

Red Letter *days*

Luxury Spa Days



Red Letter *days*

A young woman with long, wavy blonde hair is sitting in the driver's seat of a car. She is wearing a bright yellow ribbed sweater over a blue denim shirt and round, dark sunglasses. She is smiling and looking out the window towards the right. In the background, a man with dark hair and sunglasses is visible, also looking out the window. The scene is bathed in warm, golden light, suggesting a sunset or sunrise. The car's interior and window frame are visible.

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2

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3

Enjoy

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

Partners in the guide

Partners to discover
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Partners to discover
at redletterdays.com/redeem

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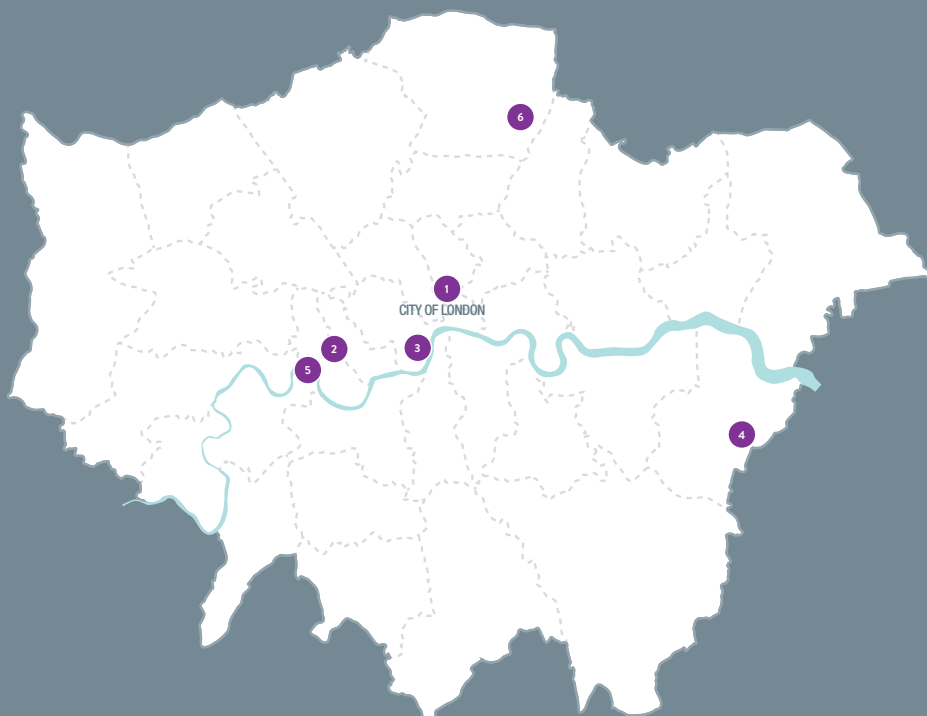


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LONDON



Partners in the guide

LONDON

LONDON

- 1 St Pancras Spa Day for Two, Camden
- 2 Spa Day for Two with Spa Mika at The Dorsett, Ealing
- 3 Spa Treat for Two at the 5 Star Athenaeum Hotel, Westminster

- 4 Relaxation for Two at Bexleyheath Marriott Hotel, Bexley
- 5 Indulgent Spa Day for Two at The Hogarth Health Club, Ealing
- 6 Relaxation for Two at Waltham Abbey Marriott Hotel, Enfield





1 ST PANCRAS SPA DAY FOR TWO

CAMDEN • Central London

Set in the 5* St Pancras Renaissance Hotel and offering an atmosphere like no other, to enter the St Pancras Spa you'll pass through grand brick archways into the former Steam Kitchen, where you'll find a relaxation pool, relaxation room, steam room, sauna and gym. This experience allows you 4 hours of uninterrupted relaxation at these outstanding facilities; the chance to unwind and appreciate the Far Eastern influence on this Victorian sanctuary. Swim laps of the Victorian tiled pool, let hydro loungers massage your muscles or allow an aromatic steam to detox your skin – it's up to you how you spend your time!

YOUR EXPERIENCE

- A spa day for two at St Pancras Spa
- 4 hours full use of the facilities
- A locker containing bathrobe, slippers and towels
- 20% off treatments booked on the day

HOW TO BOOK

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2 SPA DAY FOR TWO WITH SPA MIKA AT THE DORSETT

EALING • Central London

We could all do with a little more ‘me’ time amid the hectic pace of everyday life, so why not visit Spa Mika with a loved one and the two of you will have the chance to relax with some time to use the facilities, before two fantastic treatments each. On arrival you can take advantage of the Eucalyptus steam and Finish sauna rooms to detoxify or just unwind in the Viewpoint relaxation lounge. After de-stressing, each of you will enjoy a Moroccan Kesa full body exfoliation treatment, designed to leave your skin smooth, top to toe, and a coconut back, neck and shoulder massage to relieve tension and leave you in a state of utter relaxation.

YOUR EXPERIENCE

- Two 25 minute treatments each for two people
- Up to 1-hour access to the heated facilities and Viewpoint relaxation lounge and refreshments before treatments

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3 SPA TREAT FOR TWO AT THE 5 STAR ATHENAEUM HOTEL

WESTMINSTER • Central London

Take advantage and treat a loved one to this luxury spa experience at the Athenaeum Hotel in London's Mayfair. Escape the noisy crowds and indulge in some much welcomed me-time at this 5-Star venue. You and your guest will get to enjoy use of the Athenaeum's REN spa for an hour, boasting a sauna, steam room and two cedar wood hot tubs. A delicious glass of champagne to sip on in the hot tub will only add to your pamper treat.

YOUR EXPERIENCE

- Choice of relaxing pampering treatments
- Use of sauna, hot tub and steam room for one hour
- Glass of champagne in the hot tub

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4 RELAXATION FOR TWO AT BEXLEYHEATH MARRIOTT HOTEL

BEXLEY • Greater London

Head to the Marriot Hotel in Bexleyheath for an incredibly spa day, that grants you and a loved one the much needed opportunity to let your troubles slip you by and unwind in a chic relaxation haven. Whether you head to the gym for an intense workout session, or sit back and enjoy a extraordinary massage treatment, the choice is yours. If you are hungry, you can always treat yourself to a scrumptious meal at the hotel or head out to explore the idyllic surrounding area.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

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5 INDULGENT SPA DAY FOR TWO AT THE HOGARTH HEALTH CLUB

EALING • Greater London

For guilt-free indulgence, treat yourself and someone special 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. Restore your natural glow with a 'total indulgence' facial and soothe tension with a back massage, before unwinding in 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 present!

YOUR EXPERIENCE

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

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6 RELAXATION FOR TWO AT WALTHAM ABBEY MARRIOTT HOTEL

ENFIELD • Greater London

Head to the Waltham Abbey Marriott Hotel to enjoy a day of much needed and deserved relaxation. A 4* hotel, it is close to transport links, making it easy to get to and the perfect escape. Take delight in an afternoon, indulging in a revitalizing beauty treatment and massage in their sumptuous beauty treatment rooms. After your tranquil treatment, you can also take pleasure in a swim in the pool or a furious session in the gym.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

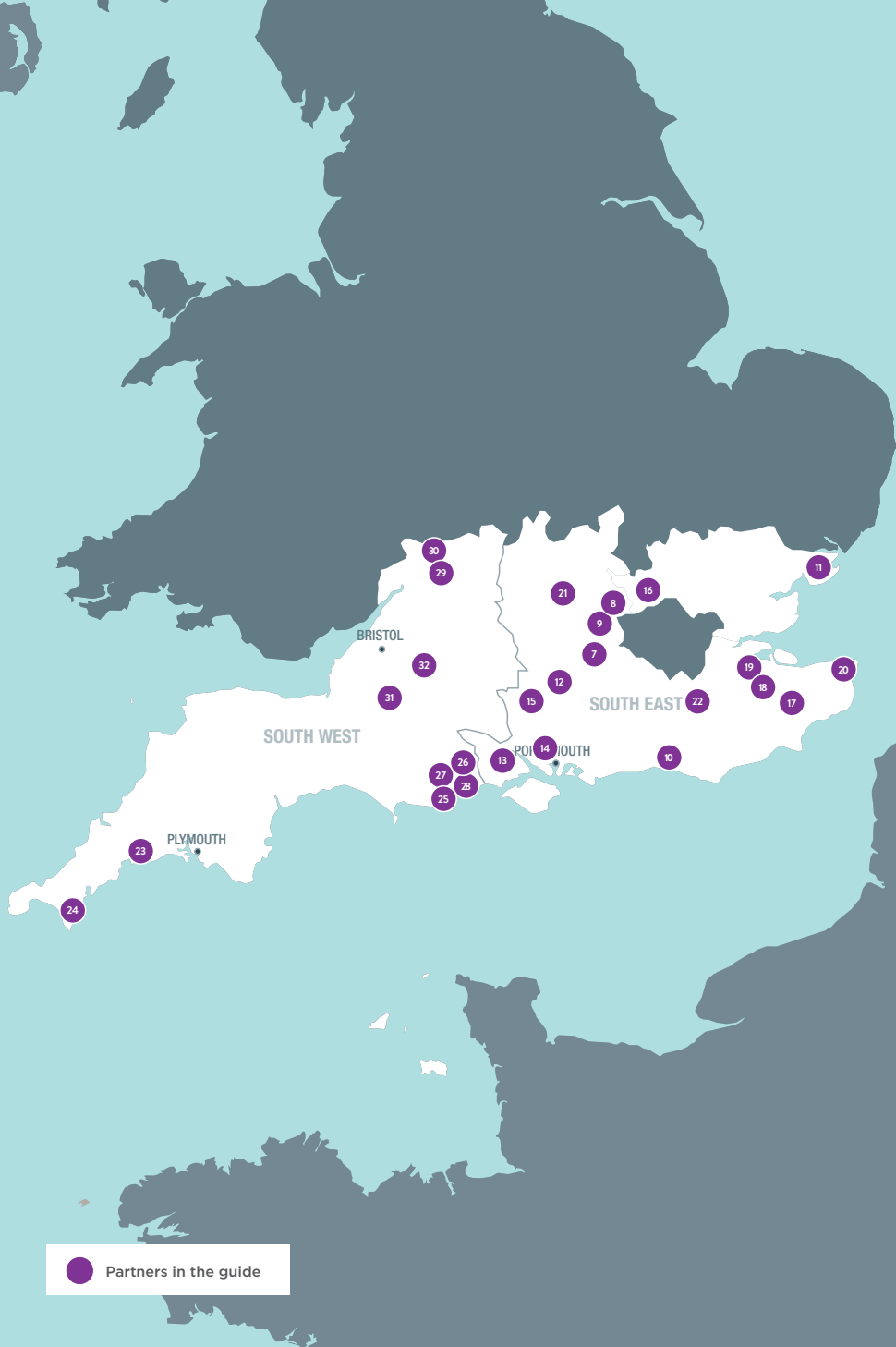
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SOUTH



Partners in the guide

SOUTH

SOUTH EAST

- 7 Luxury Pamper Day at Schmoo Spa Hilton for Two, Wokingham
- 8 Spa Day for Two at Crowne Plaza Gerrards Cross, Beaconsfield
- 9 Spa Day for Two at Crowne Plaza Marlow, Marlow
- 10 Luxury Pamper Day at Schmoo by the Sea for Two, Brighton
- 11 Spa Day for Two at The Lifehouse Spa and Hotel, Thorpe le Soken
- 12 Pampering for Two at Q Hotels The Hampshire Court Hotel, Basingstoke
- 13 Luxury Pamper Day with Lunch for Two at New Park Manor, Brockenhurst
- 14 Relaxation for Two at Marriott Meon Valley Hotel, Shedfield
- 15 Pampering for Two at Q Hotels Norton Park, Winchester
- 16 Divine Spa Day for Two at Verulamium Spa, St Albans
- 17 Pampering for Two at Q Hotels Ashford International Hotel, Ashford
- 18 Relaxation for Two at Marriott Tudor Park Hotel, Bearsted
- 19 Spa Day for Two at Q Hotels Bridgewood Manor Hotel and Spa, Chatham
- 20 Indulgent Thermal Spa Day for Two at Your Spa, Ramsgate

- 21 Pampering for Two at Q Hotels The Oxford Belfry, Thame
- 22 Relaxation for Two at Marriott Lingfield Park Resort, Lingfield

SOUTH WEST

- 23 Luxury Pamper Day with Lunch for Two at Fowey Hall, Fowey
- 24 Pamper Day with Lunch for Two at the Polurrian Bay Hotel, Mullion
- 25 Durley Dean Pampering Spa Day for Two, Bournemouth
- 26 Relaxation for Two at Bournemouth Highcliff Marriott, Bournemouth
- 27 Spa Day for Two at The Cumberland, Bournemouth
- 28 Spa Day with Tea for Two at Ocean Beach Hotel and Spa, Bournemouth
- 29 Pampering for Two at Q Hotels Cheltenham, Brockworth
- 30 Luxury Pamper Day at Schmoo Spa Hilton for Two, Tewkesbury
- 31 Deluxe Choice for Two at Bannatyne Charlton House, Shepton Mallet
- 32 Luxury Pamper Day with Lunch for Two at Woolley Grange, Bradford-On-Avon



7 SPA DAY FOR TWO AT CROWNE PLAZA GERRARDS CROSS

BEACONSFIELD • Buckinghamshire

Situated in the heart of leafy Buckinghamshire, Wave Spa and Wellness at Crowne Plaza Gerrards Cross offers a warm, inviting welcome, combined with professional service, making it the perfect choice for a relaxing spa experience. Relax and unwind with use of the great facilities for four hours, including an indoor pool, sauna, steam room and Jacuzzi. You can also enjoy a treatment each, either a tension relieving massage, to soothe tight muscles or rejuvenating facial to restore glowing skin, both of which will last 55 minutes. The ideal treat day for you and a friend!

YOUR EXPERIENCE

- One 55 minute treatment per person
- Choice of a facial or massage each
- Use of facilities for 4 hours, which include a 15m indoor pool, Jacuzzi, steam room and sauna

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8 SPA DAY FOR TWO AT CROWNE PLAZA MARLOW

MARLOW • Buckinghamshire

Enjoy a day full of rest and relaxation at Crowne Plaza Marlow. Feel rejuvenated with a 25 minute pampering treatment of your choice as well as full access to the on-site spa facilities. Add to your blissful experience with a tasty two course lunch at Crowne Plaza's stylish Glaze Restaurant. The seasonal menu of this AA Rosette awarded venue features fresh ingredients all locally sourced and offers dishes that celebrate the best of British such as the much-loved club sandwich as well as options with an international edge such as grilled Halloumi with citrus dressing and roasted vegetable cous cous.

YOUR EXPERIENCE

- Your choice of 25 minute treatment each
- Full use of the spa facilities
- Two course lunch from a set menu
- Chocolate dipped strawberries poolside

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9 LUXURY PAMPER DAY AT SCHMOO BY THE SEA FOR TWO

BRIGHTON • East Sussex

Situated in a wonderful location facing the seafront, Schmootiful Spa is set within the Hilton Brighton and promises a day of ultimate relaxation. If you're going to enjoy a day of rest and pampering, you may as well go the full ten yards! All the stops will be pulled to ensure you get the most from your day together: you'll each receive a 55 minute 'Schmootiful feet' treatment, a 25 minute facial or massage plus full use of the relaxation areas and leisure facilities! A delicious lunch or afternoon tea is even thrown in, which you'll savour in the Waterhouse Bar & Terrace, as well as complimentary fruit teas.

YOUR EXPERIENCE

- A pamper day for two
- Afternoon tea or lunch for two in the Waterhouse Bar and Terrace
- Complimentary fruit teas
- Full use of Schmoo by the sea relaxation areas and Livingwell Hotel Leisure Facilities

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10 SPA DAY FOR TWO AT THE LIFEHOUSE SPA AND HOTEL

THORPE LE SOKEN • Essex

Ask in a day of complete relaxation with this tranquil spa experience at Lifehouse Spa and Hotel. You and your special someone will enjoy the sublime facilities at this contemporary spa. Soothe tense muscles in the hydrotherapy pool or, if the weather allows it, you can soak up some rays against the beautiful backdrop of the lake. Then, you'll be treated to your choice of a serene 25 minute back massage, facial or scrub, delivered by an experienced therapist. In between all that unwinding and reclining, you'll be served a tasty light lunch in the venue's chic restaurant.

YOUR EXPERIENCE

- Use of the spa's excellent facilities
- A light lunch
- Enjoy one of the following pampering treatments each: a 25 minute Back Massage, a 25 minute Scrub and a 25 minute Facial

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11 PAMPERING FOR TWO AT Q HOTELS THE HAMPSHIRE COURT HOTEL

BASINGSTOKE • Hampshire

Situated in the striking town of Basingstoke, QHotels' The Hampshire Court Hotel radiates luxury and opulence. Offering the ultimate spa experience, the 4* hotel has friendly staff and a calming atmosphere. Treat yourself and a friend to a sumptuous 50-minute treatment each, choosing from treatments such as the GELeration Foot Spa Ritual. In the early afternoon, indulge in a mouth-watering two-course light lunch together. To make this day even more special, you can both use the spa facilities at the hotel - whether you fancy a leisurely swim or a workout in the gym.

YOUR EXPERIENCE

- A 50-minute treatment each for two
- Two-course light lunch for two
- Full use of spa facilities
- Robes, slippers and towels on arrival

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12 LUXURY PAMPER DAY WITH LUNCH FOR TWO AT NEW PARK MANOR

BROCKENHURST • Hampshire

Unwind with a friend or loved one at the award-winning New Park Manor and enjoy a well-deserved day of pampering with this incredible experience. Make use of the hotels fantastic spa facilities, including everything from a spa pool, steam room and samarium, as well as an outdoor Canadian hot tub, hydrotherapy pool and Kneipps foot spa. After a morning of relaxation, both you and your guest can enjoy two reviving 25 minute pamper treatments each and a delicious light lunch!

YOUR EXPERIENCE

- Use of the spa facilities, including a pool, spa pool, sauna, sanarium, outdoor hot tub and Kneipps foot spa
- Two 25 minute treatments each
- A light lunch for two

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13 RELAXATION FOR TWO AT MARRIOTT MEON VALLEY HOTEL

SHEDFIELD • Hampshire

Situated just outside of the serene city of Southampton, the Marriott Meon Valley Hotel and Country Club is an opulent venue that guarantees exceptional service and exudes a welcoming feel. Set in an incredible 225 acres of beautifully maintained grounds, you will feel instantly relaxed and at ease on arrival. For a spa day like no other, head to the Retreat at Meon Valley spa. A modern facility, it is the perfect venue in which to indulge in a massage treatment or take advantage of their fabulous makeup services. You can also enjoy use of the gym and swimming pool throughout your pamper day.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

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14 PAMPERING FOR TWO AT Q HOTELS NORTON PARK

WINCHESTER • Hampshire

Take delight in a luxurious pampering spa experience for two at QHotels' Norton Park. Rated 4*, it encompasses all that you love about a sumptuous hotel and spa. A 50-minute professional treatment can be enjoyed by the both of you, of which you can chose from a wonderful selection, including hand/feet treatments or a relaxing massage. To complete the day, you can also treat yourself to a delectable two course light lunch. Throughout the day, you will also have full use of the spa facilities, which you can use as much or as little as you want!

YOUR EXPERIENCE

- A 50-minute treatment each for two
- Two-course light lunch for two
- Full use of spa facilities
- Robes, slippers and towels on arrival

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15 DIVINE SPA DAY FOR TWO AT VERULAMIUM SPA

ST ALBANS • Hertfordshire

Discover a world of calm with this tranquil spa day for two at Verulamium Spa, situated in St Albans. Upon arrival, you and your special someone will be warmly greeted before donning a cosy robe and slippers. Then, full use of the superb spa facilities will inject some welcome heat into your life, while a 40 minute treatment of your choice will ensure you're sent into a state of true bliss. Thoroughly relaxed and revived, it's time to head to the Spa Bistro where you'll both be served a scrumptious light lunch alongside a crisp glass of wine. The perfect way to spend some quality time with a loved one!

YOUR EXPERIENCE

- Use of the spa facilities
- Enjoy a choice of one of the following luxury 40 minute pampering treatments each: Swedish Massage, Full Body Scrub, Manicure or Pedicure
- Light lunch and a glass of wine

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16 PAMPERING FOR TWO AT Q HOTELS ASHFORD INTERNATIONAL HOTEL

ASHFORD • Kent

Treat yourself and a loved one to some much-needed luxury with a pampering spa experience at QHotel's Ashford International Hotel. Your relaxing day includes a 50-minute professional treatment each, so whether it's hands, feet, muscles or skin you're looking to refresh and revitalise, there'll be a treatment for you. To ensure you don't spend your day feeling peckish, you'll also savour a delicious two-course light lunch together. And the pampering doesn't end there, as you are also welcome to make use of the spa facilities - so you can swim and steam to your heart's content!

YOUR EXPERIENCE

- A 50-minute treatment each for two
- Two-course light lunch for two
- Full use of spa facilities
- Robes, slippers and towels on arrival

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17 RELAXATION FOR TWO AT MARRIOTT TUDOR PARK HOTEL

BEARSTED • Kent

Offering a tranquil oasis in the heart of the Kent countryside, the Marriott Tudor Park Hotel and Country Club is set within striking acres of parkland in the historic town of Maidstone. Treat yourself to a morning at nearby Leeds Castle or Canterbury Cathedral before heading to the sumptuous spa. Escape the stresses of everyday life and enjoy a treatment or service that is straight out of your dreams. When you are there, you can also make full use of their fitness centre, which includes a relaxing swimming pool and state-of-the-art gym.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

HOW TO BOOK

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18 SPA DAY FOR TWO AT Q HOTELS BRIDGEWOOD MANOR HOTEL AND SPA

CHATHAM • Kent

Treat yourself and a guest to a day of pampering bliss in the stunning surroundings of the Bridgewood Manor Hotel in Chatham with this spa day for two. An elegant and classy 4* hotel boasting top-of-the-line spa facilities, the Bridgewood Manor Hotel is perfect for relaxing. Enjoy a 50 minute treatment each, choosing from a range of 6 delightfully indulgent treatments including Relaxing Face and Back Ritual with ESPA and a GELeration Foot Spa Ritual. You'll then be free to make use of spa facilities on offer. You'll even be treated to a delicious two-course light lunch, so you will have everything you need to enjoy a full day of relaxation.

YOUR EXPERIENCE

- A 50 minute treatment from a choice of six for each guest
- Two-course light lunch for two
- Full use of the spa facilities
- Robes, towels and slippers

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19 INDULGENT THERMAL SPA DAY FOR TWO AT YOUR SPA

RAMSGATE • Kent

Treat a loved one to this indulgent spa day for two at Your Spa in Ramsgate. Arriving at the spa, you'll be given your fluffy robes and slippers, and will then make your way around the spa's extensive facilities, including a sauna, steam room, hydrotherapy pool, and a ice fountain. You'll then get to soak up 60 minutes' worth of pampering treatments each, choosing from a facial, back, neck and shoulder massage, full body massage, Decleor classic aromatic facial, file and polish hands/toes, and a prescriptive manicure. Once finished, you'll also get to sit back with a glass of champagne and enjoy a light lunch together in the relaxation suite.

YOUR EXPERIENCE

- Day pass for two people, giving access to the hydrotherapy pool, sauna, steam room, ice fountain, salt room, bucket shower and footbaths
- Your choice of 60 minutes' worth of treatments each
- Light lunch with glass of champagne each

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20 PAMPERING FOR TWO AT Q HOTELS THE OXFORD BELFRY

THAME • Oxfordshire

At The Oxford Belfry you and a guest can enjoy the pampering you've been dreaming of. An elegant spa hotel, you will feel relaxed from the moment you arrive and receive your robe, slippers and towel for the day so you can feel ready to unwind completely. Start with a luxurious 50 minute treatment each, choosing from the fantastic treatments available, that include revitalising rituals, full body exfoliations, brightening facials, nail treatments and massages to name a few. You'll also enjoy full use of the spa facilities while you're here, as well as a delightful two-course light lunch, so the indulgence can continue all day!

YOUR EXPERIENCE

- A 50-minute treatment each for two
- Two-course light lunch for two
- Full use of spa facilities
- Robes, slippers and towels on arrival

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21 RELAXATION FOR TWO AT MARRIOTT LINGFIELD PARK RESORT

LINGFIELD • Surrey

We can all do with a little bit of 'me' time once in a while, something to help us relax, unwind and forget about the stresses of everyday life, and at the Marriott Lingfield Park Resort, that is very much on the menu. You and a friend can treat yourselves to a revitalising luxury spa day, whether you want to feel the burn with a fast, furious session on the treadmill or lie back and enjoy a blissful massage treatment you are sure to find the perfect path to relaxation at this sumptuous hotel.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

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22 LUXURY PAMPER DAY AT SCHMOO SPA HILTON FOR TWO

WOKINGHAM • Berkshire

Treat yourself and a friend to this incredible luxury pamper day for two at Hilton St Anne's Manor, a country house hotel set amongst 25 acres of grounds. Upon arrival, you'll receive a gown and slippers to make moving from one facility to another comfortable, and will spend a fabulous day luxuriating in the indoor heated pool, Jacuzzi, sauna and well-equipped gym. You'll each be treated to a luxury facial lasting an hour, to leave your face feeling cleansed, soft and glowing, and will follow that up with a 25 minute back, neck and shoulder massage each. You'll also choose between a tasty lunch or a classic afternoon tea to ensure you're not left hungry. You're guaranteed to feel relaxed, rejuvenated and completely new when it's time to leave!

YOUR EXPERIENCE

- One 25 minute Back, Neck and Shoulder Massage
- One 60 minute Luxury Facial
- Afternoon tea for two or a tasty lunch
- Gown and slipper hire
- Use of the spa's facilities

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23 LUXURY PAMPER DAY WITH LUNCH FOR TWO AT FOWEY HALL

FOWEY • Cornwall

We understand that everyone needs a little down time now and again, and this relaxing pamper day at Fowey Hall, overlooking the Fowey Estuary, is the ideal antidote for a stressful week. Enjoy a day of indulgence as you make use of their fabulous facilities, including an indoor pool and a luxurious outdoor heated hot tub and decking area offering stunning sea views. Two 25 minute pampering treatments each can only add to your relaxing day, as well as a delicious light lunch - leaving you wanting for nothing!

YOUR EXPERIENCE

- Use of the spa facilities including indoor heated swimming pool, outdoor heated hot tub, Garden Room and sun terrace
- Two 25 minute spa treatments each
- A light lunch

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24 PAMPER DAY WITH LUNCH FOR TWO AT THE POLURRIAN BAY HOTEL

MULLION • Cornwall

Head to Polurrian Bay Hotel, on the southern Cornwall coast and enjoy a rejuvenating pamper day amidst a beautiful, tranquil setting. You and a friend or loved one will have a full four hours to make use of the spa facilities on offer at this stunning seaside haven, which include and indoor and outdoor pool, Jacuzzi and gym to name a few. Following a restful morning at the spa, a delicious light lunch awaits you, as well two rejuvenating 25 minute treatments each.

YOUR EXPERIENCE

- Use of the spa facilities, including a pool, Jacuzzi, seasonal outdoor pool and gym
- Two 25 minute treatments each - treatments choices may include massages, facials, body treatments, manicures and pedicures
- Light lunch for two

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25 DURLEY DEAN PAMPERING SPA DAY FOR TWO

BOURNEMOUTH • Dorset

Head down to Durley Dean, a welcoming coastal hotel, for a spa day for two that's bound to leave you feeling ready to explore the coast or hit the town for a spot of shopping or even a night out. You'll spend the day enjoying access to facilities including a heated indoor pool, sauna and steam room, and pause for a thirty-minute professional treatment each, choosing between facials, a massage or a manicure. Once you're ready to leave the spa, it's time for that quintessentially British treat – an afternoon tea, with sandwiches, cakes and scones, plus a glass of prosecco!

YOUR EXPERIENCE

- A day's access to the spa facilities
- 30 minute treatment each
- Afternoon tea with a glass of prosecco each

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26 RELAXATION FOR TWO AT BOURNEMOUTH HIGHCLIFF MARRIOTT

BOURNEMOUTH • Dorset

Take the spa escape you have been craving for a while and enjoy a revitalising spa day at the Marriot Bournemouth Highcliff. Ideal for celebrating a special birthday or if you just fancy a opulent treat for two, you can spend your time relaxing with a massage treatment or head to the swimming pool for a leisurely dip. Unwind and forget your everyday routine with this sumptuous spa day for two.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

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27 SPA DAY FOR TWO AT THE CUMBERLAND

BOURNEMOUTH • Dorset

Enjoy a day of pampering with a loved one at Bournemouth's highly-rated Oceana Day Spa, and choose between a facial or a massage in the highly-rated spa. Each of the treatments will last around 55 minutes, giving you plenty of time to enjoy the pool and other facilities at the hotel before your choice of either a tasty light lunch or a classic afternoon tea experience. The latter will involve a variety of finger sandwiches, scones and sweet treats being served up for you to savour, along with your choice of teas or coffee. Either way, you're sure to feel fully spoilt after this luxurious day!

YOUR EXPERIENCE

- Use of the spa facilities for two people
- A 55 minute spa treatment each - choose between a facial or a massage
- Afternoon tea or light lunch for two

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28 SPA DAY WITH TEA FOR TWO AT OCEAN BEACH HOTEL AND SPA

BOURNEMOUTH • Dorset

Take some time out to enjoy one of Bournemouth's premier pampering destinations, capped off with a culinary treat in the form of an afternoon tea in the Ocean Beach Hotel's stylish restaurant. The Asian-inspired Oceana Day Spa is highly-rated, and you'll get to select one 55 minute treatment each, choosing between either a cleansing facial or a relaxing massage. Once your treatment is complete, you can head to the hotel's restaurant for an indulgent afternoon tea of finger sandwiches, scones and cakes that will leave you feeling spoilt. You'll also have access to the hotel's spa facilities, making this a thoroughly relaxing day!

YOUR EXPERIENCE

- Full use of the spa facilities for two people
- A 55 minute spa treatment
- Afternoon tea for two, consisting of a range of finger sandwiches, scones served with ham and Dorset clotted cream, French pastries and tea or coffee

HOW TO BOOK

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29 PAMPERING FOR TWO AT Q HOTELS CHELTENHAM

BROCKWORTH • Gloucestershire

Savour a fabulous spa day for two at QHotels' The Cheltenham Chase Hotel. Exuding luxury and indulgence, you are ensured a relaxing break away from normality at this chic 4* hotel. Enjoy a 50-minute professional treatment each, choosing from a wonderful selection of facials, massages and more. You will also relish a scrumptious two course light lunch after your treatment, and can make use of the hotel's modern spa facilities!

YOUR EXPERIENCE

- A 50-minute treatment each for two
- Two-course light lunch for two
- Full use of spa facilities
- Robes, slippers and towels on arrival

HOW TO BOOK

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30 LUXURY PAMPER DAY AT SCHMOO SPA HILTON FOR TWO

TEWKESBURY • Gloucestershire

Enjoy a luxury spa day for two at the Hilton Puckrup Hall, set amongst the beautiful Cotswolds. Upon arrival you'll receive a gown and slippers and then the day is yours to enjoy, luxuriating in the indoor heated pool, Jacuzzi, sauna and well-equipped gym. You'll each be treated to a luxury facial lasting an hour, to leave your face feeling cleansed, soft and glowing, and follow that up with a 25-min back, neck and shoulder massage each. You'll also choose between a tasty lunch or a classic afternoon tea to ensure you're not left hungry. You're guaranteed to feel relaxed, rejuvenated and completely new when it's time to leave!

YOUR EXPERIENCE

- One 25 minute Back, Neck and Shoulder Massage
- One 60 minute Luxury Facial
- Afternoon tea for two or a tasty lunch
- Gown and slipper hire
- Use of the spa's facilities

HOW TO BOOK

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31 DELUXE CHOICE FOR TWO AT BANNATYNE CHARLTON HOUSE

SHEPTON MALLET • Somerset

Take a day off from your daily routine and step into Bannatyne Charlton House, where you'll enjoy a treatment and full use of the spa facilities. Soothe your mind with a 55 minute treatment each choosing from a Swedish full body massage or a Swedish back, neck, and shoulder massage which will release any knots of tension, or a manicure or energising facial. With the added bonus of making use of the Moroccan themed spa facilities, you can relax your muscles in the hydrotherapy pool, release unwanted toxins in the Crystal steam room and Finnish sauna or spend time in the ice fountain – the choice is yours!

YOUR EXPERIENCE

- A 55 minute spa treatment per person
- A whole days' access to the Moroccan themed thermal spa facilities

HOW TO BOOK

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32 LUXURY PAMPER DAY WITH LUNCH FOR TWO AT WOOLLEY GRANGE

BRADFORD-ON-AVON • Wiltshire

Choose Woolley Grange, a beautiful Jacobean Manor House set in stunning grounds, for the ideal place to unwind and relax with a loved one, with this relaxing pampering day for two. Step into a world of luxury as you make use of the great spa facilities, tucked away in the pretty walled gardens and leave the stresses of everyday life behind for four hours, relaxing in the pool, sauna and steam room. A light lunch will be served after a peaceful morning and you will also be treated to an hour long pampering treatment each!

YOUR EXPERIENCE

- Use of the spa facilities, including a pool, sauna and steam room and seasonal outdoor pool
- An hour long treatment each - treatment choices may include massages, facials, body treatments, manicures and pedicures
- A delicious light lunch

HOW TO BOOK

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MIDLANDS



WEST MIDLANDS

EAST MIDLANDS

BIRMINGHAM

CAMBRIDGE



Partners in the guide



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- 49 Luxury Pamper Day with Lunch for Two at The Elms, Abberley
- 50 Overnight Stay for Two at The Malvern, Malvern





33 SPA DAY FOR TWO AT Q HOTELS THE CAMBRIDGE BELFRY HOTEL

CAMBRIDGE • Cambridgeshire

Treat yourself and a loved one to a unforgettable spa day for two in the Cambridge countryside. A 4* hotel, awarded AA Hotel Group of the Year 2014-15, The Cambridge Belfry Hotel is an elegant venue, boasting intricate décor and state-of-the-art spa facilities which you are free to use during your stay. The perfect place for a relaxing spa break, you and your guest will be treated to a luxurious 50 minute treatment each from a selection of six. You'll also both enjoy an indulgent and delicious two-course light lunch, allowing you to concentrate on the pampering your body so richly deserves and leave your worries far behind you.

YOUR EXPERIENCE

- A 50 minute treatment from a choice of six for each guest
- Two-course light lunch for two
- Full use of the spa facilities
- Robes, towels and slippers

HOW TO BOOK

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34 RELAXATION FOR TWO AT MARRIOTT BREADSALL PRIORY HOTEL

MORLEY • Derbyshire

Head to the Marriot's Breadsall Priory Hotel Country Club for a luxurious and relaxing break. Chill out and unwind away from reality and treat yourself to a blissful massage treatment or a intense workout in their modern gym. Whatever you decide to do, you are guaranteed an enjoyable afternoon. Situated in the picturesque Midlands, after your spa day, make sure you head to Derby's city centre for an incredible evening of scouring the shops or taking advantage of their scrumptious eateries.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

HOW TO BOOK

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35 PAMPERING FOR TWO AT Q HOTELS FOREST PINES

BRIGG • Lincolnshire

Located in the heart of North Lincolnshire, the 4* Forest Pines Hotel & Golf Resort is an award-winning property which is set amid 190 acres of beautiful woodland. Treat someone special to a day of tranquillity with this fantastic pampering package for two. You will both enjoy a refreshing 50 minute treatment each plus robes, slippers and towels upon arrival. You and your guest will also be entitled to full access of the spa's facilities throughout the day. If that hasn't tempted you yet, you'll be served a two-course light lunch each once you've completed your session in the spa. A serene escape that you have to experience for yourselves!

YOUR EXPERIENCE

- A 50-minute treatment each for two
- Two-course light lunch for two
- Full use of spa facilities
- Robes, slippers and towels on arrival

HOW TO BOOK

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36 RELAXATION FOR TWO AT MARRIOTT SPROWSTON MANOR HOTEL

NORWICH • Norfolk

Set in an awe-inspiring 16th-century manor in the picturesque city of Norwich, the Marriott Sprowston Manor Hotel and Country Club is ensconced by idyllic countryside. For a day of tranquillity, make your way to their La Fontana Spa. Boasting a impressive selection of treatments and services, from manicures/pedicures to a sumptuous body scrub, you are ensured a wonderful afternoon. Throughout your visit, you can also make use of their peaceful pool area or modern gym.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

HOW TO BOOK

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37 SPA DAY FOR TWO AT Q HOTELS HELLIDON LAKES HOTEL AND SPA

DAVENTRY • Northamptonshire

Indulge your senses with this luxurious spa day for two in Daventry. The Hellidon Lakes & Golf Spa Hotel is nestled among 220 acres of beautiful Northamptonshire countryside, providing a tranquil atmosphere that is perfect for a day of pampering. Boasting a state-of-the-art spa facilities that you are free to use, it is an absolute delight where you can relax and unwind. Your spa day also includes a 50 minute treatment each from a selection of six professional treatments for you and your guest, including a Relaxing Face and Back Ritual with ESPA beauty products! You will also enjoy a delicious two-course lunch.

YOUR EXPERIENCE

- A 50 minute treatment from a choice of six for each guest
- Two-course light lunch for two
- Full use of the spa facilities
- Robes, towels and slippers

HOW TO BOOK

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38 PAMPERING FOR TWO AT Q HOTELS NOTTINGHAM

NOTTINGHAM • Nottinghamshire

Make your way to The Nottingham Belfry for some much needed rest and relaxation. Treat your special someone to an indulgent spa experience, including a exceptional 50-minute professional treatment each. During the day, you can also make use of the state-of-the-art facilities, which includes a fabulous swimming pool. At midday, head to the restaurant to tuck into a delicious two-course light lunch. Whatever treatment you choose and whatever facilities you decide to use, you are guaranteed a day of pure luxury and rejuvenation, that you will want to repeat time and time again.

YOUR EXPERIENCE

- A 50-minute treatment each for two
- Two-course light lunch for two
- Full use of spa facilities
- Robes, slippers and towels on arrival

HOW TO BOOK

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39 LUXURY PAMPER DAY WITH LUNCH FOR TWO AT THE ICKWORTH

BURY ST EDMUNDS • Suffolk

The stresses of everyday life can weigh us down at times, and this rejuvenating pampering day at The Ickworth in Suffolk is the ideal way to leave those strains behind and refresh your body and mind. You and a friend or loved can enjoy a delightful day, with use of the modern spa facilities for a full four hours, two 25 minute treatments each - choosing from a range of great options, as well as a delicious light lunch to keep you going throughout the day!

YOUR EXPERIENCE

- Use of the spa facilities, including a pool, lounge and Italian gardens
- A light lunch
- Two 25 minute treatments each - treatments choices may include massages, facials, body treatments, manicures and pedicures

HOW TO BOOK

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40 SPA DAY FOR TWO WITH TREATMENTS AND LUNCH AT RIVERHILLS

IPSWICH • Suffolk

Relax, unwind and enjoy some well-needed pampering as you and a friend indulge at the luxurious Riverhills in Ipswich. With this Superior package, you and your guest will enjoy a calming Swedish back and neck massage, a Germaine de Capuccini facial and your choice of a pedicure or a manicure, as well as a tasty lunch between treatments. Once you have enjoyed your treatments you'll be free to make the most of the excellent facilities available at this fantastic spa. You'll also have access to a spa bath, pool and sauna so you are sure to leave feeling revived and rejuvenated!

YOUR EXPERIENCE

- Use of spa facilities
- Germaine de Capuccini facial each
- 25 min Swedish back and neck massage each
- Manicure or pedicure each
- Lunch for both of you

HOW TO BOOK

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41 PAMPERING FOR TWO AT Q HOTELS TELFORD HOTEL

TELFORD • Shropshire

Take the pampering break that you have wanted for a while and treat that special someone to a day at QHotels' Telford Hotel and Golf Resort. A beautiful resort nestled in the Shropshire countryside, it is the perfect venue in which to enjoy a relaxing and revitalising experience. Your unforgettable day includes a 50-minute professional treatment each, of which you choose from a exceptional list of 6. In the afternoon, make sure you head to the restaurant to enjoy a delectable two-course light lunch together. The spa's facilities are also yours to utilise throughout the day!

YOUR EXPERIENCE

- A 50-minute treatment each for two
- Two-course light lunch for two
- Full use of spa facilities
- Robes, slippers and towels on arrival

HOW TO BOOK

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42 RASUL AND SPA DAY FOR TWO AT WILDMOOR SPA & HEALTH CLUB

STRATFORD-UPON-AVON • Warwickshire

Take a loved one for a unique Moroccan-style treatment for two. You'll enter the private, ornately-tiled Rasul chamber and apply different nutrient-dense muds to each other before reclining and being enveloped in menthol-infused steam, to activate the mud and draw out impurities. After a time, a warm rain falls to wash away the mud, and you are both left with glowing skin - ready for you to apply moisturising oils to leave your body feeling soft and smooth. Wildmoor also has extensive spa facilities, including crystal steam rooms, a herbal sauna, Roman Caldarium, and Hydrotherapy spa. You'll even be treated to a delicious lunch for two!

YOUR EXPERIENCE

- Use of the spa facilities including swimming pool, herbal sauna, crystal steam room, caldarium, ice bucket shower, hydrotherapy pool and relaxation rooms
- A rasul mud treatment for two people
- Lunch for two people

HOW TO BOOK

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43 SPA DAY FOR TWO AT Q HOTELS STRATFORD MANOR HOTEL AND SPA

STRATFORD-UPON-AVON • Warwickshire

A haven hidden amongst the Stratford-upon-Avon countryside, The Stratford Manor Hotel is the perfect place to experience the best of world-class pampering. Boasting gorgeous décor and state-of-the-art spa facilities, this charming venue is a luxury 4* hotel that exudes elegance. You and your guest will be treated to a 50 minute pampering treatment each from a fine selection, as you allow yourselves to unwind in the soothing ambience of the hotel's spa. You'll even be served a delicious and delightful two-course light lunch during your stay, so you can leave feeling refreshed and well fed!

YOUR EXPERIENCE

- A 50 minute treatment from a choice of six for each guest
- Two-course light lunch for two
- Full use of the spa facilities
- Robes, towels and slippers

HOW TO BOOK

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44 SPA DAY FOR TWO AT Q HOTELS CHESFORD GRANGE HOTEL AND SPA

WARWICK • Warwickshire

There's nothing quite like a luxurious spa day, and this beautiful venue situated in the heart of the Warwickshire countryside is the ideal place to enjoy a much-deserved treat. Awarded AA Hotel Group of the Year 2014-15, the Chesford Grange Hotel is a stunning 4* venue boasting elegant décor and a diverse range of spa facilities. Your pamper day includes a 50 minute treatment each; you'll be able to pick from 6 including a Relaxing Face and Back Ritual with ESPA beauty products. You'll also be treated to a two-course light lunch and receive complimentary use of all the spa facilities, creating an indulgent day of pampering!

YOUR EXPERIENCE

- A 50 minute treatment from a choice of six for each guest
- Two-course light lunch for two
- Full use of the spa facilities
- Robes, towels and slippers

HOW TO BOOK

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45 RELAXATION FOR TWO AT BIRMINGHAM MARRIOTT HOTEL

BIRMINGHAM • West Midlands

Set in a beautiful and grand building, the Marriot Hotel in Birmingham guarantees a day of rejuvenation and much needed relaxation. Presenting the ultimate in 'me' time, you and your loved one can spend your time at the hotel working out at the gym, swimming in the pool or unwinding with a fabulous massage. Whatever you decide to do, you are ensured to enjoy this heavenly day.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

HOW TO BOOK

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46 SPA TREAT WITH LUNCH AND FIZZ FOR TWO AT MALMAISON SPA

BIRMINGHAM • West Midlands

In the heart of Birmingham, surrounded by shops, restaurants and bars and just minutes from Birmingham New Street train station you'll find Malmaison, a chic venue offering the perfect environment for relaxation. The treatment options include full body massages, facials, and body wraps that are specifically designed to be beneficial to mind and body! For an extended period of relaxation, you can choose one 55 minute treatment designed to leave you feeling rejuvenated, or you can choose two treatments, each lasting 25 minutes. You can also tuck into a delicious lunch, accompanied by a glass of fizz each.

YOUR EXPERIENCE

- One 55 minute spa treatment or two 25 minute treatments each from the following options: Full body massage, Facial, Manicure, Pedicure or Body wrap
- A tasty two course lunch served in the Brasserie
- A glass of fizz each

HOW TO BOOK

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47 RELAXATION FOR TWO AT MARRIOTT FOREST OF ARDEN COUNTRY CLUB

MERIDEN • West Midlands

Offering a combination of elegance and a prime location, the Marriott Forest of Arden Country Club boasts chic accommodation and a sumptuous spa. The Cedarwood Spa guarantees a relaxing escape in the heart of the West Midlands, with an extensive list of treatments and amenities available. Whether a facial or a lip treatment takes your fancy, they have it all covered. If you want to workout, there incredible gym is a must-visit.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

HOW TO BOOK

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48 SPA DAY FOR TWO AT RAMADA PARK HALL HOTEL AND SPA

WOLVERHAMPTON • West Midlands

This relaxing spa day will include 90 minutes of indulgent treatments for you and a companion at the Ramada Park Hall Hotel and Spa. This venue will provide you with a warm welcome as you enjoy full access to the facilities, including indoor pool, Jacuzzi, steam room, sauna and gym. With 90 minutes of treatments you'll really feel yourselves unwind as you choose from the following seven options: Back Massage 25 mins, Express Facial 25 mins, Scalp Massage 25 mins, File & Paint for Hands OR Feet 25 mins, Full Body Massage 50 mins, Facial 50 mins and Frangipani Body Treatment 50 mins.

YOUR EXPERIENCE

- Pampering spa day for two people with access to indoor pool, sauna, gym, steam room and Jacuzzi
- 90 minutes of treatments each

HOW TO BOOK

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49 LUXURY PAMPER DAY WITH LUNCH FOR TWO AT THE ELMS

ABBERLEY • Worcestershire

The beautiful Elms Hotel is tucked away in the Worcestershire countryside and from the moment you come up the tree-lined driveway you know you've come somewhere special. The gorgeous country manor houses a fully equipped spa with incredible facilities, including a 12m swimming pool, indoor/outdoor hydro pool, sauna, steam room, ice fountain, rainforest shower and a roof terrace to enjoy the sunshine. You'll have access to all the facilities for four hours and will be treated to a light lunch and two 25 minute treatments each!

YOUR EXPERIENCE

- Full use of the extensive facilities for four hours
- A light lunch
- Two 25 minute treatments each - options include massages, facials, body treatments, manicures, pedicures and more

HOW TO BOOK

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50 OVERNIGHT STAY FOR TWO AT THE MALVERN

MALVERN • Worcestershire

Immerse yourself in luxury with an overnight stay at The Malvern. The area is famous for therapeutic waters and the hotel makes the most of this wonderful resource. You'll have use of the acclaimed spa, with its 20m indoor-outdoor hydrotherapy pool, and thermal suite including a salt grotto, crystal steam room, and speciality herb sauna and kelo sauna. Your comfortable room is equipped with free Wi-Fi, a flat-screen TV, and, of course, there's complimentary Malvern water. Enjoy a hearty breakfast in the morning as part of the package, and you'll be all set to explore the uniquely varied and beautiful landscape of the Malvern Hills.

YOUR EXPERIENCE

- One night's accommodation for two people in a standard room
- Breakfast for two people on the second day
- Use of the spa facilities for two

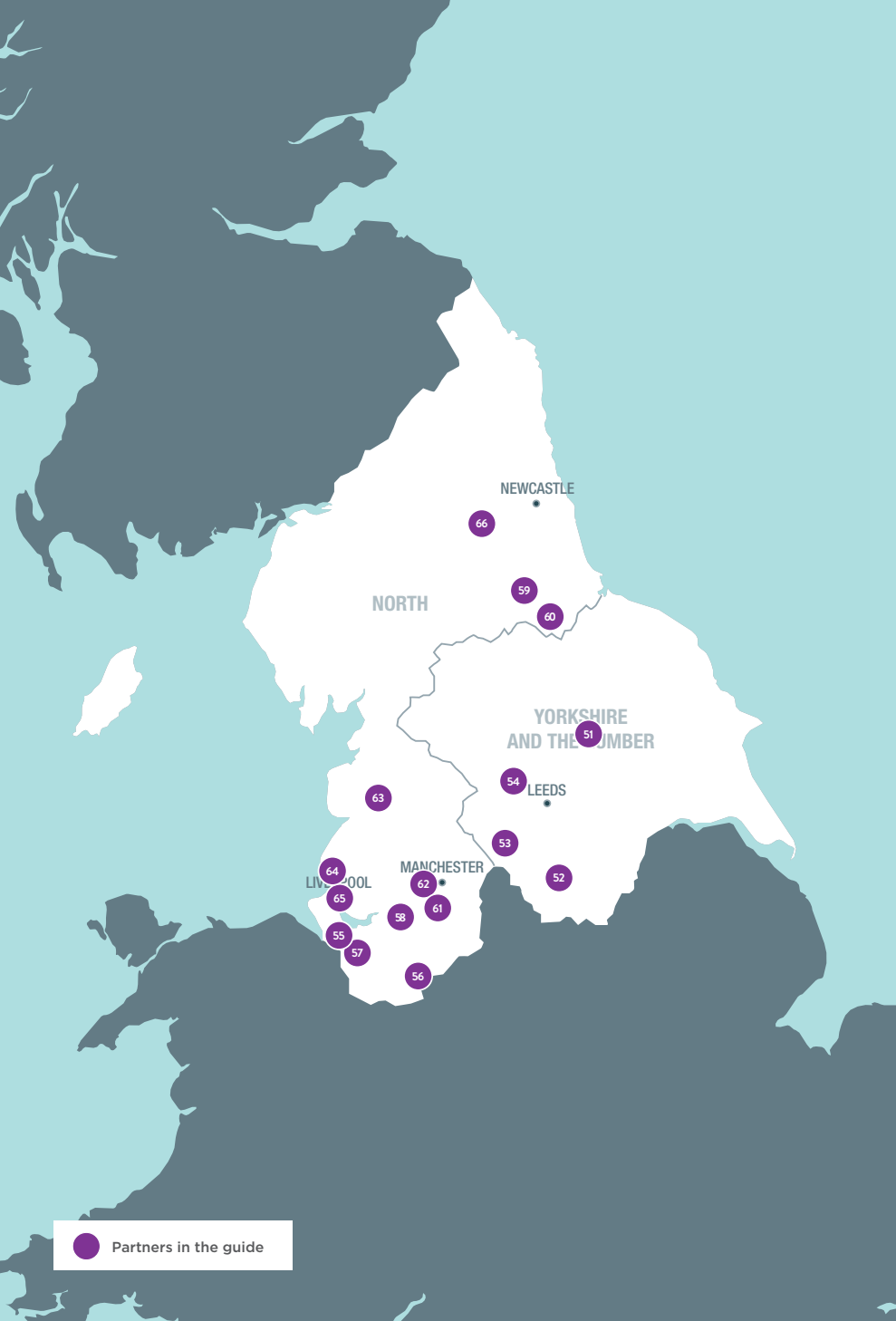
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NORTH



Partners in the guide

NORTH

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51 SPA DAY FOR TWO AT Q HOTELS ALDWARK MANOR HOTEL AND SPA

YORK • North Yorkshire

Immerse yourself in a world of luxury with this spa day. Nestled in the stunning York countryside, the Aldwark Manor Hotel is a luxury 4* venue featuring sophisticated décor. Awarded AA Hotel Group of the Year 2014-15, the hotel boasts state-of-the-art spa facilities that you can use at leisure during your visit. You and your guest will be treated to a 50 minute treatment each from a selection of 6, including a Relaxing Face and Back Ritual with ESPA and a GELeration Foot Spa Ritual, so no matter what you're looking for, there is a treatment to satisfy! You will also enjoy a two-course light lunch making this spa day a fantastic treat.

YOUR EXPERIENCE

- A 50 minute treatment from a choice of six for each guest
- Two-course light lunch for two
- Full use of the spa facilities
- Robes, towels and slippers

HOW TO BOOK

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52

PAMPERING FOR TWO AT Q HOTELS TANKERSLEY MANOR

BARNSELY • South Yorkshire

Revel in a revitalising spa day like no other at QHotels' stunning Tankersley Manor. A 4* luxury hotel and spa, it offers stunning accommodation and a sumptuous spa that boasts exceptional treatments. The both of you can take full advantage of the modern spa facilities, before heading to enjoy your delightful 50-minute treatment. With choices such as a ESPA Relaxing Face and Back Ritual or the GELeration Foot Spa Ritual, you will be so relaxed that you might not want to leave! Also included in this package is a scrumptious two-course light lunch!

YOUR EXPERIENCE

- A 50-minute treatment each for two
- Two-course light lunch for two
- Full use of spa facilities
- Robes, slippers and towels on arrival

HOW TO BOOK

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53 RELAXING DAY AT TITANIC SPA FOR TWO

HUDDERSFIELD • West Yorkshire

On the edge of the Pennines, in a former textile mill, Titanic Spa is a true haven from the stress of modern life. The superb Heat and Ice Experience alone is enough to keep you occupied for an entire day, with alternating warming and cooling treatments, which invigorate and tone the skin. On arrival at the spa you are welcomed with tea or coffee, and then you're free to enjoy an entire day using the facilities, including heat and ice, the 15m saltwater pool, and a Technogym fitness room. Your day even includes a delicious light lunch at the Bistro, so you really can stay for the full day and make the most of the amazing facilities!

YOUR EXPERIENCE

- Access to the Titanic Spa facilities for a full day for two
- Lunch for two people

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54 RELAXATION FOR TWO AT MARRIOTT HOLLINS HALL HOTEL

SHIPLEY • West Yorkshire

Take some time out of your everyday routine and enjoy a pamper day for you and a loved one at the Hollins Hall Marriott Hotel & Country Club. Set in Bradford, it is surrounded by a beautiful landscape that will make you feel relaxed from the get-go. Head to the spa and treat yourselves to a delightful treat, choosing between a wonderful selection of treatments. You can also make your way to the swimming pool for a leisurely dip or to the gym for an intense workout.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

HOW TO BOOK

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55 SPA DAY FOR TWO AT MOLLINGTON BANASTRE HOTEL

CHESTER • Cheshire

Escape the chaos of everyday life and unwind with a deluxe spa day for two at the Mollington Banastre Hotel and Spa. You'll both be pampered with a deeply relaxing and de-stressing massage, each lasting 25 minutes, and done using only the best products chosen by their expert spa therapists to combine the therapeutic benefits of skin care, aromatherapy and spa treatments. As part of your package, you'll also have full use of all the spa's facilities including Jacuzzis, saunas, steam rooms and an indoor heated pool.

YOUR EXPERIENCE

- A relaxing massage each, lasting 25 minutes
- Full access to the spa's facilities

HOW TO BOOK

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56 SPA DAY FOR TWO AT Q HOTELS CREWE HALL HOTEL AND SPA

CREWE • Cheshire

Find your relaxing haven and escape to the Crewe Hall Hotel. Nestled among the picturesque Cheshire countryside, the majestic Crewe Hall Hotel is a 4* venue that features sophisticated and intricate décor so you can relax in style. Boasting top-of-the-line spa facilities that you are free to use of during your stay, this indulgent spa package includes a revitalising 50 minute treatment each for you and your guest. You'll choose from a choice of 6 treatments which include a Relaxing Face and Back Ritual with ESPA products and a GELeration Foot Spa Ritual. You will also be served a two-course light lunch, providing you with much-needed pampering.

YOUR EXPERIENCE

- A 50 minute treatment from a choice of six for each guest
- Two-course light lunch for two
- Full use of the spa facilities
- Robes, towels and slippers

HOW TO BOOK

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57 SPA DAY WITH TEA FOR TWO AT THE CLUB AND SPA CHESTER

HOOLE • Cheshire

Set in the manicured grounds of the Doubletree by Hilton Chester, The Club and Spa Chester is a wonderful place to escape the hassle of daily routine and re-connect with someone you care for. This spa day for two includes a brilliant treatment each, an afternoon tea for two and use of all the leisure facilities for a day, so it's truly comprehensive! Kick back, relax and enjoy swimming, meditating and steaming your way to nirvana, and at a specified point during your day, you'll also each receive one of the following fab treatments: a Signature Full Body Massage, Prescriptive Prevonia Facial or a 55 minute Elemis Facial.

YOUR EXPERIENCE

- Use of the facilities at for a day for two
- Afternoon tea for two
- One treatment per person, to be chosen from: Signature Full Body Massage (55 min), Prescriptive Facial by Pevonia (60 min) or a 55 Minute Elemis Facial (60 min)

HOW TO BOOK

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



58 PAMPERING FOR TWO AT Q HOTELS THE PARK ROYAL

WARRINGTON • Cheshire

Take a trip to QHotels' The Park Royal for a sumptuous pampering experience, unrivalled by any other. Escape with that special someone for a touch of relaxation and rejuvenation and choose a 50-minute treatment for a wonderful selection of 6. Feeling hungry? At lunch time, you can head down to the restaurant and feast on a delicious two-course light lunch together before making use of the hotel's incredible spa facilities. Whether you spend your day in relaxation bliss or you make use of the gym, you are ensured a memorable experience that you look back on and cherish for years to come.

YOUR EXPERIENCE

- A 50-minute treatment each for two
- Two-course light lunch for two
- Full use of spa facilities
- Robes, slippers and towels on arrival

HOW TO BOOK

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



59 OVERNIGHT SPA BREAK FOR TWO AT THE MANOR HOUSE HOTEL

BISHOP AUCKLAND • County Durham

The Grade I listed Manor House Hotel in County Durham is steeped in history and charm, whilst combining modern comforts and a fantastic spa to create a stylish destination. You'll be treated to a night of r&r and will leave feeling refreshed after two 25 minute pamper treatments each, from choices including two types of massage, an invigorating body polish and facial, as well as use of the spa facilities for the duration of your stay! You'll spend the night in a well-appointed double or twin room, with delicious continental and full English breakfast options to enjoy the in the morning too, setting you up for the day ahead!

YOUR EXPERIENCE

- One nights' accommodation in a double/twin room
- Two 25 minute treatments each
- Access to the spa facilities
- Continental/full English breakfast

HOW TO BOOK

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



60 HEAVENLY BLISS SPA BREAK AT BANNATYNE HOTEL DARLINGTON

DARLINGTON • County Durham

The Bannatyne Hotel Darlington, occupies a Grade II listed Georgian townhouse and is perfect for a restorative spa break for two. You'll have full access to the spa and leisure facilities, just a short drive from the hotel. Both of you will enjoy either a stress-busting Swedish back, neck and shoulder massage, an energising facial to revitalise the skin or an OPI Manicure. In the evening, you'll dine at the hotel's excellent Maxine's restaurant, feasting on two courses of fantastic food made using locally sourced, seasonal produce, in a romantic candlelit setting. In addition, you'll enjoy a hearty full English breakfast the next morning.

YOUR EXPERIENCE

- An overnight stay for two in a double or twin room
- A 25 minute Swedish Back, Neck, and Shoulder Massage, Energising Facial or OPI Manicure each
- A glass of prosecco each
- A two-course candlelit dinner
- A full English breakfast

HOW TO BOOK

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61 RELAXATION FOR TWO AT MANCHESTER AIRPORT MARRIOTT HOTEL

ALTRINCHAM • Greater Manchester

Take a trip to the Marriot hotel in Manchester Airport, for a spa day that is out of this world! Wonderfully convenient for those waiting for a flight or those who have just arrived, you can relax and unwind in this soothing location. If you are fed up f relaxing and sitting down on your long flight, head to their gym and enjoy a intense workout. Otherwise for those wanting to chill out, you can always treat yourself to a sumptuous massage treatment!

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased 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!



62 RELAXATION FOR TWO AT MARRIOTT WORSLEY PARK HOTEL

MANCHESTER • Greater Manchester

Make your way to the Worsley Park Marriott Hotel & Country Club for a relaxing pamper day with a loved one. Set amongst 200 acres of parkland, it is easy to get to Manchester's vibrant city centre, but far enough away that you are guaranteed a peaceful escape. Treat yourself to some 'me' time with a treatment at the Spa of Senses; which offers a wide selection of services, treatments and amenities. You can also head to the fitness centre for an intense workout at the gym or a tranquil swim in the pool.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

HOW TO BOOK

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



63 RELAXATION FOR TWO AT PRESTON MARRIOTT HOTEL

PRESTON • Lancashire

Situated in the picturesque city of Preston in Lancashire, the Marriott Hotel offers elegance and sophistication in breathtaking countryside. Ensnared by 11 acres of stunning grounds, you can unwind in style at their spa. Whichever treatment you choose, from a delightful facial to a relaxing massage, you won't want to escape this luxurious venue. During the day, you can also treat yourself to a swim in the pool or head to the gym for an intense session.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

HOW TO BOOK

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64 RELAXATION FOR TWO AT LIVERPOOL MARRIOTT HOTEL CITY CENTRE

LIVERPOOL • Merseyside

Located in the heart of vibrant Liverpool, the Marriot Hotel City Centre provides excellent service and a friendly atmosphere. The Urban Peace Health & Beauty spa within the hotel offers a peaceful haven away from the buzzing city. Whether you choose a body scrub, body wrap or a tempting massage, you will leave feeling refreshed. You can also make use of the ultra-modern fitness centre or go for a swim in their impressive swimming pool.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased on the day

HOW TO BOOK

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65 SPA DAY FOR TWO AT NOURISH BOUTIQUE LIFESTYLE CLUB

LIVERPOOL • Merseyside

Indulge yourself and someone special to the luxurious time together you deserve with this incredible Deluxe Spa Day for Two. At Nourish Boutique Lifestyle Club you'll find everything you need for a truly revitalising stay, starting with a welcoming greeting along with a cheeky glass of Prosecco before you head over to the amazing array of facilities you'll have access to. A choice of soothing and styling pampering treatments are also available, from a Luxury Manicure or Pedicure, to a restorative Full Body Massage or invigorating Spa Facial or Full Body Scrub, so relax and take your pick!

YOUR EXPERIENCE

- A Deluxe Spa Day for Two
- Use of the gym, classes and wet area
- Your choice of one of the following 60 minute treatments: Luxury Manicure, Luxury Pedicure, Full Body Massage, Nourish Spa Facial or Nourishing and Moisturising Full Body Scrub

HOW TO BOOK

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



66 PAMPERING FOR TWO AT Q HOTELS SLALEY HALL

HEXHAM • Northumberland

Enjoy a opulent pampering spa experience for two at Sleafy Hall Club and Spa. One of the award winning and 4* QHotel franchises, it exudes luxury and sophisticated style. Treat your loved one to a relaxing 50-minute treatment, choosing from treatments such as a GELeration Foot Spa Ritual or a ESPA Relaxing Face and Back Ritual. At lunch time, make your way to the restaurant and indulge in a fabulous two-course light lunch. Throughout the day you can also take full advantage of the spa facilities. Take the pamper break you deserve and unwind.

YOUR EXPERIENCE

- A 50-minute treatment each for two
- Two-course light lunch for two
- Full use of spa facilities
- Robes, slippers and towels on arrival

HOW TO BOOK

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





WALES



Partners in the guide

WALES

WALES

67 Relaxation for Two at Marriott
St Pierre Hotel, Chepstow

68 Luxury Pamper Day at Schmoo
Spa Hilton for Two, Cardiff





67 RELAXATION FOR TWO AT MARRIOTT ST PIERRE HOTEL

CHEPSTOW • Monmouthshire

Enjoy an memorable pamper day at the stunning Marriott St Pierre Hotel and Country Club in Chepstow, South Wales. Set in a 14 century manor home, it is steeped in history and is surrounded by 400 acres of beautiful parkland. Relax and unwind at the Beauty Rooms spa, which offers an extensive variety of treatments and services, from a facial to a body wrap. The hotel also has a modern fitness area that boasts a tempting swimming pool and gym that you are free to use throughout the day.

YOUR EXPERIENCE

- 60 minutes of treatments per person
- Full access to the spa facilities
- 15% discount on spa and beauty products purchased 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!



68 LUXURY PAMPER DAY AT SCHMOO SPA HILTON FOR TWO

CARDIFF • South Glamorgan

Let one of the biggest names in luxury treat you and a friend to this incredible luxury pamper day for two. After receiving a gown and slippers to make moving from one facility to another comfortable, you'll spend a day luxuriating in the indoor heated pool, Jacuzzi, sauna and well-equipped gym. You'll each be treated to a luxury facial lasting an hour, to leave your face feeling cleansed, soft and glowing, and follow that up with a 25-min back, neck and shoulder massage each. You'll also be treated to a cream tea so you're guaranteed to feel relaxed, rejuvenated and completely new when it's time to leave!

YOUR EXPERIENCE

- One 25 minute Back, Neck and Shoulder Massage
- One 60 minute Luxury Facial
- Cream tea
- Gown and slipper hire
- Use of the spa's facilities

HOW TO BOOK

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SCOTLAND



SCOTLAND

ABERDEEN

GLASGOW

EDINBURGH

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Partners in the guide

SCOTLAND

SCOTLAND

69 Pampering for Two at Q Hotels
Westernwood Hotel, Glasgow





69 PAMPERING FOR TWO AT Q HOTELS WESTERWOOD HOTEL

GLASGOW • Glasgow

Located in the stunning Scottish countryside, the 4-star Westerwood Hotel & Golf Resort is your ideal destination if you're after complete zen and tranquillity. Set amid private grounds, you won't have to worry about any distractions and noise during your stay so you'll be able to slip into total relaxation throughout the day. You will both enjoy a revitalising 50 minute treatment each followed by use of the spa's facilities which include a Jacuzzi, steam room and indoor swimming pool. Fancy a bite to eat? Then you'll be happy to know that a delicious two-course light lunch will be served to you and your guest.

YOUR EXPERIENCE

- A 50-minute treatment each for two
- Two-course light lunch for two
- Full use of spa facilities
- Robes, slippers and towels on arrival

HOW TO BOOK

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



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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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