POPPINGHOLE FARM SPA & COTTAGES





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 quests.

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 you car behind and 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 awardwinning 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 tranguility.

Minimum of two persons per booking.

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 £160 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 gift, as well as feeling relaxed and de-stressed.

- Luxury cottage for the day
- Two 55 min treatments each, to the value of £160
- Poppinghole hand or foot treatment
- Two course lunch

- Bottle of bubbles to share
- Full use of spa facilities
- Robe and slippers
- Free gift for each guest
- Tea and coffee

Mon-Thurs £309pp; Fri £319pp; Sat £349pp. 10am-5pm. Minimum of two guests.

Prosecco, wine and juices can be purchased on site.

Spa Days

In a luxury cottage with private dining



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 £160 from our award winning spa therapy menu.

- Luxury cottage for the day
- Two 55 min treatments each, to the value of £160
- Two course lunch
- Glass of wine
- Full use of spa facilities
- Robe and slippers
- Tea and coffee

Mon-Thurs £255pp; Fri £275pp; Sat £305pp 10am-5pm

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 £80 from our award winning spa therapy menu.

BRONZE

- Luxury cottage for the day
- 55 min treatment each, to the value of £80
- Two course lunch
- Glass of wine
- Full use of spa facilities
- Robe and slippers
- Tea and coffee

Mon-Thurs £185pp; Fri £205pp; Sat £235pp 10am-5pm

English Countryside Treat

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

- A bottle of English sparkling wine to share
- Strawberries dipped in chocolate
- 25 min treatment to the value of £50
- Full use of pool and facilities
- Luxury cottage
- Robe and slippers
- Tea and coffee

Mon-Thurs £135PP; Fri £155PP; Sat £185PP Maximum of 10 guests

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 to the value of £50
- Glass of bubbles
- Full use of facilities
- Cottage
- Robe and slippers
- Tea and coffee

Mon-Thurs £145PP; Fri £165PP; Sat £195PP Maximum of 9 quests

1pm-5pm; 4 hours

Spa Breaks

In a luxury cottage with private dining

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 awardwinning Elemis spa and beauty therapies, perhaps a facial and a massage or an OPI or Jessica nail manicure or pedicure.



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 with a glass of wine
- 55 minute treatment to the value of £80
- 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 your country breakfast box, filled with all you need to have a lovely breakfast. Enjoy being in the countryside and perhaps take a stroll to the lake.

Check out at 11am.

10am arrival; checkout 11am next day. Mon-Thurs £275pp, Fri-Sun £325pp. Minimum of two guests



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 £50
- 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 beautiful surroundings. Check out at 11am.

1pm arrival; checkout 11am next day Mon-Thurs £247.50pp, Fri-Sun £297.50pp Minimum of two people; maximum of eight.





EXTEND YOUR STAY

Extend any Spa Break package for an extra night in a self-catering cottage for £225. You are welcome to pre-order an extra lunch at £30 per person.

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

Spa Breaks

In a luxury cottage with private dining



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 your 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 and prepare your country breakfast box at leisure. Enjoy the beautiful countryside surroundings and perhaps take a stroll to the lake. Check out at 11am.

- Luxury cottage for the stay
- Full use of Pool area and Jacuzzi
- Two course lunch with a glass of wine
- $\bullet~$ Two 55 minute treatments to the value of £160PP
- Afternoon tea
- Country breakfast box for two mornings
- Robe and slippers

Mon-Weds arrival £423pp, Thurs arrival £443pp, Fri arrival £483pp





EXTEND YOUR STAY

Extend any Spa Break package for an extra night in a self-catering cottage for £225. You are welcome to pre-order an extra lunch at £30 per person.



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 your country breakfast box, filled with all you need to have a lovely breakfast. Enjoy the relaxing surroundings. Check out at 11am.

Mon-Thurs £255pp, Fri-Sun £305pp 1pm arrival; checkout 11am next day Minimum of two quests, maximum of six.

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.

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 18 persons. Your Spa Day includes a luxury cottage for the day, a 55 minute treatment each, to the value of £80, a two-course lunch, glass of wine, full use of spa facilities and more.

Mon-Thurs £185PP; Fri £205PP; Sat £235PP 9am-5pm

LARGE GROUP ONE NIGHT SPA BREAKS

You can book our Relaxation, Pampers & Smiles Spa Break package (as seen on page 10) for a group of up to 18 persons. Your Spa Break includes a luxury cottage for the day and night, a 55 minute treatment each to the value of £80, a two-course lunch, glass of wine, a Country Breakfast Box, full use of spa facilities and more.

Mon-Thurs £275pp, Fri-Sat £325pp 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 18 persons. Your Spa Break includes a stay in a luxury cottage, two 55 minute treatment each to the value of £160, a two-course lunch with wine, Country Breakfast Boxes, and afternoon tea, full use of spa facilities and function room, and more.

Mon-Weds £423PP, Thurs £443PP, Fri-Sun £483PP 9am arrival; checkout 11am.

LARGE GROUP SELF-CATERING SPA STAYS

We can sleep up to 23 persons in 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 £80 per person. There may be an opportunity to add further treatments, depending on your needs.

Self-catering whole complex hire for two nights £3,640. 4pm 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.



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 whitefrom £39.50
Prosecco£25
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:
Baked camembert, seafood, cold meats or mixed fish and meats£30
Cheese or fruit£25
See our menus for full details: 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 £160
- Two course festive lunch
- Bottle of bubbles
- Full use of facilities
- Luxury gift each

£270PP Mon-Thurs; £290PP Fri; £320PP 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 £80
- Two course festive lunch
- Bottle of bubbles
- Full use of facilities
- Luxury gift each

£200PP Mon-Thurs; £220PP Fri; £250PP Sat 10am - 5pm

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 £80
- Two course festive lunch
- Bottle of bubbles
- Full use of pool facilities
- Country breakfast box
- Luxury 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. Enjoy the beautiful countryside surroundings. Check out at 11am.

£290pp Mon-Thurs, £330pp 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 you cottage with the log fire already lit. Sink into the comfort of you 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 in Christmas decorated cottage
- Two 55 min treatments each, to the value of £80
- Two course festive lunch
- Bottle of bubbles
- Full use of pool facilities
- Country breakfast box for two mornings
- Luxury 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 enjoy your country breakfast box. Cosy in front of the fire or on a crisp day take a stroll to the lake. Check out at 11am.

Mon-Thurs £445PP, Fri-Sun £495PP 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 £80
- 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 £285pp; Fri-Sun £335pp 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 £80
- 2 course Lunch
- Gift for the bride
- Robes and slippers

Mon-Thurs £190PP; Fri £210PP; Sat £240PP 10am - 5pm







Natura Bissé Facial

The Citrus Essence

55 mins • £95

A C+C Vitamin Facial, Citrus Aromatherapy ritual for radiant skin

This powerful antioxidant treatment restores sun damaged skin and helps reverse the signs of premature ageing. Vitamin C simulates collagen production and renews skins firmness. A very up uplifting treatment that will reawaken your senses and brighten your complexion, restoring the most mistreated skin, unveiling a completely hydrated and revitalised complexion that show cases your radiant skin.

This facial uses award winning products which take you on a stunning citrus journey you will find hard to forget. Recommended for anyone looking for a true firming antioxidant treatment, with intense hydration, leaving smooth, even and luminous skin.

Elemis Facials

Elemis Garden of England Age Defy Rose Facial

55 mins • £80

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

ELEMIS

ELEMIS
PRO-COLLAGEN
ROSE CLEANSING BALM

ROSE CLEANSING BA

Super cleansing treatment balm

Natura Bissē

Barcelona

Elemis Facials ELEMIS PRO-COLLAGEN MARINE CREAM ATT WEIGHT GREAT ATT WEIGHT GREAT

Elemis Pro-Glow Genius Facial

75 mins • £95

Your line-fighting superhero facial

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin.

Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking.

An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

Suitable for pregnancy

Elemis Pro-Glow Renewal Facial

55 mins • £80

For gorgeous glowing skin

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-fromwithin glow.

In one treatment, skin looks visibly refreshed and rebalanced.

Suitable for pregnancy

Elemis Pro-Glow Resurface

55 mins • £80

Resurfacing for stunningly smooth skin

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation.

Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

Suitable for pregnancy

Elemis Pro-Glow Smooth

25/55 mins • f55/f85

The hiit workout for your skin

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect

After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

Suitable for pregnancy



Elemis Pro-Glow Brilliance

25/55 mins • £50/£80

Your recipe for radiance

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin.

A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

Suitable for pregnancy

Elemis Lava Shells Facial

55 mins • £85

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.

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



Elemis Pro-Glow Genius Facial +

75 mins • £105

The ultimate age-defying experience

Harnessing the powerful benefits of all 6 ELEMIS BIOTEC 2.0 technologies, skin will be visibly smoother, more sculpted, and firmer with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation, and skin hydration. An unsurpassed, agedefying facial resulting in a more lifted, radiant youthful appearance after just one treatment.

Supercharged with ELEMIS BIOTEC 2.0 Ultrasonic, Microcurrent, Galvanic, Light Therapy & CryO2

CLINICALLY PROVEN RESULTS

BIOTEC FACIALS

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



Flemis Pro-Glow Resurface+

55 mins • f90

Reveal stunningly smooth skin

Super-charged deep cleansing and powerful ultrasonic peel technology eliminate visible pollutants, dirt and impurities for an immediately clearer, brighter complexion. Gently resurfacing, helping to reduce visible dryness and smooth the appearance of fine lines.

Dull, uneven, tired-looking skin will appear instantly renewed and stunningly smooth and clear.

Supercharged with ELEMIS BIOTEC 2.0: Ultrasonic, LED Light Therapy & Galvanic Flemis Pro-Glow Brilliance+

55 mins • f90

Your recipe for radiance

Experience our ultrasonic peel technology and brightening enzymes to deep clean and remove visible pollutants, make-up and city grime for happy, healthy skin. Hydrating technology and antioxidant-rich Superfoods will plump and smooth with a super-charged air massage to breathe life into your skin.

Immediately revealing a super-healthy complexion, you'll look and feel more radiant, relaxed, and glowing.

Supercharged with ELEMIS BIOTEC 2.0: Ultrasonic, O2 Infusion & Galvanic

Flemis Pro-Glow Renewal Facial+

55 mins • f90

For a healthy, gorgeous glow

ELEMIS' signature deep cleansing skin wellness facial harnesses the goodness of Prebiotics and antioxidants to deliver a healthy-looking, litfrom-within glow. After just one treatment, skin looks visibly refreshed and rebalanced.

Supercharged with ELEMIS' BIOTEC 2.0: Ultrasonic Resurfacing

Flemis Pro-Glow Smooth+

55 mins • f90

The ultimate hiit workout for your skin

Ultrasonic peeling exfoliates dead skin cells to smooth and prepare the skin for line-fighting microcurrent technology, targeting lines and wrinkles for more radiant, youthful looking skin.

Skin will appear more vibrant, with improved feeling of firmness and elasticity.

Supercharged with ELEMIS' BIOTEC 2.0: Ultrasonic, Microcurrent & O2 Infusion

Massages & Heat Therapy

Germaine de Capuccini Mediterranean Candle Massage

55 mins • £85

A warming full body massage. Choose one of our Mediterranean inspired candles of lavender, olive or citrus to burn while you enjoy a relaxing Pinda massage. The warm oil from the candle is later poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the body. Recommended to relieve muscle tension and to rehydrate skin.

Hot Mineral Body Boost

55 mins • £80

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.

Germaine de Capuccini Walker's Leg Therapy

25 mins • £45

A luxury leg and foot therapy with Baobab. Perfect for tired, achy legs this energising therapy uses ethically sourced baobab seed oil to nourish, repair and protect the skin. Your therapy starts with an exfoliation, followed by a leg massage, and finishes with a touch of cooling dreamy legs gel, leaving you radiant and walking on air.

Recommended for tired legs - perhaps someone who are on there feet all day, walkers, hikers or runners. Ideal for pregnancy and suitable after the first trimester.

Lava Shells Massage

25/55/85 mins • £55/£85/£105

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

Lava Shells Facial

55 mins • £85

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.

Massages & Heat Therapy

Elemis Deep Tissue Massage

25/55/85 mins • f55/f85/f105

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

Elemis Deeper Than Deep Hot Stone Massage

25/55 mins • £50/£80

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

Heated Bamboo Massage

55 mins • f80

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.

Face and Scalp Massage

25 mins • £45

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.

Germaine de Capuccini Baobab Scalp Massage

20 mins • £40

A stress leaving neck and scalp massage that nourishes and moisturises utilising the benefits of ethically sourced baobab seed oil. A highly effective stress relieving experience, an ideal addon to any face or body treatment.

Suitable during pregnancy after the first trimester period

Body Wraps & Scrubs

Elemis Revitalising Frangipani Cleansing Salt Scrub and Massage

55 mins • £80

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 Intensely Cleansing Salt Scrub

30 mins • £50

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.

Elemis Frangipani Body Nectar Nourishing Wrap

55 mins • £75

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.

Natura Bissé Citrus Scrub

55 mins • £80

An energising body polish with antioxidants.

This antioxidant citrus treatment exfoliates, revitalises and firms taking you on an incredible sensory journey that polishes skin with highly effective exfoliating agents. This powerful citrus treatment eliminates dead skin cells for extraordinarily radiant and protected skin. Leaving a full body hydration, promoting circulation and muscle tone, providing firmness and elasticity. Recommended for skin that has experienced environmental damage, or has dry skin.

Germaine de Capuccini Phytocare Baobab Body Ritual

25 min full body scrub • £50 55 min full body scrub and massage • £80

This relaxing and indulgent ritual uses ethically sourced, organic Baobab oil packed with antioxidants, vitamins and omegas to nourish and protect the skin. Your ritual begins with a gentle full body exfoliation using baobab seed shells to remove dead cells, a soothing lymphatic massage with baobab oil will then provide the skin with anti inflammatory, nourishing and hydrating benefits.

Why not complete this stress-reducing experience and upgrade your treatment by adding on our Baobab Scalp Massage? See page 31.

Suitable during pregnancy after the first trimester period.

Natura Bissé Citrus Drench Wrap

55 mins • f90

A 'Citrus Sensory Experience', exfoliation and firming, hydrating antioxidant wrap.

This sensational citrus sensory experience leaves you feeling rejuvenated and refreshed. Removing dead skin cells, rehydrating the skin using a restoring and firming antioxidant body mask and massage, fighting premature ageing, restoring skins firmness. Recommended for those looking to firm and hydrate skin to fight the premature aging of the skin.

Eye and Brow Treatments

LVL Nouveau Lashes

45 mins • £50

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 • f35

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 customblended 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.

Sienna X Waxing

Half leg 30mins	£2
Full leg 45mins	£3
Full leg and bikini 60 mins	£3
Arm 30mins	£2
Underarm 15mins	£1
Bikini 15mins	£1
Lip or chin 15mins	£1



Brows

15min

15min

15min

15min

30min

Evelash tint

Eyebrow tint

Eyebrow shape

Eyelash and eyebrow tint £25

Eyebrow shape and tint £25



£19

£14



Lip and chin

15mins

OPI and Jessica Nails

OPI Signature Manicure

Known as the "can't live without" OPI ProSpa Signature Manicure Service. You will experience the quintessential OPI ProSpa products combined with a relaxing massage and acupressure. This signature experience puts the "Ahh" back in Spa.

Signature Manicure 60 mins 💎 🔸 £4

OPI Signature Pedicure

Experience a new standard in pedicure services. The OPI ProSpa Signature Pedicure includes OPI ProSpa products to soak, exfoliate and smooth callused feet. The service is completed with a regimen of massage and acupressure techniques to reduce stress and relieve tension.

Signature Pedicure 60 mins • £40 Gel Signature Pedicure 60 mins • £45

OPI Pamper Manicure

Soothe, relax and indulge with the ultimate OPI ProSpa Pamper Manicure. The créme de la créme of manicures, you will benefit from unparalleled exfoliation, moisture and protection, while revealling in a combination of massage techniques and acupressure designed to reduce stree and relieve tension.

Pamper Manicure 75 mins • £50 Gel Pamper Manicure 75 mins • £55

OPI Pamper Pedicure

Soothe, relax and pamper with the ultimate pedicure experience. The OPI ProSpa Pamper Pedicure includes unparalleled callus softening exfoliation and moisture and protection. An extended massage combined with acupressure to reduce stress, relieve tension wil leave you feeling relaxed and renewed.

Pamper Pedicure 75 mins • £50 Gel Pamper Pedicure 75 mins • £50

0.10

If reapplying £15

Gel Removal & Maintenance

Soak off Gel, tidy cuticles, file and shape, plus OPI Gel break polish to help restore nails • £2

Hands

Nail Shape and Paint • £25 Gel Shape and Paint • £30

Hand & Feet Pamper

Elemis Frangipani Hand Treatment

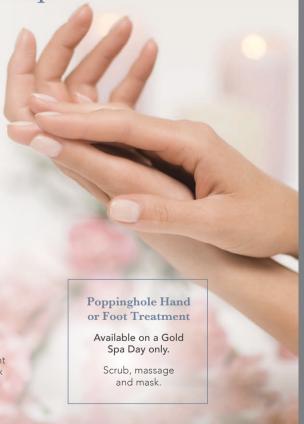
25 mins • £40

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.

Elemis Frangipani Foot Treatment

25 mins • £40

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.



Facials for Men

The Citrus Essence by Natura Bisse

55 mins • £95

A C+C vitamin citrus aromatherapy ritual

This powerful antioxidant treatment restores sun damaged skin and helps reverse the signs of premature ageing. Vitamin C simulates collagen production and renews skins firmness. An uplifting treatment that will reawaken your senses and brighten your complexion, unveiling a hydrated and revitalised, radiant complexion.

This facial uses award winning products which take you on a stunning citrus journey you will find hard to forget.

Elemis Pro-Glow Brilliance

55 mins • £80

Your recipe for radiance

Turn up the brightness with our triple cleanse, melting away daily pollutants and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin.

A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

Elemis Pro - Glow Genius Facia

75 mins • £9

Your line-fighting superhero facial

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin.

Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multifaceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking.

An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

Elemis Pro-Glow Resurface Facial

55 mins • £80

Resurfacing for stunningly smooth skir

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation.

Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

Treatments for Men

MASSAGE & HEAT THERAPY

Elemis Deep Tissue Massage

25/55/85 mins • f55/f85/f105

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 Massage

25/55/85 mins • £55/£85/£105

An idyllic treatment combining the warms 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

Hot Mineral Body Boost

55 mins • £80

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.

Germaine de Capuco Mediterranean Candle Massage

55 mins • £85

A warming full body massage. Choose one of our Mediterranean inspired candles of lavender, olive or citrus to burn while you enjoy a relaxing Pinda massage. The warm oil from the candle is later poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent massage will ease tension whilst natural antioxidants will hydrate and nourish the body. Recommended to relieve muscle tension and to rehydrate skin.

Germaine de Capucci Walker's Leg Therapy

25 mins • £45

A luxury leg and foot therapy with Baobab. Perfect for tired, achy legs this energising therapy uses ethically sourced baobab seed oil to nourish, repair and protect the skin. Your therapy starts with an exfoliation, followed by a leg massage, and finishes with a touch of cooling dreamy legs gel, leaving you radiant and walking on air.

Recommended for tired legs - perhaps someone who are on there feet all day, walkers, hikers or runners

Germaine de Capuccin Baobab Scalp Massage

20 mins • £40

A stress leaving neck and scalp massage that nourishes and moisturises utilising the benefits of ethically sourced baobab seed oil. A highly effective stress relieving experience, an ideal addon to any face or body treatment.

Treatments for Men

SCRUBS AND WRAPS

Elemis Frangipani Intensely Cleansing Salt Scrub

30 mins • £50

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.

Natura Bissé Citrus Scrub

55 mins • £80

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25 min full body scrub • £50 55 min full body scrub and massage • £80

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Why not upgrade with a Baobab Scalp Massage? (see page 41)

Elemis Frangipani Full body Scrub and Massage

55 mins • £80

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.

Natura Bissé Citrus Drench Wrap

55 mins • f90

A 'Citrus Sensory Experience', exfoliation and firming, hydrating antioxidant wrap.

This sensational citrus sensory experience leaves you feeling rejuvenated and refreshed. Removing dead skin cells, rehydrating the skin using a restoring and firming antioxidant body mask and massage, fighting premature ageing, restoring skins firmness. Recommended for those looking to firm and hydrate skin to fight the premature aging of the skin.

Elemis Frangipani Body Nectar Nourishing Wrap

55 mins • £75

In this lusciously fragrant, intensely moisturising body wrap, the frangipani oil offers super hydration and deep relaxation, while the moodbalancing 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. An excellent post holiday treatment.

MANICURES AND PEDICURES

Manicures and Pedicures for Men

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

Standard

Manicure £40 Pedicure £40

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 decedent lotions for OPland Flemis

Deluxe Manicure £50 Deluxe Pedicure £50

Pregnancy

MASSAGE

Germaine de Capuccini Phytocare Baobab Body Ritual

25 min full body scrub • £50 55 min full body scrub and massage • £80

This relaxing and indulgent ritual uses ethically sourced, organic Baobab oil packed with antioxidants, vitamins and omegas to nourish and protect the skin. Your ritual begins with a gentle full body exfoliation using baobab seed shells to remove dead cells, a soothing lymphatic massage with baobab oil will then provide the skin with anti inflammatory, nourishing and hydrating benefits.

Why not complete this stress-reducing experience and upgrade your treatment by adding on our Baobab Scalp Massage? See opposite.

Suitable during pregnancy after the first trimester period.

Germaine de Capuccini Baobab Scalp Massage

20 mins • £40

A stress leaving neck and scalp massage that nourishes and moisturises utilising the benefits of ethically sourced baobab seed oil. A highly effective stress relieving experience, an ideal addon to any face or body treatment.

Suitable during pregnancy after the first trimester period.

FACIALS

Elemis Pro-Glow Facials

25/55 mins • £50/£80

Choose from our selection of pregnancy friendly Elemis Pro-Glow facials

Elemis Pro-Glow Genius Facial, a line-fighting superhero

Elemis Pro-Glow Renewal Facial, for gorgeous glowing skin

Elemis Pro-Glow Resurface, resurfacing for stunningly smooth skin

Elemis Pro-Glow Smooth, the hiit workout for your skin

Elemis Pro-Glow Brilliance, your recipe for radiance

See pages 20-21 for full details.

Germaine de Capuccini Walker's Leg Therapy

25 mins • £45

A luxury leg and foot therapy with Baobab. Perfect for tired, achy legs this energising therapy uses ethically sourced baobab seed oil to nourish, repair and protect the skin. Your therapy starts with an exfoliation, followed by a leg massage, and finishes with a touch of cooling dreamy legs gel, leaving you radiant and walking on air.

Recommended for tired legs - perhaps someone who are on there feet all day, walkers, hikers or runners. Ideal for pregnancy and suitable after the first trimester.

Elemis Peaceful Pregnancy Massage

75/135 mins • £80/£140

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

Pregnancy

HANDS AND FEET

Elemis Frangipani Hand Treatment

30 mins • £40

A conditioning, restorative, anti-ageing hand treatment. Hand massages are unbelievably relaxing. And this is the last word in conditioning, restorative, antiageing 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.

Elemis Frangipani Foot Treatment

30 mins • £40

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 vanish or gels.

OPI	Signature Manicure	£40
OPI	Signature Pedicure	£40
OPI	Gel Signature Manicure	£45
OPI	Gel Signature Pedicure	£45
OPI	Pamper Manicure	£50
OPI	Pamper Pedicure	£50
OPI	Gel Pamper Manicure	£55
OPI	Gel Pamper Pedicure	£55



Relaxation Pamper & Smiles

For more information or to book call 01580 830622 or visit www.poppingholefarmspaandcottages.co.uk

POPPINGHOLE FARM 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 1 April 2023, and may be subject to change.