

HEAVENLY SPA DAY FOR TWO

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The background image is a vibrant coastal scene. In the foreground, the ocean is a deep, clear turquoise color with gentle ripples. To the left, dark, jagged rock formations jett out into the water, with white foam from breaking waves visible at their base. To the right, a steep, grassy cliffside descends to the water's edge, where more white foam is seen crashing against the rocks. The sky above is a bright, clear blue, filled with soft, wispy white clouds. A large, solid white rectangular box is positioned in the center of the image, containing the text.

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OPTIONS IN THIS
GUIDE, PLUS PLENTY
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the best choice

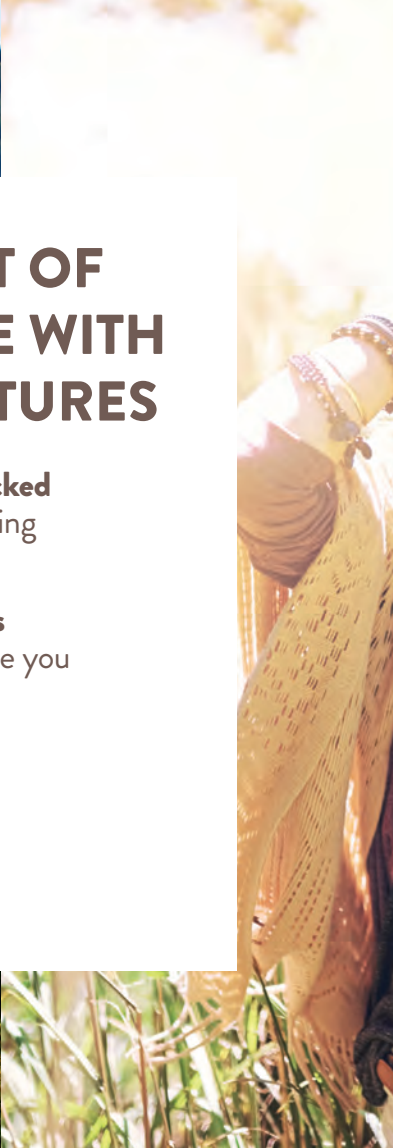
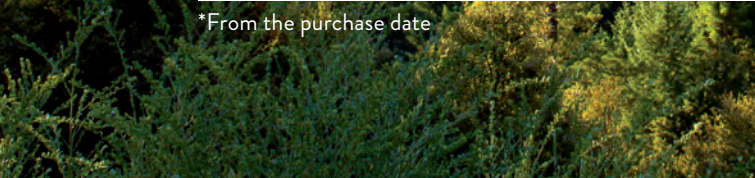


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Over
to you!



1

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2

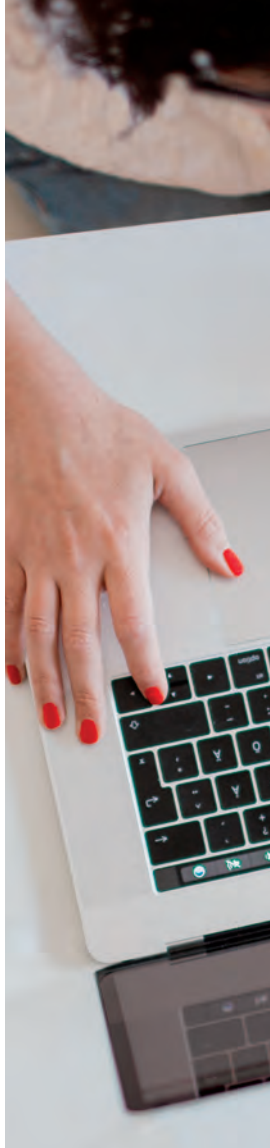
Book

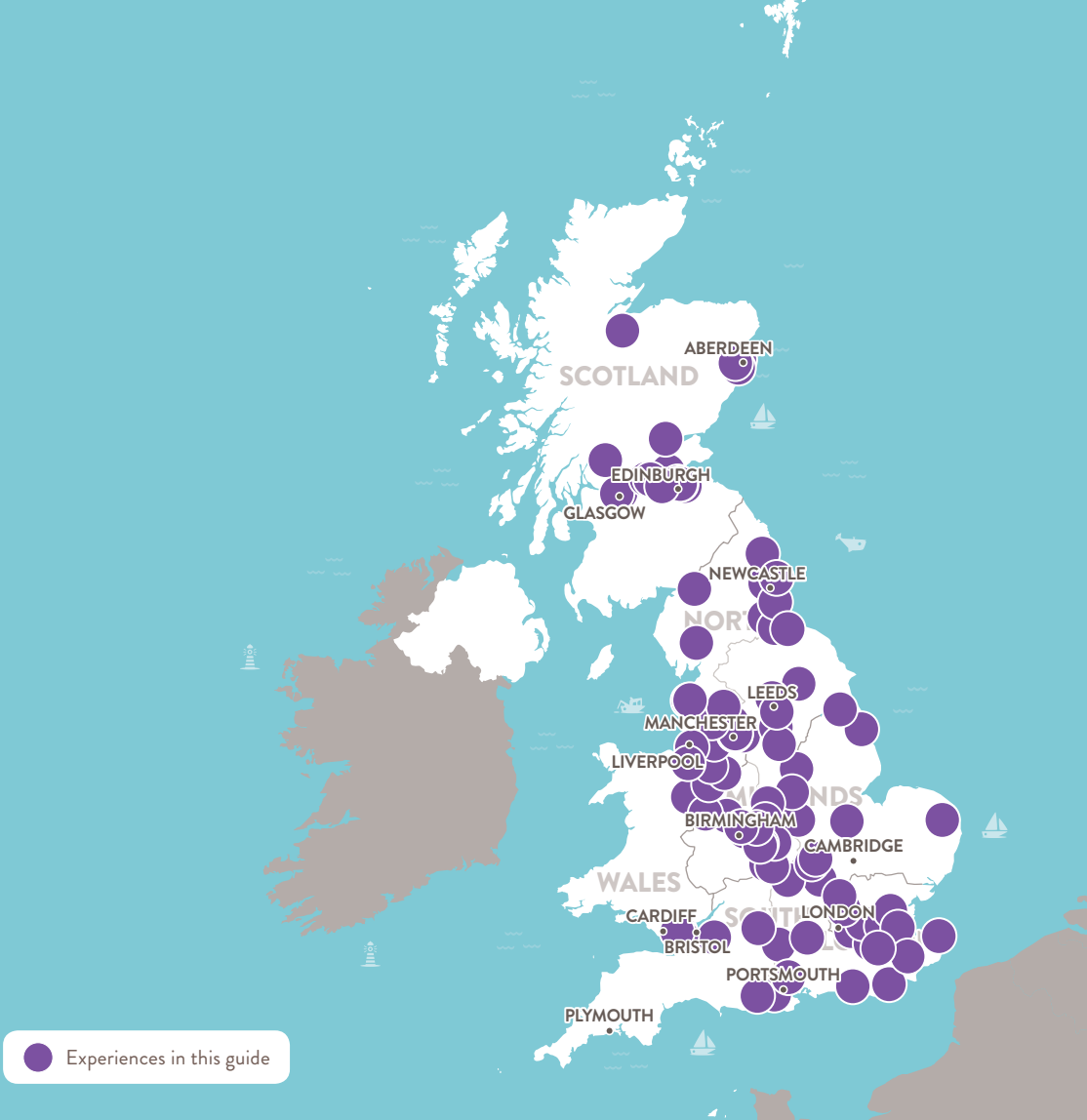
Select your experience and book **directly** using the contact details provided online, for a date that's convenient for you

3

Enjoy

On the day, take your voucher and any confirmation details from the partner. Don't forget to take lots of pictures and send us your reviews!





LONDON

p. 1 to 8



SOUTH

p. 9 to 26



MIDLANDS

p. 27 to 50



NORTH

p. 51 to 78



WALES

p. 79 to 82



SCOTLAND

p. 83 to 99



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LONDON



● Experiences in this guide

EXPERIENCES IN LONDON

LONDON

1. Virgin Active Chiswick Riverside Club, Chiswick
2. Virgin Active Swiss Cottage, Swiss Cottage
3. Marshall Street Spa, Westminster
4. Abbey Spa, Barking & Dagenham
5. Bannatyne Chafford Hundred, Barking & Dagenham
6. Moberly Spa, Brent
7. Bannatyne Orpington, Bromley
8. Bannatyne Chingford, Enfield





YOUR SMARTBOX

- Spa day for two
- Full access to the club's facilities, including a pool and fitness suite
- A 25-minute treatment each, choosing from a scalp massage, facial or back massage

VIRGIN ACTIVE CHISWICK RIVERSIDE CLUB

CENTRAL LONDON • CHISWICK

Located in the middle of Chiswick Park, Virgin Active Health Club is the perfect spot for a replenishing spa day. Enjoy a dip in the 25-metre swimming pool, massage away any aches in the hydrotherapy pool and release some toxins in the sauna and steam room. On top of access to the spa and leisure facilities for the day, you'll also be treated to a blissful 25-minute spa treatment each. Choose from a scalp massage, facial or back massage and feel your tensions melt away in an instant.

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YOUR SMARTBOX

- Spa day for two
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- A 25-minute treatment each, choosing from a scalp massage, facial or back massage

VIRGIN ACTIVE SWISS COTTAGE

CENTRAL LONDON • SWISS COTTAGE

Head to Virgin Active Health Club in Swiss Cottage and indulge in a spa day for two with a 25 minute pampering spa treatment each, plus use of the fantastic health club facilities for the day. Choose either a super hydrating facial to refresh and replenish the skin, a tension-busting back massage to relieve any aches or knots or a stress-alleviating scalp massage that will have you feeling calm and soothed. Whichever treatments you opt for, you're both sure to leave feeling perfectly pampered and relaxed.

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LONDON



3

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room, relaxation area and gym
- 25-minute treatment each, choosing from a massage, facial, scalp massage or an express manicure or pedicure

MARSHALL STREET SPA

CENTRAL LONDON • WESTMINSTER

Escape the busy streets of London and seek peace and tranquillity at the Marshall Street Spa, set just off London's bustling Oxford Street. Head to the welcoming venue and enjoy a heavenly day of pampering. Enjoy a fabulous 25-minute treatment each and pick between a tension-easing massage or scalp massage, a glow-enhancing facial or an express manicure or pedicure. When you aren't busy being pampered, you'll have use of the excellent leisure facilities for the day, which include a well-equipped gym, heated pool, steam room and sauna and relaxation area, for when you just want to chill out in peace!

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including pools, aromatherapy and crystal steam room, hydrotherapy pool, sauna and a gym
- 25-minute treatment each, choosing from a massage, facial, scalp massage, express manicure or pedicure

ABBEY SPA

GREATER LONDON • BARKING & DAGENHAM

Unwind and rejuvenate after a busy week with a wonderfully relaxing spa day at the Abbey Spa. Indulge for the day and make use of all the fantastic spa and leisure facilities on offer, taking a dip in one of the two pools, going for a rigorous workout in the 140-station gym and revitalising your body and mind in the hydrotherapy pool, sauna and aromatherapy steam room. You'll have a range of fantastic 25-minute pamper treatments to choose from, including a tension-relieving massage, scalp massage, express manicure or pedicure or a glow-enhancing facial – meaning this heavenly spa day can be tailored to suit your every need!

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or a Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE CHAFFORD HUNDRED

GREATER LONDON • BARKING & DAGENHAM

Unwind with a tranquil spa day for two at the Bannatyne Spa Chafford Hundred. Forget all your worries and relax with a classic 25-minute Swedish back, neck and shoulder massage or give your skin a revitalising boost with the Bannatyne Energising Facial. Spend the rest of the day chilling out and making use of the fantastic facilities on offer, which include a heated swimming pool, sauna, steam room, relaxation room, gym and more. Pure bliss!

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a steam room, sauna and relaxation room
- A 25-minute treatment each, choosing from a back, neck and shoulder massage or a facial and scrub

MOBERLY SPA

GREATER LONDON • BRENT

Feel revived and de-stressed with an unforgettable spa day for two at Moberly Spa in London. Sit back and relax with a soothing 25-minute treatment each, choosing from a back, neck and shoulder massage, designed to alleviate any aches and twinges, a revitalising facial that uses anti-oxidants to rejuvenate skin and a stimulating scrub that will illuminate the skin and refine your body. As well as the sumptuous treatments, you can unwind with the use of the facilities, that include a steam room, sauna and relaxation room. A wonderful way to relax in the heart of London, Moberly Spa is the ultimate relaxation haven!

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE ORPINGTON

GREATER LONDON • BROMLEY

Escape to the Bannatyne Spa Orpington and indulge in a relaxing spa day for two. Take a dip in the heated swimming pool, detox and de-stress in the sauna and steam room or take some time out in the relaxation room – pure bliss. If you can peel yourself away from unwinding, enjoy one 25-minute treatment each, choosing from a tension-busting Swedish back, neck and shoulder massage or the Bannatyne Energising Facial, certain to leave your skin fresh and glowing.

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE CHINGFORD

GREATER LONDON • ENFIELD

Relax, soothe and replenish the mind and body with a tranquil spa day for two at the Bannatyne Spa Chingford. Unwind with a stress-relieving Swedish back, neck and shoulder massage or give your skin a healthy boost with the Bannatyne Energising Facial – the choice is all yours. Make sure to indulge in the spa facilities on offer, including a heated swimming pool, sauna, steam room, relaxation room and spa pool and leave feeling totally refreshed and replenished.

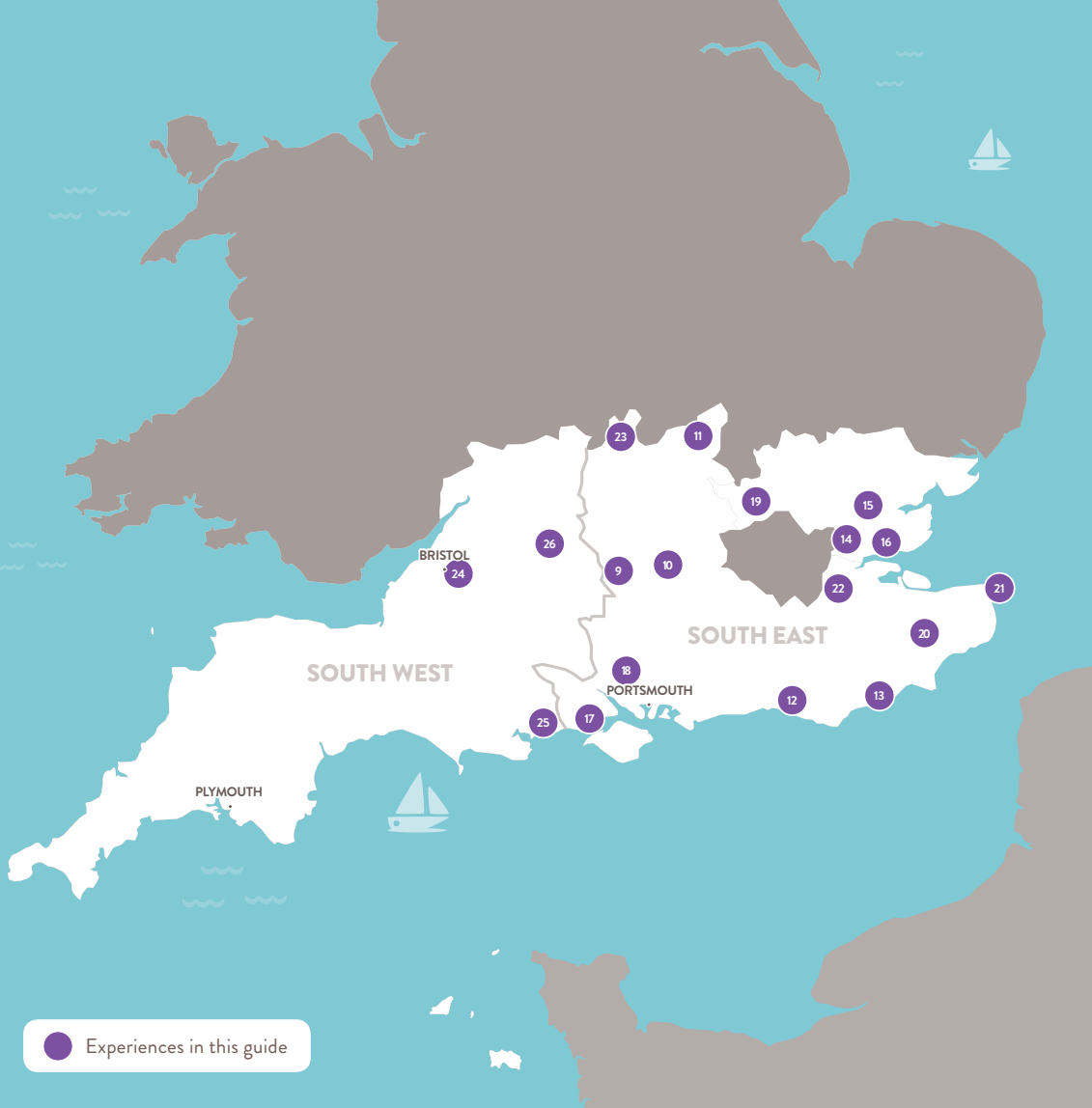
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SOUTH



Experiences in this guide

EXPERIENCES IN THE SOUTH

SOUTH EAST

- 9. Natura Spa, Hungerford
- 10. Crowne Plaza Reading, Reading
- 11. Bannatyne Milton Keynes, Milton Keynes
- 12. Virgin Active Brighton, Brighton
- 13. Bannatyne Hastings, Hastings
- 14. Virgin Active Brentwood, Brentwood
- 15. Virgin Active Chelmsford, Chelmsford
- 16. Virgin Active Thundersley Rayleigh, Thundersley
- 17. Macdonald Elmers Court Hotel & Resort, New Forest
- 18. Macdonald Botley Park Hotel, Golf & Spa, Southampton
- 19. Verulamium Spa, St Albans
- 20. Bannatyne Ashford, Ashford

- 21. Bannatyne Broadstairs, Broadstairs
- 22. Mercure Dartford Brands Hatch, Dartford
- 23. Bannatyne Banbury, Banbury

SOUTH WEST

- 24. Bannatyne Bristol, Bristol
- 25. Village Hotel Bournemouth, Bournemouth
- 26. Village Hotel Swindon, Swindon





9

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, relaxation area and gym
- A 25-minute treatment each, choosing from a back, neck and shoulder massage or a mini facial
- Luxury robes, towels and slippers to use during your day

NATURA SPA

BERKSHIRE • HUNGERFORD

Life can get chaotic. So, why not take some time out and indulge in a wonderfully relaxing spa day at Natura Spa Inglewood? Nestled in stunning grounds in Kintbury, Hungerford, this venue beautifully blends natural textures with plush furnishings and modern décor. You'll be welcomed with a luxury robe, slippers and towel, to make you feel right at home. You can then enjoy full access to the spa facilities which include a heated pool, relaxation area and cardiovascular gym. That's not all, you'll also be treated to a back, neck and shoulder massage, aimed at ironing out stubborn knots or a refreshing mini facial.

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and spa bath
- A 25-minute treatment each, choosing from a body glow, mini manicure, mini pedicure, face and scalp massage or a taster facial

CROWNE PLAZA READING

BERKSHIRE • READING

Relax and unwind with a wonderful spa day for two at the Crowne Plaza Reading. Nestled on the banks of the River Thames and only five minutes from the city centre, the opulent spa and hotel guarantees a day of relaxation. Indulge in a 25-minute treatment each, choosing from a rejuvenating body glow treatment, a mini manicure, mini pedicure, face and scalp massage or a taster facial. As well as a sumptuous treatment, this blissful spa day includes full access to the spa facilities, which includes a 17-metre swimming pool, steam room, sauna, spa bath and gym. This luxurious spa day is perfect for escaping the stresses that every day brings.

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE MILTON KEYNES

BUCKINGHAMSHIRE • MILTON KEYNES

Slip away and unwind with a tranquil spa day for two at The Bannatyne Spa Milton Keynes. Spend the day making the most of the fantastic facilities on offer, including the heated swimming pool, sauna, steam room and relaxation room, or perhaps if you're feeling a bit active, work up a sweat in the gym. You'll be treated to a 25-minute treatment each and can choose between a relaxing Swedish back, neck and shoulder massage or the Bannatyne Energising Facial that will give your skin a revitalising boost.

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12

YOUR SMARTBOX

- Spa day for two
- Full access to the club's facilities, including a pool and fitness suite
- A 25-minute treatment each, choosing from a scalp massage, facial or back massage

VIRGIN ACTIVE BRIGHTON

EAST SUSSEX • BRIGHTON

If you're looking for a spa day in Brighton, Virgin Active Health Club is a great venue to slip away to for the day. Relish a pamper package for two that includes a 25 minute blissful spa treatment each, plus use of the fantastic health club facilities free of charge.

Choose either a super hydrating facial, a tension-busting back massage or a stress-alleviating scalp massage. Whatever treatment you pick, you're sure to leave feeling relaxed and refreshed.

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE HASTINGS

EAST SUSSEX • HASTINGS

Swap the daily grind for a relaxing day in comfortable surroundings at the Bannatyne Spa Hastings. Receive a 25-minute treatment each and relax with a classic Swedish back, neck and shoulder massage or give your skin a revitalising boost with the Bannatyne Energising Facial. You can also enjoy full access to the spa facilities for the day. How does a dip in the heated swimming pool sound? Or perhaps release some toxins in the sauna and steam room before taking some time out in the relaxation room.

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YOUR SMARTBOX

- Spa day for two
- Full access to the club's facilities, including a pool and fitness suite
- A 25-minute treatment each, choosing from a scalp massage, facial or back massage

VIRGIN ACTIVE BRENTWOOD

ESSEX • BRENTWOOD

Head over to Virgin Active Health Club in Brentwood and enjoy a day unwinding in the spa. You can get your sweat on in the gym, take a few leisurely laps in the pool or steam away your stresses in the sauna and steam room. As well as making use of the facilities, you'll be treated to 25 blissful minutes of spa treatments each. Choose a super hydrating facial, a tension-busting back massage or a stress-alleviating scalp massage – sure to leave you feeling refreshed and perfectly pampered.

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YOUR SMARTBOX

- Spa day for two
- Full access to the club's facilities, including a pool and fitness suit
- A 25-minute treatment each, choosing from a scalp massage, facial or back massage

VIRGIN ACTIVE CHELMSFORD

ESSEX • CHELMSFORD

Take the rare opportunity to dedicate a day completely to yourself with this pamper day at Virgin Active Health Club, Chelmsford. This blissful package includes full access to the leisure facilities and 25 minutes of sumptuous spa treatments each. Choose from a rejuvenating facial, a stress-alleviating scalp massage, or if you've got some knots you need tending to, choose a tension-busting back massage. Whichever treatment option you go for, you're sure to leave feeling pampered and relaxed.

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YOUR SMARTBOX

- Spa day for two
- Full access to the club's facilities, including a pool and fitness suite
- A 25-minute treatment each, choosing from a scalp massage, facial or back massage

VIRGIN ACTIVE THUNDERESLEY RAYLEIGH

ESSEX • THUNDERESLEY

Enjoy a relaxing spa day for two at Virgin Active Health Club, Thundersley and indulge in 25 minutes of blissful pampering with a rejuvenating facial, a tension-busting back massage or a stress-alleviating scalp massage. Whichever treatment option you go for, you're sure to leave feeling pampered and relaxed. You'll also have full access to the health club facilities free of charge, including a swimming pool, hydrotherapy pool, sauna and steam room.

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17

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities including a pool, steam room and sauna
- 25-minute treatment each; ELEMIS Deep Tissue Back Massage, Sole Delight Foot Treatment, Taster Facial or a file and polish
- Robes, slippers, and towels to use on the day

MACDONALD ELMERS COURT HOTEL & RESORT

HAMPSHIRE • NEW FOREST

Make Thursday the new Friday with this indulgent slice of weekday relaxation. Head to Macdonald Elmers Court Hotel and Spa and you'll find the venue expertly combines luxurious surroundings, soothing treatments and a heavenly atmosphere to provide you with a truly unforgettable experience. So, grab your favourite spa buddy and enjoy a day full of some much-needed rest and relaxation. Treatment options include an ELEMIS Deep Tissue Back Massage, a Sole Delight Foot Treatment, a Taster Facial or a file and polish, so you can relish 25 minutes of complete bliss as you snuggle up in your complimentary robes and slippers.

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- Full access to the spa facilities including a pool, steam room and sauna
- 25-minute treatment each; ELEMIS Deep Tissue Back Massage, Sole Delight Foot Treatment, Taster Facial or a file and polish
- Robes, slippers, and towels to use on the day

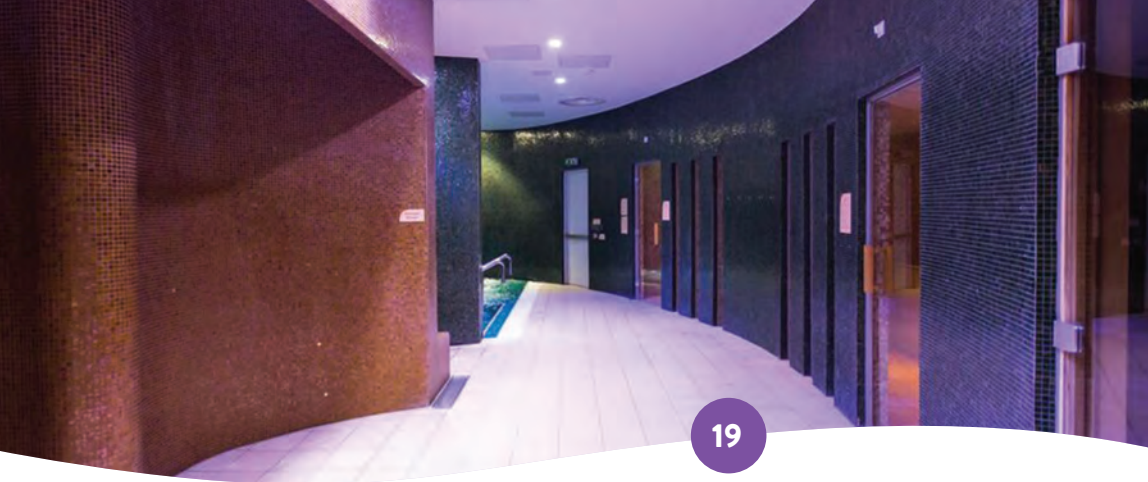
MACDONALD BOTLEY PARK HOTEL, GOLF & SPA

HAMPSHIRE • SOUTHAMPTON

Indulge in a fabulous weekday treat with this heavenly spa day for two at Macdonald Botley Park Hotel and Spa. Slip into your complimentary robe and slippers and chill out poolside or enjoy the swimming pool, sauna and gym. If you can tear yourself away from the fantastic facilities, lie back and let an expert therapist take care of all your pampering needs with a 25-minute treatment. Choose from an ELEMIS Deep Tissue Back Massage, a Sole Delight Foot Treatment, a Taster Facial or a file and polish. The hardest thing you'll have to do is pick which blissful treatment to have!

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and gym
- A 25-minute treatment each, choosing from a facial, massage, full body scrub, manicure or pedicure

VERULAMIUM SPA

HERTFORDSHIRE • ST ALBANS

Get away from it all with this peaceful spa day for two at Verulamium Spa in St Albans. Committed to delivering a bespoke experience, the venue's staff will ensure you feel at home from the moment you arrive. You'll gain full access to the luxurious spa facilities, which include an aroma steam room, hydra spa pool and a Kelo sauna. You'll also have the chance to let off some steam in the gym and enjoy a few leisurely lengths in the pool. The centrepiece of this glorious experience has to be a relaxing 25-minute treatment of your choice. Enjoy!

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- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE ASHFORD

KENT • ASHFORD

Take the spa break you deserve and head to The Bannatyne Spa Ashford. Surrounded by an abundance of attractions in the heart of Kent, you'll be wonderfully placed for exploring all the beautiful county has to offer before heading for an unforgettable afternoon treat. Relax with a classic Swedish back, neck and shoulder massage or give your skin a revitalising boost with the Bannatyne Energising Facial. You can then spend the rest of your day unwinding and making use of the facilities, including a swimming pool, steam room and sauna.

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- £5 retail voucher to spend at the spa

BANNATYNE BROADSTAIRS

KENT • BROADSTAIRS

If you're looking for the ultimate escape, then head to the Bannatyne Spa Broadstairs for a tranquil spa day for two. Chill out in the relaxation room, enjoy a dip in the pool or simply let off some steam in the sauna and steam room – the wonderful facilities are at your disposal for the whole day!

Enjoy a 25-minute treatment each and relax with a classic Swedish back, neck and shoulder massage or give your skin a replenishing boost with the Bannatyne Energising Facial and feel totally indulged.

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and Jacuzzi
- A 25-minute treatment each

MERCURE DARTFORD BRANDS HATCH

KENT • DARTFORD

Discover a world of indulgence at the stunning 4-star Mercure Dartford Brands Hatch Hotel and Spa. You'll have a whole day to make the most of the fabulous spa and leisure facilities, so why not enjoy a dip in the pool, release some toxins in the sauna or simply relax in the Jacuzzi? On top of access to the facilities, you'll both be treated to a heavenly 25-minute spa treatment each, just the thing you need to help you feel revived and rejuvenated!

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- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE BANBURY

OXFORDSHIRE • BANBURY

Providing the perfect one-stop spot for wellbeing and a healthy dose of relaxation, the Bannatyne Spa Banbury is ideal if you're looking for a tranquil spa day. Sit back and relax with a 25-minute treatment each. Choose from a classic Swedish back, neck and shoulder massage or the Bannatyne Energising Facial that will give your skin a revitalising boost. Spend the rest of the day unwinding and making use of the spa facilities, including a swimming pool, sauna, steam room and spa pool.

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YOUR SMARTBOX

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- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE BRISTOL

BRISTOL • BRISTOL

Relax and unwind with a tranquil spa day for two at The Bannatyne Spa Bristol. Let the worries of the day slip away with a dip in the heated swimming pool, some time out in the sauna, steam room and spa pool, or perhaps even a trip to the gym! On top of access to the wonderful facilities, you'll also be treated to a 25-minute spa treatment each and can choose between a classic Swedish back, neck and shoulder massage or the hydrating Bannatyne Energising Facial.

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25

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL BOURNEMOUTH

DORSET • BOURNEMOUTH

Relax and unwind whilst wrapped up in a big fluffy robe at the wonderful Village Spa in Bournemouth. Offering an impressive selection of facilities that include a shimmering pool, sauna and steam room, you can let the worries of everyday slip away. After making use of the facilities, indulge in a 25-minute spa treatment of your choice. Whether you want to add a touch of glamour to the day with an express manicure, relax with a rejuvenating ESPA facial or you want to untie the knots in your back with a luxurious back massage, you are ensured an opulent and memorable afternoon.

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26

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL SWINDON

WILTSHIRE • SWINDON

Wrap yourselves up in a big fluffy robe and get ready for a full day of rest and relaxation! At the Village Spa in Swindon, you can expect wonderful facilities such as an indoor pool, steam room, sauna and more. With this experience you'll get more than just a dip in the pool. You can let your mind and body unwind as you enjoy a 25-minute spa treatment of your choice. An ESPA facial will clear your pores and revitalise your skin, leaving you looking as good on the outside as you feel on the inside, or you can ease those tight muscles with a luxurious back massage!

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An aerial photograph of a city in the Midlands, featuring a river, lush green trees, a large building, and a bridge. A purple square is overlaid in the center, containing the text "MIDLANDS".

MIDLANDS



WEST MIDLANDS

EAST MIDLANDS

BIRMINGHAM

CAMBRIDGE

● Experiences in this guide

EXPERIENCES IN THE MIDLANDS

EAST MIDLANDS

- 27. Bannatyne Luton, Luton
- 28. Bannatyne Peterborough, Peterborough
- 29. Bannatyne Leicester, Leicester
- 30. Bannatyne Humberston, Grimsby
- 31. Bannatyne Norwich, Norwich
- 32. Virgin Active Northampton Collingtree, Northampton
- 33. Virgin Active Northampton Riverside Park, Northampton
- 34. Bannatyne Mansfield, Mansfield
- 35. Village Hotel Nottingham, Nottingham

WEST MIDLANDS

- 36. Wynnstay Hotel Spa, Oswestry
- 37. Haughton Hall Hotel and Leisure Club, Shifnal
- 38. Bannatyne Shrewsbury, Shrewsbury
- 39. Macdonald Hill Valley Hotel, Golf & Spa, Whitchurch
- 40. Bannatyne Burton on Trent, Burton on Trent
- 41. Bannatyne Tamworth, Tamworth
- 42. Macdonald Alveston Manor Hotel, Stratford-upon-Avon
- 43. Mercure Walton Hall Hotel and Spa, Wellesbourne
- 44. Bannatyne Brindley Place, Birmingham
- 45. Village Hotel Coventry, Coventry
- 46. Village Hotel Birmingham Dudley, Dudley
- 47. Bannatyne Solihull, Solihull
- 48. Virgin Active Solihull, Solihull
- 49. Bannatyne Sutton Coldfield, Sutton Coldfield
- 50. Ramada Park Hall Hotel and Spa, Wolverhampton





27

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE LUTON

BEDFORDSHIRE • LUTON

This spa day for two at The Bannatyne Spa Luton is the perfect opportunity to indulge, detox and de-stress! So, come along and treat yourself to a blissful day packed with pampering. Enjoy access to the spa facilities, including a swimming pool, sauna, steam room, relaxation room and more. You'll also be treated to one 25-minute treatment each and can select either a classic Swedish back, neck and shoulder massage to help relieve aches and pains or the Bannatyne Energising Facial that will give your skin a revitalising boost.

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28

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE PETERBOROUGH

CAMBRIDGESHIRE • PETERBOROUGH

Take the time to completely relax and unwind with a tranquil spa day for two at The Bannatyne Spa Peterborough. Spend the day making the most of the fantastic facilities and relish the chance to get away from it all for the day. Enjoy the swimming pool, sauna and steam room, before sitting back for a blissful 25-minute treatment each. Choose between a classic Swedish back, neck and shoulder massage, sure to ease away any tensions, or give your skin a revitalising boost with the Bannatyne Energising Facial.

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29

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE LEICESTER

LEICESTERSHIRE • LEICESTER

Make your way to The Bannatyne Spa Leicester for a wonderfully indulgent spa day for two. Unwind with a 25-minute spa treatment each, choosing from a tension-relieving Swedish back, neck and shoulder massage or the revitalising Bannatyne Energising Facial. Make your perfect pamper package complete by spending the rest of the day indulging in the spa facilities, which include a heated swimming pool, sauna, steam room, relaxation room and gym.

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30

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE HUMBERSTON

LINCOLNSHIRE • GRIMSBY

If you need some time out to escape the daily grind, a spa day for two at The Bannatyne Spa Humberston is the perfect chance. Unwind and let an expert therapist take care of everything with a 25-minute spa treatment each. Choose between a tension-busting Swedish back, neck and shoulder massage or give your skin a revitalising boost with the Bannatyne Energising Facial – the choice is all yours. Spend the rest of the day relaxing and making the most of the fantastic facilities, which include a swimming pool, sauna, steam room and more.

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31

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE NORWICH

NORFOLK • NORWICH

Let the chaos of reality slip you by with a sumptuous pamper day at The Bannatyne Spa Norwich. Spend the day resting and relaxing with a 25-minute treatment each, choosing from a tension-busting Swedish back, neck and shoulder massage or the Bannatyne Energising Facial. Whatever treatment you choose, you are ensured an unforgettable day. Before or after your treatments, enjoy a swim in the heated swimming pool, release some steam in the sauna or relish a moment of relaxation in the steam room.

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32

YOUR SMARTBOX

- Spa day for two
- Full access to the club's facilities, including a pool and fitness suite
- A 25-minute treatment each, choosing from a scalp massage, facial or back massage

VIRGIN ACTIVE NORTHAMPTON COLLINGTREE

NORTHAMPTONSHIRE • NORTHAMPTON

Tucked away on the peaceful outskirts of Northampton, Virgin Active Health Club Northampton Collingtree Park is the ideal spot for a relaxing spa day. This wonderful spa package includes 25 minutes of treatments each, plus use of the fantastic health club facilities for two people. Choose either a hydrating facial, a tension-busting back massage or a stress-alleviating scalp massage. Whichever treatment option you go for, you're sure to leave feeling properly pampered!

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33

YOUR SMARTBOX

- Spa day for two
- Full access to the club's facilities, including a pool and fitness suite
- A 25-minute treatment each, choosing from a scalp massage, facial or back massage

VIRGIN ACTIVE NORTHAMPTON RIVERSIDE PARK

NORTHAMPTONSHIRE • NORTHAMPTON

Enjoy a peaceful spa day for two at Virgin Active Health Club Northampton Riverside Park. Home to a gym, hydrotherapy pool, steam room and sauna, you can spend a day unwinding and making use of the fantastic facilities for the day. You'll also be treated to 25 heavenly minutes of spa treatments, including a choice between a relaxing back massage, a replenishing facial or a tension-relieving scalp massage. All that'll be left to do is sit back and indulge!

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34

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE MANSFIELD

NOTTINGHAMSHIRE • MANSFIELD

In need of a replenishing spa day? Then head over to The Bannatyne Spa Mansfield and indulge in a whole day of relaxation. Enjoy use of the fantastic facilities on offer, including a swimming pool, sauna, steam room, relaxation room and more. If you can tear yourself away from the facilities, head over to the treatment rooms for a delightful 25-minute treatment each and choose between a classic Swedish back, neck and shoulder massage or the Bannatyne Energising Facial.

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35

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL NOTTINGHAM

NOTTINGHAMSHIRE • NOTTINGHAM

Get ready for a full day of rest and relaxation! At the Village Spa in Nottingham, you can expect wonderful facilities such as a crystal-clear indoor pool, steam room, sauna and more. You'll also be treated to a 25-minute spa treatment of your choice. The ESPA facial will clear your pores and revitalise your skin, leaving you looking as good on the outside as you feel on the inside, or with a luxurious back massage you can ease those tight muscles. If you want to add a touch of glamour to the day, opt for the express manicure or pedicure

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36

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, relaxation area, Jacuzzi, steam room and sauna
- 25-minute treatment each; back, neck and shoulder massage, an Elemis mini facial, or an express manicure or pedicure
- Robe, towels and slippers

WYNNSTAY HOTEL SPA

SHROPSHIRE • OSWESTRY

Set in the quaint market town of Oswestry in Shropshire, The Wynnstay Hotel is a stunning 18th Century venue that provides the perfect setting for a tranquil spa day. Unwind with a 25-minute treatment each and make use of the spa facilities throughout the day. Sit back for a refreshing ELEMIS mini facial, feel pampered with an express manicure or pedicure, or delight in a soothing back, neck and shoulder massage. Splash about in the pool, sit back in the Jacuzzi or relax in the steam room and sauna.

Take the opportunity to enjoy a romantic retreat or relax with friends, as you let your hair down for a day of utter bliss and complete relaxation.

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and Jacuzzi
- A 25-minute treatment each, choosing from a back, neck and shoulder massage, a mini facial or reiki treatments

HAUGHTON HALL HOTEL AND LEISURE CLUB

SHROPSHIRE • SHIFNAL

Take refuge from the chaos of day-to-day life with this delightful spa day at Haughton Hall Hotel and Leisure Club. You'll receive a friendly welcome on arrival, before basking in full access to the venue's serene spa facilities. Enjoy a refreshing dip in the pool, followed by some relaxing downtime in the sauna, steam room and Jacuzzi. Then, head to the tranquil treatment rooms for a revitalising 25-minute treatment each. With a choice of a soothing back, neck and shoulder massage, a mini facial or Reiki treatments, aimed at rebalancing the body and mind, you'll walk away feeling on top of the world!

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38

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE SHREWSBURY

SHROPSHIRE • SHREWSBURY

Take a trip to idyllic Shrewsbury in Shropshire for an opulent pamper day at the Bannatyne Spa. Whether you choose to give your skin a revitalising boost with the Bannatyne Energising Facial or relax with a classic Swedish back, neck and shoulder massage, you're ensured a memorable afternoon. After your relaxing 25-minute treatment, enjoy full use of the facilities including the heated swimming pool, sauna or steam room and simply relax the day away.

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39

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities including a pool, thermal suite and gym
- 25-minute treatment each; ELEMIS Deep Tissue Back Massage, Sole Delight Foot Treatment, Taster Facial or a file and polish
- Robes, slippers, and towels to use on the day

MACDONALD HILL VALLEY HOTEL, GOLF & SPA

SHROPSHIRE • WHITCHURCH

Enjoy a wonderful pamper treat at the luxurious Macdonald Hill Valley Hotel, Golf and Spa, Shropshire. Get that weekend feeling during the week whilst being surrounded by an opulent backdrop and a calming vibe. Indulge in a day of relaxation with access to the spa facilities and a 25-minute treatment each. Choose from an ELEMIS Deep Tissue Back Massage, a Sole Delight Foot Treatment a Taster Facial or a file and polish. Then, sit back and soak in the heavenly atmosphere of this sumptuous spa whilst all snug in your complimentary slippers and robes.

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40

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE BURTON ON TRENT

STAFFORDSHIRE • BURTON ON TRENT

Unwind with a tranquil spa day for two at the Bannatyne Spa Burton-on-Trent. Enjoy a 25-minute treatment each and relax with a classic Swedish back, neck and shoulder massage or give your skin a revitalising boost with the Bannatyne Energising Facial. Spend the day unwinding by the pool and making the most of the fantastic facilities, which include a swimming pool, sauna, steam room and relaxation room. If you fancy getting your sweat on, why not head to the gym and enjoy the use of state-of-the-art equipment during your work out?

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41

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE TAMWORTH

STAFFORDSHIRE • TAMWORTH

Indulge the senses with a truly tranquil spa day for two at the Bannatyne Spa Tamworth. Escape the stresses of everyday and relish the chance to relax and unwind away from it all. Enjoy full access to the spa facilities throughout the day, including a swimming pool, sauna and steam room, before heading off for a blissful 25-minute spa treatment. You'll have a choice between the Bannatyne Energising Facial or a Swedish back, neck and shoulder massage and will leave feeling replenished and refreshed.

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42

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities including a pool, steam room and sauna
- 25-minute treatment each; ELEMIS Deep Tissue Back Massage, Sole Delight Foot Treatment, Taster Facial or a file and polish
- Robes, slippers, and towels to use on the day

MACDONALD ALVESTON MANOR HOTEL

WARWICKSHIRE • STRATFORD-UPON-AVON

Make Thursday feel like the weekend with this wonderful slice of weekday relaxation. Macdonald Alveston Manor Hotel in Stratford-upon-Avon expertly combines opulent surroundings, calming treatments and a relaxing atmosphere to provide you with a truly memorable experience. Relax and enjoy a 25-minute treatment each, including options like an ELEMIS Deep Tissue Back Massage, a Sole Delight Foot Treatment, a Taster Facial or a file and polish. Then cosy up in your complimentary robes and slippers and enjoy a day of complete bliss.

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43

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and gym
- A 25-minute treatment each

MERCURE WALTON HALL HOTEL AND SPA

WARWICKSHIRE • WELLESBOURNE

Discover a world of relaxation and tranquillity at the welcoming 4-star Mercure Warwickshire Walton Hall Hotel & Spa. With this blissful spa day for two, you'll have a whole day to indulge and make the most of the spa and leisure facilities, which include a fitness centre, heated indoor swimming pool and a sauna. That's not all, you'll both be treated to a 25-minute spa treatment each, just the thing you need to help you feel refreshed and rejuvenated!

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44

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE BRINDLEY PLACE

WEST MIDLANDS • BIRMINGHAM

Seeking a moment of serenity? Unwind and let go of all your stresses with a spa day at the Bannatyne Spa Birmingham Brindleyplace. Relax with a classic Swedish back, neck and shoulder massage or give your skin a revitalising boost with the Bannatyne Energising Facial. After your 25-minute treatment, make the most of the spa and leisure facilities on offer, which include a swimming pool, sauna, steam room, relaxation room and gym if you feel like getting your sweat on!

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL COVENTRY

WEST MIDLANDS • COVENTRY

Snuggle up in a big fluffy robe and get ready for a full day of relaxation! At the Village Spa in Coventry, you can expect incredible facilities like an indoor pool, steam room, sauna and more! With this spa day, you'll get more than just a dip in the pool, you can completely unwind as you enjoy a 25-minute spa treatment of your choice. With a tempting programme of treatments, you can choose an ESPA facial that will help clear your pores and revitalise your skin, ease those muscles with a sumptuous back massage or get your nails in tip top shape with an express manicure.

TO BOOK :

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL BIRMINGHAM DUDLEY

WEST MIDLANDS • DUDLEY

Get ready for a restful day with this spa day for two at the Village Spa in Dudley! Expect exceptional facilities such as an inviting indoor pool, steam room, sauna and more. If you feel like getting active, you can also get your sweat on in the gym. Top the blissful day off with a 25-minute treatment each. Choose a rejuvenating ESPA facial, a luxurious back massage or an express manicure and pedicure and leave feeling completely relaxed and refreshed.

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE SOLIHULL

WEST MIDLANDS • SOLIHULL

If you're looking for a peaceful place to escape to, the Bannatyne Spa Solihull is the perfect sensory retreat. Enjoy a dip in the pool, detox in the sauna and steam room or work up a sweat in the gym – the facilities are yours to take advantage of for the whole day.

Tear yourself away from the spa and indulge in a 25-minute treatment each. You'll have a choice between a classic Swedish back, neck and shoulder massage or the Bannatyne Energising Facial – the hardest thing you'll have to do is choose which treatment to have.

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48

YOUR SMARTBOX

- Spa day for two
- Full access to the club's facilities, including a pool and fitness suite
- A 25-minute treatment each, choosing from a scalp massage, facial or back massage

VIRGIN ACTIVE SOLIHULL

WEST MIDLANDS • SOLIHULL

We all need a little TLC sometimes, so why not treat yourself to a relaxing spa day at Virgin Active Health Club, Solihull? Make the most of the facilities through the day, relieve aches and tensions in the hydrotherapy pool, unwind in the sauna and steam room or work up a sweat in the gym. This spa day also includes 25 minutes of treatments each. Choose either a rejuvenating facial, a tension-busting back massage or a stress-alleviating scalp massage and leave feeling pampered and relaxed.

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49

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE SUTTON COLDFIELD

WEST MIDLANDS • SUTTON COLDFIELD

Relax, soothe and replenish the mind and body with an uplifting spa day at the Bannatyne Spa Sutton Coldfield. Unwind with a 25-minute spa treatment each and choose between a tension-busting Swedish back, neck and shoulder massage or the Bannatyne Energising Facial that will leave your skin refreshed and hydrated. You'll then have the rest of the day to spend making use of the spa facilities, including the heated swimming pool, steam room, sauna and relaxation room with rattan loungers.

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including an indoor pool, sauna, gym, steam room and Jacuzzi
- A 25-minute treatment each, choosing from back massage, express facial, scalp massage or a file and paint for hands or feet

RAMADA PARK HALL HOTEL AND SPA

WEST MIDLANDS • WOLVERHAMPTON

Enjoy an indulgent spa day for two at the Ramada Park Hall Hotel and Spa. You'll get full use of the spa facilities during the day, including an indoor pool, Jacuzzi, steam room, sauna and treatment rooms. You'll also be treated to a soothing 25-minute treatment each and can choose between a back massage, express facial, scalp massage or a file and paint for hands or feet. Whatever you choose, you'll both get to enjoy a day of unwinding and reconnecting as you make the most of some well-deserved time together.

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NORTH



Experiences in this guide

EXPERIENCES IN THE NORTH

YORKSHIRE AND THE HUMBER

- 51. Village Hotel Hull, Hull
- 52. Bannatyne York, York
- 53. Bannatyne Barnsley, Barnsley
- 54. Mercure Sheffield St Pauls and Spa, Sheffield
- 55. Village Hotel Leeds North, Leeds
- 56. Bannatyne Wakefield, Wakefield

NORTH

- 57. Bannatyne Crewe, Crewe
- 58. Macdonald Portal Hotel, Golf & Spa, Tarporley
- 59. Village Hotel Warrington, Warrington

- 60. The Manor House Hotel, Bishop Auckland
- 61. Bannatyne Darlington, Darlington
- 62. Bannatyne Durham, Durham
- 63. Bannatyne Ingleby Barwick, Stockton-on-Tees
- 64. Bannatyne Carlisle, Carlisle
- 65. Macdonald Old England Hotel & Spa, Windermere
- 66. Village Hotel Manchester Bury, Bury
- 67. Village Hotel Manchester Hyde, Hyde
- 68. Bannatyne Manchester, Manchester

- 69. Bannatyne Manchester Chepstow, Manchester
- 70. Macdonald Manchester Hotel & Spa, Manchester
- 71. Pace Health Club and Spa, Manchester
- 72. Macdonald Kilhey Court, Wigan
- 73. Mercure Blackburn Dunkenhalgh Hotel and Spa, Blackburn
- 74. Bannatyne Blackpool, Blackpool
- 75. Village Hotel Blackpool, Blackpool
- 76. Village Hotel Wirral, Wirral
- 77. Macdonald Linden Hall Golf and Country Club, Morpeth
- 78. Village Hotel Newcastle, Newcastle upon Tyne





51

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE CREWE

CHESHIRE • CREWE

Invigorate the senses, soothe the mind and replenish the body with a tranquil spa day for two at the Bannatyne Spa Crewe. Take the time to indulge in the facilities on offer, including the relaxation room, pool, sauna and steam room. If you feel like working up a sweat, head to the gym and take advantage of the state-of-the-art-facilities.

If you can peel yourself away from the facilities, head over to the treatment rooms for a blissful 25-minute treatment each. You can choose either a classic Swedish back, neck and shoulder massage or give your skin a revitalising boost with the Bannatyne Energising Facial and leave feeling as good as new.

TO BOOK :

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52

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities including a pool, steam room, experience showers and sauna
- 25-minute treatment each; ELEMIS Deep Tissue Back Massage, Sole Delight Foot Treatment, Taster Facial or a file and polish
- Robes, slippers, and towels to use on the day

MACDONALD PORTAL HOTEL, GOLF & SPA

CHESHIRE • TARPORLEY

Indulge in a slice of weekday relaxation at the Macdonald Portal Hotel and Spa in Tarporley, Cheshire. You'll find this venue expertly blends elegant surroundings, soothing treatments and a heavenly atmosphere to provide you with a truly extraordinary experience. So, grab a fellow spa lover and make your way to this wonderful hotel for a full day packed with relaxation. Enjoy a 25-minute treatment each and choose from options like an ELEMIS Deep Tissue Back Massage, a Sole Delight Foot Treatment, a Taster Facial or a file and polish.

TO BOOK :

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53

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- 25-minute treatment each; ESPA facial, back massage, express manicure or an express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL WARRINGTON

CHESHIRE • WARRINGTON

Get ready for an afternoon of relaxation at the Village Spa in Warrington. You can expect a fabulous range of facilities, including a swimming pool, steam room and sauna. That's not all – aside from chilling poolside or unwinding in the facilities, you'll be treated to an indulgent 25-minute treatment of your choice. Delight in a soothing ESPA facial, an express manicure or pedicure or a blissful back massage and let the expert therapist take care of it all.

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54

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; back, neck and shoulder massage, a scalp, neck and shoulder massage, a sugar body polish or a regenerating facial

THE MANOR HOUSE HOTEL

COUNTY DURHAM • BISHOP AUCKLAND

A heavenly spa day at the Manor House Hotel in County Durham is the ideal remedy for anyone who needs a spot of pampering after a hectic week. Enjoy peace and tranquillity as you make use of the wonderful spa facilities – working out in the gym, taking a dip in the pool or detoxing in the sauna and steam room. Not only will you enjoy use of these facilities but there is also a soothing 25-minute pampering treatment on offer to you both. With four fantastic options, you can choose either a sugar body polish, a regenerating facial or two different massages!

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55

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE DARLINGTON

COUNTY DURHAM • DARLINGTON

Feel relaxed from the moment you step through the doors at the Bannatyne Spa Darlington. Savour a moment of calm and tranquillity, taking full advantage of the heavenly facilities, including a swimming pool, sauna, steam room, water beds and more! After settling into your relaxing surroundings, enjoy a sumptuous 25-minute spa treatment choosing from the Bannatyne Energising Facial or a classic Swedish back, neck and shoulder massage – pure bliss!

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56

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE DURHAM

COUNTY DURHAM • DURHAM

Relax and unwind with a tranquil spa day for two at the Bannatyne Spa Durham. Sit back for a soothing 25-minute treatment each and choose between a classic Swedish back, neck and shoulder massage or the Bannatyne Energising Facial that will help give your skin a revitalising boost. Spend the rest of the day chilling out and making the most of the fantastic facilities on offer, which include a swimming pool, sauna, steam room, relaxation room and more.

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57

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE INGLEBY BARWICK

COUNTY DURHAM • STOCKTON-ON-TEES

A luxury spa day for two awaits at the Bannatyne Spa Ingleby Barwick. Escape the everyday and treat yourself to some much-needed rest and relaxation with a soothing 25-minute spa treatment. Choose either the Bannatyne Energising Facial or a classic Swedish back, neck and shoulder massage and feel your worries melt away in an instant. Enjoy the rest of the day taking advantage of the spa facilities, which include a swimming pool, relaxation room with water beds, sauna and steam room.

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58

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE CARLISLE

CUMBRIA • CARLISLE

Peace, calm and serenity awaits with this spa day for two at the Bannatyne Spa Carlisle. Slip away and enjoy some time out together on the water beds in the relaxation room, take a dip in the pool or simply relax in the sauna, steam room and spa pool. If you can, peel yourself away from the facilities and unwind with a 25-minute spa treatment each, choosing from the Bannatyne Energising Facial or a Swedish back, neck and shoulder massage – simply blissful!

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59

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities including a pool, thermal suite and gym
- 25-minute treatment each; ELEMIS Deep Tissue Back Massage, Sole Delight Foot Treatment, Taster Facial or a file and polish
- Robes, slippers, and towels to use on the day

MACDONALD OLD ENGLAND HOTEL & SPA

CUMBRIA • WINDERMERE

Treat yourself to a sumptuous weekday treat at the Macdonald Old English Hotel and Spa in Windermere, Cumbria. This venue expertly combines luxurious decor, with soothing treatments and an idyllic backdrop to provide you with a truly unforgettable spa experience. Enjoy full access to the wonderful facilities before indulging in one 25-minute treatment each. Treatment options include ELEMIS Deep Tissue Back Massage, a Sole Delight Foot Treatment, a Taster Facial or a file and polish, so you'll be spoiled for choice!

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60

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL MANCHESTER BURY

GREATER MANCHESTER • BURY

Prepare for ultimate relaxation with a blissful spa day for two at the Village Spa in Bury. Cosy up in a big fluffy robe by the pool, release some toxins in the sauna and steam room, enjoy a few leisurely laps in the swimming pool and take advantage of access to the facilities throughout the day.

You'll also be treated to a 25-minute treatment each and can choose between an ESPA facial that will leave your skin fresh and rejuvenated, a stress-relieving back massage or an express manicure or pedicure.

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61

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL MANCHESTER HYDE

GREATER MANCHESTER • HYDE

Venture to the Village Spa in Hyde for a day of ultimate relaxation! Treat yourself to a 25-minute spa treatment of your choice, choosing from a fabulous ESPA facial, which will clear your pores, or a back massage guaranteed to relieve any aches and tensions! During the day, make use of the fantastic facilities, which include a glistening swimming pool, steam room, sauna and more. Unwind with a friend and enjoy a pamper treat that the two of you have been craving for.

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62

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE MANCHESTER

GREATER MANCHESTER • MANCHESTER

Retreat to the Bannatyne Spa Manchester and savour a timely Swedish back, neck and shoulder massage or give your skin a hydrating boost with the Bannatyne Energising Facial. After being pampered with a 25-minute treatment each, spend the rest of the day relaxing, unwinding and making use of the spa facilities. Luxuriate in the relaxation room on a premium rattan lounger, enjoy a leisurely dip in the pool, or detox and release toxins in the sauna and steam room.

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63

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE MANCHESTER CHEPSTOW

GREATER MANCHESTER • MANCHESTER

Treat yourself to a well-deserved pamper day for two at the Bannatyne Spa Manchester Chepstow. Take full advantage of the incredible facilities, which include a swimming pool, sauna, steam room, relaxation rooms and a state-of-the-art gym, before indulging in a blissful 25-minute treatment each. Select either a tension-easing Swedish back, neck and shoulder massage or the Bannatyne Energising Facial and leave the spa feeling rejuvenated and ready for anything!

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64

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a scented steam room, hot rock sauna and ice igloo
- 25-minute treatment each; ELEMIS Deep Tissue Back Massage, Sole Delight Foot Treatment, Taster Facial or a file and polish
- Robes, slippers and towels to use on the day

MACDONALD MANCHESTER HOTEL & SPA

GREATER MANCHESTER • MANCHESTER

Savour a sumptuous weekday treat with this spa day for two at Macdonald Manchester Hotel and Spa. Enjoy 4-star luxury, beautiful décor, calming treatments and a relaxing atmosphere whilst delighting in some much-needed 'me-time'. You'll have full access to the facilities throughout the day as well as a 25-minute spa treatment each. Treatment options include an ELEMIS Deep Tissue Back Massage, a Sole Delight Foot Treatment, a Taster Facial or a file and polish – all sure to leave you feeling indulged!

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65

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, gym, wet spa, sauna and steam room
- 25-minute treatment each; head, neck and shoulder massage, revitalising eye rescue, mini facial or a file and polish
- Robe, towel and slippers

PACE HEALTH CLUB AND SPA

GREATER MANCHESTER • MANCHESTER

For a day devoted to your rest, relaxation and rejuvenation, look no further than the Pace Health Club and nu spa in Manchester. Ideal for a spot of city centre pampering, this popular spa is the perfect opportunity to unwind. With full use of the fantastic facilities, you can let the stresses of everyday life drift away with a sauna and steam, take a dip in the pool or work up a sweat in the gym to release those feel good endorphins! As well as access to the facilities, enjoy a 25-minute spa treatment each, choosing from a tension easing back, neck and shoulder massage, a revitalising eye rescue, a mini facial or a file and polish.

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66

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities including a pool, steam room, sauna and laconicum room
- 25-minute treatment each; ELEMIS Deep Tissue Back Massage, Sole Delight Foot Treatment, Taster Facial or a file and polish
- Robes, slippers and towels to use on the day

MACDONALD KILHEY COURT

GREATER MANCHESTER • WIGAN

Escape to the Macdonald Kilhey Court in Wigan for the perfect weekday treat. Discover the venues gorgeous decor, fabulous treatments and tranquil atmosphere, that guarantees a heavenly spa day. Feel your stress melt away in the steam room, sauna and laconicum room or enjoy a few leisurely laps in the pool before a sumptuous 25-minute treatment each. Treatment options include an ELEMIS Deep Tissue Back Massage, a Sole Delight Foot Treatment, a Taster Facial or a file and polish.

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67

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, fitness centre, Jacuzzi and sauna
- A 25-minute treatment each

MERCURE BLACKBURN DUNKENHALGH HOTEL AND SPA

LANCASHIRE • BLACKBURN

Enjoy a day of indulgence at the 4-star Mercure Blackburn Dunkenhalgh Hotel and Spa. Set in 17 acres of land in a 700-year-old country house, this venue provides the perfect escape from the daily routine. Exuding luxury, you can look forward to a whole day's use of the leisure facilities, which include a heated pool, fitness centre, Jacuzzi and sauna. On top of this, you can both indulge in a 25-minute spa treatment each, just the thing you need to help you feel energised and rejuvenated!

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68

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE BLACKPOOL

LANCASHIRE • BLACKPOOL

Step into the Bannatyne Spa Blackpool, let go of all your worries and completely relax and unwind with this spa day for two. Treat yourself to a dip in the heated pool, some time out in the sauna and steam room and not forgetting the spa pool. As well as access to the wonderful facilities, you'll be treated to a heavenly 25-minute treatment each. Choose a classic Swedish back, neck and shoulder massage or the Bannatyne Energising Facial and let an expert therapist take care of the rest.

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69

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL BLACKPOOL

LANCASHIRE • BLACKPOOL

Located in the bustling city of Blackpool, the Village Spa offers fantastic facilities and a wealth of fabulous treatments. With this spa day, you can treat yourself to a dip in the crystal-clear swimming pool or some time out in the sauna and steam room, before indulging in a 25-minute spa treatment each. Loosen those tight muscles with a sumptuous back massage, revive your skin with a luxurious ESPA facial or add some glamour into the day with an express manicure or pedicure. Whichever treatment you choose, you're ensured a relaxing pamper treat that will leave you feeling soothed and replenished.

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70

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL WIRRAL

MERSEYSIDE • WIRRAL

Set in an ideal location, the Village Spa in Wirral has an excellent range of facilities and treatments on offer for you to enjoy.

Snuggle up in a big fluffy robe and relax with a 25-minute spa treatment of your choice. The ESPA facial will refresh your skin and leave you feeling and looking fabulous, a luxurious back massage is sure to ease sore muscles, or an express manicure or pedicure will inject some glamour into the day. The facilities on offer include an impressive swimming pool, steam room, sauna and gym.

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71

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities including a pool, steam room and sauna
- 25-minute treatment each; ELEMIS Deep Tissue Back Massage, Sole Delight Foot Treatment, Taster Facial or a file and polish
- Robes, slippers, and towels to use on the day

MACDONALD LINDEN HALL GOLF AND COUNTRY CLUB

NORTHUMBERLAND • MORPETH

Enjoy a weekday pamper treat that is out of this world at the Macdonald Linden Hall Golf and Country Club in Morpeth, Northumberland.

You'll discover that this venue effortlessly combines opulent surroundings, calming treatments and a heavenly atmosphere to guarantee a truly blissful experience. Enjoy a day of much-needed R&R and take advantage of the sumptuous facilities throughout the day. You'll also be treated to a 25-minute treatment each and can choose between an ELEMIS Deep Tissue Back Massage, a Sole Delight Foot Treatment, a Taster Facial or a file and polish.

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72

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL NEWCASTLE

TYNE AND WEAR • NEWCASTLE UPON TYNE

Head to the Village Spa in Newcastle-upon-Tyne for a spa day filled with relaxation and rejuvenation. Cosy up in a big fluffy robe and let normality fade away as you take full advantage of the swimming pool, steam room and sauna. But that's not all you can look forward to – with this pamper package, you can enjoy a 25-minute spa treatment of your choice. Ease those knots with a sumptuous back massage, leave your skin feeling great with the ESPA facial or inject some glamour into the day with an express manicure or pedicure. Whatever you choose, you are ensured a memorable treat.

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73

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL HULL

EAST RIDING OF YORKSHIRE • HULL

At the Village Spa in Hull, you can look forward to the fantastic facilities and treatments they have on offer. From a crystal-clear indoor pool, to a steam room and sauna, you can relax in style and escape the stresses of everyday. Wrap yourselves up in a fluffy robe and unwind with a 25-minute spa treatment of your choice! The ESPA facial will cleanse your face and revitalise your skin, leaving you feeling as fresh as ever, or you can ease those tight muscles with a luxurious back massage.

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74

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE YORK

NORTH YORKSHIRE • YORK

If you're in need of a little rest and relaxation, a spa day is the perfect remedy. So, head to the Bannatyne Spa York and indulge yourself in a blissful day away from it all. You can luxuriate the heavenly facilities on offer, including a heated swimming pool, sauna, steam room, spa pool and more. That's not all, you'll also be treated to a sumptuous 25-minute treatment each and can choose between a Swedish back, neck and shoulder massage, sure to relieve any aches and tensions, or the Bannatyne Energising Facial that will leave your skin fresh and glowing – what more could you ask for?

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75

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE BARNSELEY

SOUTH YORKSHIRE • BARNSELEY

We all deserve to put our feet up and relax once in a while, so why not treat yourself to a tranquil spa day at the Bannatyne Spa Barnsley? Experience nothing short of pure bliss with a 25-minute treatment each, choosing between a classic Swedish back, neck and shoulder massage or the revitalising Bannatyne Energising Facial. Afterwards, unwind in the facilities for the rest of the day, making full use of the 20-metre swimming pool, sauna and two steam rooms.

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- A 25-minute treatment each

MERCURE SHEFFIELD ST PAULS AND SPA

SOUTH YORKSHIRE • SHEFFIELD

Retreat to a world of luxury and indulgence at the 4-star Mercure Sheffield St Paul's Hotel and Spa. Enjoy a delightful 25-minute spa treatment each, guaranteed to leave you feeling revived and refreshed. As well as the fabulous treatment, you'll be able to take full advantage of the leisure facilities the spa has on offer that include a fitness suite, heated indoor swimming pool, sauna and steam room – perfect if you're looking to detox and de-stress!

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YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL LEEDS NORTH

WEST YORKSHIRE • LEEDS

Get ready for a full day of relaxation and rejuvenation whilst wrapped up in a big fluffy robe! At the Village Spa in Leeds, you will have a wealth of facilities on offer, from the shimmering swimming pool to the steam room and sauna. On top of access to the spa and leisure facilities, you can also unwind with a 25-minute spa treatment of your choice. Choose a back massage to loosen those tight muscles, revitalise your skin with an ESPA facial or enjoy an express manicure and pedicure and simply unwind for the rest of the day.

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78

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE WAKEFIELD

WEST YORKSHIRE • WAKEFIELD

The Bannatyne Spa Wakefield offers a moment of peace and calm away from the stresses of everyday life. So, grab a fellow spa lover and treat yourselves to a day dedicated to nothing but relaxation. Make the most of the fantastic facilities, which include a swimming pool, steam room, sauna and relaxation room, before enjoying a 25-minute spa treatment each. Your treatment options include a classic Swedish back, neck and shoulder massage or the Bannatyne Energising Facial – sounds heavenly, doesn't it?

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A scenic landscape of Wales at sunrise or sunset. The sun is low on the horizon, casting a warm glow over a valley. A lake is visible in the distance, and the foreground shows a rocky, grassy slope. A large purple square is overlaid on the right side of the image, containing the word WALES in white capital letters.

WALES



WALES

79

80

82

81

CARDIFF



Experiences in this guide

EXPERIENCES IN WALES

WALES

79. Village Hotel Chester St David's,
Deeside

80. Bannatyne Cardiff, Cardiff
81. Mercure Cardiff Holland House
and Spa, Cardiff

82. Village Hotel Cardiff, Cardiff



© Parenthese de bien-être à deux



79

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL CHESTER ST DAVID'S

FLINTSHIRE • DEESIDE

Boasting fantastic facilities and sumptuous spa treatments, you won't regret a spa day at Village Spa in Flintshire. Enjoy the glistening swimming pool, steam room and sauna or simply cosy up poolside in a big fluffy robe. This spa day also includes a 25-minute treatment of your choice, so you'll certainly feel well-rested when you leave. Choose from a rejuvenating ESPA facial, a knot-busting back massage or an express manicure or pedicure. Revel in relaxation and leave feeling refreshed and replenished.

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80

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE CARDIFF

SOUTH GLAMORGAN • CARDIFF

Escape to the opulent Bannatyne Spa Cardiff and indulge in a soothing Swedish back, neck and shoulder massage or the Bannatyne Energising Facial. After unwinding with one of these fabulous 25-minute treatments, enjoy a few relaxing hours indulging in spa facilities on offer. Take a leisurely swim in the heated swimming pool, release some steam in the sauna or a simply take some time out to unwind in the relaxation room – the choice is all yours!

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81

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, Jacuzzi and gym
- A 25-minute treatment each

MERCURE CARDIFF HOLLAND HOUSE AND SPA

SOUTH GLAMORGAN • CARDIFF

Discover pampering bliss at the beautiful 4-star Mercure Cardiff Holland House Hotel and Spa. You'll have a full day to make the most of the fantastic spa and leisure facilities, which include a heated indoor swimming pool, sauna, Jacuzzi and a fitness centre for anyone who's feeling active. As well as all of this, you can both enjoy a 25-minute spa treatment each – just the thing you need to help you feel revived and rejuvenated!

TO BOOK :

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82

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna and steam room
- A 25-minute treatment each, choosing from an ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL CARDIFF

SOUTH GLAMORGAN • CARDIFF

Head to the Village Spa for a full day of relaxation! Snuggle up in a big fluffy robe and unwind with a 25-minute spa treatment of your choice. Whether you go for the ESPA facial that will revitalise your skin and leave you feeling refreshed or you relax with a luxurious back massage, you're ensured a fantastic afternoon. If you want to add a touch of glamour to the day opt for the express manicure or pedicure. Whilst you're there, enjoy the use of the swimming pool for a leisurely swim as well as the steam room and sauna that will help to detox and release toxins.

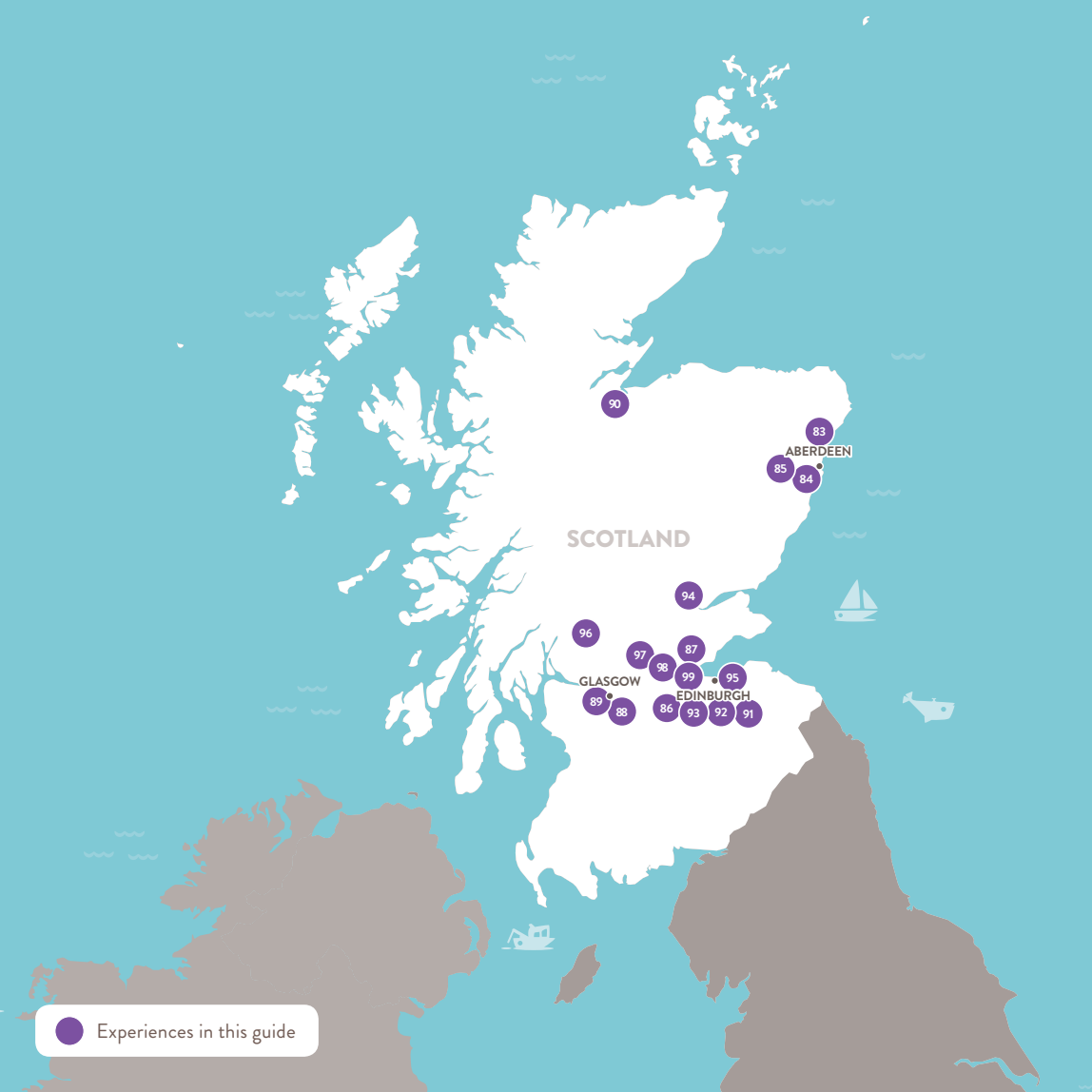
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SCOTLAND



Experiences in this guide

EXPERIENCES IN SCOTLAND

SCOTLAND

83. Bannatyne Aberdeen, Aberdeen
84. Mercure Aberdeen Ardoe House, Aberdeen
85. Village Hotel Aberdeen, Aberdeen
86. Bannatyne Newcraighall, Musselburgh
87. Bannatyne Dunfermline, Dunfermline

88. Macdonald Crutherland House, Glasgow
89. Village Hotel Glasgow, Glasgow
90. Bannatyne Inverness, Inverness
91. Bannatyne Queen Street, Edinburgh
92. Macdonald Holyrood Hotel, Edinburgh
93. Village Hotel Edinburgh, Edinburgh
94. Bannatyne Perth, Perth

95. Macdonald Cardrona Hotel, Peebles
96. Macdonald Forest Hills Hotel & Spa, Aberfoyle
97. Bannatyne Falkirk, Falkirk
98. Macdonald Inchyra Hotel & Spa, Falkirk
99. Macdonald Houstoun House, Uphall





83

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE ABERDEEN

ABERDEENSHIRE • ABERDEEN

Escape for a tranquil spa day for two at the Bannatyne Spa Aberdeen. Enjoy a full day to yourselves and spend it unwinding away from the stresses of everyday life. Soothe any tensions away with a classic Swedish back, neck and shoulder massage or give your skin a rejuvenating boost with the Bannatyne Energising Facial. Spend the day making the most of the fantastic facilities, which include a heated swimming pool, sauna, steam room, relaxation rooms and more.

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84

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room, Jacuzzi and gym
- A 25-minute treatment each

MERCURE ABERDEEN ARDOE HOUSE

ABERDEENSHIRE • ABERDEEN

Discover a world of relaxation at Mercure Aberdeen Ardoe House Hotel and Spa. With this tranquil spa day for two, you'll have a full day to make the most of the fantastic spa and leisure facilities, which include options such as an 18-metre heated swimming pool, steam room, Jacuzzi, sauna and a fully equipped gym. On top of all of this, you can both treat yourselves to a 25-minute spa treatment each, just the thing you need to help you feel relaxed, revitalised and ready for anything!

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- Complimentary robes and towels to use on the day

VILLAGE HOTEL ABERDEEN

ABERDEENSHIRE • ABERDEEN

Set in the beautiful city of Aberdeen in Scotland, the Village Spa has fantastic facilities and wonderful spa treatments on offer for you to enjoy. From an incredible swimming pool to a steam room, sauna and more, you will have plenty to do during your day – if you aren't too chilled out of course! Wrap yourselves up in a fluffy robe and unwind with an ESPA facial, an express manicure, express pedicure or a sumptuous back massage. Leave the spa under a spell of tranquillity and relaxation, that you will want to relive again and again.

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- £5 retail voucher to spend at the spa

BANNATYNE NEWCRAIGHALL

EAST LOTHIAN • MUSSELBURGH

If you're in need of a break, why not unwind with a blissful spa day for two at the Bannatyne Spa Edinburgh in Newcraighall? Melt your tensions away with a classic Swedish back, neck and shoulder massage or give your skin a revitalising boost with the luxurious Bannatyne Energising Facial. Spend the day resting, relaxing and spending time together, making the most of the fantastic facilities, which include a swimming pool, sauna, steam room and more.

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- £5 retail voucher to spend at the spa

BANNATYNE DUNFERMLINE

FIFE • DUNFERMLINE

Slip away for some R&R and book a tranquil spa day for two at the Bannatyne Spa Dunfermline. Relax with a classic Swedish back, neck and shoulder massage or treat yourself to the blissful Bannatyne Energising Facial. The rest of your day can be spent enjoying the fantastic facilities, which include a heated swimming pool, sauna, steam room and a spa pool! Whether you choose to enjoy a few laps in the pool or melt away your worries in the sauna, you're sure to have a blissful day.

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88

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities including a pool, sauna and gym
- 25-minute treatment each; ELEMIS Deep Tissue Back Massage, Sole Delight Foot Treatment, Taster Facial or a file and polish
- Robes, slippers, and towels to use on the day

MACDONALD CRUTHERLAND HOUSE

GLASGOW • GLASGOW

Make Thursday your new favourite day with this incredible piece of weekday serenity. At the Macdonald Crutherland House in Glasgow, you'll find luxurious surroundings, serene treatments and a calming atmosphere that guarantees every customer has a memorable pamper day. So, grab your best friend or loved one and head to this incredible hotel for a full day of much needed R&R! Treatment options include an ELEMIS Taster Facial, Deep Tissue Back Massage, a Sole Delight Foot Treatment or a file and polish, so you can enjoy 25 minutes of unforgettable bliss.

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89

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- Full access to the spa facilities, including swimming pool, sauna and steam room
- 25-minute treatment each; ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL GLASGOW

GLASGOW • GLASGOW

At the Village Spa in Glasgow, you can make use of the fantastic facilities such as an impressive swimming pool, a steam room, a relaxing sauna and more – but with this pamper treat you can look forward to more than just a swim in the glistening pool. You can both let your mind and body rest as you enjoy a 25-minute spa treatment of your choice. The ESPA facial will revitalise your skin and clear all impurities, giving you that much needed boost. Alternatively, you can ease those sore muscles with an incredible back massage or treat yourself to an express manicure or pedicure.

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- £5 retail voucher to spend at the spa

BANNATYNE INVERNESS

INVERNESS-SHIRE • INVERNESS

Escape for a whole day together at the Bannatyne Spa Inverness. Lay back and relax with a classic Swedish back, neck and shoulder massage or give your skin a revitalising boost with the Bannatyne Energising Facial, designed to give great results fast. On this blissful day, the only thing you'll have to worry about is how you'll spend the rest of the day. Will you relax in the sauna or will you enjoy a few laps in the pool? However you spend it, you're sure to leave feeling completely and utterly relaxed and rejuvenated.

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- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE QUEEN STREET

MIDLOTHIAN • EDINBURGH

Relax and let the stress of everyday slip away as you treat yourselves to a blissful treatment at the Bannatyne Spa Edinburgh. Perhaps choose the Bannatyne Energising Facial to leave your skin feeling hydrated and rejuvenated or pick a sumptuous Swedish back, neck and shoulder massage to relieve any tensions. Spend the rest of the day making the most of the facilities. Will you enjoy a few laps in the pool or unwind in the sauna? The choice is all yours!

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- Robes, slippers, and towels to use on the day

MACDONALD HOLYROOD HOTEL

MIDLOTHIAN • EDINBURGH

Transform your week with a Thursday treat like no other. The Macdonald Cardrona Hotel in Edinburgh, Scotland, exudes luxury and opulence. Offering calming treatments and a serene atmosphere, you are guaranteed an unforgettable pamper experience. Treatment options include an ELEMIS Taster Facial, Deep Tissue Back Massage, a Sole Delight Foot Treatment and a file and polish, so you can both indulge in 25 minutes of complete and utter bliss as you cosy up in your complimentary robes and slippers.

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93

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including swimming pool, sauna and steam room
- 25-minute treatment each; ESPA facial, back massage, express manicure or express pedicure
- Complimentary robes and towels to use on the day

VILLAGE HOTEL EDINBURGH

MIDLOTHIAN • EDINBURGH

Head to the tranquil Village Spa in Edinburgh for an extraordinary day of rest and relaxation. Unwind in a big fluffy robe and explore the wonderful facilities they have on offer, which range from a sauna to a steam room and swimming pool. Not only can you make full use of these amenities, you can also let your mind and soul relax with a 25-minute spa treatment of your choice. Will you choose to loosen those knots and muscles with a sumptuous back massage or clear your pores with a revitalising ESPA facial? Or why not pick an express manicure or pedicure? You'll feel as good as new!

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- £5 retail voucher to spend at the spa

BANNATYNE PERTH

PERTH AND KINROSS • PERTH

Escape to the Bannatyne Spa Perth for a wonderful spa day together unwinding away from the stress of everyday life. Sometimes a relaxing treatment is all we need and on this blissful spa day you can choose from either a traditional Swedish back massage or the Bannatyne Energising Facial, for 25 minutes of pure bliss. After you've enjoyed a sumptuous treatment, you can spend the rest of your afternoon unwinding by the pool, having a peaceful steam in the sauna or sitting back and relaxing in their sizzling steam room.

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- 25-minute treatment each; ELEMIS Deep Tissue Back Massage, Sole Delight Foot Treatment, Taster Facial or a file and polish
- Robes, slippers, and towels to use on the day

MACDONALD CARDRONA HOTEL

SCOTTISH BORDERS • PEEBLES

Elevate the week with a pamper treat like no other! The Macdonald Cardrona Hotel in Edinburgh exudes luxury and opulence and is the perfect setting for a little time out. Offering calming treatments and a serene atmosphere, you are guaranteed an unforgettable pamper experience. Treatment options include an ELEMIS Taster Facial, Deep Tissue Back Massage, a Sole Delight Foot Treatment and a file and polish, so you can both indulge in 25 minutes of complete and utter bliss as you cosy up in your fluffy robes and slippers.

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- Robes, slippers, and towels to use on the day

MACDONALD FOREST HILLS HOTEL & SPA

STIRLINGSHIRE • ABERFOYLE

Indulge in a weekday pamper treat at the delightful Macdonald Forest Hills Hotel & Spa. Discover an effortless blend of luxurious surroundings, relaxing treatments and a heavenly atmosphere by treating your favourite spa buddy to a full day of much needed 'me time' at this wonderful spa. Treatment options include an ELEMIS Taster Facial, Deep Tissue Back Massage, a Sole Delight Foot Treatment and a file and polish, so you can enjoy 25 minutes of complete relaxation together. You're sure to leave feeling completely refreshed!

TO BOOK :

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97

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities, including a pool, sauna, steam room and gym
- 25-minute treatment each; Swedish back, neck and shoulder massage or the Bannatyne Energising Facial
- £5 retail voucher to spend at the spa

BANNATYNE FALKIRK

STIRLINGSHIRE • FALKIRK

Make yourself at home at the Bannatyne Spa Falkirk and prepare to let your worries melt away. Enjoy the classic décor and tranquil atmosphere and pick between two sumptuous treatments. Take delight in a classic Swedish back, neck and shoulder massage to release any tensions in the muscles or pick the Bannatyne Energising Facial to give your skin a fresh, new glow! Spend the rest of your time making the most of the fantastic facilities, which include a swimming pool, sauna, steam room and more.

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98

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities including a pool, sauna and gym
- 25-minute treatment each; ELEMIS Deep Tissue Back Massage, Sole Delight Foot Treatment, Taster Facial or a file and polish
- Robes, slippers, and towels to use on the day

MACDONALD INCHYRA HOTEL & SPA

STIRLINGSHIRE • FALKIRK

Escape to the Macdonald Hotel in Falkirk, Scotland for a weekday treat like no other. Situated in the beautiful Scottish countryside, it blends a heavenly atmosphere with elegant décor, guaranteeing you and your loved one will have a memorable afternoon. Treatment options include an ELEMIS Taster Facial, Deep Tissue Back Massage, a Sole Delight Foot Treatment and a file and polish, so you can enjoy 25 minutes of complete bliss as you cosy up in your complimentary robes and slippers. Leave the spa feeling relaxed and like you are floating on air.

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99

YOUR SMARTBOX

- Spa day for two
- Full access to the spa facilities including a pool, sauna and gym
- 25-minute treatment each; ELEMIS Deep Tissue Back Massage, Sole Delight Foot Treatment, Taster Facial or a file and polish
- Robes, slippers, and towels to use on the day

MACDONALD HOUSTOUN HOUSE

WEST LOTHIAN • UPHALL

Enjoy this fabulous piece of weekday relaxation at Macdonald Houston House. You'll find this venue expertly combines an incredible backdrop with calming treatments and a relaxing atmosphere. Head to the 4-star spa hotel in Uphall, West Lothian for a wonderful catch up and much-needed relaxation. You'll even get a sumptuous treatment each! Options include the ELEMIS Taster Facial, Deep Tissue Back Massage, a Sole Delight Foot Treatment and a file and polish.

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1. The Voucher, which has no face value, entitles you to only one Service, to choose from among the Services that correspond to your Experience Gift and are listed in full on our website www.buyagift.com. The value of the Service may differ from the selling price of the Experience Gift.
2. The content of the Services, their number and the list of Partners corresponding to your Experience Gift are likely to change over time. The Company will regularly update them and propose alternatives to the Beneficiary.

HOW TO USE YOUR EXPERIENCE GIFT

3. In order to get the most out of your Experience Gift, we recommend that you visit www.buyagift.com as soon as possible. This website will give you information about its expiry date, how to check its activation, and instructions on how to book your Service.
4. In case of an issue with activation, a proof of purchase will be required.

WHAT ARE THE RESERVATION AND DELIVERY PROCEDURES?

5. The Voucher is valid during the week or at weekends, depending on the experience details and the Partner's availability, opening hours and days. When included within the experience, and given the large number of requests for reservations for weekends, holidays and high season periods, it is strongly recommended that you book the chosen Service as soon as possible.

6. The reservation of the Service can be made, by:

Visiting [buyagift.com/myvoucher](https://www.buyagift.com/myvoucher) and following the instructions to organise your experience directly with the Partner, subject to the Partner's specific conditions.

In all cases, the performance of the Service is subject to the specific conditions of the chosen Partner.

7. The delivery of a Service is subject to confirmation by Buyagift or by the Partner of the status of the Voucher and will only be possible on presentation:

Of an e-mail confirming the reservation, and the Voucher or E-voucher.

8. When a Service includes a meal, in some instances a limited menu has been agreed in advance between the Partner and Buyagift. In these instances, it may not be possible to choose from an a la carte menu.

9. Services involving the delivery of alcoholic beverages are not available to Beneficiaries under 18 years of age, in accordance with the legislation in force. Please drink responsibly.

HOW DO I EXCHANGE THE EXPERIENCE GIFT?

10. During its validity period, the Experience Gift may be exchanged, according to the conditions available on www.buyagift.com.

WHAT IS THE COMPANY'S RESPONSIBILITY?

11. In its capacity as agent, and excluding tourist packages, the Partner is solely responsible and Buyagift cannot be held responsible for the quality of the Service provided. 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.

12. 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.

13. By purchasing a voucher and 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.

14. The total liability of The Company for any claim whatsoever in connection with the voucher or any experience in respect of which a voucher is redeemed shall be limited to the price paid for the experience voucher.

15. 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.

16. The Company cannot be held responsible in the event of fraudulent use by a third party of the confidential numbers appearing on your Voucher and on the back of the Gift box.

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