

HI

SPA



UP FOR SOME DOWNTIME?

Our boutique spa is the ideal place to enjoy some 'me time'. We have a wonderful selection of treatments available from a soothing massage or facial to a reinvigorating body wrap. Join us at H Spa for a day or stay and you'll have use of the 15m indoor pool, sauna, steam room, poolside stone loungers, spa lounge areas, spa courtyard and fully equipped gym - if the mood takes you! Lunch or afternoon tea is served in our spa lounge whilst dinner is served in Harry's Bar & Kitchen, our beautiful country-chic restaurant.

Whether you have stolen a few hours or a whole weekend to unwind from the stresses of everyday life, a trip to our spa is time well spent. Give yourself the relaxation time you deserve and reinvigorate yourself at H Spa.

Relax...you're in the best hands.



AN INSIGHT FROM THE DESIGNERS OF H SPA AT HORWOOD HOUSE

Horwood's new bespoke spa has been developed at the heart of the hotel with views and access to a large attractive landscaped courtyard.

The design has been considered as part of the overall hotel refurbishment and is in keeping with the design ethos throughout the hotel. The emphasis on developing links with the tranquil landscaped grounds, which are a key element of the hotel, and creating interiors with a modern country ambience. Entry to the spa will be via an intimate reception & retail area, with sophisticated, minimal styling. All finished in a mix of stone, brass and light wood cabinetry.

From reception the customer will access the spa changing and relaxing lounge areas beyond. Subtle, natural finishes are used along with carefully considered lighting design to create a calming, luxurious hideaway within the hotel. Treatment rooms continue the modern country styling with linen style drapes, soft toning colours and brass detailing.

As part of the spa development the existing pool area has also been completely refurbished with new sauna, steam room and heated loungers. Timber plank and stone tiling finishes in this area continue the natural but luxurious spa look.

ICA, Rona McDonald, Interior Designer



DISCOVER THE STORY OF CAUDALIE

Caudalie was born on a French vineyard nearly two decades ago, from the discarded debris of grape harvest, one of the most powerful anti-oxidants created by nature. Its technology and innovation have made it one of the world's top skincare brands, becoming a cult favourite amongst celebrities, make-up artists and beauty editors, and winning several beauty awards in the UK. Committed to delivering all-natural, anti-ageing skincare, combining eco-conscious ethics and the most highly advanced cosmetic science, the brand boasts a plethora of products for a variety of skin concerns.

Today, the brand's ethos has been dubbed "Cosm-ethics" by its founders, creating formulas free of parabens, phenoxyethanol, mineral oils, sodium laureth sulfate, synthetic colouring and animal ingredients. All products contain stabilised grape-seed polyphenols to protect against oxidation and preserve the skin's natural levels of hyaluronic acid.

Pushing the boundaries of skincare, Caudalie is the first ever brand to use grape-seed extract in cosmetic formulation – and the rest is history!

CAUDALIE

SPA DAY PACKAGES

INCLUSIVE TREATMENTS

25 minute treatment choices:

De Vigne Back Massage

Express D-Vine Facial Instant Glow

Cranial Massage

Lifting & Firming Eye

Colour & Go Manicure

Colour & Go Pedicure

50 minute treatment choices:

Hydrating & Nourishing Facial

Vinopure Facial

De Vigne Full Body Massage

Combined 25 minute Express Facial

& 25 minute Back Massage

Deluxe Manicure

Deluxe Pedicure

A PEACEFUL ESCAPE

Mon - Thurs £159 per person / Fri & Sun £179 per person

We all need a peaceful escape every now and then. Let us transport you away from the stress of everyday life. Your day will include:

- Use of H spa facilities from 9am – 5pm
- Continental Brunch on arrival
- 50 minute treatment
- Two course lunch or Afternoon tea
- £10 credit to spend on the day towards products
- For your comfort a robe and slippers will be provided

ALL ABOUT YOU MORNING

Mon - Thurs £69 per person

All about you, making time for yourself could never be easier. Your morning will include:

- Use of H spa facilities 9am – 1pm
- A welcome refreshment on arrival in the spa
- Two course lunch
- For your comfort a robe and slippers will be provided

SUNDOWN EVENING

Mon - Thurs £59 per person or £99 for two

Friday £69 per person £129 for two

Unwind and enjoy our new, state of the art spa facilities as well as a delicious dinner. Your evening will include:

- Evening use of Spa facilities 5pm – 8pm
- Welcome Glass of Prosecco on arrival in the spa
- £25 per person food allowance towards dinner
- For your comfort a robe and slippers will be provided

MIDWEEK TREAT

Mon - Fri £105 per person

A half day mini spa with everything you could possibly need. Your package will include:

- Use of H spa facilities from 9.30am – 2.30pm
- Welcome tea or coffee and fruit platter on arrival
- Afternoon tea with glass of fizz
- 25 minute treatment
- For your comfort a robe and slippers will be provided

THE HORWOOD DAY

Mon - Fri £205 per person

Our premium spa day includes two indulgent treatments, full facility use for the whole day, delicious dining and pampering relaxation.

Your day includes:

- Use of H spa facilities 9am - 5pm
- Continental brunch on arrival
- 50 minute treatment
- 25 minute treatment
- Two course lunch or Afternoon tea
- £10 credit to spend on the day towards products
- For your comfort a robe and slippers will be provided

SPA OVERNIGHT STAYS

RURAL RETREAT

From £229 (per person based on two people sharing)

This package really is the ultimate in relaxation. Unwind and enjoy our boutique spa facilities which include: 15m indoor pool, sauna, steam room, gym and spa lounge. Your stay includes:

- One night's accommodation in a Deluxe bedroom
- Welcome glass of fizz on arrival in the spa
- Use of H spa facilities from 12 noon to 11am check out, bedroom check in is from 3pm
- 50 minute treatment
- For your comfort a robe and slippers will be provided
- Afternoon Tea
- £30 to spend for dinner in Harry's Bar and Kitchen
- A full and hearty breakfast the following morning
- £10 credit to spend on the day towards products
- Spa Gift





EXPRESS TREATMENTS

For when your time is short but your need is great!

EXPRESS D-VINE FACIAL INSTANT GLOW

25 minutes £55

Specially designed for anyone who is time short, yet still want results. This express treatment is tailor made to meet the needs of every skin type. This facial includes eye and skin cleansing, deep exfoliation, the application of a customized mask, and then a massage completes this moment of well-being. The experience is completed with serums and moisturisers to meet your individual requirements. Your skin's freshness, comfort and evenness are restored.

LIFTING & FIRMING EYE

25 minutes £55

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. It starts with a delicate massage followed by the application of a hydro-gel patch concentrated in red vine, horse chestnut and ivy leaf that smooth features, substantially diminishing dark circles and instantly reducing puffiness. The eye contour is lifted, and the eyes enhanced.

DIVINE BACK, NECK & SHOULDER MASSAGE

25 minutes £59

This treatment incorporates our signature Caudalie massage, featuring our award-winning Divine Oil. Indulge in the floral, sun-kissed fragrance of Divine Oil, while compression techniques gently soothe tension & re-boost your energy. Your skin will be luxuriously softened, moisturised and wrapped in a delicate fragrant blend of roses, grapefruit, pink pepper, vanilla, cedar and white musk. Truly divine!

SWEDISH BACK, NECK & SHOULDER MASSAGE

25 minutes £59

Swedish massage is one of the most traditional massage techniques. It's sometimes referred to as the classic massage. The technique aims to promote relaxation by releasing muscle tension. Swedish massage is gentler than deep tissue massage and better suited for relaxation and tension relief.

SCALP MASSAGE

25 minutes £59

ACaudalie's Cranial Massage - Hand placement on the skull is designed to free energy blockages and promote relaxation. This massage simultaneously stimulates reactions in the whole body, helping to rebalance the energies of the nervous system.

FOOT RITUAL

25 minutes £59

A unique treatment to delight your feet - It starts with an exfoliation on the feet and lower legs, which is then removed using hot mitts; followed by a hydrating foot mask whilst you enjoy a pressure point scalp & head massage finishing with a sublime relaxing foot and lower leg massage.

COLOUR & GO MANICURE

25 minutes £35

Starting with nails shaped and coated in your favourite Nails by Mii polish. (This does not include cuticle care and removal of colour will be an extra charge of £10.)

COLOUR & GO PEDICURE

25 minutes £35

Starting with nails shaped and coated in your favourite Nails by Mii polish. (This does not include cuticle care and removal of colour will be an extra charge of £10.)



MASSAGE

DIVINE BODY MASSAGE

50 minutes £95

This treatment incorporates our signature Caudalie massage, featuring our award-winning Divine Oil. Indulge in the floral, sun-kissed fragrance of Divine Oil, while compression techniques gently soothe tension & re-boost your energy. Your skin will be luxuriously softened, moisturised & wrapped in a delicate fragrant blend of roses, grapefruit, pink pepper, vanilla, cedar & white musk. Truly Divine!

Hot Stone Upgrade £10

SWEDISH FULL BODY MASSAGE

50 minutes £95

Swedish massage is one of the most offered massage techniques. It's sometimes called a classic massage. The technique aims to promote relaxation by releasing muscle tension. Swedish massage is gentler than deep tissue massage and better suited for people interested in relaxation and tension relief.

Hot Stone Upgrade £10

BABY ON BOARD MASSAGE

50 minutes £95

This gentle and enveloping massage with grape-seed oil soothes tension brought on by pregnancy, stimulates blood circulation and improves the skin's tone and elasticity. Safely enjoy a moment of absolute relaxation and well-being with your baby-to-be.

BODY TREATMENTS

CAUDALIE CRUSHED CABERNET BODY TREATMENT

50 minutes £95

This indulgent body treatment incorporates one of the most popular scrubs from our Vinotherapie Spas. This exfoliation technique regains your skin's radiance & softness, providing optimum opportunity for the skin to absorb all the hydrating ingredients to follow. We have developed this scrub with a base of grapeseed, honey, brown sugar & essential oils. The Caudalie signature sculpting massage follows, using the Contouring Concentrate, which stimulates the systems of the body & encourages natural elimination of toxins. An ideal treatment for relieving tension, invigorating your mind & body as part of a slimming programme. Your skin will be left feeling clean, refined & perfectly smooth.

RELAXING & NOURISHING WRAP

50 minutes £95

A deep nourishing treatment for the body. This treatment starts with a full body exfoliation followed by an application of The de Vigne Oil & body moisturiser for a deep skin moisture treatment, massaged onto the skin and then wrapped to cocoon the skin with hydration. This treatment includes a full scalp treatment for total relaxation.

INVIGORATING & CONTOURING WRAP

50 minutes £95

Caudalie Contouring & Invigorating Body Wrap - This balancing & detoxifying treatment involves gentle exfoliation with our Crushed Cabernet Scrub, followed by application of our Contouring Concentrate, designed to help boost the metabolism & ease away tension it also speeds up the elimination of toxins. This is followed by an application of our Vine Body Butter & being wrapped to cocoon the body. This treatment includes a full scalp treatment for total relaxation.

D-VINE BACK, FACE & SCALP TREATMENT

75 minutes £130

This luxurious back, face and scalp treatment starts with a cleansing of the back, followed by a deep exfoliation and a relaxing massage to ease away your tension. As your stresses are released, we treat and hydrate your skin with a Caudalie facial to suit your wishes, finished with a cranial scalp massage to ease your mind.



FACIAL TREATMENTS

Our facial treatments were developed from the unique combination of our patented grape and grapevine ingredients with the latest skincare techniques.

VINOSOURCE HYDRATING & NOURISHING FACIAL

50 minutes £80

A skin-renewing treatment to deeply moisturize the skin.

This treatment starts with a gentle cleansing of the skin. A massage with fresh grapes followed by a recovery essential oil massage to soothe dryness. The application of an intensely moisturizing mask, and our Vinosource-Hydra products restore moisture levels for a healthy, glowing appearance.

VINOPURE FACIAL

50 minutes £85

This treatment purifies your skin, cleanses your complexion and helps regulate excess sebum. A skin cleansing and a face massage with essential oils and a cryo-massager will help remove impurities and tighten pores. The cryo-massager will have an anti-inflammatory action on the skin (and anti-dark circles on the eye contour).

VINERGETIC FACIAL

50 minutes £85

A deeply energizing vitamin cocktail. This facial treatment hydrates, renews, energizes & protects the skin cells in the epidermis. Combined with regenerating aromatherapy massage using essential oils, an antioxidant mask follows, highly concentrated in pink clays, grape marc and coffee, it deeply cleanses the skin while draining toxins. This facial reduces the visual appearance of fine lines & wrinkles, smooths and protects the skin. Your skin looks plumper, youthful and your complexion smooth. This is a perfect facial for those wishing to maintain and protect their skins from the environment and free radical damage.

VINOPERFECT RADIANCE FACIAL COMPLEXION CORRECTING ANTI-DARK SPOT

50 minutes £85

A unique facial treatment specifically designed to correct the complexion, restoring radiance and vitality to the skin. Specifically created for tired, dull and uneven skin types, this is a must have facial treatment. Exceptional massage techniques with essential oils and small hot and cold basalt stones, awaken the luminosity of the complexion, inducing a feeling of wellbeing. A Radiance Peeling Mask is applied for a gentle peeling action to restore your complexion's even tone. The Vinoperfect Serum adds the finishing touch to this treatment, leaving you looking radiant, even and luminous.

RESVERATROL LIFT FACIAL FIRMING, LIFTING & ANTI-WRINKLE

50 minutes £95

Specially created for skin that lacks firmness, contour & vitality. This facial uses the Award-winning Resveratrol Lift Range (in Partnership with Harvard Medical School) to deliver exceptional lifting effects. After skin is gently cleansed, a stimulating massage visibly firms and redefines the contours of your face. The application of a warming firming mask enhances the lifting effect of the Resveratrol Lift products. The toning and lifting effects are immediate, your face appears resculpted. The firming and lifting effects are immediate, your face is as if resculpted, and radiant with youth.

PREMIER CRU ULTIMATE FACIAL

70 minutes £115

The ultimate facial in global anti-ageing treatments. This exceptional anti-ageing facial will lift, moisturise, smooth, plump and even the skin with its cutting edge and innovative techniques. This advanced facial stimulating the production of collagen and elastin. Furthermore, the application of an exclusive hydrogel mask enriched with Resveratrol and active ingredients will provide immediate tightening and lifting effects to the face and jaw areas. The results are spectacular: wrinkles and fine lines are visibly reduced. The skin is left smoother, firmer, with a radiant glow and enhanced complexion



HANDS & FEET

Classic Manicure	45 mins	£50
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Starting with cuticle care your nails are shaped and then your hands are exfoliated followed by a hand and arm massage finishing with your favourite Nails by Mii polish.

Nails by Mii GELeration Manicure	55 mins	£55
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Classic Pedicure	45 mins	£50
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Starting with cuticle care your nails are shaped and then your feet are exfoliated. Followed by foot & Lower leg massage finishing with your favourite Nails by Mii polish

Nails by Mii GELeration Pedicure	55 mins	£55
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Geleration Soak Off	20 mins	£20
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LEISURE MEMBERSHIP

All memberships include 20% discount on food and drink, Sun - Thurs*
20% discount on spa treatments, Mon - Thurs

PLATINUM SINGLE MEMBERSHIP

£95 per month or £950 annually

Includes 3 x 50 minute treatments per year, full use of pool and gym facilities at all opening times and all classes, and 2 x guest passes per month for friends and family.

PLATINUM JOINT MEMBERSHIP

£180 per month or £1,800 annually

For 2 people. Includes 3 x 50 minute treatments per person per year, full use of pool and gym facilities at all opening times and all classes, and 2 x guest passes per month per member for friends and family.

GOLD SINGLE MEMBERSHIP

Mon - Sun £80 per month or £800 annually

Mon - Fri £60 per month or £600 annually

Includes full use of pool and gym facilities and all classes.

GOLD JOINT MEMBERSHIP

Mon - Sun £150 per month or £1,500 annually

Mon - Fri £110 per month or £1,100 annually

For 2 people. Includes full use of pool and gym facilities and all classes.

FAMILY MEMBERSHIP

Created bespoke based on Gold Membership pricing plus £30 per child per month or £300 annually.

Includes full use of pool and gym facilities at all opening times and all classes for the adults, use of the pool facilities only during splash times for children up to 16 years old.

JOINING FEE:

Individuals £50 per person

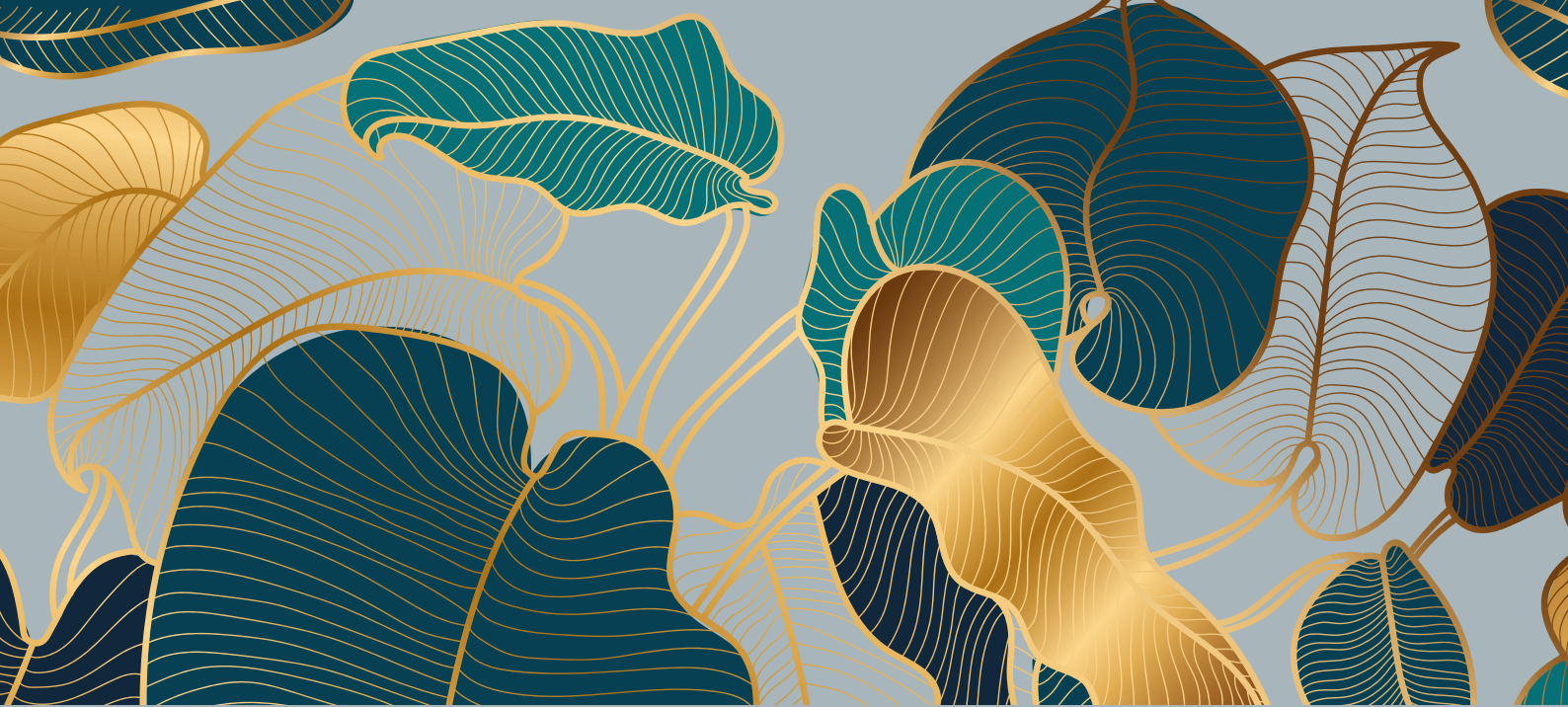
Joints £75 per couple

Family £100 per family

Corporate membership packages are available.

Terms and conditions apply. Members do not have access to the spa lounge. Children under 18 must be accompanied by an adult at all times. *Max 6 people table booking.

For more information or to become a member please call 01296 722100 or email enquiries@hspahorwood.co.uk



01296 722222

enquiries@hspahorwood.co.uk

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