

## Pamper Treat Spa Day for Two

### KEY INFORMATION

The total treatment will be 25 minutes and the facilities can be enjoyed all day.

This experience is not suitable for spectators you are welcome to bring friends and family however they will need to pay on the day.

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

The minimum age for this experience is 18 years old.

This experience is available Monday to Sunday with limited weekend availability, throughout the year.

### LOCATIONS

Kent, Ashford; South Yorkshire, Barnsley; Staffordshire, Burton-on-Trent; Cumbria, Carlisle; Inverness-shire, Inverness; Leicestershire, Leicester; Midlothian, Newcraighall; Bedfordshire, Luton; Greater Manchester, Manchester; Buckinghamshire, Milton Keynes; Perthshire, Perth; Cambridgeshire, Peterborough; West Midlands, Sutton Coldfield; Staffordshire, Tamworth; North Yorkshire, York; West Midlands, Birmingham; Stirlingshire, Falkirk; Fife, Dunfermline; Nottinghamshire, Mansfield; Durham, Darlington; Midlothian, Edinburgh; Kent, Broadstairs; Norfolk, Norwich; Bedfordshire, Stotfold; Greater Manchester, Ashford; Durham, Durham; Aberdeenshire, Danestone; West Yorkshire, Wakefield; Lancashire, Blackpool; Cheshire, Crewe; Surrey, Weybridg

### DESCRIPTION

Enjoy a relaxing pamper day for two with a choice of two mini treatments each. One of the UK's leading health club operators welcomes you and your guest to your choice of one of the 29 spa locations for an entire day of relaxation.

Treat yourself and a friend to two mini treatments each with a total of 25 minute treatment time as you unwind, diminish stress and soak in the tranquil atmosphere.

You each may choose two from the following:

\*Mini Swedish Back Massage

\*Scalp Massage

\*Welcome Touch Facial

\*Nail File and Paint

\*Bamboo Leg Massage

\*Bamboo Mini Back Massage

While the facial is designed to revitalize and enhance your complexion by cleansing, rehydrating and rebalancing the skin, the massage will target key areas that hold stress and banish any aches, pains and knots that result from hectic, daily life. The nail file and polish and the defining eyebrow shape regimes will leave you feeling truly indulged, as the scalp massage eases you in to total relaxation. Each treatment will normally take place in conjunction, allowing you to experience total revival simultaneously. Please note the included treatments are Express Taster Treatments; however upgrades are available, so please check on booking. Following your treatments, spend the rest of your day enjoying unlimited use of the health and fitness club facilities. Typically, an extensive air-conditioned gym, pool, spa pool, steam room and sauna, are included, as well as a program of fitnesses classes to suit any exercise ritual.

Whether you wish to spend your day toning and strengthening your mind or your body, relax, unwind and enjoy a day of superb pampering heaven.