

CHEWTON GLEN

THE SPA



TREATMENT BROCHURE

chewtonglen.com



CHEWTON GLEN

THE SPA

The luxury health spa at Chewton Glen embodies the unique purity of its New Forest and coastal location. The team are dedicated to personalised service, holistic lifestyle programmes and indulgent spa experiences, all delivered in the environment of a world-class retreat.

INTRODUCING OUR SPA PRODUCT HOUSES

AMETHYST TRUST

The Amethyst Trust's mission is to enable people who are being treated for cancer, or have been treated in the past, to enjoy the amazing benefits of massage therapy knowing that their therapist understands how to safely treat them.

OSKIA

Georgie Cleeve launched OSKIA along with the concept of nutritional skincare in 2009 after witnessing first-hand the skincare benefits of MSM, more commonly known as the 'Beauty Mineral'. A natural form of organic sulphur, MSM boosts collagen production, promotes circulation, and helps decrease inflammation for a brighter, younger-looking complexion. OSKIA's bio-nutritional formulations are designed by Georgie together with a team of internationally recognised nutritionists, doctors, dermatologists and skincare experts, and are manufactured in OSKIA's own factory and laboratory in Monmouth, Wales. OSKIA has spent over 10 years perfecting the bio-availability of our nutrients and the concept of nutritional skincare.

OSKIA THERAFACE PRO

This multi-tasking device uses percussive therapy to reduce tension and relax facial muscles, microcurrent technology to firm and tone, plus rejuvenating LED and infrared light therapy for anti-bacterial and anti-ageing benefits. Ideal as a standalone treatment or an add-on, with Theraface Pro you can combine and customise more facial health treatments than any other device.

SEABODY

Seabody unlocks the regenerative power of ocean algae from the Irish Atlantic coastline to create bestselling high efficacy products powered by sustainable cellular biotech, with integrity and impact at the core. Every element has been considered to ensure the SEABODY range is sustainable, plant-based, cruelty-free, & luxurious.

DECREE

Founded in 2019 by Dr Anita Sturnham, a General Practitioner specialising in Dermatology with over 20 years of experience and a respected wellness and aesthetic clinic in London, Decree is a science-backed, simplified skincare system which provides everything needed in a minimalist, multitasking regimen. It streamlines the complicated cosmeceutical market by providing all skin types with a clinical grade, easy to use and highly efficacious protocol. Using vegan and sustainably focused products with clean, effective, and science backed ingredients, Decree has become a staple for individuals seeking high performance skincare solutions that deliver noticeable results.

MANICURES + PEDICURES BY MII

Mii's colour and care range was developed by British beauty entrepreneur Susan Gerrard, an expert manicurist with over 30 years of hands-on experience. A unique collection of prescriptive nail treatments with 100+ shades in long-lasting, fast-drying Colour Confidence nail polish and Statement Gel polish, and luxurious hand and foot care which all deliver stand-out manicures and pedicures.

MONPURE LONDON

Monpure London is an award-winning scalp and hair health brand, designed to alleviate scalp discomfort and irritation, prevent hair thinning, and promote stronger, healthier hair. Monpure's scientifically proven formulas help create the optimum environment for hair to grow by rebalancing the scalp, clearing blocked follicles, and strengthening and rebuilding strands at the root. The brand is the first to utilise highly concentrated active ingredients, such as retinol, lactic acid and salicylic acid in haircare formulas, which work to accelerate cell turnover on the scalp and improve its dermatological condition. This nourishes the scalp and hair at their core, transforming it into a source of empowerment so hair can grow strong and healthy. Products are dermatologically tested, suitable to use during pregnancy and breastfeeding and cruelty-free.

BODY RECOVERY

	Mon-Thurs	Fri-Sun
60 minutes	£145	£165
75 minutes	£165	£185
90 minutes	£195	£215

Wellness Focus

A nurturing and calming treatment where your therapist will guide you through a breathing and sound journey. Followed by a luxurious hydrating body scrub with an application of soothing warm body oil.

Detox Focus

Detoxify your skin with a dry body brush, which will increase blood circulation and promote lymph drainage smoothing the appearance of cellulite. (This will be accompanied by aromatherapy oils.) Whilst cocooned in a body wrap you will unwind with a relaxing scalp massage, followed by a full body hydration using a nourishing and toning body oil.

MASSAGE

Warm Oil Massage

	Mon-Thurs	Fri-Sun
45 minutes	£130	£150
60 minutes	£150	£170
75 minutes	£170	£190
90 minutes	£200	£220

Allow our highly-trained therapists to create a bespoke massage ritual for you in response to your body's needs, using either a calming or invigorating massage oil, to create a beautifully personalised experience. Amethyst trained therapists are available upon request.

Seabody Connect Full Body Massage

	Mon-Thurs	Fri-Sun
60 minutes	£150	£170
75 minutes	£170	£190

Connect mind & body to enhance health and well-being. Wave-like massage techniques increase blood circulation and lymphatic flow while promoting deep relaxation. The therapist works gently and firmly using their forearms, elbows, and thumbs to relieve tension in all body parts. It primarily benefits the legs, back, neck, and shoulder muscles. The treatment provides targeted relief from tightness and tension while uplifting grapefruit and balancing ylang-ylang, leaves you refreshed and rebalanced.

HOLISTIC

	Mon-Thurs	Fri-Sun
60 minutes	£150	£170

Aromatherapy

Aromatherapy is the practice of using essential oils for therapeutic benefit.

Reflexology

Reflexologists believe that certain points on the feet correspond to areas in the body, and target these to relax you, ease stress and tension and help with general well being.

Reiki

An energy healing technique in which a Reiki practitioner uses gentle hand movements, with the intention to guide the flow of healthy energy through the clients body to reduce stress and promote healing.

Hot Stone

60-minute massage with hot basalt stones to access muscles on a deeper level whilst the heat relaxes tension and fatigue.



A discretionary 12.5% service charge will be added to the price of each treatment.

Treatments are suitable for all skin types and genders, and can be adapted for pregnancy.

FACIALS

Oskia Bespoke Facial

The Oskia bespoke facials at Chewton Glen are designed to encompass luxury relaxation and results.

	Mon-Thurs	Fri-Sun
45 minutes	£125	£145
60 minutes	£145	£165
75 minutes	£165	£185
90 minutes	£195	£215

Oskia Theraface Pro

The Theragun uses percussive therapy to reduce tension and relax facial muscles, micro-current technology to firm and tone, along with LED and infrared light for antibacterial and anti-aging benefits.

	Mon-Thurs	Fri-Sun
60 minutes	£145	£165
75 minutes	£165	£185
90 minutes	£195	£215

Seabody Touch Facial

Immerse yourself in the ultimate skin rejuvenation with a facial that blends advanced marine biotechnology with luxurious skincare. This treatment works at a deep cellular level, stimulating circulation and initiating collagen and elastin renewal. A sculpting massage enhances the firming effects, while a biotech mask and serum infusion nourish and revitalise your skin. Feel the transformation as your complexion becomes smoother, more radiant, and visibly youthful, with results that continue to unfold even after the treatment.

	Mon-Thurs	Fri-Sun
60 minutes	£145	£165

A discretionary 12.5% service charge will be added to the price of each treatment.

FACIALS

Decree AM Revitalising Facial

Guests are invited to begin their day with the Decree AM Revitalising Facial, meticulously designed to revitalise skin dulled by fatigue and stress. Cooling tools awaken the senses, coupled with advanced tension-releasing massage techniques and lymphatic drainage to infuse every pore with vitality. Guests can experience the awakening of their complexion and leave feeling energised, uplifted, and refined for a radiant start to the day.

	Mon-Thurs	Fri-Sun
60 minutes	£145	£165

Decree PM Restorative Facial

As the day draws to a close, guests can fully unwind with the Decree PM Restorative Facial. This tranquil treatment is specifically crafted to soothe the overstimulated, re-centre and restore. Through warmth, gentle cleansing and rhythmic massage, this facial effectively melts away the day's stressors, preparing the skin for restorative nighttime rejuvenation and ensuring a radiant complexion upon waking.

	Mon-Thurs	Fri-Sun
60 minutes	£145	£165

Decree Bespoke Facial

This results-driven treatment includes a gentle cleanse, exfoliation with Airbrushing Acid, a targeted mask infusion, and advanced microcurrent sculpting. LED Light Therapy calms the skin and boosts collagen, while carefully selected Decree products leave the complexion radiant, lifted, and nourished.

	Mon-Thurs	Fri-Sun
90 minutes	£195	£215

While named AM and PM, both treatments are available to book at any time of day, choose the one that best suits your plans

RITUALS

Mon-Thurs

Fri-Sun

75 minutes | £170

£190

Seabody Rebalance Body Ritual

This transformative rebalance ritual begins with breathwork and a grounding ceremony to create balance. The treatment starts with a body exfoliation to whip away dead skin. A detoxing cold-pressed sea gel body mask with potent health and wellness benefits follows. A hot stone back placement delivers heat, tension release, and relaxation. The treatment is completed with a facial cleanse and scalp massage. This is a genuinely therapeutic experience that promises to leave you feeling rejuvenated and energised.

Mon-Thurs

Fri-Sun

75 minutes | £300

£340

PER COUPLE

Treat for Two

Your experience begins with a 45-minute warm oil back massage in a private double treatment room - ideal for melting away everyday stress and helping you both fully relax.

Next, step into your own private steam room, complete with mood lighting and customizable music to match your mood - whether you're looking to feel uplifted or deeply relaxed.

You'll also have time to apply a refreshing body scrub, letting the steam enhance the exfoliation process for soft, smooth, and rejuvenated skin.

It's the perfect way to reconnect, reset, and leave feeling your very best - together.



A discretionary 12.5% service charge will be added to the price of each treatment.

RITUALS

Mon-Thurs

Fri-Sun

60 minutes | £145

£165

During your consultation, you will be advised on either the Detox or Nourish treatment.

(Treatments includes a Monpure silk scrunchie to take home.)

Signature Follicle Boost

Ideal for all hair types, this treatment is perfect for everyone wishing for thicker, fuller hair or experiencing hair thinning and hair loss. Enjoy a stimulating scalp massage that nourishes the hair follicles with nutrient-rich vitamins and promotes improved cell turnover on the scalp – for healthier, fuller hair.

This bespoke treatment will be tailored to meet your specific needs. Whether you are dealing with ageing, anxiety, stress, menopause, hair loss, scalp irritation or experiencing hormonal changes, your scalp and hair are likely to be affected. The treatment includes a Monpure silk scrunchie to take home.

(We encourage you to leave the products in for a couple of hours after the treatment has concluded)

Mon-Thurs

Fri-Sun

75 minutes | £165

£185

Scalp Detox

Focusing on irritation and dryness, your therapist will concentrate solely on the scalp. A combination of stimulating massage movements and clarifying products will help promote healthy skin.

Scalp Nourish

(hair is to be washed 24hrs prior to treatment)

Starting with gentle stretches for the neck and shoulders, your therapist will help ease tension before moving on to the scalp. The movements are designed to promote circulation and relieve tightness. The products used during the treatment will nourish your scalp, providing essential vitamins for a rejuvenating experience



DISCOVER YOUR
HEALTHIEST HAIR YET

WELCOME TO A NEW ERA OF HAIR CARE

JUNIOR SPA TREATMENTS

We are able to offer a range of tailored junior treatments to our younger guests, up to the age of 17.

Guardians must accompany juniors during the treatment and sign a medical consultation form before any treatment commences.

JUNIOR MANICURE OR PEDICURE	Mon-Thurs	Fri-Sun
25 minutes approx	£35	£35
<i>File and polish</i>		

JUNIOR FACIAL 8-17 years		
25 minutes	£70	£90
<i>Tailored to suit sensitive skin using 100% natural products</i>		

JUNIOR SCALP MASSAGE 8-17 years		
25 minutes	£70	£90
<i>Using 100% natural oils</i>		

COUNTING SHEEP 8-17 years		
45 minutes	£210	£230
<i>An Indulgent Spa Experience for Parent & Child</i>		

Embark on a sleep-inducing spa journey designed for both parent and child, where relaxation and connection come together in harmony. Set in a tranquil double treatment room, this soothing, shared experience begins with a gentle cleanse, preparing your skin for restorative calm. Ultimate relaxation follows with massages to the face, shoulders and scalp, providing rest and recuperation for mind and body and preparing both parent and child for a wonderful night's sleep.

Treatments are suitable for all skin types and genders, and can be adapted for pregnancy.

TREEHOUSE TREATMENT*

The tranquil setting of your Treehouse offers the perfect environment to truly relax and gain maximum benefit from your therapy.

Please note: this treatment is bookable for two people only.

CHEWTON GLEN TREE TOP TRANQUILITY	Mon-Thurs	Fri-Sun
90 minutes	£250	£270

Experience peace of mind and enrich your skin with this nourishing and protecting body treatment ritual. The treatment begins with a full-body brush before the body is lavished in an intense Cedar & Wild Blackberry oil. This deeply nurturing treatment will leave you relaxed and soothed.



**only available to guests staying in one of our Treehouses*

A discretionary 12.5% service charge will be added to the price of each treatment.

WELLNESS AT CHEWTON GLEN

On request the following wellness activities can be scheduled for your enjoyment.

CRYSTAL SINGING BOWL, SOUND HEALING - £120 per hour

Relax & experience the healing power of the crystal singing bowls. Everything in the universe is in a constant state of vibration, including our bodies. When this rhythm is out of sync, dis-ease & disharmony result. Vibrational sound healing can work with these imbalances & blockages of the energy channels to help restore balance & ease within the body again. Shown to relieve stress, anxiety & high blood pressure. The crystal bowls are 99.992% pure quartz crystal & the purifying tones deeply relax, release blockages & tension, inviting profound relaxation & calm.

HYPNOTHERAPY - from: £150

Indulge in the ultimate relaxation for your body and mind with a session of hypnosis with clinical hypnotherapist Alex Saxton, who specialises in anxiety and sleep. During this relaxing 1-hour session, Alex will harness the power of your subconscious mind to help facilitate your desired changes. Emerging from the session, you'll experience a sense of calm and rejuvenation, akin to the soothing effects of a mind massage. Hypnosis is an entirely safe and empowering tool and you are in control throughout the process so nothing to be afraid of. Discover its remarkable ability to calm your mind, soothe your nervous system, enhance sleep, and break free from unwanted habits that no longer serve you. Embark on this journey of self-improvement with Alex, where tranquility awaits you.

SALTWATER SAUNA - Private 65-minute sauna £70 for up to 7 guests

Connecting you with nature, reap the benefits of contrast therapy whilst enjoying the beautiful setting.

Please note: the saltwater sauna is based at Avon beach approximately 3.5 miles from the hotel. Travel is not included with this booking, but can be arranged at main reception.

NUTRITION ONE TO ONE CONSULTATION - £220

Naturopathic Nutritionist Rhi Hepple, has a special interest in digestive issues, peri/menopause hormone balance and auto-immune conditions. She is passionate about supporting her clients to get to the root cause of their health issue and bring back balance to the body.

Rhi can facilitate further testing such as a full gut microbiome test, hormone testing, as well as nutritional deficiencies. Please note: testing carries an extra charge.

VIBRO-ACOUSTIC SOUND HEALING MASSAGE

60-minute session £120

£75-minute extended session for deeper relaxation £150

A deeply restorative, meditative treatment to soothe the body, mind, and soul.

Using a therapeutic Himalayan bowl placed gently on and around the body, this immersive session works with sound and subtle vibration to release emotional tension, calm the nervous system, and restore energetic balance.

It's ideal for guests seeking deep rest, emotional reset, or simply a moment of stillness and reconnection.

PADDLE BOARDING - 1 hour session: £66 per person

A family lesson (minimum of four people) £50 per person. Perfect for one-to-one lessons, families or first-time paddlers, our instructors will tailor your experience accordingly, so you leave the water feeling confident in your new-found skills.

SAILING YACHT CHARTER - from: £1,350

Sailing is one of the most majestic and relaxing experiences. You have the opportunity to learn the art of sailing, or simply sit back and relax; the choice is yours. All charters include crew and full day's use.

FITNESS

60 minutes

Mon-Thurs
£90

Fri-Sun
£110

Book a private session with our highly skilled instructors in your preferred activity: Pilates, yoga, tennis, pickleball or personal training.



THE NAIL STUDIO

FILE AND POLISH *Mon-Sun*

25 minutes | £35

ESSENTIAL MANICURE OR PEDICURE *Mon-Sun*

35 minutes | £45

File, cuticle care and an application of polish.

MOISTURISING MANICURE *Mon-Sun*

50 minutes | £60

File, cuticle care, hand and nail exfoliation and moisturising hand massage, followed by an application of polish.

MOISTURISING PEDICURE *Mon-Sun*

60 minutes | £70

Hard skin removal, file, cuticle care, exfoliation and a moisturising foot massage, followed by an application of polish.

GEL

EXISTING GEL REMOVAL *Mon-Sun*

25 minutes | £20

Existing gels need to be removed before any manicure or pedicure. Please book in addition to your chosen treatment.

Mii GEL

Mii's Statement Gels were born to be just that. A super-shiny durable gel polish with a self-levelling formula which can be easily removed without damage to the natural nail. Ideal for busy people with busy hands. Make your statement.

Add Mii Gel to an Essential or Moisturising Manicure/Pedicure for an additional £10.

Please specify at time of booking to avoid disappointment.

Should you require a French polish please specify at the time of booking as an additional supplement of £15 and extra time will be added to your booking. A discretionary 12.5% service charge will be added to the price of each treatment.



EAT, SLEEP, RETREAT

The relentless pace of life can often leave us pining for tranquillity and seeking solace in the countryside. With an irresistible offer like our Eat, Sleep, Retreat, we are certain you will check-in, chill out, and leave our resort feeling relaxed and rejuvenated.

PACKAGE INCLUDES:

- Overnight accommodation in your chosen room or suite category
- Breakfast each morning
- One 60-minute spa treatment per day, to the value of £160/£180
- A choice of salads served from the Pool Bar on your chosen day
- Unlimited use of the award-winning spa and leisure facilities
- Complimentary sessions in the fitness studio
- VAT

Midweek rates from £770 per night based on two people sharing (Sunday - Thursday). Weekend rates available on request for two nights, based on a Garden Room. Single occupancy rates are available on request. Terms and conditions apply.

To book and for full information please contact Reservations:
reservations@chewtonglen.com | 01425 282212

A discretionary 12.5% service charge will be added to the price of each treatment.



A large, elegant indoor swimming pool with a high ceiling and a large skylight. The pool is surrounded by white columns and has a tiled floor. In the foreground, there are several blue lounge chairs with white towels. A large, light blue gift voucher tag is overlaid on the right side of the image.

GIFT VOUCHERS

Surprise someone special
with a Chewton Glen Hotel
and Spa gift voucher.

Available to buy online at
chewtonglen.com

JOIN OUR CLUB

OUR AWARD-WINNING SPA FACILITIES INCLUDE:

- 17 m indoor swimming pool
- Fully air-conditioned gym with Technogym equipment including a Kinesis wall and Skillbike
- Purpose-built Fitness Studio with varied daily classes
- Spin Studio
- Aromatherapy sauna and crystal steam room
- Large hydrotherapy spa pool and outdoor whirlpool
- Poolside communal steam room
- Accessible changing facilities
- Pool Bar to relax and dine
- Outdoor relaxation area
- Dedicated spa area with twelve treatment rooms, including a treatment room for two and a bespoke menu of treatments and holistic therapies
- The Nail Studio offering an extensive range of manicures and pedicures
- Nine-hole par-3 golf course (seasonal)
- Tennis Centre with two indoor and two outdoor tennis courts, and an outdoor pickleball court.

COUNTRY CLUB MEMBERSHIP

YOUR MEMBERSHIP INCLUDES

- Twelve guest passes
- Celebration vouchers for two glasses of Champagne and handmade chocolates
- 50% reduction on nail treatments, Sunday – Thursday
- 30-minute skin consultation with our highly skilled Head Therapist
- Access to members' social calendar
- 10% reduction on items purchased in the hotel boutique, and spa shop
- 10% reduction on spa treatments
- 10% reduction on all food and beverage items in the Spa, Hotel and The Kitchen
- 10% reduction on special events
- Complimentary room hire when booking a private dining event (excluding weddings)
- Complimentary Christmas cocktail party
- Access to tennis and pickleball courts

ICONIC BENEFITS *Available across all UK-based iconic properties*

- 10% reduction off food and beverage
- 10% reduction off room-only rate, with breakfast and a bottle of Champagne
- 10% reduction off Spa treatments

COUNTRY CLUB MEMBERSHIP - PAID ANNUALLY

12-month membership - £4200, plus entry fee of £380

COUNTRY CLUB MEMBERSHIP - PAID MONTHLY

12-month membership - 12 monthly direct debit payments of £365, plus initial entry fee of £380

TENNIS & PICKLEBALL MEMBERSHIP

Membership gives you access to two indoor and two outdoor tennis courts, and an outdoor pickleball court. LTA professionals are on hand to help you improve your technique. Varied social events and competitions are available.

YOUR MEMBERSHIP INCLUDES

- Each member can bring three guests per membership year to use the tennis facilities.
- Five complimentary evening guest passes for you to use the spa facilities per membership year
- Members' rates available on private tennis lessons
- Access to members' group coaching sessions
- Use of showers and towels at the tennis centre
- Club Socials (Monday evenings)
- Complimentary outdoor court hire
- Indoor court hire from £12 per hour
- Annual Christmas cocktail party
- Access to members' social calendar

TENNIS & PICKLEBALL MEMBERSHIP - PAID ANNUALLY

12-month membership - £850, plus entry fee of £190

TENNIS & PICKLEBALL MEMBERSHIP - PAID MONTHLY

12-month membership - 12 monthly direct debit payments of £75, plus initial entry fee of £190



CHEWTON GLEN

THE SPA

New Forest | Hampshire | England | BH25 6QS

Telephone 01425 282251

spa@chewtonglen.com

chewtonglen.com

