

The Bannatyne's His and Hers Pamper Day is available at the following 33 locations:

- Avon (South West) - Bristol
- Bedfordshire (South East) - Fairfield
- 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 London (London) - Westminster
- Greater Manchester (North) - Manchester
- 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