

THE GROVE 



# SEQUOIA SPA MEMBERSHIP



SEQUOIA







# BECOME A MEMBER AT SEQUOIA AT THE GROVE

Invest in your mind, body and soul with membership at Sequoia spa at The Grove. Nestled in the estate's picturesque 300 acres, this calming environment promises state-of-the-art fitness facilities, ample space to relax and unwind and a range of social events.

As well as access to Sequoia's facilities and services, your membership comes with some very welcome gifts and discounts on treatments, dining experiences, golf, activities and rooms at The Grove.





# EXTENSIVE FACILITIES

Members' Lounge

22-metre swimming pool

Jacuzzi

Steam room

Heat experiences

Relaxation room

18 treatment rooms

250m<sup>2</sup> fitness studio

100m<sup>2</sup> exercise studio

Outdoor terrace

Running and cycling trails

Sequoia Kitchen





## TWO LUXURY SKINCARE BRANDS

Products and treatments at Sequoia are courtesy of our two premium skincare brands – Bamford and Natura Bissé.

Bamford champions sustainable, natural skincare and was founded with the view that we all need to live consciously and respect our land and nature's resources.

Natura Bissé are dedicated in their mission to create revolutionary beauty experiences.





# INVEST IN YOUR MIND

Take time out of your busy schedule to relax and unwind. The swimming pool offers 22 metres of inky water in which to glide or there are 18 treatment rooms, where expert therapists will help to melt your stresses away. Elsewhere, you'll find ample space to wander in your robe, before sinking into a comfortable chair for a midday or evening moment of calm.









# INVEST IN YOUR BODY

With state-of-the-art Technogym and Peloton equipment, varied classes and a skilled team of personal trainers, Sequoia is home to fitness facilities quite unlike any other. But helping each member to achieve their goals extends beyond exercise, with a comprehensive health assessment, access to the My Wellness app, nutritionally-balanced menus and treatments to sculpt.









# INVEST IN YOUR SOUL

By taking advantage of our members-only events, you can certainly expect a full social schedule. Skincare masterclasses, creative workshops, inspiring talks and the annual party are all on the agenda. Alternatively, pour yourself a steaming cup of herbal tea and find a comfy spot to catch up with a fellow member or one of your guests.





# MEMBERSHIP PRIVILEGES

As well as helping you restore balance between mind, body and soul, your membership will give you access to a range of exclusive benefits.



## LOYALTY SCHEME

Following 12 consecutive months of membership, points will be awarded which can be exchanged for a range of complimentary rewards across the hotel. Members are rewarded for their continuity; the more years completed at Sequoia, the more points the member will receive.

## PRIORITY ACCESS

Be the first to receive details of upcoming events, offers and pop-ups at The Grove via our monthly spa member newsletter.

## MEMBERS' LOUNGE

Enjoy complimentary refreshments and light snacks, or flick through a magazine whilst waiting for a treatment.

## MEMBERS' EVENTS

Every month, the spa membership team put together a fun-filled schedule of social events, including masterclasses and theatre trips.



## STUDIO CLASSES

The exercise studio timetable features daily classes from meditation and yoga to indoor cycling and body conditioning.

## WALLED GARDEN PASS

Throughout the summer, members have the opportunity to use the Walled Garden and outdoor pool for a supplementary fee.

## FITNESS PLAN

Comprehensive health assessment and personal fitness induction plan.

## DISCOUNTS

Your membership includes a discount to be used across The Grove.







# BECOME A SPA MEMBER

Membership at Sequoia spa is so much more than a gym membership. It's a way of life. A way to restore balance and invest in your wellbeing.

Please note - our memberships start on the first day of each month.

## JOIN US

To arrange a visit or for further details

call our Spa Membership Team  
on **01923 295926**

or email  
**[spamembership@thegrove.co.uk](mailto:spamembership@thegrove.co.uk)**



# OPENING TIMES

## Monday – Friday

6am – 9pm

*(last entry 8:30pm)*

## Saturday – Sunday

8am – 8pm

*(last entry 7:30pm)*

# MEMBERSHIP FEES

Individual Membership

**£295 per month / £3,082 per year**

Joint Membership

**£525 per month / £5,522 per year**

A joining fee of £550 per individual (£900 joint) is applicable to all membership categories. Monthly fees are payable by direct debit. Annual fees must be paid in full in advance.

# GUEST FEES

Adult Guest Pass

**£35 per day**

Children's Swimming

**Complimentary**

Members can bring up to three guests per visit, subject to availability. Children aged 12+ can have swim sessions from 3–5pm, Monday to Sunday. Children must be accompanied by an adult at all times.

# PERSONAL TRAINING FEES

Personal Training Session

**£45 per hour (minus discount)**





# CLASS TIMETABLE

Scan to view  
our latest timetable







## MEMBERS' EVENTS

Scan to find  
out what's on

