



CLINICALLY
PROVEN
PERSONALLY PRESCRIBED
SCIENCE LED
RESULTS DRIVEN

ELEMIS
DEFINED BY NATURE, LED BY SCIENCE

Relax, unwind and indulge yourself at our tranquil spa in the countryside. Situated in an area of outstanding natural beauty at the heart of rural Sussex, Poppinghole Farm Spa is the perfect place to escape from some of the stresses and strains of everyday life. We offer affordable luxury pampering in purpose-built treatment rooms within our beautiful, traditional, oak-framed complex, which provides an ideal setting for spa days or one off treatments.

Spa Days

Our dedicated pamper days are a great escape from everyday life and are designed to relax, refresh and revive you.

Greeted by our fully trained Elemis staff with a warm smile and shown into your fully furnished luxury cottage for the day. This is your base to relax, kick up your feet and unwind with a choice of refreshments teas, coffees and herbals teas or fresh juices.

From here you are taken to the spa where you find tranquility within the spa facilities, the heated swimming pool, Jacuzzi and treatment rooms.

Choose from our wide range of quality award-winning Elemis spa and beauty therapies, perhaps a facial and a massage or an OPI or Jessica nail manicure or pedicure.

After your treatments, unwind a little more in your cottage or by the poolside with a glass of wine and enjoy a light lunch with refreshments in your cottage, with terrace area.

Our highly trained Therapists are there to ensure your day is a smooth, relaxing and enjoyable experience, leaving you feeling de stressed and exhilarated.

Exclusive to spa days and pamper breaks is the use of our heated indoor swimming pool, plunge pool and hot tub. On a warm day, lounge outdoors in our private patio area and enjoy the tranquility.

SPA DAY PACKAGES

GOLD

Welcomed into your luxury cottage for the day, relax and unwind in the spa heated swimming pool and Jacuzzi, enjoy a lovely lunch spread in your cottage freshly made with a bottle of bubbles. Choose 2 hours of treatments to the value of £140, plus the Poppinghole hand or foot treatment, from our award-winning spa therapy menu. A free Elemis gift for each guest.

- Luxury cottage for the day
- 2 hours of treatments each, to the value of £140, plus the Poppinghole hand or foot treatment
- 2 course lunch
- Bottle of bubbles to share
- Full use of spa facilities
- Robe and slippers
- Free Elemis gift for each guest
- Tea and coffee

Weekday £270^{PP} Weekend £320^{PP} | 10am - 5pm

SILVER

Welcomed into your luxury cottage for the day, relax and unwind in the spa heated swimming pool and Jacuzzi, enjoy a lovely lunch spread in your cottage freshly made. Choose 2 hours treatments to the value of £140 from our award winning spa therapy menu.

- Luxury cottage for the day
- 2 hours of treatments each, to the value of £140
- 2 course lunch
- Glass of wine
- Full use of spa facilities
- Robe and slippers
- Tea and coffee

Weekday £230^{PP} Weekend £280^{PP} | 10am - 5pm

BRONZE

Welcomed into your luxury cottage for the day, relax and unwind in the spas heated swimming pool and Jacuzzi, enjoy a lovely lunch spread in your cottage freshly made. Choose 1 hour of treatments to the value of £70 from our award winning spa therapy menu.

- Luxury cottage for the day
- 1 hour treatment each, to the value of £70
- 2 course lunch
- Glass of wine
- Full use of spa facilities
- Robe and slippers
- Tea and coffee

Weekday £160^{PP} Weekend £210^{PP} | 10am - 5pm

Spa Days



Champagne Special

Luxury for the afternoon! Relax with a peaceful 25 minute treatment, followed by Champagne with strawberries dipped in chocolate. Relax in our cottage and perhaps finish off with a dip in the pool or Jacuzzi.

- Bottle of bubbles to share
- Strawberries dipped in chocolate
- 25 min treatment
- Full use of pool and facilities
- Luxury cottage
- Robe and slippers
- Tea and coffee

Weekday £125PP | Weekend £175PP
Maximum of 10 people

9am arrival or 1pm arrival; 4 hours

Afternoon sparkle

The perfect afternoon pamper with a lovely afternoon tea. Relax in your cottage for the afternoon, enjoy a 25 minute treatment, with full access to the pool and Jacuzzi room.

- Afternoon tea
- 25 min treatment
- Glass of bubbles
- Full use of facilities
- Cottage
- Robe and slippers
- Tea and coffee

Weekday £125PP | Weekend £175PP
Maximum of 10 people

1pm arrival; 4 hours

Evening unwind

Relax with a glass of bubbles in the Jacuzzi after a luxury 25 minute treatment. Or perhaps also take a dip in the pool. You are welcome to make the most of your time and upgrade your treatment to 1 hour.

- 25 min treatment
- Glass of bubbles
- Full use of facilities
- Robe and slippers

Price £70PP

Upgrade to a 1 hour treatment for just an extra £30PP

5-8pm; Thursdays only

Please note: this spa experience does not include the use of a cottage.

SPA DAY & SPA BREAK EXTRAS

Tailormake your Spa Day by adding any of our optional extras. Simply let us know your choice when booking or 48 hrs before your Spa Day.

Any treatment from our menu prices vary

Chapel Down sparkling wine, pink or white £32

Chocolates..... £10

Flowers £40

Balloons: plain, birthday, congratulations £25

Country breakfast box (cottage guests only)... £15PP

Poppinghole Farm fresh dinner box (spa breaks only)..... £15PP

SPA EXCLUSIVITY

As a boutique spa, we can offer guests exclusive use of all our facilities, cottages and accommodation. We can cater for parties of up to 18, and if staying with us, we can sleep up to 18 people.

- Occupy all cottages
- Exclusive use of treatment rooms
- Exclusive and full use of facilities

Contact us for details on exclusivity packages

T: 01580 830622 E: spa@poppingholefarm.co.uk

Spa Breaks

Poppinghole Farm Spa's dedicated pamper breaks are a great escape from everyday life and are designed to relax, refresh and revive you.

Our highly trained Therapists are here to ensure your time with us is a smooth, relaxing and enjoyable experience, leaving you feeling destressed and exhilarated.

We offer a choice of four cottages. Whilst each retaining their own individual interior style, all cottages have an open plan lounge and kitchen, vaulted ceilings and oak beams throughout. Each lounge features a log-burning stove and all bedrooms have ensuite bathrooms.

Breaks include use of all the farm's facilities – heated indoor pool with infinity waterfall, hot tub, plunge pool, sun loungers, relaxation by the lake and a variety of outdoor games.

Choose from our wide range of award-winning Elemis spa and beauty therapies, perhaps a facial and a massage or an OPI or Jessica nail manicure or pedicure.

On arrival, receive a hamper packed with food essentials, and a 'Country Breakfast Box' – that includes fresh produce from the farm – to make a cooked breakfast at your leisure.

RELAXATION, PAMPER & SMILES 1 Night Spa Break

DAY 1

Arrive at 10am, greeted by our fully trained Elemis staff with a warm smile, and be shown into your fully furnished luxury cottage. This is your base to relax, kick up your feet and unwind.

- Luxury cottage for the day and night
- Full use of Pool area and Jacuzzi
- 2 course lunch
- Bottle of wine to share
- 1 hour treatment to the value of £70
- Country breakfast box
- Robe and slippers

Relax for the evening and stay over night.

DAY 2

Have a relaxing morning cooking up a feast with our country breakfast box, filled with all you need to have a lovely breakfast, followed by a dip in the spa pool and Jacuzzi. 11am check out.

Weekday £230PP Weekend £280PP
10am arrival; checkout 11am next day



GIRL'S NIGHT IN

1 Night Spa Break

Have a night in with our fantastic girl's night package. Arrive at 1pm and enjoy the facilities all afternoon along with either a manicure or pedicure. Cook up a storm using our very own Poppinghole Farm Fresh Dinner Box. Finish the evening having fun with the masks, creams and goodies in your pamper package.

- Luxury Cottage
- Manicure or Pedicure
- Poppinghole Farm fresh dinner box
- Mini pamper package for the evening
- Bottle of bubbles to share
- Robe and slippers
- Country breakfast box

DAY 2

Have a relaxing morning cooking up a feast with our country breakfast box, filled with all you need to have a lovely breakfast, followed by a dip in the spa pool and Jacuzzi. 11am check out.

Weekday £220PP Weekend £270PP
1pm arrival; checkout 11am next day



Spa breaks are a minimum of 2 people per booking.

Prosecco, wine and juices are available to purchase on site.

Spa Break

SPA SERENITY

2 Night Spa Break

DAY 1

Arrive at 10am, greeted by our fully trained Elemis staff with a warm smile, and be shown into your fully furnished luxury cottage. This is your base to relax, kick up your feet and unwind with a choice of refreshments, teas, coffees and herbals teas or fresh juices.

Choose from our wide range of award-winning Elemis spa and beauty therapies, perhaps a facial and a massage or an OPI or Jessica nail manicure or pedicure.

After your treatments, unwind a little more in your cottage or by the poolside with a glass of wine and enjoy a light lunch with refreshments in your cottage with terrace area. Relax for the evening and stay over night.

DAY 2

Cook up a feast with our country breakfast box in your cottage, ready for a day of more

relaxation, treatments and pampering.

Enjoy an afternoon tea with wine, and kick back and relax for the evening.

DAY 3

Wake up to a country breakfast box and relax with full use of the farm and spa facilities, including the pool area and Jacuzzi, or on a nice day take a stroll to the lake. 11am check out.

- Luxury cottage for the stay
- Full use of Pool area and Jacuzzi
- 2 course lunch
- Bottle of wine to share
- 2 hours of treatments to the value of £140PP
- Afternoon tea
- Country breakfast box for 2 mornings
- Robe and slippers

Weekday £380PP Weekend £430PP

Christmas SPA DAYS & BREAKS

1ST - 23RD DECEMBER

Relax and unwind this busy Christmas Period. Get the girls together or spend some quality time with your partner on our special Christmas Spa Days and Spa Break. Treatments, facilities, Elemis Gifts and bubbles are all included. Treat yourself!

Spa Days

ALL THAT GLITTERS IS GOLD

- Luxury festively decorated cottage for the day
- 2 hours treatments each, to the value of £140
- 2 course festive lunch
- Bottle of bubbles
- Full use of facilities
- Luxury Elemis gift each

£230PP weekday
£280PP weekend

10am - 5pm

TIME TO SPARKLE

- Luxury Christmas decorated cottage for the day
- 1 hour treatment each, to the value of £70
- 2 course festive lunch
- Bottle of bubbles
- Full use of facilities
- Luxury Elemis gift each

£160PP weekday
£210PP weekend

10am - 5pm

Spa Break

YULETIDE BREAK

- 1 night stay in luxury Christmas decorated cottage
- 1 hour treatment each, to the value of £70
- 2 course festive lunch
- Bottle of bubbles
- Full use of pool facilities
- Country breakfast box
- Luxury Elemis gift each

£230PP weekday £280PP weekend
Arrival 10am; checkout 11am next day
Minimum of two guests

Weddings

Preparing for your wedding is a very exciting and sometimes stressful time. So why not have some much needed down-time before your big day, to relax and help you feel and look your best. Along with our new luxury wedding packages, you can invite your hair stylist and make-up artist to get you ready in your cottage on the day itself.

Wedding Party

Bride and Bridesmaid's Spa Day

A treat for the Bride and all the girls on a luxury wedding party Spa Day. Kick back and relax in style in your beautiful cottage for the day. Celebrate with a bottle of bubbles and enjoy a freshly made two-course lunch. Take a soothing dip in the pool after a relaxing treatment or two.

- Luxury cottage
- Bottle of bubbles to share
- 1 hour Treatment to the value of £70
- 2 course Lunch
- Gift for the bride
- Robes and slippers

Weekday £170PP Weekend £220PP
10am - 5pm

Bride's Night In

Stay the night before your wedding with the girls

Prepare for your wedding in luxury. Enjoy a Spa Break the day before, which includes everything you need to relax and unwind. The day before, have a 1 hour treatment each, a freshly made two-course lunch, and much more.

On your wedding day, enjoy a country breakfast box to cook at your leisure. Welcome your very own hair stylist and make-up artist to get ready for the wedding.

- Luxury cottage
- Robe and slippers
- 1 hour treatment to the value of £70
- Bottle of bubbles to share
- Two-course lunch
- Cheese board and Fruit platter
- Kick back and relax for the evening with the girls over night
- Breakfast box
- Get ready
- Gift for the bride

Weekday £240PP Weekend £290PP
10am arrival; checkout next day when ready to leave for your wedding

Bride & Groom Wedding Night Retreat

Extend your 'Bride's Night In' package by coming back after the wedding with your Groom. You will find a bottle of bubbles and a breakfast box for you both to enjoy in the morning. Take a dip in the Jacuzzi and unwind with a late checkout time.

- Breakfast box for the morning
- Bottle of bubbles to share

£220 for the extra night
2pm checkout next day



Treats for the Bride

Whether you choose to spend your wedding with us – or if you prefer to visit us for your preparations in the run up to your wedding – we offer a wide range of treatments to help you get ready and glow on your big day. Here are some offers to treat the bride:

OFFER 1

A course of 6 facials: buy 5 and get the last one free. Plus receive free Elemis gift bag.

OFFER 2 ~ £100

- Thousand flowers detox wrap
- Best foot forward
- Rose restore hand treatment

OFFER 3 ~ £80

- Manicure
- Pedicure
- Spray tan

OFFER 4

20% off a course of 8 to 10
BIOTEC treatments

Elemis Facials

ADVANCE ANTI-AGEING FACIALS

Pro-Collagen Age Defy

25/55 mins • £40/£70

Experience the age-defying benefits of marine-charged Padina Pavonica whilst targeted massage encourages optimum cellular function. Tackle fine lines and wrinkles with clinically proven results. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

Pro-Collagen Definition Lift and Contour

55 mins • £70

This facial helps restore the architecture of the face creating a profoundly sculpted, youthful effect. Helps reduce sagging skin along jawline; targets jowls and double chin; skin feels uplifted and firmer; restores vital moisture levels.

Dynamic Resurfacing Precision Peel

55 mins • £70

Clinically proven to target the signs of ageing and uneven skin tone. A new start for smoother, younger looking skin. This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. Resurfaces the skin to reveal healthy, smooth skin; stimulates cell regeneration; reduces pigmentation and acne scarring.

SKIN SOLUTIONS

Sensitive Skin Soother

55 mins • £60

A soothing massage technique helps reduce the appearance of redness and protects against daily stresses. The soothing properties of Moroccan rose, chamomile and apricot are combined to gently cleanse and exfoliate. Texture and tone are restored, moisture levels are boosted.

Superfood Pro-Radiance

25/55 mins • £40/£70

A nutritional boost rich in superfoods and essential minerals. Clinically proven to leave skin plumper, radiant and lit up with good health. Magnesium, potassium, zinc, vitamins A and E form a mineral army to jump-start tired and exhausted skin. Detox and pack the skin with powerful, energising nutrients.

Vegan friendly

Peptide 24/7 Skin Sync

55 mins • £70

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow. For Skin Wellness, Targets tired skin - look like you've had 8 hours sleep, Restoring radiance, rebalancing and replenishes using specialised massage techniques improve circulation and revive the skin.

Anti-Blemish Mattify and Calm

55 mins • £60

Clinically proven to target the signs of ageing and uneven skin tone. A new start for smoother, younger looking skin. This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. Resurfaces the skin to reveal healthy, smooth skin. Stimulates cell regeneration, reduces pigmentation and acne scarring.

BIOTEC

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result: thriving, visibly healthy and energised skin.

BIOTEC Sensitive Skin Soother

55/85 mins • £80/£110

Oxygen infusion and red light therapy improve the skin's ability to repair itself. Calmness is restored and skin is soothed. Using an activator rich in frankincense and natural anti-inflammatory willow herb, the skin is infused with oxygen to encourage cellular restoration, perfect balance and structural strength. Red light therapy operates in harmony with calming anti-oxidants to improve cell communication and the skin's natural ability to repair itself. The result is serene, smooth and sensational.

Suitable for pregnancy

BIOTEC Skin Resurfacer

55/85 mins • £80/£110

For a refined, even skin tone, a revolutionary facial that uses an ultrasonic peel, massage, and light therapy resulting in the smoothest skin imaginable. The ultrasonic peel reveals a noticeably smoother complexion using a combination of lactic and hyaluronic acids, sandalwood, thyme and lemon oils. Massage and light therapy restores equilibrium.

BIOTEC Skin Sync

55/85 mins • £80/£110

This ground-breaking facial combines exclusive botanical formulations with a deeply cleansing ultrasonic peel for a well-rested glow, Restores radiance, rebalances and replenishes tired skin. Using ultrasonic to deeply exfoliate the skin, galvanic to stimulate the skins absorption for maximum results and using the led light therapy to rest the skins clock.

BIOTEC Add-on Eye Treatment

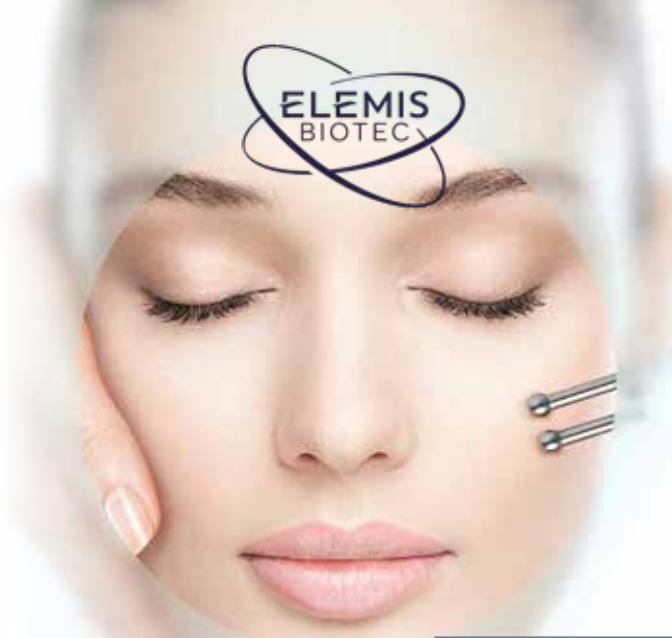
25 mins • £40

Tighten the delicate eye area with targeted technology.

BIOTEC Add-on Neck Treatment

25 mins • £40

Remind the muscle to firm up with microcurrents.



BIOTEC Radiance Renew

55/85 mins • £80/£110

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions for radiant, visibly brighter skin. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells, whilst the galvanic rejuvenating current harnesses the power of elderberry and orange flower extracts to restore moisture and vitality.

BIOTEC Blemish Control

55/85 mins • £80/£110

Detoxify and repair damaged tissue with this thorough and deep cleansing facial, leaving skin decongested and soothed. A thorough treatment of ultrasonic vibration, massage, and galvanic currents to decongest and exfoliate. A powerfully anti-oxidant, anti-bacterial activator containing salicylic acid and inflammation-reducing iris soothes and smooths whilst light therapy helps balance and clear the complexion, speeding up recovery.

BIOTEC Line Eraser

55/85 mins • £80/£110

A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines. Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. With the advanced technology of oxygen infusion, this facial will visibly plump and smooth the appearance of fine lines and wrinkles leaving the skin feeling tighter and firmer.

**Independent Clinical Trial.*

BIOTEC FIRM-A-LIFT

55/85 mins • £80/£110

A ground-breaking blend of massage and sculpting galvanic technology for a contoured complexion that is remarkably lifted. Activated by microcurrent pulses to tighten slackening skin, galvanic currents infuse the skin with bio-active formulas that hydrate and tone. With the advanced technology of oxygen infusion, this facial will visibly plump and smooth the appearance of fine lines and wrinkles, leaving the skin feeling tighter and firmer.

Elemis Massages

Hot Mineral Body Boost

55 mins • £70

Performed on a heated bed, this powerful treatment stimulates every cell in the body, helping alleviate muscular pain and removes toxins. A revolutionary, mineral-charged experience of skin conditioning, metabolic balancing and energising wellness.

Garden of England Rose Restore

55/85 mins • £70/£90

This unique trio of rose, camellia and poppy seed oils leaves the skin exquisitely moisturised, intensely supple and delicately scented. This lavishly hydrating massage maintains and restores elasticity, whilst encouraging skin renewal.

- 55min Full Body
- 85min Full Body, Face and Scalp

Face and Scalp Massage

25 mins • £35

Giving deep relaxation of the senses, this stunning Elemis face and scalp massage improves circulation and eases tension, targeting the scalp, face, neck and shoulders. The perfect add-on alongside any treatment.

Deep Tissue Massage

25/55/85 mins • £40/£70/£90

Your therapist will select an aromatic oil according to your concerns, with a flowing massage working deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing. Excellent for tension and severe muscle spasm.

- 25min Back Massage
- 55min Full Body
- 85min Full Body Face and Scalp

Heat Therapy

Elemis Deeper and Deep Hot Stones

25/55 mins • £40/£70

Balinese stones are worked deep into the muscles, reaching areas of tension. Nothing gets into the belly of the muscle like a hot stone. Bathed in the intensely moisturising Frangipani Monoi Body Oil, they are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy.

- 25min Back
- 55min Full Body

Lava Shells Facial

55 mins • £70

This intensely hydrating, anti ageing facial, performed with warm lava shells enabling the heat to go deeper into the muscles, stimulating the cells, using Elemis's marine-charged Padina Pavonica products, tackling fine lines and wrinkles, reviving the complexion, lifting, draining and contouring the face, improving circulation, boosting the skins natural radiance, whilst alleviating sinus blockages and puffiness.

Lava Shells Massage

25/55/85 mins • £40/£70/£90

An idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques to create a sense of balance to the entire body and mind. The shells are worked over the palms, arms, feet and legs in slow deep movements to warm and de-stress, followed by a wonderfully tranquil massage on the back, neck and shoulder area to ease away all tension, knots and stress.

- 25min Back
- 55min Full Body
- 85min Full Body Face and Scalp



Elemis Body Wraps and Scrubs

Thousand Flower Detox Wrap

55 mins • £60

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated. This treatment provides super skin health and powerful detoxification, rich in minerals, proteins and Omegas - the superfoods of the skin.

Intensely Cleansing Salt Scrub

30 mins • £40

Frangipani or lime and ginger

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced salt will gently remove dead skin cells, leaving the skin feeling smooth and ready to absorb the deeply nourishing body oil.

Frangipani Body Nourishing Wrap

55 mins • £60

In this lusciously fragrant, intensely moisturising body wrap, the frangipani oil offers super hydration and deep relaxation, while the mood-balancing aromatics and skin-conditioning oils do their work. Intensive moisturisation for thirsty skin. The velvety texture of the Monoi Oil offers super-hydration, quenching thirsty skin. Excellent post holiday or post pregnancy.

Targeted Toning Tightener

90 mins • £90

A powerful blend of massage and detoxifying clay for targeted toning and improved circulation. Tightening and toning are the pillars of this treatment. A powerful blend of salts, minerals and seaweeds work together to target cellulite and poor skin tone on hips, thighs, abdomen and backs of arms.

CLINICALLY PROVEN to reduce the appearance of cellulite after just one treatment.

Hand and Feet Pamper

Garden of England Rose Restore Hand Treatment

25 mins • £30

A conditioning, restorative, anti-ageing hand treatment. Hand massages are unbelievably relaxing, and this is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness. Conditions the nails. A lavishly hydrating hand massage, salt scrub and wrap, using a trio of richly fragrant, moisturising oils., with extra TLC from our luxurious melted paraffin wax treatment, which softens and moisturises, leaving hands feeling silky smooth.

Best Foot Forward

25 mins • £30

Lower legs and feet are thoroughly exfoliated, bathed and massaged. Take a load off with this foot-focused tension releaser. An exfoliating, heat-powered softening and massage treatment for supple lower legs and fragrant feet. Hot wax softens and smooths to leave feet as supple and fragrant as a rose.



Poppinghole Treatments

Couture Touch

55/110 mins • £75/£120

ELEMIS hands-on TOUCH facial with a personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage. Combine any 30-minute or 1-hour ELEMIS hands-on TOUCH facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage.

Deep Sleep Therapy Facial

55 mins • £70

This signature Poppinghole facial uses a luxury blend of Elemis Peptide products and a six oil super serum, to take your senses to a new level of relaxation. A combination of lavender aroma and massage technique deeply relaxes mind and body. A nourishing and anti-ageing facial designed to target the look of tired skin, helping you achieve a well-rested glow.

BIOTEC Couture Technology

55/110 mins • £85/£130

Time to switch your skin back on with this turbo-charged facial and massage combination. Time to switch your skin back on. 1 hour or 2 hour ELEMIS TECHNOLOGY BIOTEC facial with your personalised Freestyle Deep Tissue Massage or Deeper than Deep Hot Stone Massage.

Hopi Ear Candles

30 mins • £30

Hopi ear candling can physically remove wax and debris from the ears and rebalance ear pressure, open vital energy pathways in the ears and stimulate the head and neck lymph nodes. Many have also found it to be a remarkably calming treatment that can promote deep relaxation and improved sleep.

Dermaplaning

~ *New and improved*

55 mins • £65

Exfoliation technique that removes dead skin cells and vellus hair from the face, using painless peel and Elemis anti-ageing products. By removing the dead skin cells and vellus hair the skin absorbs any products applied and allows products to penetrate deeper into the skin. It removes 3-4 times as many dead keratinised skin cells as microdermabrasion, leaving you with a gorgeous glow.

Poppinghole Hand or Foot Treatment

Available on a Gold Spa Day only.

Scrub, massage and paraffin wax.



Eye and Brow Treatments

HD Brows

45 mins • £30

Patch test is required 48 hours before the appointment

Award-winning salon eyebrow treatment, HD Brow is a bespoke eyebrow treatment that is totally tailored to you. Our unique design formula with custom-blended colour, hair removal and make up application for brows that suit you. HD Brows treatment includes tinting, waxing, tweezing, threading, fresh mineral make-up and eyebrow pencil, to create a fabulous defined eyebrow shape.

Eyes for you ~ HD Brows / Nouveau Lashes

90 mins • £65

Patch test is required 48 hours before the appointment

Revitalise your eyes with the vibrancy they deserve, creating a natural look with HD Brows and Nouveau Lashes together. Both HD Brows and Nouveau Lashes offer a longer-lasting look and tint for up to 6-8 weeks.

LVL Nouveau Lashes

45 mins • £45

Patch test is required 48 hours before the appointment

The LVL Lash Lift is the revolutionary lash phenomenon that reveals your natural lashes in all their glory. Exclusive to Nouveau Lashes, the LVL effect is about freedom. It's about knowing your eyes will be the centre of attention, without you having to do a thing. Make the most of what nature gave you, with the length, volume and lift effect of LVL.

By straightening your natural lashes at the root and then tinting them, the LVL Lash Lift gives you the appearance of longer, thicker lashes. No mascara. No messing. Just perfect lashes from the moment you wake up. You're then set for up to 6-8 weeks.

Brows

Eyelash tint 15min £14

Eyebrow tint 15min £9

Eyelash and eyebrow tint 15min £20

Eyebrow shape 15min £9

Eyebrow shape and tint 30min £16

Threading

Lip or chin £8

Lip and chin £12

Brow shape £10

Sienna X Spray Tan

20min £20

Sienna X Waxing

Half leg 30mins £15

Full leg 45mins £25

Full leg and bikini 60 mins £30

Arm 30mins £15

Underarm 15mins £12

Bikini 15mins £12

Lip or chin 15mins £8

Lip and chin 15mins £12


HD BROWS
OFFICIAL STYLIST


NOUVEAU
LASHES

Sienna^x

OPI and Jessica Nails

Why not kick back and enjoy a Prosecco, wine or juice from our well-stocked fridge.

POPPINGHOLE MANICURE & PEDICURE DUO DELIGHT

Relax and unwind with our signature manicure and pedicure duo, enjoy a glass of Prosecco while having a deluxe manicure and pedicure at our luxury manicure and pedicure station.

- Deluxe manicure with paraffin wax (upgrade to gel £5)
- Deluxe pedicure with paraffin wax (upgrade to gel £5)
- Glass of Prosecco and chocolates

ONLY £80

Standard Infinite Shine Polish

Standard manicure and pedicure, using OPI and Elemis products, exfoliate, cuticle work, shape and paint with infinite shine finish varnish, strong and longer lasting.

- Manicure 60 mins • £25
- Pedicure 60 mins • £25

Deluxe

Our deluxe manicures and pedicures, using OPI and Elemis products exfoliates, removing dead skin, highly moisturising paraffin wax treatment, cuticle work, shape and paint in infinite shine strong varnish or gels.

- Deluxe Manicure 75 mins • £35
- Deluxe Pedicure 75 mins • £35
- Deluxe Gel Manicure 75 mins • £40
- Deluxe Gel Pedicure 75 mins • £40

Standard Gel

Standard manicure and pedicure, using OPI and Elemis products, exfoliate, cuticle work, shape and paint with a gel finish which lasts 1-3 weeks.

- Gel Manicure 60 mins • £30
- Gel Pedicure 60 mins • £30

Hands

- Nail Shape and Paint £10
- Gel Shape and Paint £20

Gel Removal

If reapplying £6

Gel Removal & Maintenance

Soak off Gel, tidy cuticles, file and shape, plus OPI Gel break polish to help restore nails. £15

Treatments for Men

FACIALS

Dynamic Resurfacing Precision Peel

55 mins • £70

Clinically proven to target the signs of ageing and uneven skin tone. A new start for smoother, younger looking skin. This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone. Resurfaces the skin to reveal healthy, smooth skin, Stimulates cell regeneration, Reduces pigmentation and acne scarring.

BIOTEC Super-Charger for Men

55/85 mins • £80/110

A multi-tasking, time efficient solution for the male complexion. The facial to de-stress, de-age and de-fatigue the male complexion whilst activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

High Performance Skin Energiser for Men

25/55 mins • £40/£70

The hard-working facial for ageing, dehydrated skin combined with scalp and foot massages. The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

Hot Mineral Body Boost

55 mins • £70

Performed on a heated bed this powerful treatment stimulates every cell in the body, helping alleviate muscular pain and removes toxins. A revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

BODY, HANDS & FEET

Deep Tissue Massage

25/55/85 mins • £40/£70/£90

Your therapist will select an aromatic oil according to your concerns, with a flowing massage working deeper into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing. Excellent for tension and severe muscle spasm.

- 25min Back Massage
- 55min Full Body
- 85min Full Body Face and Scalp

Lava Shells

25/55/85 mins • £40/£70/£90

An idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques. Combining the warmth of the shells with deeply relaxing massage techniques to create a sense of balance to the entire body and mind. The shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress followed by wonderfully tranquil massage on the back, neck and shoulder area to ease away all tension, knots and stress.

- 25min Back
- 55min Full Body
- 85min Full Body Face and Scalp

Intensely cleansing salt scrub

30 mins • £40

Frangipani or lime and ginger

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment, the fragranced salt will gently remove dead skin cells, leaving the skin feeling smooth, ready to absorb the deeply nourishing body oil.

Manicures and Pedicures for Men

Our signature manicure and pedicure, shapes, buffs and glosses your nails to a gorgeous finish using decadent lotions for OPI and Elemis.

Standard

Manicure £25 Pedicure £25

Deluxe

Our signature Deluxe manicure and pedicure, Highly moisturises in a paraffin wax treatment, shapes, buffs and glosses your nails to a gorgeous finish using decadent lotions for OPI and Elemis.

Deluxe Manicure £35 Deluxe Pedicure £35

Pregnancy

HANDS AND FEET

Garden of England Rose Restore Hand Treatment

30 mins • £30

A conditioning, restorative, anti-ageing hand treatment. Hand massages are unbelievably relaxing. And this is the last word in conditioning, restorative, anti-ageing hand treatments. Targets age spots and dryness, and conditions the nails. A lavishly hydrating hand massage, salt scrub and wrap, using a trio of richly fragrant, moisturising oils, with extra TLC from our luxurious melted paraffin wax treatment, which softens and moisturises, leaving hands feeling silky smooth.

Best Foot Forward

30 mins • £30

Lower legs and feet are thoroughly exfoliated, bathed and massaged. Take a load off with this foot-focused tension releaser. An exfoliating, heat-powered softening and massage treatment for supple lower legs and fragrant feet. Hot wax softens and smooths to leave feet as supple and fragrant as a rose.

MANICURES AND PEDICURES

Our deluxe manicures and pedicures, using OPI and Elemis products exfoliates, removing dead skin, highly moisturising paraffin wax treatment, cuticle work, shape and paint in infinite shine strong varnish or gels.

Manicure	£25
Pedicure	£25
Gel Manicure	£30
Gel Pedicure	£30
Deluxe Manicure	£35
Deluxe Pedicure	£35
Deluxe Gel Manicure	£40
Deluxe Gel Pedicure	£40

Peaceful Pregnancy Package

165 mins • £170

- Peaceful pregnancy massage
- Superfood pro-radiance facial
- Best foot forward

MASSAGE

Peaceful Pregnancy Massage

75/135 mins • £70/£125

A gently nurturing, specially formulated massage for mothers-to-be that deeply relaxes. Performed on a pear-shaped beanbag that moulds to every bump and supports every body, mothers-to-be are lulled and restored to optimum wellness. An intuitive, sensitive and relaxing massage hydrates and moisturises skin that is expanding to accommodate a growing baby.

- 75min full body
- 135min face and full body

Lava Mama Pregnancy Massage

55 mins • £70

A beautifully nurturing mum-to-be treatment a positive impact on the reduction of emotional stress, which makes for a happy pregnancy; it is also known to improve back, pelvic pain and inflammation which can be secondary to a change in posture. It reduces tension, fatigue and headaches and can assist sleep.

FACIALS

Sensitive Skin Soother

55 mins • £60

A soothing massage technique helps reduce the appearance of redness and protects against daily stresses. The soothing properties of Moroccan rose, chamomile and apricot are combined to gently cleanse and exfoliate. Texture and tone are restored, moisture levels are boosted.

Superfood Pro-Radiance

25/55 mins • £40/£70

A nutritional boost rich in superfoods and essential minerals. Clinically proven to leave skin plumper, radiant and lit up with good health. Magnesium, potassium, zinc, vitamins A and E form a mineral army to jump-start tired and exhausted skin. Detox and pack the skin with powerful, energising nutrients.

Vegan friendly

Relaxation Pamper & Smiles

**For more information or to book call 01580 830622
or visit www.poppingholefarm.co.uk/spa**

POPPINGHOLE FARM
— SPA —

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