

Your
Spa





Discover Tranquillity

01273 857567 spa@wickwoods.co.uk

Your Spa at Wickwoods Country Club is set in 22 acres of landscaped gardens and woodland in the beautiful South Downs National Park. Relax in luxurious treatment rooms and enjoy treatments for beauty, relaxation, maintenance and more. Your Spa has selected a wonderful choice of treatments designed to relax, de-stress, revitalise and restore, delivered by our highly skilled therapists to nurture your mind, body and soul.

The perfect gift - all of our treatments, packages and spa days are available as a gift voucher. Purchase gift vouchers online, over the phone or at the reception.

Temple Spa Facials.....	1-2
Guinot Facials.....	3-4
Massage.....	5-6
Body Treatments & Tanning.....	7-8
Hands & Feet.....	9-10
Waxing & Eye Treatments.....	11-12
Men's Treatments.....	13-14
Treatment Packages.....	16
Spa Days.....	18-20
About Wickwoods.....	21-22
Retail Products.....	23-26
Spa Policies, Terms & Conditions.....	27-28
Opening Times & Environmental Statement.....	Back



TEMPLESPA

Inspired by the Mediterranean, Temple Spa was founded on the philosophy of nature, science and the wisdom of tradition. From plants, fruits and legume extracts, many of the ingredients used have a sustainable history of health and beauty benefits.

When your skin is clean and enriched, you feel more beautiful and your confidence is enhanced. Choose a facial suitable for your skin, from dry, sensitive, oily and combination, bring out your best with a Temple Spa facial. Deeply revive your skin with a wide range of facial scrub solutions, such as our popular Power Breakfast facial scrub with anti-aging properties and, of course an abundance of natural ingredients.

My Kinda Skin

Bespoke skin type prescription facial

40mins | £62 | £55.80 Members

55mins | £72 | £64.80 Members

Let us analyse your skin and prepare a tailored treatment for you. Includes lymph drainage facial massage and a choice of a scalp or hand and arm massage.

The Totally Quenched & Drenched

Rehydrating facial for thirsty skin

70mins | £90 | £81 Members

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining and skin lifting massage techniques, and a special remedy to encourage deep hydration and eliminate fine lines.

Temple Spa Facials

Available as a gift voucher

01273 857567 spa@wickwoods.co.uk

Repose Aromatherapy Facial

Relaxing facial for all skin types

70mins | £90 | £81 Members

Let go of the stress and repose with a calming and beneficial aromatherapy facial. This indulgent facial includes de-puffing lymph drainage, a tranquil face massage, a relaxing eye treatment and a scalp massage with a choice of hot oil.

The Purification Facial

Deep cleanse for oily or blemished skin

55mins | £72 | £64.80 Members

The solution for skin in need of a good spring clean. A professional deep cleanse that leaves your complexion feeling squeaky clean, unclogged and fresh.

Champagne & Truffles Facial

The gold standard, anti-ageing, lifting and firming

90mins | £120 | £108 Members

This stunning facial treatment is a serious celebration for the skin! Clinically proven to boost hydration and improve skin, ingredients include Champagne, black truffle, gold, diamonds, silk peptides, fruit and amino acid. Benefit from an anti-ageing lifting and sculpting face massage, resurfacing peel, brightening and warm melting alginate mask, plus cooling rose quartz therapy - so relaxing! Plus receive an application of Temple Spa's Skin Truffle moisturiser. A dazzling skin rejuvenation that's worth its weight in gold! Finally, if all that's not enough, you'll also be treated to a divine shoulder & neck massage using hot stones.

The Power Breakfast

Express facial for all skin types

25mins | £48 | £43.20 Members

Looking for results now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for a rapid turnaround, topped off with a wake-up scalp treatment.

Go Guy-Male Executive Facial

Men's facial for all skin types

55mins | £72 | £64.80 Members

A facial to revive skin, soothe aching neck muscles and smooth worry lines. Includes a deep brush cleanse, an energising or relaxing massage, an exfoliating mask, plus a relaxing and detoxifying foot massage.



GUINOT
INSTITUT • PARIS

The revolutionary salon treatments and plant-based products of Guinot epitomise the greatest traditions of French skincare. With treatments being at the very heart, Guinot prides itself on remaining at the forefront of both machine-based and manual treatments. Since 1972, Guinot introduced to the world the first machine-based facial which uses galvanic and high-frequency technology, known today as the award-winning Hydradermie². Guinot has since led the way in treatment innovations.

Guinot Retail Products Discover products designed to care and improve different skin types, view some of the range available at Your Spa, see page 26.

Soin Hydraclean

Deep cleansing express facial

25mins | £45 | £40.50 Members

Designed to deeply cleanse the skin, this quick but relaxing facial uses a purifying Thermoclean heated device to rid the skin of its impurities. This treatment offers an instant and quick brightening result for those with little time!

Hydradermie²

The star facial treatment

70mins | £80 | £72 Members

Discover visible results from your very first treatment. Adapted to your skins needs, this unique innovation enables fast and deep penetration using double ionisation technology and active ingredients, resulting in exceptional effectiveness.

Guinot Facial Therapies

Available as a gift voucher

01273 857567 spa@wickwoods.co.uk

Hydradermie Lift Express

The express treatment

40mins | £60 | £54 Members

This treatment is perfect before an evening out or for those with little time. The facial re-sculpts and lifts the features using the lymph drainage and muscle stimulation and finishes facial product application.

Hydradermie Lift

The instant lifting treatment

55mins | £75 | £67.50 Members

Using the techniques in the Hydradermie Lift Express, this treatment also includes a relaxing facial massage, mask and finishes with eye, neck and facial products.

Hydradermie Lift Deluxe

The ultimate lift treatment

100mins | £120 | £108 Members

Uses both the techniques in the Hydradermie² and Hydradermie Lift Express, offering instant results and relaxation.

Hydradermie Age Logic

The anti-ageing star facial treatment

85mins | £90 | £81 Members

Clinically proven to reduce wrinkle depth by up to 49.5%, this specifically designed anti-ageing facial focuses on the eyes, face and neck to target signs of ageing.

Age Summum

Immediately treats signs of ageing

55mins | £90 | £81 Members

Age Summum combines technology and exclusive movements for visible results. By the end of the treatment, the skin is visibly more youthful and signs of ageing are minimised. A four phase treatment designed to combat signs of ageing, including pro-collagen and Vitamin C which restores youthful characteristics of the skin. The advanced four phase techniques of this facial deeply penetrates the skin leaving it rejuvenated.

Hydra Peel

The customised peeling treatment

55mins | £82 | £73.80 Members

A skin rejuvenating treatment with two peeling options that are adjusted and prescribed based on beauty goals, and level of skin sensitivity. This revolutionary regeneration peel even enables clients with sensitive skin to enjoy the benefits of skin renewal. Hydra Peeling is a unique alternative to aesthetic medicine which erases visible signs of ageing, brightens skin tone and diminishes dark spots.



TEMPLESPA

Benefit from massage therapy at Your Spa, created with the client in mind to help restore overall wellbeing. Your therapist will seek to achieve the perfect pressure for you and will ask you about comfort levels and preferred pressure.

Treatment Packages For massage and treatment combinations, see page 16.

Drift Away

Relaxing body massage

25mins | £50 | £45 Members

40mins | £62 | £55.80 Members

55mins | £75 | £67.50 Members

85mins | £95 | £85.50 Members

A relaxing massage formulated with a dreamy blend of essential oil, guaranteed to have you drifting away. A massage which will wind you down and take your mind of your thoughts for a while.

In Good Spirits

Energising body massage

25mins | £50 | £45 Members

40mins | £62 | £55.80 Members

55mins | £75 | £67.50 Members

85mins | £95 | £85.50 Members

An invigorating massage designed to leave you full of vitality. This exhilarating massage encourages lymph drainage and revs up circulation to stimulate the mind, body and soul, guaranteed to leave you raring to go.

Massage

Available as a gift voucher

01273 857567 spa@wickwoods.co.uk

Work It Out

Detoxing workout massage

25mins | £50 | £45 Members

40mins | £62 | £55.80 Members

55mins | £75 | £67.50 Members

85mins | £95 | £85.50 Members

A detoxifying massage that helps sculpt the body, relieve fluid retention and work out tired muscles. A deep tissue, body boosting and lymph drainage massage is combined to improve circulation and work out knots, tension, and tightness to start the detox process.

New Beginnings

Mummy to be massage

55mins | £69 | £62.10 Members

Pregnancy is the most wonderful time which requires specifically designed treatments. This full body massage is conducted without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore tired muscles, while you feel completely comfortable and relaxed.

For expecting mothers, you might also like:

Yummy Mummy To Be Package, page 18.

Head, Neck, Upper Back & Shoulder

Soothing focus across those 4 areas

25mins | £48 | £43.20 Members

Relieve stress, tension headaches and knots. Warm oil optional for the head massage.

Rocks Of The Mediterranean

Hot stones massage

25mins | £55 | £49.50 Members

40mins | £66 | £59.40 Members

55mins | £78 | £70.20 Members

Enjoy a head-to-toe thermal treatment that harnesses warm basalt lava stones and the superb benefits of heat to the body. Muscles are exceptionally eased, relaxed and rejuvenated. Trust us, it's an experience you must have at least once in your life.

Your Spa's Own, For You Bamboo

Detoxifying heated bamboo massage

Back 40mins | £52 | £46.80 Members

Body 70mins | £82 | £73.80 Members

A Your Spa massage and favourite, the bamboo massage is beneficial in providing a deeper Swedish massage. Similar to hot stone therapy, the natural bamboo is heated and used to roll and knead the tissue, increasing circulation, muscle ease and overall relaxation.

Sports Massage available only at The Wellness Centre - Wickwoods.co.uk/wellness-centre



TEMPLESPA

Your Spa's body treatments consist of renowned brands, including Temple Spa. Body treatments in essence are a facial therapy for your whole body. Relax and leave your skin feeling velvety soft with our range of treatments to cleanse, exfoliate, hydrate or detoxify. Add natural-looking colour to your body with our superb Sienna X tanning.

For relaxation and detoxifying benefits, we recommend our Glorious Mud. If you're looking to brush up and smooth your skin, try The Outer Glow exfoliation. For treatments that target cellulite and provide lymphatic drainage, we suggest our Go Figure treatment.

AAAHHH!

Leg & foot energiser

25mins | £44 | £39.60 Members

This oh-so-good treatment is instant relief for tired, over worked limbs. Begins with skin brushing to help eliminate excess fluids followed by a warm oil massage and an invigorating foot rub! Makes a wonderful add-on.

Glorious Mud

Detoxifying mud

55mins | £72 | £64.80 Members

This heavenly treatment starts with lymphatic drainage body brushing, then warm vitamin and mineral rich purifying mud smoothed all over your body. Once cocooned in a cosy wrap, you'll relax with a glorious face and scalp massage. Wallowing in mud never felt so good!

Body Treatments & Tanning

Available as a gift voucher

01273 857567 spa@wickwoods.co.uk

The Outer Glow

Face & body exfoliation

40mins | £55 | £49.50 Members

What a treat! Top-to-toe buffing and polishing. Using our unique, award-winning Mediterranean Sugar Buff Scrub, we exfoliate and polish your body and gently buff away dead skin cells on your face with the Temple Spa Breakfast Smoothie. This invigorating and refreshing all over treatment leaves the skin soft as silk, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before your holiday or a special event. Off you glow!

I'll Be Back

A exfoliation & facial for the back

40mins | £55 | £49.50 Members

After an invigorating exfoliation with our Mediterranean Sugar Buff Scrub, a warm purifying mud is smoothed over your back, for a powerful, deeply cleansing and hydrating treatment. Whilst the mask is working its magic, enjoy a detoxifying foot and leg massage. Warm mitts remove the mask before a stimulating back, neck and shoulder massage, leaving you energised and relaxed.

Go Figure

A firming, toning, tightening body detox

55mins | £72 | £64.80 Members

This is the treatment if you need a bit of help with the wobbly bits! Commencing with body brushing and sloughing movements to stimulate lymphatic flow. Hips, thighs & stomach are then treated to a bespoke Temple Spa detoxifying massage, using targeted techniques to help break down fatty deposits and stimulate collagen and elastin formation in the skin, improving strength and elasticity. You're are then enveloped in intensive marine and mineral rich mud wrap to stimulate the metabolism and promote fat burning. Finally, a friction-rub with the Go Figure anti-cellulite gel completes the treatment. Skin is left feeling firmer, tighter and invigorated!

Sienna X Spray Tan

Acclaimed parabens free spray tan

25mins | £40 | £36 Members

Achieve a glowing and natural-looking tan, which lasts 5-10 days. Sienna X's products are paraben-free and cruelty-free.



O·P·I

Improve the condition and appearance of your nails, cuticles and skin with qualified therapists in our relaxing nail salon. Your Spa also offers a range of OPI Gels and OPI nail polish treatments. A wonderful range OPI products are available for you to take home, purchase your perfect colour, available at the spa reception.

Maintenance Manicure

Express fix manicure

25mins | £34 | £30.60 Members

A quick fix appointment including file and cuticle work, exfoliation and massage.

Manicure

Nourishing manicure

45mins | £47 | £42.30 Members

Gel: 55mins | £52 | £46.80 Members

A hands and nail treatment including file and cuticle work, exfoliation, massage and OPI nail polish colour or GelColour.

Luxury Manicure

Deluxe silky soft treatment

55mins | £50 | £45 Members

A luxury manicure with a deluxe feature of the heated mittens with a mask for ultra hydration, turning your hands silky soft. Includes OPI nail polish colour.

Maintenance Pedicure

Express fix pedicure

25mins | £38 | £34.20 Members

Includes filing and cuticle work, hard skin removal and massage to get your feet looking and feeling lighter than air.

Hands & Feet

Available as a gift voucher

01273 857567 spa@wickwoods.co.uk

Pedicure

Classic nourishing pedicure

55mins | £47 | £42.30 Members

Gel: 70mins | £52 | £46.80 Members

Makes you feel like you are floating upon beautifully soft feet. Includes a file and cuticle work with a light dead skin removal and massage to relax you, finishing off with OPI nail polish colour or OPI GelColour.

Deep Pedicure

Deluxe nourishing pedicure

70mins | £50 | £45 Members

This deeply nourishing pedicure is the ultimate foot treatment. Treat your feet to a rejuvenation. Includes an intense hydration mask, enveloped in heated mittens, finishing off with an uplifting foot massage and an OPI nail polish colour.

OPI GelColour

High-definition gel which is LED light cured. With care it lasts up to 2-3 weeks. GelColour requires a soak-off treatment.

Luxury Heat & Treat Package

Total Manicure & Pedicure Indulgence

2hr 15mins | £90 | £81 Member

Lay back and relax on a heated treatment bed while you enjoy this treatment. Receive filing, cuticle work and an exfoliation finished off with a hydrating mask and heated boots. To compliment this treatment, choose an application of our OPI nail polish colour for both the hands and feet.

File & Paint

25mins | £30 | £27 Members

File, shape, and an OPI nail polish colour.

Gel File & Polish

40mins | £38 | £34.20 Members

Gels applied to perfectly filed nails.

Gel removal & nourish

25mins | £20 | £18 Members

Wanting to take off the gels? Finish the removal with a hydrating nail treatment.

Gel Reapplication

55mins | £45 | £40.50 Members

Remove and reapply another stunning shade. Available on the hands or feet.

French Add On

15mins | £5 | £4.50 Members

Add on to gels nails only



Lip 15mins
£15 | £13.50 Members

Half Leg 25mins
£27 | £24.30 Members

Half Leg & Bikini 55mins
£40 | £40.50 Members

Lip and Chin 15mins
£17 | £15.30 Members

Full Leg 40mins
£40 | £36 Members

Back & Shoulder 25mins
£38 | £34.50 Members

Eyebrow Shape 15mins
£18 | £16.20 Members

Full Leg & Bikini 55mins
£48 | £43.20 Members

Underarm/ Forearm 15mins
£22 | £19.80 Members

We offer a range of feminine waxing. A Classic Bikini offers a basic tidy and removes hair visible outside of swimsuits or underwear. The Extended Bikini removes more than the simple bikini line, this also removes hair from the sides of the bikini area. A Brazilian removes hair in the bikini area from front to back, while leaving a strip. A Hollywood removes all of the hair.

Classic Bikini
25mins | £22
£19.80 Members

Extended Bikini
25mins | £27
£24.30 Members

Brazilian
40mins | £35
£31.50 Members

Hollywood
55mins | £45
£40.50 Members

Waxing & Eye Treatments

Available as a gift voucher

01273 857567 spa@wickwoods.co.uk

Enhance your eye beauty with our range of treatments. Our tinting treatments will make your brows look bolder and your lashes look darker, fuller and longer. For the first time tinting, you will be required to a patch test 48 hours prior.

Eyebrow Tint

15mins

£18 | £16.20 Members

Eyelash Tint

25mins

£25 | £22.50 Members

Brow Shape, Eyelash

Brow Tint 25mins

£38 | £34.20 Members

Eyebrow Tint & Shape

25mins

£28 | £25.20 Members

Eyelash & Brow Tint

25mins

£30 | £27 Members

Eyebrow Shape 15mins

£18 | £16.20 Members

Eyelash Lift

All you! Sky-high permed eyelash curl

55mins | £52 | £46.80 Members

Achieve a gorgeous natural lash look! Using silicone pads to create the curl, this system lifts from root to the very tip, enhancing the appearance of your natural lashes. Includes an eyelash tint to create the look of longer, thicker lashes. The look can last up to 6 weeks.

Avoid getting your lashes wet 24 hours after treatment.

A patch test is required 48 hours prior.



In the serenity of the spa, have your worries drift away and enjoy the benefits of a relaxing treatment. With a range of effective treatments, visit Your Spa to detoxify, look healthier and to relax.

We all, at one time or another, feel strain in our muscles. A good massage gets to the root to relieve the tension, all while balancing the body and aiding relaxation. For the face, facials work to renew your skin and give you a healthier and fresher appearance.

We'll take care of it, benefit from an quick 25 minute manicure or pedicure to easily renew your skin and keep your hands and feet fresh and healthy.

Go Guy-Male Executive Facial

Men's facial for all skin types

55mins | £72 | £64.80 Members

A facial to revive skin, soothe aching neck muscles and smooth worry lines.

Includes a deep brush cleanse, an energising or relaxing massage, an exfoliating mask, plus a relaxing and detoxifying foot massage.

Soin Hydraclean

Deep cleansing express facial

25mins | £45 | £40.50 Members

Designed to deeply cleanse the skin, this quick but relaxing facial uses a purifying Thermoclean heated device to rid the skin of its impurities. This treatment offers an instant and quick brightening result for those with little time! No more tired skin! See instant results for fresher looking skin.

Men's Treatments

Available as a gift voucher

01273 857567 spa@wickwoods.co.uk

I'll Be Back

A exfoliation & facial for the back

40mins | £55 | £49.50 Members

After an invigorating exfoliation with our Mediterranean Sugar Buff Scrub, a warm purifying mud is smoothed over your back, for a powerful, deeply cleansing and hydrating treatment. Whilst the mask is working its magic, enjoy a detoxifying foot and leg massage. Warm mitts remove the mask before a stimulating back, neck and shoulder massage, leaving you energised and relaxed.

Men's Sienna X Spray Tan

No to pale! Look healthier

25mins | £40 | £36 Members

A natural looking tan which lasts 5 to 10 days. Prior exfoliation is recommended.

Men's Manicure

A helping hand

25mins | £34 | £30.60 Members

Includes a file and cuticle tidy up, exfoliation and massage.

Men's Pedicure

Your best foot forward

25mins | £38 | £34.20 Members

Includes light dead skin removal, cuticle work and massage.

Rocks Of The Mediterranean Massage

Hot stones massage

25mins | £55 | £49.50 Members

40mins | £66 | £59.40 Members

55mins | £78 | £70.20 Members

Enjoy a head-to-toe thermal treatment that harnesses warm Basalt lava stones and the superb benefits of heat to the body. Muscles are exceptionally eased, relaxed and rejuvenated.

Work It Out Massage

Detoxing / muscle workout massage

25mins | £50 | £45 Members

40mins | £62 | £55.80 Members

55mins | £75 | £67.50 Members

85mins | £95 | £85.50 Members

A detoxifying massage that helps sculpt the body, relieve fluid retention and work out tired muscles. Body brushing, deep tissue, body boosting and lymph drainage massage is combined to improve circulation an work out knots, tension, and tightness to start the detox process.

Back & Shoulder Waxing

Effective hair removal

25mins | £38 | £34.20 Members



Treatment Packages

Available as a gift voucher

01273 857567 spa@wickwoods.co.uk

Created by award-winning spa brand Temple Spa, take advantage of a package and indulge in a truly premium treatment experience.

For those seeking beneficial treatments that care for both the body and face, we would recommend the My Kinda Mood Package. Sssh... it's time for some serious Do Not Disturb relaxation, featuring a blissful top-to-toe warm oil massage. For expecting mothers, there's no greater time to have your needs taken care of - take time out to enjoy a relaxing massage, pampering facial and leg massaging treatment, you deserve it.

My Kinda Mood Package

A bespoke facial and massage 1hr 55mins | £130 | £117 Members

Not sure what you'd like? Then this is the ideal treatment. First we help you choose the aromatherapy fragrance to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent facial. Products and techniques will be bespoke to you. Look and feel so good with a wonderful fragrance.

Yummy Mummy To Be Package

Everything a mother to be should have

2hrs 15mins | £157 | £141.30 Members

This is our specially designed treatment for expectant mummies. The package includes a relaxing 55min New Beginnings full body massage (while laying on the side), a 25min Power Breakfast facial, all finished off with a 55min your pedicure.

For expecting mothers, you might also like:
New Beginnings Massage, page 6.

Do Not Disturb

Warm Oil Massages

1hr 15mins | £90 | £86.50 Members

Using a dreamy blend of Temple Spa aromatherapy oils, you will benefit from a top-to-toe massage package. Starting with a back, neck and shoulder massage, followed by an acupressure foot treatment and finished off with a relaxing head massage with optional warm oil.

[Seasonal Packages](#) See further choices available at Wickwoods.co.uk/spa-offers



Spa Days

Available as a gift voucher

01273 857567 spa@wickwoods.co.uk

For the ultimate in relaxation, all Spa Days include the following: enjoy a restful day of wellbeing, treatments, use of the spa facilities, a 2 course lunch in our award-winning restaurant, a Temple Spa gift bag, plus use of gowns, towels and flip-flops.

- Luxurious treatments rooms
- Full days use of the facilities
- Indoor swimming pool
- Hydropools and loungers
- Bio-sauna, sauna & steam room
- Fully equipped gymnasium and exercise classes
- Temple Spa, Guinot & leading spa treatments
- Nail treatments with leading brand OPI
- 2 course lunch in The Glass House Restaurant
- Outdoor relaxation areas & gardens

Revival Spa Day

A bespoke massage or facial treatment

55min | £135 Midweek | £140 Weekends

Choose one fabulous treatment: either the perfect massage for you or a My Kinda Skin bespoke prescriptive facial - facial includes relaxing face treatment, face massage, plus a choice of a scalp or hand and arm massage.

Indulgence Spa Day

The gold standard, full body massage & facial

Using a beautiful blend of oil, receive a divine full body massage with relaxing hot stones. After, enjoy a stunning Champagne & Truffles facial treatment which is a serious celebration for the skin! Clinically proven to boost hydration and improve skin, ingredients include Champagne, black truffle, gold, diamonds, silk peptides, fruit and amino acid. Benefit from an anti-ageing lifting and sculpting face massage, resurfacing peel, brightening and warm melting alginate mask, plus cooling rose quartz therapy - so relaxing! To finish, an application of Temple Spa's Skin Truffle moisturiser. A dazzling skin rejuvenation that's worth its weight in gold!

You will also receive a complimentary flute of bubbly.

Glorious Spa Day

Heavenly mud treatment & power facial

85min | £160 Midweek | £165 Weekends

This heavenly treatment starts with lymphatic drainage body brushing, then warm vitamin and mineral rich Glorious Mud is smoothed all over your body. Once cocooned in a cosy wrap, you'll receive a revitalising and deeply cleansing Power Breakfast Facial, plus a relaxing scalp massage.

115min | £210 Midweek | £215 Weekends

Upgrades Book by phone, we can also discuss available amendments and our upgrades!







Wickwoods

COUNTRY CLUB, HOTEL & SPA

Brief History of Wickwoods

Wickwoods was a country home when it was sold at auction at the Old Ship Hotel in Brighton in 1954. The particulars described it as being set in a delightful sylvan setting close to Brighton and the South Downs - this is as true today as it was back then. Eventually, during the 1970's, the house was turned into a private country club, and in 1979, Wickwoods first opened its doors.

However, by 2009 Wickwoods had closed, having fallen into significant disrepair. It was then purchased by a previous owner with the backing of a group of like-minded business individuals, who were prepared to invest heavily in to the development of the facilities, infrastructure and the team. Wickwoods Country Club, Hotel & Spa has since created over 70 jobs and in excess of £1.5 million is spent annually with local suppliers.

The venue is firmly established as one of Sussex's leading lifestyle venues. The spa, hotel, events, parties, wedding hire and dining at The Glass House Restaurant are all available to the public, whilst members enjoy exclusive benefits from an unrivalled club membership.

About Wickwoods

Wickwoods gift vouchers are available
01273 857567 spa@wickwoods.co.uk

The Wickwoods facilities and services*

- Indoor & outdoor tennis
- Spa Garden & thermal facilities
- Swimming pools & hydro-pools
- Bio-sauna, sauna & steam room
- Exercise classes
- Fully equipped gymnasium
- Your Spa treatments & wellness therapies
- Casual food in the Members Bar & Lounge
- Dining in The Glass House Restaurant
- Terraces & gardens

*Use of facilities and services is subject to availability.

Club members enjoy use of all facilities, plus complimentary offers including free health checks, bespoke gym training plans, reviews / consultations, and a tennis induction. All exercise classes and tennis court use is complimentary, with access to group tennis sessions, socials and coaching (Some group tennis sessions are subject to fees).

Club members also receive 10% off discounts on a range of services including treatments, events and food in The Glass House Restaurant and Members' Bar. We also offer a membership which gives access to on-demand exercise classes and exclusive content to exercise at home or away.

Throughout the year, you can enjoy live music in our restaurant, plus events held in our function suite. Enjoy themed nights, leading tribute acts, live bands, quizzes, Christmas events and more - view our upcoming events at Wickwoods.co.uk/whats-on.

For more information about Wickwoods or club membership, see Wickwoods.co.uk or ask at reception. For enquiries, call 01273 857567 or email info@wickwoods.co.uk. Information packs are available at reception, or why not book a tour to learn more about the club, services and the comprehensive facilities.



TEMPLESPA

B.



C.



A.



E.



F.



D.



Temple Spa Retail Products

Available as a gift voucher

01273 857567 spa@wickwoods.co.uk

Upgrade your skincare! Available to purchase at Your Spa for both men and women, choose Temple Spa for effective results. Products include anti-aging creams, natural face cleanser, toner products, candles and room fragrances.

Below we have listed some of our most popular products, however to see the full range and prices please see the Your Spa reception or ask a therapist upon your visit.

A. Exalt Firming Neck Gel

Neck & décolletage treatment

Firm and improve the skin. With anti-ageing properties protect against the metabolic reactions that accelerate the ageing process. Best of all, it has 'lifting' properties which helps to prevent sagging, tightens, smooths and firms the entire neck and décolletage.

B. Be Firm Uplifting Serum

The ultimate lifting serum

Designed to revamp the complexion. As we age, our skin cells and tissue take longer to repair and collagen levels decline, resulting in signs of ageing. This serum works to restructure and renew skin by reducing wrinkles, firming, lifting and hydrating.

C. Skin Truffle Day Face Cream

Total facial radiance - great for dry skin

Five years in the making, this ultimate rejuvenating facial moisturiser brings instant hydration, radiance and lustre as well as powerful anti-ageing goodness.

D. In The Beginning Cleansing Melt Cleansing balm

A highly concentrated daily cleansing balm that gives a 'just had a facial' feeling every time you cleanse your face. Its unique buttery-crystalline texture gently removes make-up and daily impurities. Dull looking skin is moisturised and rejuvenated.

E. Eye Truffle

Intensive eye rejuvenation

A cream to smooth, brighten, firm and deeply moisturise lower layers of the epidermis where wrinkles originate. Formulated with cutting edge stem cells and targeted ingredients to treat the common eye problems such as eye puffiness, dark circles and fine lines.

F. Repose Night Face Cream

Aromatherapy resting cream

A beautiful aromatherapy cream rich in natural plant extracts, anti-oxidants and a fusion of relaxing essential oils to leave your complexion ultra-smooth, moisturised and settled whilst working to calm and aid relaxation.

A.



B.



C.



D.



E.



F.



General Retail Products

Available as a gift voucher

01273 857567 spa@wickwoods.co.uk

Available at Your Spa, choose top leading brands such as Guinot, Sienna X, OPI and much more. Below we have listed some of our most popular products, however to see the full range and prices please see the Your Spa reception or ask a therapist upon your visit.

A. Instant Cleansing Water

Eau Demaquillante Micellaire

This cleanser gently removes make-up while cleansing the skin. The formula is free of soap, alcohol, parabens and artificial colouring agents.

B. Sienna X Gradual Tan lotion

Complete eye rejuvenation

A luxuriously rich body moisturiser which gradually builds up to a radiant, sun-kissed tan. Enjoy that holiday feeling every day with this gorgeous gradual tanning lotion. Enriched with 4% DHA and a deep moisturising blend of Cocoa Butter and Sweet Almond Oil, Gradual Glowing Self Tan restores elasticity and smoothness in the skin.

C. Sienna X Tinted Mousse

Award-winning tanning product

The award-winning tanning mousse achieves a deep colour and flawless, streak-free finish. Containing rejuvenating, natural ingredients, this super tanning mousse offers a luxurious treatment along with anti-ageing benefits.

D. Opi Nail Envy

Renew your nails

Strength is beauty and OPI delivers strength with its Nail Envy natural strengtheners. OPI has developed a range of different formulas to meet your individual needs.

E. Crème Vital Antirides

Neck & décolletage treatment

Visibly smooths wrinkles and lines. Visibly revives and restore radiance to the skin and Intensely nourishes the skin. Epidermal hyaluronic smooths the skin's surface and reinforce cell cohesion to limit water loss. Dermal hyaluronic acid activates natural hyaluronic acid synthesis to restore density and tone to the skin.

F. Guinot Crème Hydra Finish

A BB style face cream

A moisturising cream for the face that not only reveals a brighter complexion but also provides protection against the harmful effects of UV rays.



New Clients

- Please advise our receptionist if it is your first visit to Your Spa, this will allow extra time for your appointment should it be needed.
- Please arrive 10 minutes prior to your appointment. We will require you to fill out our consultation form.
- Please accurately fill the consultation form, complete with your medical information and all allergies.

Deposits

- Appointments over 2 hours require a 100% deposit to secure the booking.
- Spa days must be paid in full upon booking.

Appointment Times

- All times stated in this booklet include consultation and changing time before and after your treatment.

Arrival Time

- Please arrive 10 minutes before your appointment to relax and unwind.
- Should you arrive late, your treatment time may be reduced but you will be charged the full price for the booking.

Spa Policies, Terms & Conditions

01273 857567 spa@wickwoods.co.uk

Cancellation Policy

- Treatments - we require 24 hours notice to cancel an appointment. If cancelled within 24 hours of the appointment will be charged at 50%. This still applies if you wish to reschedule. Should you miss your appointment, 100% of the booking will be charged.
- Spa Days - we require 48 hours notice to cancel. Within 48 hours will be subject to a 50% cancellation charge, this will still apply if you wish to reschedule. If a Spa Day is missed or cancelled on the day, 100% of the booking is non-refundable.

Spa Days

- Spa Days must be paid in full upon booking.
- 50% cancellation charge will be applied if you cancel within 48hrs to your booking, this will still apply if you wish to reschedule.
- If a Spa Day is missed or cancelled on the day, 100% of the purchase price is non-refundable.
- Spa Days are available to over 18's only.

Gift Vouchers

- Gift Vouchers must be redeemed within the date stated on the voucher.
- Gift Vouchers are not exchangeable for cash and cannot be replaced if lost or damaged.
- The voucher must be presented on the day of your treatment.
- Missing your appointment will forfeit 100% of the vouchers value.

Offers & Loyalty

- See our latest offers on our wickwoods.co.uk/spa-offers
- Collect your loyalty card to earn reward stamps towards a £10.00 voucher (see T&Cs)

Use of Wickwoods Facilities

- As a non-member, the use of the Club facilities is subject to booking a Spa Day, please see page 18.
- As a non-member, the use of Club facilities cannot be purchased.

MONDAY.....	9am–5pm
TUESDAY.....	9am–6pm
WEDNESDAY.....	9am–6pm
THURSDAY.....	9am–8pm
FRIDAY.....	9am–6pm
SATURDAY.....	9am–5pm
SUNDAY.....	9am–5pm

APPOINTMENT PROCEDURE

Spa Days and any appointments over 2 hours will require full payment at the time of booking.

New clients will need to arrive 10 minutes prior to the appointment time. Please note, if you are late your treatment time may be reduced.

CANCELLATION POLICY

A 50% cancellation charge will be applied if you cancel within 24hrs your booking, this will still apply if you wish to reschedule. If a treatment is missed, 100% of the purchase price will be charged.

Please see the full terms & conditions on page 27-28.

ENVIRONMENTAL STATEMENT

At Wickwoods Country Club, Hotel & Spa we are very aware of the potential effect our business may have on the local, regional and global environment. It is part of our philosophy and objective to minimise our impact on the environment, therefore we are committed as an ongoing project to improve and continually refine our environmental practices.

We seek to identify and carefully choose our suppliers who have ethical working standards that consider the environment. We are committed to identifying methods to implement more eco-friendly policies on an ongoing basis.



We recycle the waste at Wickwoods, including plastic, paper, cardboard and glass. This leaflet is made of recycled paper. If you need to dispose of it, please recycle.

01273 857567 | spa@wickwoods.co.uk

Wickwoods Country Club, Hotel & Spa, Shaves Wood Lane, Albourne, W. Sussex BN6 9DY