Spa pioneers

BRITISH WELLBEING SINCE 1925
INNER CALM, OUTER BEAUTY – CHAMPNEYS IS THE PLACE TO SOOTHE AWAY THE STRESSES OF MODERN DAY LIVING, THE PLACE TO HIDE YOURSELF AWAY AND REAP THE BENEFITS OF TAKING TIME OUT, ALL IN COMPLETE COMFORT, WITH THE FINEST SPA TREATMENTS AROUND.

Synonymous with quality, our heritage ensures exceptionally high standards of both service and care. Whether you want to change the way you feel, the way you look or the way you live we have the know-how, plus four gorgeous country retreats to enhance your lifestyle and wellbeing.

Dorothy and Stephen Purdew
Owners of Champneys Health Resorts
THERE ARE FEW PLACES IN THE WORLD LIKE CHAMPNEYS TRING. STEEPED IN HISTORY, THIS ELEGANT ENGLISH STATELY HOME WAS OPENED AS A HEALTH FARM IN 1925 BY THE CELEBRATED NATUROPATH STANLEY LIEF, WHO PIONEERED THE CONCEPT OF HOLISTIC WELLBEING.

Today, Tring remains true to those roots – it is an outstanding health resort in the very heart of Hertfordshire, dedicated to the wellbeing of your mind, body and soul. Set in 170 acres of rolling parkland, a spa day at Tring will still your thoughts in a busy world. Little wonder it tops the A-list hot list for rest and relaxation with the launch of the new Detox & Wellbeing Centre.

We have a modern gym and cardio fitness theatre. Yet the Rothschild Mansion retains a delicious hint of history – take tea, perhaps in the graceful Drawing Room, roam the manicured grounds before an invigorating swim in the 25 metre pool. After a yoga or pilates class, flake out with a good book in the warm comfort of your room.
IN ESSENCE, THIS SETS US EVEN FURTHER APART FROM OTHER SPAS

TO STAY TRUE TO OUR INNOVATIVE HERITAGE, WE’VE COMPLETED A MULTI-MILLION POUND REFURBISHMENT TO OUR ORIGINAL SPA IN TRING.

We’ve created a new Detox and Wellbeing Centre - the perfect place to assist your body’s natural self-cleaning system and enhance your vitality. Our thalassotherapy relaxation area, sauna and steam room have all been revamped, ensuring maximum relaxation throughout your stay with us. This is beautifully complemented by our newly opened Medical and Wellbeing Centre, with onsite private GP service.

A new light diet menu has been introduced, focusing on delicious, nutritious food, using only the freshest of ingredients. Internationally renowned designer Martin Hulbert has transformed the restaurant and upgraded our bedrooms. Alongside our expert gardeners, Joe Swift has enhanced Tring’s grounds with an English meadow. The boutique, nail salon and hair salon have all been remodelled into a spacious and chic environment to shop and unwind.
FOREST MERE

EXCLUSIVE AND GLAMOROUS, FOREST MERE IS HIDDEN IN THE HEART OF HAMPSHIRE, GIVING IT SECLUDED QUALITY THAT ATTRACTIONS CELEBRITIES AND THOSE LOOKING FOR COMPLETE PEACE AND PRIVACY.

Breathtakingly beautiful, Forest Mere is located in the midst of mysterious woodland, that leads to the magnificent lake framing the hunting lodge.

Forest Mere is an exclusive retreat, blending its enchanting grounds with the latest spa facilities and an Alternative Health Clinic, where guests can experience healing therapies such as Reiki and Graphology. Alternatively, bathe in the UK's first Thalassotherapy pool or rejuvenate with mud treatments in the twilight Serail Rasul.
FOREST MERE

IN CELEBRATION OF FOREST MERE’S 50TH YEAR IN HEALTH AND WELLBEING, WE’RE MAKING SIGNIFICANT IMPROVEMENTS TO OUR SERVICES.

Set within the old house, the Mere Restaurant has seen a complete transformation with spaces designed for both light diet and private dining. The revamped café has been complemented with a menu inspired by our executive chefs. Brand new additions include the Mere Orangery, perfect for afternoon tea, whilst the Conference & Studio space enjoy serene lake views.

Just launched is our brand new Thermal Poolside Suite, designed to reinvigorate and revitalise. Together with a snow cabin, laconium, salt & oxygen room and hot tub - you’ll be immersed in relaxation. Our Champneys Boutique will be redesigned and stocked full of our new beauty products and the latest in fashion, pioneered by Retail Director, Isabelle Purdew. To ensure a good night’s rest, we’re also refurbishing our guest rooms with elegant relaxation areas.
SPRINGS

THE UK’S FIRST PURPOSE-BUILT HEALTH RESORT,
SPRINGS OFFERS A TRANQUIL SETTING WITH
EXCEPTIONALLY FRIENDLY SERVICE.

Everything has been designed with relaxation in mind from the
beautiful water walkway to the spacious lounge areas. Surrounded
by wide-open parklands, Springs combines light, airy spaces with a
warm and friendly atmosphere.

Springs makes a great venue for get-togethers, pampering escapes
and sport orientated breaks. Spa therapies from leading beauty
brands and a broad range of sumptuous Champneys treatments are
available including the signature Seaweed Wrap.

Springs is like a breath of fresh air, you will leave feeling
refreshed and revitalised.
HENLOW

HENLOW GRANGE BLENDS THE TRADITION OF THE OLD WITH A COSY ATMOSPHERE THAT MAKES EVERY GUEST FEEL AT HOME.

Henlow has a 40 year history as a health farm and has been a centre of peace for centuries. Cistercian monks once occupied The Grange, building the spectacular weir on the River Hiz that flows close to the house today. Only an hour from London, Henlow is an ideal country escape.

Decorated in the finest Georgian style, with opulent upholstered furniture, hand-painted walls and Venetian style mirrors. The heart of Henlow’s charm lies in its reverence to the past whilst providing the latest spa facilities such as the Thalassotherapy pool.
At Champneys we believe that true beauty can only come through health and wellbeing. Our spa therapists are trained to world-class standards and are on hand to give a personalised approach.

Our specialists use award-winning brands and honed techniques to gently reduce stress and strain, leaving you feeling rejuvenated.

Treatments include refreshing facials for all skin types, stress relieving massages, indulgent exfoliations and body wraps to shift unwanted toxins. Essential beauty maintenance, waxing, pedicures, manicures and make-up classes are all available – even a visit to our hair salon can be arranged.
WELLBEING

Many people visit Champneys to detoxify their mind and body. A combination of steam and sauna treatments, thalassotherapy, exercise, body treatments and healthy food are perfect ways to ‘spring clean’ your body as well as improve your energy levels.

Exercise is a vital ingredient in creating a healthy mind and body. It reduces stress, improves sleep, strengthens immunity and makes you feel happy and energised. Our fitness facilities are second to none, with a vast range of activities on offer and something to suit everyone.

One of the many delights of Champneys is the food, beautifully presented and a highlight of every stay. Our head chefs select only the freshest ingredients and our menus are carefully planned, relying on the principle of moderation, balance and variety.
HEALTH & HEALING

FOUNDED BY PIONEERING NATUROPATH STANLEY LIEF, THE CHAMPEYS NAME HAS BEEN SYNONYMOUS WITH HEALTH, WELLBEING AND BEAUTY SINCE 1925. WITH SUCH A RICH HERITAGE CHAMPEYS AIM IS TO INSPIRE A HEALTHY, ACTIVE LIFESTYLE.

Champneys offer a balanced approach to weight management aimed to suit your lifestyle. Our medical team, fitness experts and nutritionists will work with you to ensure a successful start to your programme, and create a long-term weight loss and maintenance plan that will help you make subtle, but practical, changes to both dietary and physical activities.

Our medical team are also on hand to conduct comprehensive medical, lifestyle and nutritional assessments, digestive health and food sensitivity testing, blood testing for cholesterol, diabetes and thyroid functions. Physiotherapy, osteopathy and deep tissue treatments are also available.
WE STRIVE TO MAKE A DIFFERENCE, WE ALWAYS WILL. OUR DETOX AND WELLBEING CENTRE – THE FIRST OF ITS KIND IN THE UK AND LAUNCHED AT CHAMPNEYS TRING IN CELEBRATION OF OUR 90TH ANNIVERSARY – SITS AT THE CENTRE OF OUR FOCUS TO RENEW AND REJUVENATE.

Past, present and future, whatever we do, it’s all about the nourishment of the mind, body and soul; it’s the Champneys way. Offering a range of water-based personalised treatments in a smart, ultra-modern purpose-built environment; this revolutionary hub has been designed to renew and reinvigorate with its feeling of ultimate serenity. Using the recuperative qualities of seawater, algae and marine minerals, our signature treatments have been carefully selected for their stimulating, cleansing effects on both the body and mind. By harnessing the richness of the sea, you will feel the benefits of its revitalising and rebalancing properties – vital components of health and wellbeing.
CORPORATE GIFTS & HOSPITALITY

Whethere it's a hospitality day for clients, a day to reward hard working staff or an inspiring location for a meeting conference, Champneys can provide exactly what you need.

Our stunning resorts provide inspirational havens for you to arrange as much, or as little as you want. Choose your day or stay and then customise it to your own specifications with added treatment packages, group or individual activities or more.

Bringing your clients to Champneys will forge stronger business links, inspire loyalty and leave them deeply impressed.
BEAUTY COLLEGE

CHAMPNEYS INTERNATIONAL COLLEGE OF HEALTH AND BEAUTY, RENOWNED FOR OUTSTANDING SUCCESS RATES AND CONSISTENTLY HIGH STANDARDS.

Set within the spacious grounds of Champneys Resort, Tring in Hertfordshire. The College enjoys a tranquil setting yet has excellent transport links to London and major motorways.

The College attracts students from all over the world and Champneys trained therapists are regarded as exceptionally professional and highly qualified beauty therapists able to take the most prestigious jobs available.

2016 has seen the launch of a new London Campus, partnered with LCCA.
MODERN LIFESTYLES ARE FAR MORE STRESSFUL THAN EVER BEFORE, LEAVING LITTLE TIME FOR RELAXATION. WITH CHAMPNEYS CITY SPAS IT’S EASIER TO TAKE SOME TIME OUT.

Champneys City Spas are located on the high street providing treatment rooms and pampering therapies, as well as those everyday must-haves such as manicures, pedicures and St. Tropez tanning treatments.

For those little spa products at home, you’ll find the Champneys Spa Collection, a range of products and gifts, plus a wide range of beauty products from high-end beauty companies such as Elemis and Decléor.
SPA PRODUCTS

LAUNCHED IN OCTOBER 2004, CHAMPNEYS AIM AND VISION WAS TO CHANGE THE WAY WOMEN BUY BEAUTY AND TO RECREATE THE INDULGENCE OF A SPA BREAK AT HOME.

Our newly developed range focuses on mood enhancing fragrances and improved textures all wrapped up in our vibrant new packaging. Champneys offer a comprehensive range of personal care products for both men and women. From skincare to bath and body products, extending into hand and foot care, nail colour, accessories, electrical products and gifts. Our products are available worldwide in Boots stores, our resorts, city spas and online.
HISTORY

1925
Champneys Tring opens as the first health spa in the UK

1981
The Purdew family purchase Henlow Grange in Bedfordshire

1990
Purchase Springs in Leicestershire; the first purpose built health spa in Britain

1996
Forest Mere in Hampshire is purchased and £14 million invested

2002
The Purdew family purchase the Champneys brand

2006
Champneys first city spa opens in Chichester

2011
The Purdew family purchase the Champneys brand

2015
Champneys celebrate 90th birthday with new Detox & Wellbeing Centre at Tring

2016
Champneys Collection launched with Boots International

2016 November
Eastwell Manor becomes part of the Champneys group. Champneys Beauty College London opens

2016 November
Forest Mere experiences improvements, including a Thermal Poolside Suite

2016
Champneys celebrate 90th birthday with new Detox & Wellbeing Centre at Tring