



## SPA ETIQUETTE

### Treatment Attire

Please bear in mind for body treatments you will be required to undress, we do however ask that all clients keep their undergarments on (disposable underwear can be provided if required). Gowns and slippers are only provided for Spa guests using the Tranquillity and Heat Experience. Information on this facility can be found on the Day Programmes page.

### Arrival Times

We ask that you arrive at least 10 minutes prior to your scheduled appointment in order to complete a consultation card. Please be aware that all treatment times as specified in the Horsted Spa brochure does include a personal consultation.

### Late Arrivals

Arriving late for your appointment may result in your treatment time being reduced, however the full charge will still be applied as timings for subsequent clients have to be maintained.

### Health Concerns

Please inform us at the time of booking if you have a health condition/concern, as this may result in your desired treatment not being suitable.

Please be aware that on the day of your treatment, if for any reason your therapist feels that the treatment of your choice would not be advisable then an alternative treatment will be offered wherever possible.

### Decorum

For the ultimate relaxation of our clients we ask the following:

- No children under the age of 16 are to enter the Spa.
- Noise in the spa and relaxation area are to be kept to a minimum (no heels please)
- All mobile phones are to be turned off during your visit.

### Payment Policy

Credit/debit card details will be required to secure all treatment bookings over the value of £30. Please be aware that the full treatment charge will be deducted from the credit/debit card details used to confirm the booking if cancellation is made within 24 hours of the due treatment time.

### Gift Vouchers

Gift vouchers are available to purchase and are redeemable against Day Programmes, treatments or products. They are non-refundable and non-redeemable for cash.

Vouchers are valid for 12 months from date of purchase. Regrettably we are unable to extend the expiry date of our vouchers.

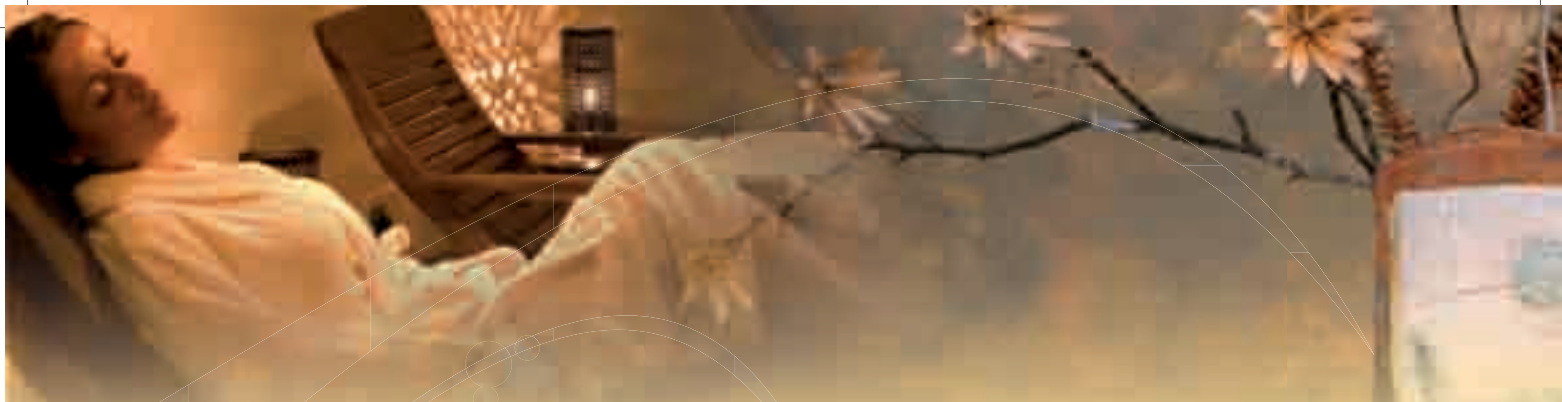
### Booking

It is advisable to book as far in advance as possible to ensure your preferred date and time are available. For general enquiries and bookings please contact us on:

**+44 (0)1825 880185**  
**(ext 3070 from the hotel)**  
**or email: [spa@eastsussexnational.co.uk](mailto:spa@eastsussexnational.co.uk)**

### Spa Opening Hours

Monday: 09.00-18.00  
Tuesday: 09.00-20.00  
Wednesday: 09.00-18.00  
Thursday: 09.00-20.00  
Friday: 09.00-20.00  
Saturday: 09.00-18.00  
Sunday: 09.00-17.00



## PRICE LIST

### Day Programmes

Detoxifying Programme	<b>£180</b>
Energising Programme	<b>£150</b>
Calming Programme	<b>£145</b>
Mother-to-be Programmes	<b>£160</b>
Bride to Be	<b>£230</b>
Bridal Group	<b>£155</b>

### Holistic Treatments

Indian Head Massage	<b>£35</b>
Reflexology 55mins	<b>£60</b>
Rhassoul Mud Room for ONE	<b>£40</b>
Rhassoul Mud Room for TWO	<b>£60</b>

### ESPA Facial Treatments

ESPA Back, Face and Scalp	<b>£80</b>
Incorporating hot stones	<b>£95</b>
ESPA Age Defyer Facial	<b>£80</b>
ESPA Regenerating Facial	
with Firming Eye treatment	<b>£70</b>
ESPA Skin Brightener Facial	<b>£60</b>
ESPA Rehydrator Facial	<b>£60</b>
ESPA Aromatherapy Facial	<b>£55</b>
ESPA Rebalancing Facial	<b>£55</b>
ESPA Firming Eye Treatment	<b>£40</b>

### ESPA Body Treatments

ESPA Total Holistic Balancing	
Incorporating Hot Stones	<b>£115</b>
ESPA Mud Envelopment	<b>£65</b>
ESPA Algae Envelopment	<b>£65</b>
ESPA Oshadi Envelopment	<b>£65</b>
ESPA Skin Hydrator Body Wrap	<b>£65</b>
ESPA Salt and Oil Scrub	<b>£35</b>
ESPA Stimulating Hip and Thigh	<b>£65</b>
ESPA Pre-Natal Treatment	<b>£85</b>
ESPA Body Massage	<b>£60</b>
incorporating Hot Stones	<b>£70</b>
ESPA Back Massage	<b>£35</b>
incorporating Hot Stones	<b>£45</b>

### Men's Treatments

ESPA Back, Face and Scalp	<b>£80</b>
Incorporating hot stones	<b>£95</b>
ESPA Executive Facial	<b>£60</b>
ESPA Life Saving Back	<b>£50</b>
ESPA Body Massage	<b>£60</b>
incorporating Hot Stones	<b>£70</b>
ESPA Back Massage	<b>£35</b>
incorporating Hot Stones	<b>£45</b>
Executive Hand Care for Men	<b>£35</b>
Executive Foot Care for Men	<b>£45</b>

Back Wax	<b>£20</b>
Shoulders	<b>£12</b>
Chest	<b>£20</b>

### Finishing Touches

Deluxe Manicure	<b>£40</b>
Deluxe Manicure with French Polish	<b>£45</b>
"In a Hurry" Mini Manicure	<b>£30</b>
"In a Hurry" Mini Manicure	
with French Polish	<b>£35</b>
Deluxe Pedicure	<b>£45</b>
Deluxe Pedicure with French Polish	<b>£50</b>
"In a Hurry" Mini Pedicure	<b>£35</b>
"In a Hurry" Mini Pedicure	
with French Polish	<b>£40</b>
GEleration Manicure	<b>£50</b>
GEleration Pedicure	<b>£55</b>
Full Leg Wax	<b>£32</b>
Half Leg Wax	<b>£22</b>
Bikini Wax	<b>£12</b>
Under arm Wax	<b>£12</b>
Lip OR Chin	<b>£8</b>
Lip AND Chin	<b>£12</b>
Eye Brow Wax/Tidy	<b>£8</b>
Eye Lash Tint	<b>£18</b>
Eye Brow Tint	<b>£8</b>
Eye Lash and Brow Tint	<b>£20</b>



## DAY PROGRAMMES

All our day programmes include the use of our Spa facilities and heat experiences.

### **Detoxifying Programme (3hrs)**

For the ultimate in detoxifying treatments, this programme helps to cleanse the system of impurities and leave your skin completely refreshed and re-energised. To include:

- ESPA Algae Envelopment
- ESPA Detox Body Massage
- ESPA Aromatherapy Facial

### **Energising Programme (3hrs)**

Wake up your senses with this invigorating blend of treatments. To include:

- ESPA Salt and Oil Scrub
- ESPA Back, Face and Scalp
- Jessica Deluxe Pedicure

### **Calming Programme (3hrs)**

Let us help to melt away fatigue, tension and stress. A programme to promote relaxation and tranquillity. To include:

- ESPA Total Body Care with Hot Stones
- Jessica Deluxe Manicure

### **Mother to be Programme (3hrs)**

This programme has been specially designed for pregnant and nursing mothers to aid relaxation, leaving your skin nourished and your body cherished. To include:

- ESPA Pre/Post Natal Treatment
- Jessica Deluxe Pedicure
- ESPA Firming Eye Treatment

### **Bridal Spa Packages**

The waiting is over, everything is in place.... now its time to relax and enjoy.....

#### **Bride To Be (4hrs 30min)**

ESPA Salt and Oil Scrub  
ESPA Skin Brightener Facial  
Jessica Deluxe Manicure  
Jessica Deluxe Pedicure  
Full Body Massage

#### **Bridal Group (2hrs 30min)**

ESPA Salt and Oil Scrub  
ESPA Full Body Massage  
Jessica "In a hurry" Mini Manicure  
Jessica "In a hurry" Mini Pedicure  
Eye Brow Shape

**\*\* No make up and hair styling provided\*\***

#### **Double Treatment Suite**

Escape to the ultimate in personal luxury by indulging in the Double Treatment Suite, providing tandem treatments to relax and unwind together.

### **Tranquillity and Heat Experience**

Why not indulge in our seven bed relaxation room, an ideal space for you to unwind and gain ultimate tranquillity. Heat Experience rooms are also available, including a Sauna, Aromatherapy Room, Steam Room and an invigorating Monsoon Shower, which form a powerful and therapeutic element towards achieving total relaxation.

Spa clients using the Tranquillity and Heat Experience also have the opportunity to use the 20 meter heated indoor Swimming Pool and additional Steam Room, Sauna and Jacuzzi.

(Gowns and slippers are provided to guests using these facilities)

**Free to guests who have Spa treatments valuing over £65 Monday to Thursday or £100 Friday to Sunday.**

**These facilities are also available to guests at a cost of £20.00 per person or £30.00 for 2 people. (Monday to Thursday subject to availability).**

## RELAXATION BREAKS

To extend your package why not combine your treatment with a relaxing stay in our hotel. Please contact our Reservations team on 01825 880088 for further details on the packages available.



## HOLISTIC TREATMENTS

### **Indian Head Massage (30min)** **(subject to availability)**

Focusing on the upper back, shoulders, scalp and face, this pressure point massage works on the body's energy centres. It creates a balancing effect on the mind and body. This treatment is ideal for those who suffer with migraine and sinus problems.


### **Reflexology (55min)** **(subject to availability)**

Reflexology is based on the principle that certain parts of the body reflect the whole being. Reflex points on the feet, hands and ears relate to zones of the body. The physical act of applying pressure using thumbs, fingers and hand techniques to the reflex areas of the feet promotes physiological changes in the body. This treatment helps to ease tension, improves circulation and generally promotes a sense of well being.

### **Rhassoul Mud Room (40 min)**

The Rhassoul was inspired by the Ancient Egyptians as a cleansing and exfoliating process. This memorable experience is best shared with a partner or close friend. Having received advice from one of our experienced therapists you are left alone to apply the therapeutic muds to your whole body. The different coloured muds each offer a different level of exfoliation.

Having applied the muds, you then sit and relax on heated mosaic chairs and enjoy 40 minutes of bliss, whilst the room fills with herbal steam. The ceremony ends with a tropical rain shower leaving your skin feeling silky smooth.



Experience deep tranquillity in the heart of East Sussex.  
Revel in an environment that will take you on a wonderful journey...

## ESPA FACIAL TREATMENTS

### **ESPA Total Holistic Back, Face and Scalp Treatment (1hr 25min)**

An initial deep cleansing back exfoliation is followed by a deeply relaxing back massage using your personally chosen oils. This all-embracing treatment concludes with a full ESPA Intensive Facial with acupressure face and Oriental Head Massage. Incorporating hot stones (add 15mins) £90.00. Stones are massaged into the neck and shoulders to stimulate and balance vital energy points throughout this exceptional treatment.

### **ESPA Age Defyer Facial (1hr 25min)**

Perfect for mature, dehydrated and stressed skins, suffering from loss of tonicity and firmness. A unique facial offering a combination of hands-on lifting and firming massage techniques, special connective energy and acupressure skills. The result is improved circulation, and a significant reduction in tension.

### **ESPA Regenerating Facial with Firming Eye Treatment (1hr 10min)**

Specifically designed for mature, dry or dehydrated Skins, this facial concentrates on reviving the Skins' natural moisture and pays particular attention to the delicate eye area, helping to minimise the appearance of fine lines.

### **ESPA Skin Brightener Facial (55min)**

Perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep leaves you with dull, lifeless, sallow skin. This facial includes a special application of Skin Brightener, rich in natural AHAs and BHAs from Hawaiian Algae Meadowsweet to help improve the radiance, appearance and texture of the skin.

### **ESPA Rehydrator Facial (55min)**

A moisture drenching facial superb for dry, dehydrated and sun damaged skin. Gentle deep cleansing and exfoliation prepare the skin for a rejuvenating massage with Botanical Rescue and Face Treatment Oil. Whilst the nourishing face mask treats your skin enjoy a relaxing Oriental Head Massage.

### **ESPA Aromatherapy Facial (55min)**

This deep cleansing, relaxing aromatherapy facial, purifies, refines and hydrates. Specific active aromatherapy products are combined with acupressure massage; lymph drainage and Oriental Head Massage leave the mind clear and the skin radiant.

### **ESPA Rebalancing Facial (55min)**

This treatment is perfect for skins that are unbalanced or irritated. Specific massage techniques and aromatherapy products combine with a warm marine mud mask to cleanse and decongest the skin leaving it calm, clear and rebalanced.

### **ESPA Firming Eye Treatment (25min)**

Designed to combat the effects of premature ageing and stress to the eye area and is also beneficial to those who suffer from irritable, puffy or sensitive eyes.



## ESPA BODY TREATMENTS

### **ESPA Total Holistic Balancing incorporating Hot Stones (1hr 55min)**

This all encompassing treatment commences with full body skin brushing and exfoliation to prepare the skin. This is then followed by a deep face and scalp massage using your chosen oils. Gentle stretching helps release deep-seated tension around the neck and shoulders. Stones are massaged all over the body to deeply relax and release tension, leaving your body feeling soothed and your spirit calm.

### **ESPA Algae Envelopment (60min)**

Perfect for boosting the metabolism and speeding up the elimination of toxins by skin brushing and exfoliation. A final application of warm Algae and essential oils leave your skin detoxified, toned and hydrated.

### **ESPA Oshadi Envelopment (60min)**

Oshadi, giver of life, is the Ayurvedic term for plants and herbs used in traditional healing practices and therapies. The treatment commences with a body exfoliation, where after, plants and spices are infused to form a nourishing mask which warms and hydrates the skin. This helps to relieve aching muscles and joints.

### **ESPA Skin Hydrator Body Wrap (60min)**

A truly luxurious experience. After your skin is prepared, an envelopment with oils rich in Palma Rosa and Myrrh and the deeply nourishing body cream with wild yam is applied with warm Marine Mud, resulting in hydrated and soft skin. Perfect before or after summer holidays.

### **ESPA Salt and Oil Scrub (25min)**

Sea salts and essential oils are massaged over the skin leaving your skin velvety smooth.

### **ESPA Stimulating Hip and Thigh Treatment (1hr 10min)**

A specialised treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to blockages and cellulite. A deep exfoliation with seaweed and salt scrub is followed by a detoxifying massage and an application of essential moisturising balm.

### **ESPA Pre-Natal Treatment (1hr 25min)**

Carefully designed for pregnant and nursing mothers using nourishing calendula oil, various muds and creams are massaged into safe areas to aid relaxation and help the tonicity of the skin during this special time.

### **ESPA Body Massage (55min)**

A personalised massage treatment to work on areas of tension you may have and restore balance to body and mind. Choose from Detoxifying, Energising, Fitness, Restorative, Resistance and Soothing. Upgrade and add Hot Stones.

### **ESPA Back Massage (25min)**

Advanced massage techniques are used to combat stress, soothe tired aching muscles and restore energy. Upgrade and add Hot Stones.



## MEN'S TREATMENTS

### **ESPA Total Holistic Back, Face and Scalp Treatment (1hour 25mins)**

An all embracing treatment incorporating back cleanse, massage and a full ESPA intensive facial with facial acupressure and Oriental head massage. The initial, deep cleansing back exfoliation is followed by a deeply relaxing back massage with aromatic oils bringing powerful de-stressing benefits to mind and body.

Incorporating hot stones (add 15 minutes) Stones are massaged into the neck and shoulders to stimulate and balance vital energy points throughout this exceptional treatment.

### **ESPA Body Massage (55min)**

A personalised massage treatment to work on areas of tension you may have and restore balance to body and mind. Choose from Detoxifying, Energising, Fitness, Restorative, Resistance and Soothing. Upgrade and add Hot Stones.

### **ESPA Back Massage (25min)**

Advanced massage techniques are used to combat stress, soothe tired aching muscles and restore energy. Upgrade and add Hot Stones.

### **ESPA Executive Facial (55min)**

Especially formulated for the male complexion. Ideal for city skins, frequent

travellers, and those with stressful, hectic lifestyles. This relaxing facial works to purify, balance and hydrate the skin leaving you feeling de-stressed and renewed. This includes steaming hot towels to soothe and soften bristles and aids in preventing blocked pores. A relaxing acupressure face massage and purifying mask, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA Body Oil to release tight muscles and tension.

### **Executive Handcare for Men (30min)**

LeRemedi Hand Treatment programme to condition and smooth hands. Nails are perfectly shaped. Cuticles are gently conditioned and pushed back.

### **Executive Footcare for Men (40min)**

Toenails shaped, cuticles conditioned and gently pushed back and a foot massage. A luxurious foot treatment with oils and creams to prevent build up of hard skin.

### **Men's Waxing**

Leaves the skin smooth and hair-free for several weeks.

**Back**  
**Shoulders**  
**Chest**

### **ESPA Lifesaving Back Treatment (40 minutes)**

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with Marine Mud. Ideal for all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed.



## FINISHING TOUCHES

### HAND & NAIL TREATMENTS

#### **Deluxe Manicure (approx 1hr)**

Jessica manicure using LeRemedi. A luxurious and effective treatment for the hands including HandCleanse, HandSilk, Exfoliare, HandRestructure Masque and Hand Renew Liposomes. Hands will feel softer, smoother, firmer and more attractive. Alternatively, the use of thermal mittens can be used for a better absorption of oils and creams, softening cuticles, improving circulation and soothing stiff joints. The treatment is completed with an application of polish in the colour of your choice which you take home with you.

#### **“In a Hurry” Mini Manicure (30 min)**

No time for a full manicure? No problem. Just choose from one of the following three treatments.

#### **The Nail Shape Manicure**

Nails are conditioned with oils and creams, filed to shape and perfectly polished.

#### **The Cuticle Care Manicure**

Cuticles are softened with oils and creams, gently pushed back with a specialised cuticle pusher, finishing with perfectly polished nails.

#### **The Hand Treatment Manicure**

LeRemedi Hand Treatment Programme incorporating HandCleanse, Exfoliare, Masque and Liposomes – always finished with the perfect polish.

#### **Deluxe Pedicure (approx 1hr)**

The ZenSpa pedicure using thermal heat booties for better absorption of oils and cream, softens cuticles, improving circulation and soothing stiff joints. The treatment is completed with an application of polish in the colour of your choice which you take home with you.

#### **“In a Hurry” Mini Pedicure (30 min)**

No time for a full pedicure? No problem. Just choose from one of the following three treatments.

#### **The Nail Shape Pedicure**

Nails are conditioned with oils and creams, filed to shape and perfectly polished.

#### **The Cuticle Care Pedicure**

Cuticles are softened with oils and creams, gently pushed back with a specialised cuticle pusher, finishing with perfectly polished nails.

#### **The Foot Treatment Pedicure**

Foot Treatment incorporating blissful bath foot soak, exfoliating scrub and massage – always finishing with the perfect polish.

#### **GELeration Manicure (approx 1h15)**

Includes hand exfoliation, massage, cuticle care, nail shape and finished with Jessica's GELeration gel polish.

#### **GELeration Pedicure (approx 1h15)**

Choose from Calming Green Tea, Energising Ginger or Revitalising Citrus for this luxurious foot and leg treatment. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed; toe nails are shaped and finished with Jessica's GELeration gel polish.

### WAXING

**Full Leg Wax**

**Half Leg Wax**

**Bikini Wax**

**Under Arm Wax**

**Lip or Chin Wax**

**Lip and Chin Wax**

**Eye Brow wax/tidy**

### EYE TREATMENTS

Please note a patch test will be required at Horsted Spa 24 hours prior to any tint treatments

#### **Eye Lash Tint**

Tinting enhances the appearance of the lashes making them appear thicker and longer, particularly beneficial for people who participate in sporting activities, especially swimming.

#### **Eye Brow Tint**

Enhances the appearance of eyes and can make eyebrows appear thicker however we can only darken eyebrows not make them lighter.