



the
Spa
at Carden

DISCOVER THE SPA AT CARDEN PARK

2020

A DESTINATION FOR THE MIND, BODY, SOUL AND SPIRIT



Nestled in the heart of the Cheshire countryside is the newly built Spa at Carden.

Drawing inspiration from the tranquil 1,000 acre Carden Park estate, we have carefully curated a range of treatments using natural botanicals to improve your well-being in our abundant spa facilities.

After your treatment, stimulate your senses in our beautiful and extensive Spa Garden, unwind in one of our themed relaxation rooms, sip Champagne in our beauty bar or enjoy a light meal with stunning rural views at our spa restaurant, Elements.

We believe everyone should have the opportunity to feel good; for an hour, a day or an entire weekend. More than a spa, this is a destination for well-being.

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FIND YOUR HOME IN NATURE



Our Spa Garden has something for everyone and allows you to connect with nature.

In all weathers you can enjoy the garden's state-of-the-art features, sinking into the natural surroundings to facilitate your journey to physical and mental well-being. From heated pods and fire pits, to a Champagne bar and hot tubs, find a corner of the Spa Garden to call your own.

SPA GARDEN FEATURES

- 1 Garden sauna
- 2 Three outdoor hot tubs
- 3 Fire pit
- 4 Five heated garden pods
- 5 Outdoor vitality pool
- 6 Indoor vitality pool

FOOD & DRINK

- 7 Bollinger Garden Bar
- 8 Elements Restaurant

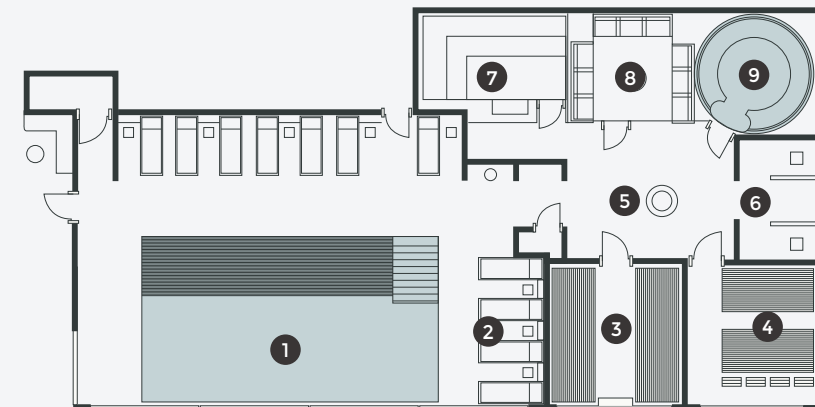
Please note: the Spa Garden and Thermal Experiences are not included in every package.

RELAX,
REFUEL,
REVIVE

Journey from the outside/in to enjoy
extensive Thermal Experiences.

THERMAL EXPERIENCES

- 1 Vitality pool
- 2 Heated relaxation loungers
- 3 Finnish sauna
- 4 Bio sauna
- 5 Ice fountain
- 6 Experience showers
- 7 Salt steam room
- 8 Tepidarium
- 9 Aroma steam room



Please note: the Spa Garden and
Thermal Experiences are not
included in every package.



**ATTENTION TO
EVERY DETAIL**



**THE RELAXING WAY
TO REFUEL**

Our spa restaurant, Elements, features magnificent views of the Cheshire countryside with a light and healthy menu designed using ingredients that can be found in our garden

Throughout the spa, you can also enjoy one of our Champagne bars in partnership with Bollinger or sip home grown sparkling wine from the Carden Park vineyard.





SPA EXPERIENCES
AS UNIQUE AS YOU

BOLLINGER EXPERIENCES



BOLLINGER EXPERIENCE STAY

Why not treat yourself to our Bollinger inspired spa stay; the ultimate luxury experience.

Enjoy a glass of Bollinger on arrival in the spa and receive your very own Bollinger robe and flip-flops to take home as part of the package. Your overnight stay will include dinner in Redmond's restaurant and overnight accommodation in one of our Bollinger bedrooms with breakfast the following morning. Your room will include a bottle of Bollinger with matching glasses for you to keep.

This stay includes unlimited use of the Spa Garden and Thermal Experiences on the day of arrival as well as two treatments from the list below.

BOLLINGER EXPERIENCE DAY

Enjoy a glass of Bollinger on your arrival at the Spa before we take you up to see the spectacular views from our Elements Restaurant. As part of the package you will also receive your very own Bollinger robe & flip-flops to take home.

Your day includes use of the Spa Garden and Thermal Experiences between 10am and 5pm and a healthy lunch served in Elements as well as two spa treatments from the list below.

BOLLINGER EXPERIENCE TREATMENT CHOICES

Botanical Massage

Botanical Facial

Jessica® Manicure

Jessica® Pedicure

Oskia Gentlemen's Facial

Macadamia and Papaya Body Scrub



Full treatment descriptions can be found from page 18.

SPA GARDEN EXPERIENCE STAYS

Our spa break experiences include overnight accommodation, breakfast and one Spa Garden and Thermal Experience session. During your stay you will also have access to the Hotel Leisure Club.

ONE NIGHT SPA ESCAPE

In addition to the above this includes a 50-minute spa ritual treatment.

ONE NIGHT SPA RETREAT

This package additionally includes dinner in Redmond's restaurant. Plus a 50-minute spa ritual treatment.

ONE NIGHT LUXURY RETREAT

This package additionally includes two of our 50-minute ritual treatments as well as dinner in Redmond's restaurant.



TWO NIGHT ULTIMATE RETREAT

This package includes dinner in Redmond's restaurant each night, plus one 50-minute spa ritual treatment to be taken during the stay.

SUNDAY OR MONDAY SPA RETREAT

A Sunday or Monday one night spa retreat. This package additionally includes dinner in Redmond's restaurant, plus a 50-minute spa ritual treatment.

MORNING SESSION

Includes arrival refreshments and use of the Thermal Experiences and Spa Garden between 9am and 1pm

AFTERNOON SESSION

Includes use of the Thermal Experiences and Spa Garden between 1:30pm and 5:30pm

TWILIGHT SESSION

Includes a glass of Carden Park Estate Reserve Sparkling Wine and use of the Thermal Experiences and Spa Garden between 6pm and 9pm



Our spa ritual treatment choices can be found on page 14



Full details of dinner allocation to be found in the confirmation

SPA RITUAL TREATMENT CHOICES

Our Ritual Treatments have been specifically designed as experiences bespoke to the Spa at Carden. Please choose one of the following treatments as part of your spa package. These treatments are only available within packages where stated.

CALMING FOOT AND SCALP RITUAL

Elemental Herbology's solution for tired, aching feet incorporating mineral-rich Himalayan salts with fresh mint, as found in our spectacular garden to leave the feet feeling fresh and revived. This is followed with a heavenly scalp and hair treatment experience which leaves you feeling mentally uplifted, while reducing frizz and leaving your hair glossy and smooth.

SHIMMERING BODY RITUAL

Making use of Elemental Herbology's nourishing scrub we exfoliate and feed the skin with a powerhouse of nutrients. Then follows a massage that focuses on releasing tension and tight muscles. You will be left with a relaxed body and nourished, healthier and brighter looking skin.

REJUVENATING RITUAL

Get the best of both worlds with a back, neck and shoulder massage and a facial inspired by the Five Element theory, utilising Elemental Herbology signature ingredients to remind yourself that you deserve a little bit of self-indulgent luxury.

SOOTHING HAND OR FOOT RITUAL

Choose either a hand or foot ritual using the full range of Margaret Dabbs products. Your hands or feet will be soaked, cleansed and exfoliated followed by a deeply relaxing pressure point massage before a colour is applied to complete the ritual.

REGENERATING FACE RITUAL

Experience a beautifully hydrating OSKIA facial designed to provide immediate and lasting benefits to all skin types. OSKIA's signature face treatment and brightening eye massage is combined with award winning products selected to suit your individual needs to leave your skin feeling and looking radiant and luminous.

SPA DAY EXPERIENCES

All of our Spa Day Experiences start with welcome refreshments. You can then enjoy use of our extensive Spa Garden and Thermal Experiences between 10am and 5pm. Enjoy a healthy lunch served in Elements, a comfy robe to use throughout your day and a pair of flip-flops to take home.

Choose from the following packages:

INDULGENT SPA DAY

Choose from one of our 50-minute ritual treatments below

Calming Foot and Scalp Ritual

Rejuvenating Ritual

Soothing Hand or Foot Ritual

Regenerating Face Ritual

Shimmering Body Ritual

SIGNATURE SPA DAY

Choose from one of our 105-minute treatments below

The Spa at Carden Signature Experience

The Oskia Signature Facial with Back Massage

ELEMENTAL BLISS SPA DAY

Choose one 75-minute treatment from the following list

Elemental Massage

Elemental Facial

Muscle Melt Massage

Green Tea and Aloe Purity Facial



Ritual treatments are only available within packages where stated. Alternative options are available for guests who are pregnant or have medical conditions.



Our spa ritual treatment choices can be found on page 14



HALF DAY EXPERIENCES

Not got time for a whole day? One of our half day experiences will allow those short of time to still indulge and relax...

MORNING SPA EXPERIENCE

Arrival refreshments from 8:30am

Enjoy full use of our Spa Garden and Thermal Experiences between 9am and 1pm

Healthy lunch

A 50-minute spa ritual (see page 14)

AFTERNOON SPA EXPERIENCE

Arrival from 1pm

Enjoy full use of our Spa Garden and Thermal Experiences between 1:30pm and 5:30pm

Afternoon Tea served from 3pm

A 50-minute spa ritual (see page 14)

TWILIGHT SPA EXPERIENCE

Arrival from 5:30pm

A welcome glass of Carden Park Estate Reserve

Enjoy full use of our Spa Garden and Thermal Experiences between 6pm and 9pm.

A 50-minute spa ritual (see page 14)

GARDEN EXPERIENCES

GARDEN EXPERIENCE DAY

Arrival refreshments from 9:30am

Full use of our Spa Garden and Thermal Experiences between 10am and 5pm

A healthy lunch

MORNING GARDEN EXPERIENCE

Arrival refreshments from 8:30am

Full use of our Spa Garden and Thermal Experiences between 9am and 1pm

A healthy lunch

AFTERNOON GARDEN EXPERIENCE

Arrival from 1pm

Full use of our Spa Garden and Thermal Experiences between 1:30pm and 5:30pm

Afternoon Tea served from 3pm

TWILIGHT GARDEN EXPERIENCE

Arrival from 5:30pm

Full use of our Spa Garden and Thermal experiences between 6pm and 9pm

A welcome glass of Carden Park Estate Reserve



Please note these packages do not include treatments. If you wish to add a spa treatment to your garden experience please speak to a member of our team prior to arrival.



Please note that these packages do not include use of our relaxation rooms which are restricted for use by guests enjoying treatments.

A woman in a white spa robe stands in a modern spa lounge. The room features a long pool with a glass railing, several lounge chairs, and a ceiling with a starry light effect. Large windows on the right side offer a view of the outdoors.

SPA TREATMENTS
AS INDIVIDUAL AS YOU

MASSAGE & BODY EXPERIENCES

elemental
herbology

BOTANICAL MASSAGE 50 MINUTES

Bespoke to each client, we tailor your massage to harmonise the five elements and address tension and fatigue.

ELEMENTAL MASSAGE 75 MINUTES

Starting with our signature foot ritual, this aromatherapy massage blends customised essential oil infusions with warm herbal steam towels, heated stones and skilful therapeutic techniques to deliver the ultimate massage experience.

MACADAMIA AND PAPAYA BODY SCRUB 50 MINUTES

Reveal smooth soft skin with a tropical cocktail of super foods combined with a salt, sugar and oil scrub, followed up with our cooling cucumber and watermelon infused body lotion.

MUSCLE MELT MASSAGE 75 MINUTES

This deep tissue massage therapy will unravel tension in sore and tight muscles, relieving deep stress and tension while enhancing the body's circulation. Enjoy after our signature foot ritual.

MASSAGE & BODY EXPERIENCES

MADE FOR LIFE
ORGANICS

TOUCH THERAPY® 30 MINUTES

An exceptionally relaxing sequence of touches tailored to your needs. Soothing touch to full body or part body will induce deep relaxation enabling you to switch off and enjoy the present moment.

HAND ON HEART® 90 MINUTES

Slow soothing rhythmic movements on the back, neck, shoulders and head are combined with a relaxing facial to ensure a true sense of relaxation.

MINDFUL MOMENTS® 60 MINUTES

Create a rich sense of calmness whilst your body and mind are nourished and replenished. A beautiful nurturing meditation experience with a calming foot ritual and massage to clear the mind and soothe the soul.

PREGNANCY NURTURING 90 MINUTES

This wonderfully nurturing body massage is aimed at giving 'Mum to Be' a very special experience. Slow smooth massage techniques are used in this treatment to calm and alleviate any aches and pains. A fantastic treat for any Mum and suitable during the first, second or third trimester.



THE SPA AT CARDEN SIGNATURE EXPERIENCE 105 MINUTES

Our signature treatment is a top-to-toe indulgent 105-minute experience combining the beautiful Elemental Herbology products with fresh ingredients and therapeutic herbs found in our extensive Spa Garden. Beginning with a full body massage your therapist will combine touch with warm Thai herbal poultices, freshly made with therapeutic herbs to induce deep relaxation. A facial will then feed the skin and provide optimum nutrition, hydration and a multi-vitamin sustenance to boost your natural beauty. Finish your experience with a glass of our very own Carden Park Estate Reserve sparkling wine in one of our three relaxation rooms.



All treatments include access to our three individually themed relaxation rooms.

Panoramic Relaxation

A bright and social room. Take in the view of our spa garden through floor to ceiling glass windows in a space ideal for groups.

Deep Relaxation

A quiet space to unwind, pre and post treatment. This dark room is lit by the flickering fire and is ideal for couples.

Sensory Relaxation

A unique space to escape the stress of everyday life by relaxing in funky seating while you watch nature unfold across a panoramic screen.



FACIALS

elemental
herbology

BOTANICAL FACIAL 50 MINUTES

A blissful facial experience using bespoke products. The skin is cleansed and exfoliated before a nutrient rich mask is applied.

ELEMENTAL FACIAL 75 MINUTES

Starting with our signature foot ritual, we tailor a face treatment to harmonise the five elements and address underlying skin concerns.

GREEN TEA AND ALOE PURITY FACIAL 75 MINUTES

Our intensive skin detoxification facial includes a double mask of revitalising aloe vera and cucumber, followed by a mineral-rich clay mask infused with purifying manuka honey, rosemary and tea-tree. Enjoyed after our signature foot ritual.

LONGEVITY FACIAL 105 MINUTES

This transformational facial addresses the key underlying causes of physiological ageing. This facial delivers both immediate and long lasting results.

TREATMENT ENHANCEMENTS

BACK MASSAGE 30 MINUTES

Spoil yourself and add a deeply relaxing back massage to your facial.

To add one of these enhancements to your Elemental Herbology Facial please see a member of the team.

WARM THAI POULTICE BACK MASSAGE 30 MINUTES

Enhance your facial with a back massage using a warm Thai poultice, freshly made with therapeutic herbs to induce deep muscle relaxation and take home with you to immerse in a bath.

FACIALS

OSKIA
LONDON

THE OSKIA SIGNATURE FACIAL 75 MINUTES

This signature facial uses a combination of anti-aging and radiance-enhancing techniques to illuminate, hydrate and tone the skin. Fragrant steam and aromatic compresses gently open pores while specialist face and eye massage techniques, lymph drainage and acupressure lift and firm contours. A warm rose oil mask, glow-inducing serums and a head and hand release ensure the skin, mind and body are left feeling relaxed and rejuvenated. The ultimate radiance-boosting facial.

OSKIA REVITALISING FACIAL 75 MINUTES

This treatment concentrates on reducing visible fine lines and toning the contours of the face in the short term while also delivering collagen-stimulating benefits to maintain a youthful complexion in the long term. Includes Déesse Pro LED light therapy.

OSKIA GENTLEMEN'S FACIAL 50 MINUTES

The Gentlemen's Facial is designed to leave your skin thoroughly cleansed, refreshed and hydrated. Natural, scientifically advanced products are used to enhance the deep steam cleanse and stimulating facial massage. Cool eye stones awaken even the most tired eyes, while a focused neck and shoulder massage helps to soothe and revive.

OSKIA GLOW-ON-THE-GO 45 MINUTES

For those in a hurry who want great results but without the fuss. Enjoy a 45-minute glow-enhancing facial, with a micro-derma exfoliant and a passion fruit enzyme, Swiss cress liposomes and AHA mask combined with OSKIA's signature face and brightening eye massage.

TREATMENT ENHANCEMENTS

OSKIA I-ZONE ANTI-FATIGUE TREATMENT 15 MINUTES

Add this anti-ageing eye treatment to any OSKIA facial to soothe and restore tired eyes.

DÉESSE PRO LED LIGHT THERAPY 20 MINUTES

Add this treatment to promote skin rejuvenation and naturally vibrant clear skin.

HAND & FOOT TREATMENTS

Margaret Dabbs
LONDON

SUPREME MANICURE 60 MINUTES

An exceptional signature manicure designed to leave hands silky-smooth and with a youthful glow. Using the full range of Margaret Dabbs' manicure products. Includes a relaxing hand and lower arm massage and an application of your chosen nail colour.

SUPREME PEDICURE 60 MINUTES

This outstanding signature pedicure is designed to give exceptional long-lasting results. Using the indulgent full range of Margaret Dabbs' Fabulous Feet products. Includes a foot bath and soothing foot massage and an application of your chosen nail colour.



JESSICA® MANICURE 45 MINUTES

A highly effective manicure including cuticle work, nail shape and nail polish application, leaving your hands feeling rejuvenated.

JESSICA® PEDICURE 45 MINUTES

Leave your feet feeling light and revitalised with a gentle pedicure including cuticle work, nail shape and nail polish application.

HAND AND FOOT TREATMENT ENHANCEMENTS

GELERATION FINISH 15 MINUTES

Finish any manicure or pedicure with a long lasting high-shine gel finish.

FRENCH POLISH 15 MINUTES

Finish any manicure or pedicure with a chic and classic French Polish.

EYE & SKIN TREATMENTS

DÉESSE PRO LED LIGHT THERAPY 20 MINUTES

Celebrity favourite Déesse Pro LED, uses low-level light therapy to stimulate natural cellular responses to promote skin rejuvenation and the improvement of common problematic skin conditions to promote naturally vibrant and clearer skin.

LASH TINT* 20 MINUTES

Ditch the mascara, create more definition, and enjoy the appearance of longer, thicker lashes with an eyelash tint. Using specially formulated and safe, permanent eyelash tint, our experts achieve a defined and natural look.

LASH LIFT* 60 MINUTES

LASHUS Lash Lift treatment delivers long lasting incredible results every time LASHUS provides uplifting, volume-enhancing lashes, working with your natural lashes by straightening them at the root, suitably curling to achieve the ultimate shape for your eyes and finishing off with a tint.

BROW BY MII* 45 MINUTES

Eyes are the windows to the soul – frame them with the perfect brows to reveal the true beauty of every expression. The treatment combines an in-depth consultation, tinting, waxing and finishing.

SIMPLE BROW SHAPE 15 MINUTES

Using tweezers our simple brow shape can be booked alone or added to a facial.

HAIR REMOVAL SERVICES

Leaving skin smooth and soft, our range of treatments use hot wax for intimate areas and strip wax for larger patches. With painless, long lasting results, these premium treatments combine powerful pine resin with naturally soothing ingredients.

Eyebrow
Under arm
Bikini
Lip & chin
Lower arm
Full leg

Full arm
Half leg
Brazilian
Hollywood
Back
Chest



PLANNING YOUR VISIT

Spa Opening & Treatment Times

Opening times are subject to availability, please refer to the website.

Age Requirements

The minimum age for entry to The Spa at Carden is 18.

Medical Conditions

Some of the treatments that we offer are not suitable for guests with certain medical ailments and conditions. Therefore we ask that you draw our attention to this prior to your arrival in the spa. We do offer specially designed treatments for guests living with or recovering from cancer and other serious conditions. Please allow the team to guide you in selecting which treatments are most suitable for you.

Arrival Time

If you are having an individual treatment, we recommend that you arrive at The Spa at Carden reception at least 30 minutes prior to your scheduled appointment to allow sufficient time to check-in, change into your robe, complete your individual consultation and allow our team to familiarise yourself with the spa. A late arrival may mean that the scheduled time is reduced or unable to be honoured. The cancellation policy will still apply.

What to Wear and Bring

Appropriate swimwear is obligatory within the wet area. Upon arrival we will provide you with a wristband for your own personal locker; within which you will find a robe, towel and a pair of flip-flops. Robes remain the property of the spa but the flip flops are yours to take away with you.

Robes

The wearing of robes is limited to the spa and spa gardens. Robes are fitted with a discreet security tag to prevent them being taken into the hotel.

Spa Etiquette

Our ethos is around nature and well-being; to preserve the tranquillity of The Spa at Carden we request that all guests use silent mode on mobile phones and refrain from taking calls. Filming and photography is not permitted in the changing areas. Smoking and the use of electronic smoking devices are not permitted within any of the indoor or outdoor spa areas. It's nice to catch up with friends but we do ask that when you are enjoying the relaxation rooms and treatment corridor that you keep your voice to a whisper.

Food and Drink

Alcohol may be purchased and consumed around the spa. Please be aware that we operate a challenge 25 policy and should you be lucky enough to look younger please remember to bring proof of age to the spa when you visit. Only alcohol purchased within the spa facility may be consumed in the spa facility. We request that you show full consideration towards risks as well as your fellow guests and staff and refrain from excessive, noisy or disruptive behaviour.

We reserve the right to refuse you alcohol and / access to facilities. Guests purchasing additional food and beverage will be asked for payment at the time of ordering. Dinner on residential packages is to be taken in Redmond's restaurant; full details of your dinner allocation can be found in your confirmation.

Dietary Requirements

We are more than happy to plan and cater for dietary requirements as long as you give us adequate notice and in advance of your arrival.

Lost Property

All lost property found on the premises should be handed in at Spa Reception. Items will be stored for four months. If they are not collected within this time they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only. Please be advised all valuables are left at their owner's risk and The Spa at Carden will not be held responsible for any losses or damage.

Treatments

Please be aware that when you book an individual treatment it allows you access to the relaxation rooms before and after your treatment but does not allow you access to the Spa Garden and Thermal Experiences. Your treatment time as advertised in the brochure includes consultation and after care as a complimentary service.

Cancellation Policy

Day Packages must be paid for in full at the time of booking. This is non-refundable unless a cancellation or change of date is made 72 hours in advance.

Individual Treatments must be paid for in full at the time of booking. We have a 72-hour cancellation policy. Any cancellations with less than 72 hours and more than 24 hours' notice will result in a 50% charge. Any cancellations or change of date received with less than 24 hours' notice will be charged at 100% of the treatment cost less any monies already paid.

Group bookings of 8 or more will require a contract and a cancellation policy will be as stated as per the contract's terms and conditions not the cancellation policy that has been stated in the brochure.

Promotional Packages must be paid for in full at the time of booking. These are non-refundable and non-transferable.

Please note if you are booking within 24 hours of arrival – payment will be required in full by chip and pin at Spa Reception.

Adverse Weather Conditions


For health and safety reasons we may decide to restrict the use of our outdoor facilities due to adverse weather. These along with mechanical or electrical breakdowns are usually beyond our control although we will always try to reconvene services as soon as possible. No refunds will be given in such instances.



GIFT VOUCHERS

Give the gift of well-being to someone special. Treat them to specific packages, treatments or a voucher for a monetary value.

Please visit cardenpark.co.uk
or contact Spa Reservations
for more details on 01829 731007



BOOK YOUR
TREATMENT,
STAY OR
EXPERIENCE TODAY

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PRIVACY POLICY

Carden Park Hotel Ltd collects and uses data in accordance with the General Data protection Regulation (GDPR)
For more information please visit our privacy notice at cardenpark.co.uk/privacy