

### ***Luxurious Lava Spa Day for Two at Bannatyne's Health Clubs***

The natural heat released from the Lava Shells eases muscle tension and improves circulation. The soothing Lava Shell treatments offer a deep tissue massage to give you an unforgettable pamper session. Working on the back, neck, and shoulders the warm, lava shells massage achieves a firmer pressure than the bare hand. You will feel instantly refreshed.

A mini tummy treatment is a natural version of the colonic cleanse. The massage strokes in this treatment improves the digestive system so the colon can work more effectively, naturally. This massage will leave you feeling less bloated and you will have a flatter stomach for days!

This experience is available at 30 locations:

- Avon (South West) - Bristol
- Bedfordshire (South East) - Luton
- Buckinghamshire (South East) - Milton Keynes
- Cambridgeshire (South East) - Peterborough
- Central Scotland (Scotland) - Falkirk
- Central Scotland (Scotland) - Perth
- County Durham (North) - Darlington
- Cumbria (North) - Carlisle
- East Sussex (South East) - Hastings
- Essex (South East) - Chafford Hundred
- Fife (Scotland) - Dunfermline
- Glamorganshire (Wales) - Cardiff
- Greater Manchester (North) - Manchester
- Kent (South East) - Ashford
- Kent (South East) - Broadstairs
- Leicestershire (Midlands) - Leicester
- Lothian (Scotland) - Edinburgh
- Lothian (Scotland) - Edinburgh
- Norfolk (South East) - Norwich
- North Yorkshire (North) - York
- Nottinghamshire (Midlands) - Mansfield
- Oxfordshire (South West) - Banbury
- Scottish Highlands (Scotland) - Inverness
- South Yorkshire (North) - Barnsley
- Staffordshire (Midlands) - Burton on Trent
- West Midlands (Midlands) - Birmingham
- West Midlands (Midlands) - Birmingham
- West Midlands (Midlands) - Solihull
- West Midlands (Midlands) - Sutton Coldfield
- West Midlands (Midlands) - Tamworth

### **Important Information**

Your voucher is valid for 10 months for two people. **Please note:** this experience is not available on Saturdays. The minimum age of participants is 18 years. The voucher may be used at the specified locations only. You must arrive at the spa at least 15 minutes before your treatment time. Some treatments are subject to medical conditions - please enquire when booking. You are advised to bring gym wear, swim wear and towels. Spa Day Bags are available at an additional cost and include a robe and slippers. You are advised to book at least 3-4 weeks in advance to secure your preferred date. All dates subject to availability. This voucher cannot be extended.

---

### ***Luxury Pamper Package for Two at Alexandra House Hotel***

You will be in pampering heaven with this package consisting of a relaxing foot soak, a luxury paraffin wax hand treatment and a full body massage. You even get cake!

This experience is available at:

- West Yorkshire (North) - Huddersfield

### **Important Information**

Your voucher is valid for 10 months for two people. This experience is not available on Saturdays. This package includes a foot soak, paraffin wax hand treatment and full body massage each, as well as use of the relaxation rooms. You will also receive cakes, drinks and use of robes and slippers. Minimum age is 16. The spa is open 8.30am - 5.30pm. The experience will take 2.5 hours. All dates are subject to availability. This voucher cannot be extended.

---

### ***Hillmotts Luxury Pamper Treat with Cream Tea or Detox Smoothie for Two***

A relaxing time will be had at Hillmotts Farm where you will receive a luxury pamper treatment for two. You can choose from one of the following treatments: aromatherapy facial, aromatherapy full body massage, luxury manicure or pedicure, luxury organic aromatherapy sugar body scrub, Indian head massage or luxury aromatherapy.

This experience is available at:

- Buckinghamshire (South East) - Beaconsfield

### **Important Information**

Your voucher is valid for 10 months for two people. The minimum age for this experience is 18. You must abide by the code of conduct of the spa. Please note that pregnant ladies must call the salon beforehand to discuss alternative treatments, as not all treatments will be suitable. Please bring

slippers with you on the day. This voucher is valid from Monday-Friday; however a £10 supplement is required for weekend bookings. All dates are subject to availability. This voucher cannot be extended.

---

### ***Relaxing Treat for Two at Sketchley Grange***

Enjoy the health and leisure facilities at the Sketchley Grange hotel spa. The facilities include a grand, Roman style swimming pool, gym and a spa where you can choose to have either a facial or a massage. A light lunch will also be provided for you and a friend helping you to have a great day at the attractive, rural hotel.

A light lunch in the Bistro is also included as well as one 30 minute treatment each - choose from an Express Facial or Back Exfoliation with Deep Tissue Massage or Shoulders, Scalp and Head Massage.

This experience is available at:

- Leicestershire (Midlands) - Burbage

### **Important Information**

Your voucher is valid for 10 months for two people. You must contact the spa directly to book a date for your visit. You must abide by the codes of conduct of the spa. Available seven days a week. A crèche is available at the hotel at an additional cost; places can be booked in advance subject to availability. Please ask for details at time of booking. Serenity Beauty is a franchise of Sketchley Grange Hotel. Franchisees Mrs Sian Sheppard and Mrs Marie Hill. All dates are subject to availability. This voucher cannot be extended.

---

### ***Spa Pamper Choice Package for Two at The Weybridge Health Club***

You can't beat a relaxing, spa day and now you and a friend can enjoy this together. The Weybridge Health Club has a five-starred gym where you can use treadmills, cross trainers, exercise bikes, and even the Kinesis and Power Plate machines. If you want to take it more gently, there is a spa pool with massage stations and also a heated swimming pool. You will be treated to a manicure or pedicure file and polish and ending with a 30 minute Swedish Massage to relax you further.

This experience is available at:

- Surrey (South East) - Weybridge

### **Important Information**

This voucher is valid for 10 months for two people. This package includes one full day's access to The Weybridge Health Club and Spa, where each guest will receive their choice of an Express Manicure or Pedicure File & Polish, as well as a 30 minute Swedish Massage. You should bring towels and swimming attire. Personal training, use of the crèche and spa treatments not included with your voucher, will incur an additional cost. Facilities include an on-site cafe. All dates are subject to availability. This voucher cannot be extended.

---

### ***Taster Spa Day with Afternoon Tea for Two at Eight Acres Hall***

The Scottish Highlands are the perfect setting to enjoy a pampering session and afternoon tea. You will have full access to the facilities at the Eight Acres Hotel including saunas, Jacuzzis and a swimming pool. Choose a 30 minute treatment from an Elemis mini facial, a back, neck and shoulders massage or a relaxing scalp massage. After your spa experience you will be treated to an afternoon tea with cakes and baked treats galore!

This experience is available at:

- Grampian (Scotland) - Elgin

### **Important Information**

Your voucher is valid for 10 months for two people. This experience is available Monday - Saturday; this experience is not available December 23rd 2011 - January 1st 2012 inclusive. This experience includes your choice of one 30 minute treatment each, and afternoon tea for two, served in the lounge. Use of all spa and leisure facilities is included. The hotel offers free parking for its customers. All dates are subject to availability. This voucher cannot be extended.

---

### ***Deluxe Rasul Experience with Private Pool Session at Portland Hall for Two***

For pure indulgence you will experience the Moroccan Mud Rasul treatment, where detoxifying muds will be applied to your body, rejuvenating the skin. After which you will take a tropical rain shower to refresh you.

You and a friend will have private use of the spa's candlelit spa pool, allowing you to unwind in a beautiful and intimate setting.

This experience is available at:

- Merseyside (North) - Southport

### **Important Information**

Your voucher is valid for 10 months for two people. This package includes a private candlelit spa pool session, Rasul mud treatment each and light snack each. Minimum age is 18 years. Portland Hall will provide robes, towels and slippers; however you should bring swimwear and a spare towel if you wish. All dates are subject to availability. This voucher cannot be extended.

---

### ***Relax Spa Day for Two at Clarice House***

You will be able to truly relax in the peaceful setting of Clarice House. Make full use of the spa facilities which include a pool, spa bath, sauna and steam rooms. As part of the spa package you will receive a 25 minute back, neck and shoulder massage and to top it off a two course lunch is also provided.

This experience is available at:

- Essex (South East) - Colchester
- Suffolk (South East) - Bury St Edmunds
- Suffolk (South East) - Ipswich

### **Important Information**

Your voucher is valid for 10 months for two people. This experience is available 7 days a week. This voucher entitles you to use of the spa facilities, as well as a 25 minute back, neck and shoulder massage each. You will also receive a two course lunch. The spa is open from 9am - 5pm. You are advised to bring a towel, robe, slippers and swimming costume. Guests must be aged 16 or over. All dates are subject to availability. This voucher cannot be extended.

---

### ***Thames Club Spa Pamper Package for Two***

At the Thames Club spa you and a friend will receive a 45 minute treatment each, either a facial, manicure or pedicure. Your experience will include full use of the spa facilities, which include gym, pool, Jacuzzi, steam room and sauna. Prepare to be pampered; you will even receive a light lunch as part of the day!

Each of the treatments uses Pevonia and Jessica Nail products and is guaranteed to leave you looking refreshed and revived.

This experience is available at:

- Surrey (South East) - Staines

**Important Information**

Your break is valid for 10 months for two people. Minimum age is 18 years. This package includes a 45 minute treatment each – you may choose a reviver facial, manicure or pedicure. Pevonia and Jessica Nail products are used for these treatments. You will also both receive full use of the spa facilities for the day, as well as a light lunch and use of a fluffy towel, robe and slippers. A consultation form is required to be completed before taking treatments, and you will be required to complete a health questionnaire before exercising. You are advised to bring workout clothes, swimming costumes, and trainers. All dates are subject to availability. This voucher cannot be extended.