

A woman with brown hair in a bun is lying on her back on a white surface, receiving a back massage. Her arms are raised above her head, and her eyes are closed. The text 'cedarwood Spa' is overlaid in a white, handwritten-style font.

cedarwood Spa



FOREST of ARDEN

HOTEL & COUNTRY CLUB

welcome

To a world of pure indulgence, where the pampering begins the moment you arrive. Slip on a fluffy robe. Put your worries down and your feet up.

This is your invitation to recline, unwind and drift into bliss, in temples of tranquility where the everyday feels very far away.

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Slow Ageing Essentials

FACIALS

The use of expert massage techniques and 100% pure preservative free essential oils address the demands of every skin type to leave all complexions balanced.

QUENCH & PROTECT

Neroli Bigarade essential oil treatment.
Deeply hydrating and anti-pollution.
55 Minutes £65

PLUMP & LIFT

Lavender Fine essential oil treatment.
Lifting and anti-ageing using our facial lift yoga gestures.
55 Minutes £89

CALM & SOOTHE

Rose Damascena essential oil treatment.
55 Minutes £65

SMOOTH & GLOW

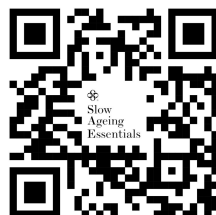
Green mandarin essential oil treatment.
Energising and anti-oxidising.
55 Minutes £65

RESET & STRENGTHEN

Aromaplastie Ritual treatment. First Decléor bespoke treatment created that brings out your complexion's natural beauty. The face is perfectly replenished and glowing with vitality, thanks to essential oils and our blend of flaxseed, sunflowers and plant vitamins.
55 Minutes £83

TASTER TREATMENT

Express Facial
25 Minutes £45



MADE FOR LIFE

Made for Life treatments provide a wonderful alternative to traditional massage and are a perfect way to relax, rejuvenate and restore balance. Using only 100% organic products, Made for Life treatments are suitable for all our adult guests and especially those going through or recovering from cancer.

Developed in collaboration with professional oncology masseurs, these treatments are also suitable for anyone with Parkinson's, neurological issues or anyone who is highly stressed or who has trouble sleeping.

SOOTHE & NURTURE ORGANIC FACIAL

Organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst a deeply relaxing face and scalp massage calms the mind and soothes the soul.
25 Minutes £45

TOUCH THERAPY FACE OR BODY

Soothing and nurturing touch to the full body or part of the body, introduces a deep sense of wellbeing, enabling you to find peace and enjoy the present moment.
55 Minutes £75

HAND ON HEART TREATMENT

Slow Tui Na Chinese movements rebalance and calm the upper body, while the facial will replenish, nourish and revive the skin and ease tension.
55 Minutes £70

CATCH THE BREATH BACK & HEAD TREATMENT

Slow Tui Na Chinese techniques rebalance and calm the upper body. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and relaxation.
25 Minutes £45



relax & unwind

MASSAGES


Slow
Ageing
Essentials

RELAX & DESTRESS

Aromatherapy full body massage.

55 Minutes £68

HOT STONE MASSAGE

The heat of the basalt stones encourages the muscles to relax quicker. Great for relaxation, anxiety, tension or improving circulation.

Full Body Hot Stone Massage

55 Minutes £80

Back Hot Stone Massage

25 Minutes £55

DEEP TISSUE MUSCLE ENERGISER

Deep tissue energiser that is intensely hydrating and distressing. Great for releasing muscles and tension in the body.

55 Minutes £68

SCALP MASSAGE

Focusing on the head, neck and shoulders and applying a variety of pressure and techniques.

25 Minutes £45

FRUIT SEED SCRUB

Powdered fruit seeds of orange and apricot plus essential oils that are used to polish and perfect skin, leaving it in supreme condition. A delightful treatment restoring vitality for skin that is beautifully nourished and exceptionally soft all over.

25 Minutes £45

TASTER TREATMENT

Back, Neck and Shoulder Massage

25 Minutes £45



time for you

HANDS & FEET

JESSICA'S DELUXE MANICURE

Luxurious added benefits of thermal heated mittens for deeper penetration of oils and creams. This treatment choice is excellent for increasing circulation or relieving stiff, painful joints.

55 minutes £40

JESSICA LEREMEDI MANICURE

As you enjoy your hands being exfoliated and moisturised, your nails will be perfectly shaped and polished using a prescriptive basecoat and choice of colour.

45 minutes £35

JESSICA ZEN SPA PEDICURE DELUXE

Luxurious added benefits of thermal heated booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints.

55 minutes £42

JESSICA ZEN SPA PEDICURE

Hard skin will be removed whilst feet and legs will be massaged leaving them softer and smoother. Cuticles will be groomed and toenails will be beautifully shaped and polished.

45 minutes £35

FINISHING TOUCHES

GE LERATION GEL OVERLAY MANICURE/PEDICURE

Beginning with tidying the nails and cuticles, then an application of your chosen GE Leration gel colour. The treatment concludes with a hand or foot massage.*

55 minutes £42

GE LERATION REMOVAL

25 minutes £15

TASTER TREATMENT

Mini Manicure or Pedicure

25 Minutes £29

Bikini Wax	15-25 min	£15
Underarm Wax	15 min	£12
Lip or Chin Wax	15 min	£10
Arm Wax	30 min	£20
Eyebrow Shape	15 min	£10
Eyelash Tint**	30 min	£15
Eyebrow Tint**	15 min	£10

*Treatment may be amended if paint/gel is already on the nails

**Tinting treatments need a 24 hour patch test



for him

MEN'S TREATMENTS

PERFORM & ENERGISE SKIN FACIAL

A high-speed solution to re-energise skin.

25 Minutes £45

FULL BACK WAX

25 Minutes £25

FULL CHEST WAX

25 Minutes £25

JESSICA GENTLEMAN'S CLUB

Cuticles are conditioned and groomed and nails are trimmed and shaped.

25 minutes £25

JESSICA EXECUTIVE FOOTCARE FOR MEN

Hard skin is removed, feet and legs are massaged with deep conditioning creams leaving them softer and smoother. Cuticles will be made neat and tidy and toenails will be perfectly shaped.

45 Minutes £35

GOLFER'S RECOVERY

An effective treatment to focus on key areas of tension caused by sports or everyday wear and tear. Relax while tension in the back and legs are massaged away.

45 Minutes £55

Tip: We recommend men shave a few hours before a facial.



make

A DAY OF IT

SPA DAY PACKAGES

If one treatment just won't do, why not have a whole day of escapism tailored just for you? Sink into a massage, beautify with a facial or just lounge pool-side cocooned in your complimentary robe and slippers. Our bespoke Spa Day packages take relaxation to blissful new heights.

All Spa Day packages are from 10am to 5pm, Thursday to Monday, and include towels, robes and full use of the leisure club & pool(s).

TIME FOR TWO SPA PACKAGE

Choose one of our taster treatments.

25 Minutes £60 per person

CREAM TEA & SPA PACKAGE

Choose one of our taster treatments.

Pot of Tea or coffee, Scone with Jam.

25 Minutes £70 per person

REFRESH & REVIVE PACKAGE

Decléor Reset and Strengthen Facial plus Back, Neck and Shoulder Massage, light Spa lunch with hot or soft drink.

85 Minutes £130 per person

BABY ON BOARD PACKAGE

rest and strengthen facial, with a lovely hand and arm massage followed by a leg and foot massage. This will leave you feeling refreshed and glowing.

85 Minutes £110 per person

TIME FOR YOU / HIM PACKAGE

Full Body Massage or Decléor Reset and Strengthen Facial or a LeRemedi

Manicure or Zen Spa Pedicure.

55 Minutes £80 per person

Please note: Taster manicures and pedicures in the above packages include nail and cuticle tidy followed by a choice of colour. Taster facials include cleanse, exfoliation, face mask and moisturise.

A woman with dark hair tied in a bun is relaxing in a pool. She has her eyes closed and her hands are pressed against her forehead, shielding her eyes from the sun. The water is a clear, vibrant blue, and the background is a soft-focus view of the pool's surface.

How to spa

MAKING THE MOST OF YOUR TIME

WHAT SHALL I WEAR?

Clients on Spa Days will feel most comfortable going into treatments with their robe over dry swimwear. During treatments underwear must be worn at all times, our therapists are trained to observe client modesty at all times, disposable briefs / boxers can be provided for your use.

Robes and Towels are provided for your convenience and comfort in the spa lounge, we recommend you bring suitable footwear whilst going for lunch, please bring your own wet area flip flops for the pool and wet zones.

Suitable clothing and footwear (trainers or gym shoes) are required when using the gym and aerobics studio. We strongly advise that no jewellery be worn at any time while using The Spa facilities or relaxing within The Spa area.

HOW DO I CHOOSE MY TREATMENTS?

We offer a menu to pamper, relax and revive the body. Our Therapists can help you select those treatments that are most appealing and beneficial to you.

TREATMENT CONSULTATIONS

Our consultations are confidential and complimentary and are included within the treatment time experience. Please notify us on booking if you have any allergies or medical concerns that may prevent us undertaking the treatment. Some treatments are not suitable for certain medical conditions, in such cases an alternative treatment will be offered by your therapist.

TREATMENT ONLY ARRIVAL

We kindly ask that you arrive at The Spa reception 15 minutes before your appointment time to enable you to relax & complete a consultation form. We offer our guests a reliable treatment schedule, please appreciate that late arrivals will not receive an extension of scheduled treatment time.

SPA DAY ARRIVALS

If you have booked a Spa Day or over night package we recommend that you arrive at The Spa reception at least 60 minutes prior to your scheduled appointment. Using the steam room, sauna and pool area before your treatment will allow you to reach optimum relaxation and gain the full benefit of your spa experience. We offer our guests a reliable treatment schedule, please appreciate that late arrivals will not receive an extension of scheduled treatment time. Please note swimming lessons and water babies are carried out in the swimming pool.

YOUNG ADULTS & TREATMENT SERVICES

You must be over 18 years to book the full range of treatments. Young adults 16 and 17 years may receive manicure, pedicure, taster facial treatments and limited spa day packages. Please ask for full details on booking. (Young adults 16 and 17 years are not permitted to receive any massage or massage based treatments).

PERSONS 15 & UNDER

May only book manicure and pedicure services whilst accompanied by a responsible adult. Persons under 16 are not permitted to book spa day packages.

WHAT IF I'M PREGNANT?

Please notify us if you are pregnant when booking your treatments. We can then advise on the most appropriate and beneficial treatments for you. All treatments can only be carried out once passed your first trimester.

CHILDREN

Children of residential guests and members are permitted to use the swimming pool at designated times of the day, children under the age of 16 must be supervised at all times – for further information please ask a member of the Spa Team. Please be advised children are not permitted on Spa Days.

RESERVATIONS & CANCELLATIONS

Credit / debit card details are required at the time of booking to guarantee your appointment. We advise guests to arrive at least 15 minutes prior to your appointment. Arriving late may mean we are unable to accommodate the full treatment experience, in such circumstances we are unable to provide a refund. Booking in advance is highly recommended, subject to availability walk in services are also available. All prices, treatments, Spa Days and information are current at time of distribution and are subject to change without notice. As a courtesy to our therapists and other guests we kindly ask for at least 24 hours notice to cancel or reschedule your booking. Groups of 5 or more are required to provide 48 hours notice. In the event of late cancellation you will be charged the full amount of the package or treatment.

CONTINUE YOUR EXPERIENCE AT HOME

As part of your complete experience, our trained Therapists will gladly recommend a skin care routine to enable you to continue the benefits of your treatment at home. Our products are available to buy directly from The Spa.

PEACE OF MIND

We endeavour to provide you with a tranquil, relaxing and reviving environment. We therefore request that you respect the needs of fellow clients by leaving your mobile phones and other electronic items in your locker. Smoking is not permitted on the premises.

HOW TO BOOK

BOOKINGS

Please book spa appointments in advance. Bookings can be made directly on 01676 526 149. Credit card details are required to secure an appointment.

You can also book online

Please note we have an Age Policy for treatments as detailed in the How to Spa section.

All treatment durations stated include consultation and changing time and not the total "hands-on" time. Arrival is recommended 20 minutes before treatment time to check in and complete questionnaires. Please be advised that late arrivals will result in a reduction in treatment time.

All appointment durations stated include consultation and changing time & not the total 'hands on' time. All information, including prices, was correct at time of going to press January 2024 and is subject to change without notice.

CANCELLATION POLICY

There will be a full charge of the treatment(s) booked if you do not show for your booked appointment. 50% charge if less than 24 hours' notice is given.

OPENING HOURS

Thursday to Monday 10.00am–6.00pm

GIFT VOUCHERS

The spa gift vouchers are available at a variety of monetary values and for any treatment or package; these can be purchased from our website.

Vouchers are an ideal way of solving those 'what-to-buy dilemmas' for that special occasion, an anniversary surprise, birthday treat or just because you care!

KEEP IN TOUCH

Scan the QR code below to join our newsletter for exclusive offers on spa experiences, treatments and spa breaks.



Visit: Forestofardenhotel.com

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