

A background image of two women in a spa setting, one with her eyes closed and the other with her hand on her shoulder, both appearing relaxed. The image is overlaid with a solid magenta color.

# GIRLS' PAMPER DAY FOR TWO

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Enjoy a relaxing treatment each and a  
day in the health club





## Girls' Pamper Day for Two

In a world packed with pressures from everyday life, the chance to take some time out and dedicate yourselves solely to relaxation is a fantastic gift. Not only will your body feel rested and revitalised, but your mind will also have an opportunity to switch off and focus only on your relaxing environment. Spend quality time with someone special, enjoy a treatment each and make use of the facilities at the health club of your choice for the whole day. These typically include a swimming pool, spa pool, sauna, steam room and gym, so you can really unwind with a day dedicated to revitalisation.

You can choose between a facial or a massage for your 25 minute treatment, with each option offering unique benefits. The express facial will give you a real boost, hydrating and nourishing your skin to leave it feeling thoroughly refreshed. The Swedish massage usually focuses on the upper back, as that is the area where most people feel tight and tense, so having your cares soothed away is perfect if you need a little stress relief. Depending on the location selected, a manicure or pedicure may also be available for those whose hands or feet are in need of some soothing and a pop of colour. Unwind together and enjoy a day of pampering heaven.

### Availability & Duration

This experience is available throughout the year on selected dates. The treatment will last for approximately 25 minutes and the facilities can be enjoyed all day.

### Participants

This experience is for two people. Your treatment will be on a one-to-one basis with the therapist. There will be other guests enjoying the facilities.

### Restrictions

- Minimum age 18.
- The venue will need to be informed of any medical conditions or allergies at the time of booking.
- Facilities vary depending on location.

### Locations

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| • Aberdeenshire (Aberdeen)                          | • Lancashire (Blackpool)                                 |
| • Avon (Bristol)                                    | • Leicestershire (Leicester)                             |
| • Bedfordshire (Luton)                              | • Lincolnshire (Grimsby)                                 |
| • Buckinghamshire (Milton Keynes)                   | • Merseyside (Southport)                                 |
| • Cambridgeshire (Peterborough)                     | • Midlothian (Edinburgh, Newcraighall)                   |
| • Cheshire (Crewe, Mollington)                      | • Norfolk (Norwich)                                      |
| • County Durham (Darlington, Durham)                | • North Yorkshire (York)                                 |
| • Cumbria (Carlisle)                                | • Nottinghamshire (Mansfield)                            |
| • Devon (Torquay*)                                  | • Oxfordshire (Banbury)                                  |
| • East Sussex (Hastings)                            | • Perthshire (Perth)                                     |
| • Essex (Chafford Hundred, Chingford)               | • Shropshire (Shrewsbury)                                |
| • Fife (Dunfermline)                                | • Staffordshire (Burton-on-Trent, Tamworth)              |
| • Glamorgan (Cardiff)                               | • Stirlingshire (Falkirk)                                |
| • Greater Manchester (Chepstow Street, Quay Street) | • Surrey (Weybridge)                                     |
| • Inverness-shire (Inverness)                       | • West Midlands (Birmingham, Solihull, Sutton Coldfield) |
| • Kent (Ashford, Broadstairs, Orpington)            | • Yorkshire (Barnsley, Wakefield, York)                  |

Please note: \*This location offers treatments only. Locations are subject to change as a result of quality monitoring or due to factors beyond our control.

# The History of Spas

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Did you know?

'Bathtubs from as far back as the second millennium BCE have been unearthed in Crete and Santorini.'


The original spas were mineral rich springs used as healing baths, as the water was believed to have curative properties dating back to prehistoric times. Archaeological remains show Bronze Age weapons at the sites of spas across Europe and there are plenty of legends about how Celtic kings discovered the springs in Bath. Even the earliest man would seek out such spots to take advantage of the curative properties of the water, and cultures all over the world have continued the practice until the modern day.

However, there has been some significant evolution in the way the spas have developed. The original spa is a town now known as 'Spa' in Belgium, which was named Aquae Spadanae by the Romans who used the iron-rich spring water to cure the symptoms of iron deficiency. When the Romans discovered spas in England they continued the practice of medicinal bathing and when the town of Harrogate was discovered to have iron and sulphur rich water, the spa town developed around the well from which these waters sprang. A 16th century doctor discovered a second well in Harrogate, which he declared to be the 'English Spaw' which may well mark the beginning of the use of the word 'spa' as a generic term. Since then, the realisation of the role of cleanliness in personal health has led to increasing enthusiasm for bathing, amongst physicians. A series of statutes were introduced into English law in order to provide facilities for people whose health improved significantly as a result.

Gradually it became the act of bathing in the waters rather than drinking them which became popular amongst visitors to European spas. By the 1930s, spas were starting to include aspects that are still popular today. Inhaling the vapours became popular and so steam rooms started to appear, with cooling rooms to help you to readjust afterwards. This period also saw the introduction of diet and exercise regimes designed to give visitors a complete physical overhaul during their stay.

At this time, doctors would prescribe stays at these spas to those who they thought needed them (this practice continues to this day in Germany) and there started to be more focus on the benefits of relaxation. Many spas started to offer a range of sports and hobbies to their guests.

Modern spas combine the healing and relaxation benefits of their predecessors with the chance to enjoy some modern indulgences which have come on a long way since the days when spa attendance was a matter of public health. Instead of consuming the waters, you can now spoil yourself with treatments although many do have their roots in traditional bathing practices.



Massage has always been a popular aspect of the bathing process and whilst Romans might have built specific rooms in which they enjoyed a rub down, modern spas focus on the relaxing element of the process in an effort to leave you feeling calm and centred. Swedish massage is one of the most popular styles performed, it's perfect for anyone who is new to massage as it incorporates some of the more gentle styles. It was pioneered by the Swedish physiologist Per Henrik Ling in the 19th century, as part of a system he called Medical Gymnastics which was designed to promote wellbeing and improved health. Shiatsu massage is one of the most famous types of Eastern treatment and it focuses on stretching the muscles and using pressure from the fingertips and palms to relieve tension and help with relaxation.

### Did you know?

'In Korea, only the blind or visually impaired can practice massage.'

Sports massage is a popular style of treatment which combines the techniques used in both Swedish and Shiatsu massage in order to offer relief from injuries and prevent muscle damage during the course of participating in sporting activity. The techniques used are aimed at improving the circulation of both blood and lymphatic fluids as well as relieving pain and stretching muscles in order to improve performance and decrease the risk of injury. Throughout history, a number of ancient civilisations have recognised the importance of massage to people's wellbeing, the layering of centuries of understanding of the practice makes today's massages more effective and enjoyable.



Facials may seem to have modern origins, but skin treatments have long been the preserve of the spa practitioner. In the 16th century, physicians would prescribe spa-goers a programme of bathing and drinking the water every day until their skin would release 'poisons' which were thought to cause disease. Whilst women throughout history have used hugely damaging substances on their faces including lead and arsenic, today's facials are designed to enhance your natural radiance and give your skin a real treat which will leave you looking and feeling fabulous.



Did you know?

'Using basins, bathtubs and footbaths to keep clean dates back as far as Aegean times.'

Skin treatments often include steam to open the pores, exfoliation to remove dead skin cells and specialist lotions designed to moisturise and nourish the skin, as well as toning and firming it to give your face a real lift. A facial will improve the overall health of the skin by stimulating your body to heal itself as well as giving you a radiance that will last for days. As well as places of healing and cleansing, spas have always been hubs of social activity; an aspect which hasn't changed much over the years. The chance to spend a day enjoying the tranquil surroundings of a spa in good company is one which you are sure to savour.

# Terms & Conditions

Activity Superstore issues face value vouchers ("Vouchers") entitling the holder to choose, up to the value stated on or in the Voucher, one of a range of activities, overnight breaks ("Experiences") or other products supplied by Activity Superstore and provided by selected experience providers. From 1 January 2019, the retailer from whom the experience voucher is purchased is acting as agent for and on behalf of The Activity Superstore Limited and your contract is with The Activity Superstore Limited who is the issuer of the experience voucher.

## Voucher validity

Vouchers are valid until the expiry date shown on your Voucher. Please check the season of any intended Experience, as this may be shorter than the Voucher validity. You must validate, book and complete your Experience prior to the expiry date, please note booking lead times apply. The original retailer's gift or till receipt is required to validate your Voucher. If you are unable to use your Voucher within the validity period, the Voucher can be extended for a period of six months. A £20 administration fee is payable if you choose to extend your voucher. A Voucher can only be extended once and only after it has been validated, and must be done while the Voucher is valid. Validated and extended Vouchers cannot be refunded.

## Choosing your Experience

This pack is for a Voucher that entitles the holder to any<sup>1</sup> of the Experiences supplied by Activity Superstore, up to the value stated, including the Experience/Experiences featured either on the outside of the pack, or in the literature accompanying your pack. Please note once a date has been booked with an Experience provider your Voucher is no longer available for an exchange, extension or refund and will be deemed to be used at that point.

## Exchanging your Voucher

A Voucher can be exchanged only once for another Voucher(s), up to the face value stated on or in it and subject to certain restrictions<sup>1</sup>, without incurring a fee. A difference will be payable if the chosen Experience costs more than the face value of your original Voucher and the value of your Voucher will be increased. If your chosen Experience is cheaper, we will hold the difference as a credit against another Experience. The credit cannot be used to pay for the cost of an extension or an exchange. All credits held will have the same expiry date as the original purchased Voucher. The exchanged Voucher will carry the same expiry date as the original purchased Voucher. If you wish to combine or merge more than one Voucher together, as part of the exchange process, then this can be arranged however subject to the following restrictions: You can merge no more than two Vouchers together; if the Vouchers have different expiry dates then the earlier expiry date is taken forward onto the replacement Voucher, not the later date; only Vouchers purchased from the same retail chain or website may be merged together; and you may not merge any Vouchers previously merged or exchanged.

## Bookings

In order to enjoy your chosen Experience, you are asked to choose your preferred location then follow the booking instructions. The original retailer's gift or till receipt may be required to use your Voucher. You may be required to send your Voucher to the chosen provider to confirm your booking in advance: if so we recommend you keep a record of your Voucher number and use registered post, as your Voucher is a valuable document. You should also note that your Voucher must be presented on the day (unless already sent to the Experience provider), in order to participate in the Experience. If lost, a Voucher can only be replaced as long as it has been validated and has not been used for an experience already. You may also be required to pay a deposit to the provider to confirm your booking in advance. This deposit will be credited back upon completion of your Experience. Please note you may not be able to change your mind once a date has been booked with an Experience provider.

## Cancelling or changing your Experience

If we cancel your Experience, we will tell you as soon as possible, and do our very best to offer an alternative date or location. If specific celebrities, vehicles or venues are featured but are not available on the day for reasons beyond our control, we will try to find the best possible replacement. If this is not possible, we reserve the right to cancel your Experience at short notice and re-book you. We reserve the right to reschedule the timings or location of any Experience owing to unavailability of the Experience, insufficient numbers making the Experience unavailable, and other factors beyond our control. We reserve the right to discontinue an Experience, venue, or individual supplier at our own discretion. We will endeavour to offer a suitable alternative Experience of the same value, however, if not we will refund your Voucher in full. If you decide to book a different Experience and the price of that Experience exceeds the face value of your Voucher, you will need to pay the difference. We also reserve the right to make minor changes to your Experience. Examples of minor changes include car specification or order of Experiences on a particular day. If you need to cancel or change your Experience booking you should contact us immediately. We will do our best to fill the allocated space, but if we are unable to do so, you may lose your booking. You will be advised by Activity Superstore if you can rebook through the cancellation cover. If you need to cancel your Experience because of accidental injury/illness to yourself, or a death in your immediate family you should contact Activity Superstore as it may be possible to re-arrange your Experience on presentation of a medical certificate.

## Returns

Standard retailer refund policies apply. Nevertheless returns and exchanges are not available if you have validated your Voucher; the Voucher is not contained within the gift pack; you have extended your Voucher; used or booked your Voucher; if the date of the request is after the Voucher expiry date; or if the pack is not in a re-saleable condition. No interest will be paid on the amount to be refunded.

## Insurance

Where applicable, the price of the Voucher includes the cost of providing you with personal accident insurance cover to participants aged up to 75 years old. This insurance cover is only included if indicated on your Voucher and is not available for Experiences that take place outside the UK. Full details of insurance cover are available on request.

## Experience availability and timings and locations

The availability and timings are given as a guide only and you may be required to wait between different elements of the Experience alongside other participants. Locations are subject to change owing to factors beyond our control.

## Age, size and health restrictions

For safety reasons, some Experiences have certain size, age and health restrictions. You are required to notify Activity Superstore and/or the provider of any relevant medical condition. For driving Experiences you will need a full valid UK or European driving licence (manual) which must have been held for a minimum of one year, unless otherwise stated. Please note at some locations there is an option to purchase damage waiver insurance on the day of your driving Experience. In the event of an accident the damage waiver will cover all or part of the damage caused to the vehicle(s) however this will not cover damage caused by reckless or negligent driving. Further details are available on booking. Our Customer Contact Centre or the provider can advise of any restrictions at the time of booking.

## Description and photography

We have tried hard to ensure that descriptions and illustrations used on the pack, in all our literature and on our website are accurate, however, photographs are intended to give a general idea of the Experience described, and do not form part of any contract between you and Activity Superstore.

## Weather

Experiences may be cancelled by the Experience provider due to weather conditions, mechanical failure, or for other reasons beyond our control. If your Experience is cancelled by the Experience provider because of the weather, you will be able to rebook for a date on which you are able to attend. Activity Superstore is unable to reimburse travel, accommodation or other incidental expenses incurred by you in attending an Experience which is cancelled for any reason. If you are unable to travel to your Experience due to bad weather but the Experience still takes place we may not be able to rebook you without an administration cost.

## In case of problems

In case of a problem, please speak to the Experience provider on the day, so they have the opportunity to resolve any problems there and then. Any other complaints should be addressed with the customer service department at Activity Superstore, who will address the problem with the experience provider on your behalf.

## Contracts (Rights of Third Parties) Act 1999

These terms and conditions do not affect your statutory rights as a consumer, and are governed by and in accordance with English law. The purchaser and Activity Superstore agree that any problems fall under the jurisdiction of the English courts. All the clauses and sub clauses in our terms and conditions are independent of each other. If one clause or sub clause is invalid or unenforceable, this will not affect any other clause or sub clause.

The funds on Vouchers are not covered by the Financial Services Compensation Scheme. In the unlikely event of the issuer of this product becoming insolvent, some funds on Vouchers may not be available to spend.

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<sup>1</sup>Please note promotional products, tangible gifts (excluding books) and choice Vouchers are excluded from the list of exchangeable products.

For the most up-to-date terms and conditions please visit: [www.usemygift.com](http://www.usemygift.com)

# Registering & Booking Your Experience

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For security reasons, and so you have the most up-to-date information you will need to register your details and validate your voucher with us, all you need to do is follow the steps below.

1. Please visit the website stated on the back of your voucher.
2. Enter your activation number and then follow the online security steps.
3. Once you have registered your details successfully with us please write down your unique voucher number in the space provided on the front of your voucher. You will then receive on screen booking information, which will also be sent to your e-mail address.
4. Then all you need to do is book your experience and prepare to have the time of your life!

Please note: This information is correct as of time of printing.  
For an up-to-date list of locations and restrictions please visit:

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[www.usemygift.com](http://www.usemygift.com)