

A close-up photograph of several lavender flower spikes. The flowers are a vibrant purple color and are arranged in dense, elongated clusters. The background is a soft, out-of-focus green, suggesting a garden setting. A small, dark-colored bee is visible on one of the flower spikes, positioned slightly to the left of the center. The overall lighting is bright and natural, highlighting the texture of the petals and the green stems.

Herb House

WE DON'T DO  
AVERAGE AT  
LIME WOOD. THAT'S WHY  
AT OUR SPA YOU  
CAN DO YOGA ON THE  
ROOF IN A  
HERB GARDEN,  
REVIVE TOGETHER IN DOUBLE  
TREATMENT ROOMS  
AND TAKE IN THE  
FOREST  
VIEWS FROM THE  
MASSIVE SAUNA.



## What you'll find...

Hidden in the heart of the New Forest, Herb House is a spa dedicated to natural well-being and inspired by its forest surroundings. Herb House instils a sense of calm, well-being and serenity – it's the perfect chilling retreat.

We like to think outside the box, so when designing the spa, we created a massive sauna with forest views, a Mud House and a steaming hot pool – the perfect place to relax outside in the heart of the New Forest. Designed over three levels the spa has eight spacious single treatment rooms and two magnificent double rooms; the Bath House with an indoor treatment 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 – with enormous showers, luxurious bathrobes, towels, flip flops and Bamford 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 garden so you can appreciate more panoramic forest views and experience 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 'Matt Roberts' state-of-the-art rooftop gym with the very latest equipment, a 16-metre ozone-treated indoor lap pool with glass doors overlooking the garden, a Hands and Feet Room, plus a workout studio offering a wide range of classes from Kettle Bells and Spin to Yoga and Pilates. Home-grown herbs are 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 Smokehouse, as well as fresh juices, smoothies and not forgetting wines and champagne to remind you that it's okay 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 mind and body.

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



# Our Product Houses

We have deliberately chosen to work with boutique product houses from the British Isles, all of whom share our ethos of authenticity and well-being.

## BAMFORD

Herb House was the first spa to offer Bamford Body and Skincare treatments outside of the original Bamford Wellness Spa at Daylesford in Gloucestershire. 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.

Bamford Body Oils are used in many of our treatments and each one offers a unique experience: Geranium – uplifting, refreshing and balancing, Rosemary – invigorating and Chamomile – soothing.

Bamford skincare is made using the finest natural and organic ingredients for beautiful skin. Bamford have searched through nature's larder, selecting powerful natural active Ingredients that will achieve visible results. The products have been formulated with no harsh chemicals and will care for even the most delicate skin.

## BAMFORD GROOMING DEPARTMENT

Bamford Grooming Department is a collaboration between Bamford founder Carole and her son, George Bamford. This is the essential kit for daily life, a male-only premium body, skincare and treatment range for the modern man.

## SARAH CHAPMAN

Skinesis facials are the evolution of personal, hands-on experience by London's most sought-after facialist, Sarah Chapman. The unique nature of these facials ensures healthy, radiant skin for all, delivered through highly efficacious bespoke treatments that are carefully tailored to the needs of each individual. A combination of Sarah's signature 'gymnastics' massage techniques, state-of-the-art technology and potent cosmeceutical formulas, these treatments promise a visible skin transformation with a signature Skinesis glow.

Sarah's multi-award-winning Skinesis products are renowned for their incredible efficacy and luxurious textures, combining the most-advanced technical skincare actives with globally sourced botanicals and signature, essential-oil-based floral scents. Peptides, antioxidants, vitamin A, plant stem cells and omega oils blend with revolutionary cosmeceutical ingredients to create irresistible formulas that deliver extraordinary results.



## 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. All of VOYA's unique products blend wild hand-harvested seaweed with some of the finest elements from nature, such as Shea Butter, Bees Wax, Dead Sea Salt, pure Aloe Vera and essential oils.

Packed with minerals, vitamins and strong antioxidant properties, seaweed has proven to be hugely beneficial as a natural detoxifying and skin conditioning agent, quickly removing toxins whilst transferring nutrients. It is great for treating cellulite and has amazing anti-ageing capabilities, improving the suppleness and elasticity of the skin. It can also stimulate the renewal of damaged skin cells.

## O.P.I

As the world leader in the professional nail care industry, O.P.I is committed to combining leading-edge innovation with high-quality products. Known for its exceptional formula, fashionable colours and iconic names, O.P.I's heavily-pigmented lacquers are super rich, long-lasting, and chip-resistant.



# Body Massages

## **BAMFORD BODY SIGNATURE TREATMENT**

*120 minutes – £200*

Bamford's signature treatment combines carefully targeted ancient techniques that nurture your well-being. This fully immersive treatment starts with an Epsom salt foot ritual drawing toxins from the body and allowing it to absorb magnesium to help reduce inflammation. Japanese shiatsu massage is then used to open the body's meridians and start to unblock the energy channels. Swedish massage targets areas of concern and releases specific points of tension. A heated chakra stone is placed on the abdomen for a gentle abdominal massage to improve gut health. A face and Indian head massage calms the mind and increases circulation to improve scalp and hair condition. The treatment finishes with assisted yogic breathing to oxygenate and invigorate the body.

## **BAMFORD DE-STRESS MASSAGE**

*60 minutes – £120 / 90 minutes – £160*

This massage focusing on the back of the body eases tense muscles and reduces stress levels, while restoring and realigning energy in the body. The treatment starts with an Epsom salt foot ritual drawing toxins from the body and allowing it to absorb magnesium to help reduce inflammation. Shiatsu pressure points along the body release tension and balance energy flow. Swedish back and leg massage focuses on improving circulation and relaxing the muscles. Finishing with a reflex zone foot therapy.

## **SPORTS MASSAGE**

*60 minutes – £135 / 75 minutes – £150*

This treatment is a favourite with the boys. Using deep pressure combined with stretches, this will release tension in the muscles, focusing on specific concern areas. Using VOYA's organic oil, this massage prepares your body for optimal performance and emphasises prevention and healing of injuries to the muscles and tendons. You will find you have an increase in your range of movement, flexibility and relief in muscle soreness afterwards. Available upon request.







## Bamford Wellness Rituals

### **BAMFORD B SILENT RITUAL**

*60 minutes – £120*

Chronic stress is one of the main causes of depleted serotonin and can affect our ability to sleep well. This treatment is devoted to relaxing your body and preparing it for sound restful sleep. Begin the process of deep relaxation with a foot ritual. Followed by a therapeutic back, neck and shoulder massage with Bamford's B silent body oil, a blend of roman Chamomile, cannabis sativa and lavender flower oils. Finally, the B silent organic temple balm is applied to the forehead and temples to complete the treatment and prepare the body and mind for deep, peaceful sleep.

# Skincare Treatments

Bamford skincare is made using the finest natural and organic ingredients for beautiful skin. The powerful active ingredients work alongside our carefully designed holistic facials to achieve targeted visible results.

## AWAKEN

A resurfacing radiance boost using a powerful fruit acid elixir and exfoliating mask. Designed to leave skin smoother, and glowing. Particularly recommended for sun damage, uneven texture or between seasons.

## RESTORE

A deeply hydrating treatment using a rejuvenating mask made with soy stem cells and hyaluronic acid. Designed to lift and firm the skin and help reduce the appearance of fine lines and wrinkles. Particularly recommended for dry or mature skin.

## PURITY

A detoxifying cleansing treatment using steam to extract impurities. Designed to brighten, balance the skin microbiome and reduce the effects of pollution. Recommended for oily, pigmented or menopausal skin.

Choose your facial:

## SIGNATURE FACIAL

*90 minutes – £160*

An indulgent version of our full facial including a foot bathing ritual and back massage using hot stones to release tension.

## FULL FACIAL

*60 minutes – £120*

An extended version of our Express. Facial reflexology helps to stimulate cell regeneration, jade stones aid circulation and cold Moonlight stones soothe and tone.

## EXPRESS FACIAL

*30 minutes – £70*

You will receive a skincare consultation, a deep cleanse followed by the mask and finishing products chosen by your therapist to address your individual concerns.



#### VOYA SELF DISCOVERY RADIANCE FACIAL

*60 minutes – £120*

This skin type-specific ocean inspired organic facial is deeply detoxifying, thoroughly revitalising and helps to smooth skin tone and increase clarity. Self-Discovery incorporates a relaxing facial massage used with seaweed products to release any build-up of toxins and toxic micro particles, to repair and nourish any skin cells damaged by pollution and chemical exposure. You will be left with a revived glowing, yet non-greasy complexion that is both enriched and strengthened.

#### VOYA ANTI-AGEING RESTORATIVE FACIAL

*60 minutes – £120*

This treatment is suitable for all skin types, particularly for those in search of anti-aging results. The anti-aging restorative facial is made using VOYA's finest organic ingredients combined with anti-oxidant algae complexes and a restorative blend of aromatherapy oils. This mix of seaweed and botanical ingredients helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. This facial results in instantly firmer and tightened skin with a natural and more radiant glow.





## Sarah Chapman Skincare Treatments

### SKINESIS LUXURY BESPOKE FACIAL

60 minutes – £150 / 90 minutes – £180

Delivering healthy, perfected skin whatever your concern, this highly bespoke facial is uniquely tailored to each individual following an in-depth consultation with your therapist to determine current skin health, condition and goals. Seamlessly melding signature 'gymnastics' and lifting massage techniques with thorough cleansing and prescriptive, results-driven formulas, this famed facial promises glowing, rejuvenated skin and a boost in youthful radiance. Revolutionary LED therapy will be added in the 90 minute treatment.

### SKINESIS STEM CELL LACTIC POWER PEEL

60 minutes – £160

The perfect pre-event facial, this mild skin-resurfacing peel is combined with a tailored blend of powerhouse Skinesis serums, delivering instant firmness and radiance to lacklustre skin for a fabulous, photo-ready complexion. Expert extraction deeply cleans the pores, while revolutionary LED therapy uses a combination of light technologies to heal and perfect the skin, boost collagen production and help minimise blemishes.

### SKINESIS DELUXE STEM CELL COLLAGEN ACTIVATOR THERAPY

90 minutes – £290

The ultimate youth boost, this transformative facial uses advanced stem cell technology to dramatically lift, smooth, plump and regenerate the skin. Targeting collagen in three ways, through massage, superficial micro-needling and LED light therapy, this treatment maximises the efficacy of Sarah's Stem Cell Collagen Activator serum for visible lifting, line-smoothing and glow-boosting results.



## Body Scrubs & Wraps

### VOYA SEAWEED LEAF WRAP

90 minutes – £160

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses organic seaweed leaves to scrub and wrap your body, and is excellent in conjunction with a weight loss programme. Beginning with a body buff, this treatment detoxifies firms and softens the skin. The whole body is then covered in Seaweed leaves for instant results. Completed with an application of intense moisturiser to nourish and soften.

### VOYA DETOXIFYING MUD WRAP

90 minutes – £160

Seaweed taken fresh from the ocean is combined with purifying elements of peat to produce a mud wrap rich in potent anti-oxidants, minerals and enhanced with organic ginger and cinnamon. Definitely for the results-driven client, this wrap has immediate and noticeable effects on the skin, including firming and toning. A serious detoxifier, metabolism stimulator and a natural anti-ageing boost.

### VOYA TIME TO SHINE BODY BUFF

60 minutes – £120

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 and 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 LAVENDER AND SEAWEED SUGAR GLOW

60 minutes – £120

This treatment uses a medley of ingredients including organic seaweed, organic lavender buds and organic sugar to invigorate, exfoliate and nourish the skin. Afterwards you enjoy a light cleansing shower and short relaxing massage with VOYA's Softly Does It body moisturiser. This is a gentle aromatic body sugar scrub that melts tired muscles while soothing and softening the skin.

### BAMFORD – SCRUBBED & POLISHED

60 minutes – £120

As well as gently removing dead skin cells to reveal the freshly invigorated skin underneath, this regenerative treatment is designed to improve circulation and blood flow. The whole body is lightly massaged with a warm blend of pure sea salt and brown sugar suspended in invigorating oils and moisturising body butters, which stimulates revitalisation and targets cellulite. It is showered off with warm water. Our rich geranium body cream is then applied in gently massaging strokes, leaving the skin soft, smooth and deeply hydrated, as well as primed for further treatments.

# Speciality Treatments

## HERB HOUSE TOTAL BODY SIGNATURE TREATMENT

90 minutes – £160

This treatment is more energising than many classic forms of massage – it uses strong combinations of flowing massage, rhythmic acupressure, and deep assisted stretches; invigorating all parts of the body, relieving muscular and emotional tension and allowing an unhindered flow of vital energies and blood circulation around the body.

The deep stretches are designed to really stretch muscles more than would be possible unaided resulting in improved mobility and flexibility. Using your choice of body oils, the therapeutic long flowing, total body massage movements lead you to a new level of complete relaxation.

## REFLEXOLOGY

60 minutes – £120 / 75 minutes – £150

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.

## ANCIENT STONE MASSAGE

60 minutes – £120 / 75 minutes – £150

If a deeply indulgent body and face massage is what you are looking for, then look no further. Using Bamford's aromatherapy oil and 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. One stone movement is equivalent to 10 hand movements.



# Baby On Board

## HERB HOUSE PREGNANCY MASSAGE

*60 minutes – £120*

This treatment uses an oil that is safely formulated to be used during pregnancy to nourish and care for your skin. Using the traditional aromatherapy massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment.

## HERB HOUSE BESPOKE PREGNANCY FACIAL

*60 minutes – £120*

We use a range of natural skincare to restore, rejuvenate and repair your skin. The treatment aims to release tension and boost circulation, leaving your skin radiant and dewy.





## For the Boys

### BAMFORD GROOMING DEPARTMENT EDITION 1 RECOVERY TREATMENT

*60 minutes – £120*

Bamford Grooming Department Edition 1 recovery treatment has been created to combat the stresses of modern life. Beginning with a back massage, using our specially blended massage oil and hot stone therapy, the treatment moves on to a simple and effective facial and head massage. Great for reducing stress and promoting deep relaxation. The recovery treatment sets you back on track.

### BAMFORD GROOMING DEPARTMENT EDITION 1 SIGNATURE TREATMENT

*90 minutes – £160*

The Bamford Grooming Department Edition 1 signature treatment has been specially created for the modern active man. A combination of traditional Japanese massage, Swedish massage, hot stone therapy, acupressure facial and reflexology. The treatment encourages blood flow through the body, relieves over-tired muscles and pain, reduces stress and promotes deep relaxation. The signature treatments restores your equilibrium ready for the challenges ahead.

### MANICURE

*30 minutes – £30*

A rehydrating treatment for your hands and cuticles, to leave them feeling soothed and invigorated.

### PEDICURE

*30 minutes – £30*

A rehydrating treatment for your feet and cuticles with hard skin removal and a foot massage leaves your skin and feet feeling revitalised.



# Hands & Feet

## GELCOLOR MANICURE

*60 minutes – £70*

Starting with cuticle care and nail shaping, the nail is prepped for a very thin layer of gel overlay which after each coat is placed into a LED lamp which takes 30 seconds to set each coat. Once the nails are completely dry the treatment will be finished with a gentle exfoliation and hand massage.

## FULL MANICURE

*60 minutes – £60*

This treatment leaves you with silkier, smoother and firmer skin. Including hand exfoliation, nourishing and conditioning, followed by cuticle care and massage. Beautifully shaped and polished with O.P.I. custom colour nail varnish.

## MINI MANICURE

*30 minutes – £30*

A simple rehydration of hands and cuticles. Beautifully shaped and polished with O.P.I. custom colour nail varnish.

## GELCOLOR PEDICURE

*60 minutes – £70*

Starting with cuticle care and nail shaping, the nail is prepped for a very thin layer of gel overlay which after each coat is placed into a LED lamp which takes 30 seconds to set each coat. Once the nails are completely dry, the feet will be scrubbed and any hard skin will be removed. The treatment will be finished with a foot massage.

## FULL PEDICURE

*60 minutes – £60*

This treatment includes hard skin removal and a foot scrub, nourishing and conditioning followed by cuticle care and massage. Beautifully shaped and polished with O.P.I. custom colour nail varnish.

## MINI PEDICURE

*30 minutes – £30*

A simple rehydration of feet and cuticles. Beautifully shaped and polished with O.P.I. custom colour nail varnish.

## GELCOLOR REMOVAL

*30 minutes – £30*





## Glow & Go

### BACK, NECK & SHOULDER MASSAGE

30 minutes – £70

This is a firm and rhythmical massage that starts with special attention to the upper body using our VOYA oil, with different techniques working on the back, neck and shoulders. Great for those in a hurry who need tension relief or as an extra treatment to add on to a facial.

### HEAD, NECK AND FACIAL MASSAGE

30 minutes – £70

This treatment uses acupressure massage on the neck, head and face, with the aim of rebalancing your body's energies and helping to release tension and stress that commonly build up in these areas.

### HAND & ARM MASSAGE

30 minutes – £70

A perfect treatment for those hard working hands and arms. This treatment will leave your hands and arms feeling nourished and relieved of tension.

### LOWER LEG & FOOT MASSAGE

30 minutes – £70

The perfect treatment to aid relaxation for everyone, particularly those suffering from fatigue, aching and heaviness in the feet and lower legs.

### MINI BAMFORD ORGANIC BESPOKE FACIAL

30 minutes – £70

Skin is expertly cleansed, then a Bamford Organic mask is applied to suit your skin. Finished with eye cream, moisturiser and serum that will leave skin looking radiant and rejuvenated.

### MINI VOYA FACIAL

30 minutes – £70

Packed with powerful antioxidants to boost, lift and plump your skin. While reducing the appearance of fine lines and wrinkles this facial provides a quick boost of hydration.

## Maintenance

Prices from £10

### WAXING

Half Leg Wax

Full Leg Wax

Bikini Line Wax

Brazilian Wax

Full Leg and Bikini Line

Half Leg and Bikini Line

Back or Chest Wax

Under Arm Wax

Lip or Chin Wax

Eyebrow Shape

Eye Lash Tint

Eyebrow Tint

Eye Lash and Eyebrow Tint

## Mud House

### MUD HOUSE

*60 minutes – £110 for 2 or £160 for 4*

This private treatment is great for couples to enjoy or 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 you apply natural cleansing clays 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 gentle steam and heat to draw out impurities and remove dead skin cells. No therapist is required for this wonderful detoxifying treatment, it's the perfect way to start your treatment experience at the Herb House.



## Treatments for Two

### VOYA'S WRAP & PLUNGE

*180 minutes – £720*

Three hours of pure unadulterated relaxation! Your treatment combines organic seaweed extracts with micronised peat, resulting in a powerful detox wrap. The combination of minerals and antioxidants found in the peat and seaweed drain the toxic substances from the body. This is followed by a full body massage aimed at helping the body recover from tension, aches and muscle pains. After your treatment you will have quality time together in your private lazy days bath tub. Using finest organic hand-harvested Atlantic seaweed, combined with sea salt to care for your skin, this seaweed bath is perfect to help with the signs of ageing. After your soak you will have time in your own private steam room.

### THE ULTIMATE HIDEAWAY

*180 minutes – £720*

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 minutes – £720*

Private Mud House time, followed by a 60-minute Full Body Massage, a 30-minute Express Facial with VOYA Skincare and time in your private bath tub and steam room.







# Matt Roberts Personal Training and Fitness

We have teamed up with some of the most respected experts in the wellness industry to create a space that helps our guests to really nurture their well-being and feel their absolute best.

We are not about fads or quick fixes, but considered and intelligent, everyday changes that leave you feeling great. We have partnered with some industry experts who share our ethos of authentic and balanced wellness, that take inspiration from centuries of wellbeing tradition so that you can feel better, for longer.

Having pioneered one-to-one personal training within the UK in the 1990's Matt Roberts has become the industry name for health and fitness, and is responsible for honing some of the most famous physiques in fashion. His motivational training style, that integrates a wide range of disciplines and methods to keep both body and mind challenged in a variety of ways, has inspired our guests to kick-start a new approach to their fitness and start achieving their goals.

## PERSONAL TRAINING, THE MATT ROBERTS WAY

The Matt Roberts Personal training philosophy means you will benefit from dedicated one-to-one sessions. We recognise that everyone is an individual who requires a bespoke programme to ensure you achieve great results.

Matt Roberts Personal training integrates a wide range of disciplines and methods to keep both body and mind challenged in a variety of ways. Using strength, mobility, stability and cardiovascular conditioning, we make sure that there is forever new stimulus that encourages the body to keep progressing, no matter how long you have trained or what age you are.

## FITNESS CLASSES

We hold a selection of classes daily in the Workout Studio and Lap Pool. In the summer time, some fitness classes are held on the Herb House Roof Garden and in the Forest.

## THE GYM

The top floor of the Herb House is devoted to fitness and health, a space that offers you a diverse mix of training methods, allowing you to challenge your whole body. The space is fitted with a selection of the latest Technogym equipment range, a functional fitness area with fitted rubber flooring for body and free weight work and a racking system for suspension and strength work.

## THE TEAM

Each Herb House Personal Trainer receives extensive training to be able to integrate every element of the Matt Roberts Personal Training philosophy into their sessions and classes. In addition, our Nutritional Therapist and Wellbeing expert Amelia Freer, will be working with Matt to create bespoke nutritional advice for the Herb House and its members and guests.

## BESPOKE FITNESS PACKAGES

We get it, when it comes to exercise it needs to be enjoyable and effective! We don't do military style here. We work towards your individual goals and needs with our Bespoke Fitness Packages. After a short consultation with one of our Personal Trainers they will tailor a package with only you in mind.

We can offer:

- 121 Personal Training • Small Group Training
- Book a room at Lime Wood and we can add on Personal Training sessions subject to availability

Whether you are after a one-day re-boot or a targeted programme we can help! Get in touch with our Fitness Team to find out more about how we can help on [reservations@herbhousespa.co.uk](mailto:reservations@herbhousespa.co.uk)

## Amelia Freer

At Lime Wood and Herb House, we hope that we can help create a little window of opportunity and space to give you some much-needed relaxation and replenishment during your time with us.

So we have teamed up with Nutritional Therapist and bestselling author Amelia Freer FdSc Dip ION. Amelia brings with her a wealth of knowledge and expertise that is being integrated into the heart of the hotel and spa.

Amelia is passionate about the power of food, and is on a mission to help others discover and celebrate nutritious food – food that is accessible, easy to make and that bursts with goodness and flavour. Her extensive training, knowledge and passion means that she is now considered one of the UK's leading voices on the power of food and how you can lead a happier, healthier life with optimum nutrition.

You will find Amelia's influence throughout Lime Wood and Herb House, from well-balanced 'Amelia approved' dishes on the menu in Hartnett Holder & Co and Raw & Cured, to carefully selected goodies in our Room Larders and Curated by Lime Wood, and a regular series of wellbeing workshops, cookery classes and events hosted by Amelia.

Find out more online at [www.limewoodhotel.co.uk](http://www.limewoodhotel.co.uk)





## Raw & Cured

Our food sourcing policy is simple: Quality, Seasonal and Sustainable.

Our creative team of “raw chefs” prepare everything from scratch, so not only do these dishes taste fabulous but they will suffice any craving you have and boost your body with an abundance of feel-good-nutrients.

### **SUPERFOOD SALAD**

A tasty, healthy bowl of mixed spinach, rocket, sprouting beans, micro herbs, tomato and avocado topped with a dehydrated nut, kale and spirulina seasoning

### **HAMPSHIRE HAM**

Accompanied by award winning Lyburn cheese, Herb House olives and house baked bread

### **FOREST BOARD**

Home cured charcuterie, smoked in our Smokehouse less than 2 minutes trot from here, together with a taste of local award winning cheeses, Herb House olives, tomatoes, house baked bread and an apple & date chutney

### **RAW PICNIC BOARD**

A small mix of today's salads, a variety of root dips, dehydrated flaxseed vegetables crisps, crudités, raw inspired bread and mini kitchen tortilla

## Rooftop Herb Garden

Our Herbarium is a beautiful roof garden that truly consolidates the forest experience. Filled with fragrant herbs, including a mintarium, these herbs and their fragrances will be incorporated into many of our Raw and Cured dishes and juices during the summer season.



# Membership

## MEMBERSHIP OF HERB HOUSE AT LIME WOOD

Herb House is a truly special place for both relaxation and pampering as well as serious health and fitness.

We have three tiers of membership at Herb House, designed to allow you to make the most of your time with us, whatever your motivation, choosing the best and most suitable membership for you.

- **Full Works Membership** This is Herb House's most inclusive membership – and it's all about you! Designed to help you nourish mind, body and soul, it is all about a balanced approach to life. Fitness, relaxation, pampering, delicious food and time with friends and family.
- **All Access Membership** is designed for those who want to take a balanced and varied approach to their health. Join any group fitness class taken by our expertly trained instructors, workout in our gym or chill out in our spa facilities.
- **Club Membership** is designed for those who want to take time for themselves in our New Forest retreat and allows access to our spa facilities. Work out in the gym or re-energise and relax in our spa facilities.

All our memberships include 10% off all treatments and food and beverages in both the hotel and spa, plus 10% off all retail purchases in the shop.

Herb House at Lime Wood is inspired and surrounded by nature and a sense of intimacy and serenity has been achieved by its location and design. We want to make sure this calm is maintained so membership is limited.

All of our fitness instructors are fully qualified personal trainers, who have been trained by Matt Roberts and his team. They are available to advise members on fitness and nutrition, and one-to-one training or group training sessions can be booked with them.

All of our membership rates have a lifetime promise on them, so the rate you join at will stay with you for the duration of your membership, even if we increase our new members rates.

Members can enjoy delicious, natural and healthy food in our Raw & Cured food bar with no artificial or processed ingredients and locally-sourced ingredients.

For more information on membership, ask at our Herb House reception or email [membership@herbhousespa.co.uk](mailto:membership@herbhousespa.co.uk)



# Curated


by LIMEWOOD

## Our Shop

Curated is Herb House's one-stop-shop stocked with exclusive pieces from craftsmen, designers and creators across the worlds of art, fashion, beauty, and interior design; an edited collection of brands each chosen for their inspiring stories and shared dedication to our ethos of natural wellbeing.

We are committed to bringing brands to you that are working diligently to help make a difference in the world, addressing environmental and social concerns yet still producing high-quality collections.

With new and emerging brands sitting alongside established classic brands, you will find a unique range of ladies and men's swimwear, clothing and accessories as well as homeware, stationery, jewellery and beauty, as well as the boutique product houses, Bamford, VOYA and Sarah Chapman Skincare, that are used in our spa treatments.



# Herb House - Important Information and Spa Etiquette

## OPENING TIMES

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

### Raw and Cured

Monday to Saturday 7.30am – 6.30pm  
Sunday 7.30am – 7.30pm

### Spa, Fitness & Retail

Monday to Friday 6.30am – 9.00pm  
Saturday & Sunday 6.30am – 8.00pm

### Treatments

Monday to Sunday 10.00am – 8.00pm

## 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.

## SPA ARRIVAL

We advise you arrive 30 minutes prior to your treatment time to allow you to change into your robe 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 flip flops 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 can supply disposable underwear. For bath treatments, please bring your own swimwear.

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

## 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 AND 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. Use of the heat facilities is also not advised during pregnancy. Please inform your therapist that you are pregnant or breast-feeding.

## SPA ETIQUETTE

We'd like the 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. Smoking is not permitted in the Spa, Herb House Roof Garden or Raw & Cured terrace. Adult and children's flip flops are provided for you and must be worn at all times when walking around the interior of the Spa.

## CANCELLATION POLICY

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

**Treatments:** Cancellation within 48 hours / Non-attendance will incur a 100% charge.

**Day Spa Packages:** Cancellation within 72 hours / Non-attendance will incur a 100% charge.

## LITTLE NIPPERS POLICY

To maintain the sense of serenity of the Herb House most areas of the spa are for adults only.

- Children of Lime Wood hotel guests or Herb House Members are permitted in the Lap Pool at set times only. Please give us a call or ask at Reception for our current Little Nippers Timetable.
- All children under 18 must be accompanied by a parent or guardian and ensure that they respect the tranquility and relaxation of other guests. The pool floor may be slippery when wet so please walk around our pool, don't run. No diving or jumping in the water and no toys in the pool please. No children under 18 are allowed to use the other spa facilities, such as the hydro pool, steaming outdoor hot pool, gym, sauna and steam rooms.
- Children over the age of 10 must change in their own sex changing rooms. If this means they are unaccompanied, they should wait for their parents in the waiting area, before proceeding to the Lap Pool.
- Infants under three-years-old must wear our special swimmers' nappies. These can be collected from the Herb House reception.

Our childrens' policy may be subject to review.



#### 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, choose from one of our day spa 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.



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