

THE RETREAT

AT MATFEN HALL

TREATMENT MENU 2026





A SANCTUARY OF CALM

A place of peace, pleasure and belonging, The Retreat at Matfen Hall is where luxury and wellness live in balance. Escape the everyday to experience true calm, immersed in natural beauty and gentle indulgence from dawn to dusk.

Devoted to the art of wellbeing, each of our treatments has been thoughtfully curated by expert therapists, drawing on traditional rituals and modern skincare to nourish mind, body and complexion. Whether you retreat for an unhurried hour or join us for an immersive half-day ritual, each moment is your invitation to slow down and dedicate time to yourself.



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THE RETREAT DAYS

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Turn any ritual into a full spa day

THE RETREAT STAYS

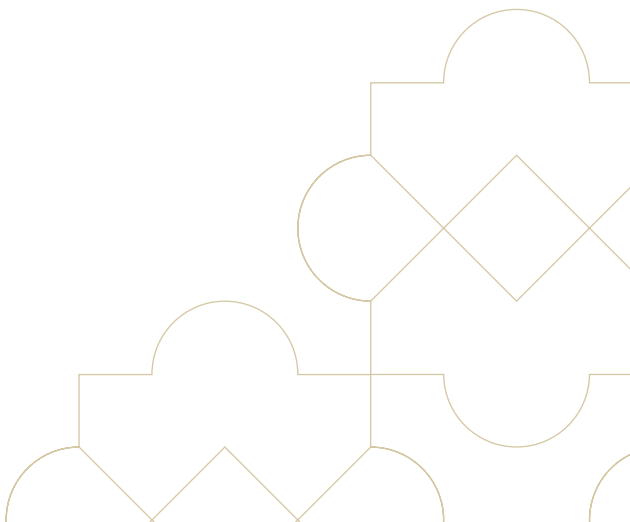
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Wellness · Longevity · Recovery · Activation · Sleep

PRICING & INFORMATION

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Treatment prices, couple's rates & spa information





SIGNATURE RITUALS



THE ULTRA GOLD EXPERIENCE

Our most indulgent ritual, and a radiantly luxurious experience. Caviar extract delivers a complexion-boosting harmony of Vitamins A, B and D while the smoothing properties of gold nourish, revive and brighten. The treatment opens with a gold body polish and a nourishing gold body wrap to refine and condition the skin, followed by a full body massage with warm gold-infused oil. A pro-grade gold facial concludes the experience, with double cleanse, tone, mask, massage, eye treatment and moisturise, leaving the complexion luminous and the body softly radiant.

INCLUDES

Gold Body Polish

Gold Body Wrap

Gold-infused Oil Full Body Massage

Finished with a Gold-infused Facial for glowing, radiant skin

TREATMENT TIME

90 Minutes

PRICE PER PERSON

£195

HEAD TO TOE SERENITY RITUAL

A grounding ritual that opens with a mineral-rich mud exfoliation to refine and detoxify the skin, followed by a warming steam shower to deepen the cleanse. The treatment concludes with a full-body massage using your choice of candle or oil. Scents of Wild Rose, Cacao, Fig or our Seasonal Massage Candle will melt away tension and leave the skin softly conditioned.

INCLUDES

Mud Exfoliation

Aromatic Steam Shower

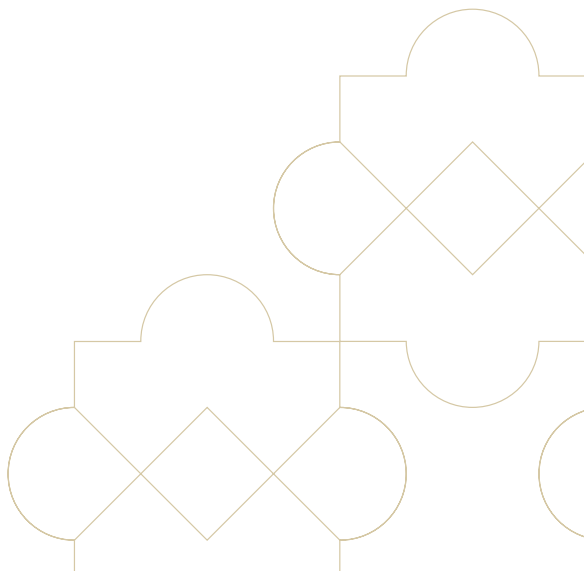
Full-body Candle Massage or choice of oil

TREATMENT TIME

90 Minutes

PRICE PER PERSON

£195





ILLUMINATING BODY & FACIAL

A warming hot-candle massage paired with our targeted Illuminating Facial. Choose from Wild Rose, Cacao, Fig or our Seasonal Massage Candle, each warmed gently to soothe aching muscles and ease tension through the back, shoulders and neck. The treatment concludes with an Illuminating Facial that addresses signs of ageing and leaves the skin sculpted, soft and glowing.

INCLUDES

Hot-candle Massage (Wild Rose, Cacao, Fig or Seasonal)

Bespoke Illuminating Facial

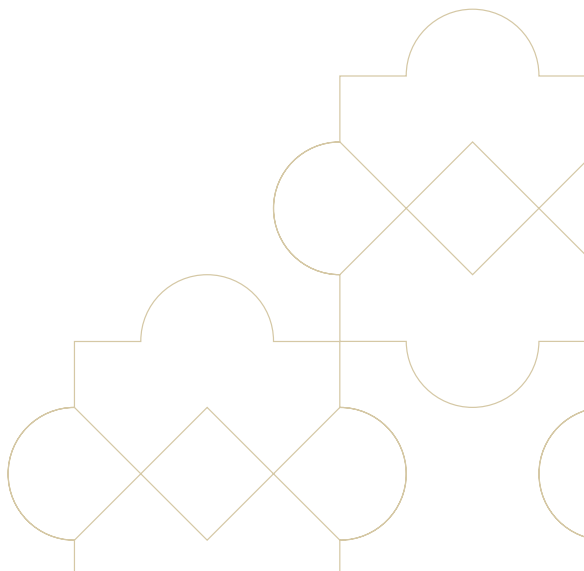
Focus on tension release and skin radiance

TREATMENT TIME

90 Minutes

PRICE PER PERSON

£195



INVIGORATING SCRUB

A luxurious, revitalising treatment that exfoliates and detoxifies the skin through soft, sweeping strokes. The body polish is followed by a lymphatic drainage dry oil massage to stimulate circulation and support the natural removal of toxins, finishing with an Indian head massage to ease tension at the neck, shoulders and scalp.

INCLUDES

Full-body Exfoliation

Lymphatic Drainage Dry Oil Massage

Indian Head Massage finish

TREATMENT TIME

90 Minutes

PRICE PER PERSON

£195







FACIALS



THE MATFEN HYDRAFACIAL

An advanced facial focused on deep hydration, skin clarity and immediate radiance. Using specialised techniques to cleanse, exfoliate and moisturise, this gentle, non-invasive treatment delivers visible results. We begin with a thorough cleanse and exfoliation to remove surface impurities and dead skin cells, followed by intensive hydration that delivers moisture and targeted serums deep into the skin. The treatment concludes with calming applications, finished with our Ab:scent unfragranced cream or rosehip oil, to lock in hydration and leave the complexion smooth and refreshed.

INCLUDES

Deep Cleanse and Gentle Exfoliation

Targeted hydrating serums

Ab:scent or rosehip oil finish

TREATMENT TIME

75 Minutes

PRICE PER PERSON

£195

SIGNATURE ILLUMINATING FACIAL

A grounding ritual that opens with a mineral-rich mud exfoliation to refine and detoxify the skin, followed by a warming steam shower to deepen the cleanse. The treatment concludes with a full-body massage using your choice of candle or oil. Scents of Wild Rose, Cacao, Fig or our Seasonal Massage Candle will melt away tension and leave the skin softly conditioned.

INCLUDES

Mud Exfoliation

Aromatic Steam Shower

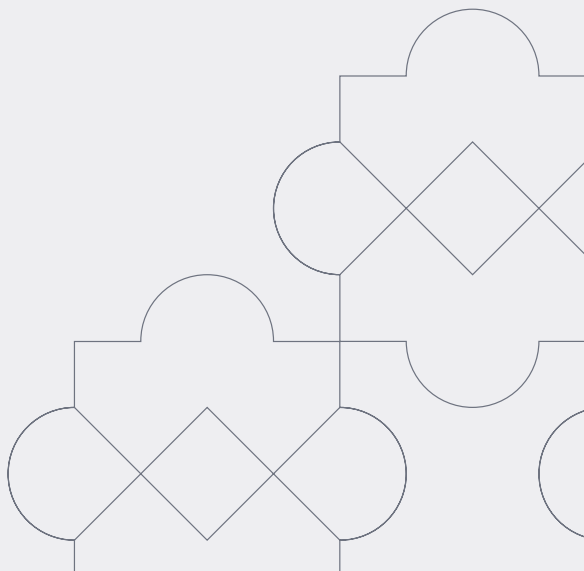
Full-body Candle Massage or choice of oil

TREATMENT TIME

90 Minutes

PRICE PER PERSON

£195





MESSAGE



THE MATFEN RESTORE

A deep massage, results-driven and designed for those who prefer firm pressure and focused bodywork. Targeting areas of accumulated tension (typically the back, shoulders, neck and legs), your therapist will work into knots and tight muscle bands using sustained pressure and trigger-point techniques. Best suited to active guests, regular sports participants, or anyone carrying postural strain.

INCLUDES

Choice of Invigorating, Calming or Sensitive premium oil

Firm to deep pressure throughout

Targeted relief for areas of tension

Finished with an Indian Head Massage

TREATMENT TIME

90 Minutes

PRICE PER PERSON

£195

THE MATFEN CALM

A flowing, restorative massage designed to promote deep calm and gentle physical release. Through smooth movements and moderate, even pressure, this treatment quietens the nervous system and softens muscular tension without the intensity of a deep-tissue approach. Ideal for guests seeking relaxation, improved sleep, or simply an hour of stillness.

INCLUDES

Choice of Calming or Sensitive premium oil

Moderate, flowing pressure

Whole-body relaxation focus

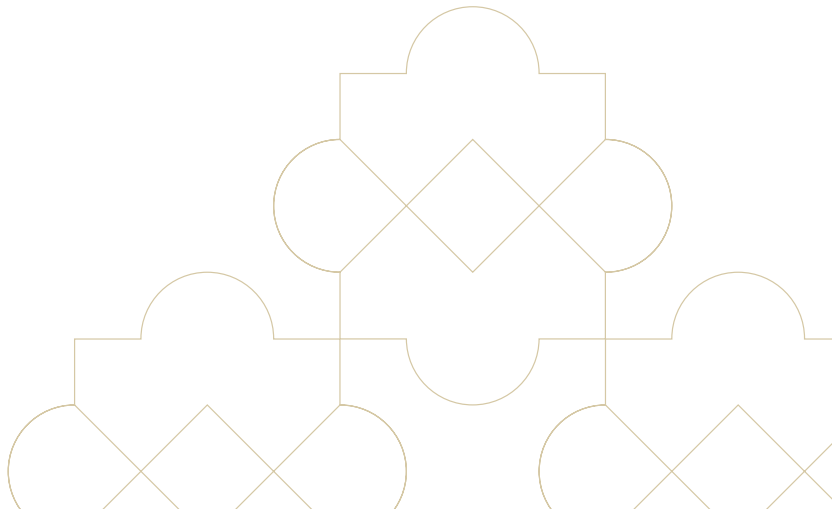
Finished with an Indian Head Massage

TREATMENT TIME

90 Minutes

PRICE PER PERSON

£195



HOLISTIC THERAPIES



JAPANESE HEAD MASSAGE

Rooted in traditional Japanese technique, our Head Massage is a holistic scalp and hair ritual focused on deep cleansing, hair rejuvenation, stimulation of blood circulation and profound relaxation. Reclining on our specialised treatment bed, you'll enjoy a full skin and scalp analysis followed by a deep cleanse using holistic Japanese tools, a luxurious neck and shoulder massage, and a finishing facial with face mask. The result is softer, healthier hair, a stimulated scalp that promotes natural regrowth, and a complexion that glows. A unique experience, and one of our most requested treatments.

INCLUDES

Full scalp and skin analysis

Deep Cleanse with traditional Japanese tools

Neck, Shoulder and Scalp Massage

Finishing Facial and Face Mask

TREATMENT TIME

90 Minutes

PRICE PER PERSON

£195

WELLNESS & LONGEVITY



RED LIGHT THERAPY

Targeted exposure to red and near-infrared wavelengths to support skin renewal, cellular repair and recovery. A modern, non-invasive boost for skin tone and post-treatment results.

TREATMENT TIME

10 Minutes

PRICE PER PERSON

£40

CRYOTHERAPY

Targeted exposure to red and near-infrared wavelengths to support skin renewal, cellular repair and recovery. A modern, non-invasive boost for skin tone and post-treatment results.

TREATMENT TIME

3-5 Minutes

PRICE PER PERSON

£60

HYPERBARIC CHAMBER

An hour in our pressurised oxygen chamber to support cellular recovery, energy and overall wellbeing. Ideal alongside training, travel, or simply as a deeper reset.

TREATMENT TIME

60 Minutes

PRICE PER PERSON

£130



PARENT & CHILD



MATFEN MAMA (ONLY AFTER 12 WEEKS)

Our mother-to-be ritual uses carefully adapted positioning and pressure to deliver a nourishing treatment, designed to ease the physical and emotional demands of pregnancy. Therapists, fully trained in pregnancy care, deliver a soothing scrub, massage, and facial, avoiding the back and stomach and finishing with an Indian Head Massage to bring radiant calm from within.

INCLUDES

Top-to-Toe Polish

Full Body Massage using Passion Flower Oil

Radiant and Calming Facial

Indian Head Massage using Coconut Oil

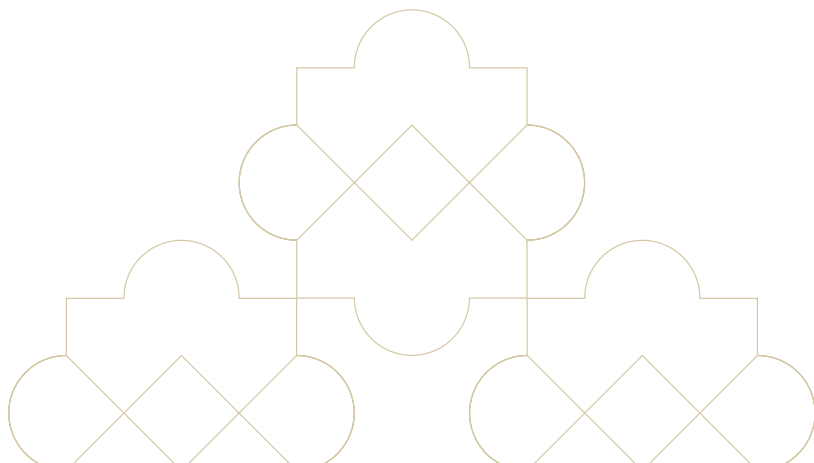
A light lunch

TREATMENT TIME

90 Minutes

PRICE PER PERSON

£195



PARENT AND CHILD

A shared afternoon of indulgence for parent and child to enjoy side by side. Time together begins with a 45-minute facial using our Illuminating range for parents and our natural Mud and fragrance-free Ab:scent ranges for children. A bubble-foot soak and 45-minute manicure and pedicure ends the afternoon on a glamorous note for both.

Available during school holidays and on the last Sunday of each month.

INCLUDES

Side-by-side facial **with create-your-own face mask**

Bubble foot soak

Manicure and pedicure

Child's hair goodie bag

A light lunch

TREATMENT TIME

90 Minutes

PRICE PER PERSON

£195

MANICURE & PEDICURE



MANICURE OR PEDICURE

A complete hand and foot ritual designed to restore, nourish and refresh. Your experience begins with a soothing soak followed by meticulous nail shaping, cuticle care and gentle exfoliation. A hydrating mask and relaxing massage of the hands, arms, feet and lower legs releases tension while replenishing moisture. Finished with your choice of premium polish for an elegant, flawless shine.

INCLUDES

Soak, shape and cuticle care

Hydrating Mask and Massage

Choice of premium polish

Luxury Foot Soak and Bubbles or a Luxury Hand Salt Soak

TREATMENT TIME

60 Minutes

PRICE PER PERSON

£ 70 for either or £80 for Gel Nails



THE RETREAT DAYS



TURN YOUR RITUAL INTO A SPA DAY

Extend and elevate your experience by turning your indulgent ritual into an entire day, dedicated to relaxation at The Retreat.

INCLUDES

Light spa lunch

Full use of all spa facilities

SURCHARGE

£100

**Enhance your experience
with Cryotherapy or a
Hyperbaric Chamber
session - speak to our
team for more information.**

SPA FACILITIES

Red Light Therapy

Brass Monkey Ice Bath

Himalayan Salt Sauna

Traditional Sauna

Steam Showers

Aromatherapy Steam Room

Experience Showers

Pool & Jacuzzi Pool

Relaxation Room

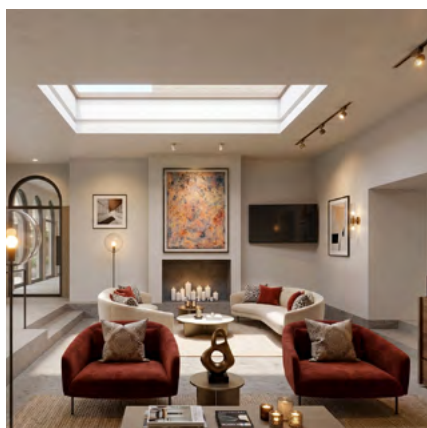
Sun Room

TechnoGym

Pilates & Yoga Area

Private Lounge Areas





THE RETREAT STAYS



STANDARD INCLUSIONS

Every Overnight Package Includes:

INCLUDES

Complimentary chauffeur
-pick-up and drop-off

Light breakfast each morning

Light spa lunch each day

One treatment per guest, per
day (£195 per person)

Full use of all spa facilities

Flexible arrival and
departure times

**Enhance your experience with
Cryotherapy or a Hyperbaric
Chamber session - speak to
our team for more information.**

SPA FACILITIES

Red Light Therapy

Brass Monkey Ice Bath

Himalayan Salt Sauna

Traditional Sauna

Steam Showers

Aromatherapy Steam Room

Experience Showers

Pool & Jacuzzi Pool

Relaxation Room

Sun Room

TechnoGym

Pilates & Yoga Area

Private Lounge Areas

WELLNESS

A complete wellbeing reset rooted in balance and recovery. This package brings together spa access, nourishing food and a tailored treatment each day to support wellness from the inside out. Perfect for those seeking a genuine, unhurried break with visible results.

STAY

2 Days / 1 Night

3 Days / 2 Nights

PRICE PER PERSON PER DAY

£195

TREATMENTS

You can choose any of our rituals for your daily treatment, your final selection will be confirmed during a consultation with an expert spa therapist.

To help you choose, we've curated a selection of Wellness treatments, each designed to nurture wellbeing and restore peace:

The Matfen Calm - A flowing, restorative and full-body massage to promote deep relaxation.

The Matfen Hydrafacial - An advanced and non-invasive facial, focused on deep hydration and skin clarity.

LONGEVITY

Our most immersive residential offering — and the only package available for four days and three nights. Centred on the principles of longevity, this experience focuses on cellular recovery, sustained energy and skin renewal. A slower, deeper pace for guests committed to lasting results.

STAY

3 Days / 2 Nights

4 Days / 3 Nights

PRICE PER PERSON PER DAY

£195

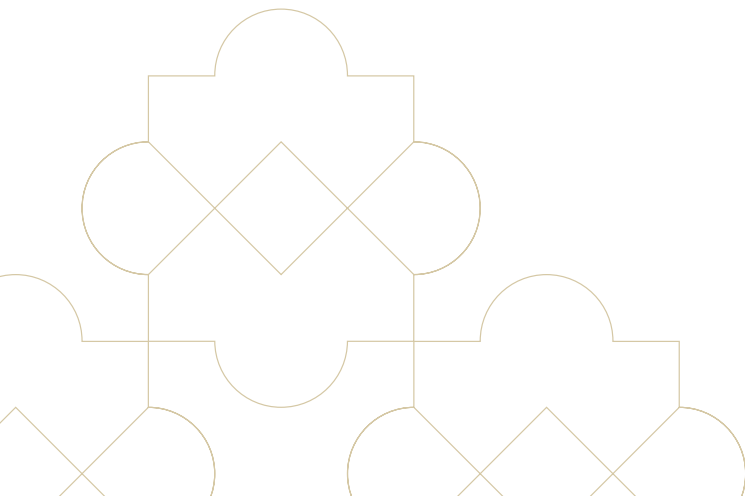
INCLUDES

All standard inclusions

One treatment per guest, per day

Complimentary chauffeur

Light breakfast and spa lunch daily



TREATMENTS

You can choose any of our rituals for your daily treatment, your final selection will be confirmed during a consultation with an expert spa therapist.

To help you choose, we've curated a selection of Longevity treatments, each designed to elevate energy and restore radiance:

Signature Illuminating Facial - A results-driven facial, individually tailored to your skin and complexion.

The Ultra Gold Experience - Our most indulgent ritual, smoothing and brightening face and body.

Enhance your experience with a Red Light Therapy or Hyperbaric Chamber session - speak to our team for more information.

RECOVERY

Built for post-effort restoration. Whether recovering from sport, travel or sustained physical demand, this package centres on deep muscular release and detoxification, supported by spa thermal facilities and nourishing meals.

STAY

- 2 Days / 1 Night
- 3 Days / 2 Nights

PRICE PER PERSON PER DAY

£195

INCLUDES

- All standard inclusions
- One treatment per guest, per day
- Light breakfast and spa lunch daily



TREATMENTS

You can choose any of our rituals for your daily treatment, your final selection will be confirmed during a consultation with an expert spa therapist.

To help you choose, we've curated a selection of Recovery treatments, each designed to promote tension release and active recovery:

The Matfen Restore - A deep-tissue massage, using trigger-point techniques to relieve and soothe.

Invigorating Scrub - A detoxifying full body exfoliation and lymphatic dry oil massage.

ACTIVATION

An energising stay for guests who want to emerge sharper, lighter and more focused. Spa sessions, TechnoGym access and targeted treatments combine to support performance, circulation and a renewed sense of physical vitality.

STAY

2 Days / 1 Night

3 Days / 2 Nights

PRICE PER PERSON PER DAY

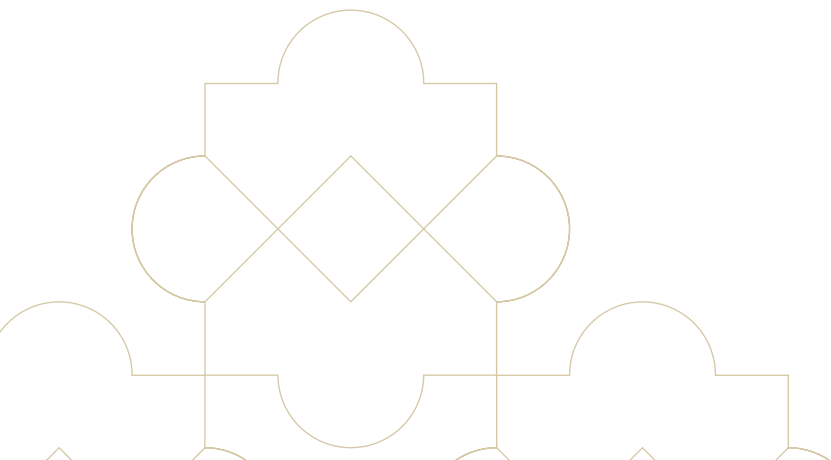
£195

INCLUDES

All standard inclusions

One treatment per guest, per day

Light breakfast and spa lunch daily



TREATMENTS

You can choose any of our rituals for your daily treatment, your final selection will be confirmed during a consultation with an expert spa therapist.

To help you choose, we've curated a selection of Activation treatments, each designed to refresh the senses and awaken the body:

Invigorating Scrub - A revitalising full-body treatment to detoxify, exfoliate, boost circulation and ease tension.

Head to Toe Serenity Ritual - A mineral-rich mud exfoliation, aromatic steam shower and full-body candle massage.

Enhance your experience with a Cryotherapy session - speak to our team for more information.

SLEEP

A midweek reset for guests whose priority is rest. Calming treatments, evening stillness and in-room sleep amenities work together to restore a natural rhythm. The Sleep package is the only experience to include curated in-room additions.

STAY

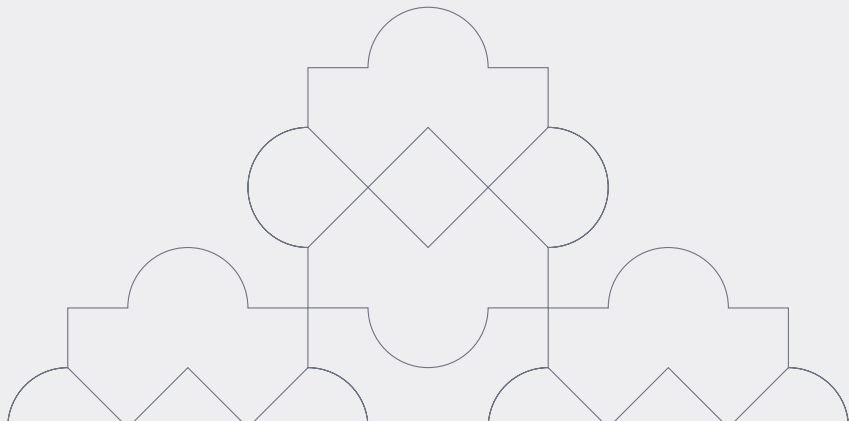
- 2 Days / 1 Night
- 3 Days / 2 Nights
- Midweek

PRICE PER PERSON PER DAY

£195

INCLUDES

- All standard inclusions
- One treatment per guest, per day
- Light breakfast and spa lunch daily
- In-room sleep amenities (see opposite)



TREATMENTS

You can choose any of our rituals for your daily treatment, your final selection will be confirmed during a consultation with an expert spa therapist.

To help you choose, we've curated a selection of Activation treatments, each designed to refresh the senses and awaken the body:

Invigorating Scrub - A revitalising full-body treatment to detoxify, exfoliate, boost circulation and ease tension.

Head to Toe Serenity Ritual - A mineral-rich mud exfoliation, aromatic steam shower and full-body candle massage.

Enhance your experience with a Cryotherapy session — speak to our team for more information.

ROOM AMENITIES

Pillow menu

Weighted blanket

Eye mask

Pyjamas

Barbour slippers

PRICING

2 DAYS / 1 NIGHT

Wellness · Recovery · Activation · Sleep

Room Type	Dual Midweek	Dual Weekend
Classic	£1,130	£1,205
Balcony	£1,230	£1,305
Deluxe	£1,305	£1,355
Luxury	£1,580	£1,580
Suite	£1,780	£1,780

Room rate fixed per night regardless of occupancy. Treatment value included: £195 per person per day.

3 DAYS / 2 NIGHTS

Wellness · Longevity · Recovery · Activation · Sleep

Room Type	Dual Midweek	Dual Weekend
Classic	£1,870	£2,020
Balcony	£2,070	£2,220
Deluxe	£2,220	£2,320
Luxury	£2,770	£2,770
Suite	£3,170	£3,170

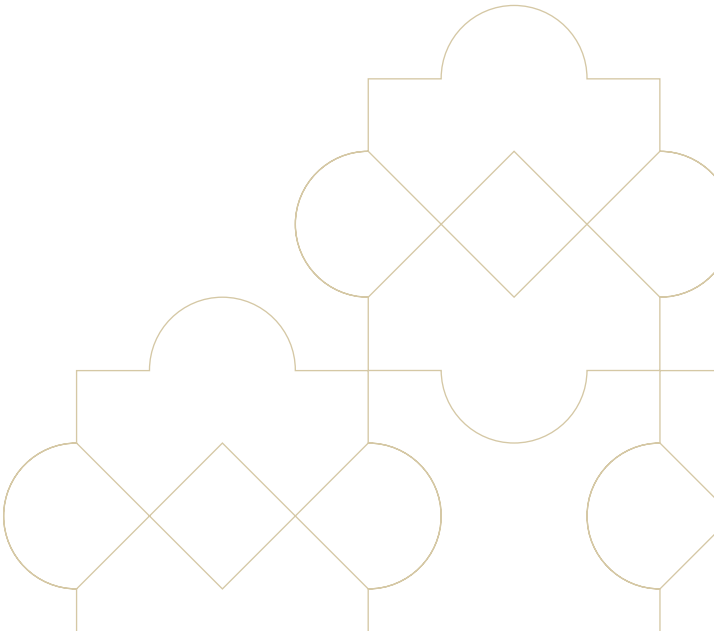
Treatment value included: £390 per person (2 treatments) · £585 per person (3 treatments).

4 DAYS / 3 NIGHTS

Our most immersive offering, available exclusively with the Longevity package.

Room Type	Dual Midweek	Dual Weekend
Classic	£2,610	£2,835
Balcony	£2,910	£3,135
Deluxe	£3,135	£3,285
Luxury	£3,960	£3,960
Suite	£4,560	£4,560

Room rate fixed per night regardless of occupancy. Treatment value included: £195 per person per day.



IN-ROOM SPA PACKAGE (COMING SOON)

An indulgent spa experience from the five-star comfort of your room. The space is prepared in advance with robes, candles and a luxuriously drawn bath before your therapist arrives to deliver a your chosen spa ritual.

Available as a stand-alone experience, when you add an In-Room Spa Package to your stay with us, we'll include a complimentary chauffeur experience - for that extra touch of luxury.

PRICE PER PERSON

£195

AVAILABLE

June - September

TREATMENT OPTIONS

60-min massage

or

60-min facial

or

30-min massage + 30-min
facial

**Includes 30-min bath
experience, with salts, candles
and rose petals**

SIMPLE, CONSIDERED, CONSISTENT

90 MINUTES

£195

Any 90-minute treatment from this menu. Or a 45-minute massage paired with a 45-minute facial.

COUPLES

£350

Any 90-minute treatment, enjoyed side by side in our couple's suite.

MANICURE OR PEDICURE

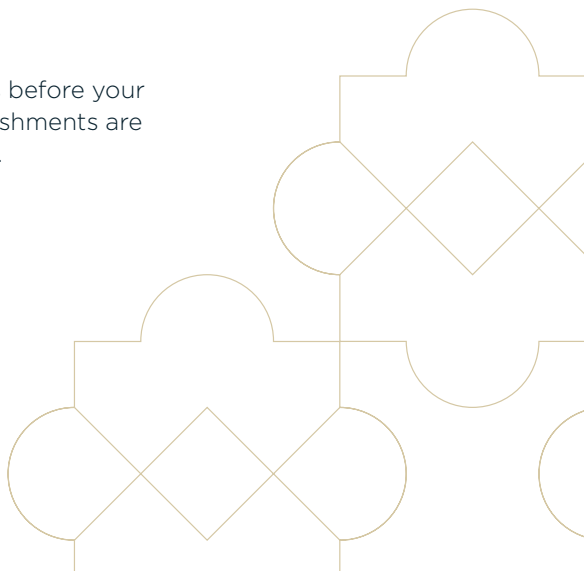
£70

Our complete hand and foot rituals, available as standalone treatments. £80 for gel nails.

Add a wash and style, or a barber's beard and hair trim, for £60.

Wellness and Longevity experiences are priced per session.

We recommend arriving 30 minutes before your treatment. Robes, slippers and refreshments are provided. Spa facilities not included.





MATFEN HALL

COUNTRY HOTEL, SPA & GOLF ESTATE

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