

THE RETREAT

AT MATFEN HALL

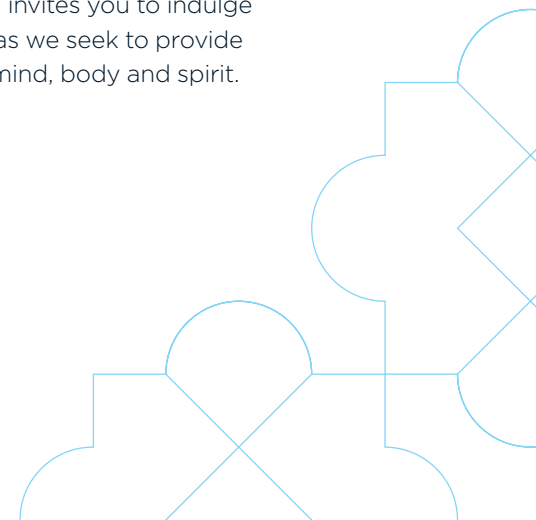
RETREAT SPA DAYS



A visit to The Retreat at Matfen Hall isn't simply an hour or two of relaxation away from the stresses of everyday life; it's the start of a journey for your mind, body and spirit. It symbolises the time you've taken to invest in yourself. It's a time to pause, rewind and restart in an environment uniquely focused on your wellbeing.

A key element to this is understanding where you came from as well as defining your future destination - after all, your pursuit of mindfulness, health and happiness is unique to you. At The Retreat, we will work with you to establish your wellbeing priorities, and then prescribe a programme of Treatments and Rituals from Germaine de Capuccini and Natura Bissé, that will put you at the centre of indulgence and sensation.

The Retreat at Matfen Hall invites you to indulge each one of your senses as we seek to provide harmony between your mind, body and spirit.



OUR PHILOSOPHY

At The Retreat, we create unique experiences that can't be found anywhere else and allow you to indulge in a true state of tranquillity, reflection and serenity.

Our exclusive collection of Treatments and Rituals have been hand-picked to transform the soul, nourish the mind, and rejuvenate the body. Through very specialist techniques and immersive experiences, we nurture your wellbeing and mindfulness, proving that the power of touch remains invaluable, significant, and life-affirming.

It's because of this philosophy and focus on the mind, body and spirit that we work with like-minded, world-renowned luxury partners - Germaine de Capuccini (GDC) and Natura Bissé (NB) - to provide exceptional Treatments and Rituals to invigorate the soul and benefit the body.

Germaine de Capuccini

Since their humble beginnings in 1964, Germaine de Capuccini has established an enviable reputation as one of Europe's leading skincare houses, fusing traditional and ritualist therapies.

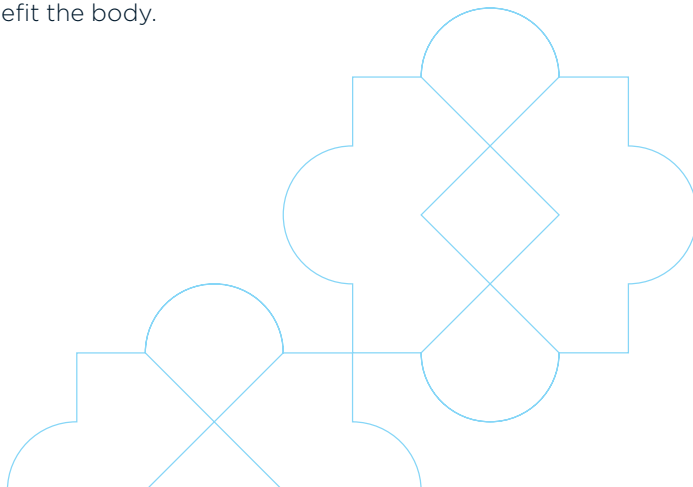
With one of the most advanced laboratories in the world and combining natural active ingredients with cutting edge technology, Germaine de Capuccini is responsible for some of the most important breakthroughs in skincare technology. To this day, they remain one of the world's most important skincare brands, holding true to their original values of professionalism, quality, innovation and integrity.

Natura Bissé

Prioritising the pursuit of excellence in everything they do, Natura Bissé deliver innovative experiences that yield transformative results. Confident in their belief that every skin is unique, they fuse pioneering technology with the most delicate human touch, allowing us to create unique experiences tailored to each individual.

As part of indulging in a Natura Bissé Treatment or Ritual at The Retreat, you will be welcomed into our Pure Air treatment room. Here, the pure air will stop pores getting blocked, seal your treatment, and allow the dermis to relax and protect itself against pollution, while reducing stress and premature cellular aging.

Transforming your experience into one of total relaxation and tranquillity, we're proud to offer this innovative technology as part of all Natura Bissé Treatments and Rituals.

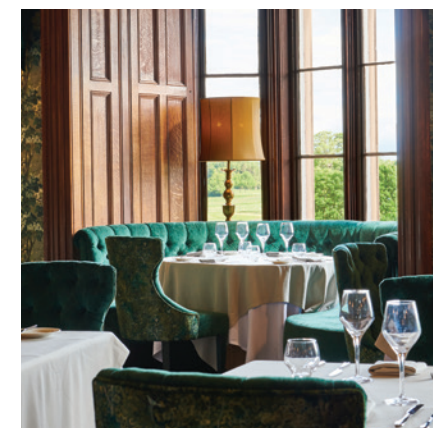


ESCAPE TO MATFEN HALL



Rich in heritage, atmosphere and space, the Matfen Hall estate provides a 5 star unequalled paradise to stay, spa and golf in, nestled away in the heart of historic Northumberland.

We look forward to sharing the unmistakable 5 star Matfen Hall experience with guests near and far. With five dining areas to eat and drink in, a luxury spa to relax in and a championship golf course to enjoy, we'll provide you with the opportunity to indulge each one of your senses during your stay with us.





RETREAT DAYS

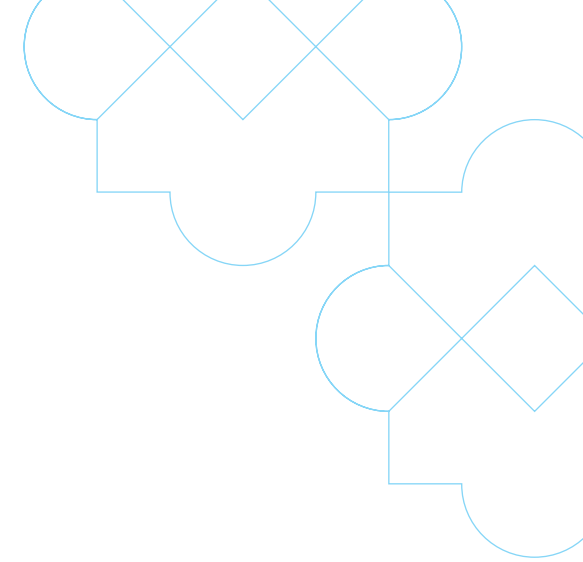


Access to our pool and other experience areas is included with all our Retreat Days, and each Retreat Day can be completely tailored to the individual needs of your mind, body and spirit.

RETREAT DAYS

Everyone's mind, body and spirit are totally unique. At The Retreat not only do we understand this, we celebrate this. That's why each of our Retreat Days are carefully tailored to your individuality, allowing you to indulge in a true state of tranquillity, reflection and refinement.

To create your own bespoke Retreat Day, or to tailor one of our pre-prescribed Retreat Days to your own personal needs, we invite you to contact our dedicated team.



THE RETREAT DAY

WITH AFTERNOON TEA OR
THREE-COURSE SEASONAL LUNCH*

Transport yourself into a unique state of calm and tranquillity as part of the Afternoon Tea or three-course Lunch experience, with us. You'll be welcomed by a drink on arrival, before being shown to one of our treatment rooms where a therapist will help you relax into your chosen Natura Bissé or Germaine de Capuccini Treatment. Following your luxury experience, you'll be invited to enjoy Afternoon Tea or a three-course Lunch in the Lounge of The Retreat, before spending the rest of the afternoon as you please. Slip into the pool, relax in the jacuzzi, and re-energise in our sauna and steam room. Suitable treatments are available for mothers to be.

Available between 10am - 6pm Monday to Friday.

TREATMENT TIME:

60 minutes

PRICE PER PERSON:

£160.00

INCLUDING:

Welcome drink on arrival
A Germaine de Capuccini or Natura Bissé
Face or Body Treatment
Afternoon Tea or three-course Lunch in the
Lounge of The Retreat
Full use of the pool and experience areas
Complimentary robes & slippers

Upgrade to our Premium Facials for an additional £10

Time Expert Rides Collagen
Face Therapy
Skin-Zen Rose Face Therapy**
3D Collagen Shock Face Therapy
Diamond Cocoon Face Therapy

Your choice of Treatments include:

Phytocare Baobab Body Massage**
Cinnamon Warming Body Massage
Mediterranean Candle Massage
Matfen Hall Bespoke Detox And Pollution
Defense Body Massage
De-Stress Face Therapy**
Citrus Essence Vitamin C Boost Face Therapy**
Pollution Defense Face Therapy**
Purexpert Re-Balance Face Therapy

**Choose between a three-course seasonal lunch or Afternoon Tea. Includes £25pp spend on Lunch menu.
**Suitable for mothers to be.*

THE RITUAL RETREAT DAY

WITH AFTERNOON TEA OR
THREE-COURSE SEASONAL LUNCH*

Tailored to your individuality and wellbeing, The Ritual Retreat Day is an indulgent experience. You'll arrive to a welcome drink and consultation with one of our therapists, before embarking on a journey of relaxation during your 90-minute Ritual. Here, you'll fall into a state of total serenity as our therapists ease away your stresses and target your problem areas. Then, you'll enjoy a delicious three-course Lunch or Afternoon Tea served in the Lounge of The Retreat, before choosing to spend the rest of your afternoon relaxing by the pool, immersed in the jacuzzi, unwinding in our sauna and steam room, and more. Suitable for our mothers to be.

Available between 10am - 6pm Monday to Friday.

TREATMENT TIME:

90 minutes

PRICE PER PERSON:

£200.00

INCLUDING:

Welcome drink on arrival
Afternoon Tea or three-course Lunch in the
Lounge of The Retreat
Full use of the pool and experience areas
Complimentary robes & slippers

Your choice of Treatments include:

Warming Mediterranean And Rose Skin-Zen
Body And Face Ritual
Radiance Boost In Dreamland
Matfen Hall Detox Deluxe Ritual
Matfen Hall Diamond Cocoon Delight

Mother To Be Rituals

Phytocare Baobab Body Ritual
Citrus Essence Radiance Boost Ritual

**Choose between a three-course seasonal lunch or Afternoon Tea. Includes £25pp spend on Lunch menu.*



THE HALF DAY RETREAT

WITH AFTERNOON TEA OR
THREE-COURSE SEASONAL LUNCH*

Indulge each one of your senses and immerse yourself in a state of total wellbeing with The Half Day Retreat experience, with us. You'll be welcomed by a drink on arrival, before relaxing into your chosen 30-minute Mini Marvels Treatment. Following your luxury experience, you'll be invited to enjoy a decadent Afternoon Tea or three-course seasonal Lunch in the Lounge of The Retreat, before choosing to spend the rest of your morning or afternoon relaxing with full use of our pool, jacuzzi, sauna and steam room. Suitable for mothers to be.

Available between 10am - 2pm or 2pm - 6pm Monday to Friday.

TREATMENT TIME:

30 minutes

PRICE PER PERSON:

£90.00

INCLUDING:

Welcome drink on arrival
30-minute Mini Marvel Treatment
Afternoon Tea or three-course Lunch in the Lounge of The Retreat
Full use of the pool and experience areas
Complimentary robes and slippers

Your choice of Mini Marvels

Treatment include:

Skin Drench Hydration Face Therapy
De-Stress Face Therapy
Pollution Defense Face Therapy
Dreamy Leg Therapy
Baobab Tranquil Scalp Massage
Matfen Hall Luxury Arm Scrub And Massage
Rose Quartz Collagen Eye And Lip Treatment

**Choose between a three-course seasonal lunch or Afternoon Tea. Includes £25pp spend on Lunch menu.*

TREAT SOMEONE



Choose one of our luxurious gift sets
available in The Retreat at Matfen Hall
or reward someone with a Gift Voucher
which can be purchased via our Reception.

**TO DISCUSS A GIFT SET OR ANY OF OUR
TREATMENTS AND RITUALS, CONTACT US
BY EMAIL AT: THERETREAT@MATFENHALL.COM**



MATFEN HALL

COUNTRY HOTEL, SPA & GOLF ESTATE

MATFEN HALL, MATFEN, NORTHUMBERLAND NE20 0RH
01661 886 500 INFO@MATFENHALL.COM