



the  
**Spa**  
at Carden

2021

“

The outdoor facilities are vast. With fire pits and hot tubs, garden saunas and heated seated pods, this lavish hotel spa sits within 1,000 acres of lush countryside.

”

The Telegraph



**A place where joy, refinement and a connection with nature coexist, The Spa at Carden is the ultimate expression of escapism.**

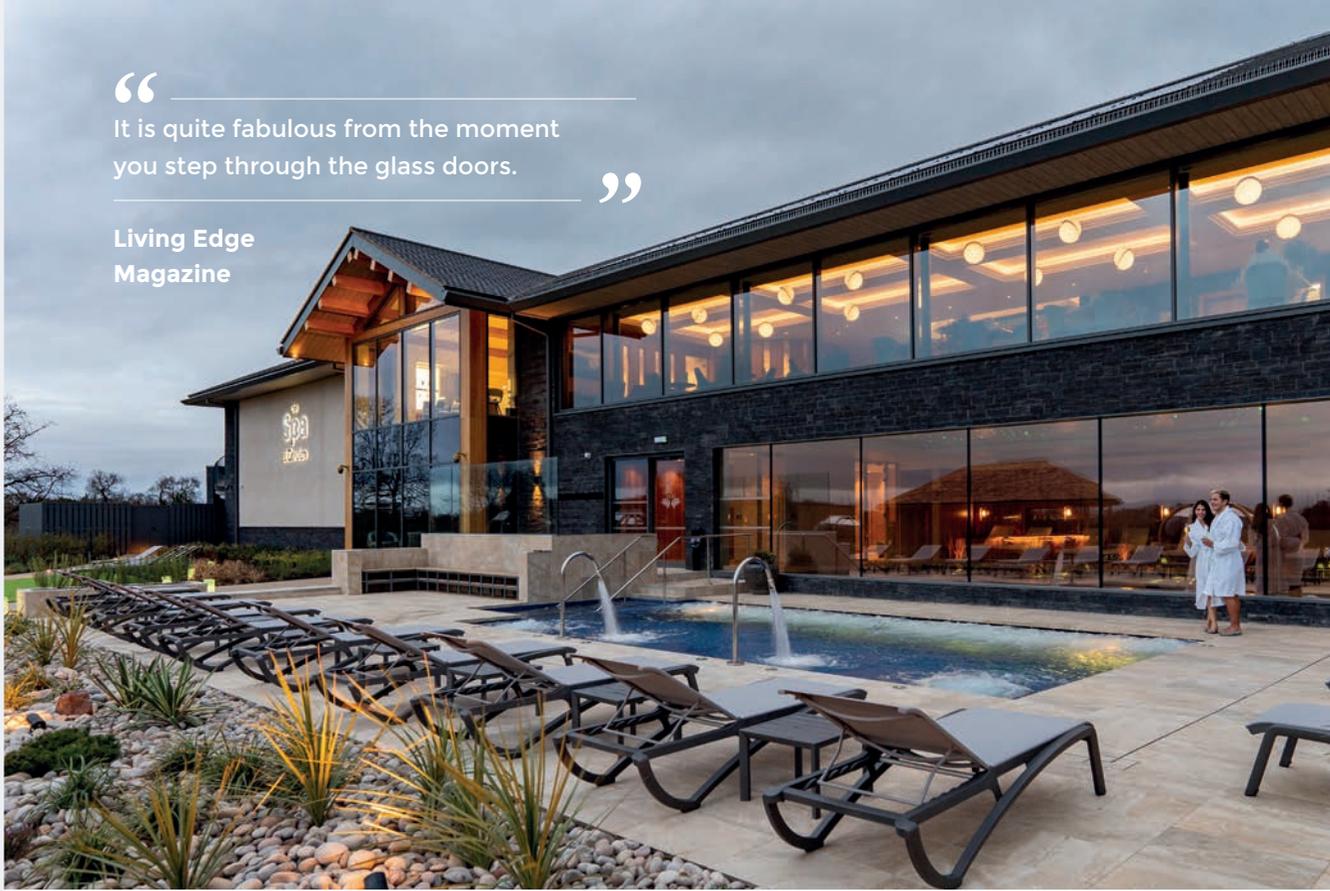
Named 'Britain's Best New Spa of 2020' by The Good Spa Guide, this immersive sanctuary deeply rooted in Carden Park's 1000-acre estate will ignite the senses and transport you to a world of warmth and wonder.

Expect an artfully curated range of treatments designed to restore your true self. From ornate interiors to breathtaking spa garden facilities woven into the scenic Cheshire countryside, you will drift between experiences that are nothing short of otherworldly.

More than a spa, this is a place for extraordinary experiences.

A destination for well-being.





“ It is quite fabulous from the moment you step through the glass doors. ”

Living Edge Magazine

### SPA STAY EXPERIENCES

Journey through an abundance of unique spaces and experiences in the heart of the Cheshire countryside for an unforgettable Spa Break.

We offer a wide range of accompanying Spa Day options, with or without treatments and Spa Garden access, to suit any requirement.

During your stay, you will enjoy luxurious overnight accommodation as well as access to the Hotel Leisure Club.

Scan the below QR codes using your phone camera to view our packages online.

Spa Stay Packages:  
[cardenpark.co.uk/spa/breaks](http://cardenpark.co.uk/spa/breaks)



Spa Day Packages:  
[cardenpark.co.uk/spa/days](http://cardenpark.co.uk/spa/days)



### SPA DAY EXPERIENCES

Whether you're visiting us alone, with friends or a loved one, every aspect of the Spa Day Experience is designed to be distinctive, catering to extravagant celebrations as well as relaxing retreats.

Choose from full or half day experiences with or without treatments. All of our distinctive Spa Days start with welcome refreshments, you can then enjoy access to Elements Restaurant and a comfy robe to use throughout your day.



CHAMPAGNE  
**BOLLINGER**  
 MAISON FONDÉE EN 1829

### BOLLINGER EXPERIENCES

For the ultimate luxury experience, choose one of our Bollinger packages for an entire day or an overnight stay.

Celebrate with a glass of Bollinger on arrival and leave with unique Bollinger accessories to take home, along with many other exclusive benefits.



## ELEMENTS RESTAURANT

Offering magnificent views of the Spa Garden and surrounding Cheshire countryside, Elements is a dining experience like no other.

From healthy lunches with fresh, locally sourced ingredients to Champagne afternoon teas with impeccably presented sweet treats, expect gourmet cuisine that will add the perfect finishing touch to your spa experience.

As you admire the view from Elements, you can also enjoy Carden Park Estate Reserve sparkling wine made from the grapes handpicked from our on-site vineyard.

“  
It is unashamedly a 'place to be seen' - with stylish, contemporary interiors.  
”  
European Spa Magazine



## THERMAL SUITE

Sink into a deep sensation of warmth and relaxation as you experience the next generation Thermal Suite.

The ideal optional upgrade to your spa treatment, you will have access to 8 unique indoor experiences; including a Vitality Pool, Steam Rooms, Saunas and this stunning mosaic tiled Tepidarium - along with use of one of the UK's largest Spa Gardens.

## TREATMENT MENU

## FACE

### Botanical Facial

50 minutes

*Double cleanse, exfoliation, mask*

A blissful experience using bespoke products for your skin type, the facial begins with a deep cleanse and exfoliation before an energising, hydrating mask is applied. Emerge with your skin feeling reinvigorated, nourished and healed.

### Regenerating Facial

50 minutes

*Exfoliation, toning facial massage, hydrating*

Hydrate, cleanse and brighten with this OSKIA facial designed to provide immediate and lasting benefits to all skin types. The exfoliation is designed to purge ageing and environmental aggressors from the surface, then a delicate eye massage is combined with hydrating products to leave your skin radiant and luminous.

### Revitalising Facial

75 minutes

*Brightening, plumping, light therapy*

Revitalise your skin with a facial designed to rejuvenate and protect, reducing fine lines, toning the contours of your face and leaving you with a youthful glow. The collagen-stimulating techniques and Déesse PRO LED light therapy will maintain the complexion longer term; encouraging natural detoxification, reversing the look of fatigue and leaving skin soft, smooth, and refreshed.

### Signature Facial

75 minutes

*Hot compress, lymph drainage, warm rose mask*

For unparalleled radiance-boosting results from the outside in, our Signature Facial employs a variety of anti-ageing and purifying techniques to hydrate, tone and illuminate the skin. After experiencing aromatic compresses with stimulating facial massage techniques, benefit from a soothing rose oil mask with glow-inducing serums to complete the process of healing and restoration. Ending with a head and hand massage, feel the effects of ageing and fatigue dissipate for a truly rejuvenating experience.



## BODY

### Botanical Massage

50 minutes

*Essential oils, customised massage, relieves tension*

Harmonised to your bespoke requirements, this massage experience uses heavenly essential oils to restore a tranquil state of balance, while relieving tension and addressing fatigue.

### Muscle Melt Massage

75 minutes

*Foot ritual, full body, relieves tension*

Beginning with a signature foot ritual, this full-body, tailored pressure massage will pinpoint problem areas and unravel underlying tension in the muscles. Emerge from the experience relieved of inner stress, with enhanced circulation and increased flexibility.

### Shimmering Body Ritual

50 minutes

*Exfoliation, warm mitt experience, back massage*

This unforgettable ritual opens with a nourishing scrub to exfoliate and feed the skin using a powerhouse of nutrients. After bringing new life to the skin and senses, the ritual ends with a back massage that focuses on releasing underlying stress in tight muscles.

### Touch Therapy

45 minutes

*Sequence of touch, scalp massage, deep relaxation*

Soothing touches define this exceptionally calming experience, inducing a deep sense of reflection and inner bliss. The front of body sequence of touches created by Made for Life Organics is tailored to your needs and will transport you to a state of deep relaxation.

## RELAXATION ROOMS

Isolated spaces for rest and revival in between treatments, the three distinctive relaxation spaces will enhance any spa therapy.

From panoramic lounges to cocoons of quiet contemplation, the Relaxation Rooms are included in your treatment experience and allow your mind, body and soul to fully absorb the benefits of your chosen ritual.



“  
The Spa at Carden is the best possible place you could be.”

Good Housekeeping

## FACE & BODY

### Rejuvenating Ritual

50 minutes

*Back massage, facial massage, recharge and rebalance*

Revitalise and rebalance with this back, neck and shoulder massage combined with an energising facial experience. Bringing together the benefits of all treatment types, you will leave recharged with radiant skin t a sense of pure relaxation.

### Hand on Heart

90 minutes

*Slow rhythmic back movements, relaxing facial, restore inner balance*

Profoundly soothing rhythmic movements on the upper back, neck, shoulders and head are combined with a calming facial to form a sense of deep relaxation. Emerge with your inner balance and bodily synergy restored.

### Pregnancy Nurturing

90 minutes

*Full body massage, calming facial, relives tension*

This nurturing body massage is ideal for mother's to be during the first, second or third trimester. Beginning with smooth massage techniques to alleviate any aches and pains, the experience ends with a calming facial to leave you relaxed, de-stressed and rejuvenated.

### Luxury Face and Body Experience

105 minutes

*Warm candle massage, radiance boosting facial*

A truly sensational experience, this treatment combines OSKIA's most luxurious radiance-boosting facial techniques with a deep pressure massage to entirely relax your body, enhance your complexion and ensure you leave radiating with a renewed sense of well-being.



### The Spa at Carden Signature Experience

105 minutes

*Foot ritual, poultice massage, facial*

Our signature treatment is a top-to-toe indulgent experience using products infused with therapeutic herbs found in our Spa Garden. Beginning with a full body massage, your therapist will combine expert touch techniques with Thai herbal poultices to induce deep relaxation. A serene facial will then provide optimum nutrition and a multi-vitamin sustenance to boost your natural beauty. Finish the experience with a glass of our very own Carden Park Estate Reserve.



### +TREATMENT ENHANCEMENTS

#### Back Massage

30 minutes

#### Warm Thai Poultice Back Massage

30 minutes

#### Déesse Pro LED Light Therapy

20 minutes



“  
It's like a little piece of heaven.”

Closer Magazine

## BOLLINGER BEAUTY BAR

A breathtaking room with luxury detailing and stunning views, the Bollinger Beauty Bar is the ultimate space at The Spa at Carden to receive beauty treatments.

With experiences such as manicures, pedicures, facials, light therapy, makeup and more; you will never want your time in this palatial sanctuary to end.

“  
The feel throughout is lavish and luxurious, with high-spec finishes, lashings of white orchids and super comfy treatment beds.”

The Telegraph

# BEAUTY BAR EXPERIENCES

## Foot and Scalp Ritual

50 minutes

*Head massage, lower leg and foot exfoliation, leg and foot massage*

This artfully prepared ritual begins with a revitalising foot treatment that incorporates a stimulating and mineral-rich organic soak. The accompanying scalp treatment will leave your hair feeling glossy, smooth and completely rejuvenated.

## Soothing Hand or Foot Ritual

50 minutes

*Cleanse, exfoliate, nail paint*

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 your ritual.

## Tailored Manicure

45 minutes

*Cuticle work, file, polish*

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

## Tailored Pedicure

45 minutes

*Cuticle work, file, polish*

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

## Supreme Manicure

60 minutes

*Hand soak, exfoliating massage, nail paint*

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

## Supreme Pedicure

60 minutes

*Foot bath, exfoliating massage, nail paint*

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

## +HAND & FOOT ENHANCEMENTS

### Gel Polish Finish

15 minutes additional time

### French Polish Finish

15 minutes additional time

### Heated Booties or Heated Mitts

15 minutes additional time

To plan your visit to The Spa at Carden, visit [cardenpark.co.uk/spa/planning-your-visit](http://cardenpark.co.uk/spa/planning-your-visit)



## Déesse Pro Led Light Therapy

10 minutes or 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. Leave with naturally vibrant and clearer skin.

## Lash Lift\*

60 minutes

Providing uplifting, volume-enhancing lashes and working with your natural lashes by straightening them at the root, the LASHUS Lash Lift treatment uses curling to achieve the ultimate shape for your eyes and finishes off with a tint included.

## Lash Tint\*

20 minutes

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

## BRIDAL & GROUP PACKAGES

### Bridal on the Day

Bridesmaid/Mother/Guest

Special Event Make-up

Bridal trials are also available.

## Brow Define & Shape\*

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

Our simple brow shape can be booked alone or added to a facial to create a well-shaped brow and enhanced natural beauty.

## HAIR REMOVAL SERVICES

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

**Eyebrow**

**Lip & chin**

**Full arm**

**Under arm**

**Lower arm**

**Full leg**

**Half leg**

**Bikini**

**Brazilian**

**Hollywood**

**Back**

**Chest**



A patch test is required 48 hours prior to services involving a tint.

## 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](https://cardenpark.co.uk)  
or contact Spa Reservations  
for more details on 01829 731 000**





## TREATMENT PRICE LIST

### FACE

Botanical Facial	£90
Regenerating Facial	£90
Revitalising Facial	£125
Signature Facial	£135

### BODY

Botanical Massage	£90
Shimmering Body Ritual	£90
Touch Therapy	£90
Muscle Melt Massage	£120

### FACE & BODY

Rejuvenating Ritual	£90
Hand on Heart	£135
Pregnancy Nurturing	£135
Luxury Face and Body Experience	£155
The Spa at Carden Signature Experience	£155

### +TREATMENT ENHANCEMENTS

Back Massage	£40
Warm Thai Poultice Back Massage	£40
Déesse Pro LED Light Therapy	£40

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### BEAUTY BAR EXPERIENCES

Simple Brow Shape	£15
Lash Tint	£20
Déesse Pro Led Light Therapy	£40
Brow Define & Shape	£40
Tailored Manicure	£45
Tailored Pedicure	£50
Supreme Manicure	£55
Lash Lift	£55
Supreme Pedicure	£60
Foot and Scalp Ritual	£80
Soothing Hand or Foot Ritual	£80

### +HAND & FOOT ENHANCEMENTS

Gel Polish Finish	£10
French Polish Finish	£10
Heated Booties or Heated Mitts	£10

### HAIR REMOVAL SERVICES

Lip & Chin	£18	Full Leg	£30
Eyebrow	£20	Back	£30
Under Arm	£20	Chest	£30
Bikini	£20	Full Arm	£35
Lower Arm	£25	Brazilian	£35
Half Leg	£25	Hollywood	£35

### BRIDAL & GROUP PACKAGES

Bridesmaid/Mother/Guest	£50
Special Event Make-up	£50
Bridal on the Day	£70

All prices are listed per person, for full terms and conditions, please visit [cardenpark.co.uk](http://cardenpark.co.uk). All information contained in this price list and accompanying brochure was correct at the time of printing (May 2021), please visit the website for up to date treatment information, where you can also view our data collection and privacy policy.



BOOK YOUR  
TREATMENT  
STAY OR  
EXPERIENCE TODAY

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