



*The Garden
Secret Spa*

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 or dual 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



INTRODUCING YOU TO A WORLD OF REST, REJUVENATION & PAMPERING



SINGLE & DUAL TREATMENT ROOMS



LUXURY PRIVATE COUPLE'S SUITE



COLLECTION OF TAILORED THERAPIES



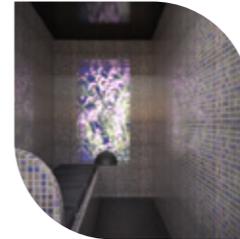
GLASSHOUSE BRASSERIE



SERENITY SLEEP & RELAXATION LOUNGE



HIMALAYAN SALT SAUNA



BLOSSOM STEAM ROOM



HERBAL SAUNA



VITALITY POOL

THERMALS

THERMALS

& UNWIND THE MIND RELAX THE SOUL

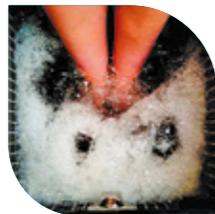
Our luxurious Vitality Pool is heated to optimum temperature for complete spa comfort. Relax with friends in the whirlpool element, gaze into the woodland gardens over the infinity edge or simply float your cares away.



HIMALAYAN
SALT SAUNA



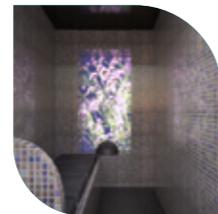
HERBAL
SAUNA



FOOT
SPAS



EXPERIENCE
SHOWER



BLOSSOM
STEAM ROOM



ICE
FOUNTAIN

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 our traditional herbal sauna 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

MORNING HARMONY

Mon - Thurs £79pp • Fri - Sun £89pp

- Spa Arrival time between 9am – 9:30am
- Unwind with 4 hours Spa access followed by Afternoon Tea

AFTERNOON SERENITY

Mon - Thurs £79pp • Fri - Sun £89pp

- Spa Arrival time between 2pm – 2:30pm
- Unwind with a Two course Light Lunch followed by 4 hours Spa Access

TRUE TRANQUILLITY SPA DAY

Mon - Thurs £145pp • Fri - Sun £165pp

Retreat from the outside world with: • Full Day Spa Access • Any 60 minute treatment • Two course Light Lunch or Afternoon Tea

PURE INDULGENCE SPA DAY

Mon - Thurs £195pp • Fri - Sun £215pp

A true pamper for your mind and your body: • Full Day Spa Access • Choose 2x 60 minute treatments • Two course Light Lunch or Afternoon Tea • Glass of prosecco

THE ULTIMATE ODYSSEY

Mon - Thurs £420 per couple • Fri - Sun £460 per couple

Relax and unwind in our luxury private suite complete with bubbling spa baths and bijoux sauna. • Full Spa Day Access • 120 minute treatment each • Prosecco, chocolate and fruit platter with an additional hour use of the private suite • Two course Light Lunch or Afternoon Tea • A mini spa gift set for two

TWILIGHT SPA PACKAGES

THE ORCHID ESCAPE

Mon, Thurs, Fri £85pp

Our twilight spa packages are available Monday, Thursday and Friday and include full spa access from 4:30pm – 8:30pm with a robe, towel and flip flops. A welcome garden smoothie shot and tapas selection on arrival to the spa, choose from our 25 minute treatment range found on page 19.

Optional Upgrades:

- Two Course Evening Meal Upgrade - £25
- Upgrade to a 60 minute treatment - £30
- Add a 200ml glass of prosecco for just £8

PACKAGES

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.

Afternoon Tea and the Two Course Light Lunch is served between 12pm - 3:30pm.



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.

STAY & SPA



ONE NIGHT NATURAL ENERGY From £209pp

- Spa arrival from 11am • Any 60 minute treatment each • Lunch or Afternoon Tea
- Full spa access • 2 course dinner in the coach house restaurant • Overnight stay
- Full English breakfast

*The Spa aspects of this booking can be allocated on the day of arrival or the day of departure, subject to availability.

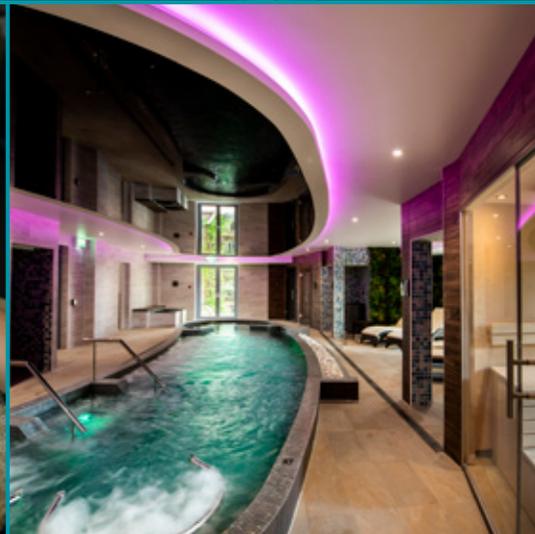
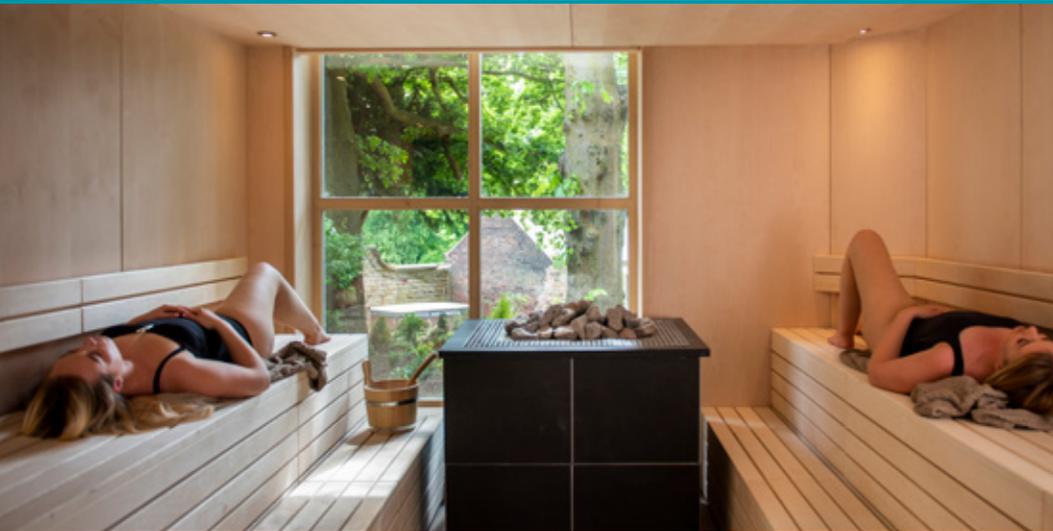


2 NIGHT RINGWOOD RETREAT From £329pp

- Spa arrival from 11am • Afternoon Tea on day one • 60 minute treatment each
- Full spa access • Lunch on day two • 2 course dinner in the coach house restaurant
- Overnight stay • Full English breakfast daily

*The Spa aspects of this booking can be allocated on the day of arrival or the day of departure, subject to availability.





FACIAL COLLECTION



pevonia

ESSENTIAL AROMATHERAPY FACIAL

£85

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.

• 60 minute treatment



pevonia

ESSENTIAL DEEP CLEANSING FACIAL

£85

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.

• 60 minute treatment



pevonia

ESSENTIAL PRESCRIPTIVE FACIAL

£85

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!

• 60 minute treatment



pevonia

FIRE & ICE DETOX FACIAL

£85

A specialised facial treatment that unites both cryotherapy and thermotherapy. This blended approach of warm and cool temperatures improves circulation and reduces the stagnation of fluids, while promoting deep cleansing and repair.

• 60 minute treatment



ADVANCED FACIALS



pevonia

PLANTOMER - SOOTHING HONEY BEE FACIAL

£95

Let the bees do the work with this highly effective, soothing facial which includes the extraordinary ingredient Propolis derived from beehive resins. Propolis naturally calms redness and alleviates irritated or sensitive skin. A cooling lift-off mask is then applied to seal in the benefits of the vitamin-enriched ampoule. Suitable for both men and women to hydrate and nourish, leaving your skin feeling refreshed. • 60 minute treatment



pevonia

LUMAFIRM® LIFT & GLOW TREATMENT

£95

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

Why not upgrade your package treatment to an Advanced Facial for just £10.

BODY TREATMENT

LOLA'S APOTHECARY

EUPHORIC BALANCE FULL BODY MASSAGE £85

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.

• 60 minute treatment

LOLA'S APOTHECARY

INFINITY FLOW WARM STONE MASSAGE £85

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

• 60 minute treatment

LOLA'S APOTHECARY

TRUE ELYSIUM BACK, FACE & SCALP £85

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

• 60 minute treatment



THE DOUBLE INDULGENCE £85

Soothe and rejuvenate your tired mind and body while indulging in this aromatic Lavender back, neck and shoulder massage to unwind and melt away stress. Complimented by a calming facial customised just for your skin, as you emerge looking and feeling blissfully relaxed.

• 60 minute treatment



TROPICAL ESCAPE

pevonia
£85

Escape to the tropics with this papaya-pineapple body wrap, including a full body exfoliation. Enriched with Crème Fraîche natural butter. The luscious Crème Fraîche formula is applied all over your body for a glorious sensory escape. As you are enveloped by the scent of vanilla and enticing tropical fruits, your skin is deeply nourished and rejuvenated revealing an astonishing youthful look. • 60 minute treatment

natural spa factories
BATH ENGLAND

TEA-TOX DETOX

£85

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. • 60 minute treatment

natural spa factories
BATH ENGLAND

SKINNY SEAWEED WRAP

£85

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. • 60 minute treatment

natural spa factories
BATH ENGLAND

ILLUMINATE BODY GLOW

£85

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. • 60 minute treatment

pevonia

AROMATIC MOOR MUD TENSION RELIEF TREATMENT £85

This scientifically-proven holistic, healing black magma dates back to ancient civilisations. A warm aromatic moor mud rich in natural vitamins, minerals and enzymes, is generously applied to your back. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated and Musculo-skeletal stress vanishes. Ideal for athletes and those prone to chronic pain, rheumatism/arthritis, muscular fatigue and post sports injuries. • 60 minute treatment

MUD PATCH THERAPIES





SOUL REVIVER FOR HANDS & FEET

LUXURY MANICURE £65

This treatment begins with a hand exfoliation to remove dead skin cells to reveal smooth and radiant looking hands before filing and tidying the nails and cuticles. Your therapist will then apply your chosen colour from our extensive range of nail and polishes, finished with a high shine topcoat and a soothing hand massage to finish.

*Please make sure gel polish is removed before treatment.

- 60 minute treatment

LUXURY PEDICURE £65

A luxury pedicure focused on removing callus skin from your feet, includes a deep exfoliation and rasping to remove dead skin cells to reveal smooth and radiant looking feet before filing and tidying the nails and cuticles. Your therapist will then apply your chosen colour from our extensive range of nail polishes and Gels, finished with a high shine topcoat and a soothing foot and lower leg massage to finish.

*Please make sure gel polish is removed before treatment.

- 60 minute treatment

natural spa factories
— 101 BATH ENGLAND —

BUMPS A DAISY MASSAGE £85

Tailored for mum to be and her growing bump, our bumps a Daisy range is perfect, as the body goes through so much during pregnancy, it's time to relax and enjoy. With a light gentle scent of Neroli, this wonderful treatment will uplift your senses, while encasing you into a calm and relaxed mind and body.

- 60 minute treatment

pevonia

MOTHER TO BE LUMAFIRM EXPERIENCE £95

This nurturing Lumafirm experience is uniquely designed for Mum's to Be. Enjoy a results-driven soothing massage, to reduce aches and pains as well as fluid retention. This is followed by a part body wrap, enriched with an exclusive combination of anti-ageing extracts to help firm, brighten and nourish your skin. Your treatment concludes with a hydrating facial and scalp massage, a complete toe-to-toe treatment, making the wonderful journey to motherhood a pleasurable experience.

- 60 minute treatment

pevonia

PREGNANCY GLOW FACIAL £85

This facial is adapted to bring that pregnancy glow of health and happiness to your skin. This treatment combines pregnancy safe products, along with a soothing mask to help you to drift to a place of pure relaxation, leaving your skin with a glowing radiance.

- 60 minute treatment

PREGNANCY RANGE

Why not upgrade your pregnancy massage to include a 25minute 'Soulfully Grounded Foot and Leg Ritual' for just £30.



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

£ 85

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.

• 60 minute treatment

INDULGENT MASSAGE

£ 85

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.

• 60 minute treatment

SPECIALIST MANICURE

£ 65

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.

• 60 minute treatment

NAIL BEAUTIFUL PEDICURE

£ 65

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.

• 60 minute treatment

LOLA'S APOTHECARY

TRUE ELYSIUM FACE & SCALP MASSAGE

£ 45

Lavish and refined face decollate and scalp sensorial treat. Succumb to pure warm natural oils and salves to blissfully enhance a sleep and dreamy aura.

LOLA'S APOTHECARY

EUPHORIC BALANCE BACK MASSAGE

£ 45

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 back massage.

LOLA'S APOTHECARY

INFINITY FLOW BACK MASSAGE

£ 45

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



ESSENTIAL EXPRESS FACIAL

£ 45

Our express facial is a luxurious cleanse, exfoliation, a nourishing face mask to suit your skin type, finished with a soothing massage for your scalp or décolleté. It is the perfect quick fix for your skin!



PINEAPPLE & PAPAYA FULL BODY SCRUB

£ 45

French sea salt and organic fruit extracts of pineapple and papaya, enriched in pro-vitamin A and carrot seed oil are applied to your body recreating the seawater ambiance experience.



SOULFULLY GROUNDED FOOT & LEG RITUAL

£ 45

This calming treatment is packed with gentle Sweet Almond and Wheatgerm oils and complemented with a flurry of Rose oil, Mandarin, and Bitter Orange to increase circulation and ease the effects of water retention.



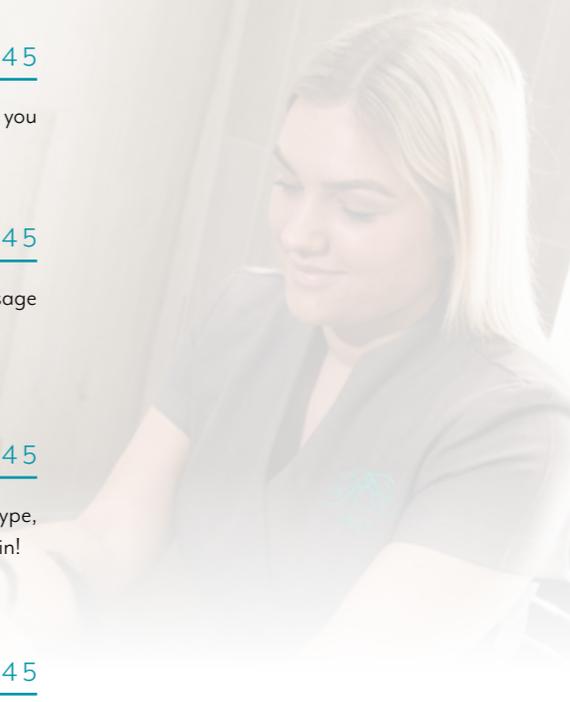
LUMAFIRM LIFT & GLOW EYE CONTOUR

£ 45

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.

MINI DELIGHTS - £45

All treatments are 25 minutes



GIFTING OPTIONS

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.

To purchase any of our gifting options, please visit our retail area within the spa.



FREQUENTLY ASKED QUESTIONS

WHAT IS YOUR AGE POLICY?

The Garden Secret Spa has a minimum age of 16 years old.

WHAT DO I NEED TO BRING?

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 flops 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 from 3pm to check in.

WHAT TIME CAN I ARRIVE?

Your booking confirmation email will outline your arrival time to the spa. We always recommend arriving early and making the most of the day.

WHAT TIME CAN I STAY UNTIL?

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 Seasonal Package or Morning/Afternoon Packages package which states otherwise.

WHAT SHOULD I WEAR FOR MY TREATMENTS?

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?

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?

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.

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

You may pre-order a bottle of prosecco to have on arrival or with your meal in the Brasserie. We also have cake of the day available 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 CANCELLATION POLICY?

Full payment is taken at the time of booking. Our Day Spa Packages and Spa Breaks are non-refundable. If you are unable to attend the booking for any reason within 48 hours' notice from the booking, then full payment will be charged. Booking with 3 guests or less will need to give 48 hours' notice to transfer their booking to another date. Guests of 4 or more must give 7 days' notice to transfer their booking.

Vouchers will be redeemed upon booking and the full cancellation policy applies to voucher redemptions also. Full terms and conditions apply.

SPA JOURNEY

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.



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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ringwoodhall.onejourney.travel/spa

