



3 Day Spa Breaks 2009/10

To include two nights bed & breakfast, one two-course evening meal, selected beauty treatments of the month (see overleaf) and inclusive use of our extensive Lakeside Health & Leisure Suite.

Prices are per person based on two people sharing a twin or double room.

Please note that we operate a minimum two-night stay at weekends (Friday and Saturday night).

Period	Midweek (Sun - Thurs)	Weekend (Fri & Sat)
1st May to 30th September 2009	from £135.00	from £199.00
October 2009	£130.00	£179.00
November 2009	£99.00	£125.00
December 2009 and January 2010	£79.00	£99.00*
February 2010	£99.00	£125.00
March 2010	£110.00	£139.00
April 2010	£139.00	£179.00
May to September 2010	£149.00	£209.00
October 2010	£139.00	£179.00

Supplements

Two course evening meal	£10 per person
Single supplement	£20 per room per night
Suite supplement	£20 per room per night
Course view supplement	£10 per room per night
Add an extra night of B&B and selected treatment	£75 per person

*December weekends not available





Selected Beauty Treatments

The following are the selected beauty treatments included in your 3 day spa break:

October 2009

Weekdays **Manicure and Pedicure.**
Allow 1 hour 45 mins

Weekends **Prescription Facial, Back, Neck, Shoulder & Head Massage and Manicure.** Allow 2 1/4 hours

November 2009

Weekdays **Back, Neck, Shoulder & Head Massage and Polish & Tidy Up for Hands or Feet.** Allow 1 hour

Weekends **Marine Discovery Facial and Back, Neck, Shoulder & Head Massage and Eyebrow Shape.** Allow 1 1/4 hours

December 2009/January 2010

Weekdays **Dead Sea Salt Therapy for Feet.**
Allow 30 mins

Weekends **Pedicure.** Allow 1 hour

February 2010

Weekdays **Hot Stone Back Massage.**
Allow 30 mins

Weekends **Gerard's De-Stress Hot Stone Full Body Massage.**
Allow 1 hour

March 2010

Weekdays **Marine Discovery Facial and Back, Neck, Shoulder & Head Massage.**
Allow 1 hour

Weekends **Gerard's De-Stress Hot Stone Full Body Massage.** Allow 1 hour

April 2010

Weekdays **Gerard's De Stress Hot Stone Full Body Massage.** Allow 1 hour

Weekends **Marine Prescription Facial and Full Body Massage.** Allow 2 hours

May - September 2010

Weekdays **Dead Sea Salt Therapy for Feet/Pedicure Combo.** Allow 1 hour

Weekends **Hot Stone Back Massage, Marine Discovery Facial, Sea Essential Peeling and Express Pedicure & Polish.** Allow 2 hours

Additional 1 Night Stay

Weekdays only

Any 30 minute treatment of your choice

2 Day Spa Break 2009/10 - £95 per person

Weekdays or Weekends

Marine Prescription Facial or Full Body Massage

Spa packages are available subject to therapist availability on a first come first served basis. Prices are per person based on two people sharing a twin or double room. Please note that we operate a minimum two-night stay at weekends (Friday and Saturday night).

