



AURELIUS

SPA AT MATFEN HALL

TREATMENT MENU





RESTORE YOUR RADIANCE

A place of transformation, Aurelius is more than a spa, it's a new beginning.

Devoted to the art of wellbeing, immersive rituals, innovative therapies, and advanced aesthetic treatments have been thoughtfully curated by expert therapists to rejuvenate, revitalise and renew.

Immersed in natural beauty and gentle indulgence, this is a place to recapture your spirit, restore your glow and emerge looking and feeling your very best.



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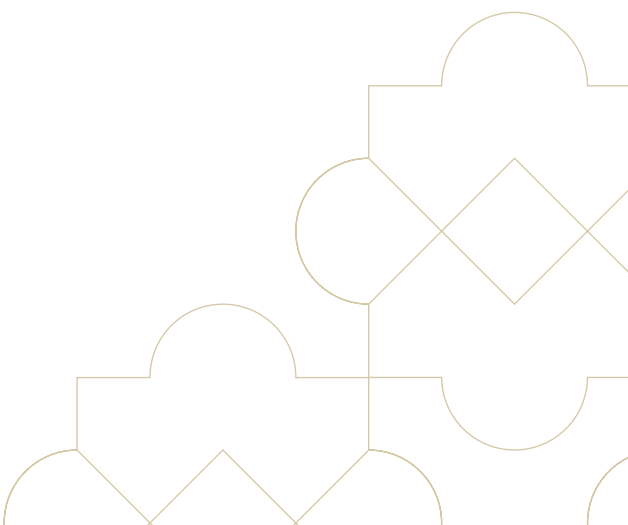
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SIGNATURE RITUALS



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

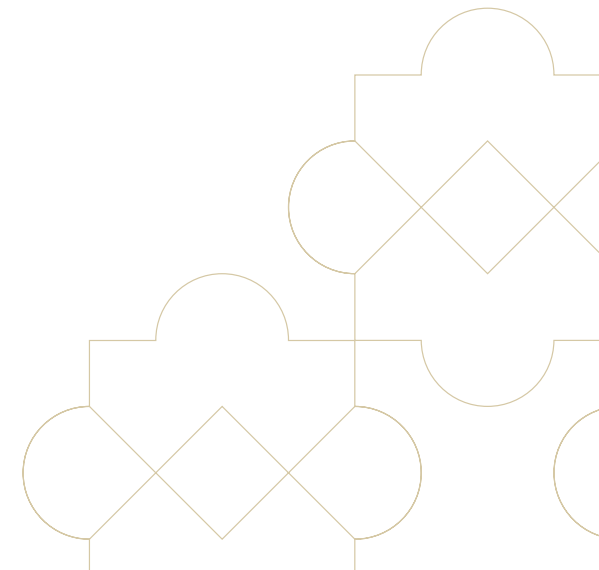
Full-body Candle Massage or choice of oil

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

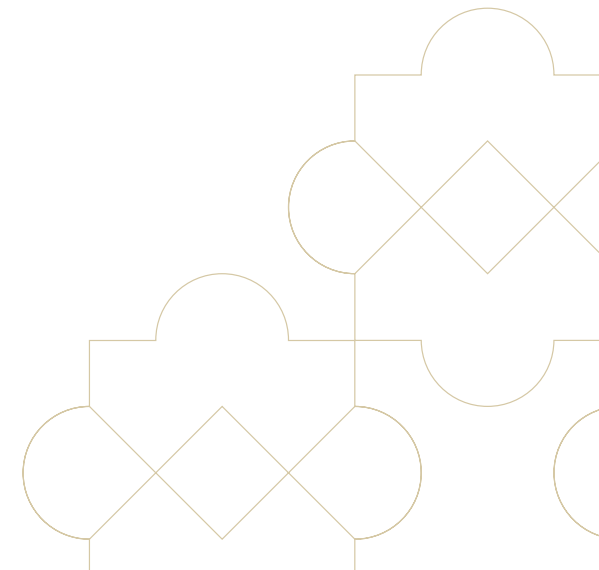
Focus on tension release and skin radiance

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

60 Minutes

PRICE PER PERSON

£195

SIGNATURE ILLUMINATING FACIAL

Our bespoke results-driven facial, tailored in real time by your therapist. Unlike a foundational maintenance facial, the Signature Illuminating Facial addresses your specific skin concerns on the day, from dullness and uneven tone to early signs of ageing. Drawn from our Illuminate range and personalised through each step, from cleanse to moisturise, to give the skin an enhanced, lit-from-within glow.

INCLUDES

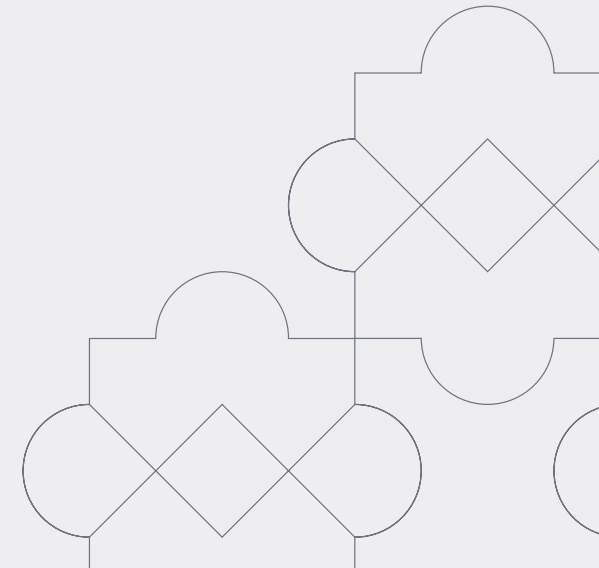
Bespoke consultation and analysis
Personalised Illuminate Facial
Visible glow and sculpted finish

TREATMENT TIME

90 Minutes

PRICE PER PERSON

£195





MASSAGE



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

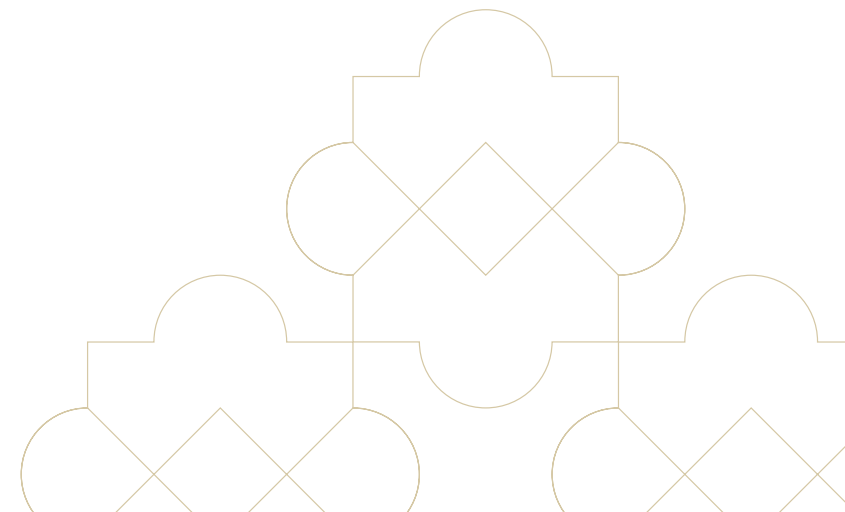
Choice of Calming or Sensitive premium oil
Moderate, flowing pressure
Whole-body relaxation focus
Finished with an Indian Head Massage

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 traditional Japanese deep cleanse, 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

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

A short, intense exposure to extreme cold within a specialist chamber. Used widely for muscle recovery, energy and a sharp, clear-headed lift. Brief, effective and easily added to any visit.

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

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. Please note, this treatment is only suitable after 12 weeks of pregnancy.

INCLUDES

Top-to-Toe Polish

Full Body Massage using Passion Flower Oil

Radiant and Calming Facial

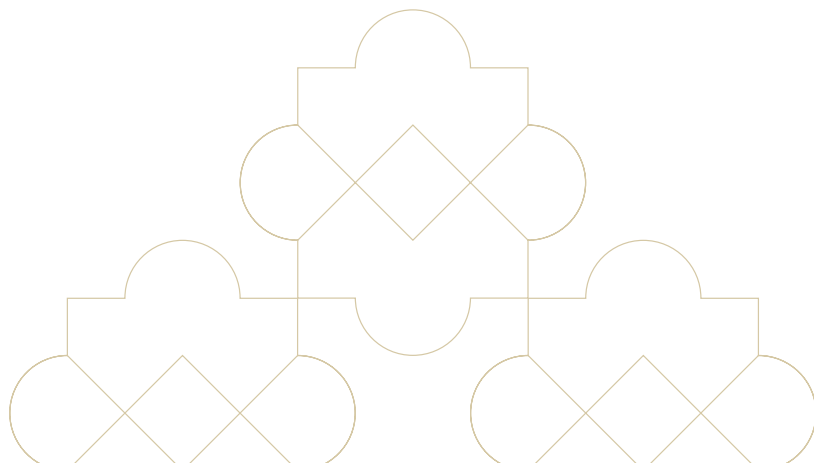
Indian Head Massage using Coconut Oil

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

Bubble foot soak

Manicure and pedicure

Child's hair goodie bag

TREATMENT TIME

90 Minutes

PRICE PER PARENT & CHILD

£250

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

Manicure - £70

Pedicure - £70

Elevate to Gel Nails for £80



RADIANT DAYS





TURN YOUR RITUAL INTO A SPA DAY

Extend and elevate your experience by turning your indulgent ritual into an entire day dedicated to wellness and relaxation at Aurelius.

INCLUDES

One spa treatment
Full use of all spa facilities
Light lunch
Smoothies, fresh fruit and
baked pastries on arrival

PRICE

Treatment & Spa Day
£295 per person

UPGRADE

£300 add-on for overnight
stay in Classic Room, based
on two people sharing.

SPA FACILITIES

Brass Monkey Ice Bath
Himalayan Salt Sauna
Traditional Sauna
Aromatherapy Steam Room
Experience Showers
Pool
Relaxation Room
Sun Room
TechnoGym
Pilates & Yoga Area
Lounge Areas

TREATMENTS

The Ultra Gold Experience
Head To Toe Serenity Ritual
Illuminating Body & Facial
Invigorating Scrub
The Matfen Hydrafacial
Signature Illuminating Facial
The Matfen Restore
The Matfen Calm
Japanese Head Massage
Matfen Mama



SUNSET SPA

As the sun goes down, step into Aurelius to awaken your senses and unwind in peace with a tranquil, twilight spa session.

INCLUDES

Full use of spa facilities

Mezze dinner

SUNSET SPA TIMES

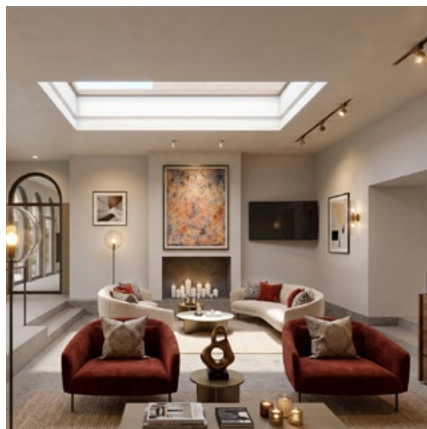
Monday - Thursday, 5.30pm - 9.30pm

PRICE

£130 per person

Enhance your experience with a Cryotherapy or Hyperbaric Chamber session - turn to page 25 for more information.





INDULGENT STAYS



STAY FOR THE FULL EXPERIENCE

Every residential package comes with full spa access and luxurious extras. Everything you need to experience the immersive calm and harmonious atmosphere of Aurelius.

INCLUDES

Chauffeur pick-up and drop-off service

One treatment per guest, per day

Full use of Aurelius spa facilities

Breakfast each morning

Flexible arrival and departure times

SPA FACILITIES

Brass Monkey Ice Bath

Himalayan Salt Sauna

Traditional Sauna

Aromatherapy Steam Room

Experience Showers

Pool

Relaxation Room

Sun Room

TechnoGym

Pilates & Yoga Area

Lounge Area





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

TOTAL PRICE FOR RESIDENTIAL STAY

From £1,080

INCLUDES

Complimentary chauffeur
(terms apply)

One treatment per guest, per day

TREATMENTS

Designed to nurture wellbeing and promote peace, we've selected treatments to complement your Wellness stay.

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.

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.

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

INCLUDES

Complimentary chauffeur
(terms apply)

One treatment per guest, per day

TOTAL PRICE FOR RESIDENTIAL STAY

From £1,770

**Enhance your experience
with a Cryotherapy
session - turn to page 25
for more information.**

TREATMENTS

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 the face and body.

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.





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

TOTAL PRICE FOR RESIDENTIAL STAY

From £1,080

INCLUDES

One treatment per guest, per day

Light breakfast and spa lunch daily

TREATMENTS

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.

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.

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

INCLUDES

Complimentary chauffeur
(terms apply)

One treatment per guest, per day

TOTAL PRICE FOR RESIDENTIAL STAY

From £1,080

**Enhance your experience
with a Cryotherapy
session - turn to page 25
for more information.**

TREATMENTS

Designed to refresh the senses and awaken the body, we've selected suggested treatments to complement your Activation stay.

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.

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.



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

TOTAL PRICE FOR RESIDENTIAL STAY

From £1,080

INCLUDES

Complimentary chauffeur
(terms apply)
One treatment per guest,
per day
In-room sleep amenities
(see opposite)

ROOM AMENITIES

Pillow menu
Weighted blanket
Eye mask
Pyjamas
Barbour slippers

TREATMENTS

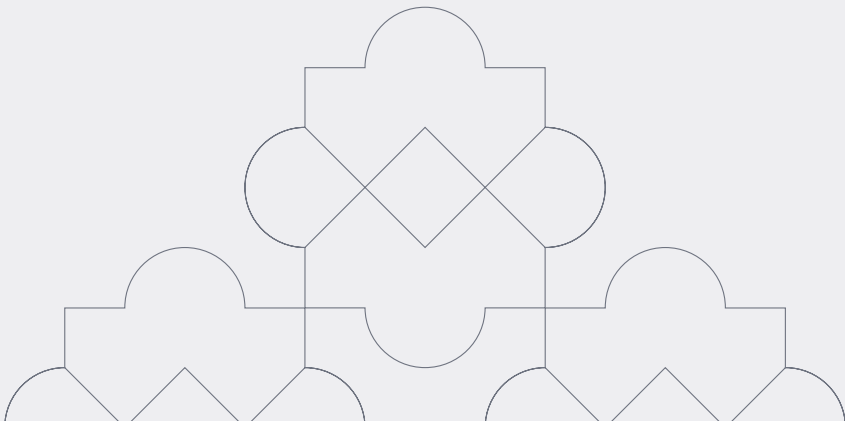
Soothe the body and quiet the mind with our selection of suggested treatments, chosen to complement your Sleep stay.

The Matfen Calm - A whole-body massage, designed to quieten the nervous system and promote deeper sleep.

Japanese Head Massage - A traditional ritual with scalp stimulation, a deep cleanse and neck and shoulder massage for profound relaxation.

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.

Enhance your experience with a Cryotherapy session - turn to page 25 for more information.



PRICING

2 DAYS / 1 NIGHT

Wellness · Recovery · Activation · Sleep (midweek only)

Room Type	Midweek	Friday Or Saturday Nights
Classic	£1,080	£1,130
Balcony	£1,130	£1,180
Deluxe	£1,455	£1,505
Luxury	£1,580	£1,580
Suite	£1,780	£1,780

4 DAYS / 3 NIGHTS

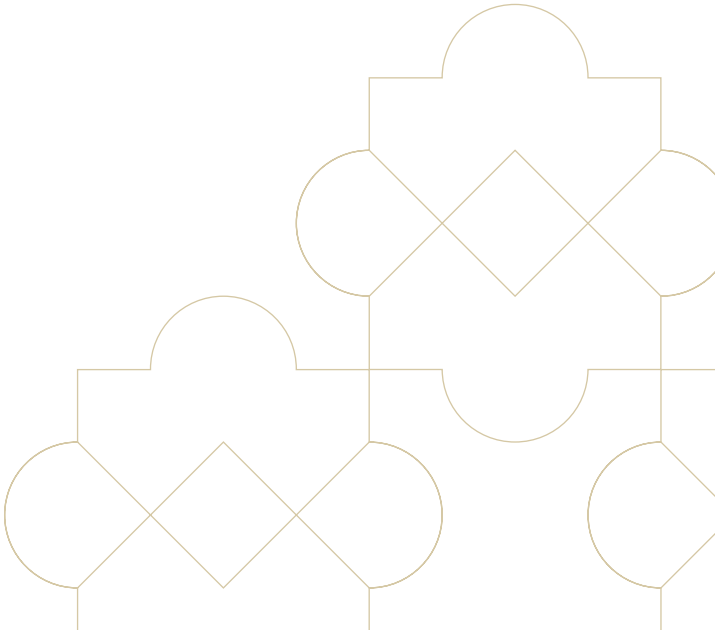
Our most immersive offering, available exclusively with the Longevity package.

Room Type	Midweek	Friday Or Saturday Nights
Classic	£1,858.50	£1,928.50
Balcony	£1,963.50	£2,033.50
Deluxe	£2,646.00	£2,716.00
Luxury	£2,908.50	£2,908.50
Suite	£3,328.50	£3,328.50

3 DAYS / 2 NIGHTS

Wellness · Longevity · Recovery · Activation · Sleep (midweek only)

Room Type	Midweek	Friday Or Saturday Nights
Classic	£1,770	£1,870
Balcony	£1,870	£1,970
Deluxe	£2,520	£2,620
Luxury	£2,770	£2,770
Suite	£3,170	£3,170





MATFEN HALL

COUNTRY HOTEL, SPA & GOLF ESTATE

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