

The Garden
Secret Spa

INTRODUCING YOU TO OUR WORLD OF REST, REJUVENATION & PAMPERING



WELCOME

We are delighted to welcome you to The Garden Secret Spa, where relaxation and rejuvenation are at the heart of everything we do.

Nestled in the Beautiful 29 acres of Ringwood Hall Hotel in Chesterfield, Derbyshire, The Garden Secret Spa offers a peaceful retreat designed to help you unwind and recharge. Whether you are a regular visitor or enjoying your very first spa experience, our friendly team are on hand to ensure you feel completely at ease.

Take time to relax in our vitality pool, enjoy the tranquillity of our relaxation lounges, savour a delicious treat in the glasshouse Brasserie, or escape the demands of everyday life in our steam rooms and saunas.

For those seeking a connection with nature, discover our secluded outdoor spa garden hidden amongst the trees. Here you can soak in the hot tub, invigorate your senses in the plunge pool, experience the refreshing cold bucket shower, or simply relax in one of our peaceful relaxation areas whilst surrounded by the calming sights and sounds of nature.

Our experienced team are dedicated to making your visit as enjoyable and personalised as possible. To maintain a peaceful and comfortable atmosphere, we carefully limit guest numbers, allowing everyone to make the most of their spa experience.

We understand how important it is to take time away from busy schedules. Our range of treatments and facilities has been thoughtfully designed to help you feel relaxed and revived.

We look forward to welcoming you.

Spa Team x





YOUR SPA JOURNEY

Your visit to The Garden Secret Spa at Ringwood Hall Hotel is important to us, and we are committed to ensuring your spa experience is as enjoyable and memorable as possible.

Please advise our team of any dietary requirements, allergies or special requests at the time of booking so we can make the necessary arrangements prior to your arrival.

For your comfort during treatments, we kindly ask that you wear suitable underwear or swimwear and remove any valuables such as jewellery. A robe, towel and flip flops will be provided for the duration of your visit.

If you have booked a manicure or pedicure treatment, please ensure all polish or gel products are removed prior your appointment.

As every guest has different needs, we encourage you to consider whether the chosen treatment and spa facilities are suitable for you. If you have any health concerns or medical conditions and/or are currently receiving any treatment from a medical professional, we recommend seeking advice before your visit to ensure you can enjoy your experience completely.

For added piece of mind, guests are asked to complete a consultation form as part of their welcome. This helps us to provide the best experience 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



OVERNIGHT STAYS

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
- One course lunch

THE BLISSFUL RETREAT

- 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 two 60 minute treatments
- One course lunch or afternoon tea with a glass of prosecco

MINI INDULGENCE BREAK

- Check in from 3:00pm
- One night accommodation including breakfast
- Two course dinner in the Coach House Restaurant
- Four hours Spa Access
- Any 25 minute treatment
- One course lunch or afternoon tea

PACKAGES

MORNING HARMONY

- Spa arrival from 9:00am
- Unwind with 4 hours Spa Access, followed by a one course lunch

AFTERNOON SERENITY

- Spa arrival from 2:00pm
- Unwind with a one course lunch, followed by 4 hours Spa Access

EVENING ESCAPE

- Spa arrival from 4:30pm
- A grazing board on arrival, followed by Spa Access until 8:30pm
- Any 25 minute treatment

TRUE TRANQUILITY SPA DAY

Retreat from the outside world with:

- Full Spa Access with any 60 minute treatment
- One course lunch

PURE INDULGENCE SPA DAY

A true pamper for your mind and your body:

- Full Spa Access with two 60 minute treatments
- One course lunch with a glass of prosecco



THE ULTIMATE ODYSSEY FOR TWO

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

- Full Spa Access with a 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.

CLEANSE 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.



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

Discover the health benefits and antioxidant properties in this spiced body treatment. With a green tea 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 soothing coconut scalp massage, the body is then moisturised with a skin nourishing jasmine body milk.

REFINE MY BODY

60 Minute Treatment

A detoxing and toning body treat, with a full body buff containing natural sea salt. Wrapped with laminaria seaweed mud to shift water retention, detox and help tone. Followed by a soothing coconut scalp massage and moisturised with luscious seaweed oil.

BRIGHTEN MY BODY

60 Minute Treatment

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

EASE MY BODY

60 Minute Treatment

A warm aromatic mud rich in natural vitamins, minerals and enzymes, is generously to your back. Paired with a full back of body massage to relieve sore muscles, aches and pains and to stimulate the circulation throughout. This is a deep back of body treat.



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.

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 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 exfoliation and 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.



 *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

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 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

Embrace the scent of the tropics with a full body exfoliation enriched in pro-vitamin A and carrot seed oil, followed with a full body moisturise.

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.

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, smooths and softens the skin, followed by a soothing hand and arm massage to ease tension and leave the skin moisturised.

RENEW MY FEET

60 Minute Treatment

This foot bath ritual allows you to feel relaxed and at ease. An aromatic foot soak paired with an in-depth exfoliation reveals fresh, smooth skin. Finished with a relaxing massage to the lower legs and feet leaving the skin hydrated and nourished.

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

PREGNANCY

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.

POLITE NOTICE

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.





THE GENTLE CARE COLLECTION

We are pleased to offer specialised oncology treatments tailored to the unique needs of those living with or recovering from cancer. As every individual and treatment journey is different, we kindly ask that you contact our team directly to discuss your requirements and availability.



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.

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EVENTS & CELEBRATIONS

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

MID-WEEK OFFERS

TREATMENT TUESDAY

- 2 hours Spa Access
- 60 minute treatment

WELLNESS WEDNESDAY

- 4 hours Spa Access
- 25 minute treatment and Afternoon Tea

SIXTEEN & SPA-RKLE

Where else better to celebrate your 16th Birthday?

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

1x 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?

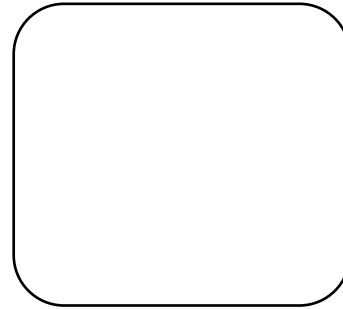
THURSDAY RESET

- 3 hours Spa Access
- A hot drink
- 25 minute treatment from choice of:
 - Back Revival
 - Soulfully Grounded Foot & Leg Massage
 - True Elysium Face & Scalp Massage

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

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