

SEQUOIA

SPA MEMBERSHIP 2026

THE GROVE 

SEQUOIA

MEMBERSHIP INFORMATION

Revel in the ultimate relaxation at Sequoia Spa at The Grove. Within this peaceful oasis you'll discover a selection of facilities and experiences that will transform your wellbeing.

HEALTH AND FITNESS FACILITIES

- 22-metre indoor black mosaic-tiled swimming pool
- Poolside steam room and Jacuzzi
- Fitness studio equipped with Technogym, Visioweb and Peloton bikes
- CV equipment with integrated TV monitors
- Exercise studio with a range of complimentary classes including yoga, pilates and high-intensity aerobic sessions
- Running and cycling trails around The Grove's 300 acres
- Complimentary use of Anouska's children's swimming pool
- Spacious changing rooms equipped with robes, towels, hair dryers and luxury toiletries
- 18 treatment rooms with a bespoke menu of Bamford and Natura Bissé treatments
- Tranquillity room and Relaxation room – perfect for unwinding before and after treatments
- Heat Experience area offering a range of experiences to stimulate the senses, cleanse the body and help you relax
- Saunas in male and female changing rooms
- Steam room in male changing room
- Exclusive members' lounge serving complimentary beverages and light snacks
- Sequoia Kitchen where you can tuck in to nourishing poke bowls, refreshing juices and more
- Outdoor spa terrace, open seasonally and the perfect spot to soak up the sunshine

NEW JOINER BENEFITS

- Comprehensive health assessment and personal fitness induction plan
- New joiners will receive a Sequoia gym bag, Technogym water bottle and Sequoia flip flops

- Access to the Sequoia Members' App to track your fitness goals

OPENING TIMES

SEQUOIA	Monday to Friday	06:00–21:00	Last Entry 20:30
	Saturday to Sunday	07:30–20:00	Last Entry 19.30

SEQUOIA KITCHEN

Monday to Sunday	07:00–18:00
Food served between	11:00–16:00

HEAT EXPERIENCE AREA

(Open to female members only)

Monday to Friday	06:00–09:30 18:30–21:00
Saturday to Sunday	07:30–09:30 18:30–20:00

The Heat Experience Area is exclusive to female treatment guests only between the hours of 09:30–18:30 daily

RELAXATION ROOM & TRANQUILITY ROOM

The Relaxation room and Tranquillity room are only available to those members who are enjoying treatments at Sequoia and may not be used at any other time

MEMBERS' LOUNGE

Monday to Sunday Available all day but serviced between
07:00–16:00

ANOUSKA'S CHILDREN'S POOL

Monday to Sunday 10:00–18:00

CHILDREN AT SEQUOIA

- Membership of Sequoia is available to anyone aged 16 and over
- Children under the age of 12 are not permitted into Sequoia at any time
- Anouska's children's swimming pool is available for members' children under the age of 12
- Members' children between the ages of 12 and 16 may use the indoor pool only between the hours of 15:00–17:00 Monday to Sunday, and a parent or guardian must accompany them at all times
- Children must be accompanied by a parent or guardian and use the same gender changing room

- Parents and guardians must keep their children under control and remind the children to observe the peace and tranquillity of all areas in Sequoia
- Children under 16 years of age are not permitted in the Jacuzzi, sauna or steam rooms at any times
- Children are not allowed in the dining spaces or members' lounge at any time

WALLED GARDEN

Spa members who pay annually and those who have more than 12 months' loyalty have the opportunity to upgrade their membership to include use of the Walled Garden. Strictly exclusive to guarantee a truly special experience, our Walled Garden memberships are issued annually for the season of April–September*.

Within the Walled Garden, you will find two artificial grass tennis courts, a 25-metre heated outdoor swimming pool, private beach complete with a beach volleyball court and gazebo bar for beverages and light snacks (members receive their membership discount on the gazebo bar). Also in the Walled Garden you'll find the games room in the Potting Shed, outdoor activities such as croquet, chess and lawn bowls and changing facilities.

The Walled Garden opening dates are traditionally published in March.

*Available Monday–Friday only and excluding bank holidays.

YOUR MEMBERSHIP PRIVILEGES

As a Sequoia member, you can enjoy the following membership privileges. Discounts are subject to availability and certain terms and conditions, as stated below. Please ensure you have your membership card with you at all times in order to receive your discounts.

Members who have completed 0–9 years of consecutive Sequoia membership receive a 10% discount in The Grove outlets

Members who have completed 10+ years of consecutive Sequoia membership receive a 20% discount in The Grove outlets

SEQUOIA SPA AND STAYING AT THE GROVE

Members will receive their membership discount on all spa treatments and product ranges at Sequoia. To book a treatment, please call Spa Reservations on 01923 296010

Members will receive their membership discount on overnight stays at The Grove. Discount valid anytime, subject to availability. Please call Resort Reservations on 01923 296010 to book

GOLF AT THE GROVE

Sequoia members will receive their membership discount on green fees, retail, rental items (inclusive of buggies) and instruction (not on packages such as the Game Changer or 6 for 5). The discount applies for the spa member and up to three guests, of which the spa member must be included. Instruction will only be extended to the spa member and not their guests. Please call

Tee Times on 01923 294266 for more information*

Spa members are entitled to use their discount (upon presenting their membership card) in the Halfway House. This includes the refreshment cart.

Members' discount is not available for golf days or competition entries.

DINING AT THE GROVE

As a member you can book up to two months in advance at The Glasshouse, The Stables and Madhu's* restaurants. There is no limit to the number of advance bookings you can make.

You will receive your member discount at all times in the following food outlets: The Glasshouse, The Stables, the Lounges, Halfway House, Sequoia Kitchen and the Walled Garden Gazebo**. Discount is applicable to parties of a maximum of four and is also applicable when purchasing beverages only. Please contact our Resort Reservations team on 01923 296010 to book your table.

*Spa member discounts cannot be redeemed on Fridays, Saturdays and Sundays at Madhu's.

**Dining discount is not applicable for any of our pop-up restaurants

ACTIVITIES

Members receive complimentary use of the bikes located at the Activities Centre and discount on all other activities all year round. Activities include laser clay pigeon shooting, woodland axe-throwing and archery. Discount is available for the spa member and up to three guests, of which the spa member must be included. Please call our Activities Centre on 01923 296049 for further information and to book.

MEETINGS AT THE GROVE

Members will receive their membership discount on daily delegate rates for up to 20 guests. Please call 01923 296020 or email events@thegrove.co.uk for details and to book.

MEMBERS' LOUNGE

Members receive complimentary tea and coffee throughout the day in the exclusive members-only lounge, as well as fresh fruit, yoghurt and granola. Juice is also available following fitness classes in the studio.

EVENTS

With membership you will have access to a range of exclusive members-only events, as well as our annual complimentary members' party held at The Grove.

GUESTS

Members can bring a guest* in for the day to use the facilities at Sequoia. The cost is £35 per day, per guest. Alternatively, you may use a guest pass.

*Members may bring a maximum of three guests in at one time

MEMBERSHIP LOYALTY

Following 12 consecutive months of membership, you will be entitled to access our loyalty scheme and be awarded points on an annual basis which can be exchanged for a range of complimentary services*. These include dining experiences and spa treatments**.

Members are rewarded for their continuity – the more years as a member of Sequoia, the more points you will receive.

When five consecutive years of membership have been completed, the member will receive an overnight stay for two in a West Wing superior room with dinner at The Glasshouse (including a bottle of house wine) and breakfast voucher.

Upon a member's renewal every five years after this, the member will receive an overnight stay for two in a mansion room with dinner at The Glasshouse (including a bottle of house wine) and breakfast voucher.

* Loyalty points must be used by the named member only and cannot be transferred. Points cannot be extended other than to reflect medical suspension. The complimentary services are subject to terms and conditions as outlined on the Playmore app

**All services are subject to availability

MEMBER REFERRAL INCENTIVE

If an active Sequoia member refers a friend or family member to sign up to our spa membership, they will be entitled to a member referral gift. The member referral gifts are;

- An overnight stay in the mansion with dinner at The Glasshouse, including a bottle of house wine.
- Dinner for four at The Glasshouse
- A round of golf on our championship course for four people

T&Cs

Monthly member

If the friend or family member proceeds with monthly membership then the referrer will need to wait until the friend or family member has completed three consecutive months of membership to redeem their member referral gift.

Annual member

If the friend or family member proceeds with annual membership then the referrer will receive their member referral gift immediately.

Please note, a referral gift is only applicable when the new member has paid a joining fee. Ex members reactivating their Sequoia membership are not included within the Member Referral Incentive Scheme