



WATERHAVEN PLACE

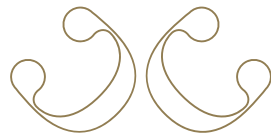
CHICHESTER

Enrichment
and Wellbeing

Welcome

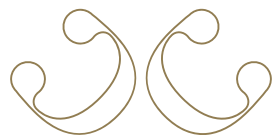
Welcome to Life at Connaught Care which is about so much more than care alone. On the following pages, you'll find a taste of the activities, outings, and experiences on offer each week alongside our Spa, Beauty, Hair & Barbering menu. From gentle exercise and creative workshops to holistic treatments and days out, every activity, treatment and outing shown here is already included in your weekly fee.

Whatever brings you joy, connection or a little indulgence, it's simply part of everyday life here.





Activities





SPORTS & FITNESS

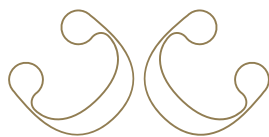
Bespoke Gentle Exercise Sessions

Scenic Garden Walks and Nature Strolls

One-to-One Personal Training for Strength, Balance and Mobility

Dance and Movement Classes

Indoor and Outdoor Recreational Games





CREATIVITY & ARTS

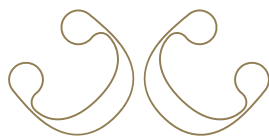
Seasonal Flower Arranging

Art Classes and Watercolour Painting Sessions

Pottery and Sculpture with Champagne

Artisanal Crochet and Knitting

Luxury Calligraphy and Letter Writing Workshops





CULINARY CREATIONS

Gourmet Cooking

Baking including traditional family favourites

Chocolate making workshops

CINEMA, THEATRE & ENTERTAINMENT

Curated Film Screenings in Our Private Cinema

Live Theatre Performances

Evenings at the Theatre and Cultural Performances





WELLBEING & MINDFULNESS

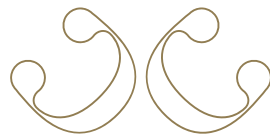
Serene Guided Meditation

Holistic Massage Therapy

Mindfulness Breathing Exercises

Enchanting Music Therapy

Mood-lifting Pet Therapy





LOCAL EXCURSIONS, & COMMUNITY LIFE

Visits to Local Museums and Art Galleries

Peaceful Walks Through Beautiful Parks and Gardens

Relaxed Outings to Quality Retail Destinations

Scenic Strolls in Charming Surroundings

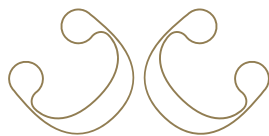
Trips to Wildlife Parks and Nature Reserves

Visits to Local Vineyards and Countryside Estates

Enjoyable Visits from Local Nursery Groups and Schools

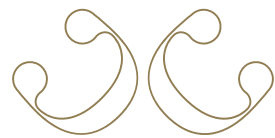
Involvement in Uplifting Community Projects and Events

Heartfelt Support for Charitable Causes and Fundraisers



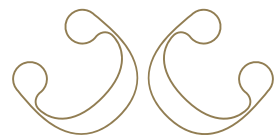


Spa & Hairdressing





Hair Care



Hair Care

Our in-house Hairdressers provide tailored hair services that honour individual choice. Each treatment is thoughtfully delivered to ensure comfort, relaxation, and a sense of personal wellbeing.

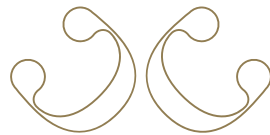
CUTTING & STYLING

- ▶ **Cut & Blow-Dry** - A refreshed, polished style tailored to your preferences.
- ▶ **Dry Cut** - Quick tidy or trim for convenience.
- ▶ **Blow-Dry Finish** - Smooth, voluminous, or curled, including tonged styles as desired.
- ▶ **Shampoo & Set** - Classic setting with rollers for long-lasting shape & hold.

COLOURING SERVICES

(All colour services include a consultation and skin test)

- ▶ **Full Head Permanent Colour** - Complete coverage for a rich, even finish.
- ▶ **Re-Growth Colour / Root Tint** - Maintain fresh colour with targeted root application.
- ▶ **Full Head Tint** - All-over tinting for depth and shine.
- ▶ **Semi-Permanent Colour** - Gentle colour enhancement for tone, gloss & conditioning.



Hair Care

TEXTURE & SPECIALIST TREATMENTS

- ▶ Permanent Wave (Perm) - For added body, curls, or soft waves.
- ▶ Deep Conditioning Treatment - Intensive nourishment to restore softness & strength.

GENTLEMEN'S GROOMING

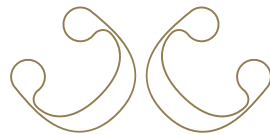
- ▶ Men's Cut - Tailored trim or restyle for comfort & smart presentation.
- ▶ Men's Blow-Dry / Finish - Neat drying and styling.
- ▶ Men's Colour Blending - Gentle blending or full coverage for grey reduction.

THE AFTERNOON INDULGENCE COLLECTION:

Lady of Distinction - Blowdry and Bubbles
A personalised blow-dry or set, delivered with comfort and care, accompanied by sparkling elderflower or champagne.

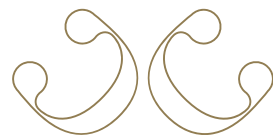
THE DISTINGUISHED GENTLEMAN

A relaxing hair wash with a soothing scalp massage, paired with a gentle beard tidy or hot-towel facial refresh. The experience is complemented by a light grazing selection and drinks.





Spa & Wellbeing



Spa & Wellbeing

Our spa experiences are designed to relax, restore, and uplift, with every treatment thoughtfully personalised to ensure comfort and enjoyment.

MASSAGE THERAPY

Our massage therapies combine skill and care to melt away tension, leaving you feeling restored, relaxed, and revitalised.

- Back, Neck & Shoulder Massage
- Back Massage
- Neck Massage
- Hand & Arm Massage
- Leg Massage
- Foot & Lower Leg Massage
- Full Body Massage - pressure sensitively adapted for comfort.
- Head Massage

FACIAL TREATMENTS

Indulge in a 30 minute personalised facial, thoughtfully tailored to your skin type and sensitivity. Using gentle, nourishing techniques, this treatment soothes, hydrates, and revitalises, leaving your complexion refreshed, radiant, and deeply comforted - a perfect mini escape for wellbeing and relaxation.

HAND & FOOT CARE

Soothing treatments to refresh and tidy hands and feet.

- Manicure (with polish)
- Pedicure (with polish)



Spa & Wellbeing

HAIR REMOVAL SERVICES

Gentle hair removal delivered with care and attention to comfort.

- Lip, Chin & Brow
- Body

GENTLEMEN'S TREATMENTS

Thoughtfully tailored treatments for men, combining grooming, comfort, and indulgent relaxation.

GENTLEMEN'S FACIAL TREATMENTS

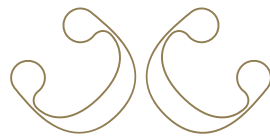
- Hydrating Facial - A calming treatment to soothe and moisturise the skin.

GENTLEMEN'S HAND & FOOT GROOMING

- Executive Hand Grooming - Nail shaping, gentle buffing, and moisturising.
- Foot Cleanse & Care - A soothing soak, hydration, and light comfort massage.

GENTLEMEN'S GROOMING TOUCHES

- Hot Towel Facial Refresh - A soothing warm-towel cleanse to soften the skin and leave the face feeling refreshed.
- Beard Tidy & Conditioning - A gentle shape and nourish treatment to keep facial hair soft, neat, and comfortable.



Spa & Wellbeing

THE AFTERNOON INDULGENCE COLLECTION

The Distinguished Lady

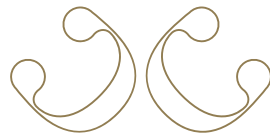
Enjoy a rejuvenating facial or a perfectly polished manicure, thoughtfully tailored for comfort and indulgence. The experience is complemented by a delicate sweet treat and a soothing cup of tea, creating a refined moment of relaxation and elegance.

Double Dose of Decadence

Share a moment of indulgence with a loved one, enjoying a manicure or pedicure and a glass of your favourite bubbly, complimented by a delicate afternoon tea selection.

The Gentleman's Reprieve

A restorative hand and forearm massage with a precision nail tidy, using warming oils to release tension and improve circulation. Finished with freshly brewed tea and warm artisan pastries.





Distinctly Different

Waterhaven Place, Luxury Care Home

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PART OF THE CONNAUGHT CARE COLLECTION