




Poppinghole Farm Spa Retreat


Poppinghole Farm Cottages are pleased to announce the launch of Poppinghole Farm Spa Retreat. Treatments are available to all by an appointment.


The pamper room is set in the tranquil swimming pool complex. Our fully equipped treatment room and highly experienced therapists are there to ensure your pamper treatment is a relaxing and enjoyable experience, leaving you feeling de-stressed and exhilarated.

Treatments available include manicure, pedicure, depilatory waxing, skin specific facials, body therapy massages and hot stone therapy. Our treatments use the Elemis spa therapy products. Elemis with nearly 20 years experience in treating both men and women in the professional spa environment have developed in excess of 25 face and body therapies, Elemis provides real solutions for your skin and body concerns.

If you wish to book or discuss any treatments please contact us:

 01580 830622

 cottages@poppingholefarm.co.uk

 Poppinghole Farm, Poppinghole Lane, Robertsbridge, East Sussex, TN32 5BN

Our office is open weekdays from 9am – 6pm



Peppinghole Farm Spa Retreat

Eye Lash and Eye Brow Treatments.

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

Treatment	Price
Eye Lash Tint (up to 15 min)	£10.00
Eyebrow Tint (up to 10 min)	£5.00
Eyelash and Eye Brow Tint (up to 25 min)	£12.00
Eyebrow Shape (up to 15 min)	£6.00

Jessica Nails, Manicures and Pedicures.

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

Treatment	Price
Nail Shape and Paint, hands or feet (30 min)	£12.00
Manicure (up to 55 min)	£25.00
Deluxe Manicure (up to 1 hour 10min)	£40.00
French Manicure (up to 55 min)	£30.00
Pedicure (up to 50min)	£35.00
Deluxe Pedicure (up to 1 hour 10 min)	£45.00



Poppinghole Farm Spa Retreat

Depilatory Waxing Treatments.

Depilatory waxing treatments are offered for the removal of unwanted hair.

<i>Treatment</i>	<i>Price</i>
Depilatory Waxing ladies half leg	£15.00
Depilatory Waxing ladies full leg	£25.00
Depilatory Waxing ladies full leg and bikini	£30.00
Depilatory Waxing ladies half arm	£12.00
Depilatory Waxing ladies full arm	£18.00
Depilatory Waxing ladies bikini	£10.00
Depilatory Waxing ladies Brazilian	£28.00
Depilatory Waxing ladies Hollywood	£38.00
Depilatory Waxing ladies underarm	£10.00
Depilatory Waxing ladies lip or chin	£10.00
Depilatory Waxing ladies lip and chin	£15.00
Depilatory Waxing ladies eyebrows	£10.00
Depilatory Waxing gentlemen full back (including shoulders and top of arms where needed)	From £40.00
Depilatory Waxing gentlemen full chest	From £30.00
Depilatory Waxing gentlemen half arm	£20.00
Depilatory Waxing gentlemen full arm	£25.00



Peppingham Farm Spa Retreat

Elemis Skin Specific Facials.

Herbal Lavender Repair lasts 1 hour, for perfect restoration of skin balance.

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

Fruit Active Glow lasts for 1 hour, to bring back the glow to a lifeless complexion.

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Exotic Cream Moisture Dew lasts for 1 hour, treat your skin to a moisture boost.

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

<i>Treatment</i>	<i>Price</i>
Herbal Lavender Repair (60 min)	£40.00
Fruit Active Glow (60 min)	£40.00
Exotic Cream Moisture Dew (60 min)	£40.00



Poppinghole Farm Spa Retreat

Elemis Skin Solutions Facials.

Oxygen Skin Calm Facial lasts 1 hour 15mins, and is a pure soothing heaven for sensitive skin.

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

S.O.S Purifying Facial lasts 1 hour 15mins and is a purifying treatment for congested skin.

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

Modern Skin Facial lasts 1 hour, is designed for skin challenged by modern living.

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

<i>Treatment</i>	<i>Price</i>
Oxygen Skin Calm Facial (1 hour 15 min)	£50.00
S.O.S Purifying Facial (1 hour 15 min)	£50.00
Modern Skin Facial (60 min)	£50.00



Peppinghole Farm Spa Retreat

Elemis Advanced Anti-Ageing Facials.

Pro-Collagen Quartz Lift Facial lasts 1 hour 15mins, is an anti-wrinkle facial with proven results.

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

Visible Brilliance Facial lasts 1 hour 15mins, to combat ageing, stressed and slackened skin.

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

Tri-Enzyme Resurfacing Facial lasts 1 hour, to peel away the years for smoother, more radiant skin.

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

Treatment	Price
Pro-Collagen Quartz Lift Facial (1 hour 15 min)	£65.00
Visible Brilliance Facial (1 hour 15 min)	£65.00
Tri-Enzyme Resurfacing Facial (60 min)	£65.00



Peppinghamole Farm Spa Retreat

Elemis Facials for Men



Peppingham Farm Spa Retreat

Musclese Aroma Spa Ocean Wrap lasts 1 hour 15mins and is a powerful seaweed wrap for complete muscle relaxation.

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

<i>Treatment</i>	<i>Price</i>
Aroma Spa Ocean Wrap: Musclese	£40.00

Cellutox Aroma Spa Ocean Wrap lasts 1 hour 15mins and is a deeply detoxifying blend to decongest and stimulate the system.

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

<i>Treatment</i>	<i>Price</i>
Aroma Spa Ocean Wrap: Cellutox	£40.00



Peppinhole Farm Spa Retreat

Absolute Spa Ritual lasts 2 hours and is the ultimate skin and body therapy for maximum results.

Choose from one of the unique Elemis Advanced Anti-Ageing or Skin Solutions Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results!

<i>Treatment</i>	<i>Price</i>
Absolute Spa Ritual (Advanced Anti-Ageing Facial + Deep Tissue)	£90.00
Absolute Spa Ritual (Skin Solution Facial + Deep Tissue)	£90.00



Poppinghole Farm Spa Retreat

Deep Tissue Muscle Massage last 1 hour and is a deep rhythmic pressure massage.

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

Choose from:

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

<i>Treatment</i>	<i>Price</i>
Deep Tissue Muscle Massage – Stress Away	£40.00
Deep Tissue Massage – Spirit Reviver	£40.00
Deep Tissue Massage – Muscle Melt	£40.00
Deep Tissue Massage – Chakra Balancing	£40.00



Peppinghole Farm Spa Retreat

Deep Tissue Back Massage lasts 30mins for minimum time, maximum tension-relieving results.

Specifically targeting the back, shoulders and neck areas, where you need it most.

Choose from:

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

<i>Treatment</i>	<i>Price</i>
Deep Tissue Back Massage – Stress Away	£25.00
Deep Tissue Back Massage – Spirit Reviver	£25.00
Deep Tissue Back Massage – Muscle Melt	£25.00
Deep Tissue Back Massage – Chakra Balancing	£25.00



Peppinghole Farm Spa Retreat

Elemis Exotic therapy

Exotic Lime and Ginger Salt Glow lasts 30mins, leaves you invigorated, cleansed and polished to perfection.

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

Exotic Coconut Rub and Milk Ritual Wrap lasts 45mins and is pure sensuality to enliven the senses.

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

Exotic Frangipani Body Nourish Wrap lasts 45mins, for immediate softness and suppleness.

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin with moisture, this exotic therapy provides ultimate radiance, vitality and all over body glow.

<i>Treatment</i>	<i>Price</i>
Exotic Lime and Ginger Salt Glow	£30.00
Exotic Coconut Rub and Milk Ritual Wrap	£40.00
Exotic Frangipani Body Nourish Wrap	£40.00



Peppnghole Farm Spa Retreat

Face and Body Sensation lasts 55mins

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

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

<i>Treatment</i>	<i>Price</i>
The Face and Body Sensation – Re-Energiser (Pro-Collagen Quartz Lift)	£60.00
The Face and Body Sensation – Re-Energiser (Visible Brilliance)	£60.00
The Face and Body Sensation – Re-Energiser (Tri-Enzyme Resurfacing)	£60.00
The Face and Body Sensation – Tranquillity (Pro-Collagen Quartz Lift)	£60.00
The Face and Body Sensation – Tranquillity (Visible Brilliance)	£60.00
The Face and Body Sensation – Tranquillity (Tri-Enzyme Resurfacing)	£60.00



Peppinhole Farm Spa Retreat

Face and Body Sensation For Men lasts 55mins

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

- Skin IQ+ Men's Facial

<i>Treatment</i>	<i>Price</i>
The Face and Body Sensation – Re-Energiser (Skin IQ+)	£60.00
The Face and Body Sensation – Tranquillity (Skin IQ+)	£60.00



Poppinghole Farm Spa Retreat

Elemis Detox Therapy

Body Sculpting Cellulite and Colon Therapy lasts 1 hour, to redefine and smooth your silhouette.

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


<i>Treatment</i>	<i>Price</i>
Body Sculpting Cellulite and Colon Therapy	£60.00




Poppinghole Farm Spa Retreat

Contact Us

If you wish to book or discuss any treatments please contact us:

 01580 830622

 cottages@poppingholefarm.co.uk

 Poppinghole Farm, Poppinghole Lane, Robertsbridge, East Sussex, TN32
5BN

Our office is open weekdays from 9am – 6pm