

Relax or Revive

You might only be with us for a few days but that doesn't mean you have to forfeit your fitness routine if you have one – or what better time to start one. Our gyms are well-equipped with a great range of cardio-vascular and resistance equipment, and there is a full daily programme of classes for you to join in. Classes are popular so it's best to call and register for your choice before you arrive – visit www.shirehotels.com to view the class timetable (you'll find it from the spa homepage) or call the hotel direct.

- Spa treatments, using the E'Spa product range
- Generous pools
- Fibre optic steam room
- Colour therapy sauna
- Activity studio - with daily classes, including Body Pump, Cyclo-Spin, Tai Chi and Pilates
- Well-equipped gym with cardio-vascular and resistance equipment
- Monsoon shower
- Poolside relaxation area with loungers
- Outdoor terraces for summer relaxation

Facilities and product ranges vary by hotel - please check individual hotel pages for full information.

Two-night Midweek Spa Break

When rest and relaxation are all you have in mind, why not treat yourself to a two-night midweek Spa break. By visiting the Spa at a time when the treatment rooms are less busy, you can take advantage of these great value two and three-night programmes.

Our 2-night midweek breaks are specially designed to treat both your body and mind, and will ensure you leave the hotel feeling totally relaxed and refreshed. Each two-night break includes dinner, bed and breakfast, a personal consultation with your therapist, four full length treatments and unlimited use of the Spa. Plus a gift voucher worth £35.00 to spend on ESPA products during your stay.

From £175.00 per person per night based on two sharing a double or twin room.

Book a two-night midweek break for Monday - Tuesday and you have the option to arrive on a Sunday night and take bed and breakfast FREE.

Choose from either:~

Detox: (total treatment time - 4hrs 20mins)
Enjoy the benefits of traditional European spa treatments to detoxify and cleanse the body, increase the circulation and stimulate the lymphatic system, leaving you feeling totally invigorated.

De-Stress: (total treatment time - 4hrs 20mins)
Relax and experience the ultimate de-stress programme, ideal for anyone who leads a stressful lifestyle and needs to escape from the pressures of today.

Indulge: (total treatment time - 4hrs)
A complete top-to-toe programme of total luxury. Designed to smooth away tension and worries and make sure you are in perfect form.

Holistic: (total treatment time - 4hrs 45mins)
The complete package for those that need to leave behind their busy, stressful lifestyle. Designed to boost the circulation, release tension and soothe the mind.

Invest in some 'me' time

As our world becomes busier we all need to take some time out to recharge ourselves – and where better than at a Shire Spa. With over 60 treatments and therapies, we'll help you find the one that's right for you. We've teamed up with some of the top names – E'Spa, Vitaman, St Tropez, Jessica for Nails, Hydrotherm and ID Escentuals – to bring you all you need to relax and revive your senses.

Mini-Spa Breaks

A great way to turn your short break into a spa break – and save money. Choose your treatments and simply add the price to your short break rates - but please remember to book in advance to benefit from the special prices.

Relax ~ £55

- E'Spa Essential Aromatherapy Body Massage **or**
- E'Spa Ultimate Body Wrap **or**
- E'Spa Advanced Specialised Facial with Eye Lift

Unwind ~ £45

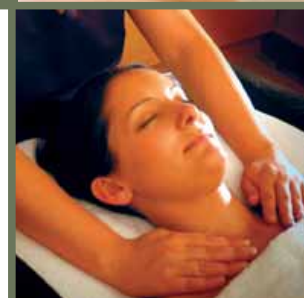
- Traditional Full Body Massage **or**
- E'Spa Intensive Facial **or**
- E'Spa Lifesaving Back Treatment

Indulge ~ £30

- E'Spa Body Polish/Salt Scrub **or**
- Jessica Prescriptive Manicure **or**
- Jessica Aroma Spa Pedicure **or**
- E'Spa Eye Lift Treatment

To make your booking call the hotel of your choice

Mini-Spa Breaks must be pre-booked with your accommodation to benefit from these special rates.



Mini-Spa Breaks and Two-night Midweek Spa Breaks are available at the following hotels:

Cottons Hotel & Spa - Cheshire
t: 01565 650333
e: cottons.reservations@shirehotels.com

North Lakes Hotel & Spa - Cumbria
t: 01768 868111
e: nlakes.reservations@shirehotels.com

Thorpe Park Hotel & Spa - Yorkshire
t: 0113 264 1000
e: thorpepark.reservations@shirehotels.com

Solent Hotel & Spa - Hampshire
t: 01489 880000
e: solent.reservations@shirehotels.com

