

CHEWTON GLEN

H A M P S H I R E

spa treatment menu

30°C

Nestled in a prime location on the south coast, embracing ancient energies of the New Forest and exploring the freedom of a spectacular coastline, the spa at Chewton Glen is a uniquely rejuvenating and relaxing place to be.

The temperature of the indoor pool is constant, night and day – our specialist spa team is always on hand so you can enjoy the wonderful ambience and experience a full range of treatments. We are dedicated to a personalised service, wellness programmes and exceptional spa experiences delivered in an environment of a world class retreat.

As well as the fabulous facilities, the professionally trained staff and the endless supplies of bathrobes and towels that await, you can enjoy innovative therapies, some using ingredients which are grown in the beautiful grounds of Chewton Glen. The spa has a unique partnership with **ila**-Spa and exclusive facial treatments by skincare expert Linda Meredith.

We look forward to welcoming you to our multi award winning spa for a taste of pure rejuvenation and bliss.





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Facial treatments

To make your visit as carefree as possible and to allow you greater choice and flexibility on the day of your visit, we strongly recommend that you book your treatments in advance of your visit. The majority of our spa treatments are designed to be enjoyed by both women and men.

Chewton Glen's highly trained therapists use products and treatment routines created in association with **ila**-Spa and Linda Meredith.

Personalised facial - 50 minutes

After a skin analysis your therapist will create a bespoke facial treatment to suit you and your needs. A discussion on your life style, skin care routine and expectations will help the therapist to decide on what treatment to perform.

ila

Founded by Denise Leicester, **ila** brings balance to mind, body and spirit. For **ila**, everything starts with purity, which is sought in every ingredient, every process and every blend. Ingredients come from the furthest points of the globe from some of the most inaccessible regions. They are wild harvested using traditional methods by local craftsmen, for whom sustainable farming is a necessary and valued practice.

Each ingredient is carefully chosen according to its inherent capacity for positive energy, purity and life-force as well as its healing properties. **ila** then looks at the synergistic effect of the ingredients, ensuring that they flow in harmony with each other bringing back vital energy.

Ananda facial - 60 minutes

Ananda means bliss, the quality of the third eye, in Sanskrit. The techniques used in the facial open up the energy centres of the face working with the blissful higher energy in the body. This is a healing and reviving treatment that brings deep feelings of bliss and peace as well as beautiful skin.

Rainforest rejuvenation facial - 75 minutes

This relaxing facial has two parts: deep lymphatic drainage and warm herbal compress massage, marma massage and energy techniques to facilitate the serum's penetration and its ability to rejuvenate and regenerate skin cells. An Amazonian mud mask with rosewood completes this very special facial.

Linda Meredith

Advanced skincare formulations and legendary facials have earned Linda Meredith an enviable list of celebrity clients from the worlds of film, music and fashion. Linda's skin care regime recognises that the 'typical' skin type no longer exists. The Linda Meredith range treats the problem not the skin type and all of the products can be overlapped to deal with various issues arising on the skin. However, the main aim of the range is hydration and anti-ageing, a process that begins in the mid-twenties and is the most important time to begin a good skin care routine.

Linda's innovative approach to skin problems involves an in-depth understanding of the effects that stress, diet and the environment play on our bodies and her state-of-the-art product range harnesses the finest ingredients nature and science have to offer. Ingredients from the best natural resources are combined with science to give Linda Meredith skin care products the answer to beautiful skin.

Haute couture facial - 60 minutes

Results-based facial treatment designed for your skin's specific requirements. Steam, extraction and the use of a unique micro glycolic serum to dissolve dead skin cells, will leave your skin deeply cleansed and perfectly prepared for a specific mask to give you optimum results. You will be deeply relaxed with a head, neck and shoulder massage whilst the mask is at work.

Luxury spa facial - 75 minutes

Encompassing deep relaxation with remarkable skin care results, this facial is tailored to suit every skin type, leaving your skin looking radiant and de-stressed. Starting with a signature back, neck and shoulder massage, the perfect way to unwind before your facial begins. Our skilled therapists will use specific acupressure, lymphatic drainage and scalp massage to make this a truly unique facial treatment.

Collagen facial - 75 minutes

This is an anti-ageing facial that will leave your skin with visible results. Collagen is a protein in our skin that plays a role in keeping skin hydrated, fights free radicals and keeps skin supple and youthful. It is a key structural component. Collagen breaks down after the age of 25. This causes the skin to become dull and lifeless. After deep cleansing the skin, using steam extraction and a unique micro glycolic serum to dissolve dead skin cells, your skin is perfectly prepared for a fine sheet of freeze dried collagen which is easily absorbed. It will brighten, re-hydrate, firm and tone your skin leaving it looking visibly improved.

Collagen boost - 35 minutes

After cleansing and exfoliating, your skin will be regenerated and revived with freeze dried collagen, leaving it looking firmer, brighter and more youthful in appearance.

Oxygen boost - 35 minutes

After cleansing and exfoliating, your skin will be given an intensive boost of oxygen to plump, heal, repair and deeply hydrate the skin.

Oxygen facial - 75 minutes

Oxygen is nature's most powerful healing agent. Oxygen is a great anti-ageing treatment, it has fantastic hydration properties, is anti-bacterial and anti-inflammatory which also makes it suitable for acne or stressed skin.

After deep cleansing the skin using steam extraction and dissolving dead skin cells with a unique micro glycolic serum, your skin is perfectly prepared for the oxygen treatment.

A vitamin enriched serum is driven deep into the epidermis with the use of pure oxygen. This creates optimum results for all skin types, visibly plumping lines, deeply hydrating, repairing and restoring the skin leaving it feeling lighter and brighter.

Pregnancy glow - 50 minutes

A treatment designed with the mother in mind, during this special time.

This is a tailor-made facial designed to give you a glow when it is needed the most. At this stage your skin is changing dramatically due to hormonal imbalances. Throughout the facial the products are chosen specifically to suit and meet the needs of your skin to give it that maternal bloom and glow!

Express facial - 25 minutes

A cleansing treatment incorporating an exfoliating massage or a mask, depending on your skin type.



Body treatments

Body scrubs - 60 minutes

Please select a blissful, energising or detoxing body scrub. On a physical level the scrub stimulates the lymphatic system, aids circulation and the elimination of toxins. The scrub is a whole experience in which the client enjoys lymphatic drainage and marma massage techniques. On a subtle level the salt and oils in the scrub cleanse and strengthen the bio energy field with more light. It can have a powerful effect on anyone with chronic fatigue syndrome. An ideal treatment for cellulite, stress and exhaustion and can be combined and followed with a massage.

Manipura full body treatment - 60 minutes - 90 minutes (includes a body exfoliation)

Manipura means beautiful, shining jewel in Sanskrit. It refers to the solar plexus (naval) chakra, our centre of fire and sun energy that ignites our health and vitality. This treatment works by stimulating and balancing the solar 'sun' vitality within us, through reflexology and marma massage, lymphatic drainage and applying Himalayan herb poultices to the solar plexus. This is a unique body massage combining various techniques to harness and restore the energy of the body. Excellent if you are feeling tired and lethargic.

Seaweed body wrap - 60 minutes

A Himalayan salt scrub stimulates the lymphatic system and exfoliates to prepare for the seaweed wrap. This organic seaweed wrap stimulates and improves blood and lymph circulation, revitalizes and firms the skin while re-establishing natural moisture leading to the reduction in appearance of cellulite.

Ila bio-rhythm treatment - 105 minutes

Particularly effective for jet lag and stress, the aim of this treatment is to restore the body's natural bio-rhythm and deeply relax the nervous system. The energy scrub and mud wrap contain high levels of minerals, a head and face marma massage is given while you are cocooned. The treatment concludes with a Kundalini massage, to balance and relax the nervous system. The treatment is both energising and deeply relaxing bringing a deep sense of well being.

ila chakra well-being (pure bliss!) - 120 minutes

The treatments in the chakra well-being range are bespoke to each client. Seven blends of essential oils, chosen for their harmonising qualities with the appropriate chakra, form the basis of this exquisite treatment. The chakra blends are chosen for each client following a personal questionnaire that reveals which chakras may be out of balance. Each treatment is specific to your needs and includes a marma massage on the face, a body scrub and full body massage.

Massages and holistic therapies

CG back, neck and shoulders massage

- 25 minutes
- 45 minutes

Focusing attention on the back, neck and shoulders, the therapist will use a combination of techniques to release tension in this area.

CG body massage - 60 minutes

A full body massage tailored to your individual needs. It will help to reduce any stress, tension or fatigue, giving you a total sense of relaxation and wellbeing.

CG hot stone massage

- 45 minutes (back, neck and shoulders only)
- 75 minutes

Let the heat of our warm volcanic lava pebbles relieve your deepest tensions with this restorative body treatment. The intensity of warm lava pebbles achieves the equivalent of a deep tissue massage, without vigorous strokes, allowing you time to truly power down. To complement the heat and vitality of the stones, essential oils can be used to uplift, relax or boost your spirit.

Lomi lomi Hawaiian massage

- 60 minutes
- 90 minutes

Lomi lomi is a unique flowing and deeply relaxing full body massage. The gentle massage works deeply into the muscles with flowing strokes, allowing the recipient to relax and give in to a nurturing touch. You could almost imagine you are lying on a Pacific island beach being caressed by the waves!

Pressure point massage - 50 minutes

A deeply relaxing treatment using Ayurveda techniques applied to the upper back, shoulders arms and hands and then working up through the neck, scalp and face. Application of oil is optional, please select at the time of booking.

ila Mother to be - 60 minutes

A treatment designed with the mother in mind, during this special time (2nd and 3rd trimester only). Massage with special oils of camomile, rose and lavender using slow rhythmic lymphatic massage techniques to promote deep well being and stillness. Warm herbal poultices are used over marma and chakra points and meridians, for a natural flow of energy and well being.

Aromatherapy - 75 minutes

Using plant oils, known as essential oils, for the treatment or prevention of illness, aromatherapy is a form of complementary therapy designed to treat the whole person and not just the symptom or disturbance. It assists the body's natural ability to balance, regulate, heal and maintain itself.

Also available as a course of five treatments

Reflexology - 50 minutes

This is a holistic healing technique applying pressure to the feet. It works on the major organs of the body, which are mapped out on the feet, helping to alleviate a number of problems such as back pain, migraine and digestive problems. The treatment can relax, energise, detoxify and balance the body.

Also available as a course of five treatments

Reiki - 50 minutes

Reiki is a Japanese form of healing representing universal life energy. Reiki involves the transfer of energy from practitioner to patient to enhance the body's natural ability to heal itself through the balancing of energy. It is a holistic, natural, hands-on energy healing system that touches all levels of the body, mind and spirit and is safe for all conditions.



The Grooming Lounge

Harnessing the exclusive concept of providing the ultimate in indulgence, exquisite therapies and luxury, we look forward to welcoming you to the Grooming Lounge at Chewton Glen, where we offer a range of beauty services including manicures and pedicures for men and women in a relaxed, social environment. This is ideal for guests visiting the spa on their own or with partners and friends. The Grooming Lounge is available for exclusive use. Please enquire at Spa reception for details.

Men's grooming treatments

Manicures for men

Moisturising manicure - 35 minutes

File, cuticle care, hand and nail exfoliation finishing with a moisturising hand massage.

Luxury manicure - 45 minutes

File, cuticle care, hand and nail exfoliation, luxurious mask and heated mitt treatment, finishing with a hand and arm massage.

Pedicures for men

Moisturising pedicure - 35 minutes

File, cuticle care, foot and nail exfoliation finishing with a moisturising foot massage.

Luxury pedicure - 45 minutes

File, cuticle care, foot and nail exfoliation, luxurious mask and heated mitt treatment, finishing with a foot and leg massage.

Traditional wet shave

The Shave Doctor

A leading traditional wet shave brand, that has a well established skin care range, now has created a luxury wet shave experience in spas across the UK. This experience will allow you to understand the fundamental rules of a cut-throat razor shave and leave you with super soft skin, plus the knowledge of how best to shave in the future. Traditional wet shave - 45 minutes

Traditional wet shave - 60 minutes *(includes a face and scalp massage)*

Women's grooming treatments

Manicures and pedicures

Considered to be the world's leading authority on natural nail care, Jessica Cosmetics understands what it takes to achieve and maintain naturally beautiful nails. Jessica Nails was started in the 1970s when Jessica Vartoughian started her own nail salons in America. As her reputation as a manicurist grew, celebrities became her clients and referrals poured in. Jessica Cosmetics and the Jessica Nails range is world renowned.

Manicures using Jessana by Jessica

File and polish - 25 minutes

Essential manicure - 35 minutes

File, cuticle care, hand massage and an application of polish.

Moisturising manicure - 50 minutes

File, cuticle care, hand and nail exfoliation and moisturising hand massage followed by an application of polish (includes polish to take home).

Luxury manicure - 60 minutes

File, cuticle care, hand and nail exfoliation, a luxurious mask and heated mitt treatment, hand and arm massage, followed by an application of polish (includes a polish to take home).

GELeration - supplement applies

The beauty of Jessica, in a gel. With the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that dries in seconds and protects the natural nail. GELeration is available in Jessica's most popular colours.

Add GELeration to any manicure or pedicure for an additional supplement. Please specify at booking.

Existing gel removal - 15 minutes

Prior to GELeration manicure or pedicure.

Pedicures using Zen Spa by Jessica

File and polish - 25 minutes

Essential pedicure - 35 minutes

Hard skin removal, file, cuticle care and an application of polish.

Moisturising pedicure - 50 minutes

Hard skin removal, file, cuticle care, exfoliation, moisturising foot massage followed by an application of polish (includes polish to take home).

Luxury pedicure - 60 minutes

Hard skin removal, file, cuticle care, exfoliation, a luxurious mask and heated mitt treatment, Foot and leg massage, followed by an application of polish (includes a polish to take home).

St. Tropez

Whatever your skin type or lifestyle, St. Tropez has exactly the right tanning regime for you. Whether you want instant results so you can step out the same day or a tan that develops gradually for a special event, we will tailor exactly the right products for your skin type and then show you how to get optimum results.

Self tan - 45 minutes

Any time of the year, create your perfect St. Tropez tan. This treatment includes a body exfoliant to prepare the skin for tan application. Please arrive for the treatment wearing dark, loose clothing. For best results, have the treatment the day before an event. Do not shower or get wet after the treatment. Leave on overnight and shower off in the morning.

Waxing

Pinks Boutique

Using pure organic Pinks Boutique products we offer an extensive range of waxing treatments.

- Lip - 15 minutes
- Chin - 15 minutes
- Under arm - 15 minutes
- Fore arm - 15 minutes
- Lip and chin - 20 minutes
- Half leg - 30 minutes
- Three quarter leg - 45 minutes
- Full leg - 45 minutes
- Bikini - 15 minutes
- High leg/California bikini - 25 minutes
- Brazilian wax - 45 minutes
- Hollywood bikini - 50 minutes

Brow shaping

Eyebrow grooming is one of the most important beauty regimes that you cannot afford to miss. Your eyebrow shape depends on your facial features. It can help you look younger and lift the eye so it appears firmer.

Eyebrow Shaping/tidy - 15 minutes

Tinting

This is a straightforward, quick and painless procedure using vegetable dye. The effect will last two to four weeks.

Eyebrow tint - 15 minutes

Eyelash tint - 30 minutes

Make-Up

Mii Cosmetics, developed by Gerrard International, is a completely new kind of make-up; one that combines the finest ingredients, effortless application and unrivalled expertise to bring out natural beauty. There is also a complete minerals range which works in harmony with the skin to give you a glow both inside and out.

Mii in 45 minutes - 45 minutes

Our unique Mii make-up consultation provides the starting point to create a look that is completely, unmistakably you. From brilliant basics to total transformations, you will not only leave looking fabulous but you will learn some tricks from the trade along the way. You will also receive a simple Mii prescription card so you can recreate your look at home.

Special Mii - 45 minutes

Indulge yourself for that special occasion. Whether it is a high fashion statement for an evening out or flawless perfection on your wedding day, we will create that special look for you.

Look at Mii - 30 minutes

A smoky eye may seem daunting, but this comprehensive session will build your confidence to create the look with Mii. We will give an informal introduction to the world of make-up, with quick tips and helpful hints that will give you the confidence to express yourself, beautifully.

Prepare Mii - 10 minutes

Learn to create your perfect base. We will show you simple techniques to help choose the right combination of concealer, foundation and powder for beautiful looking skin after your facial.





Junior spa treatments

We are able to offer a range of special junior treatments to our younger visitors and our full range of treatments and therapies can be enjoyed by guests aged 17 years and over.

Guardians must accompany juniors under 17 years to the spa and sign a medical consultation form before any treatment commences. All of the junior treatments are performed in the grooming lounge.

Junior manicure or pedicure - 25 minutes
File and varnish (nail art and gems are also available).

Junior facial - 25 minutes
Tailored to suit children's skin using 100% natural products.

Junior scalp massage - 25 minutes
Using 100% natural oils

Spa day experiences

We offer a choice of spa day experiences. Each spa day includes:

- Full use of all spa facilities
- Attendance at daily fitness classes
- Breakfast (excluding seasonal spa days)
- Healthy buffet lunch
- Selected non alcoholic refreshments from 9am to 6pm (excluding Twilight Spa Evening)
- Spa day selected treatments

The ultimate spa day - (available 7 days a week)
50 minute personalised facial, a 50 minute body scrub and a luxury manicure or pedicure. A complimentary glass of champagne or specially made fresh fruit smoothie will be served at lunch in the Pool Bar.

Celebration spa day experience
- (available 7 days a week)
An ideal way to celebrate a special birthday or anniversary, a forthcoming wedding or special occasion, a hen party or as a treat for a mother-to-be. Each guest will receive: two 60 minute treatments of their choice, a complimentary glass of champagne or a specially made fresh fruit smoothie served at lunch in the Pool Bar.

Classic Chewton Glen spa day
- (available 7 days a week)
Personalised massage and Ananda facial plus an **ila** candle to take home.

Couples spa day - (available 7 days a week)
Each guest will receive:
For him – A 50 minute personalised massage and a traditional wet shave. For her – A seaweed body wrap and an essential manicure or pedicure.

(If traveling as two girls or two boys then both 'for him' or 'for her' treatments can apply)

Meze spa day - (available 7 days a week)
An express facial, mini manicure or pedicure and a 45 minute back neck and shoulder massage.

Seasonal spa days - (available Sunday to Friday)
Each seasonal spa day is tailor made to suit the time of year. For full details please contact the spa reception or visit our website www.chewtonglen.com
Your seasonal spa day will include buffet lunch, soft drink and tea and coffee refreshments throughout the day (until 6pm) and a 50 minute treatment selected by the Chewton Glen professional team.

Twilight spa evening – (available Monday to Friday 5-10pm and 4-9 pm on Sunday)
Enjoy full use of the spa facilities and a choice of one of the following 50-minute treatments: personalised body massage; moisturising manicure; moisturising pedicure; or a personalised facial.

Refreshments and food can be purchased on the Twilight Spa Evening from the Pool Bar, which is open until 8pm.

Lifestyle and fitness

A wide choice of leisure activities are available for all guests to enjoy. Among the many things you can enjoy within the 130 acres of landscaped gardens, parkland and woodlands that surround the hotel is our beautiful nine hole, par-3 golf course; participating in circuit training or alternatively taking a leisurely stroll around the grounds.

Gymnasium*

Over looking the gardens from the first floor our air-conditioned gymnasium has the latest range of state-of-the-art Technogym fitness equipment. Workouts can be extremely varied by using the Kinesis wall, free weights and Power Plate. Our range of cardio machines are placed to enjoy the stunning views while the entertainment system and ipod docking help to maximise the enjoyment of your exercise session.

Training buddy session - 60 minutes

Personal training buddy sessions can include anything from gym work to exercise sessions in the studio or at the beach. Whether you are new to exercise or are already used to taking regular exercise and need an extra boost, personal training is great for all round motivation and personal fitness education. Sessions can be booked individually or as part of a planned programme of activity.

Pilates one to one - 60 minutes

Pilates focuses on building your body's core strength and improving your posture through a series of low repetition, low impact, stretching and conditioning exercises. Our one to one sessions are designed to work with your individual body type and posture requirements.

Yoga one to one - 75 minutes

We offer a gentle, restorative approach to Hatha Yoga. Our resident tutor will personalise your session to present an accessible and rewarding practice, comprising; yoga breath work and postures for flexibility, strength, balance and relaxation. Yoga can be booked as an individual session, part of a planned programme or you can take part in one of our regular yoga classes, please discuss your requirements with our Spa reception team.

Tai Chi one to one - 90 minutes

Tai Chi is an ancient Chinese martial art designed to develop and balance the body's natural energy. It will also improve coordination, flexibility and posture while calming and focusing the mind. Our instructors teach the original Chen Style Tai Chi as taught in Chen Village China. Tai Chi is available for all, on an individual basis, as part of a planned programme of activity or join in one of our regular Tai Chi classes. Please discuss your requirements with our Spa reception team.

Daily dance and aerobic classes*

Guests to the spa at Chewton Glen can also attend the regular programme of exercise classes in the dance studio and pool, where everything from aqua aerobics to step aerobics is available. Please check class availability with a member of the spa reception team.

Pool Bar lounge

The Pool Bar serves a daily healthy eating option with a buffet served from 12 noon to 3.30pm daily and light snacks throughout the day from 8am to 8pm.

* Complimentary use for hotel residents or guests when enjoying a spa day. There is a small charge for some of our classes.

Membership of the Spa

Chewton Glen's spa members have access to an unsurpassed range of leisure, fitness and social facilities. Available annually, numbers are restricted to ensure maximum enjoyment of all the facilities for members.

Open from 7am to 8pm Monday to Friday and until 9pm at the weekend, spa members have access to the 17m ozone-treated indoor swimming pool, the hydrotherapy spa and outdoor whirlpool. Members can also work out in the fully air-conditioned gym, which is equipped to the highest standards with state-of-the-art fitness equipment. Personal trainers are available and entertainment is provided via a multi-channel audio-visual system.

Facilities also include: a purpose-built dance studio with regular and varied classes; large changing rooms with an aromatherapy sauna and crystal steam room; a dedicated spa area with ten treatment rooms, a relaxation suite, grooming lounge and a full range of body and facial treatments provided by our professionally trained team of therapists.

Refreshments can be enjoyed in the Pool Bar, or on the sun terrace overlooking the sweeping lawns and parkland that surround the hotel and spa. Membership also includes the use of our nine-hole par 3 golf course and the Chewton Glen tennis centre, which boasts two all weather artificial grass outdoor tennis courts and two indoor 'Marka Grain' tennis courts.

For further information, or to obtain membership details, please contact the spa reception or email spa@chewtonglen.com





Gift Ideas

Spa shop

The spa shop allows you to take home the experience of your spa treatments during your stay. For the best in skincare, the exclusive Linda Meredith skincare range and ila organic products are available. Our trained therapists will assist you in your selection of these great results based products. The spa shop also stocks a range of REN, The Shave Doctor, Jessica and Jessana beauty products.

A range of REN and Liz Earle botanical beauty products and other gift ideas are also available for purchase in the Chewton Glen Boutique, which is located in the main reception area of the hotel.

Gift vouchers

Spa breaks, spa day experiences and treatments make wonderful presents for family, friends or as an incentive or reward for business colleagues. Chewton Glen gift vouchers can be purchased for any monetary value and are presented in a beautiful deluxe presentation box.

Simply click on www.chewtonglen.com to visit our online shop and purchase your gift voucher, which will be despatched to you by post, or if you prefer the voucher can be e-mailed direct to the recipient - if you are a little tight for time – it is as simple as that.

CHEWTON
GLEN
HAMP SHIRE



To make a booking please contact our reservations team on 01425 277674 or email: reservations@chewtonglen.com

Further information can be obtained by visiting our website at www.chewtonglen.com

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