



FARNHAM ESTATE  
HEALTH SPA

spa treatments  
rest, relax & renew





## **Welcome to Farnham Estate Health Spa.**

The moment you enter the driveway you are greeted by acres of rolling countryside - a peaceful haven that entirely captures the spirit of relaxation.

The unparalleled 40,000 square foot health spa physically echoes the key elements of Farnham Estate, focusing on enjoyment of the unique setting.

Our attentive team are here to help you choose the best package or treatment or to create a bespoke experience just for you and to show you how to make the most of our luxurious facilities - our Indoor/Outdoor Hydrotherapy Pool, Water Mint Thermal Suite, Relaxation Rooms and Gym, and above all, the tranquility of Farnham Estate.

Enjoy a true journey of wellbeing.

“Rest, Relax & Renew”

*Most of our treatments can be modified to suit personal requirements including pregnancy. (In addition we have a bespoke collection of treatments that are specifically designed to be enjoyed during this special time).*

*Please scan the code to find out more*



# DAY SPA PACKAGES

3 hours thermal suite & pool  
and a 60 minute treatment  
Monday to Friday  
from €155 p.p. with Lunch  
from €165 p.p. with Afternoon Tea  
Saturday & Sunday  
from €175 p.p. with Lunch  
from €185 p.p. with Afternoon Tea

## SPA TIME WITH GROUND WELLBEING

REST, RELAX, RENEW

Spend a beautiful morning, afternoon or evening relaxing in the spa. Begin your spa experience with time in our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Then choose one of GROUND's renowned 60 minute Wellbeing Rituals from:

- *The Grounding Ritual*
- *The Cleansing Ritual*
- *The Balancing Ritual*
- *The Restorative Ritual*
- *The Comforting Ritual*
- *Biome Repair Facial*

Finally relax and unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly\*. This package includes use of a locker, robe and slippers during your time in the Spa.

3 hours thermal suite & pool  
and a 30 minute treatment  
Monday to Friday from 8am  
from €130 p.p. with Lunch  
from €140 p.p. with Afternoon Tea

## SUNRISE SERENITY SPA EXPERIENCE

AWAKEN YOUR SENSES WITH OUR SUNRISE SPA EXPERIENCE

As the sun gently rises over the horizon, immerse yourself in a world of tranquility and rejuvenation. Designed to embrace the peacefulness of early morning, this package offers a journey to restore balance to your mind, body, and soul. Begin your spa experience with time in our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Then choose one of the following 30 minute spa treatments:

- *Taster Facial*
- *Salt & Oil Scrub*
- *Back Massage*
- *Scalp Massage*
- *Foot Treatment*

Finally relax and unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly\*. This package includes use of a locker, robe and slippers during your time in the Spa.

*\*Afternoon Tea/Lunch & Dinner must be pre-booked.*



# DAY SPA PACKAGES

3 hours thermal suite & pool  
and a 30 minute treatment  
Monday to Friday  
from €130 p.p. with Lunch  
from €140 p.p. with Afternoon Tea

## AFTERNOON RETREAT SPA EXPERIENCE

ESCAPE, UNWIND, REJUVENATE

Step into a world of tranquility and indulgence with this unique spa experience, designed to whisk you away from the hustle and bustle of daily life. Begin your spa experience with time in our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Then choose one of the following 30 minute spa treatments:

- *Taster Facial*
- *Salt & Oil Scrub*
- *Back Massage*
- *Scalp Massage*
- *Foot Treatment*

Finally relax and unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly\*. This package includes use of a locker, robe and slippers during your time in the Spa.

3 hours thermal suite & pool  
and a 30 minute treatment  
Monday to Friday from 4pm  
from €140 p.p.

## TWILIGHT TRANQUILITY SPA EXPERIENCE

A JOURNEY TO EVENING BLISS

As the day gently transitions into night, immerse yourself in a realm of serenity and relaxation. Designed to soothe the senses and calm the mind, this package offers an enchanting escape from the demands of everyday life. What could be better than watching the sunset over Farnham Estate, cocooned in the warmth of our spa. Begin your spa experience with access to our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Then choose one of the following 30 minute spa treatments:

- *Taster Facial*
- *Salt & Oil Scrub*
- *Back Massage*
- *Scalp Massage*
- *Foot Treatment*

Finally relax and unwind in one of our many relaxation rooms before enjoying a 2 course dinner in Maxwells Restaurant. This package includes use of a locker, robe and slippers during your time in the Spa.

*\*Afternoon Tea/Lunch & Dinner must be pre-booked.*



# DAY SPA PACKAGES

3 hours thermal suite & pool

Daily

from €75 p.p. with Lunch

from €85 p.p. with Afternoon Tea

## A TASTE OF FARNHAM

A beautiful way to get to know us and enjoy our award winning facilities. Enjoy up to three hours in our Indoor/ Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Afterwards unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly\*. This package includes use of a locker, robe and slippers during your time in the Spa.

3 hours thermal suite & pool

and a 60 minute treatment

with additional mud chamber time

Daily

from €200 p.p. with Lunch

from €215 p.p. with Afternoon Tea

## HARMONIOUS DUO SPA EXPERIENCE

The perfect experience for two - share a well-deserved time-out in our Indoor/Outdoor Hydrotherapy Pool, Water Mint Thermal Suite and Relaxation Areas.

Then enjoy the ultimate in skin detoxification in our Mud Chamber, followed by the award winning massage treatment - **The Grounding Ritual**.

Finally relax and unwind in one of our many relaxation rooms before enjoying lunch in Maxwells Restaurant or Afternoon Tea with a glass of bubbly\*. This package includes use of a locker, robe and slippers during your time in the Spa. And to top it all, take home a beautiful GROUND Wellbeing product to continue the benefits of your treatments long after you've left our door.

*\*Afternoon Tea/Lunch & Dinner must be pre-booked.*



# DAY SPA PACKAGES

3 hours thermal suite & pool  
and a 60 minute treatment  
Daily  
from €130 p.p.

## 60 MINUTE TRANQUIL RETREAT

Step into a world of tranquility and indulgence with this unique spa experience, designed to whisk you away from the hustle and bustle of daily life. Begin your spa experience with access to our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Then choose one of the following 60 minute spa treatments:

- *Tog Go Bog E Full Body Massage,*
- *The Comforting Ritual*
- *Biome Repair Facial*
- *Pregnancy Massage*
- *The Barrog Full Body Massage*

Finally relax and unwind in one of our many relaxation rooms. This package includes use of a locker, robe and slippers during your time in the Spa.

3 hours thermal suite & pool  
and a 30 minute treatment  
Monday to Friday  
from €110 p.p.  
Saturday & Sunday  
from €115 p.p.

## 30 MINUTE TRANQUIL RETREAT

Step into a world of tranquility and indulgence with this unique spa experience, designed to whisk you away from the hustle and bustle of daily life. Begin your spa experience with access to our Indoor/Outdoor Hydrotherapy Pool and Water Mint Thermal Suite. Then choose one of the following 30 minute spa treatments:

- *Tog Go Bog E Back Massage,*
- *The Comforting Ritual*
- *Biome Repair Facial*

Finally relax and unwind in one of our many relaxation rooms. This package includes use of a locker, robe and slippers during your time in the Spa.





INTRODUCING  
**comfort zone**  
conscious skin science

Introducing Comfort Zone. Founded in Italy in 1983 by a cosmetic chemist/pharmacist, the company and brand has continually led the way with an equally conscious approach to both skin and planet, offering sustainable, results-driven, clean-formula solutions to recreate your skin's natural comfort zone.

At Farnham Estate Spa we have chosen the very best of Comfort Zone face, body, and ritual treatments, as well as bespoke signature treatments... all unique to our Spa. And even better we offer a beautiful complementary range of fully recyclable at-home products and gifts so your journey to beautiful skin and a relaxed mind will continue long after your visit.

## A FARNHAM SIGNATURE TREATMENT

# COMFORT ZONE HEAD TO SOUL HARMONY

90 minutes

€180

### RELAXING & RITUALISTIC TOP-TO-TOE TREATMENT

An effective, relaxing and ritualistic top-to-toe treatment to bring about a total sensation of harmony. The ritual begins with an aromatic foot bath to soothe tired feet, followed by a massage to relax the areas of head, neck, back & shoulders, providing relief to tired, tense and contracted muscles for an immediate sense of wellbeing. Afterwards enjoy a bespoke power packed facial designed especially for your skin's needs, whether it be age protection, hydration, purification or soothing. The ritual concludes with a massage of the lower leg and feet. Includes two hours complimentary use of the facilities.

#### Treatment Benefits:

- Promotes a total sensation of harmony
- Offers an immediate sense of wellbeing
- A results driven facial tailored to your needs



*treatment time includes your consultation*

# COMFORT ZONE FACIALS

We have carefully selected six performance-driven facials, each designed to deliver visible results, whilst treating specific skin conditions. Experience the perfect blend of science and nature for a truly radiant complexion.

- 30 minutes**    **TASTER FACIAL**  
**€85** This treatment is designed for guests who are short of time and need an express boost of hydration. A hydrating treatment for the face, neck and décolleté that provides immediate freshness to dull and thirsty skin
- 60 minutes**    **HYDRAMEMORY FACIAL (HYDRATION)**  
**€130** The ultimate treatment for deep hydration and radiance, ideal for skin stressed by central heating and air conditioning. The hydraBrush Massage transports the precious Moringa Oil and the Hyaluronic Acid biominetic fragments deep into the skin.
- 60 minutes**    **REMEDY SOOTHING FACIAL (COMFORT FOR SENSITIVE SKIN)**  
**€130** A cocooning, fragrance-free facial created for skin that feels fragile, tight or easily flushed. It gently calms redness, restores the skin's protective barrier leaving the complexion soft, even and comforted - ideal for reactive skin or the first signs of rosacea.
- 60 minutes**    **ACTIVE PURENESS FACIAL (DEEP CLEANSE WITH SPIRULINA GLOW)**  
**€130** A clarifying, rebalancing facial for skin that feels dull, congested or fatigued from travel, city life and long days on the go. An innovative mattifying peel-off spirulina algae mask deeply purifies, refines the look of pores leaving the skin smoother, fresher and more radiant.
- 60 minutes**    **RECOVER TOUCH FACIAL (ANTIOXIDANT SKIN REPAIR)**  
**€130** A nourishing facial to help skin recover from sun, pollution and everyday stress. The antioxidant power of organic goji berries and the silky richness of macadamia oil replenish moisture, restore comfort leaving the complexion velvety, supple and naturally luminous.
- 60 minutes**    **SUBLIME SKIN AGE SUPPORT LIFTING FACIAL**  
**€140** Our most indulgent lifting and redensifying facial, dedicated to skin that is thinning, dry and losing definition. Advanced cell support actives and oil-based textures on the skin's architecture to boost firmness and density, while two specialised massage techniques, inspired by Dermal Petrissage and Kobido, re-energise facial contours, smooth visible lines and restore a feeling of strength and comfort to mature skin.
- 60 minutes**    **SUBLIME SKIN ULTRAGLOW PEEL (PRO RADIANCE)**  
**€140** A glow-boosting facial for tired, uneven or sun-marked skin. A tone-correcting peel and indulgent lifting massage promote an instant, dewy radiance while helping to smooth texture, soften the look of dark spots and reveal a brighter, more even complexion.

*treatment time includes your consultation*

# COMFORT ZONE BODY RITUALS

Experience pure relaxation and renewal with our carefully curated body rituals, designed to indulge the senses, restore balance and deeply nourish the skin. Let us take you on a journey of luxurious self-care tailored to your needs.

60 minutes

€125

## HIMALYAN SALT MASSAGE RITUAL

An extraordinary ritual, beginning with body massage using warmed Himalayan salt blocks, which bestow relaxation, alleviating tension, stress and anxiety. An exhilarating salt scrub follows, a combination of the precious pink Himalayan salt crystals and aromatic oils to detoxify the body, ease aches, pains and stimulate the metabolism to restore vitality and balance.

60 minutes

€125

## TRANQUILLITY PRO-SLEEP MASSAGE RITUAL

This is not a classic massage, but a slow, cocooning touch ritual created to help you drift into a peaceful, meditative state and prepare for deep, restorative sleep. Inspired by Ayurvedic wisdom and flowing Sea Malay techniques, enhanced by our signature Tranquillity essential oil blend, feather-soft brushes and light, rhythmic touch gently work with the skin's calming nerve fibres, dissolving built-up tension and heaviness.

60 minutes

€130

## DEEP BODY RENEWAL

A refining, regenerating body treatment for skin that feels dry, slack or marked by past stretching. Through targeted exfoliation and deeply hydrating, elasticity-boosting formulas, the skin is left smoother, more toned and supple, with stretchmarks and roughness visibly softened.

60 minutes

€130

## OSMOTIC MUD MASSAGE

A dynamic drainage and sculpting massage using Body Strategist Osmotic Cream Mud to help reduce fluid retention and heaviness. The synergistic mud and massage techniques promote a feeling of lightness and vitality in the whole body, while delivering an immediate toning effect and more defined contours from the very first session.



*treatment time includes your consultation*

A person is lying on their back, receiving a massage. The background is dark and moody, with the person's skin appearing soft and relaxed. The text is overlaid on this image.

RITUALS BY  
**GROUND**  
wellbeing

Ground is an award-winning Irish spa brand that aims to bring an authentic approach to wellness through natural aromatherapy products, selfcare ritual, massage and facial treatments.

Founded in 2020 by Peigin Crowley, Ground Wellbeing is a collection of 100% natural, vegan products and treatments designed to nourish the body and soul using ritualised self-care, with the intention to make wellness and self-care accessible to all.

# RITUALS BY GROUND

- 60 minutes**  
**€130**
- THE GROUNDING RITUAL**  
*Surrender in full and return to source, ideal for soothing mental anxiety & burnout*  
This treatment will provide you with the space and time to tap into your body's ability to self repair and re-align and will leave you feeling grounded and replenished in your body. Focused especially on the back of the body and the areas that are prone to tightness and tension, your therapist will work the full length of the body. The treatment is completed with special attention to reflex points in the feet. Feel your body and soul come together again with this medium-to-firm pressure massage.
- 60 minutes**  
**€130**
- THE CLEANSING RITUAL**  
*To encourage gut harmony: ideal for those who hold stress in the tummy*  
The gut is our second brain and much of our wellbeing depends on it. This abdominal massage helps encourage our gut to connect deeply into our body, to gently stimulate the circulation of energy, lymph and fresh blood flow to the digestive organs. The fresh circulation helps bring the body's core back to homeostasis and balance. This warming treatment focuses on relaxing and soothing the abdomen physically while stimulating the area to aid detoxification. Massage techniques are used to release stagnated energy and emotions from the abdominal area while acupressure points on the face & feet further promote digestion and metabolism.
- 60 minutes**  
**€130**
- THE BALANCING RITUAL**  
*Empowering and supporting through hormone change: perimenopause & menopause*  
Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Focused on the face and feet, we begin with guided breathwork and use the benefits of Gua Sha, reflexology & lymphatic drainage techniques. This unique, purposeful massage will bring alignment and balance when going through, and experiencing the symptoms of any stage of menopause.
- 60 minutes**  
**€130**
- THE RESTORATIVE RITUAL**  
*Ease tension and stress in the face, head, neck and scalp*  
Combining nurturing facial massage with soothing Gua Sha techniques and slow, flowing massage work to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness & tension, eyestrain, migraines, headaches, jaw tension issues, sinuses and puffiness.
- 60 minutes**  
**€130**
- THE COMFORTING RITUAL**  
*Pregnancy treatment, relief for the 2nd and 3rd trimester*  
Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting ritual. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in shoulders, back, hips and lower legs as the body grows through pregnancy.

*treatment time includes your consultation*

# GROUND WELLBEING THE SECRET RIVER OF HEALTH

60 minutes  
€130

## SOOTHING LYMPHATIC SUPPORT RITUAL

Designed to have a deeply relaxing, sedating impact, this rhythmic full body ritual works to encourage and support lymphatic flow while inducing a state of rest and renewal. Gentle techniques to stretch and massage the skin to support lymph flow, mindful breath-work and the therapeutic benefits of aromatherapy combine to create this unique ritual. Through the power of touch, this meditative treatment works to restore the body's natural fluid balance & immune function, making it ideal for everyone. This ritual encourages us to tune into our body: understanding the lymphatic system really is our body's secret river of health. This treatment is safe & effective for anyone with a healthy lymphatic system.

### Treatment Benefits:

- Promotes the circulation of lymph
- Helps to naturally rid the body of toxins and waste material
- A healthy lymphatic system is a healthy immune system
- Gentle and therapeutic

## A FARNHAM SIGNATURE TREATMENT

# HEALING ROOTS OF FARNHAM

60 minutes  
€140

## A WOODLAND-INSPIRED MASSAGE RITUAL

Inspired by the ancient woodlands and quiet grounds of Farnham Estate, this massage ritual invites you to slow down and reconnect with the land beneath your feet. The experience begins with a sensory scent selection drawn from the estate's trees, plants and natural landscape, followed by a deeply grounding back massage and your choice of nurturing face and scalp work or a grounding foot ritual.

### Treatment Benefits:

- Designed to calm the nervous system
- Release tension and restore a sense of balance
- Shaped by nature, stillness and care.



*treatment time includes your consultation*

# TRADITIONAL MASSAGE BY GROUND WELLBEING

- 60 minutes**    **‘TÓG GO BOG É’ FULL BODY MASSAGE**  
€130    A Ground approach to traditional massage. This full body massage treatment incorporates aromatherapy and breathwork alongside slow and rhythmical techniques helping to alleviate muscular tension while having a meditative, deeply relaxing effect. The potent essential oils that you choose will help set your intention to ground and connect to self while restoring balance in the body.
- 30 minutes**    **‘TÓG GO BOG É’ BACK MASSAGE**  
€85    This back, neck & shoulder massage focuses on slow and rhythmical techniques helping to alleviate muscular tension while having a meditative, deeply relaxing effect. The potent essential oils that you choose will help set your intention to ground and connect to self while restoring balance in the body.
- 30 minutes**    **RESTORATIVE FACE, NECK & SCALP MASSAGE**  
€85    This face, neck & scalp focused massage combines slow, flowing massage with soothing Gua Sha techniques. The focus within the treatment is on the face, neck, décolleté and scalp and as such will have a potent effect on tightness & tension, eyestrain, migraines, headaches, jaw tension issues, sinuses and puffiness.
- 30 minutes**    **CLEANSING ABDOMINAL MASSAGE**  
€85    This abdominal massage gently stimulates the circulation of energy, lymph and fresh blood flow to the digestive organs through massage. The fresh circulation helps bring the body’s core back to homeostasis and balance. The focus is on relaxing and soothing the abdomen physically while stimulating the area to aid detoxification.

## FACE BY GROUND

- 60 minutes**    **BIOME REPAIR FACIAL**  
€130    Designed to restore the skin’s delicate microbiome when compromised and sensitive to outside aggressors. The Biome facial works to soothe and repair the skin’s natural barrier, helping to reduce inflammation and increase natural skin function. reduce ase natural skin function.

*treatment time includes your consultation*

# BARRÓG RITUALS BY GROUND

## Carefully created for those living with or beyond cancer

Offering a menu with therapists fully empowered to modify and adapt to your individual needs, GROUND believes in the importance of delivering heartfelt, meaningful bespoke massage rituals to support those living with or beyond cancer.

SATCC (STANDARDS AUTHORITY FOR TOUCH IN CANCER CARE) APPROVED

- 60 minutes**    **BARRÓG FULL BODY MASSAGE**  
**€130** A tailored and thoughtful full body massage, this massage was developed to not only bring comfort and specific relief to compromised skin in a safe way, but to also support wellbeing, encouraging calm and rest at a time where care and minding is needed most.
- 60 minutes**    **THE BARRÓG CALMING RITUAL**  
**€130** This ritual consists of the deeply relaxing Barróg full body massage enhanced with a calming scalp ritual. Utilising the benefits of GROUND's Barróg products this nourishing, relaxing ritual was created for the scalp & skin that may be feeling dry or delicate. It can support new hair growth and nourish the hair follicles and therefore is ideal for those who have lost their hair and are encouraging regrowth.
- 60 minutes**    **THE BARRÓG SOOTHING RITUAL**  
**€130** This ritual consists of the deeply relaxing Barróg full body massage enhanced with a soothing hand & foot ritual. Nourish and soothe the compromised skin of the feet and hands in this remedying massage. Specific emphasis is placed on hydrating and protecting the cuticles, nails and skin. Deeply relieving, this ritual may assist in alleviating the discomfort of peripheral neuropathy, poor circulation and hand & foot syndrome.
- 60 minutes**    **THE BARRÓG RESTFUL RITUAL**  
**€130** This ritual consists of the deeply relaxing Barróg full body massage enhanced with a lymphatic support ritual. This ritual focuses on supporting the lymphatic system & soothing the nervous system through breathwork & mindful massage to the decollete & abdomen to ease the body into a deeply restful state. The focus is on relaxing and soothing the abdomen physically while stimulating the area to aid detoxification.

*treatment time includes your consultation*

# OTHER TREATMENTS

## MASSAGES

**60 minutes**    **HOT STONE MASSAGE - DEEP RELAXATION**  
€130    Designed to melt away stress and tension, smooth, heated volcanic stones are used to deeply relax muscles and improve circulation. The warmth enhances the therapeutic benefits, easing aches and promoting total relaxation. This indulgent treatment soothes the body, calms the mind, and restores balance. Perfect for deep relaxation and muscle relief.

**60 minutes**    **DEEP THERAPEUTIC MASSAGE - RELIEVE TENSION**  
€140    Designed to target deep muscle tension and stress, this treatment uses firm pressure and slow, focused strokes to release knots and restore mobility. It improves circulation, reduces stiffness, and enhances muscle recovery, making it perfect for those with chronic tension or post-exercise soreness. Feel lighter, looser and completely recharged after this deeply effective massage.

## HOLISTIC THERAPIES

**45 minutes**    **REFLEXOLOGY\***  
€100    An ancient healing art that focuses on applying pressure to specific points on the feet, to correspond with organs and systems of the body. This gentle yet powerful therapy aims to stimulate these reflex points to promote balance, relaxation, and overall well-being.

**45 minutes**    **INDIAN HEAD MASSAGE\***  
€100    Originating from the Ayurvedic healing traditions of India, the ancient art of Indian Head Massage, is a deeply relaxing and therapeutic treatment that focuses on releasing tension and restoring balance to the body's energy centres. This massage targets the upper body, head, neck & shoulders to promote relaxation and overall well-being.

## HAND & FOOT CARE

**50 minutes**    **PEDICURE**  
€75    Indulge in pure relaxation and pampering for your feet. Designed to revive tired feet, nourish your skin, and leave your toes looking flawless, this pampering experience will leave you walking on air. Includes finishing polish in colour of your choice.

**50 minutes**    **MANICURE**  
€75    Designed to rejuvenate tired hands, nourish your nails, and leave you with perfectly polished fingertips, this luxurious experience will leave you feeling elegant and polished. Includes finishing polish in colour of your choice.

*treatment time includes your consultation*

# THE FULL FARNHAM SPA EXPERIENCE

## WATER MINT THERMAL SUITE

Monday to Friday  
€40 per person

Saturday & Sunday  
€50 per person

*Use of the Thermal suite is complimentary for residents. Non-residents can enjoy up to 3 hours for the above prices*

### WATER MINT THERMAL SUITE

The Water Mint Thermal Suite at Farnham Estate Health Spa is a journey of the senses, with hot and cold experiences to awaken the circulation, warm the muscles, stimulate energy flows and create a deep feeling of relaxation. The journey may take as long as three hours or you can choose only the elements that you enjoy the most. These include our Salt Grotto, Laconium, Aroma Steam Bath, Sauna, Ice Fountain, Kneipp Walk, Snail Showers & Reflexology Foot Basins.



### INFINITY INDOOR/OUTDOOR HYDROTHERAPY POOL

Enjoy beautiful scenery and fresh air with our wonderful indoor/outdoor infinity hydrotherapy pool; with the water lapping over the outside edge it really does seem to be an endless delight. Relax with the water massage jets featured in the indoor pool and increase this pleasure further when you swim outside and lounge on the raised platform with extensive leg and back massage jets.

# EMBRACE WELLBEING IN NATURE

## FARNHAM ESTATE'S GREAT OUTDOORS

Step into a world of tranquillity, where the whispering trees, shimmering lakes, and the gentle rhythm of nature create the perfect setting for renewal. At Farnham Estate, we invite you to reconnect with yourself through mindful experiences designed to soothe the body, calm the mind, and nourish the soul.



## FOREST & LAKESIDE MINDFULNESS

**Meditative Walks** – Stroll through ancient woodlands, letting the quiet embrace of nature bring a deep sense of peace and clarity.

**Forest Grounding** – Stand among towering trees, connecting deeply with the earth's energy, releasing stress, and embracing a profound sense of balance. Let the natural beauty of Farnham Estate guide you towards harmony, restoration and a renewed connection with the world around you.

**Lakeside Breathwork** – Take a moment to close your eyes, breathe deeply and soak in the tranquillity of the lakeside..

**Mindful Trail Walking** – Wander along scenic trails, engaging all your senses to be fully present in the moment.

## Spa Etiquette

- Farnham Estate Health Spa is exclusively for guests over **16 years old**.
- To respect the privacy of other Spa guests please speak quietly, **switch off mobile phones** and do not use cameras.
- Please arrive **30 minutes prior** to your appointment to allow you time to register and change before your treatment.
- Robes and slippers are provided for all our hotel guests in their bedrooms. **Day guests will be provided with bathrobes and slippers** on arrival.
- Please remember to **bring swimwear** for use in our Thermal Suite & Pool, if you have booked a package which includes use of the facilities
- Please ensure you collect all personal belongings from your locker or bathrobe before leaving as the Health Spa is **not responsible for any personal items left behind**.
- Lockers are available for our members and day guests. On arrival you will be given an electronic fob to operate the lockers. Please return this fob to the spa reception team as you are leaving.

## Terms & Conditions

- As a courtesy to other guests, please be aware that your **late arrival** will result in a reduction of your treatment time
- A **credit card** is required to secure all treatments.
- Guests who wish to **change their treatment times or dates** are required to provide a minimum of **72 hours notice**.
- Guests who wish to **cancel their treatments** are required to provide a minimum of **72 hours notice** or the full treatment cost will be charged.
- **No show** appointments will be **charged in full**.
- We reserve the right to alter or amend any of the details and prices without prior notice.
- To avoid disappointment we recommend that all treatments are **booked well in advance** of your visit.
- Please note, we have both male and female therapists. While we will do our best to accommodate requests made at booking, therapist gender cannot be guaranteed on the day.
- Residents have complimentary use of the facilities from check-in to check-out.

## Health Contra-indications

Upon arrival you will be required to complete an online medical questionnaire. The information you provide us in this form will allow us to ensure the suitability of your chosen treatments. Please complete the form in full to notify us if any of the following health concerns applies to you:

- *Allergies*
- *Cancer (past or present diagnosis)*
- *Under / over-active thyroid*
- *Heart conditions or problems with circulation*
- *High/low blood pressure requiring medication*
- *Epilepsy*
- *Recent aesthetic treatments such as fillers, botox, etc.*
- *Skin disorders*
- *Foot conditions*
- *Pregnant, within 6 weeks of the birth of your baby, or are breast feeding*  
*(please note some treatments cannot be carried out during the first trimester, your therapist will advise you accordingly)*

Should you not disclose a medical condition, we will not be held responsible for any adverse reactions or contra-indications. In the instance where your treatment is unsuitable, our therapist will advise you of any adaptations required or offer you an alternative treatment.

# FARNHAM ESTATE GIFT CARDS

Discover the enchanting beauty of the resort by treating someone special to a Farnham Estate Gift Card.

Our Gift Cards can be used throughout the Resort, including for the timeless tradition of Afternoon Tea – savour delectable treats amidst the serene surroundings.

[www.farnhamestate.com](http://www.farnhamestate.com)