



HORSTED SPA

UNWIND | REJUVENATE | INDULGE



“THE TIME TO RELAX
IS WHEN YOU DON'T
HAVE TIME FOR IT ”

SPA TREATMENTS

MASSAGE AND BODY TREATMENTS

Our body treatments and massages include a bespoke selection of products, aromatherapeutic oils and techniques to best meet your own skincare and wellbeing requirements. Your therapist will talk you through a brief consultation, to personalise your treatment.

Back Massage (25 minutes)

Monday-Thursday £45.00

Friday-Sunday £50.00

Upgrade and add Hot stones for £5 extra

Body Massage (55 minutes)

Monday-Thursday £80.00

Friday-Sunday £90.00

Upgrade and add Hot stones for £5 extra

Shoulder, Neck and Scalp Massage (25 minutes)

Monday-Thursday £45.00

Friday-Sunday £50.00

Salt and Oil Body Scrub (25 minutes)

A skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth, and supple.

Monday-Thursday £45.00

Friday-Sunday £50.00

ESPA





Invigorating Foot Treatment (25 minutes)

A treatment perfect for tired feet and heavy legs helps which reduces puffiness and soothes aches and pains. Includes an exfoliation and relaxing foot and lower leg massage.

Monday-Thursday £45.00

Friday-Sunday £50.00

Body Wrap – Detox or Hydrating (55 minutes)

Following a body exfoliation, a marine algae or mud wrap is applied, and your scalp gently massaged.

Monday-Thursday £72.00

Friday-Sunday £80.00

Back, Face and Scalp Treatment (85 minutes)

This luxurious combination begins with a cleansing of the back, followed by exfoliation and a soothing back massage to ease away stress and tension. Followed by a completely customised facial with scalp massage.

Monday-Thursday £110.00

Friday-Sunday £125.00

Muscle Reviver (40 minutes)

Ideal for those who suffer with tension headaches or neck strain, it effectively soothes tight muscles focusing on the back, face and scalp, working to alleviate built-up pressure and tightness.

Monday-Thursday £58.00

Friday-Sunday £68.00

Pre/Post-Natal Treatment (85 minutes)

A soothing body massage specifically designed to target areas prone to stress and tension during pregnancy.

Monday-Thursday £110.00

Friday-Sunday £125.00

FACIAL TREATMENTS

Personalised Facial (55 minutes)

Reveal exceptional results whatever your skincare concern with this entirely bespoke expert facial from ESPA (Includes Triple Cleanse, Facial Massage, Personalised Mask, Scalp Massage).

(Skin Radiance, Re-hydrator, De-sensitiser, Skin Purifying, Age Defying, Men's Executive)

Monday-Thursday £70.00

Friday-Sunday £80.00

Mens Deep Cleansing Facial (55 minutes)

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating. We encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

Monday-Thursday £72.00

Friday-Sunday £78.00

Express Facial (25 minutes)

Perfect for those with a fast-paced lifestyle and little time to relax. (Includes Nourishing eye and lip cleanse, Deep cleanse and exfoliation, Personalised mask, Scalp Massage).

Monday-Thursday £45.00

Friday-Sunday £50.00

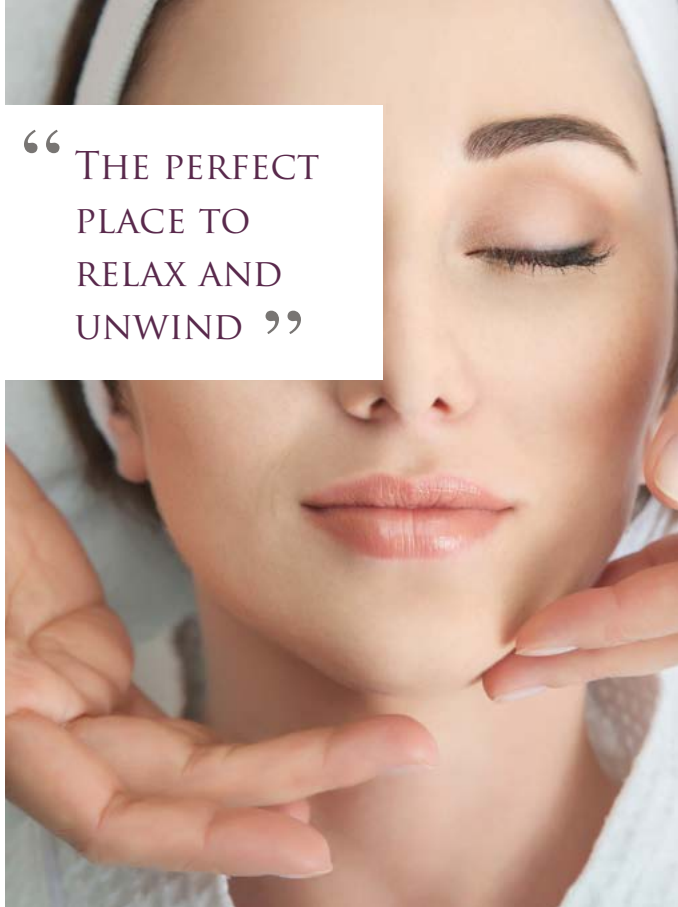
Lift and Firm Eye Treatment (25 minutes)

Perfect for those who are concerned with signs of ageing around the eyes. (Includes Cleanse, Exfoliation, Massage, Firming eye mask, Lift and Firm Intensive Eye Serum).

Monday-Thursday £50.00

Friday-Sunday £55.00

“ THE PERFECT
PLACE TO
RELAX AND
UNWIND ”





ADVANCED FACIAL TREATMENTS

Lift and Firm Facial (85 minutes)

Enhance tonicity and firmness while stimulating cellular regeneration with this SuperActive Facial. (Includes deep cleansing, Specialised age defying contouring and lifting massage techniques, Lift and Firm Mask and scalp massage).

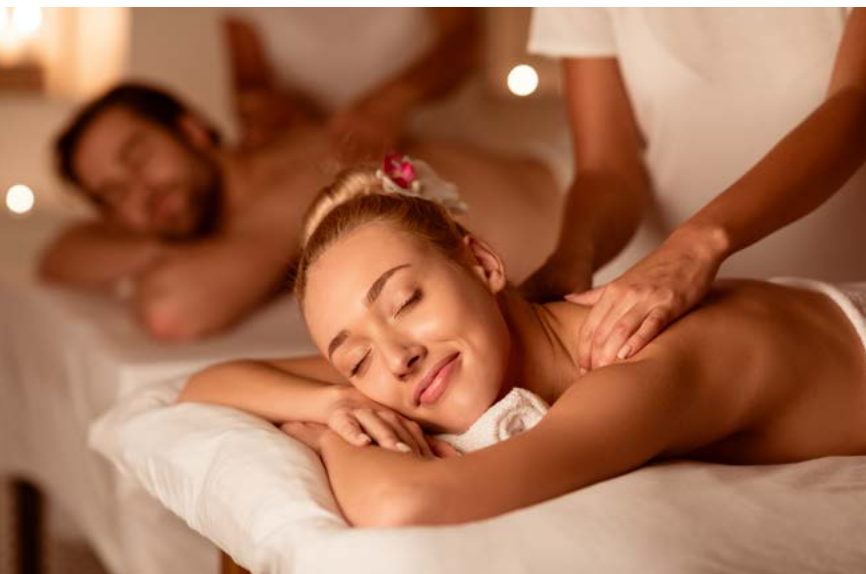
£115.00

Advanced Skin Radiance Facial (85 minutes)

Instantly brighten and revitalise the complexion with this powerful and highly effective facial. (Includes deep brush cleanse, Unique ProCleanser, Skin Radiance Mask, Age Defying rose quartz crystal massage. Professional Lifting and Smoothing Mask and revolutionary Radiance Serum).

£115.00

“WELLNESS
INSPIRED
BY TOUCH”





“ MAKE THE MOST OF YOUR
VALUABLE ME-TIME ”



RHASSOUL MUD EXPERIENCE

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 mud to your whole body. After applying the mud, you then sit and relax on heated mosaic chairs and enjoy 20 minutes of bliss, whilst the room fills with herbal steam.

One Person - £45

Two People - £65

HOLISTIC TREATMENTS

Reflexology (55 minutes)

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 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.

Monday-Thursday £75.00

Friday-Sunday £80.00

Indian Head Massage (40 minutes)

Focussing on the upper back, shoulders, scalp and face, the 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 migraines and sinus problems.

Monday-Thursday £62.00

Friday-Sunday £68.00

Hopi Ear Candles (30 minutes)

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.

Monday-Thursday £45.00

Friday-Sunday £50.00

HAND & NAIL TREATMENTS

Mini Manicure or Pedicure (25 minutes) - £35.00

File and application of Jessica Nail Polish.

Deluxe Manicure or Pedicure (60 minutes) - £45.00

Includes Cleanse, Exfoliation, heated mittens, massage, cuticle work, nail shaping and application of Jessica Nail Polish.

GEleration Manicure or Pedicure (60 minutes) - £50.00

Nails shaped and cuticle work completed, followed by application of GEleration nail polish which is cured under an LED lamp. Finished with exfoliation and a relaxing hand/foot massage.

WAXING TREATMENTS

Eyebrow tidy - £12.00

Lip or Chin - £10

Lip and Chin - £15.00

Half leg - £25.00

Full leg - £35.00

Underarm - £15.00

Bikini - £18.00

Back and Shoulder - £30.00

EYE TREATMENTS

Brow tint - £12.00

Lash tint - £18.00

Brow and Lash Tint - £25.00

(Patch test is required at-least 24hours in advance before first treatment and if not visited for more than 6 months).



SPA DAY PACKAGES

All Spa Day Packages include use of the Health Club and Spa facilities as-well as use of our gowns, towels and slippers.

BeauTEAful Spa Day

A choice one of our a 25-minute treatments; Back Massage, Express Facial, Salt and Oil Scrub, Mini Manicure/Pedicure. And Bento Box Afternoon tea (available between 14.00 and 17.00).

Monday to Thursday £70.00

Friday to Sunday £85.00

Upgrade your spa package. We will give 15% off any additional treatments booked.

Serene Spa Day

Enjoy 55-minutes of bliss. Let our expert therapists help take away the tension with a deeply relaxing back massage followed by an express facial to leave your skin glowing and your body calm.

Monday to Thursday £90.00

Friday to Sunday £100.00

Pure Bliss Spa Day

Pamper yourself from head to toe. A deeply relaxing body massage (55-minutes) to help release the stress and tension followed by our Personalised Facial (55-minutes).

Monday to Thursday £140.00

Friday to Sunday £152.00

Rebalancing Ritual with Hot Stones

Melt away the tension and bring your body and mind back into a harmonious balance.

Body brushing and exfoliation first smooth and soften skin, followed by an indulgent massage using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. Finally ending with a touch of a facial and luxurious scalp massage. (Treatment 1 hour 50 minutes).

Monday to Thursday £145.00

Friday to Sunday £155.00

Create your own spa day!

Spend £100 (per person) on any of our spa treatments and we will include complimentary access to all our Spa and Health Club facilities. We will also provide gowns, towels and slippers.

HOW TO BOOK

We are open 7 days a week - Monday to Thursday 9.00-18.00, Friday 9.00-20.00, Saturday 9.00-18.00, Sunday 9.00-17.00.

Email spa@eastsussexnational.co.uk
Telephone 01825 880185

ONLINE BOOKING

For overnight packages please contact our reservations team at reservations@eastsussexnational.co.uk.

PAYMENT

- Full pre-payment is required at time of booking for all individual treatments and Spa days.
- All treatment times are subject to availability .

SPA CANCELLATION POLICY

- We require 48 hours' notice of a cancellation after which a 100% charge will be made.
- No refund will be payable for non-arrival for a treatment without the stipulated notice.

SPA MEDICAL CONSULTATION

At Horsted Spa your health and wellbeing is our primary concern, therefore if you are currently pregnant, have any allergens, have a heart disorder, have a diagnosed medical condition or are taking any prescribed drugs, please let us know in advance.

A full consultation will be completed with you on arrival but if you are aware of any contra-indications your chosen treatment may need to be changed.

PREGNANCY

- Please note that we do not offer face or body treatments for ladies who are 1-13 weeks pregnant.
- From 13 weeks we offer a range of treatments adapted for pregnancy.
- If you need any further guidance, please ask any member of the Spa Team.
- Pregnant ladies are strongly advised against the use of any heat experiences.

HORSTED SPA TERMS & CONDITIONS

- The spa reserves the right to alter your treatment times on the day if necessary.

- Please note that treatment time includes medical consultation, set up and your chosen treatment.
- All treatment re-arrangements will be subject to alternative availability.
- We have a non-smoking policy. In keeping with the UK law, the Spa applies a strictly non-smoking policy within its confines.
- We request that mobile phones are kept on silent or switched off in the spa.
- We would request that all tablets and pagers are switched off/on silent during your visit.
- No photography is permitted in the changing areas and/ or on poolside.
- You may be required to remove jewellery for treatments; we therefore advise that you choose to leave jewellery at home.
- Horsted Spa will not be liable, under any circumstances whatsoever, for damage, injury, or consequential loss, however caused, to our customers, their property, and belongings unless it is solely due to the negligence of the Company, its employees, or agents.
- Offers cannot be used in conjunction with one another and are subject to availability. Booking in advanced is always advised.
- Our therapists reserve the right to stop the treatment at any time if he/she feels the guests behaviour is inapporpritate.
- Horsted Spa vouchers are valid for 12 months from date of issue. These are non-refundable.
- Please note guests suffering from any heart conditions, high blood pressure or are pregnant will be unable to use any of our heat experiences.
- Children under the age of 16 are not permitted to use or accompany any persons over 18 attending the spa, or use the facilities attached.
- Children under the age of 16 are not permitted to undergo any type of treatments in the spa.
- Children between the ages of 16 to 17 may undergo the following treatments supervised (in the same room) by a parent or guardian: manicure/pedicure, facial.
- Children between the ages of 16 to 17 may not have any body massages, body treatments or bikini waxes.



Telephone: 01825 880088

Little Horsted, Uckfield, East Sussex, TN22 5ES

spa@eastsussexnational.co.uk

www.eastsussexnational.co.uk