

Red Letter *days*

Relaxing Spa Days



Red Letter *days*



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1

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2

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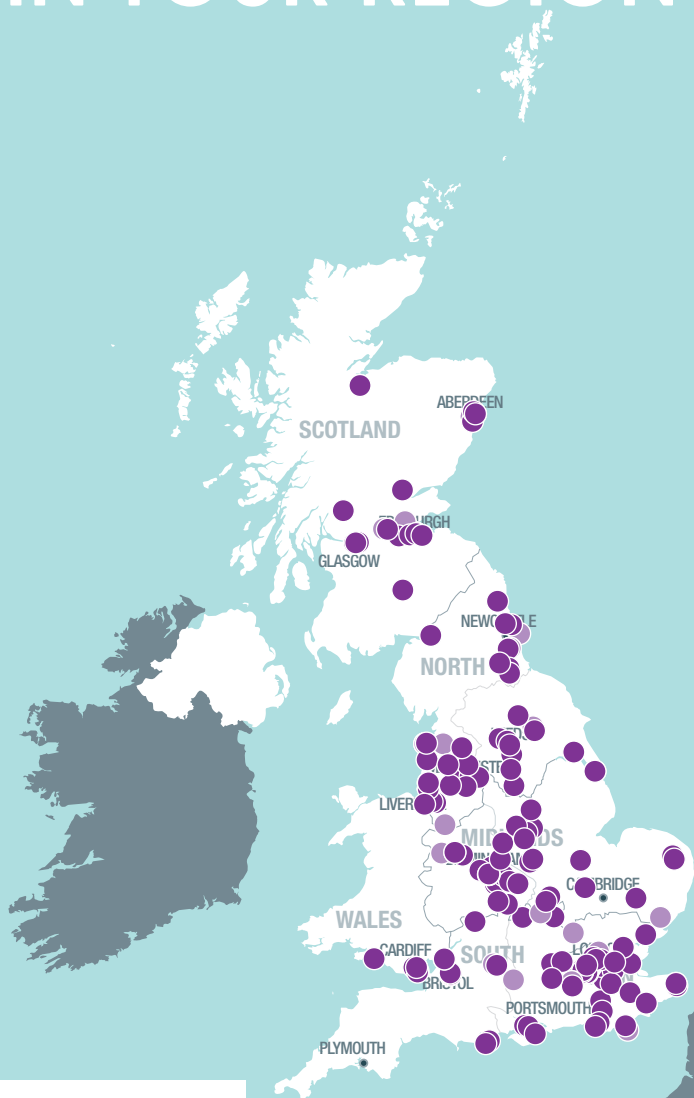
Select your experience and book directly using the contact details provided online, for a date that's convenient for you.

3

Enjoy

Bring your voucher on the day, along with any booking confirmation you received. Enjoy your experience!

EXPERIENCES IN YOUR REGION



Partners in the guide



Partners to discover
at redletterdays.com/redeem

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We're adding experiences every day,
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Partners in the guide



Partners to discover
at redletterdays.com/redeem

LONDON

LONDON

- 1 Virgin Active Relaxation Package for Two, Swiss Cottage
- 2 Couples Day at River Wellbeing Spa, Wandsworth
- 3 Spa Verta City Relaxation Experience for Two, Wandsworth
- 4 Luxury Spa Day for Two with a Choice of Treatment Each at Marshall Street Spa, Westminster
- 5 Luxury Spa Day with Choice of Treatment for Two at London Therapy 4 U, Westminster
- 6 Virgin Active Relaxation Package for Two, Acton
- 7 Bannatyne Spa Deluxe Choice Spa Day for Two, Barking & Dagenham
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- 9 Bannatyne Spa Deluxe Choice Spa Day for Two, Bromley
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- 11 Relaxing Spa Day at Virgin Active Acton, Ealing
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- 13 Treatment for Two with Spa Access at Old Hammam & Spa, Enfield
- 14 Virgin Active Relaxation Package for Two, Repton Park
- @ A Taste of Spa Verta with Sparkling Afternoon Tea for Two, Wandsworth
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- @ Pamper Experience for Two at Bexleyheath Marriott Hotel, Bexley
- @ Spa Day with Two Treatments and Afternoon Tea for Two at Bannatyne, Bromley
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- @ Spa Day with Two Treatments and Afternoon Tea for Two at Bannatyne, Enfield







LONDON



1 VIRGIN ACTIVE RELAXATION PACKAGE FOR TWO

SWISS COTTAGE • Central London

Whether you're celebrating a special occasion or you just want to surprise someone who you know deserves it, let the two of you relax in style at the Virgin Active club in Swiss Cottage. You'll each receive 55 minutes of treatments - including a back massage, to really knead out any knots and invigorate your skin and muscles, and a facial to leave faces looking and feeling great. You'll then have free run of your chosen club for the day, whether you prefer to try out some machines in the gym or swim a few laps in the pool.

YOUR EXPERIENCE

- One day's unlimited use of facilities for two people
- A back massage and a facial each, lasting a total of 55 minutes

HOW TO BOOK

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2 COUPLES DAY AT RIVER WELLBEING SPA

WANDSWORTH • Central London

The River Wellbeing Spa at Hotel Rafayel in Battersea is a haven of relaxation in hectic London. De-stress your body from the stresses and strains of daily life, and heal your body and mind with the wonderful benefits of a back, neck, and shoulder massage, followed by a body wrap or facial. You will also enjoy a complimentary flute of bubbly and a glass of Aloe Vera juice.

YOUR EXPERIENCE

- A spa day for two at the Hotel Rafayel River Wellbeing Spa
- A glass of bubbly and a glass of aloe vera juice
- A 30-minute Back, Neck and Shoulder Massage each
- The choice of a 30-minute Facial or Body Wrap each

HOW TO BOOK

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3 SPA VERTA CITY RELAXATION EXPERIENCE FOR TWO

WANDSWORTH • Central London

Experience a luxurious treat with a visit to the award-winning Spa Verta. Take your time to experience the hydrotherapy pool, sauna, steam room, sanarium, heated loungers and tropical showers. If all that wasn't enough, unwind with a 25 minute spa treatment. Located adjacent to the Thames river walk, near Battersea Park and Battersea Power Station, this fantastic hotel spa is not just a destination in itself, it's also a great viewpoint for the landmarks of London.

YOUR EXPERIENCE

- Three hours' use of the spa facilities including 10m hydrotherapy pool, sauna, steam room, sanarium, foot baths, heated lounge and fitness suite
- A choice of 25 minute spa treatments per person

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4 LUXURY SPA DAY FOR TWO WITH A CHOICE OF TREATMENT EACH AT MARSHALL STREET SPA

WESTMINSTER • Central London

Experience blissful relaxation with a spa day at the Marshall Street Spa, where you can make use of the superb spa and leisure facilities for the day, taking a dip in the pool, making use of the well-equipped gym or unwinding at the aroma steam room, sauna and relaxation lounge. Not only will you have a full day devoted to using these great facilities, but both of you will have the choice of six, hour-long pampering treatments to choose from, for 60 minutes of guaranteed me-time! Go for a tension easing Swedish massage, skin enhancing facial, a manicure or pedicure or a face & body experience or full body exfoliation & massage treatment!

YOUR EXPERIENCE

- Use of the spa facilities
- 60 minute treatment each, choosing from - Swedish massage, facial, manicure or pedicure, face and body experience or a full body exfoliation and massage

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5 LUXURY SPA DAY WITH CHOICE OF TREATMENT FOR TWO AT LONDON THERAPY 4 U

WESTMINSTER • Central London

Boasting a great location in London's King's Cross, London Therapy 4 U is an ideal spot to indulge in an afternoon of relaxation. Dedicated to using only high-quality products that are full of natural and organic ingredients, you're sure to feel completely refreshed after your choice of 50-minute treatment. Choose from a relaxing aromatherapy massage, hot stones massage and a Swedish massage. Alternatively give your skin a noticeable boost with one of the many facials on offer. There's also the option of a sugar body scrub if you're after skin that looks and feels amazing. What better way is there to give yourself the luxury you deserve?

YOUR EXPERIENCE

- One 50-minute luxury spa treatment each:
- Massage
- Facial
- Sugar body scrub

HOW TO BOOK

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6 VIRGIN ACTIVE RELAXATION PACKAGE FOR TWO

ACTON • Greater London

Whether you're celebrating a special occasion or you just want to surprise someone who you know deserves it, let the two of you relax in style at one of over 30 Virgin Active clubs across the UK. You'll each receive 55 minutes of treatments - including a back massage, to really knead out any knots and invigorate your skin and muscles, and a facial to leave faces looking and feeling great. You'll then have free run of your chosen club for the day, whether you prefer to try out some machines in the gym or swim a few laps in the pool.

YOUR EXPERIENCE

- One day's unlimited use of facilities for two people
- A back massage and a facial each, lasting a total of 55 minutes

HOW TO BOOK

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7 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

BARKING & DAGENHAM • Greater London

At the Bannatyne Spa in Barking & Dagenham, you will both have a wealth of treatment options to choose from. Specifically designed to promote relaxation and rejuvenation every treatment lasts for a luxurious 55 minutes. As well as these fabulous treatments every Bannatyne UK location features fantastic facilities, and high quality beauty and spa products, allowing you to make every choice deluxe! Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- A choice of a 55 minute spa treatment each
- Access to spa facilities

HOW TO BOOK

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8 LUXURY SPA DAY FOR TWO WITH A CHOICE OF TREATMENT EACH AT ABBEY SPA

BARKING & DAGENHAM • Greater London

Escape your everyday routine and indulge in some well-deserved rest and relaxation with this luxury spa day at the Abbey Spa. A wonderful 60 minute pampering treatment will be yours to enjoy, choosing from a tension easing Swedish massage, a refreshing full body exfoliation & massage or facial, a delightful face & body experience or a manicure or pedicure for glam fingers or toes! After your pampering session, you can take full advantage of the spa and leisure facilities, with two pools, a 140-station gym, sauna, three types of steam room and a hydrotherapy pool - you will be spoilt for choice!

YOUR EXPERIENCE

- Use of the spa facilities
- 60 minute treatment each, choosing from - Swedish massage, manicure or pedicure, face and body experience or a full body exfoliation and massage

HOW TO BOOK

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9 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

BROMLEY • Greater London

At the Bannatyne Spa in Bromley, you will both have a wealth of treatment options to choose from. Specifically designed to promote relaxation and rejuvenation every treatment lasts for a luxurious 55 minutes. As well as these fabulous treatments every Bannatyne UK location features fantastic facilities, and high quality beauty and spa products, allowing you to make every choice deluxe! Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- Choice of a 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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10 INDULGENT SPA DAY FOR TWO AT THE HOGARTH HEALTH CLUB

EALING • Greater London

For guilt-free indulgence, treat yourself to this fabulous pampering package in the heart of West London. The Hogarth Health Club is a leafy jewel set in two acres of beautifully maintained grounds, and boasts world-leading therapists and expert beauty treatments that are sure to help you relax. Restore your natural glow with a 'total indulgence' facial and soothe tension and stress with a back massage, before unwinding in comfort and style as you explore an incredible array of spa facilities. Whether you're planning a romantic day with a loved one or a stylish catch up with a friend, this glamorous gift experience is the perfect gift!

YOUR EXPERIENCE

- 60 minutes of treatments, including a total indulgence facial and a back massage each
- Full access to spa and leisure facilities

HOW TO BOOK

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11 RELAXING SPA DAY AT VIRGIN ACTIVE ACTON

EALING • Greater London

Surprise someone who deserves it with this Relaxing Spa Day gift experience. At the Virgin Active Health Club in Acton, both of you can relax in style with two treatments each and access to all the fantastic facilities. You'll each receive treatments lasting 55 minutes, including a back massage, to rid any tension and knots and a facial to leave soft and supple skin and a radiant glow. Round off your day with the use of the spa facilities, whether you fancy a leisurely swim in the pool or a rigorous session in the gym, the choice is yours!

YOUR EXPERIENCE

- One day's unlimited use of facilities
- A back massage and a facial, lasting a total of 55 minutes

HOW TO BOOK

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12 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

ENFIELD • Greater London

At the Bannatyne Spa in Enfield, you will both have a wealth of treatment options to choose from. Specifically designed to promote rejuvenation, every treatment lasts for a luxurious 55 minutes. As well as these fabulous treatments every Bannatyne UK location features great facilities, and high quality beauty and spa products, allowing you to make every choice deluxe! Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- Choose a 55 minute spa treatment each from six great options
- A whole day's access to spa facilities

HOW TO BOOK

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13 TREATMENT FOR TWO WITH SPA ACCESS AT OLD HAMMAM & SPA

ENFIELD • Greater London

Enjoy the luxurious delights of a hidden Mediterranean gem with this authentic Hammam spa day. Boasting unique Ottoman-style architecture and an array of facilities, this experience provides a lavish Persian-Turkish twist on the standard pamper day. Following a cleansing Turkish Peel and Foam Treatment conducted in the Hammam Room, for a genuine taste of the Turkish Bath experience, you can then enjoy a soporific stint on the heated marble seating area before heading to the Sauna and Steam Room, followed by an invigorating visit to the Cold Bucket or Ice Room. But don't worry, a Jacuzzi and swimming pool is also at your disposal!

YOUR EXPERIENCE

- A 20 minute treatment session each consisting of a traditional Turkish Peel and Foam Treatment
- 2 hour access to the spa facilities
- Traditional Turkish tea

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14 VIRGIN ACTIVE RELAXATION PACKAGE FOR TWO

REPTON PARK • Greater London

Whether you're celebrating a special occasion or you just want to surprise someone who you know deserves it, let the two of you relax in style at the Virgin Active clubs in Repton Park. You'll each receive 55 minutes of treatments - including a back massage, to really knead out any knots and invigorate your skin and muscles, and a facial to leave faces looking and feeling great. You'll then have free run for the day, whether you prefer to try out some machines in the gym or swim a few laps in the pool.

YOUR EXPERIENCE

- One day's unlimited use of facilities for two people
- A back massage and a facial each, lasting a total of 55 minutes

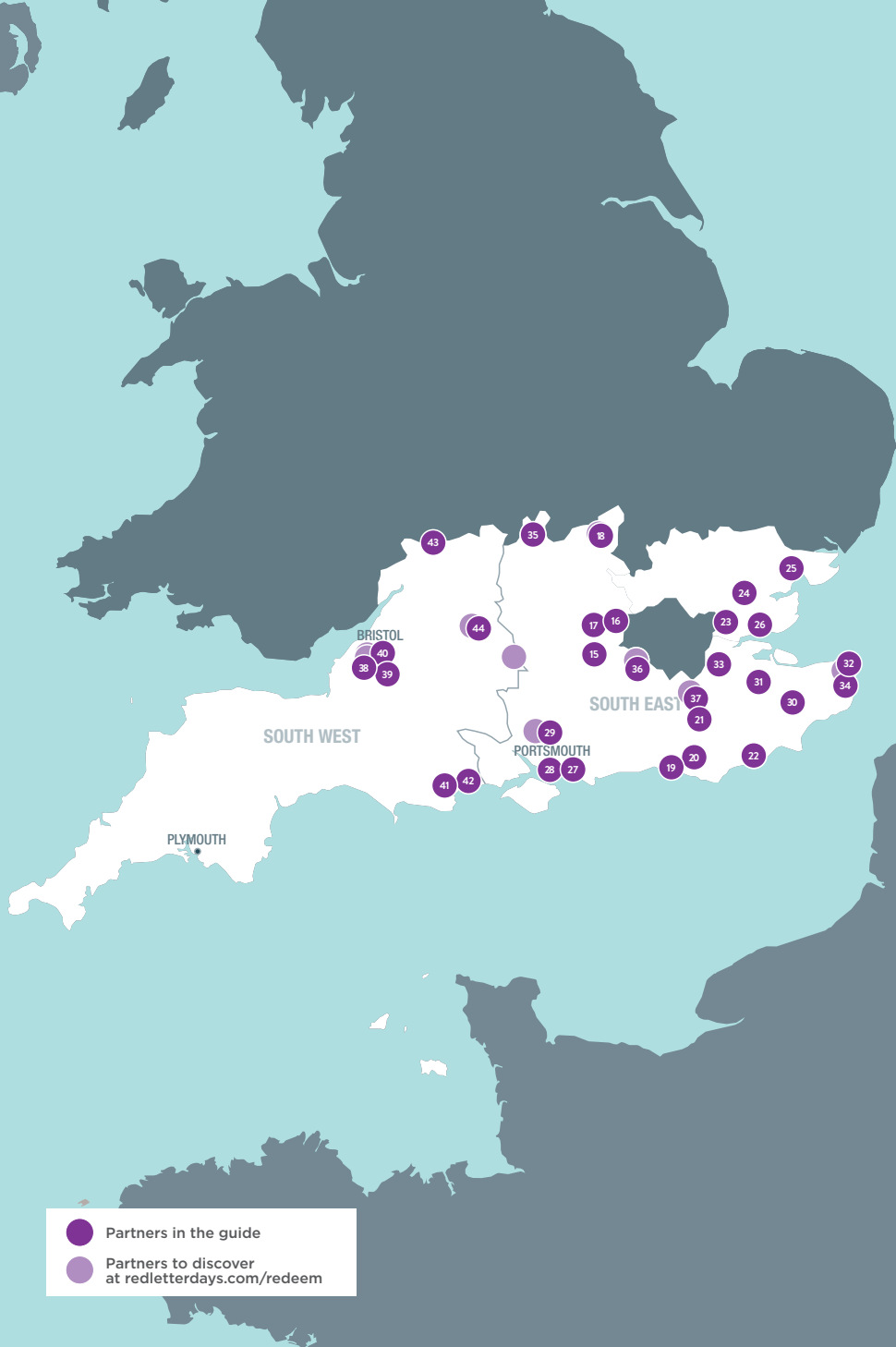
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SOUTH



Partners in the guide



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SOUTH

SOUTH EAST

- 15 The Schmoo Spa Pamper Package at Hilton for Two, Wokingham
- 16 Superior Pamper Day with Cream Tea at The Retreat Beaconsfield, Beaconsfield
- 17 Relax Day with Lunch at Danesfield House, Marlow-on-Thames
- 18 Deluxe Choice Spa Day at Bannatyne Spa Milton Keynes, Milton Keynes
- 19 Pamper Package at Schmoo by the Sea Hilton, Brighton
- 20 Virgin Active Relaxation Package for Two, Brighton
- 21 Spa Creation Day at Ashdown Park Hotel, East Grinstead
- 22 Bannatyne Spa Deluxe Choice Spa Day for Two, Hastings
- 23 Virgin Active Relaxation Package for Two, Brentwood
- 24 Virgin Active Relaxation Package for Two, Chelmsford
- 25 Relaxing Spa Day for Two at Bannatyne Kingsford Park, Colchester
- 26 Virgin Active Relaxation Package for Two, Thundersley
- 27 Health Club Pass and Tea at Marriott Portsmouth, Portsmouth
- 28 Pamper Experience for Two at Meon Valley Marriott Hotel and Country Club, Shedfield
- 29 Relaxing Spa Day for Two at Macdonald Botley Hotel, Southampton
- 30 Bannatyne Spa Deluxe Choice Spa Day for Two, Ashford
- 31 Pamper Experience for Two at Tudor Park Marriott Hotel and Country Club, Bearsted
- 32 Bannatyne Spa Deluxe Choice Spa Day for Two, Broadstairs
- 33 Luxury Spa Day for Two at Mercure Dartford Brands Hatch, Dartford

- 34 Luxury Thermal Spa Day for Two at Your Spa, Ramsgate
- 35 Bannatyne Spa Deluxe Choice Spa Day for Two, Banbury
- 36 The Schmoo Spa Pamper Package at Hilton for Two, Cobham
- 37 Pamper Experience at Lingfield Park Marriott Hotel & Country Club, Lingfield
- @ Indulgent Spa Day for Two with Choice of Treatment at Natura Spa, Hungerford
- @ Spa Day with Afternoon Tea at Bannatyne Spa Milton Keynes, Milton Keynes
- @ Spa Day with Afternoon Tea at Bannatyne Spa Hastings, Hastings
- @ Health Club and Afternoon Tea Delight for Two at Meon Valley Marriott Hotel and Country Club, Shedfield
- @ Spa Day with Afternoon Tea at Bannatyne Spa Ashford, Ashford
- @ Health Club and Afternoon Tea Delight for Two at Tudor Park Marriott Hotel and Country Club, Bearsted
- @ Spa Day with Afternoon Tea at Bannatyne Spa Broadstairs, Broadstairs
- @ Spa Day with Afternoon Tea at Bannatyne Spa Banbury, Banbury
- @ Health Club and Afternoon Tea Delight for Two at Lingfield Park Marriott Hotel & Country Club, Lingfield
- @ Bannatyne Spa Deluxe Choice Spa Day for Two, Weybridge
- @ Spa Day with Two Treatments and Afternoon Tea for Two at Bannatyne, Weybridge

SOUTH WEST

- 38 Deluxe Choice Spa Day at Bannatyne Spa Bristol, Bristol
- 39 Health Club and Afternoon Tea at Bristol Marriott Hotel City Centre, Bristol

40 Luxury Spa Day at Mercure Bristol Holland, Bristol

41 Pamper Experience at Bournemouth Highcliff Marriott, Bournemouth

42 Pampering Spa Day for Two at Village Hotel Bournemouth, Bournemouth

43 Pampering at The Schmoos Hilton Puckrup Hall, Tewkesbury

44 Health Club and Afternoon Tea Delight for Two at Swindon Marriott Hotel, Swindon

@ Health Club and Afternoon Tea Delight for Two at Bristol Marriott Royal Hotel, Bristol

@ Spa Day with Afternoon Tea at Bannatyne Spa Bristol, Bristol

@ Pampering Spa Day for Two at Village Hotel Swindon, Swindon



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15 THE SCHMOO SPA PAMPER PACKAGE AT HILTON FOR TWO

WOKINGHAM • Berkshire

Relax and unwind with a friend or loved one at this fantastic spa and escape from all of your daily stresses. This relaxing retreat at Hilton will leave you both feeling pampered and invigorated. On your visit you'll receive a soothing back, neck and shoulder massage as well as a pick-me-up taster facial, not forgetting access to the facilities. Following your treatments, you'll enjoy a delicious afternoon tea in the hotel lounge featuring a spread of yummy sandwiches, scones and cake. A delightful pamper day that will leave you feeling refreshed and rejuvenated!

YOUR EXPERIENCE

- Back, neck and shoulder massage
- The Escape Taster facial
- Afternoon tea in the hotel's lounge

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16 SUPERIOR PAMPER DAY WITH CREAM TEA AT THE RETREAT BEACONSFIELD

BEACONSFIELD • Buckinghamshire

Located on a 2000 acre country estate just half an hour's drive from central London, The Retreat Beaconsfield provides the perfect haven for some luxurious pampering and relaxation. You and a guest can catch up over delicious cream tea before being treated to a revitalising facial and a 55-minute treatment of your choice – choose from an aromatherapy massage, pedicure, Indian head massage and more! Once you're feeling relaxed and soothed from your treatments, you are welcome to use the facilities and explore the gorgeous grounds. There's no better way to spend an afternoon!

YOUR EXPERIENCE

- Choice of a 55 minute treatment
- A 15 minute facial
- Cream Tea plus herbal teas, water, tea and coffee will be served

HOW TO BOOK

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17 RELAX DAY WITH LUNCH AT DANESFIELD HOUSE

MARLOW-ON-THAMES • Buckinghamshire

Take the time to truly relax with this wonderful experience at Spa Illuminata Danesfield House. You and your loved one will enjoy full access to the venue's superb spa facilities, which boast a swimming pool, Jacuzzi, steam rooms and a recently revamped gymnasium. During your delightful day of indulgence, you'll both be treated to a lavish lunch in the venue's elegant Spa Bar that prides itself on transforming simple produce into well-executed modern British gastronomy.

YOUR EXPERIENCE

- Enjoy full use of the spa facilities
- A two course lunch is included
- Stunning location

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18 DELUXE CHOICE SPA DAY AT BANNATYNE SPA MILTON KEYNES

MILTON KEYNES • Buckinghamshire

With this spa day at Bannatyne's Milton Keynes in the centre of town, you and your guest are perfectly located to head out for a bit of retail therapy or a few drinks to make a real day of it! Kick off the day with a 55 minute spa treatment from six options, including a facial, manicure and variety of massages. Not only that, you can spend the remainder of your time enjoying the facilities at the club and feel like you are on holiday, with the indoor tropical gardens surrounding the spa area.

YOUR EXPERIENCE

- Choose a 55 minute spa treatment from six great options
- A whole day's access to spa facilities

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19 PAMPER PACKAGE AT SCHMOO BY THE SEA HILTON

BRIGHTON • East Sussex

Escape the stresses of daily life and unwind with a friend at the fantastic Schmoo by the Sea Hilton in Brighton. During your visit you will be treated to a soothing back, neck and shoulder massage and a delightful taster facial to rejuvenate your skin. Following your invigorating and refreshing treatments, you'll enjoy a delicious afternoon tea in the hotel lounge featuring a spread of yummy sandwiches, scones and cake. The perfect day to spend with a friend or loved one, that is sure to impress you both.

YOUR EXPERIENCE

- Back, neck and shoulder massage
- The Escape Taster facial
- Afternoon tea in the hotel's lounge

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20 VIRGIN ACTIVE RELAXATION PACKAGE FOR TWO

BRIGHTON • East Sussex

Whether you're celebrating a special occasion or you just want to surprise someone who you know deserves it, let the two of you relax in style at the Virgin Active club in Brighton. You'll each receive 55 minutes of treatments - including a back massage, to really knead out any knots and invigorate your skin and muscles, and a facial to leave faces looking and feeling great. You'll then have free run for the day, whether you prefer to try out some machines in the gym or swim a few laps in the pool.

YOUR EXPERIENCE

- One day's unlimited use of facilities for two people
- A back massage and a facial each, lasting a total of 55 minutes

HOW TO BOOK

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21 SPA CREATION DAY AT ASHDOWN PARK HOTEL

EAST GRINSTEAD • East Sussex

Set in 186 acres of beautiful gardens and forests, Ashdown Park Hotel offers a tranquil and relaxing pamper experience for you both to escape the stresses of everyday life and drift into pure rest and relaxation. This day visit entitles you to free reign over the spa's swimming pool, steam room, sauna, gymnasium and tennis courts and you and your guest will receive welcome drinks upon arrival, as well as a light lunch. With such a range of things to experience, we imagine you'll be there until closing time!

YOUR EXPERIENCE

- Pampering session for two
- You will have access to the spa's swimming pool, sauna and gym
- Sip on complimentary drinks on arrival
- Tuck into a light lunch

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22 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

HASTINGS • East Sussex

With this spa day at the Bannatyne Spa Hastings in the centre of town, you and your guest are set for a full day of rejuvenation ahead! Kick off the day with a 55 minute spa treatment from six options, including a facial, manicure and variety of massages. Not only that, you will spend the remainder of your time enjoying the facilities at the club and feel like you are on holiday lounging by the pool, working up a sweat in the gym or taking it easy in the sauna and steam rooms.

YOUR EXPERIENCE

- Choose a 55 minute spa treatment from six great options
- A whole day's access to spa facilities

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23 VIRGIN ACTIVE RELAXATION PACKAGE FOR TWO

BRENTWOOD • Essex

Whether you're celebrating a special occasion or you just want to surprise someone who you know deserves it, let the two of you relax in style at the Virgin Active club in Brentwood. You'll each receive 55 minutes of treatments - including a back massage, to really knead out any knots and invigorate your skin and muscles, and a facial to leave faces looking and feeling great. You'll then have free run for the day, whether you prefer to try out some machines in the gym or swim a few laps in the pool.

YOUR EXPERIENCE

- One day's unlimited use of facilities for two people
- A back massage and a facial each, lasting a total of 55 minutes

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24 VIRGIN ACTIVE RELAXATION PACKAGE FOR TWO

CHELMSFORD • Essex

Take some time out of your busy schedule and revel in the opportunity for a relaxing spa day at the Virgin Active Chelmsford with a friend or loved one. Not only will you have full access to the fantastic facilities, ranging from a fully equipped gym and indoor pool to a sauna and steam room, you and your guest will also get the chance to enjoy two treatments each, lasting 55 minutes. Nourish your skin and leave it silky smooth with a facial, followed up by a back massage, releasing any tension you might be experiencing from the hectic nature of daily life!

YOUR EXPERIENCE

- One day's unlimited use of facilities
- A back massage and a facial, lasting a total of 55 minutes

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25 RELAXING SPA DAY FOR TWO AT BANNATYNE KINGSFORD PARK

COLCHESTER • Essex

You and a loved one will love this indulgent spa day at Bannatyne Kingsford Park in Colchester. As well as full access to the newly-refurbished health club facilities, including sauna, indoor pool and steam rooms, you'll get to enjoy three pampering treatments each, totalling 70 minutes. The Swedish back massage will see your therapist using a variety of strokes and pressures to soothe away any knots or tension in your muscles. The Bannatyne Energising Facial will leave skin fresh and revived, then a scalp massage will complete your treatments. You'll leave feeling renewed and ready for the rest of your week!

YOUR EXPERIENCE

- Full wet spa access for one day, including sauna, indoor pool and steam rooms
- A Swedish back massage, Bannatyne Energising Facial and a scalp massage each

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26 VIRGIN ACTIVE RELAXATION PACKAGE FOR TWO

THUNDERSLEY • Essex

Whether you're celebrating a special occasion or you just want to surprise someone who you know deserves it, let the two of you relax in style at the Virgin Active club in Thundersley. You'll each receive 55 minutes of treatments - including a back massage, to really knead out any knots and invigorate your skin and muscles, and a facial to leave faces looking and feeling great. You'll then have free run for the day, whether you prefer to try out some machines in the gym or swim a few laps in the pool.

YOUR EXPERIENCE

- One day's unlimited use of facilities for two people
- A back massage and a facial each, lasting a total of 55 minutes

HOW TO BOOK

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27 HEALTH CLUB PASS AND TEA AT MARRIOTT PORTSMOUTH

PORTSMOUTH • Hampshire

Take time out for a day's exercise, relaxation, and indulgence, with this full day treat. You and your spa buddy will have full access to the gym equipment, pool, and steam room at Marriott Hotel Portsmouth. After you work on your cardio and sweat out those toxins in the sauna, settle down to a sumptuous afternoon tea with all the trimmings. You'll be able to relax and chat over scones, cakes and refreshing freshly-brewed tea. Additionally, enjoy the chance to join the Leisure Club with no membership fee to pay!

YOUR EXPERIENCE

- One day's access to the spa facilities
- Gift includes an afternoon tea

HOW TO BOOK

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28 PAMPER EXPERIENCE FOR TWO AT MEON VALLEY MARRIOTT HOTEL AND COUNTRY CLUB

SHEDFIELD • Hampshire

Enjoy first class facilities and fantastic hospitality at the Marriott Meon Valley Spa in Shedfield, Hampshire. You and a friend can expect relaxation, with a full day's access to the facilities, including a pool, fully equipped gym, spa bath and steam room, so there's something to suit everyone, whether you enjoy a gentle swim, empowering work out or would rather spend some time detoxifying in the steam room. In addition to all this, you will both be treated to a 25 minute spa treatment and be offered a 15% discount on all the beauty and spa products purchased at the shop so you can have your very own pamper session at home!

YOUR EXPERIENCE

- A 25 minute treatment
- Full use of the health club facilities
- 15% discount on any spa and beauty products bought on the day

HOW TO BOOK

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29 RELAXING SPA DAY FOR TWO AT MACDONALD BOTLEY HOTEL

SOUTHAMPTON • Hampshire

Take some time to relax, unwind and catch up with someone special at this charming hotel spa. At Macdonald Botley Park, you'll find the perfect combination of luxury and tranquillity, from the array of spa facilities through to the experienced team of therapists waiting to administer your choice of beauty treatment. Try a taster facial to restore your natural radiance, a deep tissue massage for intense invigoration, or a nourishing Sole Delight or Pro-radiance treatment for your hands or feet. With a heated swimming pool and Technogym to help fitness fanatics feel their absolute best, there's sure to be something here for everyone.

YOUR EXPERIENCE

- One of the below 25 minute treatments each:
Sole Delight Foot Treatment,
Elemis Deep Tissue Back Massage,
Elemis Taster Facial, Pro-radiance
Hand & Nail Treatment
- Use of spa facilities
- Use of robes, slippers and towels

HOW TO BOOK

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30 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

ASHFORD • Kent

Take a day out of your hectic week to indulge in a pamper session for you and a friend or loved one at the Bannatyne Spa Ashford. Choose one of the six 55 minute treatments on offer, ranging from a body polish, Swedish back, neck and shoulder massage and manicure to an expert facial, so there will definitely be something to suit anyone's preference! As well as enjoying a treatment each, you and your guest will have the opportunity to spend the entire day at the club, taking advantage of all the facilities on offer, such as a steam room, gym and sauna. The perfect day out for two!

YOUR EXPERIENCE

- Choose a 55 minute spa treatment from six options
- Access to spa facilities

HOW TO BOOK

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31 PAMPER EXPERIENCE FOR TWO AT TUDOR PARK MARRIOTT HOTEL AND COUNTRY CLUB

BEARSTED • Kent

Refresh your body and mind with this relaxation experience at Marriott Health Club Tudor Park. The venue offers wonderfully tranquil and modern facilities to cater to all your pampering needs. You and your guest will have full use of the hotel's health club facilities for an invigorating dip in the pool or a relaxing spell in the Jacuzzi. In addition, your visit will include a wonderfully calming 25 minute spa treatment to soothe away the rigours of the working week. What's more, during your experience you will be given a 15% discount on all spa and beauty products purchased at the shop so you can continue pampering yourself at home.

YOUR EXPERIENCE

- A 25 minute treatment
- Full use of the health club facilities
- 15% discount on any spa and beauty products bought on the day

HOW TO BOOK

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32 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

BROADSTAIRS • Kent

If you're feeling like you need to be pampered from your head to your toes, visit Bannatyne Spa Broadstairs. Specifically designed to promote relaxation and rejuvenation, you'll each receive 55 luxurious minutes of treatment. The venue features fantastic facilities and high quality branded beauty and spa products, allowing you and your spa buddy to make every choice a deluxe choice! Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a tension easing Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- Choose a 55 minute spa treatment from six great options
- Access to spa facilities

HOW TO BOOK

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33 LUXURY SPA DAY FOR TWO AT MERCURE DARTFORD BRANDS HATCH

DARTFORD • Kent

Discover a world of indulgence with this luxurious spa day for two at the Mercure Spa in Dartford. Boasting top-of-the-range treatments and modern facilities that make for an unforgettable day, you will both enjoy a 40 minute treatment each, choosing between the discovery facial, tranquillity scalp massage, cleansing and purifying back treatment, essential back massage and perfect legs. Once you're feeling revived, you will be free to enjoy access to the spa's facilities which include a swimming pool and fitness centre. A delicious light lunch will also be served to you and your guest so you can end the day in style!

YOUR EXPERIENCE

- 40 minute treatment per person, choosing from massages, a facial, etc.
- Light lunch
- Robes and slippers
- Full day's use of the spa facilities
- Refreshments such as tea, coffee and water

HOW TO BOOK

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34 LUXURY THERMAL SPA DAY FOR TWO AT YOUR SPA

RAMSGATE • Kent

Forget the hustle and bustle of daily life and escape to Your Spa for a refreshing spa day. The spa's fantastic facilities include a hydrotherapy pool, sauna, steam room, ice fountain, footbaths, salt room and bucket shower, where you can enjoy a two hour thermal spa experience. You and a lucky friend will also be able to choose a 30 minute treatment, and the options are a Time Precious facial, a neck and shoulder massage, and a nail file and polish. Following your treatment, you'll be served a light lunch and glass of Champagne in the relaxation suite to round off the day nicely!

YOUR EXPERIENCE

- A two hour thermal spa experience
- A 30 minute treatment of your choice
- A light lunch
- A glass of Champagne each to celebrate

HOW TO BOOK

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35 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

BANBURY • Oxfordshire

With this spa day at the Bannatyne Spa Banbury, you and your guest are set for a full day of rejuvenation ahead! Start off the day with a 55 minute spa treatment from six options, including a facial, manicure and variety of massages. Not only that, you can spend the remainder of your time enjoying the facilities at the club and feel like you are on holiday lounging by the pool, work up a sweat in the gym or relax in the sauna or steam room.

YOUR EXPERIENCE

- Choose a 55 minute spa treatment from six great options
- A whole day's access to spa facilities

HOW TO BOOK

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36 THE SCHMOO SPA PAMPER PACKAGE AT HILTON FOR TWO

COBHAM • Surrey

Relax and unwind with a friend or loved one at this fantastic spa and escape from all of your daily stresses. This relaxing retreat at The Schmoo Spa at Hilton will leave you both feeling pampered and invigorated. On your visit you will both receive a soothing back, neck and shoulder massage as well as a pick-me-up taster facial. Following your treatments, you'll enjoy a delicious afternoon tea in the hotel lounge featuring a spread of yummy sandwiches, scones and cake. This delightful pamper day will leave you feeling refreshed and rejuvenated!

YOUR EXPERIENCE

- Back, neck and shoulder massage
- The Escape Taster facial
- Afternoon tea in the hotel's lounge

HOW TO BOOK

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37 PAMPER EXPERIENCE AT LINGFIELD PARK MARRIOTT HOTEL & COUNTRY CLUB

LINGFIELD • Surrey

Whether you would prefer a rural retreat or a city centre hotel, visit Marriott Health Club Lingfield Park Resort. The venue offers wonderfully tranquil and modern facilities to cater to all your pampering needs. You and a friend will have full use of the venue's facilities for an invigorating dip in the pool or a relaxing spell in the Jacuzzi. In addition, your visit will include a wonderfully calming 25 minute spa treatment to soothe away the rigours of the working week. What's more, during your experience you will be given a 15% discount on all spa and beauty products purchased at the shop so you can continue pampering yourself at home.

YOUR EXPERIENCE

- A 25 minute treatment
- Full use of the health club facilities
- 15% discount on any spa and beauty products bought on the day

HOW TO BOOK

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38 DELUXE CHOICE SPA DAY AT BANNATYNE SPA BRISTOL

BRISTOL • Bristol

Refresh both your mind and body at the Bannatyne Spa Bristol where you can indulge in a delightful day of relaxation and rejuvenation. Take a friend or loved one along and you can both have full use of the spa facilities for the whole day, with a sauna and steam room to purify the skin, a swimming pool for a few lengths and a fully equipped gym if you fancy a work out. Round off your day with a 55 minute treatment each where you can choose from six options including a manicure, facial and massage, so you can tailor the day to your needs!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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39 HEALTH CLUB AND AFTERNOON TEA AT BRISTOL MARRIOTT HOTEL CITY CENTRE

BRISTOL • Bristol

Spend a day enjoying total relaxation with this full day treat. You and your spa buddy each have full access to the gym equipment, pool, and steam room at Bristol Marriott Hotel City Centre. After you work on your cardio and sweat out those toxins in the sauna, settle down to a sumptuous afternoon tea with all the trimmings. You'll be able to relax and chat over scones, cakes and refreshing freshly-brewed tea. Additionally, enjoy the chance to join the Leisure Club with no membership fee to pay!

YOUR EXPERIENCE

- One day's access to the spa facilities
- Afternoon tea for two

HOW TO BOOK

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40 LUXURY SPA DAY AT MERCURE BRISTOL HOLLAND

BRISTOL • Bristol

Discover a world of indulgence with this luxurious spa day at Mercure Bristol Holland Hotel and Spa. The spa boasts top-of-the-range treatments and contemporary facilities that make for an unforgettable day of pampering. You and your guest will enjoy 50 minutes worth of treatments each, and once you're feeling revived, you'll enjoy access to the spa's facilities which include swimming pools and a fitness centre. Whether you've worked up a sweat at the gym or taken a dip in the pool, you'll surely fancy a bite to eat afterwards. A delicious light lunch will be served to you and your guest so you can really end the day in style!

YOUR EXPERIENCE

- Choose two 25 minute treatments
- Robes and slippers will be provided
- Full day's use of the spa facilities
- Refreshments such as tea, coffee and water and a light lunch included

HOW TO BOOK

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41 PAMPER EXPERIENCE AT BOURNEMOUTH HIGHCLIFF MARRIOTT

BOURNEMOUTH • Dorset

Visit the Marriott Health Club Bournemouth Highcliff for the ultimate in indulgence and pampering. Take a friend along to this wonderful venue, ready to welcome you and cater to all your pampering needs. You'll have full use of the hotel's health club facilities for an invigorating dip in the pool or a relaxing spell in the Jacuzzi. As well as this, your visit will include a wonderful 25 minute spa treatment to soothe away the rigours of the working week. What's more, during your experience you will be given a 15% discount on all spa and beauty products purchased at the shop so you can continue pampering yourself at home.

YOUR EXPERIENCE

- A 25 minute treatment each
- Full use of the health club facilities
- 15% discount on any spa and beauty products bought on the day

HOW TO BOOK

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42 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL BOURNEMOUTH

BOURNEMOUTH • Dorset

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Spa in Bournemouth. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes choosing from
- Complimentary towels and robes
- Use of the spa facilities

HOW TO BOOK

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43 PAMPERING AT THE SCHMOO SPA HILTON PUCKRUP HALL

TEWKESBURY • Gloucestershire

Relax and unwind with a friend or loved one at this fantastic spa and escape from all of your daily stresses. This relaxing retreat at Hilton will leave you both feeling pampered and invigorated. On your visit you will both receive a soothing back, neck and shoulder massage as well as a pick-me-up taster facial. Following your treatments, you'll enjoy a delicious afternoon tea in the hotel lounge featuring a spread of yummy sandwiches, scones and cake. Take full advantage of this delightful pamper day that will leave you feeling refreshed and rejuvenated!

YOUR EXPERIENCE

- Back, neck and shoulder massage
- The Escape Taster facial
- Afternoon tea in the hotel lounge

HOW TO BOOK

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44 HEALTH CLUB AND AFTERNOON TEA DELIGHT FOR TWO AT SWINDON MARRIOTT HOTEL

SWINDON • Wiltshire

Take time out for a day's exercise, relaxation, and indulgence, with this full day treat. You and your guest will each have full access to the gym equipment, pool, and steam room at Marriott Hotel Swindon. After you work on your cardio and sweat out those toxins in the sauna, settle down to a sumptuous afternoon tea with all the trimmings. You'll be able to relax and chat over scones, cakes and refreshing freshly-brewed tea. Additionally, enjoy the chance to join the Leisure Club with no membership fee to pay!

YOUR EXPERIENCE

- One day's access to the spa facilities
- Afternoon tea for two

HOW TO BOOK

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A scenic landscape of rolling green hills and fields in the Midlands, with a white rectangular box in the center containing the word 'MIDLANDS' in purple.

MIDLANDS



WEST MIDLANDS

EAST MIDLANDS

BIRMINGHAM

CAMBRIDGE



Partners in the guide



Partners to discover
at redletterdays.com/redeem

MIDLANDS

EAST MIDLANDS

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- 48 Pamper Experience for Two at Breadsall Priory Marriott Hotel & Country Club, Morley
- 49 Deluxe Choice Spa Day at Bannatyne Spa Leicester, Leicester
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- @ Bannatyne Spa Deluxe Choice Spa Day for Two, Luton
- @ Spa Day with Afternoon Tea at Bannatyne Spa Peterborough, Peterborough
- @ Health Club and Afternoon Tea at Breadsall Priory Marriott Hotel & Country Club, Morley
- @ Spa Day with Two Treatments and Afternoon Tea for Two at Bannatyne, Grimsby

- @ Health Club and Afternoon Tea Delight for Two at Sprowston Manor Marriott Hotel & Country Club, Norwich
- @ Spa Day with Afternoon Tea at Bannatyne Spa Norwich, Norwich
- @ Relaxing Day with Heat & Ice at Whittlebury Hall, Whittlebury
- @ Spa Day with Afternoon Tea at Bannatyne Spa Mansfield, Mansfield
- @ Luxury Spa Day with Massage for Two at Muthu Belstead Brook Hotel, Ipswich

WEST MIDLANDS

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- 72 Bannatyne Spa Deluxe Choice Spa Day for Two, Solihull

73 Relaxation Package at Virgin Active Solihull, Solihull

74 Bannatyne Spa Deluxe Choice Spa Day for Two, Sutton Coldfield

@ Bannatyne Spa Deluxe Choice Spa Day for Two, Shrewsbury

@ Spa Day with Two Treatments and Afternoon Tea for Two at Bannatyne, Shrewsbury

@ Relaxing Spa Day for Two at Macdonald Hill Valley Hotel, Whitchurch

@ Spa Day with Afternoon Tea at Bannatyne Spa Burton on Trent, Burton on Trent

@ Spa Day with Two Treatments and Afternoon Tea for Two at Bannatyne, Tamworth

@ Health Club Pass and Tea at Birmingham Marriott Hotel, Birmingham

@ Health Club and Afternoon Tea Delight for Two at Forest of Arden Marriott Hotel & Country Club, Meriden

@ Spa Day with Afternoon Tea at Bannatyne Spa Solihull, Solihull



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45 HEALTH CLUB AND AFTERNOON TEA DELIGHT FOR TWO AT HUNTINGDON MARRIOTT HOTEL

HUNTINGDON • Cambridgeshire

Take time out for a day's exercise, relaxation, and indulgence, with this full day treat. You'll each have full access to the gym equipment, pool, and steam room at the high-end Marriott Hotel Huntingdon. After you work on your cardio and sweat out those toxins in the sauna, settle down to a sumptuous afternoon tea with all the trimmings. You'll be able to relax and chat over scones, cakes and refreshing freshly-brewed tea. Additionally, enjoy the chance to join the Leisure Club with no membership fee to pay!

YOUR EXPERIENCE

- One day's access to the spa facilities
- Afternoon tea for two

HOW TO BOOK

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46 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

PETERBOROUGH • Cambridgeshire

At Bannatyne Spa Peterborough, you and your spa buddy will have a wealth of treatment options to choose from. Specifically designed to promote relaxation and rejuvenation, every treatment lasts for a luxurious 55 minutes. As well as these fabulous treatments, the venue features fantastic facilities, and high quality branded beauty and spa products, allowing you to make every choice a deluxe choice! Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a tension-easing Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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47 SPA DAY WITH TREATMENTS AND LUNCH FOR TWO AT YEW LODGE HOTEL

DERBY • Derbyshire

Swap the hustle and bustle of everyday life for a day of pure relaxation and tranquillity at the Yew Lodge Hotel in Derby, with a spa day for you and a friend or loved one. Unwind as you take advantage of the spa and leisure facilities, including a pool and gym, steam room, Klaffs sauna, ice experiences, sun showers and a whirlpool spa – you'll be spoilt for choice! If that wasn't enough, a delicious light lunch will see you through the day nicely, especially with two 25 minute pampering treatments to enjoy, choosing from an express manicure or pedicure, back, neck and shoulder massage and a mini facial!

YOUR EXPERIENCE

- Spa day with full access to spa facilities, including a Klaffs sauna, pool, steam room, whirlpool spa, ice experience and gym
- Choice of two 25 minute treatments each
- Light lunch of sandwiches, scones, fruit and a soft/hot drink

HOW TO BOOK

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48 PAMPER EXPERIENCE FOR TWO AT BREADSALL PRIORY MARRIOTT HOTEL & COUNTRY CLUB

MORLEY • Derbyshire

Treat yourself and a friend to a blissful relaxation experience at Breadsall Priory Marriott Hotel & Country Club. You will have full use of the hotel's extensive health club facilities for an invigorating dip in the pool or a relaxing spell in the Jacuzzi. In addition, your visit will include a wonderfully calming 25 minute spa treatment to soothe away the rigours of the working week. What's more, during your experience you will be given a 15% discount on all spa and beauty products purchased at the shop so you can continue pampering yourself at home.

YOUR EXPERIENCE

- A 25 minute treatment
- Full use of the health club facilities
- 15% discount on any spa and beauty products (not treatments) bought on the day

HOW TO BOOK

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49 DELUXE CHOICE SPA DAY AT BANNATYNE SPA LEICESTER

LEICESTER • Leicestershire

With this spa day at the Bannatyne Spa Leicester, you and your guest are set for a full day of rejuvenation ahead! Kick off the day with a 55 minute spa treatment from six options, including a facial, manicure and variety of massages. Not only that, you can spend the remainder of your time enjoying the facilities at the club and feel like you are on holiday lounging by the pool, work up a sweat in the gym or relax in the sauna or steam room.

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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50 HEALTH CLUB AND AFTERNOON TEA DELIGHT FOR TWO AT LEICESTER MARRIOTT HOTEL

LEICESTER • Leicestershire

Take time out for a day's exercise, relaxation, and indulgence, with this full day treat at the Marriott Hotel in Leicester. You'll have full access to the gym equipment, pool, and steam room. After you work on your cardio and sweat out those toxins in the sauna, settle down to a sumptuous afternoon tea with all the trimmings. You'll be able to relax and chat over scones, cakes and refreshing freshly-brewed tea. Additionally, enjoy the chance to join the Leisure Club with no membership fee to pay!

YOUR EXPERIENCE

- A day's access to the spa facilities
- Afternoon tea for two

HOW TO BOOK

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51 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

GRIMSBY • Lincolnshire

At the Bannatyne Spa in Grimsby, you will both have a wealth of treatment options to choose from. Specifically designed to promote relaxation, every treatment lasts for a luxurious 55 minutes. As well as these fabulous treatments, every Bannatyne UK location features fantastic facilities, and high quality beauty and spa products, allowing you to make every choice deluxe! Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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52 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

NORWICH • Norfolk

Refresh both your mind and body at the Bannatyne Spa Norwich, where you can indulge in a delightful day of relaxation and rejuvenation. Take a friend or loved one along and you can both enjoy use of the spa facilities for the whole day, with a sauna and steam room to purify the skin, a swimming pool for a few lengths and a fully equipped gym, if you fancy a workout. Round off your day with a 55 minute treatment each, where you can choose from six options including a manicure, facial and massage so you can tailor the day to your needs!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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53 PAMPER EXPERIENCE AT SPROWSTON MANOR MARRIOTT HOTEL & COUNTRY CLUB

NORWICH • Norfolk

Spoil yourself and a friend with a blissful relaxation experience at the Marriott Sprowston Manor Hotel. The venue offers wonderfully tranquil and modern facilities to cater to all your pampering needs. You'll both have full use of the hotel's extensive health club facilities for an invigorating dip in the pool or a relaxing spell in the Jacuzzi. In addition, your visit will include a wonderfully calming 25 minute spa treatment to soothe away the stress of the working week. What's more, during your experience you will be given a 15% discount on all spa and beauty products purchased at the shop so you can continue pampering yourself at home.

YOUR EXPERIENCE

- A 25 minute treatment
- Full use of the health club facilities
- 15% discount on any spa and beauty products (not treatments) bought on the day

HOW TO BOOK

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54 VIRGIN ACTIVE RELAXATION PACKAGE FOR TWO

NORTHAMPTON • Northamptonshire

Whether you take a friend, family member or that special someone in your life, this spa day at Virgin Active Riverside Park is guaranteed to please and gain you some extra brownie points! You and your lucky guest will both enjoy 55 minutes of pampering as you are treated to a refreshing facial and relaxing back massage. Afterwards, you will be free to while away the day with use of the facilities available, such as a gym, sauna and steam to suit all of your needs.

YOUR EXPERIENCE

- One day's unlimited use of facilities
- A back massage and a facial, lasting a total of 55 minutes

HOW TO BOOK

Visit redletterdays.com/redeem to explore our full range of options and redeem your voucher!



55 VIRGIN ACTIVE RELAXATION PACKAGE FOR TWO

NORTHAMPTON • Northamptonshire

Whether you take a friend, family member or that special someone in your life, this spa day at Virgin Active Riverside Park is guaranteed to please and gain you some extra brownie points! You and your lucky guest will both enjoy 55 minutes of pampering as you are treated to a refreshing facial and relaxing back massage. Afterwards, you will be free to while away the day with use of the facilities available, such as a gym, sauna and steam to suit all of your needs.

YOUR EXPERIENCE

- One day's unlimited use of facilities
- A back massage and a facial, lasting a total of 55 minutes

HOW TO BOOK

Visit redletterdays.com/redeem to explore our full range of options and redeem your voucher!



56 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

MANSFIELD • Nottinghamshire

Take a day out of your hectic week to indulge in a pamper session for you and a friend or loved one at the Bannatyne Spa Mansfield. Choose from a fantastic selection of 55 minute treatments on offer, ranging from a body polish, Swedish back, neck and shoulder massage and manicure to an expert facial, so there is something to suit everyone! Not only will you both enjoy a treatment each, you can spend the whole day at the club, taking advantage of all the facilities on offer, such as a steam room, gym and sauna. The perfect day out for two!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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57 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL NOTTINGHAM

NOTTINGHAM • Nottinghamshire

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Spa in Nottingham. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



58 VIRGIN ACTIVE RELAXATION PACKAGE FOR TWO

NOTTINGHAM • Nottinghamshire

Surprise someone who deserves it with this Relaxing Spa Day gift experience. At the Virgin Active Health Club in Nottingham, both you and your guest can relax in style with two treatments each and full access to the fantastic facilities. You'll each receive treatments lasting 55 minutes, including a back massage, to rid you of any tension and knots and a facial to leave you with soft and supple skin and a radiant glow. Round off your day with the use of the spa facilities, whether you fancy a leisurely swim in the pool or a rigorous session in the gym, the choice is yours!

YOUR EXPERIENCE

- One day's unlimited use of facilities
- A back massage and a facial, lasting a total of 55 minutes

HOW TO BOOK

Visit redletterdays.com/redeem to explore our full range of options and redeem your voucher!



59 RELAXING SPA DAY FOR TWO AT BANNATYNE BURY ST EDMUNDS

BURY ST. EDMUNDS • Suffolk

This pampering day for two at Bannatyne Bury St Edmunds will allow you and a friend to take some time out together while enjoying top-quality spa facilities and treatments. You'll have full access to the indoor pool, sauna and steam room, and will then get to head into the treatment rooms. You'll start with a Swedish back massage each to ease away any tension or knotting in your muscles, followed by a Bannatyne Energising Facial to refresh and revitalise your skin. Lastly, a scalp massage will complete your day of relaxation, leaving you both feeling revived and ready for normal life again!

YOUR EXPERIENCE

- Full wet spa access for one day, including indoor pool, sauna and steam room
- You'll each receive a Swedish back massage, Bannatyne Energising Facial and a scalp massage

HOW TO BOOK

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60 SPA DAY WITH TEA AT HAUGHTON HALL HOTEL

SHIFNAL • Shropshire

Enjoy a lavish day out alongside a loved one at Haughton Hall Hotel and Leisure Club. Housed within a magnificent mansion, this serene venue is the perfect place to relax and unwind. The two of you will gain full access to the superb spa facilities, as well as the chance to experience a truly rejuvenating 25 minute treatment each. Your day also includes a delightful afternoon tea of freshly prepared sandwiches, scones, cakes and fantasies, plus your choice of speciality tea or coffee. So go on, treat yourself to a little luxury. You deserve it!

YOUR EXPERIENCE

- Enjoy a rejuvenating 25 minute treatment
- Tuck into a delicious afternoon tea
- Includes full use of the spa facilities

HOW TO BOOK

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61 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

BURTON ON TRENT • Staffordshire

At Bannatyne Spa Burton on Trent, you and your spa buddy will have a wealth of treatment options to choose from. Specifically designed to promote relaxation and rejuvenation, every treatment lasts for 55 minutes. Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a tension easing Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix! As well as these fabulous treatments the venue features fantastic facilities, and high quality branded beauty and spa products, allowing you to make every choice a deluxe choice!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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62 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

TAMWORTH • Staffordshire

At the Bannatyne Spa in Tamworth, you will both have a wealth of treatment options to choose from. Specifically designed to promote rejuvenation, every treatment lasts for a luxurious 55 minutes. As well as these fabulous treatments every Bannatyne UK location features fantastic facilities, and high quality beauty and spa products, allowing you to make every choice a deluxe choice! Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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63 LUXURY SPA DAY FOR TWO AT MERCURE BRANDON HALL HOTEL AND SPA

COVENTRY • Warwickshire

Discover a world of indulgence with this luxurious spa day at Mercure Brandon Hall Hotel. The spa boasts top-of-the-range treatments and contemporary facilities that make for an unforgettable day of pampering. You and your guest will enjoy two treatments lasting 25 minutes each, and once you're feeling revived, you'll enjoy access to the spa's facilities which include swimming pools and fitness centres. Whether you've worked up a sweat at the gym or taken a dip in the pool, you'll surely fancy a bite to eat afterwards. A delicious light lunch will be served to you and your guest so you can really end the day in style!

YOUR EXPERIENCE

- Choose two 25 minute treatments each
- Robes and slippers will be provided
- Full day's use of the spa facilities
- Refreshments such as tea, coffee and water and a light lunch

HOW TO BOOK

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64 SPA DAY WITH AFTERNOON TEA AT WILDMOOR SPA AND HEALTH CLUB

STRATFORD-UPON-AVON • Warwickshire

Recharge your batteries at the luxurious Wildmoor Spa and Health Club in Stratford-upon-Avon. You can ease away any accumulated strains with the venue's extensive spa facilities - including crystal steam rooms, a herbal sauna, Roman Caldarium and Hydrotherapy spa. If you fancy something more upbeat, head to the gym where 80 exercise classes take place weekly, such as Spinning, Zumba and Bodypump. To top it all off, you and your guest will be treated to a delicious afternoon tea consisting of cakes and sandwiches, as well as coffee and tea!

YOUR EXPERIENCE

- Spa day for two
- Afternoon tea
- Access to the spa facilities

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



65 LUXURY SPA DAY FOR TWO AT MERCURE WALTON HALL HOTEL AND SPA

WELLESBOURNE • Warwickshire

Discover a world of indulgence with this luxurious spa day for two at the Mercure Spa in Wellesbourne. Boasting top-of-the-range treatments and modern facilities that make for an unforgettable day of pampering, you both will enjoy a 40 minute treatment each. Choose from the Discovery Facial, Tranquillity scalp massage, Cleansing and Purifying back treatment, Essential back massage and Perfect legs. Once you're feeling de-stressed, you will be free to enjoy access to the spa's facilities which include a swimming pool and fitness centre. A delicious light lunch will also be served to you and your guest so you can really end the day in style!

YOUR EXPERIENCE

- 40 minute treatment per person
- A Light lunch
- Full day's use of the spa facilities
- Refreshments such as tea, coffee and water

HOW TO BOOK

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66 DELUXE CHOICE SPA DAY AT BANNATYNE SPA BRINDLEY PLACE

BIRMINGHAM • West Midlands

Refresh both mind and body at the Bannatyne Spa Brindley Place, where you can indulge in a delightful day of relaxation and rejuvenation. Take a friend or loved one along and you can both take liberty of the spa facilities for the whole day, with a sauna and steam room to purify the skin, a swimming pool for a few lengths and a fully equipped gym if you fancy a work out. Round off your day with a 55 minute treatment each where you can choose from six options including a manicure, facial and massage, so you can tailor the day to your needs!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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67 MIDWEEK SPA TREAT WITH LUNCH AND FIZZ FOR TWO AT MALMAISON SPA

BIRMINGHAM • West Midlands

Boasting a central location in the heart of Birmingham, just minutes away from Birmingham New Street train station, the chic Malmaison Hotel offers a perfect environment for some well-deserved relaxation. You and your guest will be pampered in the luxurious Le Petit Spa, a stylish paradise offering a range of health and beauty treatments such as full body massages, manicures and body exfoliation. Both of you will be able to enjoy a 25 minute treatment of your choice, but the indulgences don't stop there – tuck into a delicious lunch in the swanky Brasserie, accompanied by a glass of fizz each.

YOUR EXPERIENCE

- One 25 minute spa treatment each
- A tasty one course lunch served in the Brasserie
- A glass of fizz each

HOW TO BOOK

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68 PAMPER EXPERIENCE FOR TWO AT BIRMINGHAM MARRIOTT HOTEL

BIRMINGHAM • West Midlands

Refresh your body and mind with this relaxation experience at the Marriott Birmingham. The venue offers wonderfully tranquil and modern facilities to cater to all your pampering needs. You and your guest will have full use of the hotel's health club facilities for an invigorating dip in the pool or a relaxing spell in the Jacuzzi. In addition, your visit will include a wonderfully calming 25 minute spa treatment to soothe away the rigours of the working week. What's more, during your experience you will be given a 15% discount on all spa and beauty products purchased at the shop so you can continue pampering yourself at home.

YOUR EXPERIENCE

- A 25 minute treatment
- Full use of the health club facilities
- 15% discount on any spa and beauty products (not treatments) bought on the day

HOW TO BOOK

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69 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL COVENTRY

COVENTRY • West Midlands

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Spa in Coventry. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK

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70 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL BIRMINGHAM DUDLEY

DUDLEY • West Midlands

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Spa in Dudley. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK

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71 PAMPER EXPERIENCE FOR TWO AT FOREST OF ARDEN MARRIOTT HOTEL & COUNTRY CLUB

MERIDEN • West Midlands

Don't miss a chance to enjoy a blissful relaxation experience at the Marriott Health Club Forest of Arden. The venue offers wonderfully tranquil and modern facilities to cater to all your pampering needs. You and your guest will have full use of the hotel's health club facilities for an invigorating dip in the pool or a relaxing spell in the Jacuzzi. In addition, your visit will include a wonderfully calming 25 minute spa treatment to soothe away the rigours of the working week. What's more, during your experience you will be given a 15% discount on all spa and beauty products purchased at the shop so you can continue pampering yourself at home.

YOUR EXPERIENCE

- A 25 minute treatment
- Full use of the health club facilities
- 15% discount on any spa and beauty products (not treatments) bought on the day

HOW TO BOOK

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72 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

SOLIHULL • West Midlands

Refresh both your mind and body at the Bannatyne Spa Solihull, where you can indulge in a delightful day of relaxation and rejuvenation. Take a friend or loved one along and you can both enjoy full use of the spa facilities for the whole day, with a sauna and steam room to purify the skin, a swimming pool for a few lengths and a fully equipped gym if you fancy a work out. Round off your day with a 55 minute treatment each where you can choose from six options including a manicure, facial and massage, so you can tailor the day to your needs!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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73 RELAXATION PACKAGE AT VIRGIN ACTIVE SOLIHULL

SOLIHULL • West Midlands

Surprise someone who deserves it with this Relaxing Spa Day gift experience. At the Virgin Active Health Club Solihull, both of you can relax in style with two treatments each and access to the fantastic facilities. You'll each receive treatments lasting 55 minutes, including a back massage, to rid you of any tension and knots and a facial to leave you with soft and supple skin and a radiant glow. Round off your day with the use of the spa facilities, whether you fancy a leisurely swim in the pool or a rigorous session in the gym, the choice is yours!

YOUR EXPERIENCE

- One day's unlimited use of facilities
- A back massage and a facial, lasting a total of 55 minutes

HOW TO BOOK

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74 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

SUTTON COLDFIELD • West Midlands

With this spa day at the Bannatyne Spa Sutton Coldfield, you and your guest are set for a full day of pampering ahead! Kick off the day with a 55 minute spa treatment chosen from six delightful options, including a facial, manicure and variety of massages. Not only that, you can spend the remainder of your time enjoying the facilities at the club and feel like you are on holiday lounging by the pool, working up a sweat in the gym or simply taking it easy in the sauna and steam rooms.

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

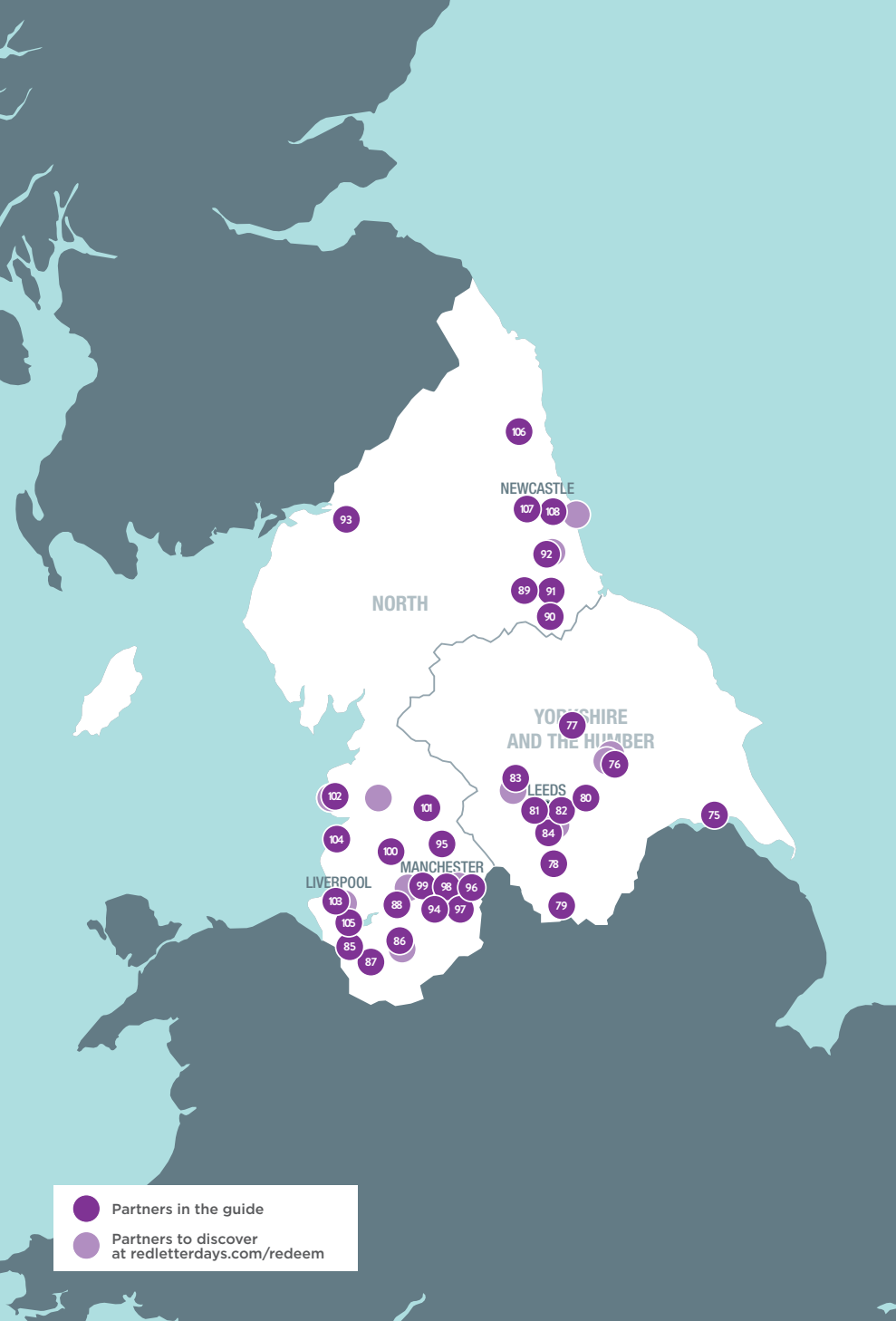
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NORTH



NORTH

NEWCASTLE

YORKSHIRE
AND THE HUMBER

LEEDS

MANCHESTER

LIVERPOOL



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@ Health Club and Afternoon Tea Delight for Two at Worsley Park Marriott Hotel & Country Club, Manchester

@ Bannatyne Spa Deluxe Choice Spa Day for Two, Blackpool

@ Spa Day with Two Treatments and Afternoon Tea for Two at Bannatyne, Blackpool

@ Health Club and Afternoon Tea at Preston Marriott Hotel, Preston

@ Pamper Experience for Two at Preston Marriott Hotel, Preston

@ Luxury Spa Day for Two at Nourish Boutique Lifestyle Club, Liverpool

@ Health Club and Afternoon Tea at Sunderland Marriott Hotel, Sunderland



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75 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL HULL

HULL • East Riding of Yorkshire

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Spa in Hull. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK

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76 HEALTH CLUB AND AFTERNOON TEA DELIGHT FOR TWO AT YORK MARRIOTT HOTEL

YORK • North Yorkshire

Treat yourself and a friend to a delightful day out at the Marriott York and enjoy access to all the facilities. Afterwards, indulge in an afternoon tea to round off your day of pure relaxation perfectly! You can expect first rate facilities to use at your leisure, whether you choose a detoxifying spa bath and steam, a sweaty workout in the well-equipped gym to work up an appetite or a few lengths of the pool, there is something for every guest to enjoy. Tuck into a tasty afternoon tea and chat over scones, cakes and refreshing freshly-brewed tea. You will also get the opportunity to join the Leisure Club with no membership fee on the day.

YOUR EXPERIENCE

- One day's access to the spa facilities
- Afternoon tea

HOW TO BOOK

Visit redletterdays.com/redeem to explore our full range of options and redeem your voucher!



77 LUXURY SPA DAY WITH AFTERNOON TEA FOR TWO AT THE CROWN HOTEL

YORK • North Yorkshire

A day of relaxation and indulgence awaits you and a loved one when you visit The Crown Hotel for a spa day with afternoon tea. Make sure you make use of the fabulous facilities on offer, based in the market town of Boroughbridge in Yorkshire whilst you are there. Enjoying a few laps in the heated pool, working up an appetite in the gym or relaxing in the sauna and steam room are just a few of the great ways to take care of yourselves and while away the morning. When you start to feel peckish, head for your indulgent afternoon tea, where you will enjoy delicious finger sandwiches, scones and cakes with a choice of tea or coffee, the perfect sweet treat to round off your spa day.

YOUR EXPERIENCE

- Full use of the facilities for two people for one day
- Afternoon tea for two, including sandwiches, cakes and tea/coffee

HOW TO BOOK

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78 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

BARNSELEY • South Yorkshire

During your Bannatyne Spa day in Barnsley, you and your spa buddy will have a wealth of treatment options to choose from. Designed with your rejuvenation and relaxation in mind, each treatment lasts 55 minutes to ensure you get the most from it. As well as a fabulous treatment, you'll have access to the fantastic facilities and high quality branded beauty and spa products. Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a tension-easing Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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79 SPA DAY MERCURE SHEFFIELD ST. PAUL'S HOTEL & SPA

SHEFFIELD • South Yorkshire

Visit the Mercure Sheffield St. Paul's Hotel and Spa and you won't be disappointed with all that this luxury spa day has to offer! You and your guest will enjoy full access to the spa facilities for the whole day, two 25 minute treatments and a light lunch and complimentary refreshments throughout the day. You can choose treatments from options such as an essential back massage, cleansing and purifying back treatment, a tranquillity scalp massage and more! With all this on offer, your friends and family will be fighting for the opportunity to come along as your guest!

YOUR EXPERIENCE

- Choose two 25 minute treatments
- Robes and slippers will be provided
- Full day's use of the spa facilities
- Refreshments such as tea, coffee and water and a light lunch

HOW TO BOOK

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80 HEALTH CLUB AND AFTERNOON TEA AT LEEDS MARRIOTT HOTEL

LEEDS • West Yorkshire

Take a break from the working week and escape to the Marriott Hotel Leeds for a day full of exercise, relaxation, and indulgence with the extra treat of an afternoon tea too! You and your guest can take full advantage of the facilities on offer, including a pool, steam room and well-equipped gym with a full day's access. Round off your day, perhaps after sweating out those toxins in the sauna or some cardio in the gym, with a delightful afternoon tea; consisting of scones with cream and jam, cakes and freshly brewed tea.

YOUR EXPERIENCE

- One day's access to the spa facilities
- Afternoon tea

HOW TO BOOK

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81 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL LEEDS NORTH

LEEDS • West Yorkshire

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Spa in Leeds. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK

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82 RELAXATION PACKAGE AT VIRGIN ACTIVE LEEDS

LEEDS • West Yorkshire

Take some time out of your busy schedule and revel in the opportunity for a relaxing spa day at the Virgin Active in Leeds with a friend or loved one. Not only will you have full access to the fantastic facilities, ranging from a fully equipped gym and indoor pool to a sauna and steam room, you and your guest will also get the chance to enjoy two treatments each, lasting 55 minutes. Nourish your skin and leave it silky smooth with a facial, followed up by a back massage, releasing any tension you might be experiencing from the hectic nature of daily life!

YOUR EXPERIENCE

- One day's unlimited use of facilities
- A back massage and a facial, lasting a total of 55 minutes

HOW TO BOOK

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83 PAMPER EXPERIENCE FOR TWO AT HOLLINS HALL MARRIOTT HOTEL & COUNTRY CLUB

SHIPLEY • West Yorkshire

Refresh your body and mind with this relaxation experience at the Hollins Hall Marriott Hotel & Country Club. The venue offers wonderfully tranquil and modern facilities to cater to all your pampering needs. You and your guest will have full use of the hotel's health club facilities for an invigorating dip in the pool or a relaxing spell in the Jacuzzi. In addition, your visit will include a wonderfully calming 25 minute spa treatment to soothe away the stress of the working week. What's more, during your experience you will be given a 15% discount on all spa and beauty products purchased at the shop so you can continue pampering yourself at home.

YOUR EXPERIENCE

- Enjoy a 25 minute treatment
- Full use of the health club facilities
- 15% discount on any spa and beauty products (not treatments) bought on the day

HOW TO BOOK

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84 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

WAKEFIELD • West Yorkshire

At the Bannatyne Spa in Wakefield, you will both have a wealth of treatment options to choose from. Specifically designed to promote rejuvenation every treatment lasts for a luxurious 55 minutes. As well as these fabulous treatments, the venue features fantastic facilities, and high quality beauty and spa products, allowing you to make every choice a deluxe! Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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85 SPA DAY WITH LUNCH FOR TWO AT MOLLINGTON BANASTRE HOTEL

CHESTER • Cheshire

Relax with a pampering escape at the Mollington Banastre Hotel and Spa. Here, in the idyll Chester countryside, you can spoil a loved one to a day of rejuvenation for two. Ease your muscles in the Jacuzzi, break out a sweat in the gym, dip in to the luxurious heated indoor pool, or unwind in a sauna and steam rooms, and leave feeling refreshed. However, it doesn't stop there, you'll also get to indulge in a delicious lunch for two and choose from a selection of enticing handmade sandwiches, which you can eat alfresco on their beautiful patio overlooking the gardens.

YOUR EXPERIENCE

- Full access to all the spa's facilities
- Lunch for two from a selection of sandwiches

HOW TO BOOK

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86 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

CREWE • Cheshire

At the Bannatyne Spa in Crewe, you both will have a wealth of treatment options to choose from. Specifically designed to promote relaxation and rejuvenation, every treatment lasts for a luxurious 55 minutes. As well as these fabulous treatments, you will have full access to the fantastic facilities, and high quality beauty and spa products, allowing you to make every choice deluxe! Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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87 SPARKLING SPA DAY AT THE CLUB AND SPA CHESTER

HOOLE • Cheshire

Upon arrival at The Club and Spa Chester, the friendly staff will give you an introduction to the spa and its facilities and will provide you both with a towel, robe and slippers for you to use for the day. A glass of sparkling wine each will also be provided to get you in the mood for a sparkling spa experience! Throughout the day you can make use of the spa's facilities, which include an 18 metre swimming pool, hydrotherapy and outdoor thermal pool, thermal rooms, relaxation rooms, steam, sauna and gym. You'll also receive a 55 minute facial each using Pervonia prescriptive skin care products. A light lunch is included in this package.

YOUR EXPERIENCE

- A day's use of the spa facilities including the 18 metre swimming pool, thermal rooms, hydrotherapy pool, sauna and gym
- A 55 minute facial using Pervonia prescriptive care products
- A glass of sparkling wine each
- A light lunch

HOW TO BOOK

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88 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL WARRINGTON

WARRINGTON • Cheshire

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Spa Warrington. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



89 SPA DAY WITH 50 MINUTE TREATMENT EACH FOR TWO AT THE MANOR HOUSE HOTEL

BISHOP AUCKLAND • County Durham

If you are in need of a pampering treat and some well-deserved time with a friend, then this spa day for two at the Manor House Hotel in County Durham is the perfect antidote! You and your companion will be free to take advantage of the delightful spa facilities available, including a heated pool, well-equipped gym, sauna and steam room and Jacuzzi. 50 minutes of pampering will up the relaxation stakes too, as you both choose one of three options. You might go for the tension easing full body massage, rejuvenating full body aromatherapy massage or a refreshing prescriptive facial! The ideal treat to round off your day!

YOUR EXPERIENCE

- Access to the spa facilities, including a pool, gym, steam and sauna, Jacuzzi and relaxation area
- A 50 minute pamper treatment each

HOW TO BOOK

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90 SPA DAY AT BANNATYNE SPA DARLINGTON

DARLINGTON • County Durham

Visit the Bannatyne Spa in Darlington for the ultimate pamper day! Not only will both you and your guest have access to the facilities for a full day, with the likes of a sauna and steam room, fully equipped gym and swimming pool available to use, you can both choose a 55 minute pamper treatment each to round off your relaxing day! Choose from a variety of options, including a Swedish back, neck and shoulder massage, expert facial, manicure and more. There is guaranteed to be something to suit everyone!

YOUR EXPERIENCE

- Choose a 55 minute spa treatment
- You'll have a whole day's access to spa facilities, which include a swimming pool, sauna and steam room

HOW TO BOOK

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91 SPA DAY WITH TREATMENTS FOR TWO AT HALL GARTH HOTEL

DARLINGTON • County Durham

See just what some pampering can do for you with a spa day for two at Hall Garth Hotel. A beautiful period property, Hall Garth is located near the market town of Darlington and is surrounded by 70 acres of private parkland, making it the perfectly tranquil spot to enjoy a day of relaxation. Make the most of the incredible spa facilities while here, that include a 12-metre pool, a Jacuzzi, steam room and sauna. There's also a full-equipped gym if you want to burn off some energy! A 50-minute treatment each will make this day even better and you'll both leave feeling completely refreshed!

YOUR EXPERIENCE

- A spa day for two
- A 50-minute treatment each
- Spa facilities include a 12-metre pool, a Jacuzzi, steam room, sauna and a gym

HOW TO BOOK

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92 HEALTH CLUB AND AFTERNOON TEA DELIGHT FOR TWO AT DURHAM MARRIOTT HOTEL ROYAL COUNTY

DURHAM • County Durham

The Marriott Durham is the ultimate destination if you are looking for an extra special spa day. Take a friend or loved one along for a full day of relaxation and rejuvenation. You'll have full access to the health club facilities, including a well-equipped gym, sauna and pool. After working up an appetite with a little cardio, you can refuel with the special treat of an afternoon tea. Tuck into a selection of dainty sandwiches, scones and a selection of cakes all accompanied by a pot of fresh tea. Additionally, enjoy the chance to join the Leisure Club with no membership fee to pay!

YOUR EXPERIENCE

- A day's access to the spa facilities
- Afternoon tea

HOW TO BOOK

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93 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

CARLISLE • Cumbria

At the Bannatyne Spa in Carlisle, you and your spa buddy will have a wealth of treatment options to choose from. Specifically designed to promote relaxation and rejuvenation, every treatment lasts for a luxurious 55 minutes. The venue features fantastic facilities and high quality branded beauty and spa products, allowing you to make every choice a deluxe choice! Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a tension easing Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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94 PAMPER EXPERIENCE AT MANCHESTER AIRPORT MARRIOTT HOTEL

ALTRINCHAM • Greater Manchester

Visit the Marriott Hotel Manchester Airport for an indulgent spa day like no other. The venue offers wonderfully tranquil and modern facilities to cater for all your pampering needs. You'll have full use of the hotel's health club facilities for an invigorating dip in the pool or a relaxing spell in the Jacuzzi. In addition, your visit will include a wonderfully calming 25 minute spa treatment to soothe away the rigours of the working week. What's more, during your experience you will be given a 15% discount on all spa and beauty products purchased at the shop so you can continue pampering yourself at home.

YOUR EXPERIENCE

- A 25 minute treatment each
- Full use of the health club facilities
- 15% discount on any spa and beauty products (not treatments) bought on the day

HOW TO BOOK

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95 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL MANCHESTER BURY

BURY • Greater Manchester

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Manchester Bury. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK

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96 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL MANCHESTER HYDE

HYDE • Greater Manchester

Soothe your body and soul with a tranquil spa day for two at the Village Hotel Manchester Hyde. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK

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97 DELUXE CHOICE SPA DAY AT BANNATYNE SPA MANCHESTER CHEPSTOW

MANCHESTER • Greater Manchester

Take a day out of your hectic week to indulge in a pamper session for you and a friend or loved one at the Bannatyne Spa Manchester Chepstow. Choose one of the 55 minute treatments on offer, ranging from a body polish, Swedish back, neck and shoulder massage and manicure to an expert facial, so there is something to suit everyone! Not only will you both enjoy a treatment each, you can spend the whole day at the club, taking advantage of all the facilities on offer, such as a steam room, gym and sauna. The perfect day out for two!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

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98 LUXURY SPA DAY FOR TWO AT PACE HEALTH CLUB AND SPA

MANCHESTER • Greater Manchester

Leave the stresses and strains of everyday life behind for a luxury day of relaxation with a friend at Pace Health Club and Nu Spa, in the heart of Manchester. During your pampering day, you and your companion will both enjoy a 50 minute pampering session, choosing from 4 great treatments including a hot stone massage, customised facial, detoxifying back purification with eye rescue or a mini manicure and pedicure. After your treatment, you'll be free to enjoy use of the great facilities for the rest of the day, taking a dip in the pool, detoxing in the sauna and steam room or working up a sweat in the gym - you'll be spoilt for choice!

YOUR EXPERIENCE

- Use of the spa facilities, including a pool, gym, wet spa, sauna and steam room
- 50 minute treatment each
- Complimentary robe, towel and slippers
- Refreshments included

HOW TO BOOK

Visit redletterdays.com/redeem to explore our full range of options and redeem your voucher!



99 PAMPER EXPERIENCE FOR TWO AT WORSLEY PARK MARRIOTT HOTEL & COUNTRY CLUB

MANCHESTER • Greater Manchester

Refresh your body and mind with this relaxation experience at the Marriott Worsley Park Hotel and Country Club. The venue offers wonderfully tranquil and modern facilities to cater to all your pampering needs. You and your guest will have full use of the hotel's health club facilities for an invigorating dip in the pool or a relaxing spell in the Jacuzzi. In addition, your visit will include a wonderfully calming 25 minute spa treatment to soothe away the rigours of the working week. What's more, during your experience you will be given a 15% discount on all spa and beauty products purchased at the shop so you can continue pampering yourself at home.

YOUR EXPERIENCE

- A 25 minute treatment
- Full use of the health club facilities
- 15% discount on any spa and beauty products (not treatments) bought on the day

HOW TO BOOK

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100 RELAXING SPA DAY FOR TWO AT MACDONALD KILHEY COURT

WIGAN • Greater Manchester

Shake up your weekly routine with a restorative spa day at Macdonald Kilhey Court. This heavenly sanctuary is nestled away in gorgeous countryside and offers luxurious spa facilities for you and someone special to enjoy at your leisure. Slip into serenity with an invigorating massage, rejuvenating facial, Sole Delight foot treatment or Pro-radiance hand therapy in the soothing treatment rooms, where dedicated beauty therapists will treat you to a transformative pampering experience. With a state-of-the-art Technogym, steam room, sauna and lap pool also available, you'll have everything you need to make this mid-week break truly memorable!

YOUR EXPERIENCE

- One of the below 25 minute treatments each:
 - Sole Delight Foot Treatment, Elemis Deep Tissue Back Massage, Elemis Taster Facial, Pro-radiance Hand & Nail Treatment
- Use of robes, slippers and towels

HOW TO BOOK

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101 LUXURY SPA DAY AT MERCURE BLACKBURN DUNKENHALGH HOUSE AND SPA

BLACKBURN • Lancashire

Discover a world of indulgence with this luxurious spa day at Mercure Blackburn Dunkenhall House and Spa. The spa boasts top-of-the-range treatments and contemporary facilities that make for an unforgettable day of pampering. You and your guest will enjoy two treatments lasting 25 minutes each, and once you're feeling revived, you'll enjoy access to the spa's facilities which include swimming pools and fitness centres. Whether you've worked up a sweat at the gym or taken a dip in the pool, you'll surely fancy a bite to eat afterwards. A delicious light lunch will be served to you and your guest so you can really end the day in style!

YOUR EXPERIENCE

- Choose two 25 minute treatments from the tranquility scalp massage, cleansing and purifying back treatment, essential back massage, discovery facial and perfect legs
- Full use of spa
- Refreshments throughout
- A light lunch

HOW TO BOOK

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102 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL BLACKPOOL

BLACKPOOL • Lancashire

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Spa Blackpool. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK

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103 PAMPER EXPERIENCE FOR TWO AT LIVERPOOL MARRIOTT HOTEL CITY CENTRE

LIVERPOOL • Merseyside

Whether you would prefer a rural retreat or a city centre hotel, visit Marriott Hotel Liverpool City Centre. The venue offers wonderfully tranquil and modern facilities to cater for all of your pampering needs. You'll have full use of the hotel's health club facilities for an invigorating dip in the pool or a relaxing spell in the Jacuzzi. In addition, your visit will include a wonderfully calming 25 minute spa treatment to soothe away the rigours of the working week. What's more, during your experience you will be given a 15% discount on all spa and beauty products purchased at the shop so you can continue pampering yourself at home.

YOUR EXPERIENCE

- A 25 minute treatment
- Full use of the health club facilities
- 15% discount on any spa and beauty products (not treatments) bought on the day

HOW TO BOOK

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104 MOROCCAN INDULGENCE PAMPER PACKAGE AT PORTLAND HALL SPA

SOUTHPORT • Merseyside

Feel instantly transported to the surroundings of an exotic Hamman in the Moroccan-themed Portland Hall Spa. You'll each be treated to a traditional 35-minute Hot Stone back massage, the heat of the stones offer a more intense than the usual massage and provide a deeply relaxing experience. You will also be able to choose from either a 25-minute Spa Radiance facial to replenish the skin, or a 25-minute facial massage for ultimate relaxation. While at the spa, you'll enjoy a delicious light lunch. Recline and enjoy the spa's tranquil and pampering surroundings and you'll feel a million miles from the stresses of daily life!

YOUR EXPERIENCE

- A 35 minute hot stone massage
- A 25 minute facial or facial massage
- A light lunch

HOW TO BOOK

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105 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL WIRRAL

WIRRAL • Merseyside

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Spa in the Wirral. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK

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106 RELAXING SPA DAY FOR TWO AT MACDONALD LINDEN HALL

MORPETH • Northumberland

Restore your inner tranquillity with a relaxing mid-week break for two. Set in the heart of the stunning Northumberland countryside, the Macdonald Linden Hall Hotel offers extensive indoor and outdoor leisure facilities to help you both unwind - however you choose to. Enjoy professional pampering with your choice of soothing 25 minute treatment before taking a trip to the fully-equipped Technogym and heated indoor pool or just sit back in the steam room and let your stress melt away. Spoil yourself and someone special to the indulgence you deserve!

YOUR EXPERIENCE

- One of the below 25 minute treatments each:
 - Sole Delight Foot Treatment,
 - Elemis Deep Tissue Back Massage,
 - Elemis Taster Facial, Pro-radiance
 - Hand & Nail Treatment
- Use of robes, slippers and towels

HOW TO BOOK

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107 HEALTH CLUB AND AFTERNOON TEA DELIGHT FOR TWO AT NEWCASTLE MARRIOTT HOTEL GOSFORTH PARK

NEWCASTLE UPON TYNE • Tyne and Wear

Relax and revitalise yourself with this full day treat. You and a friend will each have full access to the gym equipment, pool, and steam room at the high-end Marriott Hotel Gosforth Park. After you work on your cardio and sweat out those toxins in the sauna, settle down to a sumptuous afternoon tea with all the trimmings. You'll be able to relax and chat over scones, cakes and refreshing freshly-brewed tea. Additionally, enjoy the chance to join the Leisure Club with no membership fee to pay!

YOUR EXPERIENCE

- One day's access to the spa facilities
- Afternoon tea

HOW TO BOOK

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108 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL NEWCASTLE

NEWCASTLE UPON TYNE • Tyne and Wear

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Spa in Newcastle upon Tyne. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK



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A scenic landscape of Wales. The top half of the image shows a clear blue sky with a few wispy clouds. Below the sky, a body of water (likely the sea) is visible, with a small town or village on the right side. The foreground is dominated by lush green fields and a rocky coastline. In the bottom left corner, there are some yellow and purple flowers. The word "WALES" is written in large, bold, purple capital letters in the center of the image.

WALES



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WALES

WALES

109 Pampering Spa Day for Two at Village Hotel Chester St David's, Flintshire

110 Pampering Day at St Pierre Marriott Hotel & Country Club, Chepstow

111 Deluxe Choice Spa Day at Bannatyne Spa Cardiff, Cardiff

112 Health Club and Afternoon Tea at Cardiff Marriott Hotel, Cardiff

113 Pamper Package at The Schmoo Spa Hilton Cardiff Metropole, Cardiff

114 Spa Day at Mercure Cardiff Holland House and Spa, Cardiff

115 Pampering Spa Day for Two at Village Hotel Cardiff, Coryton

116 Health Club and Afternoon Tea Delight for Two at Swansea Marriott Hotel, Swansea

@ Health Club and Afternoon Tea Delight for Two at St Pierre Marriott Hotel & Country Club, Chepstow

@ Spa Day with Afternoon Tea at Bannatyne Spa Cardiff, Cardiff



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109 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL CHESTER ST DAVID'S

FLINTSHIRE • Flintshire

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Spa in Flintshire. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK

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110 PAMPERING DAY AT ST PIERRE MARRIOTT HOTEL & COUNTRY CLUB

CHEPSTOW • Monmouthshire

Visit Marriott St. Pierre Hotel and Country Club in Chepstow for a fantastic spa experience for two. The venue offers wonderfully tranquil and modern facilities to cater for all your pampering needs. You'll have full use of the hotel's health club facilities for an invigorating dip in the pool or a relaxing spell in the Jacuzzi. In addition, your visit will include a wonderfully calming 25 minute spa treatment to soothe away the rigours of the working week. What's more, during your experience you will be given a 15% discount on all spa and beauty products purchased at the shop so you can continue pampering yourself at home.

YOUR EXPERIENCE

- A 25 minute treatment
- Full use of the health club facilities
- 15% discount on any spa and beauty products bought on the day

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



111 DELUXE CHOICE SPA DAY AT BANNATYNE SPA CARDIFF

CARDIFF • South Glamorgan

Take a day out from your hectic week to indulge in a pamper session for you and a friend or loved one at the Bannatyne Spa Cardiff. Choose one of the 55 minute treatments on offer, ranging from a body polish, Swedish back, neck and shoulder massage to a manicure and an expert facial, so there is something to suit everyone! Not only will you both enjoy a treatment each, you can spend the whole day at the club, taking advantage of all the facilities on offer, such as a steam room, gym and sauna. The perfect day out for two!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

Visit redletterdays.com/redeem to explore our full range of options and redeem your voucher!



112 HEALTH CLUB AND AFTERNOON TEA AT CARDIFF MARRIOTT HOTEL

CARDIFF • South Glamorgan

Seize this wonderful opportunity to reconnect with someone special. At the Marriott Hotel Cardiff, you and a lucky friend will have full access to the gym equipment, pool, and steam room. After you work on your cardio and sweat out those toxins in the sauna, settle down to a sumptuous afternoon tea with all the trimmings. You'll be able to relax and chat over scones, cakes and refreshing freshly-brewed tea. Additionally, enjoy the chance to join the Leisure Club with no membership fee to pay!

YOUR EXPERIENCE

- One day's access to the spa facilities
- Afternoon tea

HOW TO BOOK

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113 PAMPER PACKAGE AT THE SCHMOO SPA HILTON CARDIFF METROPOLE

CARDIFF • South Glamorgan

Relax and unwind with a friend or loved one at this fantastic spa and escape from all of your daily stresses. This relaxing retreat at The Schmoos Spa Hilton will leave you both feeling pampered and invigorated. On your visit you will both receive a soothing back, neck and shoulder massage as well as a pick-me-up taster facial. Following your treatments, you'll enjoy a delicious afternoon tea in the hotel lounge consisting of a spread of yummy sandwiches, scones and cake!

YOUR EXPERIENCE

- Back, neck and shoulder massage
- The Escape Taster facial
- Afternoon tea in the hotel's lounge

HOW TO BOOK

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114 SPA DAY AT MERCURE CARDIFF HOLLAND HOUSE AND SPA

CARDIFF • South Glamorgan

Discover a world of indulgence with this luxurious spa day at the Mercure Cardiff Holland House and Spa. The spa boasts top-of-the-range treatments and contemporary facilities that make for an unforgettable day of pampering. You and your guest will enjoy two treatments lasting 25 minutes each, and once you're feeling revived, you'll enjoy access to the spa's facilities which include swimming pools and fitness centres. Whether you've worked up a sweat at the gym or taken a dip in the pool, you'll surely fancy a bite to eat afterwards. A delicious light lunch will be served to you and your guest so you can really end the day in style!

YOUR EXPERIENCE

- Choose two 25 minute treatments
- Robes and slippers will be provided
- Full day's use of the spa facilities
- Refreshments such as tea, coffee and water and a light lunch

HOW TO BOOK

Visit redletterdays.com/redeem to explore our full range of options and redeem your voucher!



115 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL CARDIFF

CORYTON • South Glamorgan

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Spa in Coryton. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK

Visit redletterdays.com/redeem to explore our full range of options and redeem your voucher!



116 HEALTH CLUB AND AFTERNOON TEA DELIGHT FOR TWO AT SWANSEA MARRIOTT HOTEL

SWANSEA • West Glamorgan

Refresh your body and mind with a day's exercise, relaxation, and indulgence at Marriott Hotel Swansea. You and someone special will have full access to the gym equipment, pool, and steam room at the venue. After you work on your cardio and sweat out those toxins in the sauna, settle down to a sumptuous afternoon tea with all the trimmings. You'll be able to relax and chat over scones, cakes and refreshing freshly-brewed tea. Additionally, enjoy the chance to join the Leisure Club with no membership fee to pay!

YOUR EXPERIENCE

- One day's access to the spa facilities
- Afternoon tea

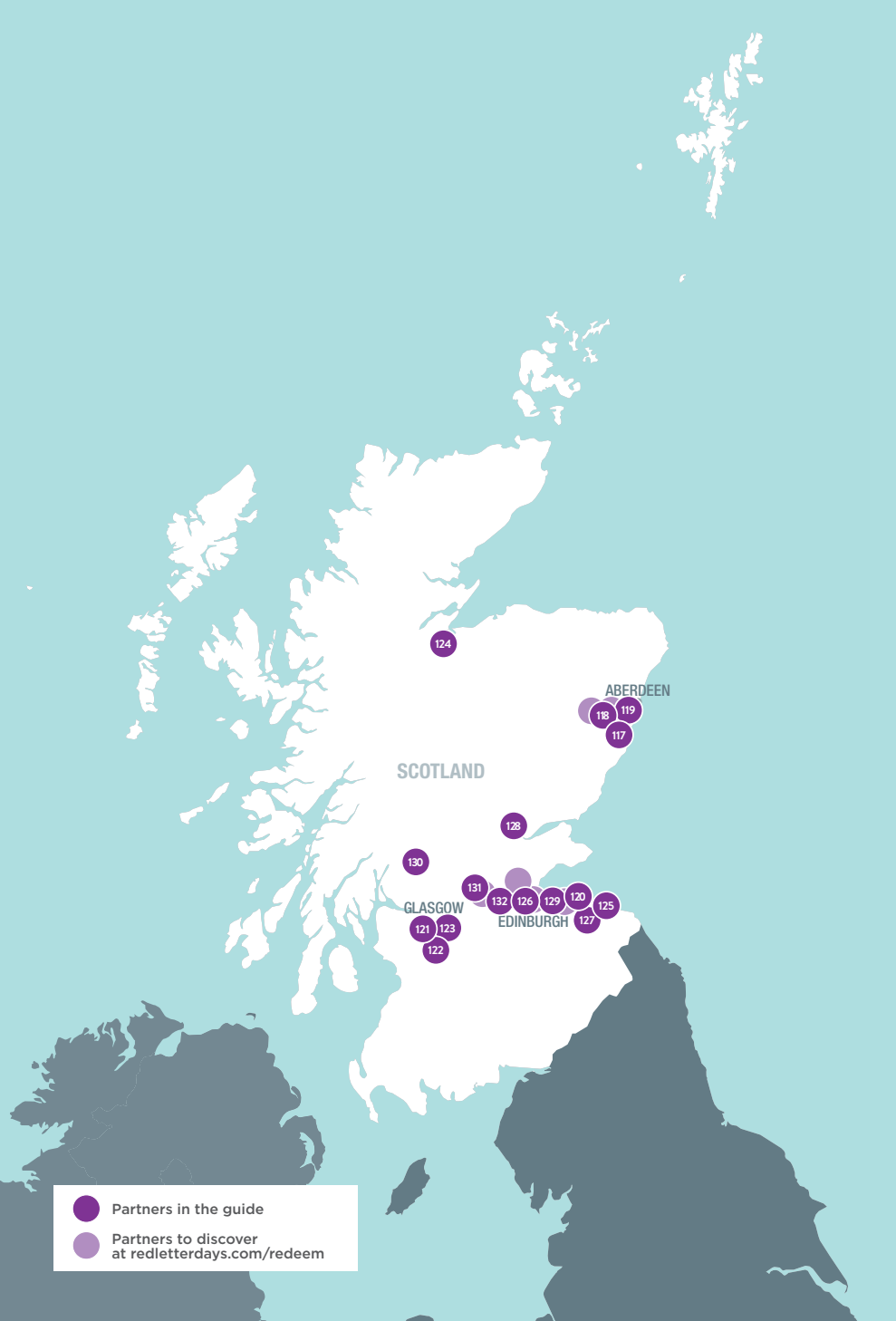
HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!





SCOTLAND



SCOTLAND

ABERDEEN

GLASGOW

EDINBURGH



Partners in the guide



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117 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

ABERDEEN • Aberdeenshire

At the Bannatyne Spa in Aberdeen, you both will have a wealth of treatment options to choose from. Specifically designed to promote relaxation, every treatment lasts for a luxurious 55 minutes. As well as these fabulous treatments, there are fantastic facilities, and high quality beauty and spa products, allowing you to make every choice a deluxe choice! Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a tension easing Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



118 HEALTH CLUB AND AFTERNOON TEA DELIGHT FOR TWO AT ABERDEEN MARRIOTT HOTEL

ABERDEEN • Aberdeenshire

Take time out for a day's exercise, relaxation, and indulgence, with this full day treat. You and your guest will have full access to the gym equipment, pool, and steam room at the Marriott Hotel Leisure Club in Aberdeen. After you work on your cardio and sweat out those toxins in the sauna, settle down to a sumptuous afternoon tea with all the trimmings. You'll be able to relax and chat over scones, cakes and refreshing freshly-brewed tea. Additionally, enjoy the chance to join the Leisure Club with no membership fee to pay!

YOUR EXPERIENCE

- One day's access to the spa facilities
- Afternoon tea

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.marriott.com/redeem) to explore our full range of options and redeem your voucher!



119 LUXURY SPA DAY AT MERCURE ABERDEEN ARDOE HOUSE HOTEL AND SPA

ABERDEEN • Aberdeenshire

Boasting top-of-the-range treatments and contemporary facilities, the Mercure Aberdeen Ardoe House Hotel and Spa provides the ideal setting for an unforgettable day of pampering. With a choice of two 25 minute treatments each, from options such as a tranquillity scalp massage, discovery massage and an essential massage, both of you will feel pampered to perfection. Enjoy access to the facilities too, before tucking into a lovely light lunch and refreshments.

YOUR EXPERIENCE

- Choose two 25 minute treatments
- Robes and slippers will be provided
- Full day's use of the spa facilities
- Refreshments such as tea, coffee and water and a light lunch

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



120 SPA DAY AT BANNATYNE SPA NEWCRAIGHALL

EDINBURGH • East Lothian

At Bannatyne Spa Newcraighall, you and your spa buddy will have a wealth of treatment options to choose from. Specifically designed to promote relaxation and rejuvenation, your chosen treatment will have you feeling refreshed. As well as fabulous treatments, the venue features fantastic facilities and high quality branded beauty and spa products, allowing you to make every choice a deluxe choice! Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a tension easing Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- Choose a 55 minute spa treatment from six great options
- A whole day's access to spa facilities

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



121 HEALTH CLUB AND AFTERNOON TEA AT MARRIOTT GLASGOW

GLASGOW • Glasgow

Don't miss this opportunity to enjoy a day's exercise, relaxation, and indulgence, with this full day treat. You and a friend will each have full access to the gym equipment, pool, and steam room at the Marriott Hotel Glasgow. After you work on your cardio and sweat out those toxins in the sauna, settle down to a sumptuous afternoon tea with all the trimmings. You'll be able to relax and chat over scones, cakes and refreshing freshly-brewed tea. Additionally, enjoy the chance to join the Leisure Club with no membership fee to pay!

YOUR EXPERIENCE

- One day's access to the spa facilities
- Gift includes an afternoon tea
- Join the Leisure Club on the day and pay no membership fee

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.marriott.com/redletterdays/redeem) to explore our full range of options and redeem your voucher!



122 PAMPERING SPA DAY FOR TWO AT VILLAGE HOTEL GLASGOW

GLASGOW • Glasgow

Revitalise your body and soul with a tranquil spa day for two at the Village Hotel Spa in Glasgow. You and a friend can make full use of the spa facilities available and also enjoy three treatments each lasting a total of 60 minutes. Opt for a soothing facial to open your pores or perhaps you'd prefer a relaxing back massage to release any tension and knots. Whichever option you choose, you'll be sure to leave refreshed and awakened. What's more, a light lunch is included to top off this day of indulgence.

YOUR EXPERIENCE

- A relaxing spa day for two
- A choice of three treatments each lasting a total of 60 minutes
- A light lunch for two
- Complimentary towels and robes
- Use of the facilities

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



123 RELAXING SPA DAY FOR TWO AT MACDONALD CRUTHERLAND HOUSE

GLASGOW • Glasgow

Pick your path to relaxation with an amazing array of spa facilities and complimentary beauty treatments at Macdonald Crutherland House. Ideally located just south of Glasgow amidst 37 acres of beautiful countryside, this luxurious hotel has everything you need for a truly revitalising day with someone special, from the sauna and swimming pool to the Technogym and fitness classes. Let an expert beauty therapist treat you to your choice of treatment, whether you fancy a cleansing facial or invigorating deep tissue massage, while you drift comfortably away from stress to serenity. Spoil yourselves with a truly rejuvenating weekday delight!

YOUR EXPERIENCE

- One of the below 25 minute treatments each:
 - Sole Delight Foot Treatment,
 - Elemis Deep Tissue Back Massage,
 - Elemis Taster Facial, Pro-radiance
- Hand & Nail Treatment
- Use of spa facilities
- Use of robes, slippers and towels

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



**124 BANNATYNE SPA
DELUXE CHOICE SPA
DAY FOR TWO**

INVERNESS • Inverness-Shire

Refresh both your mind and body at the Bannatyne Spa Inverness, where you can indulge in a delightful day of relaxation and rejuvenation. Take a friend or loved one along and you can both take liberty of the spa facilities for the whole day, with a sauna and steam room to purify the skin, a swimming pool for a few lengths and a fully equipped gym if you fancy a work out. Round off your day with a 55 minute treatment each where you can choose from six options including a manicure, facial and massage, so you can tailor the day to your needs!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



125 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

EDINBURGH • Midlothian

At Bannatyne Spa Newcraighall, you both will have a wealth of treatment options to choose from. Specifically designed to promote relaxation and rejuvenation, every treatment lasts for a luxurious 55 minutes and will have you feeling refreshed. As well as these fabulous treatments, the venue features fantastic facilities and high quality beauty and spa products, allowing you to make every choice a deluxe! Illuminate your skin with a Bannatyne expert facial or provide your muscles with some much needed tender loving care with a Swedish full body massage. A manicure, and Swedish back, neck, and shoulder massage are also in the mix!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



126 HEALTH CLUB AND AFTERNOON TEA DELIGHT FOR TWO AT EDINBURGH MARRIOTT HOTEL

EDINBURGH • Midlothian

Spend a day in total relaxation with this full day treat. You and someone special will have full access to the gym equipment, pool and steam room at the high-end Marriott Hotel Edinburgh. After you work on your cardio and sweat out those toxins in the sauna, settle down to a sumptuous afternoon tea with all the trimmings. You'll be able to relax and chat over scones, cakes and refreshing freshly-brewed tea. Additionally, enjoy the chance to join the Leisure Club with no membership fee to pay!

YOUR EXPERIENCE

- One day's access to the spa facilities
- Gift includes an afternoon tea
- Join the Leisure Club on the day and pay no membership fee

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



127 RELAXING SPA DAY FOR TWO AT MACDONALD HOLYROOD HOTEL

EDINBURGH • Midlothian

Treat yourself and someone special to a well-earned weekday break. Located on Holyrood Road in Edinburgh, this amazing spa and health club provides the perfect retreat from Scotland's bustling capital, offering an incredible combination of beauty treatments, spa facilities and expert therapists. Feel your cares float away with a soothing massage or purifying facial in the serene treatment rooms before enjoying the luxury of heated swimming pool or state-of-the-art Technogym. When you're in need of that exclusive urban escape, spoil yourselves with the very best!

YOUR EXPERIENCE

- One of the below 25 minute treatments each:
 - Sole Delight Foot Treatment,
 - Elemis Deep Tissue Back Massage,
 - Elemis Taster Facial, Pro-radiance Hand & Nail Treatment
- Use of spa facilities
- Use of robes, slippers and towels

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



128 BANNATYNE SPA DELUXE CHOICE SPA DAY FOR TWO

PERTH • Perth and Kinross

Refresh both mind and body at the Bannatyne Spa Perth. Where you can indulge in a delightful day of relax and rejuvenation. Take a friend or loved one along and you can both take liberty of the spa facilities for the whole day, with a sauna and steam room to purify the skin, a swimming pool for a few lengths and a fully equipped gym if you fancy a work out. Round off your day with a 55 minute treatment each where you can choose from six options including a manicure, facial and massage, so you can tailor the day to your needs!

YOUR EXPERIENCE

- Choice of one 55 minute spa treatment each
- A whole day's access to spa facilities

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



129 RELAXING SPA DAY FOR TWO AT MACDONALD CARDRONA HOTEL

EDINBURGH • Scottish Borders

Unwind from the stress of the day-to-day with a mid-week spa day for two. The Macdonald Cardrona Hotel is set in timeless natural surroundings and boasts a beautiful scenic location on the banks of the River Tweed, making it the perfect relaxing haven for you to enjoy with someone special. Let experienced beauty therapists loosen tight knots with a deep tissue massage or reinvigorate your complexion with a taster facial as you take your pick from one of four nourishing treatments, before donning your fluffy robes and slippers to drift gently back to reality in the relaxation room. Enjoy luxurious serenity that will help you relax and recharge.

YOUR EXPERIENCE

- One of the below 25 minute treatments each:
 - Sole Delight Foot Treatment,
 - Elemis Deep Tissue Back Massage,
 - Elemis Taster Facial, Pro-radiance Hand & Nail Treatment
- Use of spa facilities
- Use of robes, slippers and towels

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



130 RELAXING SPA DAY FOR TWO AT MACDONALD FOREST HILLS HOTEL

ABERFOYLE • Stirlingshire

Revive your mind, body and soul with a soothing mid-week spa day. Located deep in the heart of the Scottish Highlands on the banks of Loch Ard, the majestic beauty of Macdonald Forest Hills is the ideal backdrop for a pampering break to be enjoyed with someone special. Indulge with one of four blissfully relaxing Elemis beauty treatments for you both to choose from and discover the tranquil treasures of the spa's incredible facilities as you recuperate in truly luxurious surroundings. If you're in need of a change from the everyday, break up your week with a restorative treat!

YOUR EXPERIENCE

- One of the below 25 minute treatments each:
 - Sole Delight Foot Treatment, Elemis Deep Tissue Back Massage, Elemis Taster Facial, Pro-radiance Hand & Nail Treatment
- Use of spa facilities
- Use of robes, slippers and towels

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



131 RELAXING SPA DAY FOR TWO AT MACDONALD AT INCHYRA HOTEL

FALKIRK • Stirlingshire

Take time out of your busy schedule to catch up with someone special in comfort and style. The state-of-the-art spa facilities at Macdonald Inchrya Hotel, courtesy of a recent multimillion pound investment, make this luxurious location ideal for a much-needed mid-week break. Book your trip to tranquillity with one of four 25 minute beauty therapies, discover entirely new ways of relaxing with a visit to the rock sauna, ice fountain and massage shower or enjoy some active rejuvenation in the high-spec Technogym and 20 metre swimming pool. Whatever your preference, this is a pampering experience which caters to all tastes!

YOUR EXPERIENCE

- One of the below 25 minute treatments each:
 - Sole Delight Foot Treatment,
 - Elemis Deep Tissue Back Massage,
 - Elemis Taster Facial, Pro-radiance
- Hand & Nail Treatment
- Use of spa facilities
- Use of robes, slippers and towels

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!



132 RELAXING SPA DAY FOR TWO AT MACDONALD HOUSTON HOUSE

UPHALL • West Lothian

Urban living can be stressful, so make sure you take time out of your busy schedule to relax with someone special. With a fully equipped Technogym, 18-metre indoor swimming pool and a sauna, not to mention the clay tennis court concealed in the hotel's walled garden, this incredible hotel spa is the perfect place to rediscover your vitality. You can both choose a 25 minute treatment to help transport you to tranquillity; whether you want to soothe aches with a thoroughly invigorating deep tissue massage or exfoliate and your complexion with a taster facial, the spa's team of expert therapists are on hand to complete your journey!

YOUR EXPERIENCE

- One of the below 25 minute treatments each:
 - Sole Delight Foot Treatment, Elemis Deep Tissue Back Massage, Elemis Taster Facial, Pro-radiance Hand & Nail Treatment
- Use of spa facilities
- Use of robes, slippers and towels

HOW TO BOOK

Visit [redletterdays.com/redeem](https://www.redletterdays.com/redeem) to explore our full range of options and redeem your voucher!

Terms of service

LEGAL INFORMATION

The Red Letter Days Experience Gifts are published by Buyagift Plc (hereinafter, the "Company"), a company incorporated under UK law and headquartered at 4 Imperial Place, Maxwell Road, Borehamwood, WD6 1JN, registered in the UK companies house under number 03883868.

The Company publishes Experience Gifts and acts as an agent, in the name and on behalf of its operators who provide the services offered in the Experience Gifts. The Experience Gifts are available in physical format in the form of a box containing an illustrated brochure presenting the Red Letter Days categories and a "voucher", (the gift box) or the e-voucher in electronic format.

The voucher has no face value. It is given to the operator in exchange for the chosen service.

These terms of service are an integral part of the Company Terms and Conditions of Sale which may be found on the website www.redletterdays.co.uk

The right of withdrawal does not apply to Experience Gifts bought in store.

The Company ensures compliance with the principles of the protection of personal data, in accordance with legislation in force. To find out how personal data is processed, we invite you to consult the section on the protection of personal data on www.redletterdays.co.uk

WHAT SERVICES ARE YOU ENTITLED TO WITH YOUR EXPERIENCE GIFT?

1. The voucher entitles you to a single service, to be chosen from the services under your Experience Gift, presented on www.redletterdays.co.uk. The service may vary from one operator to another. The value of the service may be different from the sale price of the Experience Gift. The Company regularly enriches its product offering, please explore them online.

2. The content of the services and the list of operators under your Experience Gift are subject to change. The Company is committed to offering the recipient alternative solutions. The list of operators and the services offered are regularly updated and most up to date list is available on www.redletterdays.co.uk. You may also contact Customer Services by phone, or via the contact form on www.redletterdays.co.uk.

You may book your Experience Gift with your chosen partner using the booking details found at www.redletterdays.co.uk/redeem.

3. The Company informs you that when a service includes a meal, the menu is agreed in advance between the partner (restaurant, hotel) and the Company. Unless otherwise indicated by the operator, you will not be able to freely choose your menu at the facility on an à la carte basis.

HOW DO YOU USE YOUR EXPERIENCE GIFT?

4. In order to get the most out of your Experience Gift, we recommend that you visit www.redletterdays.co.uk as soon as possible. This website will give you information about all operators participating within the Experience Gifts.

5. Proof of purchase should always be retained, particularly in case of activation problems.

6. We invite you to take all necessary measures to conserve and protect the confidential numbers on your voucher and on the back of the gift box to avoid falling victim to attempted fraud. The Company is not liable in the event that this confidential information is divulged to the public and/or disclosed, especially on online resale sites.

WHAT ARE THE PROCEDURES FOR PROVIDING THE SERVICE?

7. Specific excluded dates, days of the week or times of day vary depending on the Experience Gift and Partner that you choose. Details can be found at www.redletterdays.co.uk/redeem. Owing to the large number of booking requests for weekends and peak periods, it is strongly recommended that you book the service you wish to receive as early as possible. All booking dates and times are subject to availability.

A service may be provided only when booked in advance by following the instructions provided at www.redletterdays.co.uk. You may be required to present the original voucher, e-voucher and/or booking confirmation emails or codes when you arrive at your experience.

The provisions of the service will take place after the operator has verified the status of the voucher.

8. The provision of the service is subject to the specific conditions of the chosen operator, such as the conditions for cancelling or amending bookings, or physical conditions or those concerning the age, height, weight etc. of the recipient(s).

9. For information on the conditions for cancelling or amending your booking, go to www.redletterdays.co.uk.

10. When redeeming your voucher and booking an experience with an operator you will be entering into a separate agreement with the operator and will be bound by their own terms and conditions, including any restrictions applied by that operator. Although the Company has sought to select highly experienced operators of experiences, the Company cannot be responsible for the safety standards or the quality or delivery of the experience, or any loss or damage suffered by you whilst participating in the experience for which the operator shall be solely responsible. By purchasing a Red Letter Days voucher booking an experience with a supplier, you acknowledge that the experience in respect of which the voucher will be redeemed is dependent on certain factors beyond the control of the Company and you agree that neither the Company nor any operator shall be liable for the cancellation, postponement or alteration of any experience for reasons beyond its reasonable control, including weather-related reasons, mechanical failure, location changes or otherwise. We do not undertake any technical examination of equipment, facilities or services in order to minimise personal risk. If mechanical machinery breaks down, you should ask the operator for reasonable substitutions without notice. The total liability of the Company for any claim whatsoever in connection with the Red Letter Days voucher or any experience in respect of which a voucher is redeemed shall be limited to the price paid for the experience voucher. We have tried to ensure that the descriptions and images used on all marketing material are accurate. However, images are intended to give a general idea of the experience described and do not form part of any contract between the purchaser and / or the recipient of the voucher and the Company.

11. In any case, large retail distributors which sell the Experience Gifts in the name and on behalf of the Company cannot be held liable for the performance of any service.

12. The cover photographs and those presented in the brochure are illustrations, and are not contractual. Any reproduction in part or in whole is strictly prohibited. They are likely to come from but not limited to partners and image banks including Fotolia, iStockphoto, GettyImages, Masterfile, Corbis image, Offset, Matton, Sucré Salé, Stockfood, Sofood, Thinkstock and Shutterstock.

WHAT ARE THE PROCEDURES FOR EXCHANGING THE EXPERIENCE GIFT?

13. During its period of validity, the Experience Gift may be exchanged at www.redletterdays.co.uk/ redeem for free. An online exchange for a physical-format gift box is subject to delivery charges.

14. The Company reserves the right not to respond to a complaint from a buyer and/or recipient following a resale or attempted purchase or resale of the Experience Gift outside its conventional distribution network and especially in case of purchase or resale directly with a private individual or on resale sites between private individuals.

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