



THE SPA

AT FRENSHAM POND

Welcome to The SPA at Frensham Pond Hotel. Your wellbeing experience starts here within our beautiful waterside boutique spa set in the heart of the Surrey countryside. Frensham Pond SPA is the perfect place for a special pamper day or overnight spa break. If time is of the essence, then why not just drop in for one of our luxury treatments and restore your vitality instantly.

With five tranquil and luxuriously designed treatment rooms as well as a luxurious deep relaxation space, we offer sumptuous facilities to our spa guests with a vitality and wellness pool with energising bubble loungers and water cannon, a thermal experience which includes heated loungers looking out onto the lakeside, a steam room, sauna and gym, plus a ladies only sauna and steam room in the changing rooms.

At the SPA we offer a collection of wellness spa treatments from the luxury British skincare brand Elemis. Our team of experienced therapists will tailor each of our hands-on holistic treatments to you for your supreme relaxation experience or more advanced treatments to ensure performance results for your skin.

We offer a range of delicious and healthy food choices in our calm and relaxing lounge. Alternatively you can also enjoy our relaxed hospitality in the main hotel.

We hope you enjoy your time with us and look forward to welcoming you all back to the spa.





Spa Days

Our spa days are perfect for everyone from the Spa Jeune (spa newbies), to the seasoned Spaista (someone who's accustomed to the pinnacle of pampering). It's proper kick back and relax at Frensham Pond SPA.

Once the soft and fluffy bathrobe is on, they switch off from everyday life and take time to enjoy the scenic spot on the edge of the Surrey Hills area of outstanding natural beauty, looking out over Frensham Great Pond. One day of pampering, that's all it takes to make you feel relaxed, rejuvenated and ready to get more out of life.

Full Day Spa Experience £179

(available between 9:30am - 5pm)

Frensham Pond SPA Full day spa experience includes juice, herbal tea or coffee on arrival, full use of the facilities and a two-course light lunch in the spa or hotel restaurant. You can choose 2 of your favourite treatments from below:

- leaf A 45 minute full body massage or an indulgent wrap
- leaf A 45 minute deeply relaxing Elemis facial (receive an Elemis gift)

Half Day Spa Experience £139

(available between 9:30am - 2pm
or 12:30pm - 5pm)

Frensham Pond SPA Half day treat includes spending either the morning or the afternoon at the spa with full use of the facilities, herbal tea or coffee on arrival and a two-course light lunch in the spa or hotel restaurant. Package includes any 2 of following treatments below:

- leaf 25 minute Elemis back, neck and shoulder massage
- leaf 25 minute Elemis Discovery facial
- leaf Express Manicure or Express Pedicure

Afternoon Tea Spa Experience

Monday - Thursday £109

Friday, Saturday & Sunday £119

Take the afternoon off and enjoy an Elemis treatment with full use of the spa facilities, perfect for a catch up with a friend or loved one. Then take afternoon tea in the spa including a soft drink (55 minute face or body treatment included):

- leaf Elemis Prescriptive facial
- leaf Full body massage
- leaf Luxury Pedicure



Twilight Spa Experience *(treatments available between 5pm and 8pm)*

£109

Frensham Pond SPA- Twilight spa includes full use of the facilities, a chilled glass of prosecco whilst enjoying our luxurious wellness and vitality pool plus thermal suite. Your spa package will include one of the following indulgent treatments below:

- ◆ Elemis Prescriptive facial
- ◆ Full body massage



Bride To Be

£199

At Frensham Pond SPA we have created a Bridal treat to help prepare you for your special day. The full day of pampering at the Frensham Pond SPA includes full use of the facilities then enjoy the treatments below and then take a two-course light lunch in the spa or hotel restaurant.

- ◆ Detoxing Wrap Elemis thousand flowers
- ◆ Prescriptive Elemis Facial
- ◆ Jessica Luxury Pedicure or Jessica Luxury Prescriptive Manicure



VIP Exclusive Spa Experience

Feel like a VIP with exclusivity of our spa. Bring along friends/ family/ that someone special for an extra unique spa treat. Our team at the Frensham Pond SPA will tailor make your event to suit your needs. Please contact our team today to discuss your personalist spa package.

Bespoke spa packages can be tailor made for every client, our therapists at Frensham Pond SPA can accommodate all needs for your spa indulgent experience.

Facials

Discovery Facial Treatment (25 minutes) £55

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

Pro-Collagen Age Defy Facial (55 minutes) £85

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

Superfood Pro-Radiance Facial (55 minutes) £79

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lift up with good health.

Dynamic Resurfacing Precision (55 minutes) £85

Deep cleansing facial with resurfacing peel to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for a powerful exfoliation and cell renewal. A new start for smoother, younger-looking skin.

Deep Cleansing Steam Facial (55 minutes) £85

Deep cleansing facial is an exfoliating treatment that helps your skin go free from dead skin cells and other impurities. It targets problems like fine lines, dehydration and breakouts. The process includes cleansing, steam, extractions, facial massage and facial masks.

Advanced Facials



The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch with clinically proven result to provide visibly healthier, nourished and energised skin. To achieve the best results, we recommend a course of treatments although a single treatment is a great shot to the system. We ask you to arrive 15 minutes before your treatment so your therapist can complete a full consultation.

BIOTEC Lift Effect Facial (55 mins) £89

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

BIOTEC Line Eraser Facial (55 mins) £89

This treatment targets fine lines and wrinkles using pulses and red and blue light therapy. A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills out lines.

BIOTEC Radiance Renew Facial (55 mins) £89

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

BIOTEC Super - Charger for Men (55 mins) £89

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.

Take a course of 5 or more treatments and receive an Elemis BIOTEC home care prescription worth over £100 to boost your home care regime.





Relaxation

means releasing all concern
and tension
and letting the natural order
of life flow through one's being

- DONALD CURTIS -



Body Experiences

De-stress Back Neck & Shoulder (25 mins) £55

An incredible treatment that will melt away your tensions and restore balance. Your therapist will select essential oils to suit your mood and dissolve the stresses you've been facing, leaving you relaxed and refreshed for whatever comes next.

Indian Head Massage (25 mins) £55

Indian head massage is a relaxing holistic treatment, it focuses on your head, neck and shoulders and was originally used to improve scalp and hair condition. It is a deep massage, using a variety of pressure and techniques, including circular massage strokes on your scalp, deep tissue work on your shoulders and stretching the neck.

Foot Massage (25 mins) £55

Foot reflexology massage involves applying pressure to specific points on the feet in order to affect various parts of the body. Massage is considered a complementary and alternative medicine used by millions to relieve pain, reduce stress and anxiety, rehabilitate injuries and boost general health.

Elemis Intensely Cleansing Salt Scrub – Lime and Ginger or Frangipani (45 mins) £59

Boost your body with an invigorating body scrub treatment with fragranced Lime and Ginger or Frangipani salt scrub which will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Elemis Thousand Flower Detox Wrap

(55 mins) £75

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. Includes a mini scalp massage.

Seaweed Body Wrap (45 minutes) £70

Contains salt, amino acids, seaweed and vitamins that are essential for good skin care. Seaweed also boosts the body's natural immune system and is especially good for joint problems and arthritis. Includes mini scalp or foot massage.

Why not add:

Back, Neck and Shoulder Massage

(25 minutes) £40

Full Body Massage (50 minutes) £60



Lava Shell Relax Massages (55 mins)

£95

As the self-heating shells are glided smoothly over the back, you will drift off into a blanket of warmth, falling into a state of serenity. During the massage, the shells are worked over the body with the focus of the massage surrounding pressure points. Specific massage techniques on the back and shoulders ease away muscle tension; creating a sense of release and relaxation.

Ultimate Massage Experience (55 mins)

£79

Every part of your body will feel deeply relaxed and recharged following this personalised treatment designed to soothe you physically and emotionally. Using a therapeutic oil blend selected during consultation with your therapist, carefully applied pressures stimulate the nervous system, whilst Swedish and neuro-muscular techniques relieve tension.

Deep Muscle Release (55 mins)

£89

This deeply restorative treatment involves Swedish and cross-muscle fibre massage techniques to soothe an aching tired body. Your therapist will select essential oils for the maximum impact – such as black pepper, rosemary and ginger to disperse built-up lactic acid or lavender to act as a natural anti-inflammatory.

Hands and Feet

Express Manicure (25 mins)

£39

Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish which is yours to keep.

Jessica Luxury Prescriptive Manicure (55 mins)

£59

Enjoy a colourful moment to be pampered with the ultimate in hand and nail care treats from Jessica. A complete exfoliating and conditioning hand treatment, leaving hands noticeably silkier, smoother and firmer than before complemented with all the benefits of the Prescriptive Manicure.

Express Pedicure (25 mins)

£39

Your feet are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish.

Jessica Luxury Pedicure (75 mins)

£59

Relax back in our comfy pedicure thrones and enjoy Jessica's most luxurious Spa pedicure with the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams. You will leave to strut your stuff with lots of colour and a bounce in your step.



Make up

Make-Up (55 mins)

£49

Whether you're looking to refresh your style or need expert tips for a special occasion, a touch of colour or full on glamour, a consultation with our make-up experts will help you discover the best ways to complement your natural beauty. You will not only leave looking fabulous but will even learn some tricks of the trade along the way. Then receive £10 worth of vouchers when you spend £40 or more to create a collection of your new colours.

Bridal Makeover

£159

Every bride wants to look her best and our makeover ensures you'll turn every head. As part of the bridal make over we provide:

- Full colour consultation, makeup lesson and trial makeover (55 minutes)
- £25 retail voucher to spend on Mii makeup after your makeup lesson
- Wedding day make up (55 minutes)

So on your special day, relax with a glass of champagne and we will bring that extra touch of colour.

Bridal Party

We can also look after your bridal party on your special day with an extra charge of £20 per person for touch up makeup. Or why not take our spa boutique exclusively for 60 minutes celebrating with friends and family with a bottle of fizz for only £89.



Mum's to be

These thoroughly researched, and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester gently.

Elemis Peaceful Pregnancy Massage (65 mins) £99

Performed on a supportive beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage uses Elemis' unique blend of Japanese Camelia flowers and Almond oil to hydrate the skin, provide elasticity and suppleness as well as nourishing from head to toe. This treatment helps to prevent stretch marks during pregnancy for a body welcoming a new baby.

Lava Mama (65 mins) £89

The indulgent and truly nurturing Lava Mama Body Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind. During the massage, the shells are worked over the back, neck and shoulder area to ease away all tension, knots and stress. This is followed by a wonderfully tranquil massage on the bump, palms, arms, feet and legs in slow deep moves to warm and de-stress.

A Mother's

joy begins when new life is stirring inside;
when a tiny heartbeat is heard for the first
time, and a playful kick reminds her that
she is never alone.

- UNKNOWN -





VISITING FRENSHAM POND SPA

Opening times

The SPA is open from 9:30am until 8pm (last treatment at 6.30pm). We hope the following information is useful in planning your stay with us. We look forward to welcoming you to the SPA.

Treatment bookings

Please book your treatments in advance to avoid disappointment a pre-payment/ deposit of 100% of the treatment or package will be required to secure your booking. For hotel-residents packages and treatments can be charged to your room if you'd prefer for flexibility.

SPA Facilities

Hotel residents and non-hotel residents are obliged to pay an entry fee to use the thermal wet spa facilities- please speak to a member of staff for our entry tariff. Entry to the facilities includes a non- alcoholic welcome drink as well as hire of a robe, towel and slippers for your stay.

Group bookings

We know that some of the most memorable spa experiences are with friends and we welcome group bookings. If you need any extras to make the day special – from champagne to birthday cakes – please call us in advance and we can arrange them. To confirm group bookings, we require a full pre-payment. We can offer exclusive VIP use of the spa for up to 15 guests please call us to check availability and prices.

Treatment Times

We have included 5 minutes onto all treatment times to allow your therapist time to discuss what you would like to get out of your treatment and allow for a full consultation to ensure we provide the highest of standard treatment that meets your every need. We ask you to arrive 15 minutes before your BIOTEC treatment, so your therapist can complete a full consultation.

On The Day of Treatment

Please arrive at least 15 minutes before your treatment. You will be required to complete a consultation form prior to your treatment. You will be welcomed by one of our team and provided with towel, robe and slippers and given a tour of the spa facility if you require. Your therapist will specify what to wear for your treatment in your consultation.

Health Concerns

We want you to enjoy your experience at The SPA and ask you to raise any health concerns when you make your appointment e.g. pregnancy, allergies etc. This will enable us to recommend treatments that are most suitable for you. We will ask you to complete a short medical questionnaire to ensure that treatments are safe and appropriate.

Spa Etiquette and Mobile Phones

We'd really appreciate it if you would help us to maintain a certain level of quietness and avoid using mobile telephones. Smoking is not permitted on the relaxation balcony.

Cancellation Policy

Treatments cancelled within 24 hours or non attendance will incur a 100% cancellation charge. Day spa or group bookings cancelled within 72 hours or non attendance will incur a 100% cancellation charge. Cancellation fees may be waived at the spa managers discretion if you re-schedule your booking within four weeks.





THE SPA
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