



THE WATERBEACH

*Welcome to*

# THE WATERBEACH

AT THE GOODWOOD HOTEL

---

The seasonal treatment menu at The Waterbeach draws inspiration from Goodwood's beautiful, natural surroundings, making use of ingredients that change with the British seasons to create sensory experiences in harmony with nature. With well-being and care at the centre of our philosophy, our knowledgeable therapists ensure that each treatment is personalised to suit your needs. The Waterbeach welcomes members, hotel guests and visitors.

 Treatments that can be booked online.



## OUR FACIALS

---

**INTRODUCTORY FACIAL** (30 MINUTES) – The perfect introduction to a skin care regime, or an effective skin booster if time is tight. £46

**SKIN SOLUTION FACIAL** (60 MINUTES) – Our personalised facial focuses on your skin's individual requirements. Our therapists work through your concerns with you ensuring your needs are met and you leave feeling cared for. £66

**ADVANCED FACIAL** (60 MINUTES) – Our Advanced facials use an elite set of ingredients which incorporate age defying benefits that help to restore the architecture of your skin. £70



## BODY TREATMENTS AND MESSAGES

---

**ELEMENTAL HERBOLOGY** (30 OR 60 MINUTES) – 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. £47 / £67 

**ELEMENTAL HERBOLOGY PRE-NATAL PREGNANCY EXPERIENCE** (60 MINUTES) – An intuitive, sensitive massage that hydrates and moisturises skin. Perfect for a growing baby bump. £67 

**TRANQUILLITY SCALP MASSAGE** (30 MINUTES) – This ultimate scalp and décolleté massage uses warming products to massage and release all of life's pressures. £45 

**THE WATERBEACH FACE AND BODY INFUSION** (60 MINUTES) – This beautiful signature treatment is designed to nurture you both physically and mentally, using techniques such as inhalations, cold stone therapy, exfoliation and tension release. £69 

**GARDEN OF ENGLAND ROSE RESTORE HAND TREATMENT** (30 MINUTES) – An anti-ageing treatment to soothe dry, chapped hands and nails. Conditioning and strengthening nails, this treatment targets age spots, reduces crepiness and leaves hands beautifully smooth. £45

**BEST FOOT FORWARD** (30 MINUTES) – Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Hot oil softens and smoothes to leave feet supple and as fragrant as a rose. £45



*Jennifer Young*

## LIVING WITH AND BEYOND CANCER

---

**JENNIFER YOUNG GLOWING FACIAL (30 OR 60 MINUTES)** – This relaxing facial is blissfully adapted to bring the glow of health and harmony to even the most sensitive skin. Soothing massage techniques help you to drift to a place of rest and relaxation, leaving your skin with a glowing radiance. £46 / £66

**JENNIFER YOUNG INDULGENT MASSAGE (30 OR 60 MINUTES)** – A bespoke massage carefully adapted by our specialist therapists to suit your individual needs. Using 100% natural and organic oils this treatment is ideal for the most sensitive skins. Let the power of touch bring harmony and well-being. You will be left feeling deeply relaxed. £47 / £67 

**JENNIFER YOUNG TOP TO TOE (90 MINUTES)** – This top to toe experience includes a gentle full body massage followed by a deeply relaxing facial. It will benefit even the most sensitive skin. Your specialist therapist uses 100% natural and organic products, extending the experience to include the scalp. £79 



*Jennifer Young*

## LIVING WITH AND BEYOND CANCER

---

**JENNIFER YOUNG SPECIALIST MANICURE** (30 OR 60 MINUTES) – Luxurious peach kernel oil and macadamia oil combine with the specialist knowledge of your therapist to give a healing and relaxing manicure. This treatment is designed for damaged nails and sensitive skin. Your specialist therapist will bring the health of your nails back to a new level. This nourishing and moisturising manicure is finished with an application of your favourite colour. £26 / £39

**JENNIFER YOUNG SPECIALIST PEDICURE** (30 OR 60 MINUTES) – Our soothing and nourishing foot balm is massaged into your feet whilst our 100% natural and organic nail oil works its magic into your nails. Finish off with a colour of your choice to leave your feet looking and feeling wonderful. £26 / £39

**JENNIFER YOUNG BALANCED BODY & MIND** (60 MINUTES) – A bespoke massage carefully adapted by a specialist therapist to suit individual needs. The experience starts with identifying the chakra to be balanced during this indulgent and soothing full body treatment. Using 100% natural and organic oils blended for their affinity with the chakra energy centres this treatment is ideal for even the most sensitive skins. Let the power of specialist touch, the energy of the crystals and the therapeutic benefits of essential oils bring balance, harmony and well-being. You will be left feeling deeply relaxed. £69 



## CACI TREATMENTS

---

CACI Ultimate is the most versatile non-surgical treatment system available, using unique products to achieve whole-body toning through non-surgical methods. We advise taking CACI on a 10 week program to achieve the best results.

- CACI NON-SURGICAL FACE LIFT £67
- THE ULTIMATE ANTI-AGEING FACIAL £82
- ULTIMATE EYE TREATMENT £46
- CACI JOWL LIFT £41
- ELECTRO CELLULITE MASSAGER £46
- MICRODERMABRASION £46

Please call us for a complimentary CACI consultation. Our CACI therapists will devise a plan that will provide results.



## HOLISTIC THERAPIES

---

**REFLEXOLOGY** (45 MINUTES) – A natural therapy using tactile stimulation, applied with varying degrees of pressure to the feet, areas of which correspond to organs throughout the body. Helps to promote the body's natural healing ability, leading to better health and well-being. £52

**INDIAN HEAD MASSAGE** (30 MINUTES) – In this treatment, the natural balance of the body is addressed. This will leave you with a feeling of inner peace and clarity, and the massage helps to relieve anxiety, stress and sleep problems. This will also promote a sense of well-being and relaxation. £47 



*Jessica*

## MANICURE & PEDICURE

---

### JESSICA 30 MINUTE MANICURE OR PEDICURE

If time is of the essence, this treatment is perfect as a quick revamp for your nails, finishing with your pick of our perfect Jessica colours. £26

### JESSICA PRESCRIPTIVE MANICURE OR PEDICURE TREATMENT

Jessica is well known for being the ultimate nail care provider. With this 60 minute treatment, we exfoliate, nourish and hydrate, prescribing the perfect on-going solutions for your regime. With this treatment you are able to take home your favourite colour, or perspective midi for that spa feeling at home. £39

### GELERATION APPLICATION

Nails are filed, shaped and finished with a Jessica GELeration polish. £29

### GELERATION MANICURE OR PEDICURE

Exfoliate, nourish and hydrate the nails and hands or feet, finishing with Jessica's GELeration polish. £41

### REMOVAL OF GELERATION AND TIDY

Leave your natural nails shaped and hydrated after a gentle removal of Jessica GELeration polish. £21



## WAXING

---

We use Outback Organics which is centred on organic ingredients ethically sourced from Australian tribes. Outback Organics is designed to make waxing a first class experience from start to finish.

FULL LEG AND BIKINI LINE  
FULL LEG  
HALF LEG  
UNDERARM, FOREARM OR BIKINI LINE  
EYEBROW, LIP OR CHIN

FACE  
LIP AND CHIN  
HOLLYWOOD OR BRAZILIAN  
SHOULDERS  
(INC CHEST OR BACK)

FROM £10

## FINISHING TOUCHES

---

Choose tinting for a defined look. All treatments are semi-permanent and can last up to 6 weeks.

EYELASH TINT £19

EYEBROW TINT £12.50

EYELASH & EYEBROW TINT £24.50

\*Please note that all treatments require a patch test to be performed at least 24 hours prior to treatment and a minimum of every 6 months.



## MORE OPTIONS

---

Enhance your Waterbeach experience and test the waters in our family Health Club\*. Whether you prefer to swim some lengths of the pool, or feel the heat in our sauna and steam room, The Goodwood Health Club is the perfect addition to your day.

\*Health Club access will cost £15 for non-hotel residents with a minimum treatment value of £45.

Contact our team on 01243 520114 to find out more about using the Health Club, about our Spa membership packages, personal training and exclusive use.

*Winter*

## TIME TO WRAP UP

---

**HO-LEAF AND ROSEMARY MUSCLE MELT** (90 MINUTES) – This concentrated muscle massage, using lemongrass, nutmeg and rosemary, will unravel tension in sore and tight muscles and enhance circulation. £90 

**HOT STONE MASSAGE** (60 MINUTES) – A warming, deep muscle massage using Balinese stones with a carefully selected oil to suit your individual needs in the cold months. £70

**WRAP UP WITH WATER** (60 MINUTES) – A cocooning, comforting and pampering full body exfoliation and heated thermal wrap. A perfect treat for those wintery days! £70

*Spring*

## NEW AWAKENINGS

---

**WOOD REJUVENATING MUSCLE MELT** (90 MINUTES) – A therapeutic full body massage using both hot and cold stones to unravel tension and relieve deep stress, reduce swelling and enhance circulation. £90 

**LIME & GINGER SALT GLOW MASSAGE** (60 MINUTES) – The extraordinary cleansing power of salt goes to work releasing toxins and boosting metabolism in Spring. £70 

**HOLIDAY SKIN WITH EARTH** (60 MINUTES) – An energy restoring, mentally uplifting facial treatment bringing balance back to the body and feeding the skin with optimum nutrients. £70 

*Summer*

## KEEP IT COOL

---

GARDEN OF ENGLAND ROSE RESTORE MASSAGE (90 MINUTES) – Take a walk in an English rose garden with this lavishly hydrating body massage. £90

HIMALAYAN SALT STONE MASSAGE (60 MINUTES) – Salt crystal massage stones gently soothe and exfoliate, leaving you with perfectly prepared summer skin. £70

SUMMERTIME ZEST COOLER (60 MINUTES) – A cooling, invigorating summertime facial treatment and back massage to energise the body and refresh the skin. £70

*Autumn*

## CHANGE IS IN THE AIR

---

POULTICE POWERED MUSCLE RELEASE (90 MINUTES) – This invigorating and deeply releasing massage uses specially designed Amber and Quartz poultices. £90 

HOT MINERAL BODY BOOST (60 MINUTES) – Sore, aching muscles are worked with this invigorating and deeply stress releasing treatment. £70 

HIMALAYAN METAL DETOX TREATMENT (60 MINUTES) – Revive and nourish with this leg, foot and scalp massage and mask. £70 



## COURTESY CONDUCT

---

Please ensure you arrive 5 minutes prior to your appointment time to complete our consultation form. Any late arrivals may result in a shortened treatment and you will still be charged 100% of the treatment fee.

The Waterbeach operates a 24 hour cancellation policy for treatments, and 72 hours for experience days.

Gift vouchers are available for treatments and products. (Valid for 12 months from date of purchase)

Treatments have an additional 15 minutes to ensure a thorough consultation is conducted. This time is split and used at both ends of your treatment.

All Goodwood Members are entitled to 15% discount on treatments from Monday to Thursday.

