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**NEW FOREST COUNTRY HOUSE HOTEL & SPA CHEWTON GLEN LAUNCHES  
INVIGORATING SEA-SCAPE WELLNESS EXPERIENCE**

*The new overnight wellness package celebrates the restorative powers of the sea in partnership with  
The Saltwater Sauna and SEABODY*



**London (March 2025)** | Just a stone's throw from the wild and rugged British coastline, this month luxury country house hotel and spa [Chewton Glen](#), a member of [Iconic Luxury Hotels](#), will unveil a new Sea-Scape wellness experience, promising invigorating wellness experiences that celebrate the healing powers of nature in partnership with [The Saltwater Sauna](#) and [SEABODY](#).

Championing the benefits of contrast therapy (alternate cold and heat immersion), the experience begins at Avon Beach, just a few miles away from the hotel, for a **private sauna experience** with The Saltwater Sauna. Guests will start with a bracing dip in the sea, before warming back up in one of The Saltwater Sauna's beachside Nordic Bathing saunas. Together, this combination of hot and cold exposure has been praised for reducing inflammation and chronic pain, improving cardiovascular health and metabolism, and helping to boost mood and overall happiness.

Back at the hotel, guests will head to Chewton Glen's award-winning spa for a **spoiling SEABODY treatment**. Either an uplifting sculptural facial or a stimulating body treatment awaits, both using SEABODY's best-selling, plant-based high efficacy products, each designed to unlock the regenerative power of ocean algae from the Irish Atlantic coastline. The perfect prelude to an utterly restful night's sleep in one of Chewton Glen's luxuriously-appointed Suites or wraparound Treehouses.

As the first UK property to offer their innovative ocean-inspired treatments, the exclusive treatments harness SEABODY's proprietary marine bioactives, sustainably sourced from the Irish Atlantic coastline. Developed by cellular biochemist Dr. Helena McMahon, SEABODY's treatments combine cutting-edge biotechnology with holistic

wellness practices, featuring their revolutionary MARADERM™ blend of bioactives proven to stimulate collagen and support skin health.

Kerry Hudson, Spa Director for Iconic Luxury Hotels says, *"We are thrilled to partner with The Saltwater Sauna and SEABODY to bring our guests an extraordinary new wellness experience that celebrates the restorative powers of our local coastline. These innovative treatments harness the natural healing properties of the sea, perfectly complementing our commitment to holistic wellbeing and our deep connection to the surrounding landscape."*

Nestled between the heart of the English countryside and the cliffside shores of the Hampshire coast, Chewton Glen stands as an iconic country house hotel and spa that redefines luxury and tranquility. The hotel's acclaimed spa sanctuary draws both overnight guests and spa members to indulge in personalised treatments, alongside a state-of-the-art hydrotherapy pool, comprehensive thermal experiences, and both indoor and outdoor heated swimming pools. Beyond the spa's nurturing embrace, the magical New Forest beckons with its network of walking trails, inviting guests to immerse themselves in nature's splendor.

***To Book:*** *The Sea-Scape Package starts from £682 for one or £864 for two and includes a 75-minute SEABODY spa treatment, private sauna experience, full-day access to Chewton Glen's spa, overnight accommodation and a SEABODY gift to take home.*

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**About Chewton Glen**

Chewton Glen is a five-red 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 Children's 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, bakery and informal restaurant opened in association with James Martin.

**About Iconic Luxury Hotels**

Iconic Luxury Hotels was founded in December 2016 and is an expanding hotel company with an international focus. The collection of owned and managed hotels comprises an eclectic mix of properties, each of which celebrates

distinctive architectural style, 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 comprise the 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 neighbourhoods; The Mayfair Townhouse which sits in the heart of exclusive Mayfair; and the newest addition to the collection The Chelsea Townhouse, which opened its doors in September 2023. Late 2024 saw the opening of the luxurious Palm House in Palm Beach, Miami, Florida, Iconic Luxury Hotels first US property.

Iconic Luxury Hotels is part of L+R Hotels, a family-owned global hotel investment and management company with an extensive portfolio of more than 115 hotels, with 23,000 bedrooms across the UK, Europe, the US, and the Caribbean. With an evolving collection, ranging from select service hotels in Europe's most sought-after cities, to opulent, five-star assets and breath-taking leisure resorts, many of which are in the world's most exclusive locations, including Barcelona, Grand Cayman, Ibiza, London, Los Angeles, Mallorca, Monte Carlo, Turks and Caicos, Venice and more.