

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Voya Face & Body

Raise your organic skin care expectations!

As a truly niche brand, Voya are a family business focused on creating genuinely organic, seaweed-based products and spa treatments.

Wild organic seaweeds are harvested by hand on the West coast of Ireland and combined with the highest quality botanical ingredients and aromatherapy oils, to create a range of products and treatments that achieve exceptional results, whilst being sustainably produced and are certified by the Soil Association.

Ashmira Botanica Waxing

Ashmira Botanica is an exquisite waxing range packed full of botanical elements from Mother Nature. Every product has wonderful ingredients such as argan oil, that have been chosen for their exceptional moisturising and anti-inflammatory properties, to help repair, protect and nourish skin after hair removal.

Caudalie

Caudalie is a glamorous, French brand that combines the latest scientific techniques with natural ingredients. A Caudalie product delivers luxurious textures and aromas that are a delight on the skin; whilst delivering exceptional results. Our therapists are extensively trained to deliver the ultimate in luxurious, indulgent treatment experiences, which are globally recognised as a must-have treatment experience.

Jessica

When it comes to natural nails, Jessica Cosmetics is considered a world-leading brand with a range of nail products to achieve and maintain naturally beautiful nails.

Wellness Therapies

Helps to restore and soothe mind, body and soul, using carefully selected products to target skin-related side effects caused by chemotherapy, radiation and strong medication. Uses light touch massage, thus suitable for cancer patients, those with long term illness or anyone in need of a completely de-stressing experience.

Facials

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Caudalie Resveratrol Lift Facial

90 mins £90

This exceptional facial, which has been specially created for skin that lacks firmness and vitality, begins with a calming back massage to induce relaxation. The therapist then uses rollers which provide a stimulating massage and lifts the contours of the face. While the warming mask enhances the lifting effects of the Resveratrol products, a hand and arm massage, along with a soothing scalp massage, add a luxurious element, leaving skin hydrated and plumped.

Caudalie Vinosource Facial

30 mins £40 | 45 mins £50 | 60 mins £60

This skin specific facial can be tailored to any skin type and will help to even skin tone and deeply hydrate. It is incredibly relaxing, and includes a face massage, as well as a sleep-inducing scalp massage.

Voya Anti-Ageing Restorative Facial

75 mins £80

Organic, hydrating and anti-aging, this facial is suitable for all skin types. Using Voya's finest organic ingredients combined with anti-oxidant algae complexes and a restorative blend of aromatherapy oils; this helps to stimulate collagen production, reduce the appearance of fine lines and wrinkles, and results in instantly firmed and tightened skin with a natural and radiant glow.

Voya Resurfacing Radiance Peel

45 mins £50

Deeply exfoliating and smoothing, this resurfacing peel targets congested, lacklustre and dull skin. Using a combination of seaweed extract, naturally derived glycolic and lactic acids, this gives back your skin's natural radiant flow and assists in diminishing fine lines, reducing pore size and brightening appearance. Not recommended as part of a Spa Day Package.

Massages

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Voya Total Voyager Massage Journey

90 mins £95

A complete top-to-toe relaxation journey which begins with body brushing to stimulate the lymphatic circulation and then a full body, face and scalp massage using the world's only organic seaweed oil from Voya. At the end of this 90-minute slice of heaven, your body is cocooned in a velvety body lotion leaving you super soft and tension free.

Caudalie Fleur de Vigne Candle Massage

60 mins £70 | 90 mins £95

This unique massage treatment indulges all your senses. Using a massage candle which melts into a luxurious warm, delicately scented oil, it will soothe aching muscles and leave the skin softly scented and richly hydrated.

For the ultimate tension-reducing treatment, the 90-minute experience includes a relaxing face and scalp massage.

Voya Mindful Dreams Massage

75 mins £80

The Mindful Dreams massage ritual offers a heightened sense of relaxation – this is a powerful sleep encouraging experience, using a seaweed-based oil, infused with lavender essential oil. It is a full body treatment which includes a face and scalp massage along with deep breathing and massage techniques that echo the movement of the sea. This treatment evokes instant tranquillity and fosters inner well-being, calmness and serenity – be ready to have all stresses, strains and tension melt away.

Lava Shells Relax Massage

90 mins £100

This warming massage uses gentle heat in porcelain shells in conjunction with your therapist's hands to deploy deeply therapeutic relief where needed. Finishing with a sublime face and scalp massage, this is a seriously relaxing treatment.

Massages

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Voya Quiet Minds Scalp Massage

45 mins £50

The face, neck and shoulders are all treated to a combination of massage movements using a rosehip based facial serum. Pressure points and lymphatic drainage help with sinus problems and headaches, as well as relaxing tight muscles in the neck. A conditioning hair treatment is used during the scalp massage to soothe away tension and quiet your mind.

Voya Reflexology

45 mins £50

A therapy that can be dated to ancient Egypt, India and China; reflexology is a gentle pressure point massage treatment, which uses reflex areas on the feet linked to areas and organs in the body. This relaxing therapy can help identify physical factors that may be affecting your well-being and help to restore balance naturally.

Voya Foot Retreat Ritual

45 mins £50

This treatment begins with a sea salt exfoliation from the knees to the feet to refine your skin. You will then be treated to a deeply relaxing massage of the lower legs, a double action seaweed foot mask and fresh seaweed leaf wrap to reduce swelling and soften tired feet. This is an ideal treatment during pregnancy.

Voya Traditional Massage

30 mins £40 | 60 mins £65

Using Voya oils, this massage is designed to soothe tired and aching muscles, nourish the skin and help aid relaxation.

Ultimate Treats

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Ultimate Face & Body Retreat

60 mins £70

A truly wonderful experience, this is a bespoke treatment for your individual needs, combining a 30 min massage and 30 min facial, to leave you feeling as though you are floating on Cloud 9.

Ultimate Perfection Ritual

120 mins £150

The most luxurious of all treats! Your ritual begins with one of our invigorating head-to-toe exfoliations. A full body massage soothes tension, aches and pains and your ritual is completed with a bespoke facial, including a relaxing face and scalp massage, leaving your complexion radiant and glowing. After your top-to-toe experience, you will leave feeling completely serene.

Bath Butler

15 mins preparation £25

In the comfort and privacy of your hotel room, allow the Spa Bath Butler to prepare a warm bath for you with wild hand-harvested seaweed. The mineral rich seaweed soothes aches and pains and aids in the healing of skin conditions such as psoriasis and eczema. It is also deeply detoxifying, and induces a deep sleep, or try it before a spa treatment to relax your muscles and soften skin. Enjoy relaxing in your bath for as long as you like!

Book a detoxifying Seaweed Wrap, Body Scrub or Total Voyager Journey after your Bath and receive 10% off these treatments.

Pre-Natal Treatments

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Our pre-natal treatments are suitable for all mothers-to-be who have completed their first trimester and have no complications with their pregnancy, offering a safe and enjoyable way to be supported during this exciting time.

Voya Organic Precious Moments

60 mins £65

Voya's Organic Precious Moments treatment is tailored especially for an expectant mother and her growing bump and is the perfect rejuvenating treatment to support the wonderful journey to motherhood. The baby bump is enveloped in a specialised mask helping to support connective tissue and prevent stretch marks, while her aching feet are wrapped in seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. These hydrating organic masks work their magic while you enjoy a beautifully relaxing face, hand and arm massage. Bliss!

Please note:

Sauna and steam rooms should not be used during pregnancy as the high heat can increase blood pressure. Care should also be taken in the swimming pool area and showers due to slippery surfaces.

Lava Mama Pregnancy Massage

60 mins £70

Using a combination of both hot and cold lava shells with pure coconut oil, this treatment aims to improve energy levels, assist circulation and alleviate puffiness and fluid build-up, particularly in the legs and ankles. It is a full body treatment targeted to your areas of tension and leaves skin fully hydrated. The clever combination of gentle but effective warmth and cold, assists with pain relief and reduces muscle spasm, making for a happy pregnancy.

Other popular treatments during pregnancy include:

- Foot Retreat Ritual
- Vinosource Facial
- Manicure | Pedicure
- Calming Hand, Foot & Scalp Therapy

Wellness Therapies

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Rose & Honey Harmony Facial

75 mins £70

Using rich Royal Jelly products, this facial is designed to alleviate dry, flaky and sensitive skin. Soothing rose hip oil, known for its healing properties, helps to revitalise dull tone and help the skin regain natural immunity against daily aggression. A rose petal mask soothes skin prone to sensitivity brought on by emotional and physical stress. A scalp treatment using baobab hair oil can be included, or hand and arms can be massaged if preferred. A luxurious healing face and neck massage using warm Obsidian stones will help restore peace to the mind and soul.

Aloe & Mint Cooling Body Therapy

90 mins £90

This gentle cooling massage uses products rich in aloe vera to deeply hydrate the skin, lemon oil to purify and mint to refresh the body. Additional rose hip oil soothes, nourishes and reduces irritation. Your therapy is completed with a de-stressing scalp massage to aid relaxation, combined with the power of semi-precious stones to restore harmony to the mind. Ideal after radiation therapy.

Baobab Body Ritual

90 mins £90

This relaxing and indulgent ritual uses ethically sourced, organic baobab oil packed with antioxidants, vitamins and omegas to nourish and protect the skin. Your ritual begins with a gentle full body exfoliation using baobab seeds. Soothing lymphatic massage with baobab oil provides the skin with anti-inflammatory nourishing and hydrating benefits. To complete your stress-reducing experience, our relaxing baobab scalp therapy will help to revitalise the hair and soothe the scalp.

Calming Hand, Foot & Scalp Therapy

90 mins £90

Chemical treatments can cause extreme dryness to hands and feet and stimulate hair loss. This therapy counteracts this. Begins with a gentle hand and foot exfoliation, without water to maintain PH levels. Then a deeply hydrating mask to relieve extreme dryness and dehydration, followed by a nourishing massage. Finally, a revitalising scalp massage using baobab hair oil to revitalise the hair and soothe the scalp.

Gentlemen's Retreat

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Intense Defence Facial

60 mins £60 | 30 mins £40

This treatment is suitable for all skin types, especially those in search of anti-aging results. The restorative facial uses Voya's finest organic ingredients to stimulate collagen production and reduce the appearance of fine lines and wrinkles. A sublime face, neck and shoulder massage combined with a stress-busting scalp massage will leave even the most frazzled executive feeling relaxed.

Quiet Minds for Men

45 mins £50

Pressure points and lymphatic drainage help with sinus problems and headaches, as well as relaxing tight muscles in the neck. A conditioning hair treatment is used during the scalp massage to soothe away tension and quiet your mind.

Face & Body Fusion

90 mins £95

A top-to-toe relaxation journey to stimulate the lymphatic circulation with a full body massage, including a deep cleansing facial and calming scalp treatment.

Mindful Dreams

75 mins £80

A powerful sleep-encouraging experience, using a seaweed-based oil infused with lavender essential oil. The full body treatment includes a face and scalp massage along with deep breathing and massage techniques that echo the movement of the sea. Evoking instant peace – all stresses, strains and tension melt away.

Grooming

Manicure for Men	30 mins £30
Pedicure for Men	45 mins £40
Chest or Back Wax	30 mins £25

Exfoliation

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Organic Exfoliations For All Skin Types

45 mins £50

Each treatment begins with body brushing to stimulate the lymphatic circulation and ends with an application of body lotion, leaving you feeling invigorated and your skin feeling super soft.

Caudalie Cabernet Sugar Scrub

Grape seeds, honey & brown sugar, stimulates circulation.

Voya Peppermint & Seaweed Sugar Glow

Uplifts & refreshes.

Caudalie Divine Glow

Gentle & nourishing with a glamorous scent.

Voya Lavender & Seaweed Sugar Glow

Healing & relaxing.

Wraps

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Caudalie Divine Body Wrap

60 mins £65 | 90 mins £90 (includes facial)

Relaxing, nourishing.

A deeply nourishing treatment for the body begins with the Divine body scrub to remove rough skin, followed by an application of Divine oil and Body butter. While you are cocooned, a relaxing scalp massage completes the treatment. Your skin will be softened and scented with a delicate blend of roses, grapefruit, pink pepper, vanilla and white musk. Truly Divine!

Voya Organic Warm Spiced Mud Wrap

Warming, muscle relaxing.

60 mins £70

Seaweed is taken fresh from the ocean and its purifying elements, including potent antioxidants and minerals are encapsulated in this treatment. Infused with aromatic spices of ginger and orange to revive the senses, this wrap has immediate and noticeable effects on the skin, including firming and toning. Includes a scalp massage while you are wrapped.

Voya Ocean Essence Wrap

75 mins £80

Detoxifying, fluid retention.

This organic wrap treatment stimulates the blood and lymph flow. It detoxifies the skin and promotes the renewal of damaged cells with a full body exfoliation. It is an excellent skin rejuvenator, combatting cellulite and muscle fatigue, producing a smoothing and moisturising effect. A soothing scalp massage completes the treatment.

Hands & Feet

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Jessica nail products help to restore moisture and care for your nails as naturally as possible. Your nails are treated with a base coat especially chosen to treat problems such as peeling, breaking or dryness. We use a new polish for every manicure, which is yours to take home.

Alternatively, you can have gel polish applied which dries instantly.

Time-Precious Manicure | Pedicure

45 mins £40

Perfect for when you are short of time, or if you have regular nail treatments, this includes nail cutting and filing, tidying of cuticles and an application of polish which is yours with our compliments. Or, if you have a special occasion or holiday coming up, you may want to try a gel polish which will stay chip-free for 2 weeks and dries instantly.

ZenSpa Manicure | Pedicure

60 mins £55

If your feet have been neglected, or they need a bit of extra care, then the ZenSpa pedicure includes nail cutting, filing and cuticle work, as well as exfoliation, hard skin removal and massage. To finish you can either choose the regular nail polish, which is yours to take home, or have a coat of gel polish which will dry instantly.

Gel Removal

30 mins £15

Removal of gel and, if time allows, file, buff and oil.

(Removal is free if part of a manicure or pedicure).

NB: If you are having an application of regular nail polish, it is not advised to swim, shower or use any heat treatments such as the sauna, for at least 3hrs.

Waxing & Tinting

Spa opening times: Monday to Friday 7am-9pm | Saturday and Sunday 8am-8pm | **Treatments:** Monday to Sunday 10am-6pm

Full Leg Wax

£35

Half Leg Wax

£25

Standard Bikini Wax

£20

Underarm Wax

£18

Eyebrow Wax

£15

Lip & Chin Wax

£15

Back or Chest Wax

£25

Please note: no sunbathing or heat treatments (for example sauna | steam room) for 24 hours before or after waxing. Swimming and massage treatments are not recommended after waxing.

Eyebrow Tint

£15

Eyelash Tint

£20

Eyelash & Eyebrow Tint

£30

Please note: all our tinting requires a patch test a minimum of 24 hours prior to treatment.

Experiences

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Sunrise Experience

Monday - Thursday | 9.30am - 1.30pm £90
A 45 min treatment, either breakfast or a two-course lunch from the daytime menu, plus use of facilities.

Sunset Experience

Monday - Thursday | 3.30pm - 7.30pm £100
A 45 min treatment, either afternoon tea with a glass of Champagne or a two-course dinner, plus use of facilities.

Tranquillity Experience

Monday - Thursday | 12.00pm - 5.00pm £145
Friday - Sunday | 12.00pm - 5.00pm £160

Either 2 x 45 min treatments or 1 x 90 min treatment from the treatment menu, afternoon tea with a glass of Champagne, plus use of facilities.

We also offer a range of seasonal spa experiences see parkhousehotel.com/spas-in/sussex

Park House Experience

Monday - Sunday | 10.00am - 4.00pm £200
Coffee & pastries on arrival.
Ultimate perfection ritual 120 mins.

The most luxurious of all treats! Your ritual begins with any one of our 30 min invigorating head-to-toe Voya exfoliations. Next a 60 min massage soothes tension, aches and pains. Finally choose one of our 30 min Voya facials to leave your complexion radiant and glowing.

Either a two-course lunch or afternoon tea with a glass of Champagne, plus use of facilities.

All our spa experiences include the following:

Robe | towels
Use of facilities: indoor pool | jacuzzi | steam room | sauna | relaxation lounge | golf course (weather permitting). Plus (May to September) grass tennis court | bowling green | croquet lawn | outdoor pool.

