

Bring your own towel/robe  
Enjoy 3 hours in our Spa area,  
Use the gym and sauna or just rest & relax  
Refreshments provided  
£15 per person

Or

Add a mini treatment from our  
pamper day list  
£25 per person

9.30am till 12.30

Or

1pm till 3pm

Add lunch from the pamper day menu  
For just £10 per person