

# THE RETREAT

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## AT MATFEN HALL

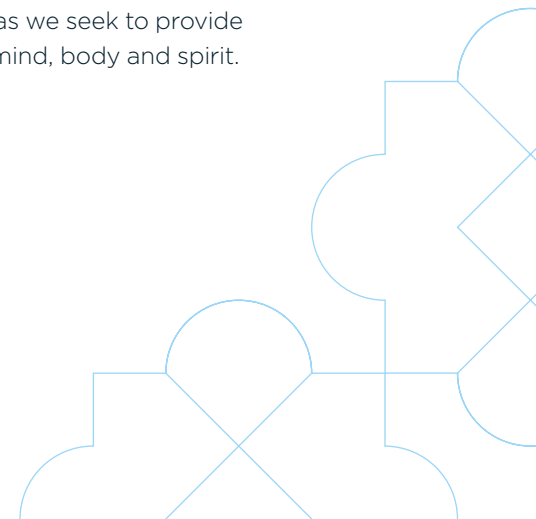
TREATMENT LIST & PRICES



**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 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 partner - Germaine de Capuccini to provide exceptional Treatments and Rituals to invigorate the soul and benefit the body.

## Germaine de Capuccini

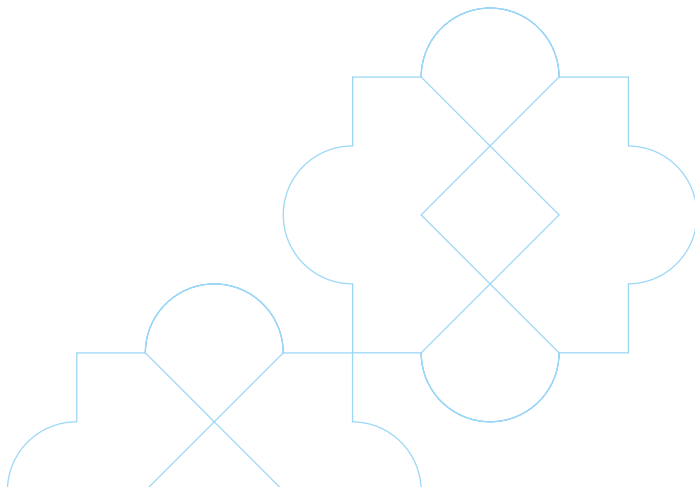
Since their humble beginnings in 1964, Germaine de Capuccini has established an enviable reputation as one of Europe's leading skincare houses, fusing traditional and ritualist therapies.

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.

## Derma

Discover inner confidence with the latest technology in skin care and beauty medicine. With innovative equipment from Derma Group, one of the leading names in the dermatological industry, you can become a new you.

Our range of high-level treatments are designed to celebrate your individual beauty, no matter your skin care aspirations.







## 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.

# THE RETREAT DAY

## WITH TWO-COURSE SEASONAL LUNCH

Transport yourself into a unique state of calm and tranquillity as part of the Afternoon Tea or two-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 Germaine de Capuccini Treatment. Following your luxury experience, you'll be invited to enjoy a two-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 Sunday.

### TREATMENT TIME:

60 minutes

### PRICE PER PERSON:

£165.00

### INCLUDING:

Welcome drink on arrival  
A Germaine de Capuccini  
Face or Body Treatment  
Two-course Lunch in the Lounge  
of The Retreat  
Full use of the pool and experience areas  
Complimentary robes & slippers  
£10 per person, per purchase credit on  
spa retail products

### Upgrade to our Premium Facials for an additional £10

Time Expert Rides Collagen  
Face Therapy  
Skin-Zen Rose Face Therapy\*

### Your choice of Treatments include:

Phytocare Baobab Body Massage\*  
Cinnamon Warming Body Massage  
Mediterranean Candle Massage  
De-Stress Face Therapy\*  
Purexpert Re-Balance Face Therapy

*\*Suitable for mothers to be, between 12-36 weeks of pregnancy.*

# THE RITUAL RETREAT DAY

## WITH TWO-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 two-course Lunch 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 Sunday.

### TREATMENT TIME:

90 minutes

### PRICE PER PERSON:

£200.00

### INCLUDING:

Welcome drink on arrival  
Two-course Lunch in the Lounge  
of The Retreat  
Full use of the pool and experience areas  
Complimentary robes & slippers  
£10 per person, per purchase credit on  
spa retail products

### Your choice of Treatments include:

Warming Mediterranean And Rose Skin-Zen  
Body And Face Ritual  
Phytocare Baobab Body Ritual\*  
Citrus Essence Radiance Boost Ritual\*

*\*Suitable for mothers to be, between 12-36 weeks of pregnancy.*





# THE HALF DAY RETREAT

## WITH TWO-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 two-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 Thursday.

### TREATMENT TIME:

30 minutes

### PRICE PER PERSON:

£95.00

### INCLUDING:

Welcome drink on arrival

30-minute Mini Marvel Treatment

Two-course Lunch in the Lounge of The Retreat

Full use of the pool and experience areas

Complimentary robes and slippers

£10 per person, per purchase credit on spa retail products

### Your choice of Mini Marvels

#### Treatment include:

Skin Drench Hydration Face Therapy\*

De-Stress Face Therapy\*

Dreamy Leg Therapy\*

Baobab Tranquil Scalp Massage\*

Rose Quartz Collagen Eye And Lip Treatment\*

*\*Suitable for mothers to be, between 12-36 weeks of pregnancy.*



## TREATMENTS AND RITUALS





# FACIAL TREATMENTS

## **PUREXPERT RE-BALANCE FACE THERAPY (GDC)    £125 / 60 MINUTES**

A deeply purifying and results-driven treatment designed to rebalance skin that's prone to excess oiliness and blemishes. An enzyme-rich gel helps loosen and extract impurities, while a relaxing red clay face mask provides a deep cleanse to tighten pores. The treatment will conclude with a soothing blemish balm (BB) cream to leave the skin feeling smooth, hydrated, and mattified.

## **DE-STRESS FACE THERAPY (GDC)    £125 / 60 MINUTES**

A calming and strengthening treatment for those with damaged skin and exhausted souls. Drawing upon intensely healing and nourishing antioxidants to bring harmony to tired and stressed skin to help restore natural luminance. Through its powerful nutrient-dense formula and enveloping massage techniques, the skin regains its strength, fortifying it from within, while shielding it against today's invisible aggressors.

## **SKIN-ZEN ROSE FACE THERAPY (GDC)    £135 / 60 MINUTES**

This stunning and intensive therapy harnesses the essence of flowers and plants in a single concentrated formula to deliver a highly-active, anti-stress action. Combining an infusion of wild roses, including extracts from Gallic Rose, Arctic Rose, Black Rose, White Rose, and the Nepalese Rose to ensure skin is left soothed, hydrated and nourished. During this treatment, the natural scents of the various roses promote an emotional sense of well-being for a complete experience.

## **TIMEXPERT RIDES COLLAGEN BOOST FACE THERAPY (GDC)**

**£135 / 60 MINUTES**

Every day, our cells become damaged by lifestyle and environmental aggressors. Over time, the gene structure within these cells becomes unable to repair itself and stops producing the essential proteins that naturally slow the ageing process. Timexpert Rides Collagen Boost is a new generation of advanced therapy that targets lines and wrinkles by reactivating these dormant cells and boosting cellular regeneration. Its unparalleled formula and effective facial Yoga and cupping techniques provide firming, wrinkle reduction, revitalisation and improved hydration. Ideally taken as a course of three treatments, combined with a specific home care programme with results showing a 43% improvement.



# MASSAGES

## **MEDITERRANEAN CANDLE MASSAGE (GDC)**

**£120 / 60 MINUTES**

As part of this luxuriously warm, full-body massage, your choice of Mediterranean-inspired candle will be burned, gently releasing hydrating and antioxidant-rich lavender, olive or citrus oil to create a sense of harmony. The warm oil from the candle is poured over the body to facilitate deep and soothing movements that help restore and nourish the skin. Due to its powerful ingredients and enveloping massage techniques, this luxury treatment helps melt away tension and awaken the senses.

## **PHYTOCARE BAOBAB BODY MASSAGE (GDC)**

**£120 / 60 MINUTES**

Harnessing the power of ethically sourced Baobab seed oil and shells, this African-inspired treatment promises an invigorating, stress-free experience. Baobab seed shells gently buff the skin while a comprehensive blend of antioxidants, vitamins, and omegas from the organic Baobab oil complement the soothing lymphatic drainage massage techniques to provide an array of hydrating and anti-inflammatory benefits. To complete your experience, let our relaxing Baobab Tranquil Scalp Massage revitalise the hair and soothe the scalp to enhance your mind, body and soul.

## **CINNAMON WARMING BODY MASSAGE (GDC)**

**£120 / 60 MINUTES**

This therapeutic Sri Lankan-inspired body treatment balances the elements to restore a harmonious flow of energy throughout the body. A unique balm feeds the skin with hydrating cinnamon extract oil to stabilise the five sensory organs while a deep tissue massage that combines slow movements with firm pressure teases tension to improve the body's circulation. The skin is left nourished from head to toe, the soul nurtured, and a profound sense of relaxation pervades.



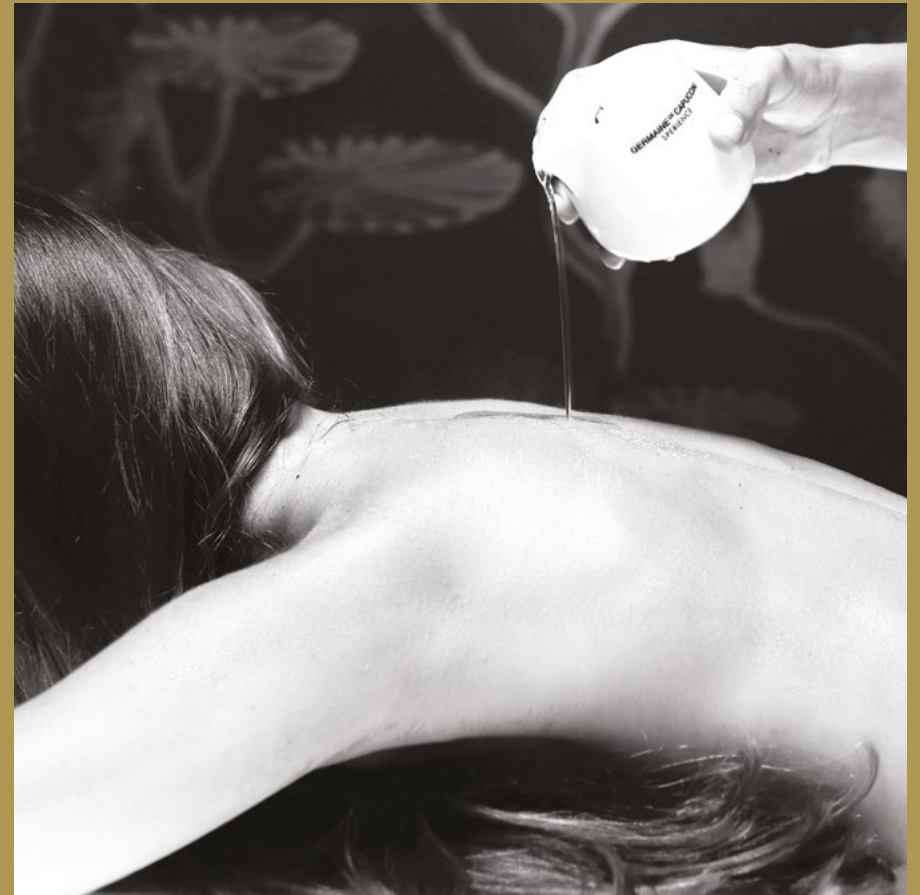
# THE RITUALS

## **WARMING MEDITERRANEAN AND ROSE SKIN-ZEN BODY AND FACE RITUAL (GDC)**

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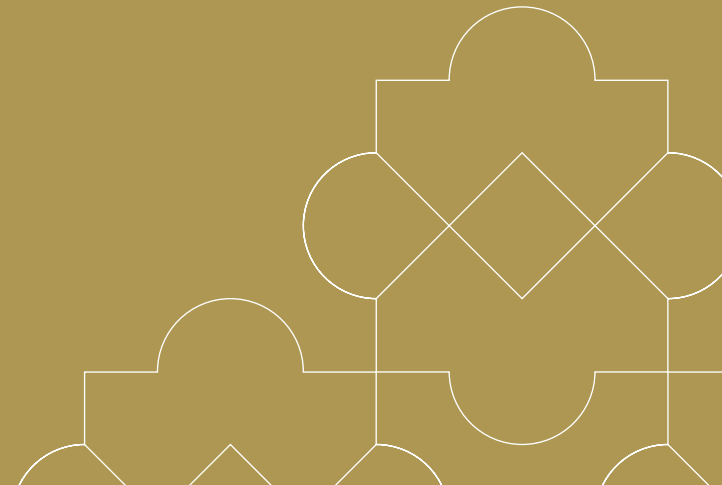
**£145 / 90 MINUTES**

A true sensory therapy for your face and body; we invite your skin to feel instantly nourished, hydrated, and protected as part of this luxurious Ritual. Indulge in the invigorating aroma of antioxidant-rich lavender, olive or citrus oil and unwind with the deep and soothing movements of this Mediterranean Candle Massage. Finally, get ready to embrace exquisitely luminous skin as you say goodbye to signs of stress and fatigue with our stunning and intensive Rose Skin-Zen Facial. A unique infusion of flower and plant essence ensures the skin is left soothed, while the natural scents of various roses promote an emotional sense of wellbeing.



“THE ONLY  
LASTING BEAUTY  
IS THE BEAUTY  
OF THE HEART”

Rumi



## SKIN CARE THERAPY

Discover inner confidence with the latest technology in skin care and beauty medicine. With innovative equipment from Derma Group, one of the leading names in the dermatological industry, you can become a new you. Our range of high-level treatments are designed to celebrate your individual beauty, no matter your skin care aspirations.

Before planning your skin care experience, contact our skilled therapists on (+44)1661 886 500 to discuss the best treatment for you.

### **DERMA RF** **FROM £160.00**

Combining radio frequency with micro-needling, this treatment tightens the skin, giving you a more youthful look, while slowing down the ageing process.

|                                  |                                                     |
|----------------------------------|-----------------------------------------------------|
| <b>DERMA SHAPE</b>               | <b>FACIAL £160 / 45 MINUTES</b>                     |
|                                  | <b>NECK £80 / 30 MINUTES</b>                        |
|                                  | <b>BOTH FACIAL &amp; NECK £220 / 1HR 15 MINUTES</b> |
|                                  | <b>ARMS / £160 1 HOUR</b>                           |
|                                  | <b>LEGS £220 / 1HR 15 MINUTES</b>                   |
| <b>STOMACH £180 / 45 MINUTES</b> |                                                     |

Get instant results in fat reduction and facial rejuvenation with this innovative skin care technology. Over 4 - 6 sessions, your body and face can be contoured with a non-invasive approach.

### **DERMA FUSION 360** **£140 - £180**

Improve your skin cells' metabolism as our Derma Fusion 360 provides a selection of high-end rituals that give great skin both for now and for years to come.

### **DERMA AIR** **£50.00**

With the use of LED Light Therapy, oxygen and anion, Derma Air can bring tired-looking skin back to life after just one session, as blemishes, wrinkles and acne all being reduced.



## MINI MARVELS

### DE-STRESS FACE THERAPY (GDC)

£65 / 30 MINUTES

Through its powerful nutrient-dense formula and enveloping massage techniques, this antioxidant-rich treatment brings harmony to tired and stressed skin, fortifying it from within to shield against today's invisible aggressors.

### SKIN DRENCH HYDRATION FACE THERAPY (GDC)

£65 / 30 MINUTES

Nourish and feed thirsty skin with a hydrating cocktail of hyaluronic acid and Japanese spring water. Skin is instantly left feeling smooth, radiant, and protected against premature ageing.

### ROSE QUARTZ COLLAGEN EYE AND LIP TREATMENT (GDC)

£65 / 30 MINUTES

A gentle yet powerful treatment that harnesses the power of cupping and Rose Quartz Gua Sha Massage to smooth lines and wrinkles, reduce dark circles and restore radiance and sparkle.

### BAOBAB TRANQUIL SCALP MASSAGE (GDC)

£65 / 30 MINUTES

A nourishing and deeply hydrating neck and scalp massage utilising the benefits of ethically sourced Baobab seed oil. A highly effective stress-relieving experience, ideal for adding to any treatment.

### DREAMY LEG THERAPY (GDC)

£65 / 30 MINUTES

Perfect for relieving tired and achy feet, this energising treatment includes a rich Baobab scrub, a revitalising massage enriched with Baobab oil, and a refreshingly cool Dreamy Leg Gel to repair and protect the skin.



## FACIAL TREATMENTS

### **SKIN-ZEN ROSE FACIAL (GDC)\*\***

**£135 / 60 MINUTES**

A stunning and intensive facial infused with wild rose petals and plant extract to revive stressed skin, revealing a soothed, hydrated and nourished complexion. The natural aroma of the various roses promotes an emotional sense of well-being to complete your experience.

### **DE-STRESS FACIAL (GDC)\*\***

**£125 / 60 MINUTES**

Through its powerful nutrient-dense formula and enveloping massage techniques, this antioxidant-rich treatment brings harmony to tired and stressed skin, fortifying it from within to shield against today's invisible aggressors.

## MASSAGES

### **PHYTOCARE BAOBAB BODY MASSAGE (GDC)\*\***

**£120 / 60 MINUTES**

Using ethically sourced Baobab seed oil, this African-inspired full body massage is perfect during pregnancy. The blend of natural oils, antioxidants, vitamins and omegas provides anti-inflammatory benefits, nourishment and increased skin elasticity.

## RITUALS

### **PHYTOCARE BAOBAB BODY RITUAL (GDC)\*\***

**£145 / 90 MINUTES**

Mothers to be deserve a treat and our relaxing Phytocare Baobab Body Ritual does just the trick. Tailored to your mind, body and spirit, this luxurious treatment commences with an African-inspired full body massage that's enriched with antioxidants, vitamins and omegas to provide a host of anti-inflammatory benefits. To complete your experience, luxuriate with a calming and rejuvenating facial to replenish and nourish the skin.

**\*\*Suitable for mothers to be, between 12-36 weeks of pregnancy.**

**\*\*Suitable for mothers to be, between 12-36 weeks of pregnancy.**





## BEAUTY TREATMENTS



## NAILS

### **OPI LUXURY MANICURE** **£51.50**

A luxurious treat for your hands, this treatment includes an exfoliation, a moisturising hand mask, a relaxing massage and is finished with OPI gel nail polish.

### **OPI LUXURY GEL PEDICURE** **£56.50**

A foot reviving treatment including exfoliation, softening of hard skin, a relaxing massage and shape and file, finished with OPI gel nail polish.

### **OPI GELCOLOR** **£40.00**

Durable, chip-free, 100% gel polish with intense shine and stay-true colour for hands and feet.

### **OPI LUXURY INFINITE SHINE MANICURE** **£50.00**

The ultimate OPI manicure, featuring an exfoliation, a moisturising hand mask, a relaxing massage and OPI gel nail polish that's finished with OPI's infinite shine top coat.

### **OPI LUXURY INFINITE SHINE PEDICURE** **£50.00**

The ultimate OPI pedicure, featuring an exfoliation, the softening of hard skin, a relaxing massage, shape and file, OPI gel nail polish and OPI's infinite shine top coat.

## WAXING

### **EYEBROW WAX AND TINT** **£30.00**

Please note: A patch test is required 48 hours before treatment.

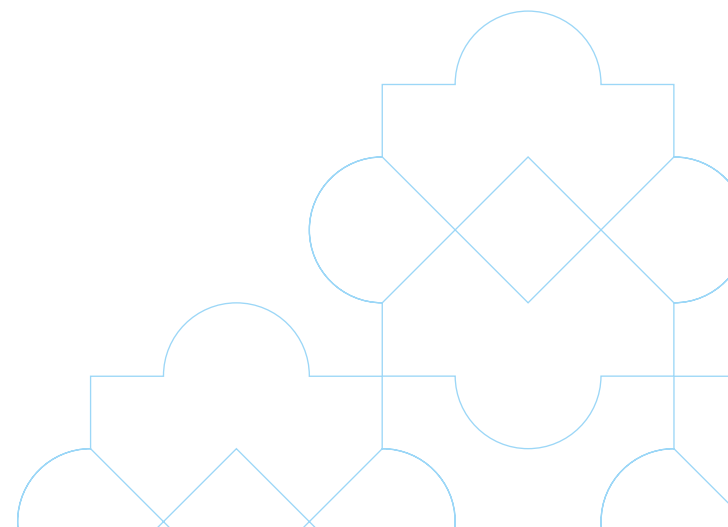
### **HD BROWS AND WAX** **£50.00**

Please note: A patch test is required 48 hours before treatment.

## OTHER BEAUTY TREATMENTS

### **LASH LIFT AND TINT** **£55.00**

Please note: A patch test is required 48 hours before treatment.



# SPA GUIDANCE

## ARRIVAL TIME

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As a courtesy to all guests we operate a prompt appointment schedule and suggest you arrive at least 15 minutes prior to your booking time to allow time to check-in, change and begin your spa experience. A late arrival may result in your treatment time being reduced or cancelled.

## WHAT TO BRING WITH YOU

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We will provide you with a fluffy robe, towel and slippers on arrival, please make sure you bring a swimming costume. If you are a hotel resident you will be provided with fluffy robe and slippers in your room, please bring these to The Retreat with you. We also have a gym if you wish to bring along your gym wear.

## CANCELLATION POLICY

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Full payment will be required at the time of booking for your spa reservation. Should you wish to amend or cancel the reservation you must provide 48 hours notification. A 50% refund will be given for cancellations exceeding 48 hours notice. Cancellations made within 48 hours of arrival will result in full loss of payment.

## AGE REQUIREMENTS

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We welcome anyone from the age of 14 years plus. Please note, 14-18 year olds must be accompanied by an adult and a restricted treatment list is available to anyone 14-18 years. 14 year olds are not permitted in the pool or steam rooms. Please contact us direct prior to booking for more information, including a suitable treatment list.

## HEALTH & MEDICAL ADVICE

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Please ensure you inform The Retreat prior to arrival if you are currently taking any medication or have recently undergone surgery. We recommend you consult a doctor if you have concerns regarding your health or are taking medication that may cause an adverse reaction. Failure to provide this information may prevent you from using the spa facilities or receiving treatments, however you will be liable for the full payment.

## EXPECTANT MOTHERS

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We have a range of specifically designed treatments for expectant mothers. Please note that some of our Treatments and Rituals and spa facilities may be unsuitable during pregnancy. We recommend that you speak with a member of our team for further advice.

## HOME CARE

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All products used in our treatments are available to purchase in the lounge of The Retreat for you to continue your spa experience at home. Note these items must be paid for in The Retreat.

## GIFT VOUCHERS

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What better way to treat a loved one. We have a wide range of vouchers available at The Retreat suitable for all occasions. Please contact a member of our spa team for further details.

## SECURITY

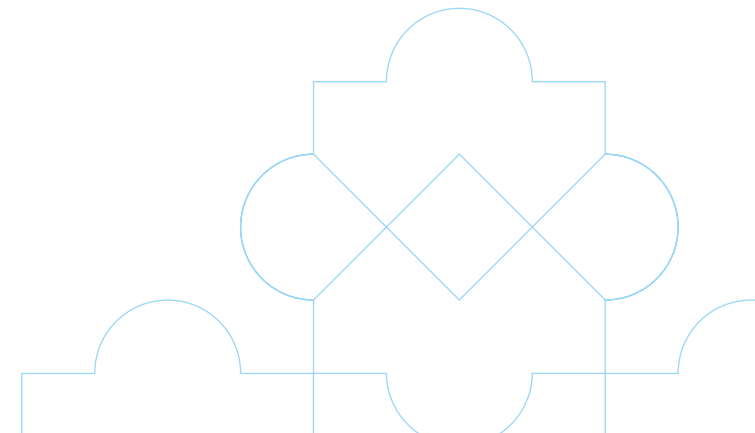
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On arrival, our therapist will provide you with an individual locker to store your personal belongings. Please note that Matfen Hall will not be held responsible for loss of valuables at any time. We strongly advise that you bring essential items only and those of sentimental value are left at home.

## NAIL TREATMENTS

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Our chosen nail brand at The Retreat is OPI. We do not perform acrylic extensions nor do we remove them. You will be liable for the full cost of the treatment in the event we are unable to perform nail treatment due to this.



# 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](mailto:THERETREAT@MATFENHALL.COM)**



# MATFEN HALL

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COUNTRY HOTEL, SPA & GOLF ESTATE

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