



The Garden
Secret Spa



INTRODUCING YOU TO A WORLD OF REST, REJUVENATION & PAMPERING



SINGLE & DUAL
TREATMENT ROOMS



LUXURY PRIVATE
COUPLE'S SUITE



COLLECTION OF
TAILORED THERAPIES



HAIR & MAKEUP
BRIDAL & BLACK TIE



GLASSHOUSE
BRASSERIE



INTRODUCTION

Introducing you to the luxurious new Garden Secret Spa located within the grounds of Ringwood Hall Hotel & Spa in Chesterfield, Derbyshire.

Our premier spa facilities have something to offer everyone; whether you are a regular spa-goer or new to the world of rest, rejuvenation and pampering, we have a package for you.

Our spa is perfect for soothing the body and relaxing the mind and, with our extensive range of facilities, you will certainly be able to unwind on one of our luxurious spa days.

The mental and physical effects of stress can lead to a number of health issues, which is why it is imperative to allow yourself the opportunity to relax and relieve your body of built-up pressure and tension.

Here at Ringwood Hall Hotel & Spa, we believe our spa facilities are the embodiment of relaxation.

All of our treatments* are available in either a single, dual or triple treatment room, subject to availability. We also have a fully accessible treatment room on the ground floor for any of our guests with mobility restrictions.

We are available for group bookings and exclusive hire.

Please enquire directly with the spa reception.

*Excludes the Mud Patch Hammam Therapy



SERENITY SLEEP &
RELAXATION LOUNGE



HIMALAYAN
SALT SAUNA



BLOSSOM STEAM
ROOM



HERBAL
SAUNA



VITALITY
POOL

THERMALS

& UNWIND THE MIND
& RELAX THE SOUL



HIMALAYAN
SALT SAUNA



HERBAL
SAUNA



FOOT
SPAS



EXPERIENCE
SHOWER



BLOSSOM
STEAM ROOM



ICE
FOUNTAIN



THERMALS

Our luxurious Vitality Pool is heated to optimum temperature for complete spa comfort. Relax with friends in the whirlpool element, gaze into the woodland gardens over the infinity edge or simply float your cares away.

The dry heat from our Himalayan Salt Sauna has exponential benefits to the body, helping to reduce inflammation, clear blockages, fight infection, reduce discomfort and melt away tension from the muscles to promote deep relaxation.

Join us in the Herbal Sauna infused with lavender, rosemary, thyme, sage and lemon grass, freshly picked from our gardens, with a view overlooking the grounds.

Reflexology jet streams stimulate the soles of your feet in the Foot Spas leaving you with a complete sense of well-being and total relaxation.

Immerse yourself in a warm tropical rain, or mist with cooling waters in the Experience Showers – you choose!

The Blossom Steam Room, infused with heady aromas of citrus essence is sure to help clear your sinuses, open pores and detoxify the body, leaving you feeling uplifted and energised.

Finally, invigorate the body and stimulate circulation using handfuls of ice massaged over the body from our Ice Fountain. A detoxifying treat for the brave to stimulate regeneration of the cells.

PACKAGES



SAVOUR THE
SERENITY

PACKAGES

* Bank holidays classed as weekend rates.

All of our day spa packages are inclusive of a welcome garden smoothie shot on arrival and full use of the spa facilities with a robe and towels. Our gift to you is a pair of Garden Secret Spa flip flops to take home.

THE VINTAGE HIDEAWAY

Mon - Fri £59pp • Sat - Sun £69pp

With your choice of Lunch or Afternoon Tea

THE HALL HAVEN

Mon - Fri £99pp • Sat - Sun £119pp

Retreat from the outside world with:

- Any 55 minute treatment • Lunch or Afternoon Tea

THE ULTIMATE ODYSSEY FOR TWO

Mon - Fri £299pc • Sat - Sun £329pc

Relax and unwind together in our luxury private suite complete with bubbling spa baths and bijoux Sauna.

- 110 minute treatment each • Prosecco and canapes • Lunch or Afternoon Tea

TWILIGHT SPA PACKAGES

Our Twilight spa packages are available Monday / Thursday / Friday and include full spa access from 4.30pm to 8.30pm with a robe, towels and flip flops. A welcome garden smoothie shot and canapes are served on your arrival to the spa, choose from any 25 minute treatment listed below or upgrade to a 55 minute treatment for just £20.

- True Elysium face and scalp massage • Euphoric Balance back massage
- Infinity Flow warm stone back massage • Ytsara Facial Yoga
- Nail Contour file and polish – gel or varnish hands or feet • Hot Fragrant body polish

THE ORCHID ESCAPE

Mon, Thurs, Fri £59pp

- Twilight spa access • 25 minute treatment • Welcome garden smoothie shot and canapes

THE ORCHID ROYALE ESCAPE

Thurs, Fri £79pp

Twilight spa with added fun! From 9pm in our Glass House Brasserie you will each learn how to make and enjoy two of our signature cocktails.

- Twilight spa access • 25 minute treatment • Welcome garden smoothie shot and canapes
- Cocktail making masterclass



STAY & SPA

& RECOVER YOUR SENSES & RESTORE ENERGY

Our overnight breaks include accommodation in our Spa Village with dinner, bed and breakfast. Prices are based on two people sharing with a single supplement of £50 per night for single occupancy.

Additional beds may be provided for three people sharing subject to availability.

Extend your spa break on the day of departure to include Spa Access until 2pm with lunch for just £39pp.

ONE NIGHT NATURAL ENERGY From £169pp

- Spa arrival from 11am • Any 55 minute treatment each
- Lunch or Afternoon Tea in the Glass House Brasserie • Full spa access
- 3 course dinner • Overnight stay • Full English breakfast



STAY & SPA



TWO NIGHTS BOTANICAL ALLURE [From £289pp](#)

- Spa arrival from 11am • Afternoon Tea in the Glass House Brasserie on day one
- 55 minute treatment each • Full spa access • Lunch in the Brasserie on day two
- 3 course dinner on both days • Overnight stay • Full English breakfast daily







FACIALS

& FROM HEAD TO TOE RELAX THE SOUL

ULTIMATE FUSION FACIAL

£69pp

Eastern and Western skincare techniques are blended together in this ultimate lifting face ritual. After a thorough cleanse the cooling Jade stone is used on the face to tone, tighten and aid lymphatic drainage. The warm Thai Poultice works to awaken the skin's optimum potential, resulting in perfectly plumped supple skin with amazing anti-aging results.

- 55 minute treatment

CORRECT & BRIGHTEN FACIAL

£69pp

Brighten the skin for a healthy glow, this facial will combat pigmentation and uneven skin tone to leave a luminous complexion. Perfect for a pre-occasion facial to have your skin looking and feeling its best.

- 55 minute treatment

URBAN SHIELD FACIAL

£69pp

Essential for flawless skin, this facial combats skin damaging free radicals in air pollution. After a thorough cleanse and exfoliation a plumping and toning hands-on massage brings fresh blood and nutrients to your skin. The Urban Shield serum is then applied underneath an algae mask, boosting hyaluronic acid levels for optimum hydration.

- 55 minute treatment



BODY COLLECTION



EUPHORIC BALANCE FULL BODY MASSAGE £69pp

Warm oils and scents enliven the soul and calm the spirit whilst healing hands promise to leave you feeling totally relaxed and rejuvenated in this whole body massage.

- 55 minute treatment

INFINITY FLOW WARM STONE MASSAGE £69pp

Warm stones are used to deeply release tension from tired, aching muscles. This full body massage brings a complete state of well-being and positivity whilst leaving you totally stress-free. • 55 minute treatment

MUD PATCH HAMMAM THERAPY £69pp

This treatment takes place in our private Hammam Suite, a full body exfoliation followed by an uplifting body mask and massage assures your skin will be silky to the touch, tightened and toned. A total body spoiling.

- 55 minute treatment

TRUE ELYSIUM £69pp

Lavish and refined back massage, in tandem with face and scalp sensorial treat. Succumb to pure warm natural oils and salves to blissfully enhance a sleep and dreamy aura.

- 55 minute treatment



SALT OF THE EARTH

SOUL REVIVER FOR HANDS & FEET

SALT OF THE EARTH MANICURE

£69pp

A decadent experience for hands

We invite you in a personalised journey of the senses with natural salts, fizz & bubbles, thermal powders and creamy warm lotions for a super soft touch.

Beautifully finished with a touch of chip resistant, no smudge gel polish or nail varnish in a stunning shade of your choice.

- 55 minute treatment

SALT OF THE EARTH PEDICURE

£69pp

A decadent experience for feet

We invite you in a personalised journey of the senses with natural salts, fizz & bubbles, thermal powders and creamy warm lotions for a “pep in your step”.

Beautifully finished with a touch of chip resistant, no smudge gel polish or nail varnish in a stunning shade of your choice.

- 55 minute treatment

A new mother & baby massage oil (100ml) will be opened and used for your treatments. You will receive the remainder of the product to take home with you: to nourish, soften and promote peaceful sleep for both mother and baby.

DREAMY PREGNANCY MASSAGE

£69pp

This heavenly treatment incorporates our “fall into dreams” mother and baby oil with a full body massage designed to soothe, calm and relieve the strains of pregnancy. This dreamy massage is for mums to be who are experiencing disturbed sleep, aches, pain and puffiness.

- 55 minute treatment

FRESH MEADOWS JADE STONE BODY TREATMENT

£69pp

The ultimate cooling pregnancy massage for chest, scalp, arms and legs. Relieve restlessness, cramps, puffiness and heaviness. The revitalising treatment incorporates both a soothing massage with our “fall into dreams” massage oil as well as effective drainage massage techniques with our “fresh meadows” cooling leg gel. The lymphatic drainage massage uses a cool Jade stone which is linked to fertility, promotes eternal love and calms the mind.

- 55 minute treatment

NEW MUMS NURTURING TOUCH POST-NATAL MASSAGE

£69pp

A soothing massage that not only provides relief from post pregnancy aches but also calms the mind and emotions. The “scent of seas” toning serum is applied with delicate drainage techniques to aid removal of excess fluid and added warmth provides much needed comfort.

- 55 minute treatment

JENNIFER YOUNG

Visiting our spa is a time of complete indulgence for everyone. The Jennifer Young Spa Welcome Diploma allows us to offer a range of indulgent, gentle and relaxing treatments. These treatments are perfect for those living with and beyond cancer and are ideal for the most sensitive skins. Spa Welcome Accredited training allows our therapists to offer all of these treatments and more.

GLOWING FACIAL

£ 69 p p

As with all of the Jennifer Young treatments, this relaxing facial is blissfully adapted to bring the glow of health and harmony to even the most sensitive skin. Soothing massage techniques help you to drift to a place of rest and relaxation, leaving your skin with a glowing radiance. Your specialist therapist extends the treatment to include the scalp making the experience even more indulgent.

- 55 minute treatment

INDULGENT MASSAGE

£ 69 p p

A bespoke massage carefully adapted by specialist therapists to suit each individual needs. Using 100% natural and organic oils this treatment is ideal for the most sensitive skins. Let the power of touch bring harmony and well-being. You will be left feeling deeply relaxed. The experience is extended to include the scalp ensuring that your massage is pure indulgence.

- 55 minute treatment

SPECIALIST MANICURE

£ 69 p p

Luxurious peach kernel oil and macadamia oil combined with the specialist knowledge of your therapist to give a healing and relaxing manicure. This treatment is designed for damaged nails and sensitive skin. Your specialist therapist will bring your nails back to a new level. This nourishing and moisturising manicure is finished with an application of your favourite colour. You will be given expert advice on how to improve the condition of your nails.

- 55 minute treatment

NAIL BEAUTIFUL PEDICURE

£ 69 p p

Our soothing and nourishing foot balm is massaged into your feet whilst our 100% natural and organic nail oil works its magic into your nails. Finish off with a colour of your choice and enjoy recognising your feet! Your specialist therapist will provide expert advice on how best to look after your feet and nails.

- 55 minute treatment

BRIDAL MAKE-UP

From £85pp

Recline and relax to start your special day feeling gorgeous and looking beautiful. Get the fairytale make-over knowing that all eyes will be on you for the big day. That dreamy make up look comes with complimentary consultation. We would recommend booking your trial up to 6 weeks before your special day.

OCCASIONAL MAKE-UP

From £45pp

The ultimate “black tie” make-over to enhance your natural beauty and co-ordinate with the colour of your chosen ball gown, LBD or sassy cocktail dress. Definition and glamour enhanced and lashes applied for that evening glitz ideal for red carpet events and ultra special occasions.

- 55 minute treatment

FOCUS MAKE-UP

From £25pp

Define your natural beauty with a little professional touch to add that extra “something” to either your eyes, or base and contour or maybe work on those perfect pout lips. You choose your area of focus and detail.

- 25 minute treatment

LEARN YOUR FACE

From £85pp

Appreciate your own face, and learn how to apply a few tricks of the trade with a fun and interactive make-up tutorial. You can then recreate the look at home or whenever you need that added sparkle for a special occasion.

- 1 hour, 25 minutes treatment

HAIR SERVICES

From £50pp

Whether you are the mother of the bride or groom, guest of the wedding party or celebrating in style with us at Ringwood Hall, relax in the capable hands of our hair stylists to give you the perfect look for your occasion.



BRASSERIE



FEED YOUR
EXPERIENCE

DINE WITH US

From Afternoon Tea to Healthy Light Bites and Cocktails

The Glass House Brasserie is the perfect place to feed your soul and tantalise your taste buds. Choose from a selection of tasty treats made with fresh ingredients from our garden inspired Kitchens.

Whilst there are a plethora of healthy eating options to select from, you may choose to indulge in the tempting array of mouth-watering desserts or enjoy a slice of the scrumptious home-made cake of the day. Sample a taste of the exotic and select a cocktail from the drinks menu. Alongside our signature cocktails, “The Garden Secret Mojito” and “The Limesecco” we feature a selection of classical favourites whilst also ensuring that a handful of new cocktails are created to reflect the nature of the season.

We are really looking forward to welcoming you to the Garden Secret Spa, to ensure you have the best day possible please have a read of some of our top spa points below.

SPA JOURNEY



YOUR SPA JOURNEY

Please advise our reservations team of any dietary requirements or allergies upon booking. We request you wear underwear or swimwear and a robe for most treatments. No jewellery should be worn when attending treatments. Any Manicure or Pedicure treatments require you to remove all polish or gel varnish prior to your visit.

It is your responsibility to ensure the treatments and activities you select are suitable for you. If you have any health concerns, please consult your GP prior to your visit. Treatment suitability will only be confirmed on arrival, subject to completion of the Health Commitment Statement.

PREGNANT GUESTS

We have a specifically designed treatment menu for expectant mothers and new mums. During the first trimester treatments may be limited so please contact us prior to booking for extra help and advice. The Vitality Pool, Foot Spa's, Experience Showers, Ice Fountain and Relaxation Lounges are all suitable for use whilst pregnant, please ask a member of the team on your visit if you would like further information. We would advise you to seek advice from your doctor before booking your visit.



GIFT VOUCHERS

A range of Garden Secret Spa gift vouchers are available and are presented in a chic envelope.

For the full range of vouchers or to purchase online please visit our website.

www.ringwoodhallhotel.com



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