



Visiting Ashdown Park for a spa treatment

We are looking forward to welcoming you to the hotel and will take pride in offering our spa treatments.

- Treatments should always be booked in advance and are subject to availability at the time of booking. We may have availability on arrival but this is not always the case and we don't want to disappoint.
- Credit card details are required when booking. Full payment of treatment is required upon departure including the discretionary 12.5% Service Charge. We are a cashless hotel and can only take cash in the correct amount as no change can be given.
- Please arrive 15 minutes before your appointment time to allow time for traffic and completion of a consultation form. If you are wishing to use the pool and hot tub you can do so for an additional fee. We recommend you do this before having a treatment to allow the products used to have maximum absorption. We can provide you with a locker and bathrobe if you are using the wet areas.
- As part of your treatment booking there is a Relaxation room that you can use before and after your treatment. This is for use only for guests who have booked a treatment. Water and Herbal teas are available complimentary for your enjoyment.
- Please do not attend your appointment if you have a cough or any cold or flu like symptoms, including a high temperature. Treatments should be cancelled within 24 hours of the appointment to avoid paying the cancellation fee.
- Please do not attend a treatment while under the influence of alcohol.
- To encourage full relaxation for yourself and other guests we would ask that you turn your mobile phones off.
- We reserve the right to end the treatment if you speak or act inappropriately.
- Lastly, we ask that wherever possible you are punctual for your appointment.

We look forward to welcoming you to the hotel soon and if you have any queries prior to your visit please do not hesitate to contact us on (01342) 824 988