

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 PACKAGE INCLUDES FULL USE OF THE HEALTH CLUB FACILITIES, A WELCOME DRINK AND A LIGHT LUNCH ALONG WITH TOWEL, ROBE AND SLIPPERS.

## TREATMENT PACKAGE DAYS

### TIME PRECIOUS (30 MINUTES)

FOR THOSE THAT DON'T HAVE TIME ON THEIR SIDE BUT STILL WISH TO FEEL EXQUISITELY PAMPERED AND PREPPED, ENJOY A 30 MINUTE TREATMENT CHOOSING FROM: RELAXING BACK MASSAGE, CLEANSING TASTER FACIAL, PEPTIDE EYE LIFT, JASMINE AND TUBEROSE INFUSED FOOT SOAK AND MASSAGE, SOLE DELIGHT GROOMING FOR FEET, PRO-COLLAGEN HAND AND NAIL TREATMENT OR SIMPLY A FILE AND PAINT OF YOUR NAILS TO LEAVE YOU FEELING PERFECTLY POLISHED.

### SPOIL ME (60 MINUTES)

A LAVISH 60 MINUTE TREATMENT FOR THOSE REQUIRING A LITTLE MORE INDULGENCE TO HELP REMOVE ALL TRACES OF STRESSFUL DAILY LIFE. CHOOSE FROM A DEEPLY CLEANSING AND REFINING FULL FACIAL, AN INVIGORATING YET THERAPEUTIC FIVE ELEMENT AROMA MASSAGE OR, FOR THE ULTIMATE DUO, A STRESS-RELIEVING FACE AND BODY SENSATION.

FOR A LITTLE EXTRA INDULGENCE, ADD A 30 MINUTE TREATMENT TO YOUR SPA PACKAGE OR EXTEND YOUR 30 MINUTE TREATMENT TO 60 MINUTES.

### EXCLUSIVELY YOU (1 HOUR 30 MINUTES)

UNDIVIDED, UNINTERRUPTED, INDULGENT ATTENTION WITH YOUR CHOICE OF TWO DECADENT TREATMENTS LEAVING YOU IMPRESSIVELY EQUIPPED TO CONQUER THE WORLD! BEGIN WITH EITHER AN INCREDIBLY SOOTHING MACADAMIA AND POMEGRANATE HOT OIL ACUPRESSURE SCALP MASSAGE, A PAMPERING GENERATION FILE AND POLISH OR YOUR CHOICE OF INVIGORATING BODY SCRUBS: PAPAYA, MACADAMIA AND ARGAN OIL; WARMING MAY CHANG; LUXURIOUS MOTHER OF PEARL; FRANGIPANI MONOI; LIME AND GINGER. FOLLOW THIS WITH YOUR CHOICE OF AN IMPRESSIVE DEEP TISSUE MUSCLE MASSAGE, A STIMULATING HO-LEAF AND ROSEMARY MUSCLE MELT, A STRESS-RELIEVING FACE AND BODY SENSATION, OR A WARMING THAI QI FUSION MASSAGE.

## NURTURING NIGHTS

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

INCLUDING OVERNIGHT STAY, BREAKFAST, DINNER AT EITHER ONE OF OUR TWO RESTAURANTS, FULL USE OF THE HEALTH CLUB AND A CHOICE OF EITHER TWO INTENSE 30 MINUTE TREATMENTS OR AN INDULGENT 60 MINUTE TREATMENT. FOR A COMBINATION OF TWO TREATMENTS CHOOSE FROM A FILE AND POLISH, TRANQUILITY SCALP MASSAGE, A DEEP TISSUE BACK MASSAGE, A SKIN BOOSTER FACIAL, A SOLE DELIGHT GROOMING FOR YOUR FEET, A PRO-RADIANCE HAND AND NAIL TREATMENT, A FRANGIPANI SALT GLOW, A LIME AND GINGER SALT GLOW, A GEL FILE AND POLISH, A PAPAYA, MACADAMIA AND ARGAN OIL SCRUB, A WARMING MAY CHANG SCRUB, A LUXURIOUS MOTHER OF PEARL SCRUB, A MACADAMIA AND POMEGRANATE HOT OIL ACUPRESSURE SCALP MASSAGE AND A PEPTIDE EYE LIFT. FOR AN UNINTERRUPTED 60 MINUTE TREATMENT CHOOSE FROM A DEEP TISSUE MUSCLE MASSAGE, A MODERN SKIN FACIAL, A FRANGIPANI NOURISH WRAP, A SKIN SPECIFIC FACIAL, A GREEN TEA AND SEAWEED CLEANSE FACIAL, A VITAMIN C AND KOMBUCHI SKIN BRIGHTENING FACIAL, AN EH HARMONISER FACIAL, A FIVE AROMA MASSAGE, A THAI QI FUSION MASSAGE, A HO-LEAF AND ROSEMARY MELT, A WATERMELON AND ALOE WRAP OR A FACE AND BODY SENSATION FOR THE ULTIMATE RELAXATION. FOR THE EXPECTING MOTHERS WE ALSO HAVE OUR PRE-NATAL AND WELLBEING MASSAGE.

FROM £286 PER ROOM  
FOR ENQUIRIES OR TO MAKE A BOOKING PLEASE CALL US ON 01243 775537 OR VISIT [WWW.GOODWOOD.COM/HOTEL](http://WWW.GOODWOOD.COM/HOTEL)



## ELEMENTAL HERBOLOGY

OUR LIVES ARE CONSTANTLY IN MOTION AND SO TOO IS OUR SKIN. THE EFFECTS OF DIFFERENT SEASONS, THE CHANGES IN OUR HORMONES AND THE LIFESTYLE WE LEAD ARE ALL REFLECTED IN HOW OUR SKIN LOOKS AND FEELS.

ELEMENTAL HERBOLOGY HAS BEEN DESIGNED TO HELP THE SKIN MEET THESE CHANGES. PACKED WITH NUTRIENTS, THESE PRODUCTS ARE SUPER INDULGENT TO DELIVER TRULY VISIBLE RESULTS BY TAKING A HOLISTIC APPROACH THAT COMBINES LIFESTYLE AND NUTRITION AS PART OF A GOOD SKINCARE REGIME.

THE WATERBEACH IS PROUD TO PARTNER WITH OUR NEW PRODUCT HOUSE, ELEMENTAL HERBOLOGY. WE CURRENTLY HAVE A FABULOUS SELECTION OF TREATMENTS AVAILABLE WITH THE FULL RANGE COMING SOON. IF YOU WOULD LIKE TO BOOK ONE OF THESE WONDERFUL TREATMENTS, PLEASE CALL OUR RECEPTION TEAM WHO WILL BE ABLE TO ENSURE YOU HAVE THE MOST UP TO DATE INFORMATION ON AVAILABILITY.

## FOR THE FACE

### BIO-REJUVENATING FACIAL (90 MINUTES)

ADDRESSING THE CAUSES OF SKIN AGEING TO IMPROVE THE SKIN'S TONE, ELASTICITY, RADIANCE AND MOISTURE LEVELS WITH A DEEP TISSUE CLEANSE AND AHA EXFOLIATION, FOLLOWED BY LYMPHATIC MASSAGE AND ACUPRESSURE.

A SERIES OF THERAPEUTIC, VITAMIN AND COLLAGEN-ENRICHED MASKS HELP REPAIR AND REVITALISE FOR IMMEDIATE AND LONG LASTING RESULTS.

### GREEN TEA AND SEAWEED CLEANSE (60 MINUTES)

HARNESSING THE NATURAL EXFOLIATING POWER OF APPLE SERUM AND PAPAYA AHAS TO DEEPLY CLEANSE PORES AND REMOVE DEAD SKIN CELLS. A GREEN TEA AND LAVENDER CLEANSE, PURIFYING HERBAL STEAM AND MINERAL-RICH CLAY MASK INFUSED WITH PURIFYING MANUKA HONEY, ROSEMARY AND TEA-TREE, WILL ENCOURAGE MICRO-DRAINAGE OF TOXINS TO RESTORE A CLEAR, CLEAN AND BALANCED COMPLEXION.

### CELL ACTIVE HYDRO (60 MINUTES)

TO IMPROVE SKIN HYDRATION, WE UTILISE PATENTED HYALURONIC ACID, OLIVE SQUALANE, COLLAGEN AND BIO-OILS RICH IN OMEGA 3, 6 AND 9 TO DRAMATICALLY IMPROVE THE ABSORPTION OF NUTRIENTS INTO THE SKIN. THE RESULT IS SKIN THAT IS PLUMPED, FIRMED, NOURISHED AND INTENSIVELY MOISTURISED. IDEAL FOR DRY, MATURE AND EXHAUSTED SKIN.

### VITAMIN C AND KOMBUCHKA™ SKIN BRIGHTENING FACIAL (60 MINUTES)

USING A 20% SOLUTION OF VITAMIN C INFUSED WITH KOMBUCHKA™, KNOWN AS THE 'ELIXIR OF LIFE', HELPS TO DRAMATICALLY ENHANCE THE TONE AND TEXTURE OF THE SKIN. SKIN FEELS SMOOTHER, APPEARS BRIGHTER AND MORE RADIANT AND THE COMPLEXION IS MORE BALANCED WITH REDUCED PIGMENTATION.

### ELEMENTAL HARMONISER FACIAL (60 MINUTES)

TOTALLY BESPOKE, WE CUSTOMISE AND TAILOR THE FACIAL TO ADDRESS YOUR SKIN'S NEEDS. INCORPORATING DEEP CLEANSING, EXFOLIATION, DETOXIFICATION, LYMPHATIC MASSAGE AND NOURISHMENT, TO REPLENISH THE SKIN, GIVING YOU IMMEDIATE AND LONG LASTING RESULTS.

### PEPTIDE EYE LIFT (30 MINUTES)

WE COMBINE SMOOTHING AND PLUMPING PLANT PEPTIDES, PROTEINS AND BLUE-GREEN ALGAE WITH TARGETED LYMPHATIC DRAINAGE, ACUPRESSURE AND A COOLING EYE MASK TO HELP REDUCE THE APPEARANCE OF FINE LINES AND WRINKLES, PUFFINESS AND DARK CIRCLES. AN IDEAL REMEDY FOR EYE FATIGUE OR AS AN ADDITION TO A FACIAL.

## FOR THE BODY

### MASSAGE

#### FIVE ELEMENT AROMA MASSAGE (60/90 MINUTES)

OUR THERAPEUTIC SKILL COMBINED WITH ESSENTIAL OIL INFUSIONS, WARM HERBAL COMPRESSES AND HEATED STONES DELIVER THE ULTIMATE MASSAGE EXPERIENCE. WE PRESCRIBE WOOD FOR REJUVENATION, FIRE FOR ZEST, EARTH FOR BALANCE, METAL FOR DETOXIFYING OR WATER TO SOOTHE, ALL TO HELP BALANCE BODY AND MIND.

#### HO-LEAF AND ROSEMARY MUSCLE MELT (60/90 MINUTES)

COMBINING STIMULATING HO-LEAF, LEMONGRASS, NUTMEG AND ROSEMARY WITH DEEP TISSUE MASSAGE THERAPY, HOT STONES AND INVIGORATING BALM, THIS CONCENTRATED TREATMENT WILL UNRAVEL TENSION IN SORE AND TIGHT MUSCLES, RELIEVE DEEP STRESS AND TENSION AND ENHANCE THE BODY'S CIRCULATION.

### THAI QI FUSION (60/90 MINUTES)

THIS THERAPEUTIC, WARMING AND INVIGORATING MASSAGE INTEGRATES THAI HERBAL COMPRESSES WITH STRETCHES, ACUPRESSURE AND VIGOROUS MASSAGE. THIS HELPS ENERGISE THE BODY'S FLOW OF QI, RELEASE TIGHT MUSCLES AND PROMOTE A FEELING OF TOTAL WELL-BEING.

### PRE-NATAL WELL-BEING MASSAGE (60/90 MINUTES)

DEVELOPED TO ADDRESS YOUR NEEDS DURING PREGNANCY - EASE AN ACHING BACK, SHIFT FLUID RETENTION, ALLEVIATE STRETCH MARKS AND PROMOTE A STATE OF INNER CALM - AN INFUSION OF MANDARIN, ROSE AND LAVENDER FLOWER COMBINED WITH AN ULTRA-COMFORTABLE CUSTOMISED BED, IS A MUST FOR ANY MOTHER-TO-BE.



## EXFOLIATION

### PAPAYA, MACADAMIA AND ARGAN OIL (45 MINUTES)

SHED DEAD SKIN CELLS WITH A TROPICAL COCKTAIL, BEFORE SEALING YOUR LIMBS WITH EITHER A COOLING CUCUMBER AND WATERMELON SEED INFUSION OR A MACADAMIA AND OLIVE BODY HYDRATOR, CONTAINING A SUBTLE TANNING AGENT TO IMPART A FRESH, SUN-KISSED RADIANT GLOW.

### WARMING MAY CHANG (45 MINUTES)

TO STIMULATE CIRCULATION, HEAT AND VITALITY WE WILL VIGOROUSLY SHED DRY SKIN WITH A WARM MANGO AND SHEA BUTTER INFUSED WITH MAY CHANG AND HIMALAYAN SALT BEFORE SEALING YOUR LIMBS WITH AN ULTRA-HYDRATING BODY SOUFFLÉ. YOUR SKIN WILL FEEL SOFT AND NOURISHED AND YOUR BODY INVIGORATED AND REVIVED.

### LUXURIOUS MOTHER OF PEARL (45 MINUTES)

INDULGE YOUR BODY AND MIND WITH THIS ULTRA-LUXURIOUS BODY SCRUB ENRICHED WITH MOTHER OF PEARL, ESSENTIAL FATTY ACID RICH ARGAN AND SACHA INCHI OILS AND EXOTIC JASMINE. THIS PAMPERING SCRUB WILL REMOVE DULL, DEAD SKIN, LEAVING YOUR BODY INTENSELY HYDRATED, SILKY AND NURTURED.

## WRAPS

### WATERMELON, CUCUMBER AND ALOE (60 MINUTES)

TO COOL AND SOOTHE SUN DRENCHED SKIN WE WILL SLATHER YOU IN A COOLING ALOE AND CUCUMBER WRAP BEFORE APPLYING REFRESHING COLD STONES TO FURTHER ACTIVATE THE MASK. THE FINALE OF THE WATERMELON BODY TONIC WILL LEAVE YOUR SKIN FEELING COOL, CALM AND REFRESHED.

### GREEN TEA, GUARANA AND GRAPEFRUIT DETOX (90 MINUTES)

TO REDUCE FLUID RETENTION AND SHIFT TOXINS, A COCOON OF WARM BANDAGES SOAKED IN PURIFYING KAOLIN CLAY WITH ROSEMARY, GRAPEFRUIT AND JUNIPER BERRY AND A THERMAL BLANKET WILL ENCOURAGE PERSPIRATION. AFTER SHOWERING, WE WILL SMOTHER YOU IN A GUARANA AND GREEN TEA-RICH CIRCULATION BOOSTING SERUM LEAVING YOU FEELING WARM, PURIFIED AND REVIVED.

## FEET

### JASMINE AND TUBEROSE INFUSED FOOT SOAK AND MASSAGE (30 MINUTES)

REVIVE TIRED FEET WITH THIS LUXURIOUS FOOT SOAK AND REFLEXOLOGY MASSAGE FOLLOWED BY A RESTORATIVE FOOT TONIC.

## SCALP

### MACADAMIA AND POMEGRANATE HOT OIL ACUPRESSURE SCALP MASSAGE (45 MINUTES)

THIS EXTREMELY RELAXING HOT OIL ACUPRESSURE MASSAGE INFUSED WITH ULTRA-NOURISHING MACADAMIA, POMEGRANATE AND FRANKINCENSE, CALMS AND CENTRES THE MIND WHILST HYDRATING AND NOURISHING THE SCALP AND HAIR TO LEAVE THE HAIR SOFT, SILKY AND RADIANT.

## RITUALS

### SUN SALUTATION (90 MINUTES)

TROPICAL PAPAYA, MACADAMIA, SUGAR AND SEA SALT WILL EXFOLIATE SKIN CELLS, FOLLOWED BY A COOLING CUCUMBER AND ALOE WRAP. A SOOTHING TUINA SCALP ACUPRESSURE MASSAGE FOLLOWED BY OILS INFUSED WITH FRANGIPANI, JASMINE AND TUBEROSE WILL EVOKE MEMORIES OF SUN AND SEA.

### THERMAL DETOX (120 MINUTES)

A WARM MANGO, SHEA BUTTER, HIMALAYAN SALTS AND HO-LEAF BODY BUFF WILL SHED SKIN CELLS BEFORE A COCOON OF THERMAL CLAY BANDAGES PURIFIES THE BODY. A SOOTHING TUINA SCALP ACUPRESSURE MASSAGE AND HERBAL OIL WILL STIMULATE CIRCULATION AND INVIGORATE THE SENSES. AFTER SHOWERING, A THERMAL LYMPHATIC MASSAGE WILL ELIMINATE FLUID RETENTION.

### ULTIMATE VITALITY (160 MINUTES)

AN INFUSION OF VITAMINS, MINERALS, COLLAGEN AND ANTI-OXIDANTS COMBINED WITH EXFOLIATION, LYMPHATIC MASSAGE AND ACUPRESSURE WILL FEED THE SKIN TO REVITALISE THE COMPLEXION. INCLUDING A FULL BODY EXFOLIATION, BODY WRAP, FIVE ELEMENTAL AROMA MASSAGE AND BIO-REJUVENATING FACIAL, THIS RITUAL WILL REVIVE THE BODY AND MIND, PROMOTING VITALITY.

### ELEMENTAL BLISS (160 MINUTES)

THIS TOP TO TOE RITUAL BEGINS WITH A LUXURY MOTHER OF PEARL EXFOLIATION AND EASES AWAY TENSION WITH AN INDULGENT CHAMOMILE AND ROSE DAMASK BODY MASSAGE. COMPLETING THIS RITUAL IS A CELL ACTIVE HYDRO FACIAL, SOOTHING HOT OIL SCALP MASSAGE AND FOOT MASSAGE TO LEAVE YOUR MIND STILL, SKIN NOURISHED AND RADIANT.

**ELEMIS**  
DEFINED BY NATURE. LED BY SCIENCE



## ELEMIS

DESIGNED TO RESPECT THE BODY'S COMPLEX PHYSIOLOGY, ELEMIS SPA THERAPIES WORK IN NATURAL SYNERGY WITH THE SKIN, BODY AND MIND. EVERY TREATMENT IS SPECIFICALLY DESIGNED TO OFFER A UNIQUE EXPERIENCE, USING POWERFUL MASSAGE SEQUENCES AND THE MOST POTENT ACTIVES AVAILABLE IN THE WORLD TODAY.

### FOR THE FACE

#### SKIN BOOSTER FACIAL (30 MINUTES)

THIS INTRODUCTORY FACIAL PROVIDES A QUICK AND INSTANT PICK ME UP FOR ANY OCCASION.

#### SKIN SOLUTIONS FACIALS

##### MODERN SKIN FACIAL (60 MINUTES)

DESIGNED FOR SKIN CHALLENGED BY MODERN LIVING. BURSTING WITH ANTI-OXIDANTS, RICH MINERALS AND VITAMINS THIS FACIAL

WILL HELP REMOVE DAMAGING TOXINS, REGENERATE SKIN CELLS AND REBALANCE SEBUM PRODUCTION.

##### FRUIT ACTIVE GLOW (60 MINUTES)

BRING BACK THE GLOW TO A LIFELESS COMPLEXION. SKIN IS DEEPLY CLEANSED AND STIMULATED BY SPECIALISTS EASTERN MASSAGE TECHNIQUES, WHILST POWERFUL CONDITIONING ACTIVES NOURISH AND RENEW VITAL RADIANCE.

##### EXOTIC MOISTURE DEW FACIAL (60 MINUTES)

TREAT YOUR SKIN TO A MOISTURE BOOST. FOLLOWING A SPECIALIST FACIAL MASSAGE, THE SKIN IS FED WITH THIRST QUENCHING ACTIVES THAT WILL BRING BACK THE HEALTHY, DEWEY LOOK TO YOUR SKIN.

##### HERBAL LAVENDER REPAIR FACIAL (60 MINUTES)

PERFECT FOR THE RESTORATION OF SKIN BALANCE, THIS FACIAL HELPS TO HEAL AND REPAIR OILY, PROBLEMATIC AND CONGESTED SKIN.

##### OXYGEN SKIN CALM FACIAL (75 MINUTES)

SOOTHE SENSITIVE SKIN AND EVEN SKIN TONE THROUGH GENTLE MASSAGE TECHNIQUES COMBINED WITH A BALANCING JAPANESE SILK MASK. RELIEVES REDNESS AND OFFERS IMMEDIATE COMFORT TO IRRITATED SKIN.

##### S.O.S. PURIFYING FACIAL (75 MINUTES)

PURIFY CONGESTED SKIN FOR A CLEAR COMPLEXION. PURIFYING MASSAGE TECHNIQUES COMBINED WITH THE UNIQUE JAPANESE SULPHUR MASK AND ABSOLUTE VITA-C SERUM HELPS TO ABSORB SEBUM, CALM IRRITATION AND RE-BALANCE THE SKIN.

### ADVANCED ANTI-AGEING FACIALS

##### VISIBLE BRILLIANCE FACIAL (75 MINUTES)

REVIVES DULL, SLACKENED SKIN, RESTORING RADIANCE. PERFECT PRE-OCCASION TREATMENT. MOISTURISATION LEVELS ARE CLINICALLY PROVEN TO INCREASE BY UP TO 61%\* AND ELASTICITY UP TO 40%\* AFTER JUST ONE TREATMENT. \*INDEPENDENT CLINICAL TRIALS 2004.

##### PRO-INTENSE FACIAL (75 MINS)

A POWERFUL LIFTING TECHNIQUE WHICH TARGETS SAGGING JOWLS, CHEEKS, CHIN AND NECK WHILST HELPING TO REDUCE PUFFINESS AND FLUID RETENTION, BOTH ASSOCIATED WITH SAGGING SKIN.

##### PRO-COLLAGEN QUARTZ LIFT FACIAL (75 MINUTES)

ANTI-WRINKLE FACIAL WITH PROVEN RESULTS. CLINICALLY PROVEN TO REDUCE THE NUMBER OF WRINKLES BY UP TO 94%\* AND IMPROVE SKIN FIRMNESS BY UP TO 57%\*. AFTER JUST ONE TREATMENT. SPECIALISED LIFTING MASSAGE, COMBINED WITH PROVEN MARINE EXTRACT \*INDEPENDENT CLINICAL TRIALS 2007.

##### TRI-ENZYME RESURFACING FACIAL (75 MINUTES)

PEEL AWAY THE YEARS FOR SMOOTHER, MORE RADJANT SKIN. CLINICALLY PROVEN TO RESURFACE BY UP TO 75%\* AND INCREASE SKIN SMOOTHNESS BY UP TO 32%\* AFTER JUST ONE TREATMENT. DESIGNED TO TARGET BLEMISHES, UNEVEN SKIN TONE, SUPERFICIAL FACIAL SCARING AND FINE LINES, REVEALING YOUNGER LOOKING SKIN.

##### WHITE BRIGHTENING FACIAL (75 MINUTES)

## FOR THE BODY

A TARGETED FACIAL THAT RESPONDS TO INDIVIDUAL SKIN NEEDS, HELPING TO REDUCE AGE SPOTS, DISCOLOURATION AND DULL SKIN TONE AND TEXTURE ON THE FACE, NECK, HANDS AND ARMS. LEAVES THE COMPLEXION EVEN, ILLUMINATED AND VISIBLY MORE YOUTHFUL.

### MASSAGE

##### DEEP TISSUE BACK MASSAGE (30 MINUTES)

MINIMUM TIME MAXIMUM TENSION RELIEVING RESULTS. SPECIFICALLY TARGETING THE BACK, SHOULDERS AND NECK AREAS WHERE YOU NEED IT THE MOST.

##### DEEP TISSUE MUSCLE MASSAGE (60 MINUTES)

ALLEVIATES STRESS, EASES TENSION, ACHING MUSCLES AND REVIVES THE SENSES WITH THIS POWERFUL, CUSTOMISED TECHNIQUE. DYNAMIC BLENDS OF ESSENTIAL OILS ARE PRESCRIBED TO TARGET INDIVIDUAL NEEDS AND REDUCE SPECIFIC STRESS AND MUSCLE TENSION.

##### HOT STONES BACK MASSAGE (30 MINUTES)

WARM BASALT STONES MELT AWAY TENSION, WHILST LUXURIOUS WARMED OILS ARE MASSAGED INTO THE BACK FOR MAXIMUM RELAXATION.

##### HOT STONES FULL BODY MASSAGE (60 MINUTES)

RELAX THE BODY, MIND AND SPIRIT, STIMULATE METABOLISM AND CIRCULATION. THIS TREATMENT RE-BALANCES YOUR WHOLE BODY, USING WARMED BASALT STONES AND OIL FOR TOTAL RELAXATION.

### EXFOLIATION

##### EXOTIC LIME AND GINGER SALT GLOW (30 MINUTES)

INVIGORATED, CLEANSED AND POLISHED TO PERFECTION. A BODY EXFOLIATION RITUAL TO INVIGORATE AND REVITALISE THE BODY. AFTER LIGHT BODY BRUSHING, WARM OIL IS DRIZZLED LUXURIOUSLY OVER THE BODY BEFORE THE SUBLIME ELEMIS EXOTIC LIME AND GINGER SALT GLOW IS APPLIED.

##### NOURISHING FRANGIPANI SALT GLOW (30 MINUTES)





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A BODY EXFOLIATION RITUAL TO INFUSE THIRSTY SKIN. AFTER LIGHT BODY BRUSHING, WARM OIL IS DRIZZLED LUXURIOUSLY OVER THE BODY BEFORE THE SUBLIME ELEMIS FRANGIPANI MONOI SALT GLOW IS APPLIED.

**WRAPS**

**FRANGIPANI BODY NOURISH WRAP (60 MINUTES)**

FOR IMMEDIATE SOFTNESS AND SUPPLENESS. AROMATIC TAHITIAN COCONUT AND FRANGIPANI FLOWERS ARE SOAKED TOGETHER TO PRODUCE THE MONOI WHICH IS Poured ALL OVER THE BODY AND THEN COCOONED IN NOURISHING MILK BATH DRENCHING THE SKIN WITH MOISTURE. THIS EXOTIC THERAPY PROVIDES ULTIMATE RADIANCE, VITALITY AND ALL OVER BODY GLOW.

**SCULPTING AND COLON THERAPY (60 MINUTES)**

REDEFINE AND SMOOTH YOUR SILHOUETTE. USING THE CLINICALLY PROVEN ELEMIS BODY SCULPTING SYSTEM, YOUR SILHOUETTE WILL BE REDEFINED. THE BODY SCULPTING LIPO-REFINING SERUM AND BODY

SCULPTING FIRING CREAM TARGETS STUBBORN CELLULITE AND SAGGING SKIN.

**AROMA SPA OCEAN WRAP - CELLUTOX (75 MINUTES)**

A DEEPLY DETOXIFYING BLEND TO DECONGEST AND STIMULATE THE SYSTEM. LET THOUGHTS DRIFT AWAY, WHILST BEING COCOONED IN A COMFORTING FOIL WRAP AND TREATED TO A PRESSURE POINT MASSAGE AND DISTRESS SCALP MASSAGE.

**AROMA SPA OCEAN WRAP - MUSCLEASE (75 MINUTES)**

POWERFUL SEAWEED WRAP FOR COMPLETE MUSCLE RELAXATION. DRIFT AWAY WHILE YOU ARE COCOONED IN A COMFORTING FOIL WRAP AND TREATED TO A PRESSURE POINT MASSAGE AND DISTRESS SCALP MASSAGE.

**FEET & HANDS**

**SOLE DELIGHT GROOMING FOR FEET (30 MINUTES)**

A TOTALLY SENSORY EXPERIENCE FOR YOUR FEET. WARMED AROMA THERAPEUTIC OILS NOURISH AND SUPER CONDITION NEGLECTED FEET AND NAILS – THE EXTRARICH HYDRATION REPLENISHES AND SOFTENS HARD WORKING HEELS.

**PRO-COLLAGEN / PRO-RADIANCE HAND & NAIL TREATMENT (30 MINUTES)**

REDEFINE THE HANDS OF TIME. AN ANTI-AGEING TREATMENT TO SOOTHE DRY, CHAPPED HANDS, CONDITION AND STRENGTHEN NAILS. THIS TREATMENT TARGETS AGE SPOTS, REDUCES CREEPINENESS AND LEAVES HANDS BEAUTIFULLY SMOOTH AND YOUTHFUL LOOKING.

**FACE AND BODY SENSATION (55 MINUTES)**

EXPERIENCE THE PERFECT ELEMIS DUO TREATMENT, A SENSATIONAL MASSAGE COMBINED WITH A PRESCRIBED BOOSTER ANTI-AGEING FACIAL. CHOOSE FROM THE UNIQUE RE-ENERGISING, ICE COOL THERMAL MASSAGE TO RELIEVE STRESS AND TENSION AND EASE ACHING MUSCLES, OR TRANQUILLITY A "THERMAL-SOOTHING"

**FACE & BODY**

MASSAGE TO INDUCE A DEEP LEVEL OF RELAXATION.

**ABSOLUTE SPA RITUAL (120 MINUTES)**

THE ULTIMATE SKIN AND BODY THERAPY FOR MAXIMUM RESULTS. CHOOSE FROM ONE OF THE UNIQUE ELEMIS ADVANCED ANTI-AGEING OR SKIN SOLUTIONS FACIALS AND COMBINE IT WITH THE POWERFUL EFFECTS OF THE ELEMIS DEEP TISSUE MUSCLE MASSAGE. TWO HOURS OF PURE RELAXATION WITH DRAMATIC RESULTS.

**GENTLEMEN**

**FOR THE FACE**

**TASTER FACIAL (30 MINUTES)**

THIS INTRODUCTORY FACIAL PROVIDES A QUICK AND INSTANT PICK ME UP FOR ANY OCCASION.

**SKIN I.Q FACIAL (75 MINUTES)**

ANTI-AGEING AND SUPER BOOSTING FOR TIRED, STRESSED AND DEHYDRATED SKIN HELPING TO CALM IRRITATION AND MINIMIZE THE SIGNS OF AGEING. THIS FACIAL IS THE ULTIMATE OVERHAUL FOR MALE SKIN.

**URBAN CLEANSE FACIAL (75 MINUTES)**

DEEP CLEANSE AND COMPLETE SKIN DETOX. THIS SUPER-GROOMING FACIAL DECONGESTS THE SKIN, WORKS OVERTIME TO ELIMINATE BLOCKED PORES, RAPIDLY ACCELERATES SKIN REPAIR AND NEUTRALISES IMPURITIES.

**FACE & BODY**

**TOTAL TIME OUT (120 MINUTES)**

THE ULTIMATE SKIN AND BODY THERAPY FOR MAXIMUM RESULTS. CHOOSE FROM ONE OF THE UNIQUE ELEMIS ADVANCED ANTI-AGEING OR SKIN SOLUTIONS FACIAL AND COMBINE IT WITH THE POWERFUL EFFECTS OF THE ELEMIS DEEP TISSUE MUSCLE MASSAGE. TWO HOURS OF PURE RELAXATION WITH DRAMATIC RESULTS.



## CACI

FOLLOWING OVER 20 YEARS OF RESEARCH AND DEVELOPMENT CACI INTERNATIONAL CAN NOW OFFER A NON SURGICAL SOLUTION TO COMBAT LOSS OF MUSCLE TONE USING CACI MICRO CURRENT FACIAL TONING THERAPY.

## FOR THE FACE

### CACI NON SURGICAL FACE LIFT (60 MINUTES)

THE CACI NON SURGICAL FACE LIFT IS AN ADVANCED, NON-INVASIVE FACIAL WITH TWENTY YEARS OF MEDICAL RESEARCH BEHIND IT. THE TREATMENT CAN DELIVER VISIBLE RESULTS WITHOUT THE NEED FOR SURGERY. TINY ELECTRICAL IMPULSES WILL LIFT AND TONE THE FACIAL MUSCLES, WHILST IMPROVING SKIN ELASTICITY AND REDUCING THE APPEARANCE OF FINE LINES AND WRINKLES.

### THE ULTIMATE-ANTI AGING FACIAL (90 MINUTES)

THIS IS AN ADVANCE FACIAL WHICH FOCUSES ON ALL YOUR ANTI-AGING CONCERNS. THE ULTIMATE PROCEDURE INCORPORATES MUSCLE LIFTING AND TONING, MICRODERMABRASION, LED LIGHT THERAPY, PLUMPING OF THE LINES AND WRINKLES AND A HYDRATING GEL MASK TO REJUVENATE AND BRIGHTEN THE SKIN.

### SUPER CACI NON SURGICAL FACE LIFT (75 MINUTES)

THIS SUPER CACI FACIAL IS PERFECT FOR THOSE CLIENTS WHO WANT AN INTENSE VERSION OF THE 1 HOUR FACELIFT FOR ENHANCE RESULTS. IT GIVES AN EXTRA 15 MINUTES TO CONCENTRATE ON AREAS OF MUSCLE LAXITY, AIMED AT MATURE SKIN TYPES AND THOSE WITH SPECIFIC CONCERNS. THIS IS ALSO GREAT FOR THOSE WHO ARE LOOKING FOR A BOOST BEFORE AN EVENT.

### CACI NON SURGICAL FACE LIFT INCLUDING HYDRATONE (75 MINUTES)

INCORPORATING THE HYDRO MASK. TINY ELECTRICAL IMPULSES WILL LIFT AND TONE THE FACIAL MUSCLES, FINISHING WITH HYDRO MASK TO CALM, PLUMP AND HYDRATE THE SKIN.

### CACI CRYSTAL FREE MICRODERMABRASION/ BOOSTER FACIAL (45 MINUTES)

THIS FACIAL COMBINES CRYSTAL FREE MICRODERMABRASION WITH LED LIGHT THERAPY. IT WILL EXFOLIATE THE SKIN USING TECHNOLOGY, TO REVEAL A SMOOTHER, BRIGHTER COMPLEXION. ELECTRICAL STIMULATION WILL TARGET LINES AND WRINKLES AND HYDRATING GEL MASK TO COMBAT HYDRATION.

### ULTIMATE EYE TREATMENT (45 MINUTES)

THIS TREATMENT WILL LIFT AND TONE THE MUSCLES AROUND THE EYE AREA, HYDRATE AND PLUMP FINE LINES AS WELL AS REDUCING PUFFINESS AND DARK CIRCLE USING MICRODERMABRASION, LED LIGHT THERAPY AND MICROCURRENTS.

### WRINKLE REVOLUTION (30 MINUTES)

THE NON-INVASIVE, NEEDLE FREE ALTERNATIVE TO COLLAGEN INJECTIONS AND DERMAL FILLERS IS HERE! USING THE CACI AWARD WINNING AMINO LIFT PEPTIDE COMPLEX, ALONGSIDE CRYSTAL FREE MICRODERMABRASION AND ELECTRICAL STIMULATION WITH LED LIGHT THERAPY WHICH WILL INSTANTLY PLUMP LINES AND WRINKLES FROM THE VERY FIRST TREATMENT.

### JOWL LIFT (30 MINUTES)

THE CACI JOWL LIFT HAS BEEN DEVELOPED TO SPECIFICALLY TARGET MUSCLE LAXITY AROUND THE JAW LINE. USING QUAD PROBES SPECIFICALLY DESIGNED TO LIFT AND FIRM MUSCLES AND REFINE FACIAL CONTOURS.

### ACTIVE ACNE (30 MINUTES)

USING LIGHT THERAPY TO HEAL THE SKIN AND THE HYDRO MASK TO GIVE AN INSTANT SOOTHING AND CALMING ACTION, AS WELL AS REDUCING REDNESS AND IRRITATION.

### HEALING/BLEMISH FIX TREATMENT (45 MINUTES)

TARGETS BLEMISHES AGE SPOTS AND PIGMENTATION BY RESURFACING THE SKIN. USING MICRODERMABRASION WITH LED LIGHT THERAPY AND MICROCURRENT TO STIMULATE CELL TURNOVER WILL TRIGGER TISSUE REPAIR. FINISHED WITH A HYDRATING MASK TO CALM AND SOOTHE THE SKIN.

### ELECTRO CELLULITE MASSAGER (30 MINUTES)

THIS WILL GIVE YOU INSTANT LIFTING AND CONTOURING ON THE BUTTOCKS AND TONING ON THE THIGHS, IMPROVE CELLULITE LEAVING YOU WITH A SMOOTHER, TIGHTER AND BRIGHTER DIMPLE FREE COMPLEXION.





## HOLISTIC THERAPIES

### INDIAN HEAD MASSAGE (30 MINUTES)

AN AROMATIC BASED MASSAGE USING BLENDED OILS TO EASE AWAY STRESS AND TO INSTANTLY RELIEVE AND REVIVE.

### TRANQUILITY SCALP MASSAGE (30 MINUTES)

THIS IS A RELAXING HEAD MASSAGE WHERE WE USE OILS TO MASSAGE THE SCALP AND PRESSURES TO RELEASE TENSION AND EASE THOUGHTS.

### REFLEXOLOGY (60 MINUTES)

THIS THERAPEUTIC FOOT MASSAGE OF ORIENTAL ORIGIN RELIEVES STRESS AND PROMOTES A FEELING OF PROFOUND WELL-BEING.

## 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

### UNIVERSAL CONTOUR WRAP (135 MINUTES)

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.



## 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 WAX

HOT WAX IS AVAILABLE ON REQUEST

### GENTS WAXING

TEMPORARY HAIR REMOVAL USING GENTLE WARM WAX.

SHOULDERS  
BACK AND SHOULDERS  
CHEST  
CHEST AND ABDOMEN

### ELECTROLYSIS

THIS IS THE PERMANENT METHOD OF HAIR REMOVAL.

### EYES

EYELASH TINT  
EYEBROW TINT  
LASH AND BROW TINT  
EYEBROW SHAPE

### HANDS AND FEET BY JESSICA NATURAL NAILS

LUXURY MANICURE (75 MINUTES)  
LUXURY PEDICURE (75 MINUTES)  
MANICURE (60 MINUTES)  
PEDICURE (60 MINUTES)  
GENERATION MANICURE (75 MINUTES)  
GENERATION PEDICURE (75 MINUTES)  
FILE AND POLISH (30 MINUTES)  
GENERATION REMOVAL WITH RE-APPLICATION  
GENERATION REMOVAL AND TIDY (30 MINUTES)

### ST. TROPEZ ULTIMATE AIR TANNING

THE CELEBRITY'S CHOICE! A SPECIFICALLY FORMULATED TREATMENT THAT PROVIDES A VERY NATURAL LOOKING TAN.

WE STRONGLY RECOMMEND THAT YOU WEAR LOOSE, DARK CLOTHING ON THE DAY OF YOUR TREATMENT.



## IN ROOM TREATMENTS

FOR OVERNIGHT GUESTS WISHING TO INDULGE IN RELAXATION OF THE UTMOST DURING YOUR STAY, ENJOY A WONDERFUL TREATMENT WITHIN THE COMFORT OF YOUR ROOM.

### EXPRESS TREATMENTS (EXCLUSIVE TO IN-ROOM SERVICES ONLY)

**EXPRESS RECOVERY MASSAGE (15 MINUTES)**  
SPECIFICALLY TARGETING AREAS OF TENSION TO RELIEVE ACHING MUSCLES, THIS INVIGORATING MASSAGE WILL GIVE YOU A MUCH NEEDED BOOST.

**EXPRESS REFRESH FACIAL (15 MINUTES)**  
DESIGNED TO GIVE MAXIMUM RESULTS IN MINIMUM TIME, TO LEAVE YOUR SKIN FEELING BEAUTIFULLY REFRESHED, RENEWED AND REVITALIZED.

### MASSAGE

**BACK, NECK AND SHOULDER MASSAGE (25 MINUTES)**  
ALLEVIATE STRESS AND TENSION WITH A MASSAGE TARGETING THE BACK, SHOULDERS AND NECK AREAS WHERE YOU NEED IT THE MOST.

**TRANQUILLITY SCALP MASSAGE (25 MINUTES)**  
THIS IS A RELAXING HEAD MASSAGE WHERE WE USE OILS TO MASSAGE THE SCALP AND PRESSURES TO RELEASE TENSION AND EASE THOUGHTS.

**FULL BODY MASSAGE (55 MINUTES)**  
FOR THE ULTIMATE IN RELAXATION, ENJOY AN ALL-OVER, RHYTHMIC MASSAGE TO HELP RECHARGE AND RE-ENERGISE WHILST TENSION MELTS AWAY.

### FACIALS

**SKIN BOOSTER FACIAL (25 MINUTES)**  
THIS INTRODUCTORY FACIAL PROVIDES A QUICK AND INSTANT PICK ME UP TO LEAVE YOUR SKIN LOOKING RADIANT.

### NAILS

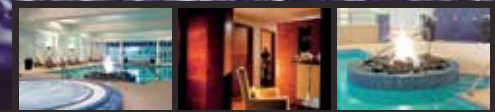
**NAIL FILE AND POLISH (25 MINUTES)**  
USING PRODUCTS FROM JESSICA, BE LEFT FEELING PAMPERED, POLISHED AND READY FOR ANY OCCASION.

TO BOOK YOUR TREATMENT OR FOR MORE INFORMATION, SIMPLY CONTACT THE WATERBEACH BY DIALLING 6662 FROM YOUR ROOM.

YOUR THERAPIST WILL ARRIVE APPROXIMATELY 10 MINUTES PRIOR TO YOUR TREATMENT FOR TIME TO SET UP AND WILL TAKE 10 MINUTES POST-TREATMENT TO CLEAR DOWN.

YOU ARE MORE THAN WELCOME TO BE IN THE ROOM DURING THIS TIME AND WE WILL MAKE EVERY EFFORT TO BE AS QUICK AS POSSIBLE.

THE COST OF YOUR CHOSEN TREATMENT WILL AUTOMATICALLY BE ADDED TO YOUR ROOM BILL.



## 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 5.00 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.
- CONSULTATION- YOUR TREATMENT TIME INCLUDES A CONSULTATION TO CUSTOMISE THE SERVICE AND PRODUCTS TO YOUR NEEDS.

## 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.

THE GOODWOOD HOTEL, GOODWOOD, CHICHESTER, WEST SUSSEX PO18 0QB  
THE WATERBEACH 01243 520156 HEALTH CLUB 01243 520114

[WWW.GOODWOOD.COM/HOTEL](http://WWW.GOODWOOD.COM/HOTEL)