



*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 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 Therapies



SERENITY SLEEP & RELAXATION LOUNGE



HIMALAYAN SALT SAUNA



BLOSSOM STEAM ROOM



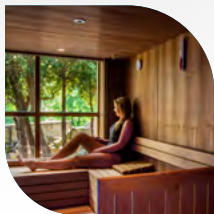
HERBAL SAUNA



VITALITY POOL

THERMALS

& UNWIND THE MIND  
& RELAX THE SOUL



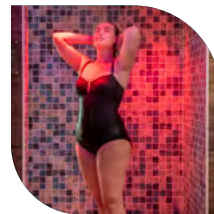
HIMALAYAN  
SALT SAUNA



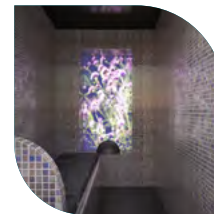
HERBAL  
SAUNA



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

### THE VINTAGE HIDEAWAY

Mon - Thurs £75pp • Fri - Sun £85pp

With your choice of Lunch or Afternoon Tea

### THE HALL HAVEN

Mon - Thurs £125pp • Fri - Sun £145pp

Retreat from the outside world with:

- Any 55 minute treatment • Lunch or Afternoon Tea

### THE ULTIMATE ODYSSEY FOR TWO

Mon - Thurs £350pc • Fri - Sun £375pc

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.

### THE ORCHID ESCAPE

Mon, Thurs, Fri £75pp

- Twilight spa access • 25 minute treatment • Welcome garden smoothie shot and canapes
  - True Elysium face and scalp massage • Euphoric Balance back massage
  - Infinity Flow warm stone back massage • Essential Express Facial
  - Nail Contour file and polish - gel or varnish hands or feet • Hot Fragrant body polish
- \* upgrade to a 55 minute treatment for just £30.

### PIZZA AND PROSECCO TWILIGHT SPA

Mon, Thurs, Fri £65pp

- Twilight spa access • Welcome garden smoothie shot • Stone baked pizza
- Bottle of prosecco to share between two

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.



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 £189pp

- 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

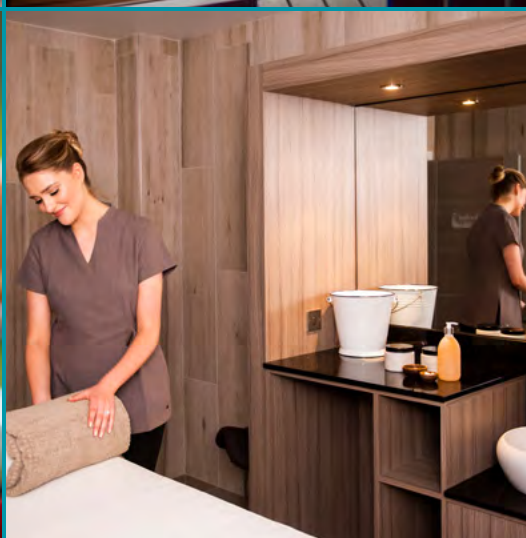
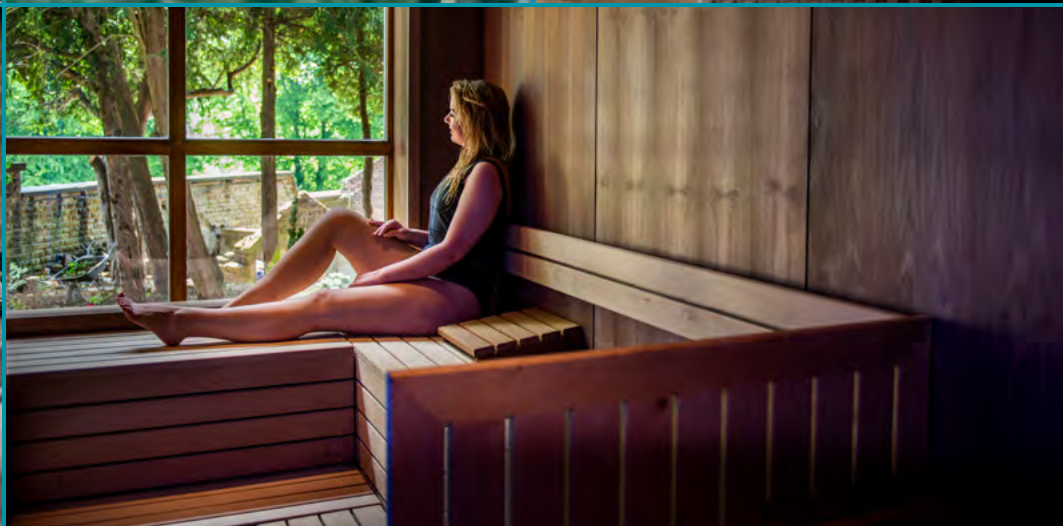


## TWO NIGHTS BOTANICAL ALLURE From £289pp

- 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









FACIAL COLLECTION

## FACIALS WITH PEVONIA

### ESSENTIAL AROMATHERAPY FACIAL

£75

A delightful aromatic blend of pure essential oils makes this facial unforgettable. This experience includes cleansing and gentle exfoliation; an aromatic massage, and the ideal mask best suited for your skin type.

• 55 minute treatment

### ESSENTIAL DEEP CLEANSING FACIAL

£75

This purifying treatment consists of steaming, exfoliation, and an intense deeper cleansing of clogged pores. The skin is gently massaged, then your ideal therapist selected mask is applied. Beneficial for all skin types.

• 55 minute treatment

### ESSENTIAL PRESCRIPTIVE FACIAL

£75

Universal treatments for all skin types. These facials are personalised and tailored to accommodate the needs of your skin. Includes professional skin diagnosis, deep cleansing, ampoule, massage and mask. These are ideal facials to introduce your skin to the unadulterated pure and active products within the Pevonia line. Outstanding results for every skin type! • 55 minute treatment

## ADVANCED FACIALS

Why not upgrade your package treatment to an Advanced Facial for just £15

### LUMINOUS 'C' & 'SEA'® MASK TREATMENT £90

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A radical facial treatment for dull and dehydrated skin. This facial combines the high potency of Vitamin "C" with a stimulating Freeze-Dried Seaweed rendering skin firmer, brighter, more rejuvenated, and velvety-soft. An excellent treatment for smokers, sunbathers and sun-damaged skin. Soft lift-off mask. • [70 minute treatment](#)

### PLANTOMER® MASK TREATMENT £90

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This highly effective, soothing treatment calms redness and alleviates irritated or sensitive skin. A healing propolis ampoule (natural ingredient collected by bees) is applied to desensitise the skin's surface and strengthen capillaries. A cooling lift-off mask is then applied to seal in the benefits of the vitamin-enriched ampoule. Soft lift-off mask. • [70 minute treatment](#)

### LUMAFIRM® LIFT & GLOW TREATMENT £90

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Seeking a treatment with amazing instant results? Redefining radiance and facial contouring, this exclusively formulated treatment features the latest in freeze-dried technology to deliver instant results and cumulative skincare benefits. Ideal for any skin type showing signs of aging, or as the perfect instant repair boost when you want to look your absolute best. Proven to perform, this facial renders your skin ultra-luminous with a firmer, tighter, and more youthfully defined appearance. • [70 minute treatment](#)

### LUMAFIRM® LIFT & GLOW EYE CONTOUR TREATMENT £39

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Lift, glow, and go! Formulated with an amazing lift-action complex, this phenomenal treatment instantly repairs your delicate eye zone as it reduces puffiness and dark circles. Additionally, an anti-ageing powerful trio of actives takes your eyes back in time with an immediate reduction in lines and wrinkles and a visibly brighter, smoother eye contour. This is definitely not for your eyes only as everyone around you is sure to notice the youthful difference. • [25 minute treatment](#)





BODY TREATMENT

## WITH LOLA'S APOTHECARY

### **EUPHORIC BALANCE FULL BODY MASSAGE** £75

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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** £75

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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](#)

### **TRUE ELYSIUM BACK, FACE & SCALP** £75

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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](#)

## MUD PATCH THERAPIES

WITH NATURAL SPA FACTORY

### DEEP ROOTED RITUAL

£75

Hack in to the power of the root. Beetroot, our favourite skin loving root vegetable to help protect and brighten skin. Add a burst of skin energy with the orange and root ginger body wrap to help flush toxins from the body, followed by a root ginger, marjoram and clove deep tissue massage to stimulate skin and leave it glowing. • [55 minute treatment](#)

### TEA-TOX DETOX

£75

Health benefits and antioxidant properties of tea are astounding. Discover a flood of teas in this spiced tea body treatment. With Green Tea & Coconut Oil Sugar Body Buff to polish, soothe and detox the body. Natural pure muds are then used to detox, purify and rejuvenate the skin, drawing out toxins and impurities. After a blast of skin enlivening peppermint, the body is then soothed with skin nourishing jasmine. • [55 minute treatment](#)

### SKINNY SEAWEED WRAP

£75

We don't believe in 'slimming' to look good – we embrace Every Body! – but who doesn't want to flush out toxins and feel your best for the beach? Buff skin with beetroot, mingled with watermelon and yuzu. Wrap with the skinny Laminaria seaweed wrap to shift water retention, detox and help tone. Soothing coconut scalp massage to nourish, and a vigorous rub down with detoxing Seaweed Body Oil. • [55 minute treatment](#)

### ILLUMINATE BODY GLOW

£75

Inspired by the Geisha girls who for centuries have used the rice water on their skin, the illuminate body glow treatment is packed with natural ingredients including rice bran oil and a combination of skin nourishing alpine plants. Due to its high nourishing factors, rice bran oils detoxify, de-stress, slim and tone, restoring minerals and moisture to the skin, whilst Swiss natural alpine plants create a luminous finish, nourishing glow to the skin. The perfect prep for any special occasion. • [55 minute treatment](#)

### BESPOKE BLEND MUD PATCH

£75

Create your very own mud patch treatment based on the scents you love and the results you wish to achieve. Choose from 5 evocative fragrances to make your mud patch experience a sensorial sensation. • [55 minute treatment](#)





SALT OF THE EARTH

## SOUL REVIVER FOR HANDS & FEET

### SALT OF THE EARTH MANICURE

£75

#### 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

£75

#### 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



## DREAMY PREGNANCY MASSAGE

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£75

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

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£75

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

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£75

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

These treatments are perfect for those living with and beyond cancer and are ideal for the most sensitive skins.

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.

Spa Welcome Accredited training allows our therapists to offer all of these treatments and more.

### GLOWING FACIAL

£75

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

£75

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

£75

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

£75

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 £85

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 £45

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 £25

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 £85

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 £50

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.

## LOLA'S APOTHECARY

A beautiful range of body products hand crafted in Devon, effective yet gentle, inspired by nature and created with aromatherapeutic benefits in mind. The thoughtfully designed beauty wonders combine glamour & decadence into the most luxurious collection of natural skin treats.

## PEVONIA

Offers a complete line of spa products containing the finest natural marine and botanical ingredients, combined with technologically advanced formulas and treatments that deliver highly visible results. The ingredients in our natural skin care range are superior and refined in quality, and from the very best source.

## NATURAL SPA FACTORY

A collection truly inspired by the seasons and the food we love. The result is an assembly of natural and beautiful products that inject goodness and wholesome nourishment into body and skin; boosting you from the outside in.

## LITTLE BUTTERFLY LONDON

Our anti-natal range with certified organic products for mother and baby. A gorgeous collection supported by professionals and midwives to naturally treat the delicate new-born skin.

## JENNIFER YOUNG

A beautiful product range designed specifically for those living with or beyond cancer to help provide comfort and care for those who need it most. Suitable for even the most sensitive of skins.

## SALT OF THE EARTH & ARTISTIC NAIL DESIGN

Created using minerals from the Great Salt Lake in Utah these potent products really pack a punch for your hands and feet, helping to soften and nourish the skin. A collection of nail care products from Artistic make the perfect treat for yourself or a loved one.

[To purchase any of our gifting options, please visit our retail area within the spa.](#)



## FREQUENTLY ASKED QUESTIONS

### WHAT IS YOUR AGE POLICY?

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The Garden Secret Spa has a minimum age of 18 years old.

### WHAT DO I NEED TO BRING?

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Just yourselves and your swimwear! Our changing rooms are equipped with hair dryers, straighteners, body wash / lotion and shampoo and conditioner. For any spa package you will have a locker allocated on arrival with your robe, towel and flip flips inside. For any guest staying overnight with us at Ringwood please leave your overnight luggage in the car or with the Hotel Reception, your room will be available at 3pm to check in.

### WHAT TIME CAN I ARRIVE?

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Your booking confirmation email will outline your arrival time to the spa. We always recommend arriving early and making the most of the day, our Brasserie serves breakfast until 10.30am!

### WHAT TIME CAN I STAY UNTIL?

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The poolhall and wet facilities close 30 minutes before the spa to allow time for showers and changing. Most of our spa packages include full access from open until close unless you have booked a 'Limited Edition' package which states otherwise.

### WHAT SHOULD I WEAR FOR MY TREATMENTS?

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Disposable underwear will be provided for every treatment to allow you to change out of any wet swimwear. If you would feel more comfortable wearing your own underwear please change prior to your treatment time.

### CAN YOU ACCOMMODATE DIETARY REQUESTS?

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Yes! Please do advise us at the time of booking if you have any specific dietary requirements or allergies.

### CAN I DECIDE WHICH PACKAGE TREATMENT TO HAVE ON ARRIVAL?

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Whilst we appreciate some spa days are booked for surprises, we cannot always accommodate a change in treatment on the day. The Mud Patch therapies require our specific Hammam treatment room and only one treatment can be done at any one time. Please speak to a member of the reception team on booking if you would like advice on the best treatment for you.

### WHAT FOOD IS AVAILABLE IN THE BRASSERIE?

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All of the food in the Brasserie is prepared fresh from a pre-order taken on arrival. It is not always possible to accommodate any late change requests such as changing from a lunch to an afternoon tea. You will be asked on booking your spa day which you would prefer and we require 24hours notice to swap or amend your Brasserie reservation.

### I'M BOOKING FOR A SPECIAL OCCASION, WHAT IS THE BEST PACKAGE OR UPGRADES?

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You may pre-order a bottle of prosecco starting from £25 to have on arrival or with your meal in the Brasserie. We also have cake of the day available from £2.95 and birthday candles on request. A celebration balloon can be brought to the spa to have on your table in the Brasserie. We do not allow confetti or similar in the spa.

### WHAT IS YOUR CANCELATION POLICY?

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Full payment is taken at the time of booking. Our Day Spa Packages and Spa Breaks are non-refundable or transferable. If you are unable to attend the booking for any reason then full payment will be charged. We would advise you to take travel insurance to cover bereavement, medical appointments, medical conditions, illness and adverse weather conditions etc, to include all guests on the reservation. Vouchers will be redeemed upon booking and the full cancellation policy applies to voucher redemptions also. Full terms and conditions apply.



### YOUR SPA JOURNEY

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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](http://www.ringwoodhallhotel.com)



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