

# Imagine...

## a stunning spa experience

Our day spa programmes are designed to meet your individual health and beauty needs and offer the opportunity to get the most value out of your visit.

For flexibility and convenience our day spa packages are time orientated, as opposed to treatment led. They incorporate a combination of dedicated therapist treatment time coupled with the opportunity for you to experience the very latest in heat and water therapies in our unique thermal suite.

So booking an Imagine experience is based on you making just two decisions:

1. **How much time you can spend with us**
2. **How you want to feel when you leave us – relaxed, revitalised or restored**

Our time packages come in either two, three, four or six hour blocks, allowing you to visit us for either a quick visit or a full day out.

Once you know how long you will be spending with us, you can choose between three programmes, each designed to provide a slightly different experience.

**The Enjoy experience** - for the first time spa goer who may be unsure about having treatments and therapies, or for those who prefer to have more time in the luxurious thermal suite, the Enjoy package offers a great way for you to discover the delights of the day spa.

**The Enrich experience** – if you can't decide whether its more treatment time or relaxation in our thermal suite time you want, why not opt for the Enrich experience giving you time to make the most of both. Kick back and we will bring you back to your very best and leave you feeling on top of the world.

**The Indulge experience** – is pure pampering at its best! With time to both enjoy some fabulous therapies and time in the thermal suite, the Indulge experience also includes the use of either the luxurious aromatherapy bath or exotic serail bath or both.

At this stage however no specific treatment booking is required in advance. Part of your overall experience is the freedom to select your treatment on the day of your visit.

**When you arrive** – Sit down tell us how you feel, if there are specific areas you would like to concentrate on and most importantly how you would like to feel on leaving us – relaxed, restored or revitalised. Our therapists will then go through our range of face, body and alternative treatments and help you to create a personalised plan tailored to meet your needs. (See brochure insert for a full list of treatments available at Imagine Health and Spa.)

In addition you will receive recommendations on which of our fabulous thermal suite treatments will compliment your programme and then be given time to enjoy our unique top of the range facilities.

**When you leave** – We want you to have both enjoyed your time and developed a greater understanding of the short and long term benefits of Spa treatments. All we ask is that you tell us how you feel, what worked for you and how you 'Imagine' your next visit to us will be. So now you know the Imagine concept simply use our at a glance guide to select the perfect package for you.

Length of visit	Experience	Your therapist time	Your spa time	Price
2 hours	Discover	30 mins	90 mins	£49.00
	Enrich	60 mins	60 mins	£68.00
	Indulge*	60 mins	60 mins	£93.00
3 hours	Discover	75 mins	105 mins	£79.00
	Enrich*	90 mins	90 mins	£110.00
	Indulge***	90 mins	90 mins	£135.00
4 hours	Discover	120 mins	120 mins	£120.00
	Enrich**	120 mins	120 mins	£150.00
	Indulge***	120 mins	120 mins	£175.00
6 hours	Discover +	120 mins	240 mins	£130.00
	Enrich +	180 mins	180 mins	£170.00
	Indulge +**	180 mins	180 mins	£199.00
	Ultimate +***	180 mins	180 mins	£225.00

\* Includes luxurious aromatherapy bath (30 mins)

\*\* Includes exotic serail bath (30 mins)

\*\*\* Includes both luxurious aromatherapy bath and exotic serail bath (60 mins)

+ Includes a light lunch