

## **Pamper Day with Three Treatments for Two**

### **KEY INFORMATION**

The treatments last approximately 1 hour in total and the facilities are available all day.

The package is for two people, but there will be other people using the health club facilities.

Unfortunately you cannot bring spectators.

Please inform the spa of any skin allergies or medical conditions that may affect you taking part. A health check will be required which may result in the spa requesting a medical certificate.

You must be at least 18 years old to participate in this activity.

This experience is available Monday to Sunday, throughout the year. You must take your experience before the voucher expiry date.

### **LOCATIONS**

Kent, Ashford; South Yorkshire, Barnsley; Staffordshire, Burton-on-Trent; Cumbria, Carlisle; Inverness-shire, Inverness; Leicestershire, Leicester; Bedfordshire, Luton; Greater Manchester, Manchester; Buckinghamshire, Milton Keynes; Perthshire, Perth; West Midlands, Solihull; West Midlands, Sutton Coldfield; Staffordshire, Tamworth; North Yorkshire, York; West Midlands, Birmingham; Essex, Chafford Hundred; Stirlingshire, Falkirk; Fife, Dunfermline; Nottinghamshire, Mansfield; Durham, Darlington; Midlothian, Edinburgh; Oxfordshire, Banbury; Kent, Broadstairs; Norfolk, Norwich; Greater Manchester, Ashford; Durham, Durham;

### **DESCRIPTION**

Treat yourself and a friend to three fabulous treatments each including a 25 minute Energising Facial, 25 minute Swedish Back, Neck and Shoulder massage and an Eyebrow Shape or Nail File and Polish. You can then feel healthy, fit and relaxed at the spa's adjoining health and fitness club.

The facial is designed to give a quick, instant pick-me-up by cleansing, rehydrating and rebalancing the skin to leave you feeling fully refreshed. The massage is designed to target key areas that hold stress and can relieve muscle aches and pains. It is excellent for knots in shoulders and will boost your general sense of well-being.

Your treatments will normally be carried out in conjunction with each other (in other words you may well have your nail polish at the same time as your facial).

On arrival you will meet with one of the health club's receptionists who will confirm the time of your treatments, where to go to have them and what is available for you to use. You will have full access to the clubs facilities including an extensive air conditioned gym, classes including Tai Chi, pilates, boxercise, aerobics etc (subject to availability), pool, Jacuzzi, sauna and steam room.