





BABTAC & CIBTAC  
*Awards 2022*

Boutique Spa Winner

POPPINGHOLE FARM  

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SPA & COTTAGES

Relax, unwind and indulge yourself at our award-winning spa and cottages in the countryside. Situated in an area of outstanding natural beauty at the heart of rural Sussex, Poppinghole Farm Spa & Cottages is the perfect place to take a break and escape from some of the stresses and strains of everyday life.

Our spa offers affordable luxury pampering in purpose-built treatment rooms, which provides an ideal setting for spa days or one off treatments. Perhaps stay and holiday in our beautiful, traditional Sussex-style, luxury cottages.



# Holiday with us

We offer four traditional Sussex-style, luxury cottages, each with its own individual style. The cottages form a pleasant quadrangle, with a Banbury fountain as the centrepiece.

All of the cottages have an open plan lounge and kitchen, vaulted ceilings and oak beams throughout. Every lounge features a log-burning stove that creates a cosy atmosphere on a chilly evening or a winter's day.

All bedrooms have en-suite bathrooms, and most of the cottages have a sofa bed in the lounge area to provide additional sleeping. We can accommodate up to 18 guests.

On-site facilities include an indoor swimming pool, plunge pool, Jacuzzi and pamper rooms.

In addition to the traditional holiday, we offer farming experiences with our lambs; equestrian holidays with first-class facilities, bridleways and woodlands close by for safe hacking; fishing at our well-stocked natural lakes; and walking holidays where you can leave your car behind and enjoy the many walks available directly from the farm.

Poppinghole Farm Spa & Cottages is close to many historic towns, castles and buildings, seaside resorts, glorious gardens and is within easy reach of London.





# 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.

Minimum of two persons per booking.

GOLD

## Gold Spa Day

Start your day with a warm welcome in your luxury cottage. Relax and unwind in our spa heated swimming pool and Jacuzzi. Enjoy a freshly made, lovely lunch spread, with a bottle of bubbles, catered to you in your cottage.

Our Gold Spa Day package includes two 55 min treatments to the value of £150 which can be chosen from our award-winning facial and massage spa therapy menu. Plus, enjoy the experience of our unique Poppinghole Hand or Foot treatment which is only available for our Gold Spa Day guests. All guests will leave with a special Elemis gift, as well as feeling relaxed and de-stressed.

- Luxury cottage for the day
- Two 55 min treatments each, to the value of £150
- Poppinghole hand or foot treatment
- Two course lunch
- Bottle of bubbles to share
- Full use of spa facilities
- Robe and slippers
- Free Elemis gift for each guest
- Tea and coffee

Mon-Thurs £280<sup>PP</sup>; Fri £300<sup>PP</sup>; Sat £330<sup>PP</sup>. 10am-5pm.

Prosecco, wine and juices can be purchased on site.

# Spa Days

## SILVER

### Silver Spa Day

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 two 55 min treatments to the value of £140 from our award winning spa therapy menu.

- Luxury cottage for the day
- Two 55 min treatments each, to the value of £150
- Two course lunch
- Glass of wine
- Full use of spa facilities
- Robe and slippers
- Tea and coffee

Mon-Thurs £240pp; Fri £260pp; Sat £290pp  
10am-5pm

## BRONZE

### Bronze Spa Day

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 a 55 min treatment to the value of £70 from our award winning spa therapy menu.

- Luxury cottage for the day
- 55 min treatment each, to the value of £75
- Two course lunch
- Glass of wine
- Full use of spa facilities
- Robe and slippers
- Tea and coffee

Mon-Thurs £170pp; Fri £190pp; Sat £220pp  
10am-5pm



### 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

Mon-Thurs £125pp; Fri £145pp; Sat £175pp  
Maximum of 10 people

1pm-5pm; 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

Mon-Thurs £135pp; Fri £155pp; Sat £185pp  
Maximum of 6 people

1pm-5pm; 4 hours



# 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 en-suite 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.

## 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
- Two course lunch
- Bottle of wine to share
- 55 minute treatment to the value of £75
- 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.

Mon-Thurs £240PP, Fri-Sun £290PP  
10am arrival; checkout 11am next day



## AFTERNOON TEA & TIME OUT 1 Night Spa Break

### DAY 1

The spa experience with an exceptionally fine, classic afternoon tea, topped with a glass of bubbles. Take some much needed down-time and relax in your cottage, and unwind in our spa heated swimming pool and Jacuzzi. Enjoy being pampered.

- Luxury cottage
- 25 min treatment to the value of £40
- Afternoon tea to share, with Prosecco
- Full use of the pool and jacuzzi area
- Country breakfast box
- Robes, towels and slipper use
- Tea and coffee

### DAY 2

Wake at leisure and prepare your country breakfast box full of delicious goodies, at a time that suits you. Relax in the surroundings, and take a dip in the spa pool and Jacuzzi. 11am check out.

Mon-Thurs £220PP, Fri-Sun £270PP  
Maximum of 8 people  
1pm arrival; checkout 11am next day



## EXTEND YOUR STAY

Extend any Spa Break package for an extra night in a self-catering cottage for £200. You are welcome to pre-order an extra lunch at £30 per person.

Spa breaks are a minimum of 2 people per booking. Prosecco, wine and juices are available to purchase on site.

# Spa Breaks

## 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
- Two course lunch
- Bottle of wine to share
- Two 55 minute treatments to the value of £150PP
- Afternoon tea
- Country breakfast box for two mornings
- Robe and slippers

Mon-Thurs £380PP, Fri-Sun £430PP



## GIRLS' NIGHT IN

### 1 Night Spa Break

#### DAY 1

Have a night in with our fantastic girls' 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.

Mon-Thurs £220PP, Fri-Sun £270PP

1pm arrival; checkout 11am next day  
Maximum of 6 people

If you'd like arrive earlier at 12pm and enjoy a two-course lunch served privately to your party in your cottage, it's an extra £30 per person.



## EXTEND YOUR STAY

Extend any Spa Break package for an extra night in a self-catering cottage for £200. You are welcome to pre-order an extra lunch at £30 per person.

# Exclusivity and Large Groups

Do you have something to celebrate and are looking for an exclusive venue? Perhaps a hen party, birthday celebration or family get together.

We are able to offer large group and exclusive Spa Day, Spa Break and self-catering experiences.

Our cottages neighbour each other and are grouped in a courtyard around a Banbury fountain, so you are all close by. It's the perfect set up.

## LARGE GROUP SPA DAYS

You can book our Bronze Spa Day package (as seen on page 8) for a group of up to 14 persons. And if you'd like to invite up to an extra six people to make your group booking up to 20 persons, the extra six are able to choose either a standard manicure or pedicure as their 55 minute treatment.

Mon-Thurs £170pp; Fri £190pp; Sat £220pp  
9am-5pm

## LARGE GROUP ONE NIGHT SPA BREAKS

You can book our Relaxation, Pamper & Smiles Spa Break package (as seen on page 10) for a group of up to 14 persons. And if you'd like to invite up to an extra six people to make your group booking up to 20 persons, the extra six are able to choose either a standard manicure or pedicure as their 55 minute treatment.

Mon-Thurs £240pp, Fri-Sun £290pp  
9am arrival; checkout 11am next day

## LARGE GROUP TWO NIGHT SPA BREAKS

You can book our Spa Serenity Spa Break package (as seen on page 12) for a group of up to 14 persons. And if you'd like to invite up to an extra six people to make your group booking up to 20 persons, the extra six are able to choose either a standard manicure or pedicure as their two 55 minute treatments.

Mon-Thurs £380pp, Fri-Sun £430pp  
9am arrival; checkout 11am.

## LARGE GROUP SELF-CATERING SPA STAYS

We can sleep up to 23 persons across all of our cottages. We have 15 beds and four double sofa beds.

Self-catering hire is for a minimum of two-nights. Should your stay be for two-nights we offer Friday to Sunday only.

If you wish to exclusively hire the whole complex, included in your price are fourteen 55 minute spa treatments, up to the value of £70 per person.

Self-catering whole complex hire for two nights £3,500. 9am arrival; checkout 11am.

## BENEFITS OF A GROUP BOOKING

You can choose any added extras, detailed on the opposite page.

With exclusive complex hire you have access to the spa facilities 10am - 5pm.



## Function Room

For larger groups, whether your part of a work team, a Christmas party, a girl's night, a birthday celebration or just looking to get away with family and friends, you can enjoy your lunch in our new luxury function room. Use of the room is free with your spa day or spa break package.

The room seats up to 14 persons.

## SPA DAY & BREAK ADDED EXTRAS

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

Any treatment from our menu, prices vary  
*We advise booking any additional treatments outside of your Spa Day package at the time of booking, as extra appointments may not be available on the day itself.*

Chapel Down sparkling wine, pink or white £32.50

Chocolates.....£15

Flowers .....£40

Balloons: plain, birthday,  
congratulations ..... £25

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

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

Platters for two people sharing..... £18  
Choose from fruit, cheese, baked camembert,  
seafood, cold meats, mixed fish and meats.  
See our lunch menu for full details:  
[poppingholefarmspaandcottages.co.uk/menus](http://poppingholefarmspaandcottages.co.uk/menus)



# Christmas

## SPA DAYS & BREAKS

Relax and unwind over the busy Christmas Period. Get the girls together, come along for your Christmas work celebration, or spend some quality time with your partner, family and friends. Our very special Christmas Spa Days and Breaks are sure to enchant with log fires, a festive lunch, beautifully decorated cottages, and of course heavenly treatments. An Elemis Gift and bubbles are included too!

Our Christmas packages run from 29th November to 23rd December. Minimum of two persons per booking.



## Spa Days

### ALL THAT GLITTERS IS GOLD

The ultimate Christmas Spa Day in a cosy cottage complete with log fire, along with pampering experiences. Pure festive magic! Enjoy your treatments and a swim in our heated swimming pool and Jacuzzi. Finish the day by receiving a little Elemis gift each.

- Christmas decorated cottage for the day
- Two 55 min treatments each, to the value of £140
- Two course festive lunch
- Bottle of bubbles
- Full use of facilities
- Luxury Elemis gift each

£255<sup>PP</sup> Mon-Thurs; £275<sup>PP</sup> Fri; £305<sup>PP</sup> Sat  
10am - 5pm

### TIME TO SPARKLE

Indulge in some much needed down-time during the busy festive period. Put up your feet in front of the cosy log fire, be pampered and enjoy a magical Christmas lunch, from our festive menu. Sparkle with a complimentary bottle of bubbles. Receive a little Elemis gift too!

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

£185<sup>PP</sup> Mon-Thurs; £205<sup>PP</sup> Fri; £235<sup>PP</sup> Sat  
10am - 5pm

## Spa Breaks

### YULETIDE BREAK

1 Night Spa Break

#### DAY 1

Cosy up in front of the log burner in your festively decorated cottage in between treatments and spend time in our heated indoor pool. Enjoy a festive, freshly made two-course lunch, served privately to you in your cottage. Also enjoy a cheeky complimentary bottle of bubbles. Stay overnight.

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

#### DAY 2

Have a relaxing morning cooking up a feast with your Country Breakfast Box, filled with all you need to have a lovely breakfast. Have a dip in the spa pool and Jacuzzi before 10am, ready for your 11am check out.

£255<sup>PP</sup> Mon-Thurs, £305<sup>PP</sup> Fri-Sun  
Arrival 10am; checkout 11am next day



### FESTIVE ESCAPE

2 Night Spa Break

#### DAY 1

Treat yourself to a most memorable Christmas break. Arrive at your cottage with the log fire already lit. Sink into the comfort of your festively decorated cottage for the day; and in between treatments and spend time in our heated indoor pool. Enjoy a festive, freshly made two-course lunch, served privately to you in your cottage, with a complimentary bottle of bubbles.

- 2 night stay in Christmas decorated cottage
- Two 55 min treatment each, to the value of £70
- Two course festive lunch
- Bottle of bubbles
- Full use of pool facilities
- Country breakfast box for two mornings
- Luxury Elemis gift each

#### DAY 2

Wake at leisure and enjoy cooking the ingredients in your Country Breakfast Box. Enjoy a swim and some more treatments. Later, our signature festive afternoon tea will be served to you in your cottage.

#### DAY 3

Have a relaxing morning 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.

Mon-Thurs £405<sup>PP</sup>, Fri-Sun £455<sup>PP</sup>  
10am arrival; checkout 11am.

# Hen Parties & Bridal

Preparing for a wedding is a very exciting time of celebrations along with much needed quality down-time. Here you can relax whilst we help you feel and look your best in preparation for the big day.

Unwind the wedding stresses on one of our perfectly tailored Spa Days and Spa Breaks.

On all days and breaks your base is a luxury cottage. You can enjoy a treatment or two, a special lunch served to your party privately in your cottage or in our stunning private dining function room.

Dip in and out of the pool and Jacuzzi at your leisure during the day and perhaps enjoy a glass of bubbles or two.

We offer packages for larger groups and recommend choosing one of our bridal packages, the Bronze Spa Day (see page 8) or our Relaxation, Pampers & Smiles Spa Break (see page 10). For more details on large group bookings and whole complex hire please see page 14.

## Bride's Night In

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
- 55 min treatment to the value of £75
- Bottle of bubbles to share
- Two-course lunch
- Kick back and relax for the evening with the girls over night
- Breakfast box
- Gift for the bride

Mon-Thurs £245<sup>PP</sup>; Fri-Sun £295<sup>PP</sup>  
10am arrival; checkout next day when ready to leave for your wedding

## 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
- 55 min treatment to the value of £70
- 2 course Lunch
- Gift for the bride
- Robes and slippers

Mon-Thurs £175<sup>PP</sup>; Fri £195<sup>PP</sup>; Sat £225<sup>PP</sup>  
10am - 5pm





# Elemis Facials



## ADVANCE ANTI-AGEING FACIALS

### Pro-Collagen Age Defy

25/55 mins • £45/£75

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 - Glow Genius Facial

75 mins • £95

Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high performance facial restores bounce and resilience whilst smoothing, firming and illuminating the skin for maximum, multi-faceted rejuvenation in just one treatment.

### Dynamic Resurfacing Precision Peel

55 mins • £75

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.

### Pro-Collagen Definition Lift and Contour

55 mins • £75

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.

## SKIN SOLUTIONS

### Peptide 24/7 Skin Sync

55 mins • £75

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, restoring radiance, rebalancing and replenishing plus improves circulation to revive the skin.

### Superfood Pro-Radiance

25/55 mins • £40/£75

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*

### Anti-Blemish Mattify and Calm

55 mins • £65

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.

### Sensitive Skin Soother

55 mins • £65

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.

# BIOTEC FACIALS



## EXTRAORDINARY RESULTS AFTER JUST ONE TREATMENT

Discover a new generation of facial treatments that combine high-potency actives and the science of bio-electric technology, delivering immediate, visible and longer-lasting results.

The pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy.

Customisable facials target specific skin needs:

- ✓ Anti-Ageing
- ✓ Lifting & Firming
- ✓ Resurfacing
- ✓ Dullness
- ✓ Anti-Blemish
- ✓ Sensitive
- ✓ Dehydrated



## CLINICALLY PROVEN RESULTS



### Pro - Glow Genius Facial + 75 mins • £105

Featuring ELEMIS ULTRA SMART Pro-Collagen formulas, this ultimate high performance facial sculpts, smoothes, firms and illuminates the skin. All 5 BIOTEC upgrades are harnessed for maximum, multi-faceted rejuvenation after just one treatment. Includes BIOTEC: Ultrasonic, Microcurrent, Galvanic, Light Therapy & Oxygen Infusion.

### BIOTEC Skin Resurfacer 55/85 mins • £85/£115

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 Sensitive Skin Soother

55/85 mins • £85/£115

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 Sync 55/85 mins • £85/£115

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 FACIALS

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and the science of bio-electricity. Technology turbo-charged touch gives the clinically proven result: thriving, visibly healthy and energised skin.



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## BIOTEC Add-on Eye Treatment

25 mins • £45

Tighten the delicate eye area with targeted technology.

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## BIOTEC Add-on Neck Treatment

25 mins • £45

Remind the muscle to firm up with microcurrents.

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## BIOTEC Radiance Renew

55/85 mins • £85/£115

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.

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## BIOTEC Line Eraser

55/85 mins • £85/£115

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.*

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## BIOTEC Blemish Control

55/85 mins • £85/£115

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.

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## BIOTEC FIRM-A-LIFT

55/85 mins • £85/£115

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 • £75

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

## Garden of England Rose Restore

55/85 mins • £75/£95

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 • £40

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 • £45/£75/£95

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 • £45/£75

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 • £75

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 • £45/£75/£95

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



# Body Wraps & Scrubs

## Elemis Intensely Cleansing Salt Scrub

30 mins • £45

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.

## Revitalising Cleansing Salt Scrub and Massage

55 mins • £75

Choose a scent of either Frangipani, Lime and Ginger or Sea Lavender and Samphire. Using our incredible clinically proven Elemis products, this invigorating scrub exfoliates and detoxifies the skin, removing dead skin cells. The scrub is followed by a highly nourishing skin softening massage that stimulates cells and circulation. A highly hydrating massage which maintains and restores elasticity and skin renewal.

## Elemis Frangipani Body Nourishing Wrap

55 mins • £70

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.

## Elemis Thousand Flower Detox Wrap

55 mins • £70

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.

# Hand & Feet Pamper

## Garden of England Rose Restore Hand Treatment

25 mins • £35

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 • £35

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 • £80/£125

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 • £75

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, soul 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 • £95/£135

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 • £35

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 • £70

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.

## Bamboo massage NEW

55 mins • £75

Our bamboo massage uses a deep tissue technique with gently warmed bamboo stalks. We apply long gliding strokes to access deeper muscles, release knots and ease tension. This massage stimulates your circulation, relaxes tight muscles, aiding stress relief. An ideal treatment for those wanting a deep tissue massage to aid stimulation and lymphatic drainage.

## Garden of England Age Defy Rose Facial NEW

55 mins • £75

This age defying facial uses our beautiful Elemis Rose products with the benefits of marine-charged Padina Pavonica. You will also receive a targeted massage that encourages optimum cellular function. Tackling fine lines and wrinkles, this facial gives clinically proven results to achieve nourished, younger looking skin.





# Eye and Brow Treatments

## 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.

## 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.

## Brows

Eyelash tint 15min	£19
Eyebrow tint 15min	£14
Eyelash and eyebrow tint 15min	£25
Eyebrow shape 15min	£14
Eyebrow shape and tint 30min	£25

## Sienna X Waxing

Half leg 30mins	£20
Full leg 45mins	£30
Full leg and bikini 60 mins	£35
Arm 30mins	£20
Underarm 15mins	£16
Bikini 15mins	£16
Lip or chin 15mins	£13
Lip and chin 15mins	£17



# OPI and Jessica Nails

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

## 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 • £30

Pedicure 60 mins • £30

## Hands

Nail Shape and Paint • £15

Gel Shape and Paint • £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 • £40

Deluxe Pedicure 75 mins • £40

Deluxe Gel Manicure 75 mins • £45

Deluxe Gel Pedicure 75 mins • £45

## 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 • £35

Gel Pedicure 60 mins • £35

## Vegan Friendly Gel

100% Vegan friendly manicure and pedicure using the beautiful Jessica nail system, as well as exfoliating, removing dead skin, cuticle work, nourishing creams and a gel shape and paint finish.

Vegan Gel Manicure 60 mins • £35

Vegan Gel Pedicure 60 mins • £35

## Gel Removal

If reapplying £11

## Gel Removal & Maintenance

Soak off Gel, tidy cuticles, file and shape, plus OPI Gel break polish to help restore nails • £20



# Treatments for Men

## Dynamic Resurfacing Precision Peel

55 mins • £75

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.

## Lava Shells

25/55/85 mins • £45/£75/£95

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

## High Performance Skin Energiser for Men

25/55 mins • £45/£75

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.

## 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 £30    Pedicure £30

### 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 £40    Deluxe Pedicure £40

## Deep Tissue Massage

25/55/85 mins • £45/£75/£95

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

## Hot Mineral Body Boost

55 mins • £75

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.

## 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.

## Intensely cleansing salt scrub

30 mins • £45

Frangipani or lime and ginger

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## Full body Scrub and Massage

55 mins • £75

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# Pregnancy

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## MANICURES AND PEDICURES

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Manicure .....	£30
Pedicure .....	£30
Gel Manicure .....	£35
Gel Pedicure .....	£35
Deluxe Manicure .....	£40
Deluxe Pedicure .....	£40
Deluxe Gel Manicure .....	£45
Deluxe Gel Pedicure .....	£45

## MASSAGE

### Peaceful Pregnancy Massage

75/135 mins • £75/£130

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 • £75

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 • £70

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 • £45/£75

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.poppingholefarmspaandcottages.co.uk](http://www.poppingholefarmspaandcottages.co.uk)**

POPPINGHOLE FARM  

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SPA & COTTAGES

Poppinghole Farm Spa & Cottages, Poppinghole Lane, Robertsbridge, East Sussex TN32 5BN

Please note: all prices in this brochure are correct at time of print 25 May 2022, and may be subject to change.