

Herb House

What you'll find....

Hidden in the heart of the New Forest is a new spa - Herb House at Lime Wood. It is a place that is dedicated to natural well-being and, inspired by its forest surroundings, Herb House naturally instills a sense of calm, comfort and serenity – it's the perfect chilling retreat.

We like to think outside the box, so when designing the Spa, we've created a massive Sauna with forest views, a Mud House, and a steaming Hot Pool – the perfect place to relax outside, looking out on the Forest. Designed over three levels, the spa has ten spacious treatment rooms including two doubles - The Bath House with an indoor double bath and private steam room, and The Bath Garden with its own outdoor garden bath and private steam room. You'll also find sumptuous changing rooms - more like drawing rooms than locker rooms - with luxurious bath robes, towels, slippers and beauty products. There are even private tubs to soak in to ease the muscles after rigorous workouts!

As you might expect, our roof is not just any roof, it is a living herb roof so you can appreciate more panoramic forest views, while imbibing the fragrance of fresh herbs - a perfect backdrop for meditation, a spot of sunbathing or a drink with friends.

In case that's not enough.... there's a state-of-the-art roof-top gym and the very latest Technogym equipment, a 16 metre Ozone treated indoor lap pool with retracting glass doors to the garden, a Hands and Feet Room for manicures and pedicures, plus a workout studio offering a wide range of classes from Body Pump to Zumba; Yoga to Pilates. Home-grown herbs will be used in creations made at '**Raw & Cured**', our food bar which offers delicious, natural and healthy food, including freshly made salads, cured fish and meat from Lime Wood's own Smoke House, as well as fresh juices and smoothies, but not forgetting wines and Champagne to remind you that it's ok to indulge!

Our philosophy

Our treatments start the moment you walk into Herb House, but they don't finish when you walk out. Our expert team focuses on authentic, holistic treatments that take inspiration from centuries of well-being tradition so that you feel better, longer.

At Herb House, we believe we've created a beautiful, unusual and luxurious space for you to escape and unwind, either alone or in company. It's the perfect place to work out, re-energise and look after your body.

It's been incredibly important to us to select specialist therapists with a holistic approach to well-being. Our range of treatments is luxurious and indulgent but also health-giving and good for the soul. We feel passionate about that and we hope that shows.

Our Product Houses

We have deliberately chosen to work with boutique product houses from the British Isles that cannot be bought on any high street. In our ten treatment rooms, there will be an extensive range of natural and Ayurvedic treatments by Bamford, Tri-Dosha, VOYA and NUDE, all of whom share our ethos of authenticity and well-being.

Bamford

Herb House is the first spa to offer Bamford Body treatments outside of the original Daylesford Hay Barn Spa in Gloucestershire. Based next door to their award-winning Farmshop and Café, the Hay Barn Spa provides a nourishing space for self-reflection, understanding and rejuvenation.

Bamford Body was created for use in treatments at the Hay Barn Spa. These products cleanse, protect and rejuvenate the body with natural and organic ingredients accredited to the highest standards by the Soil Association. Their naturally luxurious products combine modern cosmetic science with natural essential oil blends and perform beautifully, while balancing both mind and body. Bamford Body source all their own natural ingredients responsibly and make all their products in England. They are free from GMO, Parabens, SLS and mineral oils.

VOYA

Inspired by the breathtaking natural beauty and long standing traditions of Ireland's Northwest coast, three generations of the Walton family have scientifically harnessed the healing properties of seaweed and created VOYA organic beauty products and treatments from the sea. With sustainability at its heart, this revolutionary range of Soil Association certified organic products and treatments is a showcase of how science can release nature's most powerful resources and still protect the earth.

NUDE

Founded by eco-entrepreneur Bryan Meehan (creator of Fresh & Wild) and Ali Hewson, wife of Bono, NUDE has become a celebrated British brand, synonymous with high performance skincare and sustainable, ethical values.

NUDE will offer a variety of facial options at Herb House, including their Recontouring Facial.

NUDE Advanced Probiotic Skincare works intelligently with the skin to activate cellular renewal and slow the ageing process. It is formulated without the ingredients you'd rather your body didn't absorb and delivers incredible clinically proven results.

Tri-Dosha

With founder Sunita Passi at the helm, a pioneer in the art of authentic Ayurveda, Tri-Dosha's influence spans the globe, having popularised the Indian system in Ireland and Malta. Tri-Dosha offers a powerful range of luxury therapies, as well as a collection of potent skincare formulas. What's more, it's all delivered with a wholly honest, ethical and eco-friendly attitude, meaning luxury and results come with a real heart.

When it comes to well-being, the ancient Indian system of Ayurveda is perhaps the oldest philosophy known to man. Steeped in wisdom that stretches back over 4,000 years, it advocates sound holistic thinking for a balanced way of life, giving health and happiness to the mind, body and soul.

Body Massages:

Bamford Signature Treatment:

120 min - £125

This deeply relaxing and restorative treatment begins with a soothing essential oil foot bath, followed by full body exfoliation with Bamford's Body Polish with Rosemary, Lemon and Cedar. You are then given a choice of Body Oils blended with pure essential oils for your full body massage. Several massage techniques are used throughout the course of this indulgent treatment, which culminates with soothing Indian head massage.

Ancient Stone Massage:

90 min - £95

If a deeply indulgent body and face massage is what you are looking for, then look no further. Using a combination of Swedish massage techniques and warm volcanic stones, this ancient stone massage will simply melt away muscle tension, ease stress and stimulate blood circulation, using Bamford's aromatherapy oil.

Deep Tissue/Sport Massage:

60 min - £80

Using VOYA's organic massage oil, this deep tissue massage specifically targets muscle fatigue and is aimed at helping the body recover from tension, aches and muscle pains. This treatment is a favourite with the boys.

Bamford De-Stress Massage:

60 min - £75

This is a firm and rhythmical massage that starts with special attention to the feet and legs. First, enjoy a warm essential oil foot bath. Next, using a choice of Bamford's Body Oils, your massage begins with the feet and legs. The upper body massage then focuses on the arms, hands, neck and shoulders and finishes with a calming head massage.

Bamford Rose Relaxing Upper Body and Facial Massage:

60 min - £75

A luxurious treatment that begins with exfoliation of the back using Bamford's Exfoliating Cleanser with Bergamot, Camomile and Patchouli followed by relaxing massage with your choice of Bamford Body Oils. The hands and arms are massaged with our Organic Hand Cream, followed by a soothing neck and shoulder massage. Finally, hot towels are applied to the face followed by facial massage with our precious blend of Rose, Lemon and Camomile.

Body Scrubs and Wraps:

VOYA Walnut & Seaweed Body Buff:

60 min - £75

This treatment is exclusive to Lime Wood. Using VOYA's luxurious lathering body buff, your body will be gently exfoliated with finely ground seaweed and walnut shells and your skin will be nourished with a blend of almond oil, seaweed and ginger extracts. The rich certified organic crème body buff firstly removes dry flaky skin to reveal smoother, softer skin. Then the rich cream moisturises, nourishes the skin, stimulating cell renewal and giving a healthier tone and texture. At the same time, the warming ginger chai extracts are perfect for giving the mind and body a gentle lift.

VOYA Seaweed Leaf Wrap:

90 min - £105

Not just a body wrap, this treatment is a truly amazing total body treatment, starting with a body scrub to cleanse the body and soften the skin before your whole body is cocooned in seaweed leaves and muslin. The treatment uses only the finest seaweed, hand harvested from the ocean, to ensure that the highest content of bio-actives is preserved. This treatment detoxifies, firms and softens the skin and is excellent for weight loss. To top off this ultimate spa experience, a relaxing head massage is included in the treatment.

VOYA Pure Elements Detoxifying Wrap:

90 min - £105

This treatment combines organic seaweed extracts with micronized Peat, resulting in a powerful detoxification wrap. The combination of minerals and anti-oxidants found in the peat and seaweed drain the toxic substances from the body. Includes a relaxing scalp massage.

Skincare Treatments:

NUDE Intense Smoothing Facial:

60 min - £85

A targeted facial treatment for smooth glowing skin. Starting with a deep cleanse and exfoliation, an intricate dual massage then works deep into facial muscles and pressure points to release tension and encourage lymph drainage. Proven natural actives and Probiotic Technology transform skin texture and tone for a smoother, more youthful appearance.

NUDE Recontouring Facial:

60 min - £100

The ultimate facial. This treatment uses a concentrated dose of NUDE's corrective Probiotic Technology. The specialised combination of deep tissue facial massage and micro-facial contouring visibly lifts and firms the skin, restoring youthful facial contours.

Tri-Dosha Holistic Glow:

60 min - £85

This facial, using powerful Ayurvedic natural products, made from wild-grown medicinal herbs, combines a marma point face massage that boosts energy flow, giving your face a natural lift. This is combined with a soothing head massage which will melt your stresses away. Relax with a foot and leg massage while the mask is leaving your skin fresh and revitalised. This treatment targets fine lines and gives a wonderful sense of well-being.

Tri-Dosha Supreme Results:

60 min - £85 **OR** Course of 6 for 5: £425 (save £85)

This traditional Ayurvedic facial uses soft herbal poultices filled with herbs and carefully selected Ayurvedic products. By stimulating vital marma points, it will reduce facial tension, tighten and tone the skin and leave you with a bright and nourished complexion. It targets the signs of ageing while encouraging super-hydrated skin.

VOYA Rehydrating & Anti-Ageing Facial:

60 min - £75

A perfect facial for firming, toning and rehydrating the skin – ideal after a long haul flight or if you feel your face is in need of a fresh glow. It commences with a warmed application of conditioner to your scalp, followed by a scalp massage. Then, a combination of a deep cleanse, Bamboo exfoliator and VOYA's anti-ageing toner will leave your skin feeling beautifully refreshed. This is followed by a nourishing face serum, packed with powerful antioxidants, which will boost, lift and plump your skin, reducing the appearance of fine lines and wrinkles. The facial includes your choice of an organic mask or gel mask, on top of which is placed fresh seaweed leaves. Anti-ageing moisturiser and eye crème finish the treatment.

Ayurvedic Therapies

At Herb House we believe in complete wellness, not merely curing, and thus we have decided to incorporate the principles of Ayurveda, a holistic and natural healing process, which follows an ancient Indian approach that wonderfully nurtures the body and soul.

The reality is, not everybody's the same - and Ayurveda understands this. We establish what kind of body type you are – or 'dosha' as it's known in Sanskrit. There are three types of optimum 'dosha': vata, pitta, and kapha and each one has its own caring and nurturing regime. At the start of each of our Ayurvedic therapies, we give you a 30 minute private consultation, which is when we assess what kind of body type or 'dosha' you are. By recognising the dominant 'dosha' we can compose a treatment and skincare programme that addresses your needs. We'll leave you with a grander, fuller vision of yourself, and in the end you'll arrive at a better place.

Prevention is better than cure. This is why all our therapies are designed to work seamlessly into your everyday life, helping you become, and stay, healthy and happy. Today, the best remedies help you look good and feel great, which is why Tri-Dosha delivers therapies for the face and body that are designed to reconnect with your soul.

Our holistic practitioners offer one-to-one guidance to map out a lifestyle programme that's perfect for you. Our prescriptions run the gamut of holistic activities: yoga sessions, breathing techniques, the importance of herbs and basic nutrition.

Prepare to be fascinated...

Ayurvedic Therapies:

Forest Escapes:

120 min - £150 OR Course of 6, pay for 5: £625 (save £150)

Each Forest Escape begins with a fascinating 30-minute consultation, where you will find out which 'dosha' you are. Once this has been assessed, we will choose one of the following four 90-minute Ayurvedic therapy treatments to best suits your needs. You will also take home a lifestyle advice sheet.

Treatment 1 - Harmonise:

This treatment is perfect if you are feeling run down or you would like to restore the balance within your body and mind or lift your spirits. Harmonise includes a 30 minute Shirobhyanga chair massage, which focuses on head, neck and arm, followed by a 60-minute Marma Abhyanga, releasing tension stored at specific marma points all over the body. Ayurvedic herbal oils are used to gently relieve stress, nourish the scalp and promote healthier hair.

Treatment 2 - Revitalise:

This treatment will boost the metabolism, cleanse the body by eliminating toxins, so you will feel fresh and full of energy. It's the one for you if you are feeling lethargic or in need of a detox. A 60 minute Pinda Sweda (herbal bolus massage) is followed by a 30 minute Udvartana (dry powder scrub).

Treatment 3 - Release:

If you feel overworked and are experiencing the stresses and strains of too many late nights at your desk, this would be the one for you. This treatment will loosen the muscles and de-stress the body - great for easing headaches and stiff necks. Includes a 90 minute Aghadi Dhatu (deep tissue massage) including an Indian Head massage.

Treatment 4 - Ease:

If you suffer from stiff joints and stress related aches, you'll love this treatment. A 60 minute Marma Abhyanga (energy flow oil massage with marma points) and joints massage is followed up by a 30 minute Mukhabhyanga (face massage). Joints are soothed, the mind is relaxed and mobility is improved.

Forest Dream:

180 min - £215

This is a wonderful treatment to engage all your senses. Guaranteed to make you feel totally relaxed and rested.

The treatment starts with a 30-minute consultation to establish your personal 'dosha'. Two therapists work in synchronised harmony for the ultimate tension releasing massage – a Samvahana (synchronised four hands massage). This ritual includes a deeply relaxing Mukhabhyanga (face massage) and Shirodhara treatment, featuring the steady flow of warm, fragrant oil onto the 'third eye' on the scalp and forehead. The Forest Dream includes time in your own private Steam Room. As with all our Ayurvedic treatments, you will have a lifestyle advice sheet to take home with you.

Speciality Treatments:

Reflexology:

90 min - £95

OR

Course of 6, pay for 5: £475 (save £95)

A wonderful holistic treatment, based on the principle that there are reflexes in the feet, hands and ears, which correspond to every part, gland and organ of the body. A gentle foot therapy which helps to restore the balance and energy in the body and encourages the body's natural healing process. This treatment also includes an aromatherapy foot bath, moisturising foot wrap and hand reflex points.

Pregnancy Massage: (second and third trimester only)

60 min - £75

We have designed this treatment specifically for those who are pregnant or have just had a baby. Using a perfectly made support, designed for comfort, we use specialised pregnancy massage oil, together with lymphatic draining techniques and rhythmical movements, to leave your whole body relaxed and nurtured.

Treatments for Two:

For some extra special time together, all of our treatments for two have been designed to give you the ultimate in relaxation in the privacy of your own double treatment room. Perfect for a couple or to enjoy with a friend...

The Mud House

Many of our couples' treatments include time in the Mud House. So what goes on in the Mud House?!

The Mud House is where you can experience a traditional Arabian body treatment involving steam and mud. After showering you slather each other in mineral-rich muds of various types, harvested from the glaciers of the Austrian Alps. You can then sit back and enjoy the warmth of the room and the comfort of the heated benches, whilst the mud dries. Fragranced steam will slowly start to rehydrate, gently exfoliating the skin and raising your body temperature. Afterwards, the overhead shower will drench you, washing away the mud and the impurities.

It sounds a bit odd perhaps, and it is an unusual experience for sure, but it's also a deeply sensual treatment, as well as good fun. In addition to the mud, you will receive some salts to exfoliate your body and remove the excess mud.

The Mud House treatment is a really great way of soothing and warming your muscles and softening your skin. It's a great treatment for priming your body for a massage which will then be more effective, as the therapist can get deep into the warmed muscles more easily. It also leaves your skin feeling very soft and "plumped", as you sweat out toxins and sweat in moisturising minerals. It leaves you feeling both very relaxed and wide awake.

Together in the Forest:

210 min - £380

An indulgent 3 and a half hours together in a private couples' treatment room. The perfect treat for both of you!

To begin with, step into the Mud House where you and your partner will experience a steam and mud session which will leave your skin feeling extremely clean and soft. Totally relaxed after your mud experience, you will both receive a Tri-Dosha consultation to find out your individual 'doshas', followed by one of our 4 personalised Ayurvedic therapies, tailored to suit your 'dosha' type, and guaranteed to allow you to completely unwind side by side.

After your massages, you'll have some quality relaxation time together in your private hot tub and steam room.

As with all our Ayurvedic therapies, you will leave with some valuable lifestyle advice to take home with you.

The Ultimate Hideaway:

180 min - £350

Private time together in the Mud House, followed by our 90-minute Full Body Massage using aromatherapy oils and time in your private bath tub and steam room.

The Essential Harmony:

180 min - £350

Private Mud House time, followed by a 60 minute Bamford De-Stress Massage, a 30 minute Essential Facial with NUDE skincare and time in your private bath tub and steam room.

VOYA's Wrap and Plunge:

150 min - £300

Two and a half hours of pure unadulterated relaxation!

Your treatment starts with a Lazy days bath tub soak. Using the finest organic, hand harvested Atlantic seaweed, combined with sea salt to care for your skin, this seaweed bath is perfect to help the signs of ageing. After your soak, you'll have time together in your own steam room, after which you will both experience a Detoxifying Body Wrap and Full Body Massage.

The Mud House:

45 min - £80 for 2 people or £100 for 4 people

This private treatment is great for couples, or to enjoy a fun treatment together with a friend.

Getting back to nature is fully experienced in the Mud House. You'll experience a quiet space to reflect and relax whilst natural, cleansing clays are applied from head to toe. The 100% natural mud has authentic detoxifying properties and has been used for decades as part of a cleansing ritual combining steam and heat to draw out impurities and remove dead skin cells. Steam helps to improve the penetrative qualities and once complete, cool, refreshing water will cleanse and invigorate.

Herb House Day Spa Packages

Whichever wonderful day Spa package you choose, you will have unlimited access to Herb House and all its facilities. Each package comes with specific treatments, so choose the package which best suits your needs.

You are free to arrive any time from 10am and there are no restrictions on how long you can stay – feel free to enjoy the facilities until we close if you like!

On arrival, you'll change into your robe and slippers before exploring the amazing facilities. It's up to you...if you're feeling energetic, you might like to work out in the gym or take part in one of our exercise classes. If you're feeling like you need to relax, then you might like to plunge into our Lap Pool, warm up in our massive Forest Sauna or experience the Hydropool jets. If you're the outdoor type (and the weather permits), you may choose to relax on one of our rooftop loungers or bubble away in our steaming outdoor hot pool.

After your treatments, you are welcome to laze and listen to music in the relaxation lounge – iPods provided, but feel free to bring your own! A 2 course lunch at Raw & Cured is included in your package, as well as unlimited soft drinks and bottled water (alcohol and smoothies will be charged as extra). You will also receive a Herb House gift to take home with you.

To maintain the serenity and calm of Herb House, day spa packages are only available Monday to Thursday and are limited to 8 spa day package bookings per day. We regret that we cannot accept spa day package bookings for groups of more than 4 people.

Day Packages for One:

Scrubbed & Polished:

120 mins treatment time - £185

This day package is perfect if you're looking to reveal a new smooth you!

To kick start the cleansing process, your treatment starts with a Bamford body scrub to gently exfoliate your body. You will then be treated to a luxurious application of Bamford body moisturiser. This is followed by a VOYA Rehydrating Facial.

Perfectly Chilled:

120 mins treatment time - £195

This spa day includes our Bamford De-Stress massage with your choice of essential oil, guaranteed to bring you into a wonderfully relaxed state of mind and body. This is followed by a NUDE Intense Smoothing Facial.

Mum-to-be:

120 mins treatment time - £195

Mums-to-be don't need to miss out on spa day packages. We will adapt our Perfectly Chilled package to suit your special pre-natal needs – a wonderful way to celebrate the prospect of a new arrival. The Aromotherapy massage will be replaced with our special Pregnancy Massage. This will be followed by the NUDE Intense Smoothing Facial, which is perfectly safe for you and your bump.

Ayurvedic Escape:

120 mins treatment time - £185

Enjoy our Ayurvedic Forest Escape treatment, and we will add on all the benefits of a day spa package.

Day Package for Two:**Herb House Duo:**

180 mins treatment time - £210 per person

If you'd like to experience Herb House for the day as a couple, then this is the one for you.

Choose from either our Ultimate Hideaway or Essential Harmony treatments, and we will add on all the benefits of a day spa package.

Finishing Touches:

About Essie

For our nail treatments, we have decided to work with Essie, a luxury leader that blends the fashionable with the functional and is known worldwide as a beauty trailblazer.

Deluxe Manicure:

1 hour - £55

The ultimate manicure, which will leave your hands feeling glamorous and luxurious.

Includes a hand scrub, nail shape, nail buff, cuticle treatment, relaxing hand massage and polish with Essie.

Deluxe Pedicure:

1 hour - £55

Fantastic for those neglected feet, this treatment will leave your feet beautifully buffed, perfectly filed and lovingly conditioned.

Includes a deliciously relaxing foot bath and scrub, your feet will then be immaculately groomed with a shape, cuticle treatment, relaxing foot massage and polish with Essie.

Essential Manicure or Pedicure:

30 min - £30

For those who simply want a file and colour change.

Repolish of hands or feet with Essie nail polish.

French polish:

30 min - £25

For hands or feet with Essie nail polish.

Waxing:

Half Leg Wax - £20

Full Leg Wax - £30

Full Leg & Bikini Line - £45

Half Leg & Bikini Line - £35

Back or Chest Wax - £30

Bikini Line Wax - £18

Brazilian Wax - £35

Under Arm Wax - £14

Lip or Chin Wax - £10

Eyebrow Wax - £10

Eyebrow Shape - £18 (wax or tweezers)

Fitness Packages:

1 to 1 Personal Training:

There are many reasons why you need a personal trainer - are you looking for motivation or are you searching for a programme that is right for you? You might want to improve your efficiency or your technical skills. You might be new to exercise or need to break through your plateau. Your priority might be to work out safely, to lose weight, build, strengthen, tone or rehabilitate.

Our on-site Personal Trainer will follow a professional and structured approach to your training to ensure you get maximum results.

- Step 1 : Initial Consultation booked prior to Personal Training session (Free)
- Step 2 : Programme Development & Goal Setting
- Step 3 : Programme & Goal Monitoring
- Step 4 : Evaluation

Free consultation followed by £30 per hour for 1 to 1 training or
Course of 10 sessions £240, including free Body MOT and Natures Nutrition.

Body MOT:

Wouldn't it be reassuring to find out exactly what shape you're in? When we step onto those scales what does that weight really mean? It can't all be bad weight, can it?

The non invasive Body MOT is an hour long and will include:

- Body Fat %
- Lean mass % (Muscle)
- Total body weight
- Body water %
- BMR (Metabolism Analysis)
- Blood Pressure check
- Lung function, peak flow test for monitoring lung functions and flow rate
- Flexibility tests
- Cardio Trace, arterial stiffness and biological internal age analysis

After this test you will have a clearer understanding of your general health and fitness levels. We will then advise you how we would suggest you make changes to your fitness regime and lifestyle.

Your first Body MOT when you join as a Herb House member will be complimentary. Your results will be stored on file so with regular checkups you can track your progress and, with your fitness consultant, set new goals.

Non members' Body MOTs & follow up consultations will be charged at £50/hour

“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life”

- William London

Herb House - Important Information & Spa Etiquette

Opening Times

Herb House Spa is open at the following times (may be subject to change):

Treatments	Monday – Friday	10.00 – 20.00
	Saturday – Sunday	10.00 – 19.00
Fitness Studio & Spa & Retail	Monday – Friday	07.00 – 21.00
	Saturday – Sunday	07.00 – 20.00

Spa Reservations

If you can, we'd suggest you book your treatments in advance to avoid disappointment. Bookings are made directly with the Spa reception.

If you are a member of Herb House or if you're staying at Lime Wood, you are welcome to use the facilities of the Spa at any time for as long or as short a time as you would like.

Please note, in order to secure your reservation, bookings need to be confirmed with a credit card.

Spa Arrival

We advise you arrive 45 minutes prior to your treatment time to allow you to change into your robe and slippers and for us to confirm your requirements. Please be aware that late arrivals may mean we have to reduce your treatment time.

What to bring with you

You will be provided with a robe, towel and slippers during your visit to Herb House.

During your treatment wear anything – or nothing – depending on what you feel comfortable with. You will be draped with towels during the treatment. For body treatments, we will supply disposable underwear. For bath treatments, please bring your own swimwear.

All guests should bring a swimming costume to wear in Herb House. The Sauna, Steam and Caldarium at Herb House are mixed facilities so please wear swimwear.

There will be extra towels available for you to use in the changing rooms and by the pool. Changing rooms will also be stocked with beauty products, so you don't have to pack your wash bag.

In our relaxation rooms, you'll find Herb House iPods and Bose headphones. If you would like to listen to your own music, please feel free to bring your own iPod.

How many hours should I avoid eating before the treatment?

We recommend that you avoid eating an hour before your treatment and half an hour afterwards. We also wouldn't suggest that you drink alcohol immediately before or after the treatment.

Health conditions

Please let us know of any health conditions you suffer from when you make your appointment. This will enable us to recommend the treatments and products that are most suitable for you. We will ask you to complete a confidential health questionnaire before your treatment. This will help us to tailor our treatments to meet your needs. If you are taking medication, have just had an operation or have a medical condition, we'd strongly advise you bring a note from your doctor before embarking on any treatments or using some of the heat facilities.

Pregnancy & Post-Natal

It is vital that mothers-to-be advise us when booking, as some treatments will not be suitable for pregnant women. No treatments are permitted within the first trimester (12 weeks), apart from manicures and pedicures, and use of the heat facilities is also not advised until after the first trimester. Please inform your therapist that you are pregnant or breast feeding.

Spa Etiquette

We'd like Herb House to always be a tranquil environment for guests. We'd really appreciate it if you would help us to maintain this quietness and avoid using mobile telephones.

Cancellation Policy

Credit card details will be taken at the time of booking to secure your treatment.

Treatments	Cancellation within 24 hours/Non attendance will incur a 100% charge
Day spa packages	Cancellation within 72 hours/Non attendance will incur a 100% charge

Children's Policy

At Herb House we want to maintain the sense of serenity of the forest surrounding the spa. We therefore regret that there are restrictions on children's access to the spa. Our childrens' policy is subject to review and change by the Herb House management at any point.

- The children's policy applies to all children under 18 years old.
- Herb House only permits access to children of Lime Wood hotel guests or Herb House members.
- Children will be allowed in the pool between 3.30-5pm Monday-Friday; 9-10.30am and 3.30-5pm Saturday and Sunday. These times are subject to change.
- No children under 18 are allowed to use the other spa facilities, such as the hydro pool, whirlpool, gym, sauna and steam rooms, due to health and safety restrictions. We regret that children under the age of 3 will not be permitted in the Lap Pool.
- Children will only be allowed access to the Lap Pool and changing rooms at designated times of the day. No other areas of the spa are accessible to children due to health and safety restrictions.
- All children under 18 must be accompanied by a parent or guardian at all times. Children must also be accompanied in the changing rooms and must be quiet whilst in this adult area.
- It is the responsibility of the parent or guardian to keep their children under control at all times and ask their children to observe the peace and tranquillity of the pool area.

Raw & Cured

Raw & Cured offers far more than sumptuous smoothies and glasses of Champagne! You can also order light bites such as a gourmet salads and cured meats or fish. All guests are welcome to come and enjoy the peaceful atmosphere, either in your robe and slippers or casual clothes. Chat to friends or read the papers – just enjoy taking time for yourself and enjoying the surroundings.

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.

Home Care

If you would like to continue your skin and bodycare programme at home, all treatment products are available for purchase at reception.

Gift Vouchers

If you'd like to give someone else the chance to experience Herb House Spa, choose from one of our spa day packages or select a suitable treatment from our treatment menu. Our team would be delighted to help you design a bespoke package of treatments. Please note that gift vouchers are non-refundable and non-transferable.

All prices are subject to change without prior notice. All prices shown are inclusive of VAT.

