

the
spa
treatments

spa membership
at Shire Hotels





welcome to the Spa

We're delighted you're interested in becoming a member of the Spa.

Everyone has their own reason for joining. Maybe to improve health and fitness, or to take precious time out for relaxation? Whatever your reasons, we guarantee the highest standards of friendly, professional service in a welcoming and safe environment.

Ask any of our members about the Spa and we're confident that they'll talk about a medium-sized club, where you'll soon get to know the team. If you've specific goals to achieve, it's our business to help you reach them.

Unlike the larger clubs, we operate with a joining fee, encouraging stability and commitment. Membership levels are strictly monitored. It all adds up to give you stylish surroundings where you can relax and feel comfortable.

Membership of the Spa will also give you access to a whole range of added benefits – including special offers and discounts at this and the other hotels in the group.

I hope you'll enjoy reading more about the Spa – and that you'll inspired to take the next step towards great health and well-being.

Spa Manager

Time for you



more than just a member

immerse yourself

Small details.
Big difference.

We've a long track record in running award-winning hotels. And it's an approach that we apply throughout the Spa too.

We want to help make your visits a pleasure, not a pain. Pick up a freshly laundered towel – with our compliments, workout in the air-conditioned gym, swim lengths in the 13 metre pool or just wind down in the sauna or whirlpool. Relax over a coffee in the spacious lounge or top-up your five-a-day with our complimentary daily fruit selection. It's all part of what we do for you – taking care of the small details on each and every visit.

You can take advantage of discounted weekend breaks and food and drinks. So whether it's a quick bar supper for two, dinner for four or a party for 24 you can go out more – for less.

There's seasonal offers and promotions, thank you's from us to you if you refer a friend and a programme of social events too. You'll find full information about all the current benefits at shirehotels.com

It's important that you feel safe, secure and at ease in the Spa so that you can get the most out of each visit.

The spacious changing facilities are air-conditioned, with large personal lockers, power showers, plus good lighting, powerful hairdryers and mirrors for the finishing touches.

The large level-deck pool – designed for exercise length swimming – is the perfect way to maintain fitness. Fibre optic sauna and steam room heat experiences aid relaxation and a dip in the whirlpool will soothe tired limbs.

Catch up on the day's news stretching out on the poolside loungers – and there's even an outdoor terrace for the warmer months.



miles ahead of the rest

Shire Hotels Spas leave others at the starting line. We've a refreshing approach to body and mind.

Secure, safe car parking plus all the benefits of a 4 star hotel

A welcoming smile in a relaxed and friendly environment – we choose our team carefully



Inviting changing rooms with amenities – let us take care of the small details

Complimentary fluffy towel and fresh fruit each visit – added value for money



Controlled membership levels – exercise and socialise in comfort



Exercise length swimming or just time to relax and unwind with our heat experiences – our wet-side facilities have it all



Up to date gym equipment in a spacious, air-conditioned environment – we try to make exercise easy!



Comprehensive and inclusive exercise class timetable – go on, try something new – beginners always welcome



Inclusive consultation and induction to the gymnasium – helping you achieve your goals

Spacious lounges to relax in – catch up with friends or the day's news



It's what everybody needs - come and feel the benefits for yourself.

fitness

Step into fitness - it's never been so much fun

We all have good intentions. And most of us know how difficult it can be to keep them. Until now.

You may want to lose weight, improve your general fitness or strengthen weakened muscles. All Spa members can benefit from the most up-to-date equipment in our spacious, fully air-conditioned gyms.

And our Personal Trainers are always on hand to offer advice, instruction and encouragement – just as much or as little as you choose. With either private consultations or group bookings available, they can help you get the results you want.

Regular work-outs for your mind and body are just a step away when you join our Spa. Whether you choose to spin, swim or step - as a Spa member there'll always be a great range of inclusive exercise classes to choose from.

Shire Hotels Instructors and Personal Trainers are fully qualified and on the Register of Exercise Professionals. More than that, they're enthusiastic, experienced and genuinely committed to the success of all our Spa members.

spa treatments



Using the finest products, including the renowned ESPA range, you can stop the clock and delight in a delicious detox or de-stress. Even if you've only got half an hour to spare, we've made it easy to switch off from the stresses of day to day life and treat those overworked senses.

Our dedicated team of therapists are committed to only quality natural ingredients. We've an extensive range of treatments available for both men and women, all carried out in treatment rooms that are designed for your total relaxation.

As a Spa member you'll also qualify for preferential rates on Spa Treatments throughout the week. Because we really do want you to feel on top of the world!

Our loyalty card's worth a mention, too. Collect points to redeem against Spa Treatments and products. It's simple, straightforward – and free.

Full Spa treatments are available at Thorpe Park, Cottons, North Lakes and Solent.







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