



Poppinghole Farm Spa



Escape to the country

Relax, unwind and indulge yourself at our tranquil spa in the countryside. Situated in an area of outstanding natural beauty at the heart of rural Sussex, Poppinghole Farm Spa is the perfect place to escape from some of the stresses and strains of everyday life.

We offer affordable luxury pampering in purpose-built treatment rooms within our beautiful, traditional, oak-framed complex, which provides an ideal setting for spa days or one off treatments.

Take a soothing swim in our heated pool, with infinity waterfall, dip into the calm plunge pool, and relax in our hot tub. On a warm day, open the patio doors and perhaps laze on a sun lounger, whilst enjoying time for you, in the peaceful surrounding area.

Our expert therapists will provide full guidance on treatments and therapies to suit your every need, our friendly, helpful staff are on hand to ensure your visit is a truly memorable experience.





Spa Days

Our dedicated pamper days are a great escape from everyday life and are designed to relax, refresh and revive you.

Be greeted with refreshing herbal tea, and choose from our wide range of award-winning Elemis spa and beauty therapies, and Jessica nail treatments. After your treatments, unwind a little more and enjoy a light lunch with refreshments.

Exclusive to spa days and pamper breaks is the use of our heated indoor swimming pool, plunge pool and hot tub.

On a warm day, lounge outdoors in our private patio area and enjoy the tranquility.

To find out more on our spa days, please call 01580 830622. Hen parties welcome.



Pamper Breaks

For total time out, why not take a break in our Sussex-style, luxury accommodation?

We offer a choice of four cottages. Whilst each retaining their own individual interior style, all cottages have an open plan lounge and kitchen, vaulted ceilings and oak beams throughout. Each lounge features a log-burning stove and all bedrooms have en-suite bathrooms.

Together with our pamper complex, the cottages form a pleasant quadrangle, with a stunning Banbury fountain at the centre.

Poppinghole Farm is close to many historic towns and seaside resorts, and is within easy reach of London.

To find out more about staying with us, please call us on 01580 830622 or visit www.poppingholefarm.co.uk/cottages





Our Treatments

We offer a special range of award-winning Elemis spa treatments, designed to transport your body and mind to a feeling of total relaxation.

Taking a holistic approach, Elemis treatments use essential oils, and specific massage techniques to vital energy centres, that bring about complete balance and harmony and promote absolute relaxation and wellbeing.

Choose a treatment to either address specific concerns or simply ease away

tension, restore and revitalise. Most treatments guarantee you will drift away as you enjoy being pampered.

We also offer a selection of Jessica Nail manicure and pedicures, with an inspiring range of nail colours to choose from.

Browse this brochure for details on our full range of treatments.

J JESSICA®
Elemis
DEFINED BY NATURE LED BY SCIENCE

Jessica nail treatments

Jessica Nails, Manicures and Pedicures

Nail shape and paint, nail shaping with basecoats and colour is applied for a perfect finish. Manicures and pedicures treat each nail specifically, hands and feet are exfoliated, treated with creams and oils, nails are shaped and basecoats and colour where appropriate is applied for a classic and elegant finish, all using the Jessica system. Treatments include:

- Nail Shape and Paint, hands or feet (30 min)
- Manicure (up to 55 min)
- Deluxe Manicure (up to 1 hour 10min)
- French Manicure (up to 55 min)
- Pedicure (up to 50min)
- Deluxe Pedicure (up to 1 hour 10 min)

GELeration – the 3 week Manicure by Jessica

The beauty of Jessica, in a gel. This revolutionary manicure that lasts for 3 weeks is designed with the health of the natural nail in mind. GELeration's gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. Choose from our range of GELeration manicures:

- **GELeration Gel Overlay.** Includes hand massage, cuticle care, nail shape and finish with Jessica's GELeration gel polish
- **GELeration Gel Nail Shape and Polish.** Nails are filed, shaped and finished with Jessica's GELeration gel polish
- **Pedicure with GELeration.** A luxurious foot and leg treatment where hard skin is removed, and feet and legs are massaged with conditioning creams. Cuticles are groomed, toe nails are shaped and finished with Jessica's GELeration gel polish
- **Existing Gel Removal** (prior to a GELeration Manicure or Pedicure) GELeration overlays are soaked off with the gentle erase solution and heated mittens to leave your nails ready for your next overlay treatment

Pamper from top to toe

Eye Lash and Eye Brow Treatments

Eye lash, eyebrow tint and shape enhance the eyes and define the natural look of the lashes and brows. The effect lasts 4-6 weeks; a patch test may be required. Treatments include:

- Eye Lash Tint (up to 15 min)
- Eyebrow Tint (up to 10 min)
- Eyelash and Eye Brow Tint (up to 25 min)
- Eyebrow Shape (up to 15 min)

Depilatory Waxing Treatments

For the removal of unwanted hair. Choose from our menu of depilatory waxing treatments:

- Ladies half leg
- Ladies full leg
- Ladies full leg and bikini
- Ladies half arm
- Ladies full arm
- Ladies bikini
- Ladies Brazilian
- Ladies Hollywood
- Ladies full underarm
- Ladies full lip or chin
- Ladies lip and chin
- Ladies eyebrows
- Gentlemen's full back (including shoulders and top of arms where needed)
- Gentlemen's full chest
- Gentlemen's half arm
- Gentlemen's full arm

Elemis skin specific facials

Herbal Lavender Repair

1 hr

For perfect restoration of skin balance. Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Fruit Active Glow

1 hr

Bring back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actively nourishes and renews vital radiance.

Exotic Cream Moisture Dew

1 hr

Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching active ingredients that will bring back that healthy, dewy look to the skin.



Elemis Skin solutions facials

Modern Skin Facial

1 hr

Designed for skin challenged by modern living. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results: remineralised, rebalanced and renewed skin.

S.O.S Purifying Facial

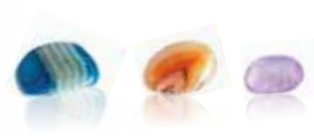
1 hr
15 mins

A purifying treatment for congested skin. A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, infused with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

Oxygen Skin Calm Facial

1 hr
15 mins

A pure soothing heaven for sensitive skin. Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask, infused with Absolute Skin Calm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.



Elemis advanced anti-ageing facials

Visible Brilliance Facial

1 hr
15mins

Designed to combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin whilst helping to reduce dark circles. Moisturisation levels of the skin are proven to increase and also elasticity after just 1 treatment. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

Pro-Collagen Quartz Lift Facial

1 hr
15mins

An anti-wrinkle facial with proven results. This exceptional anti-wrinkle facial has been tested, with phenomenal results. Clinically proven, after just 1 treatment, this facial reduces the number of wrinkles and improves skin firmness. Specialised lifting massage techniques combine with professional strength anti-ageing formulations for maximum treatment efficiency, leaving a firmer, uplifted, more youthful looking appearance.

Tri-Enzyme Resurfacing Facial

1 hr

Peel away the years for smoother, more radiant skin. This ground breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface and increase skin smoothness after just 1 treatment, this unique facial targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger looking skin.



Elemis facials for men

Total Time Out

2hrs

The ultimate skin and body therapy for men. Select either the anti-ageing Elemis Skin IQ+ Facial or the Urban Cleanse Facial these combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage achieve the ultimate goal of Total Time Out!

Urban Cleanse Facial

1hr
15mins

A deep cleanse and complete skin detox. This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Skin IQ+ Facial

1hr
15mins

An anti-ageing booster for tired, stressed skin. Charged with the clinically proven, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.



Elemis relaxing massages

Deep Tissue Back Massage

30mins

For a minimum time of 30 minutes, to provide maximum tension-relieving results. Specifically targeting the back, shoulders and neck areas, where you need it most.

Deep Tissue Muscle Massage

1hr

A deep rhythmic pressure massage. Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension.

For both of the above massage options, choose from:

- Stress Away: Wind down and release the tension of the day
- Spirit Reviver: A powerful surge to invigorate and recharge
- Muscle Melt: Relax and re-energise a tired and aching body
- Chakra Balancing: Reconnect your mind, body and soul



Elemis Skin and body sensations

Absolute Spa Ritual

2hrs

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!



Face and Body Sensation

55mins

Experience the perfect treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. Then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance. Choose from:

- Pro-Collagen Quartz Lift Facial
- Tri-Enzyme Resurfacing Facial
- Visible Brilliance Facial

Face and Body Sensation for Men

55mins

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial. Choose from the unique Re-Energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance:

- Skin IQ+ Men's Facial

Elemis body wraps

Musclease Aroma Spa Ocean

1 hr
15 mins

A powerful seaweed wrap for complete muscle relaxation. Drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.



Cellutox Aroma Spa Ocean Wrap

1 hr
15 mins

A deeply detoxifying blend to decongest and stimulate the system. Let thoughts drift away whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and marine algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.



Elemis exotic therapy

Exotic Lime and Ginger Salt Glow

30mins

Leaves you invigorated, cleansed and polished to perfection. A body exfoliation ritual to invigorate and revitalise. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.



Exotic Coconut Rub & Milk Ritual Wrap

45mins

Pure sensuality to enliven the senses. Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a comforting foil wrap. This opulent exotic therapy is excellent for skin smoothing and softening, all combined with a pressure point facial massage and de-stress scalp treatment.



Exotic Frangipani Body Nourish Wrap

45mins

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 a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

Elemis detox therapy

Body Sculpting Cellulite and Colon Therapy

1 hr

To redefine and smooth your silhouette. Using the new clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.



Gifts and products

We offer a wide range of Elemis and Jessica Nail products, gift hampers and presentation gifts. Whether you're looking for an everyday product, an indulgent treat, or a perfect gift for someone special, Poppinghole Farm Spa has the ideal selection for you.

Gifts include:

- Poppinghole Farm Spa gift vouchers in denominations of £5, £10 and £25
- A range of Poppinghole Farm and pamper hampers – see our range online www.poppingholefarm.co.uk/hampers
- Elemis spa and skincare gifts from current collections, wrapped up in stylish beauty cases and gift boxes
- A range of Eau de Perfume

Elemis skin care ranges include:

- Pro-Radiance
- Pro-Collagen
- Tri-Enzyme
- Absolute Eyes
- Visible Brilliance
- Time Defence
- Shower & Bathing
- Sun care
- Shampoos







For a consultation, to book or to find out more, please contact us
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