

# SEQUOIA

SPA TREATMENT COLLECTION



# Escape life's stresses and strains. Immerse yourself in our luxury spa.

Come and retreat by yourself, with friends or loved ones and let Sequoia and our highly skilled therapists soothe and stimulate all your senses. Rest, work out and re-energise. Revitalise your body with one of many treatments from a carefully selected menu of Natura Bissé and ESPA treatments.

Powerful treatments. A soothing atmosphere. A genuine feeling of care.

**Sequoia at The Grove** is a luxury spa like no other.



# FACIALS

## THE HOLLYWOOD HIGH DEFINITION FACIAL    £190 | hour 30 minutes

Hot from Hollywood, this is the next generation facial that celebrities rely on to deliver the wow factor before they walk the red carpet. Using Natura Bissé high performance Diamond skincare range, designed specifically to energise and brighten dull skin, combat fine lines and wrinkles with the most scientifically advanced ingredients.

## THE COUTURE FACIAL    £135 | hour 20 minutes

This personalised Natura Bissé treatment takes customisation to the next level. Your skin's needs change on a daily basis and this targeted treatment gets to grips with your current concerns. Relax while your specialised therapist analyses your skin and immerses you in an absolute state of well-being.

## THE EXPRESS FACIAL    £75 25 minutes

An instant pick-me-up for the time-poor, this revitalising Natura Bissé treatment centres around a unique G3 peel, with an energising sensation feeling like Champagne bubbles fizzing on the skin and works to improve the circulation and oxygenate the skin.

Available when booked with body treatment or after 5pm Monday to Thursday

### ADVANCED PRO RADIANCE FACIAL

£175

1 hour 30 minutes

Suitable for all skin types and ages, this treatment combines ESPA's Optimal Skin ProCleanser, which gently exfoliates as it melts into the skin, with a deep brush cleanse and brightening mask to remove dead skin cells. An age-defying and soothing massage using rose quartz crystals follows to help cool and calm, finishing with the Lifting and Smoothing Mask and the revolutionary new Skin Radiance Intensive Serum to reveal an ultra-smooth, brighter complexion.

### LIFESTAGE™ INTENSIVE LIFT FACIAL

£175

1 hour 30 minutes

ESPA's most effective age-defying facial which targets all the visible signs of ageing. Unique Natural Encapsulation Technology (NET) releases, stage-by-stage, ten powerful active ingredients to liberate your skin from signs of stress and strain to prolong cell vitality, safeguard elasticity, look good and feel wonderful. This facial includes brush cleanse and steam.

### PERSONALISED FACIALS UNIQUE TO YOU

£105

55 minutes

Why face the frustration of dehydration, damaged and dull skin tones when ESPA's uniquely personalised intensive facial uses techniques and products selected specifically to suit your individual skin needs following a SkinVision™ analysis. Whether to hydrate, desensitise, brighten, lift and firm or purify, your expert therapist will choose the perfect ESPA skincare products including an intensive booster serum to achieve maximum results.

### ESPA EYE LIFT

£55

25 minutes

Perfect for those who are concerned with signs of ageing around the eyes. An effective ESPA firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches.

Available when booked with a personalised facial or after 5pm Monday to Thursday

# BODY TREATMENTS

## PROJECT X - DIAMOND DESTRESS

£150

1 hour 30 minutes

One of Natura Bissé's most indulgent body treatments, this multifaceted treatment purifies both body and mind. With a balance of chakras followed by the application of a luminous mud with diamond dust, lavender oil and micronised iron. Watch as the mud is removed by magnets leaving an incredible sense of wellbeing, and relief from the stress of everyday life.

## CITRUS SCULPT

£120

55 minutes

An innovative body firming treatment from Natura Bissé focused on intensively sculpting and tightening targeted areas of the body most affected by loss of elasticity. A revolutionary cocktail of Vitamin C increases collagen and elastin and redensifies skin tissue, reducing the appearance of stretch marks. This new system uses kine-firming tape to effectively treat the lack of tone and elasticity whilst reducing water retention.

## ULTIMATE BODY WRAPS

£105

55 mins

This personalised ESPA body wrap is a tailor made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap. Following skin brushing and exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage.

## LIFT & FIRM, HIP & THIGH TREATMENT

£105

55 mins

A highly effective, stimulating ESPA treatment to target cellulite, fluid retention and uneven skin texture. Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results, ideal for people concerned by the appearance of cellulite.

## FULL BODY SALT & OIL SCRUB

£90

40 mins

This exceptional skin softening ESPA full body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

# BODY MASSAGE

## C+C MEDITERRANEAN MASSAGE

£150

1 hour 20 minutes

A wonderfully relaxing full body Natura Bissé massage that works out tension from top to toe; this treatment soothes the soul and relieves stress on a physical level using an aroma balm in combination with hot towels. It is especially recommended for relieving joint and muscle tension and creating harmony.

## QUIROGOLF MASSAGE

£120

55 minutes

Focused on therapeutic benefits and deep muscular relaxation this is a key choice for sportsmen and those with physically demanding lifestyles. A targeted hands on Natura Bissé massage is complemented by deep rolling manoeuvres using golf balls which are glided, rolled and kneaded throughout the body's muscle structure.

## ESSENTIAL BODY MASSAGE

1 hour 20 mins

£135

After a detailed consultation your therapist will select the most suitable ESPA oil and massage to meet your needs of the day.

## DEEP MUSCLE MASSAGE

1 hour 20 mins

£135

A powerful ESPA massage designed to alleviate deep-seated tension and muscular stress.

## HOT STONE MASSAGE

1 hour 20 mins

£135

The ultimate ESPA massage booster – volcanic stones give the therapist super powers to sort those muscles

## BALINESE MASSAGE

1 hour 20 mins

£135

Warm oil is poured onto the centre of the back to commence this soothing, indulgent ESPA massage using long flowing movements and hot stones to calm your body and mind.

## TENSION RELEASE BACK MASSAGE

40 mins

£90

A tension relieving ESPA massage to alleviate muscular stress.

## PRE/POST NATAL TREATMENT

1 hour 20 mins

£135

A deeply nourishing ESPA body massage designed to target areas prone to stress and tension during or after pregnancy.

# SIGNATURE TREATMENTS

## THE ORANGERY EXPERIENCE

£190

1 hour 50 mins

Luxurious and utterly spoiling with the refreshing benefits of orange. This exquisite top to toe Natura Bissé ritual is designed to deeply nourish and firm the skin. Commencing with a fortifying foot bath, the body is exfoliated, a warm bitter orange balm is applied to the skin and then the body is wrapped with an anti-oxidant mousse. The therapist then performs a facial which includes an exfoliation with citrus spheres, an anti-ageing contouring massage and bitter orange soufflé mask.

## ENGLISH ROSE REVIVER

£175

1 hr 50 minutes

A deeply restoring ESPA treatment inspired by our exquisite Walled Garden to leave you feeling completely rejuvenated. After a welcome foot ritual, this nourishing treatment begins with a Rosehip seed and Rosewood body smoothing scrub to reveal the youthful you. The treatment blossoms into a full body soothing massage using long flowing movements with warm-oil-pouring using Rose Geranium and Palmarosa essential oils and finishes with a mind-soothing scalp massage.

## ENERGY BALANCING

£175

1 hr 50 minutes

An indulgent ESPA body treatment to melt away tension and bring your body and mind back into harmonious balance. After skin brushing and exfoliation, the body is massaged using a personalised blend of aromatherapy oils combined with hot stones to soothe muscular stress, you will then receive a facial cleanse and oil application to hydrate your skin. The treatment works on the vital energy points to re-balance the body and finishes with a deeply soothing scalp massage.

## ESPA'S ICONIC BACK, FACE & SCALP

£175

1 hour 50 minutes

ESPA's original Back, Face and Scalp massage combines exfoliation and volcanic hot stones to target the core three relaxation points. Starting with ESPA's gentle body polish then followed by a hot stone back massage to soothe muscles and remove stress. A personalised ESPA facial and soothing scalp massage make this the perfect experience.

# MEN'S TREATMENTS

Most of the treatments in our Treatment Collection are suitable for men, however the following have been specifically designed with men in mind.

## GOLFER'S COMBO

1 hour 10 minutes

£135

Up your game with this supremely soothing ritual, designed with golfers in mind. A two pronged approach to 18-hole burn out, Golfer's tonic both relaxes muscle fatigue and treats weather exposed skin.

This Natura Bissé treatment starts with a back massage using an invigorating menthol cream to ease tension and improve mobility. Next the face is thoroughly cleansed before receiving a wonderfully calming face and shoulder massage. To finish a cooling mask that reduces redness and soothes irritation.

## MEN'S FACIAL

55 minutes

£120

Designed especially for male skin, this deeply cleansing Natura Bissé treatment targets the side effects of stress and daily shaving. Infusing the skin with a blast of pure Oxygen delivered through our unique oxygen cream, to remove toxins from pores to induce a state of purity and relaxation.

## AGE REBEL FACIAL

55 mins

£105

An effective, age-defying ESPA facial designed to deliver immediate results to tired looking skin and reduce fine lines and wrinkles. Brush, cleanse and a treatment specific massage.

## MEN'S MASSAGE

40 minutes

£90

Put some pep in your step with this sole soothing Natura Bissé treatment that treats aching muscles and tired feet. Your feet and calves are smoothed with an invigorating bamboo scrub followed by further relaxation as the therapist works up the spine and shoulders with a massage using golf balls designed to ease any muscular tension. Expect to walk taller and feel lighter.

# DAY SPA EXPERIENCES

Available Monday to Friday, 9.00am – 9.30pm (excludes Bank Holidays).

Created for guests to experience luxury and effective treatments in contemporary tranquil countryside surroundings. Each experience includes a herbal tea on arrival, use of all the spa's facilities, a personal consultation and either lunch, afternoon tea or evening supper. For an additional £15, treat yourself to a glass of Champagne.

## THE DIAMOND DUO

£350

2 hour 30 minutes

Make like a movie star and let us pamper you from head to toe and deliver flawless skin on both the face and body. Includes Natura Bissé's Diamond body exfoliation which provides an incredible sense of wellbeing and relief from the stress of everyday life. Next the face is spoilt using the Diamond skincare range that includes a Diamond cleanse, a G3 peel and exclusive 'Oscar' gold face mask with real gold and pearl extracts that is applied, then peeled off to reveal renewed and firmer skin.

## THE 'JUST FOR ME' EXPERIENCE

£290

2 hour 15 minutes

Relieve joint and muscle tension and releases the energy flow whilst restoring the balance with an aromatic full body massage using our warm bitter orange balm. Includes a Natura Bissé personalised facial with deep cleanse, bespoke exfoliation, a sculpting or detoxing facial massage and then a face mask selected to combat your skins requirements.

## HEAD TO TOE HEAVEN

£195

1 hour 30 minutes

A speedy yet highly effective facial that uses a potent combination of exfoliating enzymes to brighten the complexion, smooth fine lines and leave you looking wonderfully radiant. This is coupled with a pampering massage that combines Mediterranean massage moves with a delicious citrusy aroma balm to soothe away stress and lift spirits.

## ESCAPE FROM THE CITY

£215

1 hour 50 minutes

Choose from one of the following ESPA treatments to suit your needs of the moment, each designed to create total harmony.

- English Rose Reviver
- Back, Face & Scalp with Hot Stones
- Energy Balancing Hot Stone Massage

## HERE COME THE GIRLS

3 hour 40 minutes

£310

Includes:

- Jessica GELeration Manicure
- Jessica GELeration Pedicure

And your choice of:

- ESPA Rose Reviver
- Natura Bissé Orangery Experience
- ESPA Pre/Post Natal Maternity Treatment & ESPA Eye Lift

## AFTERNOON DELIGHT (FROM 2PM)

1 hour 20 minutes

£175

Choose from one of the following:

- Natura Bissé Couture Facial
- Natura Bissé C+C Mediterranean Massage
- ESPA Personalised Facial and Eye Lift
- ESPA Essential Body Massage
- ESPA Pre/Post Natal Maternity Treatment

## TWILIGHT SPA (FROM 6PM)

1 hour 20 minutes

£175

Choose from one of the following:

- Natura Bissé Couture Facial
- Natura Bissé C+C Mediterranean Massage
- ESPA Personalised Facial and Eye Lift
- ESPA Essential Body Massage
- ESPA Pre/Post Natal Maternity Treatment

# WAXING & MAKE-UP

## WAXING

Our waxing treatments use premium Lycon wax which is suitable for sensitive skin. Tweezers used where applicable.

Full Leg	£45	Half Leg	£35
Standard bikini	£20	High bikini	£35
Brazilian	£50	Underarm	£15
Lip or chin wax	£15	Lip and chin wax	£20
Back or chest	£35	Brow shape	£15

## LASH & BROW TINTING

Black, brown, blue or grey dyes available. Require 24hr patch test.

Eyebrow tint	£10	Eyelash tint	£25
Eyelash & brow tint	£30		

## MAKE-UP APPLICATION

Our Mii mineral based make up range combines the finest ingredients, effortless application and unrivalled expertise to bring out your natural beauty. Your make up will be applied by one of our make up artists for those special occasions.

55 mins

£95



# MANICURES & PEDICURES

## GELeration™

The beauty of JESSICA™ in a gel. With the health of the natural nail gel formula delivers a long lasting, flawless finish that's dry in seconds and protects the natural nail. Available in most JESSICA™ colours.

## JESSICA™ MANICURE

55 mins                      £50                      GELeration™                      £55

Nails are analysed and treated for their specific type. JESSICA™ prescriptive manicure includes exfoliation, cuticle care, file and nails are finished with a prescriptive base coat and polish.

## JESSICA™ PEDICURE

55 mins                      £50                      GELeration™                      £55

Hard skin will be softened, feet will be moisturised, your cuticles groomed, and toenails beautifully shaped and perfectly polished.

## EXISTING GELeration™ REMOVAL TREATMENT

40 mins                      £45

Remove existing GELeration™ polish. Includes cut and file of the nails, excess cuticle removal, nourish of cuticle and hands, buff and treatment base coat applied.

## THE MALE EXECUTIVE MANICURE OR PEDICURE

25 mins                      £40

Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive base coat, completed by a buff.

# HOW TO SPA

## SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. Sequoia is a mobile phone, camera and smoke free zone.

If you are unhappy with any aspect of your spa experience, please tell us straight away so we can try to rectify it for you.

## SPA ARRIVAL

Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax and enjoy the spa facilities.

Please be advised, late arrival will result in a reduction of treatment time.

## WHAT TO BRING

Sequoia will provide towels, robes and slippers and a wide range of amenities required for use during your spa visit.

In the mixed areas and all other wet areas we ask that you wear a swimming costume at all times. For body treatments we will supply disposable underwear.

For other treatments you may keep your own underwear on or dry swimwear if you prefer.

## HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

## PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

## HOMECARE

To continue your spa experience at home, all products used in our treatments are available for purchase at reception.

## LOSS OR DAMAGE

We regret that we cannot be held responsible for any loss or damage of your personal possessions. When you visit, please remember to keep all valuables locked in your locker.

## CANCELLATION POLICY

A credit card is required to guarantee all spa bookings. Cancellation charges are as follows:  
Treatments - Cancellation within 24 hours will incur a 100% charge. Day Spa Packages - Cancellation within 72 hours will incur a 100% charge

## JUICE BAR

The perfect place for a light bite such as a gourmet salad, soup and wrap, or something more filling. We also offer a tempting selection of mouth watering desserts.

Accompany them with a freshly mixed smoothie, one of our herbal infusions or even a glass of Champagne and feel free to relax in your robe and slippers. Sit back, savour and enjoy.

## GIFT VOUCHERS

Give someone else the chance to experience a day of indulgence at Sequoia. Choose from one of our gift experiences at [www.thegrove.co.uk](http://www.thegrove.co.uk) or contact a member of our team for more information.

The gift voucher must be presented upon arrival when redeeming the experience. If not presented an alternative method of payment will be required.

## SPA OPENING TIMES

Monday - Friday	06.30 – 22.00
Saturday - Sunday	07.30 – 20.00

## TREATMENT TIMES

Monday - Friday	09.00 – 21.00
Saturday - Sunday	09.00 – 19.00

**Sequoia is reserved exclusively for hotel guests and our Sequoia members at weekends.**

## AGE REQUIREMENTS

As Sequoia is a peaceful sanctuary, no one under 16 years is allowed to use the spa unless you are a hotel resident or member; in which case your children over 12 years old may only use the indoor pool between 9am – 11am and 3pm – 5pm.

They must use the relevant gender changing room and must be accompanied by an adult at all times.

## RESERVATIONS

**Telephone: 01923 294294**  
**08.00 – 20.00 Monday - Saturday**

To schedule an appointment, please contact our Sequoia reservations team who will be able to guide you.

To ensure your preferred time and service is available we recommend you book in advance. If you are a resident of The Grove or you are a Sequoia member, you may book individual treatments of any time duration.

Non-residential guests may book individual treatments Monday – Friday only, subject to availability, however access to Sequoia facilities will not be permitted.

To enjoy full use of all Sequoia's facilities non-residents must book a full day or evening spa package. A credit card will be required to guarantee all treatments.

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