

THE GOODWOOD HOTEL . GOODWOOD . CHICHESTER . WEST SUSSEX . PO18 0QB
THE WATERBEACH 01243 520156 WWW.GOODWOOD.COM/HOTEL HEALTH CLUB 01243 520114

THE WATERBEACH
THE GOODWOOD HOTEL

TREATMENT ROOMS AT THE GOODWOOD HOTEL

OUR PHILOSOPHY IS TO PROVIDE THE ULTIMATE NATURAL AND HOLISTIC TREATMENTS TO ACHIEVE YOUR PERSONAL OBJECTIVES, WHETHER YOU WANT TO FEEL MORE RELAXED, MORE BEAUTIFUL OR TO PURIFY, DETOX AND CLEANSE.

The treatment rooms aim to restore body and soul. Stresses and strains start to melt away and your spirit starts to be lifted, the moment you step through the door.



PLANNING YOUR ESCAPE!

We want you to feel totally rejuvenated, so here are some simple ways to plan your escape and enjoy being taken care of. Each escape includes full use of the Health Club facilities and a light lunch.

DELICIOUS DAYS

TOTAL COSSETING

Undivided, uninterrupted, indulgent attention with 3 hours of decadent treatments. An intense facial followed by an enriching, moisturising body treatment and a full body massage - simply gorgeous.

SOOTHING SECLUSION

Specifically designed to pamper you from top to toe - a wonderfully therapeutic back, neck and shoulder massage relaxes you for a deeply cleansing and refining facial. Then sit back and enjoy a full indulgent manicure and pedicure leaving you impressively equipped to conquer the world!

RESCUE ME

Cleverly created to put the zest back into your life! An intensive back, neck and shoulder massage to remove the build up of daily stresses followed by a restorative, nourishing facial to leave you feeling brilliantly radiant - remember this is all about you!

THE PERFECT PREP

A lavish day that starts with a relieving back, neck and shoulder massage leaving you prepped and ready for a thorough facial to restore harmony to your skin. A mini manicure will leave you feeling perfectly polished.

BLOOMING MARVELLOUS

A very special, safe treat for expectant mums (over three months) to ease discomfort and restore peace and calm. A gently soothing facial, before a wonderfully enriching body treatment and a pampering luxury pedicure to relieve tired feet.

NURTURING NIGHTS

THE ULTIMATE 'REJUVENATION' - MAKE A NIGHT OF IT.
EXTEND YOUR VISIT WITH A GLORIOUS OVERNIGHT STAY
SO YOU CAN TOTALLY SWITCH OFF.

SUNDAY TREATS £209

Overnight Sunday stay, breakfast, dinner (to the value of £25.50 per person at any of our two restaurants), full use of the Health Club and a choice of two stunning treatments - choose from a Time Precious facial, a shoulder, back and neck massage or mini pedicure or manicure at The Waterbeach.

SHEER SANCTUARY £259

Includes overnight stay, midweek (Mon - Fri) breakfast, dinner (to the value of £25.50 per person at any of our three restaurants), full use of the Health Club and a choice of two stunning treatments - choose from a Time Precious facial, a shoulder, back and neck massage or mini pedicure or manicure at The Waterbeach.

DO NOT DISTURB £299

Includes Saturday night stay, breakfast, dinner (to the value of £25.50 per person at any of our three restaurants), full use of the Health Club and a choice of two stunning treatments - choose from a Time Precious facial, a shoulder, back and neck massage or mini pedicure or manicure at The Waterbeach.

Beverages are not included in any packages. Terms and conditions apply. Subject to availability.

For enquiries or to make a booking please call us on 01243 775537 or visit www.goodwood.com/hotel



CARITA

A WHOLE NEW LEVEL OF ANTI-AGEING SKINCARE AND TREATMENTS THAT COMBINE SPECIALIST TECHNIQUES WITH ADVANCED PRO-LIFTING EQUIPMENT. AT THE SAME TIME CARITA’S EXQUISITE AND INSTANTLY EFFECTIVE RANGE SCIENTIFICALLY TARGETS EVERY WOMAN’S INDIVIDUAL SKINCARE NEEDS HELPING TIME STAND STILL.

FOR THE FACE

PRO-LIFTING FIRMING TREATMENT
FIRMING LIFT RENOVATEUR

An exquisite firming treatment that counteracts and repairs the effects of time, giving mature skin instant life and profound radiance. With four stages that combine massage, the exclusive ‘Pro-Lift’ technology and Carita’s specialised ‘Progressif’ skincare products, the skin undergoes exfoliation, deep cleansing, relaxation and lifting to produce a well rested healthy glow and an instant anti-ageing effect.

EYE BOOSTER

Immediate lifting results using the stylo pen to boost collagen production and plump skin, minimising fine lines and wrinkles around the eyes.

CARITA PERFECT GOLD FACIAL

This treatment is designed to offer relaxation and combat the signs of ageing. A combination of relaxing and sculpting techniques are combined with the revolutionary ideal pro-lifting machine and new accessories which allow you to minimise lines and wrinkles around the eye and lip contour as well as helping to re-sculpt the oval of the face.

ANTI-AGEING RADIANCE FACIAL

Enjoy the Carita spirit combined with Swedish lymphatic massage for deep and intensive results. Your Carita therapist will specifically tailor your treatment to suit your skin's every need, providing the rejuvenating and restorative effects that your skin needs to maintain and enhance your natural beauty.

LAGOON HYDRATION FACIAL

This ideal facial treatment is specifically designed to provide immediate and intense benefits for every skin type. Each treatment defines and targets a specific skin care need and uses exclusive technology to intensify the effectiveness of Carita's outstanding products. This facial is a fabulous way to relax whilst rescuing and renewing unbalanced skin.

PAPAYA PURITY FACIAL

Designed to meet the needs of combination to oily skin, this treatment purifies the skin and restores its balance. Give your skin all the benefits of a 'deep' cleansing with a professional purifying serum and Ideal pro-lift. Rediscover the beauty of a glowing matte complexion.



DECLÉOR
PARIS



DECLÉOR

CALLING ON CENTURIES OF KNOWLEDGE IN THE ANCIENT HEALING ART OF AROMATHERAPY, DECLÉOR HAS DEDICATED 30 YEARS TO RESEARCHING THE PLANT WORLD AND THE POWERS OF ESSENTIAL OILS. SCIENCE AND NATURE WORK HAND IN HAND TO FORM AN ART OF BEAUTY INSPIRED BY THE THERAPEUTIC POWERS OF ESSENTIAL OILS.

FOR THE FACE

ESSENTIAL AROMA EXPERT FACIAL

This precision treatment provides an instant and long-term response for thirsty skin. The Hydra Force combines fruit powder and flower syrup, which work in synergy to boost and restore moisture balance to reveal a luminous and radiantly beautiful complexion.

PURIFY AROMA EXPERT FACIAL

An intensive balancing treatment, with purifying essential oils of ylang ylang and tea tree that immediately leaves your skin clearer, more luminous and refined.

SOOTHE AROMA EXPERT FACIAL

This wonderful calming treatment brings immediate comfort to stressed skin. The epidermis is soothed and re-balanced leaving the complexion smooth and cool.

NOURISH AROMA EXPERT FACIAL

This nourishing treatment with essential oils of roman camomile, angelica and geranium immediately replenishes lost moisture and reinforces the skin barrier function, enabling it to combat harsh external aggressions.

RADIANCE (WHITE-BRIGHT) AROMA EXPERT FACIAL

This intensive treatment reduces the appearance of pigmentation and brightens the entire complexion for a fruity radiant glow.

AROMA TIME PRECIOUS FACIAL

This introductory facial is perfect when time is of the essence and the skin needs a boost of radiance.

EXPRESSION WRINKLE SMOOTHING AROMA EXPERT LIFT ANTI-AGEING FACIAL

A fusion of nature and science which smooths the appearance of expression lines and wrinkles. Producing an immediate action on expression lines, to prevent premature appearance of wrinkles.

EXPERIENCE LIFTING INTENSIFIER AROMA EXPERT LIFT ANTI-AGEING FACIAL

Re-stimulate your skin with this deeply reviving facial. Fine lines and wrinkles are softened and the skin moisturised for a naturally radiant and youthful complexion.

EXCELLENCE AGE DEFYING AROMA EXPERT LIFT ANTI-AGEING FACIAL

This incredible treatment restores facial volume with innovative 'lip-filling' technology. Wrinkles appear to be plumped from within leaving the skin visibly glowing and feeling firmer.

FOR THE BODY

TRANQUILITY SCALP MASSAGE

All traces of tension are gently eased from scalp, decollete, neck and shoulders with soothing essential oils.

AROMA BODY MASSAGE CHOOSE FROM RELAX, DETOX, FLOW OR TONIC

Tension is eased from your body with this heavenly massage using a warm aromatic balm selected to suit your needs the expert touch of your therapist's hands melt away stresses, ease tense and tired muscles and leaves your body with renewed energy.

AROMA BODY ENVELOPMENTS

A rich, creamy mask full of essential oils and plant extracts, chosen according to your needs is applied all over the body. Enjoy the pleasure of a heated blanket, whilst the products work their magic, your face or scalp will be relaxed with aromatic balms.

DETOX AROMA BODY ENVELOPMENT

Essential oils and marine algae breakdown fatty deposits and eliminate excess water retention.

RELAX AROMA BODY ENVELOPMENT

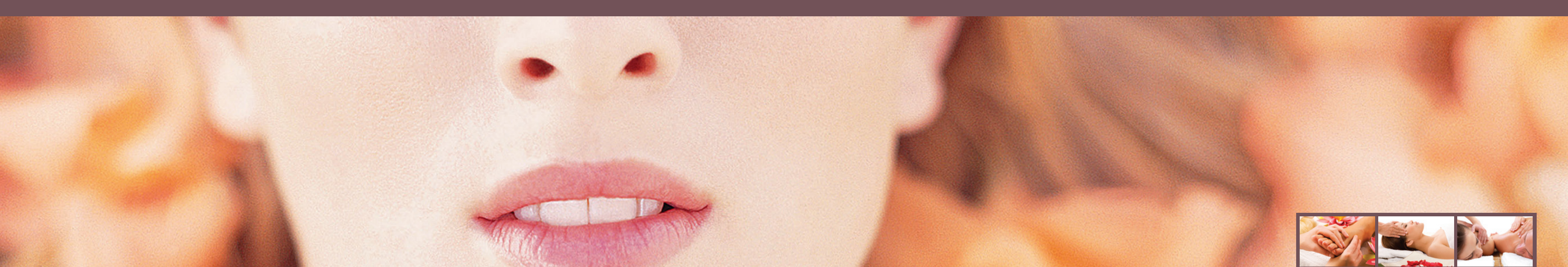
After a gentle exfoliation, warm balm is smoothed over the body followed by a creamy mask leaving a soft, silky skin.

FLOW AROMA BODY ENVELOPMENT

A refreshing and energising treatment to eliminate toxins and remove excess fluid.

TONIC AROMA BODY ENVELOPMENT

Instantly increases skin's radiance with a blend of toning, firming and anti-ageing ingredients.



HOLISTIC THERAPIES

BACK, NECK AND SHOULDER MASSAGE

This massage helps increase joint mobility and flexibility in the neck and shoulders, improves blood circulation and lymphatic flow, frees knots of muscular tension, relaxes connective tissue and aids in the elimination of accumulated toxins and waste products. It is particularly good for reducing the effects of stress and tension.

INDIAN HEAD MASSAGE

An aromatic based massage using blended oils to ease away stress and to instantly relieve and revive.

TRANQUILITY SCALP MASSAGE

This is a relaxing head massage where we use oils to massage the scalp and pressures to release tension and ease thoughts.

HOT STONE MASSAGE

A truly relaxing treatment using hot stones of varying sizes on parts of the body - from the forehead to between the toes - giving a deep massage and creating a sensation of warmth and comfort.

G5 MESSAGE

This works on localised areas to massage away toxins and aid the breakdown of cellulite.

REFLEXOLOGY

This therapeutic foot massage of Oriental origin relieves stress and promotes a feeling of profound wellbeing.

REIKI

A wonderful complementary healing treatment that restores and balances energy and harmony within the body, bringing relief to a wide range of physical, mental and emotional problems.

UNIVERSAL CONTOUR WRAP

THE UNIVERSAL CONTOUR WRAP GUARANTEES A MINIMUM 6 INCH LOSS IN JUST 2 HOURS*

LASTING AT LEAST 30 DAYS, THE UNIQUE CLAY FORMULA AND SPECIAL WRAPPING TECHNIQUES, SHAPE AND TONE YOUR BODY.

* Claim made by Universal Contour Wrap

MORE THAN GUARANTEED INCH LOSS IT WILL:-

Tone and firm by revitalising the body's elastin and compacting areas where fat is stored.

Exfoliate and cleanse your entire body leaving every inch of your skin cleansed and nourished.

Detoxify by helping to extract toxins located beneath the skin.

Tighten skin as an effective way to reduce loose skin after pregnancy or weight change.



GENTLEMEN PLEASE

WITH THE FAST PACE OF MODERN DAY LIFE, MEN NEED TO RELAX AND RECHARGE JUST AS MUCH AS WOMEN! AFTER A HARD WEEK'S WORK, A CHILL OUT SESSION TO UNWIND OR A LITTLE HELPING HAND TO REDUCE THE EFFECTS OF TIME CAN GO A LONG WAY - AFTER ALL, EVERYONE LIKES TO LOOK GOOD AND FEEL GREAT!

Men's facials are listed in the Decléor treatments. A range of men's waxing is available including shoulders, back and shoulders, arms, chest, abdomen and eyebrows.

EXPRESS ENERGY TREATMENT

An express facial treatment, for a burst of energy to the skin.

INTENSIVE ENERGISING FACE TREATMENT

The ultimate detoxifying treatment for a clear, pure, fresh skin and a rebalanced, de-stressed complexion, with long-lasting results.

DEEP TISSUE BACK, NECK AND SHOULDER MASSAGE

Designed to relieve specific stress and muscle tension, this rhythmic pressure massage is a vigorous work out, tailor-made using specific massage oils to suit your needs.

MAINTENANCE MANICURE

Maintain your manicured hands with this quick fix treatment.

MAINTENANCE PEDICURE

Maintain your pedicured feet with this quick fix maintenance treatment.

COMBINED TREATMENTS

Maintenance Manicure and Pedicure

BEAUTY SPOT

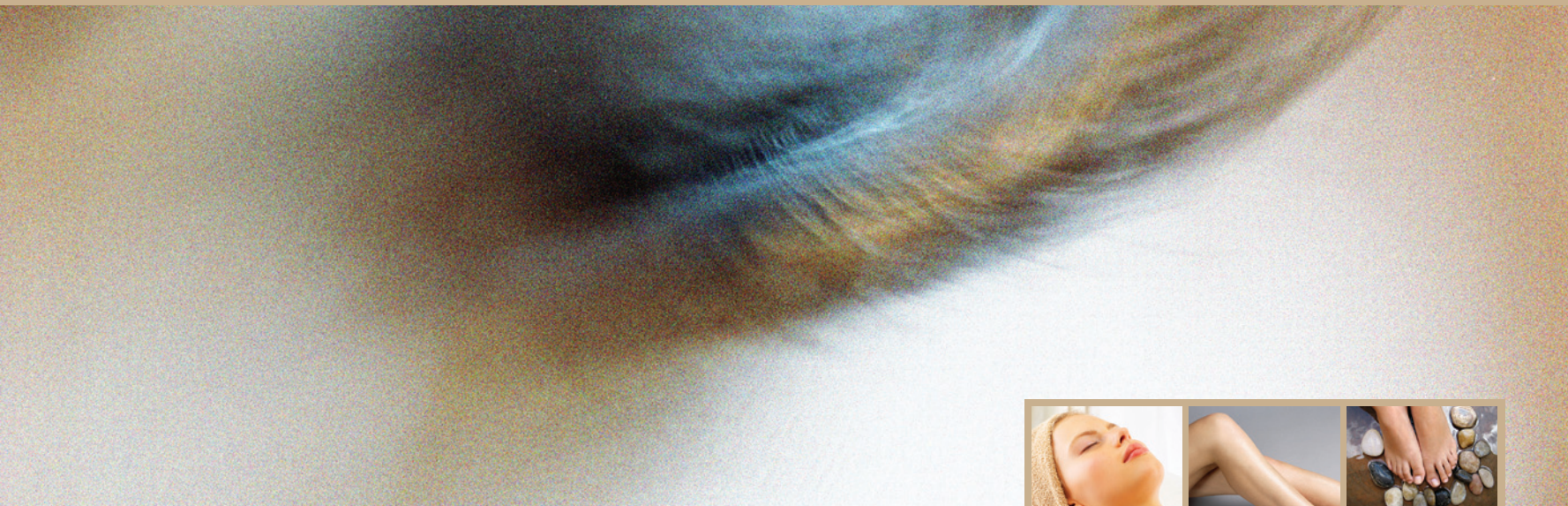
WAXING

Temporary hair removal using gentle warm wax.

FULL LEG WAX AND BIKINI LINE
FULL LEG WAX
THREE QUARTER LEG WAX
HALF LEG WAX
BACK OR CHEST WAX
UNDERARM OR BIKINI WAX
LIP, CHIN OR EYEBROW WAX
BRAZILIAN AND HOLLYWOOD WAXING
HOT WAX IS AVAILABLE ON REQUEST

ELECTROLYSIS

This is the permanent method of hair removal.



EYES

EYELASH TINT
EYEBROW TINT
LASH AND BROW TINT
EYEBROW SHAPE

JINNY LASHES

Semi-permanent eyelash extensions add length and volume for a fantastic natural look. Eyelashes will need to be replenished every 2-4 weeks.

FREE eyelash tint with every full set purchased.

HANDS AND FEET

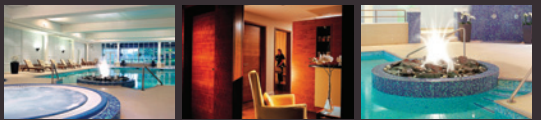
LUXURY MANICURE
LUXURY PEDICURE
FRENCH MANICURE
PEDICURE
MANICURE

ST TROPEZ ULTIMATE AIR TANNING

The celebrities choice! A specifically formulated treatment that provides a very natural looking tan.

FACE AND BODY

We strongly recommend that you wear loose, dark clothing on the day of your treatment.



HELPFUL NOTES

OPENING TIMES

MONDAY TO THURSDAY	9.00 AM TO 8.00 PM
FRIDAY	9.00 AM TO 7.00 PM
SATURDAY	9.00 AM TO 6.00 PM
SUNDAY	9.30 AM TO 4.00 PM

HEALTH CLUB

For those who have booked a treatment, you are invited to make full use of the Health Club facilities for a small fee of £15.

COURTESY CONDUCT

- Appointments - please arrive 10 minutes prior to your treatment. Late arrival will result in shortened treatment time. Treatments will be charged at full price.
- Cancellations - to cancel or change an appointment, a minimum of 24 hours notice and 72 hours for packages is required; otherwise a 50% charge may be implemented.
- Children - to respect the relaxing environment we wish to create and also comply with current health and safety regulations, we request that children and babies are not brought into the salon.
- Courses - all courses must be paid in full at time of booking and completed within 6 months and are non-refundable. Missed appointments may result in treatments deducted from your course.
- Deposits - we reserve the right to request a deposit in order to secure an appointment. Any changes to the appointment must be made in accordance with the cancellation policy.
- Gift Vouchers - available for treatments and products, are non-refundable and must be produced at the time of your treatment. Vouchers are valid for 12 months from date of purchase. Our expert team will be delighted to assist you if you need advice.
- Mobile Phones - we ask that all phones are turned off for the relaxation of all clients.
- Prices - our prices are subject to change without notice.
- Refunds and Exchanges - products must be returned unused and unopened with their seal intact and in the same condition as they were originally purchased. We will not accept for exchange or refund any item which has been used or is not in the exact condition in which it was purchased from us. This does not effect your statutory rights.

GIFT VOUCHERS

THE MOST IMPRESSIVE AND EXCEPTIONALLY THOUGHTFUL GIFT FOR FRIENDS, FAMILY OR COLLEAGUES - TOTAL RELAXATION IN THE WATERBEACH TREATMENT ROOMS. THERE ARE TWO WAYS TO BUY YOUR GIFTS - YOU CAN EITHER PICK A SPECIFIC TREATMENT OR GIVE THEM A MONETARY VOUCHER ALLOWING THEM TO CHOOSE FROM ALL THE TREATMENTS. TO ARRANGE A GORGEOUS GIFT (OR TWO) SIMPLY CALL **01243 520156** OR CONTACT THE WATERBEACH RECEPTION - HOWEVER LAST MINUTE!

DID YOU KNOW...

IF YOU HAVE TIME (AND AN ADVENTUROUS SPIRIT) YOU MIGHT LIKE TO COMBINE YOUR VISIT WITH ANOTHER ACTIVITY, AS THERE IS PLENTY TO DO AT GOODWOOD.

HERE ARE A COUPLE OF IDEAS THAT MIGHT TEMPT YOU OR YOUR GUEST IF THEY PREFER NOT TO HAVE A TREATMENT.

HEALTH CLUB MEMBERSHIP

We offer a range of Health Club membership options giving you access to a range of facilities including our extensive gym, indoor pool, tennis courts and classes as well as discounts at our restaurants and special events. For details of Health Club membership telephone us on 01243 520114.

GOLF

The Park Course has now opened it's gates to all casual green fee golfers - feel free to book a tee time.

FLYING HIGH

Whilst here, you could take off and enjoy a flying lesson over Goodwood. Take control of a Cessna Skyhawk aircraft with experts who will guide you gracefully into the skies!

Simply call 01243 755066 and we can organise it for you.

PRICE LIST

DELICIOUS DAYS

TOTAL COSSETING	£185.00
SOOTHING SECLUSION	£185.00
RESCUE ME	£100.00
THE PERFECT PREP	£115.00
BLOOMING MARVELLOUS	£155.00

CARITA

FOR THE FACE

PRO-LIFTING FIRING TREATMENT	£100.00
ANTI-AGEING RADIANCE FACIAL	£70.00
PRO-LIFT BOOSTER	£76.00
EYE BOOSTER	£40.00
LAGOON HYDRATION FACIAL	£82.00
PAPAYA PURITY FACIAL	£82.00
PERFECT GOLD FACIAL	£125.00

FOR THE BODY

SLIMMING TREATMENT	£100.00
REVITALISING ENVELOPMENT WITH HOT STONES	£100.00

DECLÉOR

FOR THE FACE

ESSENTIALLY YOURS	£58.00
DEEP NOURISH	£60.00
TOTAL BALANCE	£60.00
SHEER CALM	£60.00
REVITALISING	£60.00
REGULATING	£60.00
HARMONY EXTREME	£62.00
EVIDENCE LIFT	£62.00
INTRODUCTORY FACIAL	£35.00
AROMA EXCELLENCE	£70.00
AROMA EXPERT RADIANCE FACIAL	£60.00

THE WATERBEACH

THE GOODWOOD HOTEL

FOR THE BODY

AROMATIC MASSAGE	£58.00
AROMATIC MASSAGE, FACE AND SCALP	£85.00
HOT STONES	£70.00
REFLEXOLOGY	£48.00
INDIAN HEAD MASSAGE	£42.00
BACK, NECK AND SHOULDER MASSAGE	£35.00
TRANQUILITY SCALP MASSAGE	£35.00
G5 MASSAGE	£30.00
UNIVERSAL CONTOUR WRAP	£80.00
REIKI	£50.00

BEAUTY SPOT

AROMA RELAX ENVELOPMENT	£65.00
AROMA FLOW ENVELOPMENT	£65.00
AROMA DETOX ENVELOPMENT	£70.00
AROMA TONIC ENVELOPMENT	£70.00
EXECUTIVE MANICURE	£40.00
MAINTENANCE MANICURE	£28.00
EXECUTIVE PEDICURE	£45.00
MAINTENANCE PEDICURE	£35.00
EXECUTIVE MANICURE AND PEDICURE	£80.00
MAINTENANCE MANICURE AND PEDICURE	£59.00

NEW! - JINNY LASHES

Semi - permanent eyelash extensions add length and volume for a fantastic natural look. Eyelashes will need to be replenished every 2 - 4 weeks. Free eyelash tint with every full set purchased.

1HR 30 MINS	£120.00
60 MINS	£80.00
TOP UP	£40.00
REMOVAL	£25.00

For enquiries or to make a booking please call us on 01243 520156 or visit www.goodwood.com/hotel

WAXING

FULL LEG AND BIKINI LINE	£36.00
FULL LEG	£32.00
THREE QUARTER LEG	£27.00
HALF LEG	£22.00
BACK OR CHEST	£22.00
UNDERARM OR BIKINI	£12.00
LIP, CHIN OR EYEBROW	£12.00
STANDARD BIKINI	£15.00
G - STRING BIKINI	£21.00
EXTENDED BIKINI	£21.00
FULL ARM	£25.00
FOREARM	£20.00

ADVANCED WAXING

HOLLYWOOD	£40.00
BRAZILIAN	£37.00

EYES

EYELASH TINT	£19.00
EYEBROW TINT	£12.00
LASH AND BROW TINT	£24.00
EYEBROW SHAPE	£11.00

HANDS AND FEET

LUXURY MANICURE	£43.00
LUXURY PEDICURE	£48.00
FRENCH MANICURE	£37.00
FRENCH PEDICURE	£39.00
MANICURE	£33.00
PEDICURE	£38.00
FILE AND PAINT	£20.00

ELECTROLYSIS

15 MINS	£17.00
30 MINS	£32.00

ST TROPEZ ULTIMATE AIR TANNING

ST.TROPEZ	£34.00
COURSE OF 6 ST.TROPEZ SPRAY	£180.00
ST.TROPEZ SPRAY AND EXFOLIATION	£45.00
COURSE OF 6 ST.TROPEZ SPRAY AND EXFOLIATION	£240.00

GENTLEMEN PLEASE

EXPRESS ENERGY TREATMENT	£35.00
INTENSIVE ENERGISING FACE TREATMENT	£60.00
PRO-LIFTING FIRMING TREATMENT	£100.00
BACK RECOVERY MASSAGE	£35.00
AROMATIC MASSAGE	£57.50
DEEP TISSUE FULL BODY MASSAGE	£60.00
DEEP TISSUE BACK, NECK AND SHOULDER MASSAGE	£39.00

GENTLEMEN WAXING

SHOULDERS	£21.00
BACK AND SHOULDERS	£29.00
ARMS	£24.00
CHEST	£29.00
CHEST AND ABDOMEN	£33.00

GENTLEMEN ESSENTIALS

EYEBROW WAX	£13.00
EYELASH TINT	£17.00
EYEBROW TINT	£12.00
EYELASH AND EYEBROW TINT	£26.00
EYEBROW WAX AND TINT	£21.00