

# elemental herbology

## THE WATERBEACH

THE GOODWOOD HOTEL

WITH THE PURSUIT OF GOOD HEALTH, NUTRITION AND WELLNESS AT ITS CORE, ELEMENTAL HERBOLOGY SKINCARE PRODUCTS ARE PACKED WITH NUTRIENTS TO HELP YOU REDISCOVER YOUR RADIANCE. START YOUR JOURNEY TODAY THROUGH THE FIVE ELEMENTS, ACHIEVING PERFECT HARMONY AND EQUILIBRIUM.

**EMPOWER WITH EARTH.** Hit the reset button to balance and centre the mind with Earth Balance. Those who are always giving to others and never take time for themselves will love this calming oil.

**BE WORRY-FREE WITH WATER.** Pressures from everyday life can leave you stressed, worried and unable to sleep. The comforting properties of Water Soothe will nurture, emotionally strengthen and deeply relax for a calm mind and a good night's sleep.

**METAL TO HELP MELLOW.** You're organised, structured and have everything planned far in advance. Metal Detox will help you declutter your thoughts, purify a tired body and mind while helping to eliminate toxins.

**FUEL UP WITH FIRE.** Always feeling tired and drained? Fire Zest will revitalise your whole body and increase energy levels throughout the day.

**A WORKAHOLIC NEEDS WOOD.** Always on the go and have an active lifestyle? Your tired and aching muscles need Wood Rejuvenation oils to relieve aches and pains and refresh the mind so you're ready for the gym the next day!

## SIGNATURE TREATMENT

### THE GOODWOOD SEASON (90 MINUTE)

Following the seasons and events across the Goodwood Estate, our signature treatment reflects the changes of the beautiful countryside.

Incorporating deep cleansing, an intensive face and décolleté massage and nourishment, this treatment replenishes your skin using healing botanicals, vitamins and marine extracts. A decadent back massage is designed for each individual, helping to ease the stresses of the outside world, while a soothing scalp massage can calm and centre the mind.

**SPRING** – Using Wood Rejuvenation Biodynamic Body Infusion, containing Rosemary, Ho-Leaf, Nutmeg and Lemongrass

**SUMMER** – Using Fire Zest Biodynamic Body Infusion, containing Basil, Sweet Orange, Tangerine, Marjoram, Ylang Ylang and Rosemary

**LATE SUMMER** – Using Earth Balance Biodynamic Body infusion, containing Mandarin, Lime, Bergamot, Frankincense and Geranium

**AUTUMN** – Using Metal Detox Biodynamic Body Infusion, containing Grapefruit, Juniper Berry, Rosemary and Geranium

**WINTER** – Using Water Soothe Biodynamic Body Infusion, containing Chamomile, Vetiver, Lavender, Ylang Ylang and Marjoram

## MASSAGE AND FACIAL

### IN YOUR ELEMENT AROMA FACIAL (90 MINUTE)

Bespoke to each client, we tailor a facial treatment to harmonise the Five Elements and address any concerns of the skin. This transformative facial combines healing botanicals, vitamins and marine extracts to feed the skin and restore equilibrium. Incorporating deep cleansing, exfoliation, nourishment and a luxurious facial massage creates a more vibrant and healthy complexion.

### IN YOUR ELEMENT MASSAGE (90 MINUTE)

The ultimate aromatherapy massage blends essential oils with warm herbal steam towels, heated stones and skilful therapeutic techniques. We prescribe Wood for Rejuvenation, Fire for Zest, Earth for Balance, Metal for Detoxifying or Water to Soothe. This treatment draws from both Eastern and Western massage and thermotherapy techniques to help balance both body and mind.

### HO-LEAF AND ROSEMARY MUSCLE MELT MASSAGE (90 MINUTE)

Combining stimulating Ho-Leaf, Lemongrass, Nutmeg and Rosemary with deep tissue massage therapy, this treatment will unravel tension in sore and tight muscles, relieve tension and enhance the body's circulation. Incorporating hot stones and a warm herbal steam towel, this treatment is highly recommended for those suffering from chronic stress or pain.

## MANICURE AND PEDICURE

Our manicure and pedicure treatments include a nail polish and body hydrator to take home.

### ELEMENTAL MANICURE (60 MINUTE)

Nails are shaped, before your hands are soaked in a hot wrap of skin softening creams and aromatic oils. Cuticle trimming, nail buffing, a skin brightening hand and arm polish, relaxing hand and arm massage and nail polish will complete this treatment.

### ELEMENTAL PEDICURE (60 MINUTE)

A luxurious treatment for tired feet. Nail clipping, filing and dry skin buffing prepares the skin for a hot salt foot and leg scrub, before a soothing foot bath. Followed up with a pressure point foot massage, skin softening warm Mango and Shea Butter foot wrap and polish to finish.

## IN YOUR ELEMENT... FOR THE DAY

FULLY IMMERSE YOURSELF IN OUR ELEMENTAL HERBOLOGY EXPERIENCE AT GOODWOOD BY SPENDING A DAY 'IN YOUR ELEMENT'.

Bubbly on arrival

Your choice of two hours' worth of treatments

Full use of our Health Club facilities

Dinner at Farmer, Butcher, Chef Restaurant

Take home your very own 'In Your Element' body oil

Available Monday – Thursday. All treatments can be adapted to suit specific requests.

“WORKING ON THE INSIDE-OUT AS WELL AS THE OUTSIDE-IN ARE BOTH ESSENTIAL FOR A HAPPY AND HEALTHY LIFE. EXERCISE AND NUTRITION ARE JUST AS IMPORTANT AS A GOOD SKINCARE REGIME TO IMPROVE YOUR OVERALL WELLBEING”