

THE SPA

AT COWORTH PARK





THE SPA AT COWORTH PARK OFFERS A SLOWER, DEEPER KIND OF WELLNESS.

Set within 240 acres of parkland beside the Crown Estate, it is a space where nature leads and care feels intuitive.

Thoughtfully designed in rhythm with the landscape, our spa invites guests to pause, reflect, and reconnect in a hidden sanctuary immersed in nature. Treatments are tailored, the atmosphere is calm, and everything is shaped by the belief that real wellbeing begins with feeling truly cared for.

Our serene amethyst-lined indoor pool, state-of-the-art gym, relaxation lounge, and light-filled treatment rooms are all uniquely crafted to create a harmonious and intuitive wellness experience. The glorious wildflower meadows and inviting countryside trails complete the picture, encouraging guests reconnect with the healing force of nature that surrounds and protects them.

6	Our brands
8	Spa days
12	Facials
16	Signature treatments
18	Pregnancy
19	Massage
21	Cancer care
23	Hands and feet
24	Wellness enhancements
26	Price list
30	Spa Café
31	Gym
33	Poolside thermal facilities
34	Spa information



OUR BRANDS

ishga

The pure, clean waters of the Hebridean Islands off the northwest coast of Scotland is where they sustainably hand-harvest the four types of seaweed at the heart of this organic skincare range. Hebridean seaweed contains potent natural antioxidants with properties that transform and protect the skin. ishga has developed a unique process to extract its natural goodness, harnessing an abundance of vitamins and bioactive minerals to create a remarkable range of high-performing products that transform all skin types.

Natura Bissē

Barcelona

Renowned for blending high concentrations of active ingredients with surprising sensorial textures, Natura Bissē's entire philosophy encapsulates the individuality of our skin. Founded in Barcelona, the family-run brand stays true to its commitment of incorporating the finest ingredients with innovative technology to making each treatment a transformational journey towards healthier, more radiant skin.

MADE FOR LIFE ORGANICS

The purity and strength of natural botanicals are expertly extracted to achieve healthy, glowing skin using the best ingredients nature has to offer. Combining dermatological science with the highest quality organic herbs, flowers, and oils, these powerful products, hand-blended in Cornwall, give your skin the care it deserves without the use of harsh chemicals or synthetic additives.

WILDSMITH SKIN

A pioneering brand, defined by their philosophy of 'radical botany' – a term they use to describe their powerful blend of nature and science. Inspired by the pioneering horticulturalist William Walker Wildsmith, Wildsmith's award-winning formulations harness the precise power of lab-grown actives, which mimic the body's own systems to maintain skin integrity and health, and the purest botanical ingredients.



S P A D A Y S

To experience a spa day with us is to accept an invitation into a sanctuary where indulgence goes beyond traditional relaxation.

Our guests immerse themselves in restorative treatments that celebrate holistic wellness, using natural ingredients that rejuvenate both body and spirit. They float in our amethyst-lined pool, resting their ears beneath the surface to soak up the relaxing underwater music below. They invest their time building inner wellness on our outdoor tennis courts and in our state-of-the-art gym. Reconnecting with nature, they stroll through the picturesque countryside landscape and wildflower meadows. The only question is: will you join us?

Our spa days are available every day and include a spa treatment, full use of the spa facilities, and a food option that will be served in the Spa Café, providing uninterrupted views of our stunning estate.

P E R F E C T H A R M O N Y

Our ultimate experience for pure relaxation and rejuvenation.

Includes a 60-minute treatment. Choose from: Renewing Facial; Hand on Heart Face Ritual; Relax and Rejuvenate massage; Maternal Moments; Hot Poultrice massage; or Lime Blossom Vitamin Glow.

£280 *Monday – Thursday*
£300 *Friday – Sunday*

W H I S P E R S O F W E L L N E S S

Immerse yourself in total serenity with a holistic journey, designed to revitalise your body and soothe your mind.

Includes a 90-minute treatment. Choose from: Marine Infusion Facial; Hebridean Sound Escape; Rose Quartz Wellbeing Ritual; or Tides of Change.

£350 *Monday – Thursday*
£370 *Friday – Sunday*

C O U N T R Y S I D E R E T R E A T L U X U R Y

Escape to a tranquil landscape for a relaxing spa escape in a serene setting.

Includes two 60-minute treatments. Choose from: Renewing Facial; Hand on Heart Face Ritual; Relax and Rejuvenate massage; Maternal Moments; Hot Poultrice massage; or Lime Blossom Vitamin Glow.

£450 *Monday – Thursday*
£470 *Friday – Sunday*

J U S T T H E T W O O F Y O U

Indulge in some soothing and dedicated time together in the beautiful grounds of our country estate.

Includes a 60-minute treatment per person. Choose from: Renewing Facial; Hand on Heart Face Ritual; Relax and Rejuvenate massage; Maternal Moments; Hot Poultrice massage; or Lime Blossom Vitamin Glow.

£690 *Monday – Thursday*
£710 *Friday – Sunday*

MORNING SUNRISE

Begin your day with the gentle glow of the morning in the peaceful setting of nature awakening.

Includes a light breakfast in the Spa Café and a 60-minute treatment. Choose from: Renewing Facial; Hand on Heart Face Ritual; or Relax and Rejuvenate massage.

£250 Monday – Thursday
£270 Friday – Sunday

TEA AND TRANQUILLITY

Indulge in an afternoon of pampering, relaxation, and a delightful tea menu.

Includes a 60-minute treatment. Choose from: Renewing Facial; Hand on Heart Face Ritual; Relax and Rejuvenate massage; Maternal Moments; Hot Poultrice massage; or Lime Blossom Vitamin Glow.

£350 Monday – Thursday
£370 Friday – Sunday

TWILIGHT SERENITY

A perfect end-of-day moment to unwind and rejuvenate in the serene ambiance of the countryside.

Includes use of the spa facilities and a light two-course supper served, in the Spa Café.

£95 Monday – Sunday

LINGER FOR LONGER

Available for our hotel residents to book from 12 – 7pm on the day of check-out.

Extend your relaxation and embrace the calming surrounding of nature for a little longer with an afternoon at the spa.

Includes use of the spa facilities and a two-course lunch in the Spa Café.

£95 Monday – Sunday

STAY AND SPA FOR TWO

Escape to the idyllic countryside for an overnight spa break where the gentle whispers of nature create the perfect setting for relaxation.

Includes: overnight accommodation; dinner for two in The Barn Restaurant; breakfast; use of the spa facilities; and a 60-minute treatment per person. Choose from: Renewing Facial; Hand on Heart Face Ritual; Relax and Rejuvenate massage; Maternal Moments; Hot Poultrice massage; or Lime Blossom Vitamin Glow.

Available Monday – Sunday
Price on application

RELAXATION ROOMS

AWAKEN RELAXATION ROOM

Bathe in the natural light that floods through Awaken’s expansive windows. Sink into the plush, inviting furnishings and truly unwind. Enjoy the aroma of the rooftop blooming with lavender, which fragrances your view of the picturesque countryside that envelops you. We invite you into the Awaken relaxation room for a moment’s serenity both before and after your treatment.

CALM RELAXATION ROOM

Slip off to this darkened retreat, where you’ll find four RLX Satori wellness loungers, equipped with their signature binaural acoustic and dynamic stimulation technology. Designed to harmonise the body and mind, these vibro-acoustic beds incorporate synchronised brainwave patterns and targeted vibrations on the body, along with a voice-guided meditation or musical programme. If you’re looking to extend your relaxation beyond the treatment room, Calm is where we encourage you to start.



FACIALS

Experience our transformative advanced facial treatments, exclusively designed for Coworth Park. Each facial will be tailored to the unique needs of your skin.

Natura Bissé
**DIAMOND DROP
AGE-DEFYING GLOW**

This five-star age-defying treatment infuses your skin with energy, reviving it from signs of environmental stress and premature aging. At the heart of this treatment is crystal-infused acupressure and an advanced myofascial massage, combined with Natura Bissé's exclusive AcuEnergy Method, created with neuroscience expertise.

Natura Bissé
LIME BLOSSOM VITAMIN GLOW

Restore vitality to sun-damaged skin with this powerful antioxidant treatment. It works to minimise signs of premature aging with an infusion of collagen-boosting vitamin C. Using cool sculpting spoons to soothe and refresh, expect firm, supple, and intensely luminous skin.

Natura Bissé
GOLDEN MEADOW LIFE INFUSION

An age-defying facial unparalleled for its rejuvenating and revitalising action. Harnessing the essence of the Natura Bissé Diamond Age-Defying collection, with the most innovative anti-aging actives and techniques, including the Shirodhara ayurvedic massage, this facial helps diminish the look of lines and wrinkles, while boosting firmness and suppleness.

Natura Bissé
ROSE RADIANCE LIFTING RITUAL

A high-performance anti-gravity and line-minimising treatment, in collaboration with Lyma, stimulates a lifting effect to enhance facial contours. This advanced treatment, upgraded to multiply its effectiveness, helps minimise skin sagging and lack of definition, while also smoothing the appearance of wrinkles on the face, neck, and décolleté. Perfect to complement – or as an alternative to - medical-aesthetic procedures.

WELLNESS ENHANCEMENTS

HEAD AND SCALP MASSAGE

A soothing scalp massage treatment with marine hair and scalp mud begins by applying nutrient-rich mud infused with minerals to the scalp. The therapist gently massages it in using circular motions and kneading techniques to relieve tension and stimulate circulation, leaving your scalp nourished and rejuvenated while promoting deep relaxation.

BACK MASSAGE

Therapeutic massage aimed at relieving tension and stress held in the back.

WELNAMIS BED

Welnamis is an acoustic and vibrational technology that trains the brain to relax and benefit from deep relaxation techniques. Using specific vibrations and binaural audio frequencies, Welnamis makes it possible for even the busiest minds to achieve deep levels of relaxation in one session. Similar to meditation, specific sounds slow down mental activity while vibrational frequencies act specifically on the energy centres of the body.

See pages 24-25 for all further treatment enhancements.



ishga

RENEWING FACIAL

A rejuvenating facial designed to revitalise and repair. With high concentrations of natural seaweed, proven to preserve the skin’s collagen, this treatment is perfect for toning, firming, and nourishing the skin, while protecting it from environmental damage.

ishga

MARINE INFUSION FACIAL

This rejuvenating facial is expertly designed to brighten, nourish, and support your skin’s natural defences. Incorporating soothing and sculpting facial massage to lift and tone the facial contours, a nutrient-rich seaweed peel-off mask works to enhance your skin’s natural glow, preserve collagen, and deliver powerful anti-ageing benefits.

HYDRAFACIAL

This non-invasive skin resurfacing and rejuvenating treatment combines cleansing, exfoliation, extraction, hydration, and a personalised booster. This treatment is ideal for treating fine lines and wrinkles, hyperpigmentation, oil or dry skin, as well as those in need of a rejuvenation boost.

Made for Life

HAND ON HEART FACE RITUAL

It begins with a deeply relaxing facial cleanse, exfoliation, and facial massage to ease any tension in the face, followed by a nourishing facial mask and relaxing head massage.

WELLNESS
ENHANCEMENTS

HYDRAFACIAL
EXPRESS

Using patented technology, this treatment gives you visibly cleaner skin with improved tone and texture, appearing youthful, plump, and hydrated. The HydraFacial is the perfect accompaniment to a body treatment.

LED MASK

Upgrade your treatment by adding an LED mask. The benefits of targeted light therapy include improved texture and overall radiance.

See pages 24-25 for all further treatment enhancements.

SIGNATURE TREATMENTS

Indulge in our signature treatments, crafted exclusively for Coworth Park to rejuvenate your body and mind. A harmonious blend of advanced techniques and natural ingredients that embody serenity and holistic wellness.

Natura Bissé

C+C VITAMIN INFUSION RITUAL

Relax and leave renewed with our powerful antioxidant-infused treatment. Harnessing the power of vitamin C to restore sun-damaged skin and stimulate collagen production.

ishga

POLISH AND COCOON BODY WRAP

Reawaken your skin with this full-body experience, designed to exfoliate, nourish, and restore balance. Begin with invigorating dry body brushing, followed by a luxurious salt and oil exfoliation to sweep away dead skin. Your body is then enveloped in your chosen mask to detoxify, nourish, or hydrate, before being cocooned in soft waffle sheets to enhance absorption. While you drift into deep relaxation, a soothing facial massage calms the mind and restores your inner peace. The ritual concludes with the application of warm, nourishing body oil, leaving your skin soft, supple, and sparkling.

ishga

HIMALAYAN QUARTZ RITUAL

The MLX Quartz treatment bed offers an immersive alpha quartz experience that promotes deep relaxation, sensory stimulation, and a modern detox for the ultimate wellness experience. As the warm quartz sand cocoons the body, the bed gently inverts, prompting the built-in massage system to work on releasing tension and promoting better circulation.

Accompanied by our signature head-to-toe ritual that begins with a revitalising back exfoliation to prepare your body for our warming signature scent-infused poultice ritual that guides you into a full-body therapeutic massage treatment.

ishga

HEBRIDEAN SOUND ESCAPE

Journey straight to the Hebrides through calming soundscapes based on the natural sounds of water and the musical traditions of the Scottish archipelago. Beginning with a seaweed foot ritual, let yourself be moved by a meditation sequence that morphs into a warming full-body Balinese-inspired massage. Warmed ishga oil is gently poured over your forehead and scalp, before stimulating your pressure points with a soothing face massage.

WildSmith

THE RECOVERY TREATMENT

Exclusively designed for Dorchester Collection, this bespoke therapeutic massage incorporates essential oil blends aligned to specific times of day to support your circadian rhythms. This unique treatment draws on slow, relaxing massage techniques to restore balance and harmony to the body, whilst improving circulation, reduce muscular tension, alleviate stress, and enhance overall wellbeing.



PREGNANCY TREATMENT

ishga

MATERNAL MOMENTS

The ishga pregnancy treatment has been specifically designed to pamper mums-to-be during this special time. Following an expert consultation, the treatment will be tailored to your needs using a range of techniques, including traditional Swedish massage, stretching, and deeper pressure where suitable. Feel your aches and pains ease and your tension melt away to the luxurious scent of rose geranium infused with almond and jojoba oils.

This treatment is suitable after the first 14 weeks of pregnancy.

MASSAGE

Our bespoke massage experiences are thoughtfully crafted to combine various techniques, ensuring that each treatment not only alleviates tension but also promotes overall wellbeing. Whether you're seeking relaxation, relief from stress, or a revitalising boost, our skilled therapists are dedicated to providing a personalised experience that will leave you feeling pampered and relaxed.

ishga

PERSONALISED WELLBEING MESSAGE

Selecting your personalised body oil is how this sensory journey begins. The massage to follow combines the therapeutic techniques of marma massage, lymphatic drainage, and traditional Swedish methods to detoxify, balance, and restore your body, while easing tension and relieving stress.

ishga

SERENITY SIGNATURE MESSAGE

Retreat into pure relaxation with this Balinese-inspired massage, designed to heal, nourish, and rejuvenate flesh and spirit. Let any tension melt away with the warmth of the oil; feel its soothing techniques restore harmony and inspire serenity. Ultimately, enter a state of deep tranquillity – a state infused with a delicate floral aroma, as though you're drifting through a summer meadow.

ishga

RELAX AND REJUVENATE

Feel muscular tension from your back, scalp, and face dissolve with this targeted treatment. Beginning with a back massage to gently relax tight muscles, your therapist will ease you into a facial cleanse, exfoliation, and face massage to boost your skin's radiance and create a natural, healthy glow. Melt into the bed with a calming scalp massage that soothes both body and mind.

WELLNESS ENHANCEMENTS

ROSE QUARTZ THERAPY BED

Offering an immersive alpha quartz experience that promotes deep relaxation, sensory stimulation, and a modern detox for the ultimate wellness experience. As the warm quartz sand cocoons the body, the bed gently inverts, prompting the built-in massage system to work on releasing tension and promoting better circulation.

HOT POULTICE

Benefits include reducing inflammation in muscles and joints, increasing circulation, and deep relaxation. When the compress is heated, it provides a detoxing effect that draw toxins from the body and suffuses a host of vitamins and minerals deep within.

See pages 24-25 for all further treatment enhancements.

WELLNESS
ENHANCEMENTS

ISHGA SALT
AND OIL SCRUB

A full-body exfoliating treatment to effectively remove dull skin and impurities, unveiling refreshed and radiant skin. Enriched with the goodness of jojoba oil and almond oil, this scrub moisturises and softens the skin, leaving it supple and silky smooth.

SATORI WELLNESS
LOUNGER
RELAXATION
EXPERIENCE

Let us lull you into a state of deep relaxation with the Satori Relaxation Lounger. Physical vibrations from the bed merge with the multi-layered, binaural acoustic soundscape that you listen to through headphones, bringing body and mind together in a powerful experience of calm.

See pages 24-25 for all further treatment enhancements.

MASSAGE

ishga

HOT POULTICE MASSAGE

Heal yourself with heated aromatic sea salt and seaweed granule poultices, massaged deep into the skin to dissolve muscle tension and relieve stress. Receive your own poultice to create a detoxifying seaweed bath experience at home.

ishga

TIDES OF CHANGE

Balance your masculine and feminine energies, soothe stressful symptoms, and embrace elevated wellbeing. Using ishga's multi-award-winning skincare products alongside holistic techniques that nurture the abdomen, where emotional and hormonal imbalances often manifest. Designed but not limited to women in various stages of menopause, this treatment focuses on gentle lymphatic stimulation, nervous system regulation, and emotional balance.

Made for Life

MADE FOR MENOPAUSE

Guiding your brain into alpha-theta brainwave states, experience greater clarity, boosted creativity, and deeper relaxation. Allow tension across the body, scalp, and face to be calmed through gentle massage techniques, soothing headaches and migraine symptoms. Follow our guided breathwork to relieve stress and boost energy levels, preparing you for a restful night's sleep free from fatigue.

TIME FOR TWO

Enter a serene and soothing space and unwind together in our double treatment room. Escape the stresses of daily life with a blissful hour of harmony, connection, and relaxation. Foster a deeper connection with your partner, friend, or family member – and savour the time spent shared.



CANCER CARE

Made for Life

HAND ON HEART BACK, FACE, AND SCALP TREATMENT

Drift into a meditative state of deep relaxation with this nurturing ritual for the head, face, and back. Experience your entire upper body rebalance through a combination of deep breathing exercises and slow massage techniques. End with a facial that stimulates pressure points, and a slow and gentle head massage that calms the mind.

ishga

SOOTHING TOUCH

A deeply relaxing treatment suitable for anyone currently undergoing or recovering from cancer treatment. Bask in this gentle effective massage and facial using the powerful health benefits of seaweed-based natural and organic products. This safe and indulgent treatment leaves you feeling revitalised, calm, and rejuvenated.



HANDS AND FEET

COWORTH PARK CLASSIC MANICURE

This classic manicure treatment will leave your nails looking beautiful and your hands feeling nourished and pampered, finishing with an application of polish.

COWORTH PARK CLASSIC PEDICURE

This classic pedicure leaves your feet feeling soft, supple, and polished in your chosen shade.

HANDS AND FEET DUO

A complete treat for the hands and feet, this treatment shapes your nails, exfoliates your hands and feet, and ends with a relaxing hand and foot massage.

ishga

LUXURIOUS SEAWEED FOOT EXPERIENCE

Rejuvenate tired feet with a detoxifying seaweed treatment that leaves the skin silky smooth. Your experience begins with a soothing foot soak, filled with a blend of seaweed and pure essential oils, followed by a scrub using nutrient-rich salts and oils, and a relaxing lower leg and foot massage. A detoxifying seaweed mask will be applied before your nails are shaped and your cuticles conditioned.

WELLNESS ENHANCEMENTS

Elevate the benefits of your chosen treatment with additional wellness experiences, which can be incorporated into or added onto any treatment you choose.

HOT POULTICE

Benefits include reducing inflammation in muscles and joints, increasing circulation and deep relaxation. When the compress is heated it provides a detoxing effect to draw toxins from the body and add a host of vitamins and minerals deep within.

HEAD AND SCALP MASSAGE

A soothing scalp massage treatment with marine hair and scalp mud begins by applying nutrient-rich mud infused with minerals to the scalp. The therapist gently massages it in using circular motions and kneading techniques to relieve tension and stimulate circulation, leaving your scalp nourished and rejuvenated while promoting deep relaxation.

LED MASK

Upgrade your treatment by adding an LED mask. The benefits of targeted light therapy include improved texture and overall radiance.

ISHGA SALT AND OIL SCRUB

A full-body exfoliating treatment to effectively remove dull skin and impurities, unveiling refreshed and radiant skin. Enriched with the goodness of jojoba oil and almond oil, this scrub moisturises and softens the skin, leaving it supple and silky smooth.

BACK MESSAGE

Therapeutic massage aimed at relieving tension and stress held in the back.

HYDRAFACIAL EXPRESS

Using patented technology, this treatment gives you visibly cleaner skin with improved tone and texture, appearing youthful, plump, and hydrated. The HydraFacial is the perfect accompaniment to a body treatment.

ROSE QUARTZ THERAPY BED

Offering an immersive alpha quartz experience that promotes deep relaxation, sensory stimulation, and a modern detox for the ultimate wellness experience. As the warm quartz sand cocoons the body, the bed gently inverts, prompting the built-in massage system to work on releasing tension and promoting better circulation.

WELNAMIS BED

Welnamis is an acoustic and vibrational technology that trains the brain to relax and benefit from deep relaxation techniques. Using specific vibrations and binaural audio frequencies, Welnamis makes it possible for even the busiest minds to achieve deep levels of relaxation in one session. Similar to meditation, specific sounds slow down mental activity and vibrational frequencies act specifically on the energy centres of the body.

SATORI WELLNESS LOUNGER RELAXATION EXPERIENCE

Let us lull you into a state of deep relaxation with the Satori Relaxation Lounger. Physical vibrations from the bed merge with the multi-layered, binaural acoustic soundscape that you listen to through headphones, bringing body and mind together in a powerful experience of calm.

PRICE LIST

Spa days	<i>Mon - Thurs</i>	<i>Fri - Sun</i>
PERFECT HARMONY	£280	£300
WHISPERS OF WELLNESS	£350	£370
COUNTRYSIDE RETREAT	£450	£470
JUST THE TWO OF YOU	£690	£710
MORNING SUNRISE	£250	£270
TEA AND TRANQUILLITY	£350	£370
TWILIGHT SERENITY	£95	£95
LINGER FOR LONGER <i>(Available 12 - 7pm on day of check-out)</i>	£95	£95
STAY AND SPA	POA	—

Facials	<i>Minutes</i>	<i>Mon - Thurs</i>	<i>Fri - Sun</i>
<i>Natura Bissé</i>			
DIAMOND DROP AGE-DEFYING GLOW	60	£220	£240
LIME BLOSSOM VITAMIN GLOW	60	£260	£280
GOLDEN MEADOW LIFE INFUSION	90	£330	£350
ROSE RADIANCE LIFTING RITUAL	60	£270	£290
<i>ishga</i>			
RENEWING FACIAL	60	£180	£200
MARINE INFUSION FACIAL	90	£270	£290
HYDRAFACIAL	60	£260	£280
	90	£350	£370
<i>Made for Life</i>			
HAND ON HEART FACE RITUAL	60	£180	£200

Signature treatments	<i>Minutes</i>	<i>Mon - Thurs</i>	<i>Fri - Sun</i>
ISHGA POLISH AND COCOON BODY WRAP	90	£270	£290
NATURA BISSÉ C+C VITAMIN INFUSION RITUAL	60	£220	£240
ISHGA HIMALAYAN QUARTZ RITUAL	90	£280	£300
ISHGA HEBRIDEAN SOUND ESCAPE	90	£280	£300
WILDSMITH THE RECOVERY TREATMENT	120	£350	£370

Pregnancy treatment	<i>Minutes</i>	<i>Mon - Thurs</i>	<i>Fri - Sun</i>
ISHGA MATERNAL MOMENTS	60	£180	£200
	90	£270	£290

Massages	<i>Minutes</i>	<i>Mon - Thurs</i>	<i>Fri - Sun</i>
PERSONALISED WELLBEING MASSAGE	90	£270	£290
SERENITY SIGNATURE MASSAGE	90	£270	£290
RELAX AND REJUVENATE	60	£180	£200
HOT POULTICE MASSAGE	60	£180	£200
TIDES OF CHANGE	90	£270	£290
MADE FOR MENOPAUSE	60	£180	£200
TIME FOR TWO	60	£400	£440
	90	£550	£590

Cancer care treatments	<i>Minutes</i>	<i>Mon - Thurs</i>	<i>Fri - Sun</i>
<i>Made for Life</i>			
HAND ON HEART BACK, FACE, AND SCALP TREATMENT	90	£270	£290
<i>ishga</i>			
SOOTHING TOUCH	90	£270	£290

Hands and feet	<i>Minutes</i>	<i>Mon - Thurs</i>	<i>Fri - Sun</i>
COWORTH PARK CLASSIC MANICURE	60	£120	£140
COWORTH PARK CLASSIC PEDICURE	60	£130	£150
HANDS AND FEET DUO	60	£120	£140
<i>ishga</i>			
SEAWEED LUXURY FOOT RITUAL	45	£90	£110

Wellness enhancements	<i>Minutes</i>	<i>All week</i>
HOT POULTICE <i>(Incorporated in the treatment)</i>	—	£30
HEAD AND SCALP MASSAGE	15	£45
LED MASK <i>(Incorporated in the treatment)</i>	—	£20
ISHGA SALT AND OIL SCRUB	30	£75
BACK MASSAGE	30	£85
HYDRAFACIAL EXPRESS	30	£90
ROSE QUARTZ THERAPY BED <i>(Incorporated in the treatment)</i>	—	£30
WELNAMIS BED	30	£50
SATORI WELLNESS LOUNGER RELAXATION EXPERIENCE <i>(Standalone experience)</i>	30	£50

GIFT VOUCHERS

Treat yourself or someone special to a blissful spa experience at Coworth Park.

Choose from a range of luxury spa day experiences and treatments, available to purchase as a gift voucher from our website.

Spa experience vouchers are valid for 12 months. Spa vouchers may only be used for The Spa at Coworth Park.

Monetary vouchers can be purchased and used across all outlets of the hotel.



SPA CAFÉ

Glancing over the natural landscape it blends in seamless harmony with, the Spa Café brings a moment's tranquillity and nourishment. Hugged by nature, this peaceful retreat invites guests to unwind and rejuvenate behind its floor-to-ceiling windows, granting sweeping views of the country estate to enhance your dining experience.

The menu is thoughtfully curated, featuring a range of comforting yet healthy food and beverage options. Guests can indulge in vibrant salads crafted from locally sourced vegetables, hearty grain bowls, and wholesome wraps packed with flavourful ingredients.

Beverage options include a selection of herbal teas, detoxifying smoothies, and freshly pressed juices, each designed to revitalise, relax, and refresh.

Please inform us of any dietary requirements or allergies.



THE GYM

The newly refurbished gym features the latest Technogym Luxury Artis line equipment, designed specifically for cardio, strength training, and functional workouts, helping you cover all muscle groups with to the highest level of performance. Please take care when using the equipment, and do not undertake any exercise in the gym if you have concerns about your health. Appropriate gym attire and footwear must be worn when using the gym.



POOLSIDE THERMAL AREA

The poolside thermal experiences include a traditional sauna and steam room, as well as a snow shower, experience shower, and drench shower.

BLOOM STEAM ROOM

Using a steam room provides several health benefits, such as muscle relaxation and joint pain relief, ideal for a post-workout recovery. The heat enhances circulation and encourages the body to perspire, stimulating the detoxification process. It can improve respiratory function, promote relaxation, reduce stress, and foster mental clarity.

RADIATE SAUNA

Using a sauna can promote relaxation, relieve stress, and improve your mood. The heat encourages perspiration, releasing toxins from your body, while enhancing circulation and helping to alleviate soreness and joint pain.

CLARITY SNOW ROOM

Cold therapy can reduce inflammation and swelling, making it particularly effective for muscle recovery. Exposure to cold temperatures stimulate blood circulation, which can enhance nutrient delivery to tissues, strengthen the immune system, and increase resilience to stress. By triggering the release of endorphins, cold therapy may also boost mental clarity.

EXPERIENCE SHOWER

Our poolside experience shower combines sensory elements to create a unique and immersive bathing experience. The water temperature can be adjusted to your preference, transitioning from warm to cool for a refreshing contrast.

SUN TERRACE

Next to the swimming pool sits our sun terrace. The natural surroundings make this tranquil spot the perfect place to unwind in the sunlight to soak up the calming countryside air.

Please take time to read the safety guidelines before using any of the thermal experiences, and do not exceed the recommended duration of use. We recommend that you stay hydrated when using these facilities, so please make use of the water available poolside.

ESSENTIAL SPA INFORMATION

OPENING HOURS

The Spa at Coworth Park is open from 6.30am – 9pm every day. Treatments are available from 10am – 7pm.

LAYOUT

Our spa has two floors. The entrance is located on the upper floor, as are the reception, changing rooms, and treatment relaxation room. On the lower floor, you'll find the gym, swimming pool, thermal experiences, and the sun terrace. Please note the swimming pool does not have lifeguards, so we do not recommend lone swimming.

PARKING AND DIRECTIONS

If you're arriving by car, please drive past the mansion house to the main car park. Parking for spa visitors is located on the left-hand side. The spa is located away from the mansion house. So, to reach us, please walk back past the mansion house and follow the path to the spa entrance.

ARRIVAL

All guests must sign in on arrival at the spa reception desk.

On arrival at the spa, you will be provided with a locker with a personal safe, robe, and flip flops. Coworth Park regrets that it cannot take responsibility for valuables or personal belongings.

Please complete the electronic pre-treatment consultation before you arrive at the spa. Please disclose any relevant medical conditions to the spa reception when booking your treatment.

SPA ETIQUETTE

Visitors to the spa are requested to leave their mobile telephone in their locker safe, or to turn it to silent to avoid disturbing other guests. Video calls and phone

calls are not permitted in areas of the spa where other guests are relaxing or in areas where privacy should be respected.

The spa facilities are available for our hotel resident guests, spa members, and spa day guest to enjoy. Hotel resident guests may use the spa ahead of checking into the hotel on the day of arrival and up until 12pm on the day of departure.

Smoking and vaping are not permitted in the spa, on its terraces, or in its immediate vicinity.

Dogs and other pets are not permitted in the spa facilities, outdoor terrace, or other public areas of the spa.

No glass or ceramic drink containers are allowed poolside. Plastic and paper cups can be provided by the Spa Café if you wish to take drinks into the pool hall.

We advise that you do not consume alcohol if you are intending to use the swimming pool and thermal facilities.

Food may be not consumed poolside.

We request that outdoor footwear is removed before entering the pool hall and thermal facilities. Blue shoe covers are available at the entrance of the pool hall if you are not able to remove your footwear.

Appropriate swimming attire must be worn in the swimming pool and when using the thermal experiences.

ACCESSIBLE FACILITIES

We have an accessible changing room and floor lift available in the spa for guests who may require them. We have a portable pool lift to for anyone who needs assistance to access the swimming pool. Please inform spa reception if you require any access assistance either at the time of booking or upon arrival.

SPA TREATMENT INFORMATION

All treatments and spa days are subject to availability and change.

TREATMENT-ONLY BOOKINGS

Treatment-only bookings for non-resident guests do not include access to the spa facilities.

PRICING

Treatment prices quoted are for: weekday rates Mondays to Thursday; and weekend rates Friday to Sunday (including bank holidays). A discretionary service charge of 10% will be added to your bill.

CANCELLATION POLICY

You are respectfully advised that the full treatment cost will be incurred, or your gift voucher invalidated, if less than 24 hours' notice is given for cancellation. For non-resident guests, credit card details are required at the time of booking.

LATE ARRIVAL

Regrettably, a late arrival will shorten your appointment time, so please arrive in the spa at least 15 minutes before your treatment.

CHILDREN

The spa is an environment where we have relaxing spa treatments taking place throughout the day. We are delighted to welcome residents of the hotel with their families to the spa during our designated family swim times.

FAMILY SWIM TIMES

Monday to Friday
9 – 10.30am and 4 – 5.30pm
Saturday and Sunday
9 – 11am and 4 – 6pm

All children under 18 years of age must be accompanied by an adult.

There are no lifeguards or pool assistants on duty. Use of the swimming pool and all facilities is at your own risk. Coworth Park will not be liable for any injury or accident.

SPA FACILITIES FOR FAMILY USE

CHANGING ROOMS – Please note that the spa changing rooms are available to use within the designated family hours. As our changing rooms have limited capacity, for your comfort, we would recommend returning to your hotel room to shower after family swim times when the spa is busy.

GYM – Children under the age of 16 years old are not permitted to enter the gym at any time. Children aged 16 – 17 may use the gym with an adult present.

POOLSIDE THERMAL FACILITIES – Children under the age of 16 years of age are not permitted to use the thermal facilities. Children aged 16 – 17 may use the thermal facilities with an adult present. Please take time to read the safety guidelines before using any of the thermal experiences, and do not exceed the recommended duration of use. We recommend that you stay hydrated when using these facilities, so please make use of the water available poolside.

TREATMENTS – Treatments are available to book for guests aged 18 and above. As the treatment corridor is located directly next to spa reception, we respectfully ask families with small children arriving and leaving the spa to be mindful of this.

MEDICAL INFORMATION

Please inform us of any allergies, medical information, or dietary requirements ahead of your reservation. Treatments are carried out at your own risk and neither the hotel nor the spa can be held responsible for any allergic reactions as a result of any product used. If you have recently received Botox or fillers, please note that we will only be able to perform facial treatments if at least one month has passed since.

PREGNANCY

If you are pregnant, body treatments can be booked once you have reached 14 weeks. Some facials are suitable to receive in your first trimester.

VACCINATIONS

To keep you safe, we are unable to offer spa treatments to anyone who has received any vaccination within a 48-hour period prior to their treatment time.

CANCER CARE

We are proud to be listed on the Standards Authority for Touch in Cancer Care as an accredited treatment provider. If you have cancer or have been receiving treatment for cancer, please inform us at the time of booking so that we can safely adapt your treatment. Our team have been trained by an approved provider to deliver specialist treatment to anyone who is undergoing or recovering from cancer treatment.

TREATMENT CONSULTATION

Please complete the electronic treatment consultation form in advance of your arrival to the spa. Treatment durations include a consultation to discuss any health concerns or

potential issues that your therapist should be aware of. Your information will be treated with the strictest confidence. During your consultation, your therapist will discuss lifestyle information so that they can best adapt your treatment for enhanced benefits.

TREATMENT AVAILABILITY

Manicure, pedicure, and hairdressing services are available to resident guests only.

RELAXATION ROOM

We have two relaxation rooms, reserved for treatment guests and spa day guests only.

AWAKEN – A light relaxation space with scenic views of the spa garden. Whether you’re alone or in company, you can relax and enjoy the tranquillity this space invites.

CALM – Within this peaceful space you’ll find acoustic wellness beds, each a cocoon draped in light curtains, allowing just the right amount of seclusion. We invite guests to use their time spent in Calm to reconnect with themselves and fully relax.

SPA MEMBERSHIP

Please contact the spa reception if you are interested in our spa membership.

The Spa at Coworth Park respectfully reserves the right to decline to administer any treatment.

CONTACT DETAILS — To make an appointment as a resident guest, please press ‘Spa’ on your telephone. Non-residents, please dial +44 (0)1344 756 756 or email coworthparkspa@dorchestercollection.com



)(Dorchester *Collection*