

**HAMPSHIRE'S HAVEN OF WELLBEING**  
**Chewton Glen's award-winning spa launches innovative new wellness experiences and retreats**

FOR IMMEDIATE RELEASE

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**(LONDON, September 2023)** - This autumn, Hampshire's leading country house hotel and spa, [Chewton Glen](#), will unveil a series of nurturing new wellness experiences, spa days and retreats. From a new sleep experience in partnership with CBD brand OTO to a returning spa day for those at any stage of menopause. Chewton Glen - part of [Iconic Luxury Hotels](#) - is the perfect spot for guests looking for a deeply enriching wellness escape on the edge of the enchanting New Forest.

**Sleep Soundly with OTO**

This October, Chewton Glen will introduce a new Sleep Soundly treatment in partnership with leading CBD wellbeing brand [OTO](#), the first hotel in the UK to offer this treatment from the much-loved brand. Designed to encourage a full circadian rhythm reset for those struggling with insomnia and broken sleep cycles, the Sleep Soundly treatment combines the OTO signature scent of mandarin and ylang-ylang with high levels of CBD, applied throughout a whole-body massage to rapidly reduce inflammation in the soft tissues. Warmed Himalayan salt stones harness the parasympathetic nervous system, responsible for recovery and stress reduction, while live sound helps identify imbalances in the body's energy field, releasing emotional blockages. The treatment will be available throughout the afternoon and evening, allowing guests to head straight into a restorative night's sleep. Those wanting to experience Chewton Glen's luxurious guest rooms or treehouses can opt for the 'Suite Dreams' overnight offer, where following the 90-minute treatment they'll uncover an in-room OTO Sleep Kit, including OTO's signature CBD Sleep Drops - infused with pure OTO CBD, lavender, butterfly pea mint flower and field mint botanicals to encourage a sound night's sleep - and the OTO's Sleep Soundly Bath & Body Oil.

**TO BOOK:** The Sleep Soundly treatment starts from £135. The overnight 'Suite Dreams' package starts from £485 per night including one 90-minute Sleep Soundly treatment, an in-room sleep kit and overnight accommodation in a Double Room, inclusive of breakfast.

### **[Meno]pause & Restore at Chewton Glen**

Returning this autumn is the popular Chewton Glen [Meno]pause & Restore Spa Day, aimed at those at any stage of menopause, be it peri, mid or post. Beginning with a nutritious and balanced breakfast at the spa, guests will then indulge in a 90-minute body ritual tailored to release emotional heaviness and aid digestion, including an abdominal massage to provide analgesic, cell-regenerating and anti-inflammatory properties to the skin and tissues. Live sound is woven into the experience, reducing binaural frequencies to allow guests to completely switch off and reset. After a buffet-style lunch of light bites and zingy salads at the Pool Bar, guests are welcome to join the daily-changing roster of group classes in the fitness studio, from yoga and Pilates to HIIT and aerobics, or simply spend the rest of the afternoon exploring the spa, home to an indoor hydrotherapy pool, sauna, steam room, gym, and outdoor swimming pool.

Guests will also have the choice of a full-size OTO CBD product to take home with them, choosing from either the OTO Power Drops, designed to bring clarity throughout the day, or the OTO CBD Sleep Drops to help re-programme sleep. Ensuring guests can continue their journey long after the retreat is over, Chewton Glen's expert therapists have designed a series of educational plans around nutrition and exercise for guests to take home with them, as well as offering additional consultations with a partner hormone specialist for a more in-depth and ultra-personalised plan.

**TO BOOK:** The [Meno]pause & Restore Spa Day starts from £270 per person, including one 90-minute treatment, full use of the spa facilities for eight hours, breakfast, lunch and select complimentary refreshments, access to group fitness sessions and an OTO gift to take away.

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### **About Chewton Glen**

Chewton Glen is a five-star privately-owned luxury country house hotel, located on the edge of the ancient New Forest National Park in Hampshire and just a few minutes' walk from the sea. A member of Relais & Châteaux, this family-friendly resort features an award-winning restaurant, world-class spa and leisure activities, luxurious accommodation and modern meeting facilities and a Childrens Club. The hotel has 72 individually designed bedrooms and suites including 14 tree-house suites, a nine-hole par three golf course, croquet lawn, indoor and outdoor tennis courts, a spa which has been voted the best in Europe and a purpose-built cookery school and informal restaurant opened in association with James Martin.

### **About Iconic Luxury Hotels**

Iconic Luxury Hotels was founded in December 2016 and is part of L+R Hotels (landrhotels.com) - a highly motivated family-owned global hotel investment and management company - who have an extensive portfolio of over 105 hotels, with approximately 21,000 bedrooms. Iconic Luxury Hotels is an expanding collection with an international focus. The collection is comprised of an eclectic array of properties each of which celebrates distinct architecture, cultural heritage, and natural surroundings.

Each property has its own character, traditions, and stories but they share a common commitment to delivering outstanding experiences. The current portfolio includes some of the world's most famous hotels from Cliveden House, one of England's finest country estates, to the Hotel Excelsior in Italy which is the home of the Venice International Film Festival. The other UK hotels are comprised of Chewton Glen an English estate on the South Coast, The Lygon Arms a 14th Century Coaching Inn in the Cotswolds, 11 Cadogan Gardens in Chelsea, one of London's most prestigious residential areas and The Mayfair Townhouse, London which opened in December 2020. The Chelsea Townhouse is set to open its doors in September 2023.