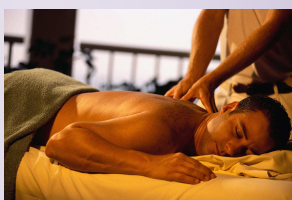


Athené Pamper days

All Pamper days run from 9.30am till 3pm. Refreshments are provided throughout the day. Lunch is served in our spa area between 12-1pm. Your two chosen treatments will take place in the morning and after lunch you can make full use of the gym and or just simply just lie back and relax.

You will be asked to complete a health questionnaire on arrival at the Spa. Please make the therapists aware of any medical conditions or pregnancy at time of booking as these may restrict or prevent some of the treatments.



Available Treatments

Hot Stone

Mini

Back Massage

Manicure

Aromatherapy

Luxury Foot

Back Massage

treatment

Aromatherapy

Mini eye

Facial

treatment

Beau Bronz

Mini Indian

Spray Tan

head massage

Please note that these are mini treatments and last about 15-20 mins unless otherwise stated

£70 per person - £120 for two people

Includes lunch

Please bring along your gym wear, we'll provide slippers, bath robe & towel.

Getting Married?

Why not ask about a Hen Pamper Day. Total relaxation and pampering Let us help you de-stress before the big day. A variety of packages to suit all budgets Optional chocolate fountain Call to discuss you individual needs



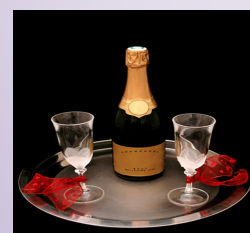
A 10% cancellation charge will apply on all pamper days if cancelled less than 14 days before event.

Chillout Special

Enjoy 3 hours in the Spa area. Prices start from £15. Bring your own towel & bathrobe we provide refreshments.

Indulgence evenings

Enjoy 2 hours in the spa, one mini treatment and a two course meal in the restaurant all for only £45 per person. Bring your own robe & towel. Conditions apply. Max 6 people.



Gift Vouchers

Available for Pamper Days & Treatments