



Day Spa Experiences

There is no better way to relax than with one of our luxurious day spa experiences. Whether you are celebrating a hen party, birthday or anniversary, or are just in need of some serious pampering, our Spa 6 packages have been designed to rejuvenate body, mind and spirit to ensure you have a day to remember.

Take your time and enjoy full use of all our facilities on this comprehensive spa journey. You will be provided with a fluffy robe, towel and slippers for use throughout your stay. Then it is up to you to choose which experience you would like to try first, whether it is a refreshing dip in the hydro pool, a workout in the gym, some pampering in the heat experience suites or some quality time in the relaxation area.

Our changing facilities are fully equipped with toiletries and hair dryers, so just pack a swimming costume and gym kit if you wish to make use of the pool, heat therapies or state-of-the-art gymnasium.

All of our packages include a delicious lunch or afternoon tea as well as refreshments.

Together We Spa - £92 per person

Spa pampering designed for two. Enjoy the company of a friend or loved one.

The package includes:

- Rasul Ritual for two
- Aroma Back Massage for two *(The massage can, on request, be performed in our dual room.)*

Wishing for a Spa - £115

Wish no longer, come and escape to the serenity of Spa 6. Relax and unwind with this classic spa day.

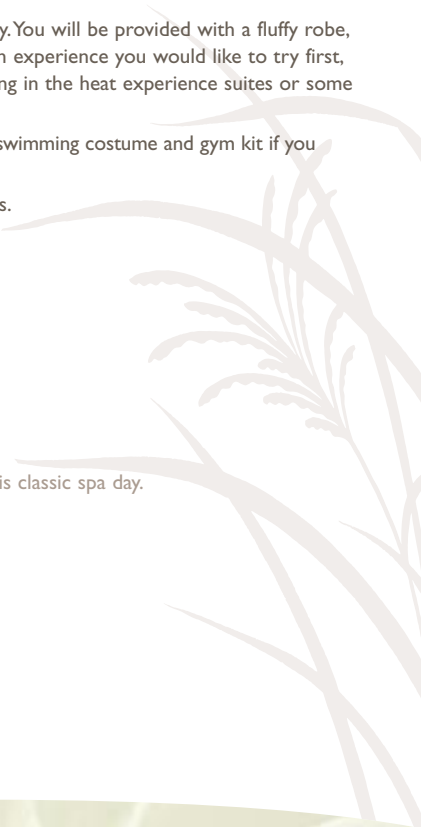
The package includes:

- Aroma "Relaxer" Facial
- Aroma Back Relief Massage

Blissful Escape - £130

Enjoy the serenity of Spa 6 with this package, which includes:

- Skin Bliss Body Polish
- Dry Floatation
- Aroma Back Relief Massage



Overnight Spa Breaks

Perfect Spa Relaxation Overnight Breaks

For the ultimate Spa 6 experience, enjoy one of our luxurious Relaxation Breaks. Full use of all the facilities for your entire stay is included in the package, as is bed and breakfast.

Simply Spa (Mid Week) - 1 night stay for 2 - £152

This package includes bed and breakfast, full use of the Spa 6 facilities plus one 25 minute treatment per person. *(Monday to Thursday)*

Simply Spa Break (Mid Week) - 1 night stay for 2 - £190

This package includes dinner, bed and breakfast, full use of the Spa 6 facilities plus one 25 minute treatment per person. *(Monday to Thursday)*

Simply Spa (Weekend) - 1 night stay for 2 - £162

This package includes bed and breakfast, full use of the Spa 6 facilities plus one 25 minute treatment per person. *(Friday to Sunday)*

Simply Spa Break (Weekend) – 1 night for 2 - £200

This package includes dinner, bed and breakfast, full use of the Spa 6 facilities plus one 25 minute treatment per person. *(Friday to Sunday)*

A single supplement of £50.00 per night applies.
All rates are subject to availability and may vary.



Sumptuous Mother To Be Package - £150

Take time out to relax before your baby arrives. Treat yourself to some well deserved "me time". The package includes:

- Body Exfoliation
- Full Body Massage
- Pedicure, File and Polish

Journey of the Soul - £175

This sumptuous spa day ritual is perfect whenever you are in need of a treat. The package includes:

- Orange Blossom Ritual
- Dry Floatation

Evening Spa Experience - £85

Why not treat yourself to our Evening Spa Package, perfect for unwinding at the end of the day. Starting late in the afternoon, the package includes a choice of one of the following:

- Aroma Ultimate "Relaxer" Facial
- Aroma Ultimate "Relaxer" Body Massage

(This package starts from 4.00pm)

09/10

Opening Hours:

Club: Monday - Friday 6.00am - 10.00pm Saturday - Sunday 7.30am - 9.00pm

Spa: Monday - Sunday 9.00am - 8.30pm