



*The Garden
Secret Spa*

INTRODUCING YOU TO OUR WORLD OF REST, REJUVENATION & PAMPERING



WELCOME

We cannot wait to welcome you to The Garden Secret Spa, where rest, rejuvenation and relaxation are our number one priority...after you of course!

Our beautiful Garden Secret Spa is set in the grounds of Ringwood Hall Hotel & Spa in Chesterfield, Derbyshire and is a premier spa facility. Whether you are a regular spa-goer or are new to the world of pampering, don't worry, we have it covered.

We invite you to visit our Spa; unwind in our vitality pool, enjoy the peace and harmony of our relaxation lounge, taste a delicious cake in our Glasshouse Brasserie and escape the hustle and bustle of the world in one of our steam rooms and saunas.

If you are looking for the perfect place to sooth the body, relax the mind and rejuvenate, then look no further!

Our experienced and dedicated team are on-hand to ensure your visit is tailored to your needs. For you to experience the most from the Garden Secret Spa, we cap the number of guests at any one time, to ensure you get the best possible experience.

We understand that the mental and physical effects of stress can lead to several health issues, and this is why it is imperative to allow yourself the opportunity to relax and relieve your body of built-up pressure and tension – our range of treatments is perfect for this.

We look forward to welcoming you.

Spa Team x





YOUR SPA JOURNEY

Your visit to The Garden Secret Spa at Ringwood Hall Hotel & Spa is most important to us, and we want your Spa Journey to exceed expectations.

To help us with this, please advise our Team of any dietary requirements or allergies upon booking, this ensures that we can cater for your needs, meaning that when you arrive, you do not have to worry about this.

We kindly request that you wear underwear or swimwear for your treatments, and of course our Garden Secret Spa robe and flip-flops are provided for your comfort.

We also kindly ask that you do not wear jewellery for your treatments.

To get the most out of your Manicure or Pedicure treatment, we require you to remove all polish or gel varnish prior to your visit.

We understand that we are all unique, and with this in mind, please remember to consider whether the treatments and/or activities are suitable to you. If you do have any health concerns, or any ongoing health issues, we do advise that you speak with your GP prior to your visit, so that you can be certain that your experience is suitable for you.

For extra peace of mind, we do ask you to complete a Health Commitment Statement, upon arrival, during your welcome consultation, to ensure that your pre-arranged activities and treatments are suitable for you.



Gift Vouchers

Whether you're looking for the perfect **Birthday** gift, **Mother's Day** treat or romantic escape for **Valentine's Day** – we have **Gift Vouchers** available for every occasion.

Speak with our Spa Team or visit:

www.ringwoodhallhotel.com/spa



ONE NIGHT NATURAL ENERGY

Check In from 3:00pm

One Night Accommodation including Breakfast

Two Course Dinner in the Coach House Restaurant

Full Spa Access (from 11:00am)

Any 60 minute treatment

Two Course Lunch

TWO NIGHT RINGWOOD RETREAT

Check In from 3:00pm

Two Nights Accommodation including Breakfast

Two Course Dinner in the Coach House Restaurant (daily)

Full Spa Access (from 11:00am)

Any 60 minute treatment

Two Course Lunch on day two

PACKAGES

MORNING HARMONY

Spa Arrival from 9:00am

Unwind with 4 hours Spa access followed by Afternoon Tea

AFTERNOON SERENITY

Spa Arrival from 2:00pm

Unwind with a Two Course Lunch followed by 4 hours Spa Access

EVENING ESCAPE

Spa Arrival from 5:00pm

Unwind with a Grazing Board on arrival, followed by Spa Access until 9:00pm

TRUE TRANQUILITY SPA DAY

Retreat from the outside world with:

Full Day Spa Access with 60 minute treatment

Two Course Lunch or Afternoon Tea

PURE INDULGENCE SPA DAY

A true pamper for your mind and your body:

Full Day Spa Access plus choose two 60 minute treatments

Two course Lunch or Afternoon Tea

Glass of Prosecco



THE ULTIMATE ODYSSEY

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

Full Spa Day Access with 120 minute treatment

Prosecco and fruit platter with an additional hour use of the private suite

Two Course Lunch or Afternoon Tea

A mini spa gift set for two

FACIAL COLLECTION

DE-STRESS MY SKIN

60 Minute Treatment

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.

CLEANSER MY SKIN

60 Minute Treatment

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.

FOR MY SKIN

60 Minute Treatment

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!

DETOX & GLOW MY SKIN

60 Minute Treatment

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.

CALM MY SKIN

60 Minute Treatment

Treat your fragile skin to all the relief and repair that green tea, liquorice, and French rose have to offer. This facial soothes the skin, eases blotchiness, and reduces redness. An ideal treatment for all microcirculation problems and hypersensitive skin conditions.



HYDRATE MY SKIN

60 Minute Treatment

By combining the hydrating power of hyaluronic acid with a unique and innovative ingredient, micronized cotton extract, this restorative, tightening, firming, calming, and soothing facial experience helps your skin Age Backwards™! A true sensorial experience that will help you to feel “as light as a cloud.”

REJUVENATE MY SKIN

60 Minute Treatment

Let your skin instantly regain youthful vibrancy with this moisture drenching, revitalising and illuminating facial. A gentle, resurfacing enzymatic peel is applied to prepare the skin for a powerful infusion of deeply moisturising and repairing Hyaluronic Acid and Pure Collagen gel to instantly enliven and repair. Leaving a visibly rejuvenated appearance with a gorgeous dewy glow.

LIFT & GLOW MY SKIN

60 Minute Treatment

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.

BODY TREATMENTS

TEA-TOX MY BODY

60 Minute Treatment

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.

REFINE MY BODY

60 Minute Treatment

We don't believe in 'slimming' to look good – we embrace everybody! – 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.

BRIGHTEN MY BODY

60 Minute Treatment

Escape to the tropics with this papaya-pineapple body wrap, including a full body exfoliation. Enriched with Crème Fraiche natural butter. The luscious Crème Fraiche 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.



DE-AGE MY BODY

60 Minute Treatment

Experience the latest in body de-ageing with this antioxidant-rich body wrap. The lusciously crafted blend of longan Superfruit and potent skin de-agers like collagen, hyaluronic acid, and shea butter, works to radically counteract skin crepiness and uneven texture while awakening your cells' metabolism. Featuring No Rinse technology, this repairing wrap stays on your skin for boosted benefits and is eco-conscious as it saves water.

EASE MY BODY

60 Minute Treatment

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.



 *The perfect gift...*

If you're looking for a gift for **Birthdays**, **Mother's Day**, a **Wedding** or **Christmas** – look no further.

Visit our retail area or Speak with our Spa Team

www.ringwoodhallhotel.com/spa

BODY TREATMENTS

RELAX MY BODY

60 Minute Treatment

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.

SOOTHE MY BODY

60 Minute Treatment

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.

TRUE ELYSIUM

60 Minute Treatment

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.

THE DOUBLE INDULGENCE

60 Minute Treatment

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

TRUE ELYSIUM FACE & SCALP

25 Minute Treatment

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.

EUPHORIC BALANCE BACK MASSAGE

25 Minute Treatment

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.

INFINITY FLOW BACK MASSAGE

25 Minute Treatment

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.

INTRODUCE MY SKIN

25 Minute Treatment

The express facial is ideal for those 'on the go'. Your skin is cleansed, lightly exfoliated and gently massaged. A pore-refining mask, is then applied, followed by a veil of light moisturiser.

PINEAPPLE & PAPAYA FULL BODY SCRUB

25 Minute Treatment

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.

MINI DELIGHTS

LIFT & GLOW MY EYES

25 Minute Treatment

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.

DE-STRESS MY EYES

25 Minute Treatment

Counteracts puffiness and dark circles with an instant release collagen biomatrix infused with ginkgo biloba. This natural fibre mask treatment increases periorbital circulation soothes, cools and decongests the fragile eye contour.

SMOOTH MY EYES

25 Minute Treatment

Treat your eye area to the repairing benefits of 100% pure marine collagen. This potent treatment smooths fine lines and wrinkles whilst reducing crepiness. Your eye contour is wonderfully rejuvenated.

FOCUSED MINI MESSAGE

25 Minute Treatment

Focusing only on your areas of concern, this mini massage hits the spot. Your body will thank you!



REJUVENATE MY HANDS

60 Minute Treatment

Give your hands the attention they deserve with this ultra-moisturising and rejuvenating experience. A gentle exfoliation removes dead skin cells followed by a soothing cleanse to prep this fragile zone for boosted benefits. Release stress instantly as a targeted massage ebbs away tension and fatigue from hands, fingers and wrists. A repairing collagen cream with a powerhouse blend of shea butter, aloe and more, quickly counteracts dryness and dehydration while shielding against sunspots and ageing signs. As a finishing touch, a refreshing hyaluronic acid mist delivers instant moisture while you enjoy a revitalising massage from hands to elbows with a cooling tension relief gel.

RENEW MY FEET

60 Minute Treatment

This foot bath ritual allows you to feel relaxed while your therapist grounds your physical soles to your spiritual soul. The natural sea salt and algae found in this treatment deliver corrective therapy for the feet, which are often neglected yet are prone to fatigue, accumulated dead skin cells, and excess perspiration. Provide your feet with the care and attention they deserve by going barefoot confidently to reveal fresh, silky-soft, hydrated feet.

Both the [Rejuvenate My Hands](#) and [Renew My Feet](#) will be finished off with a polish of your choice.

PREGNANCY

MOTHER TO BE LUMAFIRM

60 Minute Treatment

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.

PREGNANCY GLOW FACIAL

60 Minute Treatment

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.

BUMPS A DAISY MASSAGE

60 Minute Treatment

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.

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.

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

60 Minute Treatment

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.

INDULGENT MASSAGE

60 Minute Treatment

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.

SPECIALIST MANICURE

60 Minute Treatment

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.

SPECIALIST PEDICURE

60 Minute Treatment

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.





Looking for the perfect gift?

Whether you're looking for the perfect **Birthday** gift, **Mother's Day** treat or romantic escape for **Valentine's Day** – we have **Gift Vouchers** available for every occasion.

We also have a variety of gifts in our Retail Area.

Speak with our Spa Team or visit:

www.ringwoodhallhotel.com/spa

EVENTS

GIRLS NIGHT IN

Join us for our monthly **Girls Night In** on the last Friday of every month.

Enjoy a **Drink on Arrival** followed by **Spa Access** and a **Candlelight Stretch**.

DATE NIGHT

Our monthly **Date Night** evening...

Enjoy a **Drink on Arrival** on arrival followed by a **Two Course Dinner** in the Coach House Restaurant, then finish the evening with **Twilight Spa Access**.

SIXTEEN & SPA-RKLE

Where else better to celebrate your 16th Birthday?

Enjoy a **Drink on Arrival**, with **Spa Access** and a **Group Beauty Session**.

1 x Free Adult (Chaperone) with every group required (must be over 18). Minimum of 3 paying guests per booking.

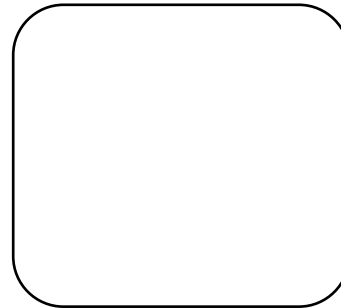
PRIVATE EVENT

Did you know we are available for private events, parties & celebrations?

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




Ringwood Hall

HOTEL & SPA



Ringwood Hall Hotel & Spa

Ringwood Road | Brimington | Chesterfield | S43 1DQ
T| +44 (0) 1246 284750 E | spa@ringwoodhallhotel.com
www.ringwoodhallhotel.com/spa