



FAIRMONT SPA
& WELLNESS

WINDSOR PARK



Located on the edge of Windsor Great Park and Savill Gardens, Fairmont Spa & Wellness offers the ultimate approach to wellness, inspired by nature. Setting an unprecedented standard in UK wellness, the experience extends beyond the spa to create an oasis of tranquillity across the retreat. Our passionate team of wellness experts are committed to providing every member with a transformational experience for body, mind, and spirit in a serene and luxurious setting.

The Fairmont Spa & Wellness consultation and wellness pathway is entirely personalised. The facilities, spanning 2,500m², have been designed to bring together the relaxation of a 5-star spa with the experience and innovation of a spa clinic, enabling you to make lasting changes to your life.

HEALTH IS A STATE OF COMPLETE
HARMONY OF THE BODY, MIND AND
SPIRIT.



B.K.S. IYENGAR



FACILITIES & SERVICES

Fairmont Spa & Wellness has reimagined the concept of wellness to focus entirely on a personal approach to physical and mental healing. The facilities and services have been designed and carefully selected to reflect an ethos of continuous self-improvement.

The experience we provide is truly indulgent for the senses. To revitalise, nourish or relax, our luxurious offering will make you feel like a fresher and calmer version of yourself.

FACILITIES & SERVICES

- 20m Indoor Pool and Courtyard Hydrotherapy Vitality Pool
- Thermal Suite including Sauna, Steam, Ice Fountain and Hot Tub
- Japanese Ashiyu foot ritual bath
- Cryotherapy Chamber (Cryotherapy Membership)
- Six-person traditional Marble Hammam
- Private Spa Suite with Rasul & Hot Tub
- Three outdoor tennis courts
- Indoor and outdoor gym
- Health Assessments with cardiac stress test & lifestyle review
- 4D Scanning accurate to within 3mm
- Wellness Suite, Mind & Body Studio, Reformer Studio and Group Cycling Studio
- Personal Training
- Pilates Reformer One-to-One
- Sports Performance Coaching
- Injury Rehabilitation
- Massage
- Hair Salon
- Precision maintenance in the Finishing Studio
- Barbering by Truefitt & Hill
- Colon Hydrotherapy
- Dry Flotation
- Vitamin Infusions
- Osteopathy, Physiotherapy & Homeopathy

WELLNESS SUITE

The 272m² Wellness Suite has been skilfully curated by renowned industry experts. Equipped with the highest specification Technogym Artis cardio and strength range, selected for its seamless design and empowering the most exciting training experiences. A selection of additional best-in-class equipment complements a bespoke exercise and movement programme for every member's needs.

CLASSES & STUDIOS

With over 70 classes a week and three dedicated studios to choose from, your wellness journey will fit your timetable.

A dedicated Mind & Body Studio offering a wide variety of both yin and yang classes in a small group setting. From Restorative, Candle-lit Yin, Sound Healing to Hot Yoga, Mat Pilates, Barre and Aerial Yoga.

Movement and Mindfulness is also taken outside with Nordic Walking and Forest Bathing.

Our Reformer Studio, with six Reformer beds hosts classical Pilates movement therapy, with group classes and private classes available.

Or if your focus is on raising your heartrate and stepping up your game then the Group Cycling Studio and our Gym Floor HIIT Classes can transform your energy to achievement, ensuring you are getting the results you want.

Additionally, with our outdoor fitness equipment and gym you can have fun in the fresh air, accomplish a goal and find encouragement and motivation in Cross Fit classes with the Fairmont Windsor Park community.

CRYOTHERAPY

Electric powered, nitrogen free Whole-Body Therapy (WBT) uses air to maximise the experience. A systemic anti-inflammatory treatment involving skin exposure to ultra-low temperatures up to -110°C for a brief, controlled time, inciting vasoconstriction and leading to a vast array of physical and mental benefits. Clients who have undergone our Whole-Body Cryotherapy say they experience a multitude of benefits, including feeling rejuvenated, a feeling of wellbeing, improvement in athletic performance and having more energy. Designed to supplement health and wellness programmes whether used for sports, wellness or medical treatments, applications include:

- Metabolic boost
- Anti-ageing
- Energy elevator
- Mood enhancing
- Immunity and anti-inflammatory support
- Better sleep
- Recovery from muscle pain and injury
- Reduction of migraine symptoms

TRUEFIT & HILL

Fairmont Spa & Wellness has partnered with Truefitt & Hill. Since 1805 they have been recognised as the world's oldest and finest traditional gentlemen's barber and perfumer in London, providing the finest in grooming products and services. Enjoy a traditional hot towel wet shave, haircut and shoe shine for that special engagement, business meeting or simply just to relax and unwind.

THE GREATEST GIFT YOU CAN GIVE
YOURSELF IS A LITTLE BIT OF YOUR OWN
ATTENTION. ”

ANTHONY J. D'ANGELO

HAIR

Renowned for highly trained and passionate staff, our Hair Salon delivers the highest standards of service and use only the finest hair products from world leading brands. Our services include cutting and styling, colour, colour correction, smoothing, extensions, bridal and special occasion hair.

NAILS

Our nail treatments are sensitive to health and wellness and respect the environment. We strive to deliver a healthier manicure by treating and repairing damaged nails and are proud to be formulated to be 12-free, certified vegan, cruelty-free and halal.

SKINCARE

Following more than 20 years of research, our skincare partner brand delivers high-end, clean, result-driven, sustainable skincare, combining the best of science and nature. We help the skin's ecosystem reach its optimal balance and vitality in an ever-changing environment.

RITUALS & MASSAGES

In a world of constant stimuli and daily demands, let us melt away the stresses of modern living with the power of nature's finest remedies. Step into a world of time honoured Ayurvedic techniques and personalised treatments designed to deliver transformative results.

HAMMAM

Authentic and true to its origins our Hammam experiences offer some of the oldest cleansing rituals in the world. We have celebrated the wisdom from ancient Moroccan beauty rituals and offer them to guests in a stunning yet relaxing environment.



MEMBERSHIP BENEFITS

Wellness is not just about hitting a treadmill or reaching one physical goal. A membership at Fairmont Spa & Wellness means joining a world where the art of wellness wraps itself around you as a whole person. It is about self-care and enjoying a continuous positive journey towards wellbeing. Becoming a member at Fairmont Spa & Wellness is being part of an exclusive group, enjoying all of our facilities, classes and expertise.

MEMBERSHIP BENEFITS

- Comprehensive Health Status Review and Wellness Pathway following our unique 5 Method
- Complimentary 30 min Signature Experience upon joining
- Four 4D scans per year
- Quarterly progress, programme and lifestyle review
- Access to 70 studio classes per week
- One complimentary Personal Training session
- Complimentary 30 min Signature Treatment or 30 min Hammam
- One complimentary Cryotherapy session
- Complimentary crafted herbal tea and fresh fruit
- Twelve Guest Passes per year
- Fairmont Windsor Park water bottle
- Technogym heart rate monitor
- Members Social Events
- Members Annual Drinks Reception

PREFERENTIAL RATES

The membership benefits do not stop at the Spa & Wellness, as a member you may also enjoy preferential rates on an exclusive selection of services as follows:

- All hotel restaurants and bars (10%)
- The Finishing Studio (10%)
- Hair salon and Truefitt & Hill barbers (10%)
- Events and room-hire
- Buckinghamshire Golf Club
- Dry cleaning & valet parking
- The Salutaris VIP Spa Suite & Hammam
- The Face Bible Aesthetics Clinic (15% discount, T&Cs apply)
- Access to the Hotel Concierge



EAT & DRINK

As a member of Fairmont Spa & Wellness you receive preferential rates at the restaurants and bars of Fairmont Windsor Park. Whatever the occasion, our restaurants and bars will provide the perfect setting. For an unrivalled dining experience from fine dining, afternoon tea, informal all-day dining and health conscious, to several exciting bars, this is truly a culinary destination.



An intimate and beautiful setting where you can enjoy the best of British cuisine. Locally grown products, a carefully selected wine list and excellent service complement an unforgettable experience for guests to discover an array of new flavours.



Enjoy an extensive range of teas accompanied by exquisite sandwiches and sweet treats, expertly hand crafted by our passionate Pâtisserie and Chocolatier team. Outstanding presentation of home-made food served with world class teas and fine Champagne.



This spacious restaurant, overlooking an outdoor terrace, is a unique culinary experience which captures original and authentic flavours to create an exceptional fusion of European and Middle-Eastern food, showcasing ingredients from local producers.



A haven for gin-lovers with a menu that offers a wide range of unique gins, including our own bespoke gin. You can also enjoy a range of gin masterclasses, from premium tastings to entertaining mixology classes.



Our wellbeing restaurant situated inside our spa facility offers a relaxing, private and casual dining experience. The menu features a range of healthy options and our Wellness Chef can also design a dish just for you.



Combining authentic features from the original mansion house, such as a cosy fireplace, this stunning lounge is available for daytime meetings and private events and as a lounge in the evening, serving cocktails, whiskies, brandies, and cold beverages.



CHANGE HAPPENS THROUGH MOVEMENT,
AND MOVEMENT HEALS.

JOSEPH PILATES

MEMBERSHIP FEES

	MON-SUN	MON-FRI
INDIVIDUAL MEMBERSHIP		
Joining Fee	£600	£500
Monthly (DD)	£280	£225
Annual	£3,024	£2,430
JOINT MEMBERSHIP		
Joining Fee	£1,000	£900
Monthly (DD)	£480	£380
Annual	£5,184	£4,104
FAMILY JOINT MEMBERSHIP		
Joining Fee	£1,600	£1,400
Monthly (DD)	£650	£520
Annual	£7,020	£5,832

CRYOTHERAPY MEMBERSHIP

Monthly (Mon-Sun)	£550
3 Months	£1,500
6 Months	£2,999
1 Year	£5,996

OPENING TIMES

GYM OPEN 24 HOURS – STAFFED AS FOLLOWS:

Mon - Fri 06:00 - 21:30

Sat - Sun 07:00 - 20:00

INDOOR POOL, THERMAL SUITE & HYDROTHERAPY POOL

Mon - Fri 06:00 - 21:00

Family Swim 10:00 - 12:00 & 14:00 - 16:00

Sat - Sun 07:00 - 20:00

Family Swim 10:00 - 12:00 & 16:00 - 18:00

GREENS WELLNESS CAFÉ

Daily 06:00 - Early evening

MEMBERSHIPS & ENQUIRIES

+44 (0) 7741 246287

Membership.WindsorPark@Fairmont.com

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Fairmont-WindsorPark.com



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