a treatment combining massage on the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress throughout the mind and body.

THE RECHARGER

60 mins

The Recharger is designed to provide complete relaxation, relief from stress and tension, to rejuvenate and hydrate your skin. Your therapist will conduct a consultation to understand your specific needs and preferences. The Recharger will start with a welcome touch massage designed to make clients feel comfortable and relaxed.

This treatment will combine various massage techniques focusing on the tensest area of your back promoting stress relief and relaxation. Followed with our express facial, your therapist will use our skincare product tailored to your skin type, including a deep cleanse, exfoliation and face massage. While a customized mask sets, you'll receive a neck and head massage. After the mask the therapist will apply serum and moisturiser leaving your skin feeling soft and radiant and will leave you feeling a perfect balance, relaxed and rejuvenated.

Bramley Treatments

APPLE AHA RENEWAL
60 mins

A results-driven facial powered by nature's fruit acids. Natural apple-derived AHAs gently exfoliate and resurface, smoothing texture and revealing brighter, healthier skin beneath.

Combined with Bramley's antioxidant-rich serums, this treatment boosts radiance and restores vitality for an instant "just-back-from-holiday" complexion.

ROSE QUARTZ RADIANCE
60 mins

A facial ritual that nurtures, restores, and uplifts. Soothing rose quartz crystals are used in slow, cooling strokes to calm inflammation and awaken inner balance. Bramley's probiotic-infused products strengthen the skin's barrier, while the gentle massage leaves you feeling centred, glowing, and renewed from within.

BRAMLEY SELENITE CRYSTAL MASSAGE
60 mins

Choose from: Back, neck shoulder and scalp
OR Full body massage

Harness the healing power of selenite crystal energy. This unique massage combines light, restorative touch with the cleansing vibration of selenite crystals to release negativity and restore inner calm. Infused with Bramley's grounding oils, this treatment leaves you lighter, clearer, and glowing with positive energy.

BRAMLEY MOTHER-TO-BE
60 mins

A gentle, nurturing treatment created especially for expectant mothers. Your therapist uses slow, soothing movements to ease muscle tension, improve circulation, and promote deep relaxation.

Bramley's pregnancy-safe oils nourish the skin, while calming aromatherapy brings peace and comfort for both mother and baby.

BRAMLEY BESPOKE MASSAGE
60 mins

Choose from: Back, neck shoulder and scalp
OR Full body massage

Allow yourself a moment of serenity with this deeply relaxing massage tailored entirely to your needs, leaving you feeling grounded and calm. Your therapist will select a body oil according to your concerns, be that muscle pain, stress relief, emotional balance or simply pure relaxation. Allow your senses to be soothed, your muscles warmed, and your body relaxed.

PROBIOTIC BACK TREATMENT
60 mins

Give your back the care it deserves. This targeted "facial for the back" combines gentle exfoliation, a detoxifying mask, and therapeutic massage to cleanse, smooth, and refresh the skin.

Perfect for anyone prone to congestion or seeking a full back renewal — the ultimate skin confidence boost.

Our Signature Spa Days

Unwind your mind, nourish your spirit, pamper your body

Slip into tranquility at Signet Spa. Whether you're craving an afternoon sanctuary or a full-day escape, our spa days are designed to envelop you in calm, restore your energy, and leave you feeling utterly renewed. Arrive, relax, and let us take care of everything.

SIGNET SPA DAY

Available to book Monday – Sunday

Includes:

+ 7-hour use of spa facilities
+ Your choice of a 60 minute Signet treatment
+ Welcome hot drink on arrival
+ £30pp spend in 1554 Brasserie
+ Use of robe, towel and flip flops
+ £10 off additional 60-minute treatments
+ Other seasonal spa packages available on our website

MORNING BLISS

Available to book Monday – Sunday

Includes:

+ 4.5-hours of access to spa facilities
+ Your choice of a 60 minute Signet treatment
+ Welcome hot drink on arrival
+ £30pp spend in 1554 Brasserie
+ Use of robe, towel and flip flops
+ £10 off an additional 60-minute treatment
+ Other seasonal spa packages available on our website

AFTERNOON INDULGENCE

Available to book Monday – Sunday

Includes:

+ 4.5 hours of access to spa facilities
+ Your choice of a 60 minute Signet treatment
+ Welcome hot drink on arrival
+ £30pp spend in 1554 Brasserie
+ Use of robe, towel and flip flops
+ £10 off an additional 60-minute treatment
+ Other seasonal spa packages available on our website

Our Signet Spa Experience

A visit to Signet Spa is the ultimate reset—where deep relaxation, indulgent treatments, and a touch of luxury come together to help you relax, refresh, and recharge. Take a breath, unwind, and soak up every well-deserved moment of bliss.

Signet Spa offers a thoughtfully curated balance of state-of-the-art facilities and soothing natural surroundings.

Enjoy:

+ Outdoor Heated Pool
+ Sauna
+ Treatment Rooms
+ Relaxation space
+ Steam room
+ Spa Days

Opening times:

DAILY FROM 8.00AM UNTIL EVENING
(hours adjust seasonally).

How to book:

ONLINE AT: www.thealfriston.com
CALL US: 01323 870248
EMAIL US: spa.alfriston@signet.ltd

The Alfriston, Seaford Road, Alfriston,
East Sussex, BN26 5TW

SIGNET

COLLECTION

www.thealfriston.com