

# Pamper Days

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## WAKE UP & PAMPER

- 25-minute treatment
  - Use of facilities 10:00–14:00–
- One-course lunch

£90 per person Monday to Friday  
£95 per person Saturday & Sunday

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## AFTERNOON INDULGENCE

- 25-minute treatment
- Use of facilities 14:00–18:00
- Cream tea

£90 per person Monday to Friday  
£95 per person Saturday & Sunday

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## RELAX & RECHARGE

- 55-minute treatment
- Use of facilities 10:00–18:00
- Two-course lunch or full afternoon tea

£145 per person Monday to Friday  
£150 per person Saturday & Sunday

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## PRECIOUS MOMENTS FOR MUM TO BE

- 55-minute precious pre-natal massage
- Use of facilities 10:00–18:00
- Two-course lunch or full afternoon tea

£145 per person Monday to Friday  
£150 per person Saturday & Sunday

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## TWILIGHT TREAT

- Full afternoon tea on arrival
- Use of facilities 16:00–20:00

£70 per person Monday to Friday  
£75 per person Saturday & Sunday

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## TIME TOGETHER

- 90-minute den session for under 8yrs
- Adult 25-minute treatment
- One adult cream tea & one child cream tea
- Use of facilities 14:00–18:00

£125 for 1 adult & 1 child Monday to Friday  
£135 for 1 adult & 1 child Saturday & Sunday

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## MINI-ME PAMPER DAY

Add a guest aged 12 years or under to your pamper package. This must be booked in addition to one of our full priced adult pamper days and includes:

- Pool use from either 10:00–14:00 or 14:00–18:00
- Cream tea or one-course from our children's lunch menu

£55 per child Monday to Sunday

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## ALL ABOUT YOU

- 55-minute facial treatment
- 55-minute body massage treatment
- 25-minute salt & oil scrub
- Use of facilities from 10:00-18:00
- Two-course lunch or full afternoon tea

£240 per person Monday to Friday  
£245 per person Saturday & Sunday

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## SOMADOME & SPA

- 20-minute somadome session
- Use of facilities for 3 hour period
- Smoothie on arrival
- Delicious & nutritious poke bowl lunch

£55 per person Monday to Friday  
£60 per person Saturday & Sunday

# Pamper Days

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## 25 MINUTE TREATMENT OPTIONS

- Back, neck & shoulder massage
- Neck, shoulder & scalp massage
- ishga facial
- ishga salt & oil scrub
- File and paint to fingers or toes

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## 55 MINUTE TREATMENT OPTIONS

- ishga marine back treatment
- ishga face & body experience
- Luxurious seaweed hand experience
- Luxurious seaweed foot experience
- ishga facial

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## TREATMENT UPGRADE

Upgrade your 55-minute treatment to one of the following options for £15

- Hot Poultice Massage
- Deep Tissue Massage
- ishga Anti-Ageing Facial
- Nourishing Body Wrap
- Detox Body Wrap