

UNWIND I REJUVENATE I INDULGE









# WELCOME

Horsted Spa at East Sussex National Is set in 1100 acres of English countryside and provides the perfect retreat for spa days and spa breaks. Relax in one of 7 luxurious treatment rooms or our dual treatment room and enjoy treatments for beauty, relaxation, maintenance and more.

Horsted spa has selected a wonderful choice of treatments using both ESPA and VOYA products to provide you an escape from life's stresses. Relax and unwind as one of our highly skilled therapists nurture your mind, body and soul.

## **FACIALS**

Whether you're looking to reduce the signs of ageing, improve your skin's texture and tone, or simply relax and unwind, Our expertly created range of ESPA or VOYA facials are designed with you in mind.

Express Facial | 20 minutes | MW £47 | WE £52 (VOYA Edition ♦)
Reveal a clear, refreshed, naturally beautiful complexion with this
express facial. Personalised to your needs, natural active formulas
cleanse, rebalance and hydrate while aromatic essential oils capture
your mind, leaving you looking and feeling relaxed and radiant.

## Inner Beauty Facial | 50 minutes | MW £80 | WE £85

This ESPA facial deeply cleanses, hydrates, and renews with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Self-Discovery Radiance Facial | 50 minutes | MW £80 | WE £85 ♦ Allow VOYA to tailor your facial specifically to your skin's unique needs. Using a combination of gentle exfoliation, ultra-nourishing serums and tailored masks, this facial helps to transform your skin leaving it feeling purified, nourished, and radiant. Relaxing facial massage helps to removes any build-up of toxins, strengthening and repairing any skin cells damage. You will be left with a revived glowing complexion and deeply hydrated.





# Active Nutrients Glow from Within Facial 50 minutes | MW £85 | WE £90

This ESPA facial is an invigorating nutrient-rich treatment restores radiance. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping boost the flow of blood and nutrients to the skin. This facial packs a powerful punch by combining exfoliation and multimasking to leave your skin with an enhanced luminosity.

# Skin Sculpt Lymphatic Contour Facial 50 minutes | MW £85 | WE £90

This specialized facial is the complete approach to results driven organic skin health. Using VOYA's first bio-tech skin specific serums, combined with the sonic pulses of the Haumea Brush technology, targeting various skin concerns for optimal skin health. Starting with VOYA's deep cleansing ritual to ensure your skin is prepared for exfoliation to diminishes congestion reviving lack lustre skin. Facial lymphatic drainage reduces puffiness in the jawline, sculpts the cheek bones as well as reducing dark circles under the eyes while a restorative mask gets to work any tensions are eased with a soothing scalp massage.

# Lumineo LED Light Therapy LED Express | 20 minutes | MW £50 | WE £55

LED Light Therapy is a soothing, pain-free treatment using colours of light for their beneficial effects on the skin. The LED light penetrates the deeper layers of the skin and can be used to accelerate wound healing, reduce breakouts, stimulate collagen production, even out skin tones, and much more. This treatment can be used alone, or in combination with other facial treatments to achieve particular effects.

# Facial Boosting Add On's Steam and Extraction | 15 minutes | £25

Enhance any of our facials with a booster add on for additional results.

# Deep cleanse and extraction of black heads and treatment of clogged pores

Lift, Firm and Cool Eye treatment | 15 minutes | £25 Perfect for those who are concerned with signs of ageing around the eyes – Cooling eye mask to sooth tired eyes, brightens dark circles and Lift and Firming eye massage. LED Add on | 10 minutes | £30

## **BODY TREATMENTS**

Whether you are looking for a smoothing body scrub or a relaxing massage to relieve sore muscles, our body treatments are worth indulging in.

# Horsted Spa Salt & Oil Scrub | 20 minutes | MW £47 | WE $\pm 52$

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

# Buoyancy Ultra Nourishing Wrap 50 minutes | MW £80 | WE £85 ◊

This indulgent & beautiful Voya treatment begins with a deep body brush exfoliation to remove dry skin and stimulate the skin circulation to leave it looking renewed, radiant, and velvety soft. You are then cocooned in ultra-hydrating and soothing lavender body butter mask and gently swaddled in a warm organic muslin cloth. Body perfected now relax and allow yourself to drift off into a state of deep relaxation with shoulder, neck, and scalp massage. The ultimate relaxation combination with proven benefits for the body and mind to help you unwind.

# MASSAGE TREATMENTS

Massage is a great way to take care of yourself and improve your physical and mental health. Whether you're dealing with chronic pain or just looking to relax and unwind, with over 6 different massage styles we are sure to leave you feeling rejuvenated and refreshed.

# Horsted Spa Bamboo Massage | 50 Minutes | MW £85 WE £90 | 80 minutes | MW £115 | WE £125

This massage incorporates smooth bamboo sticks to provide for more effective deep tissue work. Ideal for anyone in need of deep tension release and those who exercise regularly. This fast paced, free flowing and energetic treatment is perfect for slowing busy minds, stretching, and elongating tight muscles, whilst helping to soothe and reduce tension.

# Horsted Spa Hot Stones Massage | 50 Minutes | MW £85 | WE £90 | 80 minutes | MW £115 | WE £125

A massage designed to target your needs, combining both gentle and stimulating motions, Warm volcanic stones deliver a deep tension releasing and relaxing massage to sooth aches and pains.

Horsted Spa Bespoke Massage | 50 Minutes | MW £90 | WE £95 Using a neutral based oil this hands-on, medium pressured Swedish massage will leave you relaxed and de-stressed.

# ESPA Inner Calm Aromatherapy Massage | 50 Minutes MW £85 | WE £90 | 80 minutes | MW £115 | WE £125

Quieten your mind, release tension, and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse, or energise, while advanced massage alleviates muscular pressure, soothes anxiety, and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

## VOYA Golf Recovery Massage | 50 Minutes | MW £85 | WE £90

This treatment will have you back to you best in no time at all, deep muscle pressure, assisted stretches and warm wave stone and golf ball massage techniques combine to create the ultimate indulgence for tired and aching muscles. Therapist's hands, arms and elbows work to target tension, relieving pains and aiding free movement.

## SPECIALITY TREATMENTS

Our range of signature speciality treatments designed with you in mind. Taking our favourite practices and creating the ultimate results driven treatments with total tranquillity and relaxation in mind.

ESPA Invigorating Foot Ritual | 20 minutes | MW £47 | WE £52 This revitalising treatment for tired feet and heavy legs helps reduce







puffiness and soothe aches and pains. A refreshing exfoliation and deeply therapeutic foot and lower leg massage.

## VOYA Mindful Dreams Sleep Ritual 50 minutes | MW £80 | WE £85 ◊

Discover the restorative power of wild, organic ingredients for the land and sea, let the wondrous scent of lavender and rosemary envelop body and soul and melt away any stresses, promoting relaxation, inner harmony, and a peaceful night's sleep. Indulge the senses in a sleepinducing massage using rose quartz and Balinese inspired movements. Finish the treatments with Singing bowls to leave you perfectly balanced. This wellbeing focused treatment evokes instant tranquillity and nurtures inner wellbeing, calmness, and serenity

## VOYA Crystal Restore Ritual 50 minutes | MW £80 | WE £85 ◊

Bring tranquillity to the body and mind with this wellbeing treatment incorporating crystals and guided meditation to bring the body's energy centres into balance. Using a combination of breathing techniques, visualization and massage movements inspired by the sea allows deep seated tension to be released from the body. This treatment includes a deeply relaxing sculpt massage helping to bring balance to both physical and mental wellbeing.

## VOYA Voyage to East Sussex National 110 minutes | MW £155 | WE £165 ◊

Embrace wellbeing with a journey of relaxation and pampering. Your treatment begins with an exfoliation and hot towel cleanse of the back, neck and shoulders before a deeply relacing massage melts away muscular pain, stress, and tension. Our foot ritual revives and deeply nourishes tired feet with massage and seaweed biding to alleviate swelling. Now relaxed your skin is perfected with a targeted facial and scalp massage to leaving you feeling rejuvenated, hydrated, and plumped.

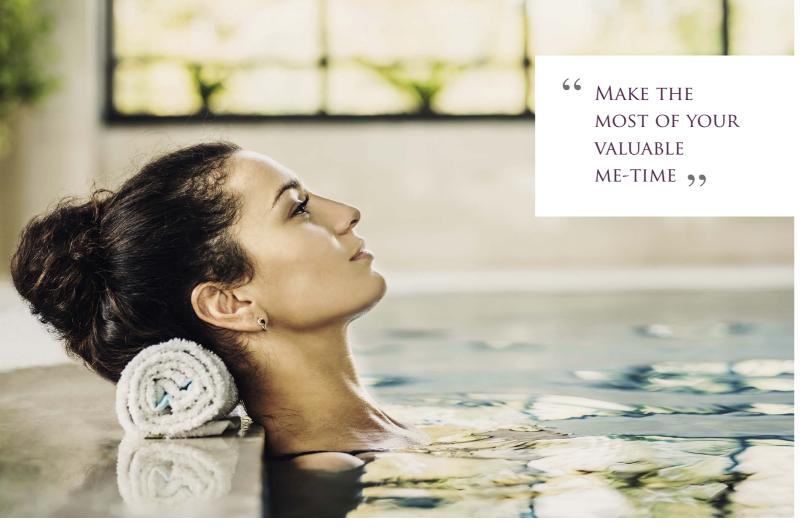
## Reflexology | 50 minutes | MW £85 | WE £90

Reflex points on the feet relate to zones of the body, the physical act of applying pressure using thumbs, fingers, and hands techniques to the reflex areas of the feet promotes physiological changes to the body. This treatment helps ease tension, improves circulation, and promotes a sense of wellbeing.













### Hopi Ear Candles | 20 minutes | MW £47 | WE £52

This treatment can help reduce inflammation in the ears and sinuses, relieve the symptoms of hay fever and generally calm and relax you when life is stressful.

## **PREGNANCY**

Our specially designed treatments use only the safest and most gentle ingredients to provide ultimate relaxation and comfort to you and your growing bump.

### Prenatal Voyager | 50 Minutes | MW £85 | WE £90

A relaxing organic wellbeing ritual promotes relaxation and a sense of tranquillity while deeply hydrating and nourishing your skin. A back and bump exfoliation will gently buff the skin, leaving you feeling radiant and renewed. Nourishing Mama Oil is used to gently ease stress and tension with a top to toe body. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported, and restored.

## Precious Moments | 50 Minutes | MW £85 | WE £90

A VOYA's Organic Precious Moments treatment is tailored specially to Mum and her growing bump. The growing bump is enveloped in a specialized mask helping to support connective tissue and prevent stretch marks. Your feet will be wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage, and reduce fluid retention. The hydrating organic masks work their magic while Mum enjoys a beautifully relaxing face, hand and arm massage. This is the perfect rejuvenating treatment to support the wonderful journey to motherhood.

(Treatments can only be performed after 12 weeks pregnant.)

# **MENOPAUSAL WELLNESS**

We understand the impact menopause has both physically and emotionally and want to provide the right care and attention to allow you to feel confident, beautiful and emotionally balanced during this new phase of life.

### Spring Tides | 50 Minutes | MW £85 | WE £90

Transform your inner and outer self during life's second spring with Voya's balancing ritual which celebrates and supports you through the natural tides of menopause. Using seaweed extracts naturally rich in iodine and magnesium blended with aromatherapy oils stress and anxiety are washed away with massage to the back of the body to unwind and promote a good night's sleep. A grounding foot reflex massage Anchors you to the present moment, while a soothing stomach massage eases bloating and aids digestion. Finish your treatment with a hydration boost to cool and calm your skin easing irritation. Time for yourself to be still and find a moment of calm on your new path.

## **CANCER WELLNESS TOUCH**

Here at Horsted Spa, East Sussex National we believe when someone has been touched by Cancer, they should be able to have the same deep relaxing day at the spa as anyone else. To help release stress and worry at a time where they are dealing with physical and emotional stress. We have worked closely with VOYA's training centre and some of the leaders in Cancer Wellness to enable us to adapt Cancer Wellness touch to all VOYA Treatments.

All treatments marked with a  $\Diamond$  in our brochure can be performed on anyone living with or post cancer treatments, please request one of our specialist wellness touch therapists when booking.

## MEMORABLE MOMENTS

From a mud room experience with a friend to a couples bathing butler bath experience we have plenty to make those memorable moments.

Voya Bathing Butler Experience 45 Minutes | 2 People £70

This bathing ritual is the simplest and purest of all organic treatments, stemming from a 300-yearold tradition and is Ireland's only indigenous therapy, our detoxifying seaweed

baths utilise hand harvested seaweed from the coasts of Ireland to deeply nourish your skin, increase circulation and promote healing. Immerse yourselves in a bath of seaweed.

#### Choose from

## Lazy Days Detox Seaweed Bath ◊

Submerge your body into a bath of pure organic, handharvested Atlantic seaweed to help release unwanted toxins and alleviate aches and pains. Utilising only the natural power of organic seaweed this unique therapy will deeply moisturise the skin, increase circulation, and promote healing.

### Seaweed Aromatherapy Bath ◊

A relaxing bath soak with a blend of VOYA organic essential oils, lime, clove, basil, mandarin and cedarwood, combined with bath salts, this is a wonderful aromatic bath treat leaving you relaxed and uplifted.

#### Warmed Spice Mud Bath ◊

VOYA's Organic Warmed Spiced Mud Bath offers a potent detoxification, due to its trace elements, vitamins, lipids, polyphenols and humic acids from peat. Infused with organic seaweed extracts, this treatment assists in reducing the appearance of cellulite and combats the signs of ageing. This dark, deep relaxing bath will assist in soothing muscular aches and pains, relieve stress and

## **Rhassoul Experience**

## 45 Minutes | 1 person £50 | 2 People £70

The Rhassoul treatment takes place within a private Rhassoul Steam chamber and is based on ancient traditional cleansing rituals. The treatment uses a combination of mud, steam, and heat to cleanse and relax the body and mind. This is a handson treatment where you will be responsible for exfoliating your body, applying the rhassoul mud and moving between the heat, steam, and shower.

### **Finishing Touches**

A manicure or pedicure is not only a pampering style of treatment that files and paints your nails. A professional treatment ensures the health of your nails as well as leaving you feeling relaxed and giving your circulation a boost.

### GEL Manicure or Pedicure | 50 Minutes | £50

Nails are shaped and cuticle work completed, followed by application of GEL nail polish which is cured under an LED lamp for long lasting results. Finished with an intense exfoliation of the hand/feet and finished with a relaxing massage.

### Deluxe Manicure or Pedicure | 50 Minutes | £50

Nails are shaped and cuticle work completed, followed with an intense exfoliation of the hand/feet. Application of heated mittens to nourish and hydrate, a relaxing massage and finished with the application of Jessica Nail Polish.

### **ESSENTIAL MAINTENANCE**

Brow Shape | 15 Minutes | £20 Lip OR Chin | 15 Minutes | £15 Under Arm | 25 Minutes | £22 Half Leg | 25 Minutes | £30 Full Leg | 25 Minutes | £38 Standard Bikini | 25 Minutes | £23 Back and Shoulders | 25 Minutes | £36

Brow Tint \* | 15 Minutes | £16 Lash Tint \* | 25 Minutes | £22 Brow and Lash Tint \* | 25 Minutes | £37

\*Patch test required at least 24 hours in advance.



# SPA DAY PACKAGES

For the ultimate day of relaxation all our spa days include the following – a day of restful wellbeing in our spa thermal suite including Sauna, Steam room, Aromatherapy room, Rainfall shower and tranquillity lounge. A treatment of your choice. Use of the Horsted health club facilities to include swimming pool, Jacuzzi, sauna, steam room, gymnasium, and classes during your visit. Plus, complimentary use of towels, robes, and slippers.

### Morning Hide Away | MW £85 | WE £95

Half-day spa and health club facilities access from 10am – 2pm

A 20-minute treatment of your choice – Express Facia, Body Scrub, Back Treatment, Revitalising foot treatment, File and Paint Manicure, File and Paint Pedicure. Traditional Afternoon tea and a glass of Prosecco (or soft drink) served in the hotel restaurant.

## Rest and Revive Spa Day | MW £125 | WE £135

Full day spa and health club facilities access from 10am – 6pm

A 50-minute treatment of your choice – ESPA Inner Beauty Facial, Buoyancy Ultra Nourishing Wrap, Perfection face and body Ritual, Deluxe Manicure, Deluxe Pedicure

### For expectant mothers:

Prenatal voyager or precious moments

Traditional Afternoon tea and a glass of Prosecco (or soft drink) served in the hotel restaurant.

### Voyage to East Sussex National Spa Day MW £185 | WE £195

Full day spa and health club facilities access from 10am – 6pm

Indulge in our signature 'Voyage to East Sussex National' treatment and float away with 110 minutes of pure bliss. Traditional Afternoon tea and a glass of Prosecco (or soft drink) served in the hotel restaurant.

### Time together for two | MW £320 | WE £330

Full day spa and health club facilities access from 10am – 6pm

A 45-minute treatment for two of your choice Bath Butler or Rhassoul mud treatment.

A 50 Minute treatment each of your choice - Self-Discovery Radiance Facial, Perfection face and body Ritual, Mindful Dreams Sleep Ritual or a Hot stones Massage performed in our dual treatment room.

Traditional Afternoon tea and a glass of Prosecco (or soft drink) served in the hotel restaurant.

### Upgrades

Book by phone and we would be happy to discuss package amendments and upgrades.



#### Spa Policies & Terms and Conditions

HOW TO BOOK For treatments are spa days please call 01825 880 185 or email your enquiries plus a contact number to spa@eastsussexnational.co.uk

For over night spa breaks contact our reservations team on reservations@eastsussexnational.co.uk

AGE LIMITS AND AVAILABILITY All treatments (unless specified) and spa days are subject to availability and offered to guests aged 17 (for facials or nails only) or over at the time of booking. We do not allow children into the spa at any point. Our health club pool has designated 'family swim' sessions daily and an Aqua Aerobic class on Monday -Thursday mornings (Please enquire about times when booking).

APPOINTMENTS All treatment times in this booklet include consultation time. Please arrive 15 minutes prior to your spa day/ treatment time as we will require you to complete a consultation form. Should you arrive late, your treatment may be reduced but you will be charged the full price.

We operate a live booking system therefore we are unable to reserve specific time slots and treatments will be booked subject to availability. We will do our best to accommodate any requests but cannot guarantee it. We have treatments available with male and female therapists. Please specify when booking if you prefer either.

DEPOSITS & CANCELLATIONS Appointments can be made online, face to face or over the phone and will require full payment to be made at the time of booking. Gift vouchers are non-refundable and must be presented to the Spa reception team upon arrival.

Any treatment or spa day cancellations within 48 hours of the scheduled booking will be charged 50% of the service(s) booked, this also applies if you wish to reschedule. Should you miss or cancel your booking on the day 100% of the purchase price is non-refundable.

MEDICAL CONDITIONS All guests are required to complete a consultation form prior to treatments and on some occasions your treatment may need to be changed or adapted. Please make us aware at the time of booking if there is anything in your medical history that could affect your day here with us as we may require a letter from your GP to perform some treatments. If you are pregnant, we advise you do not use the sauna, steam

If you are pregnant, we advise you do not use the sauna, steam room or Jacuzzi during your visit. Treatments are only available after 12 weeks of pregnancy.

A patch test is mandatory for all tinting treatments at least 24 hours prior to the appointment being carried out.

EATING, DRINKING AND SMOKING It is prohibited to bring your own food and drink into the spa, food and drink is available to purchase from our Juice bar or hotel restaurant. Please do not take glass or China pool side. Please drink in moderation as we reserve the right to refuse entry/treatment to anyone we believe is under the influence of alcohol or drugs. Smoking is prohibited within the Spa, and we ask you use the nominated smoking area outside of the spa and health club.

BEHAVIOUR If any guest shall cause nuisance, annoyance, inappropriate or abusive behaviour to other guests or staff members including misuse of the spa facilities we will reserve the right to refuse admission or terminate your stay with us. Abusive behaviour or violence will not be tolerated.



Telephone: 01825 880 088