

the
spa
treatments



spa treatments

shirehotels.com

welcome

As our world becomes busier, we need to take time out to relax and recharge our batteries. Whether you have a whole weekend, a day, half a day or even just half an hour or so - you'll find something to revive your senses at a Shire Hotels' Spa. Using products and treatments that are tailored to your lifestyle and needs, you'll leave feeling refreshed and ready to face the world once more.

Our luxurious treatment and relaxation rooms are set in tranquil and peaceful surroundings, providing the perfect environment and ambience to help you relax and unwind.

All of our product ranges are carefully selected to complement the luxurious environment that each Shire Spa offers. We are committed to natural ingredients; that offer proven benefits and, where possible, offer options to continue the good work at home.

If you would like to experience something different why not select one of our hydrotherm or hot stone treatments?

Hydrotherm

Treatments are carried out on a Hydrotherm bed* which enhances your treatments through a heated, water-filled bed. Unlike conventional massage, there is no need to spend long periods of time lying face down, and the cushion works with the therapist to ensure your massage is a totally relaxing experience.

* Excludes Aztec and Kettering Park Spa

Hot Stones

This technique has been used for thousands of years for harmonising, cleansing and relaxing the body at its deepest level. Volcanic in origin, basalt lava stones from deep in the earth are rich in minerals, and can be heated and used for deep body massage and intensive energy work. Placed on specific energy points or Chakras, our hot stone treatments will help the body clear blocked energy centres, relax, dissolve stress and help to ease away aches and pains.

We've highlighted treatments where hydrotherm or hot stones work well - just look out for the symbol and add 15 minutes to your treatment.

ESPA

The scientifically advanced, natural skin care products are combined with progressive therapy techniques to deliver luxurious treatments with outstanding results.



Considered the world's foremost authority on natural nail care, hers is a unique understanding of the importance of what it takes to achieve and maintain naturally beautiful nails.

BARE ESSENTIALS

Made of 100% micronised minerals with nothing else added; no chemicals, preservatives or talc, Bare Essentials mineral make-up is so pure you can actually sleep in it.

ST. TROPEZ

One of the leading tanning systems, with a high quality product to guarantee you a natural looking healthy tan.

Please check before you visit as not all product ranges are available at each Spa.

gift vouchers

The perfect gift, whatever the occasion. Personalised vouchers in a presentation folder, available to a value of your choice, a specific treatment or day programme.



girls night in

Grab your favourite girls for the ultimate girls night in. Including overnight accommodation, tapas-style supper, use of the Spa facilities and a choice of chick flick dvd's to watch in your room. Visit shirehotels.com for full information and to book online.



how to make the most of your time in the Spa

Pre-booking

Before you book, think about how much time you have to spend with us. It's not just about treatment time - to get the most from your visit, allow 15 minutes to arrive and change, and then at least 15 minutes afterwards to relax. Once you know how much time you have, the only other information we need to make your booking is whether you are looking for relaxation, to be re-energised or simply for pure indulgence. We have something to suit every mood.

Making Your Booking

It's best to book as far in advance as you can, especially for weekend treatments as these are our most popular times. Credit card details and pre-payments may be requested.

Your Consultation

After changing in to your robe and slippers, your therapist will identify the right treatment for you, ask you questions about your lifestyle, stress levels, skin problems and treatments that you have had in the past.

Relaxation and Post Treatment

Your therapist will give you any specific advice after your treatment, and also on carrying on the good work back at home. Do take time out to relax after your treatment, as this will ensure you get maximum benefit from the aromatherapy oils. Each relaxation area has loungers, plentiful magazines and complimentary beverages for you to enjoy.

Pregnancy

Our specifically designed treatments can be found on page 9, providing you with peace of mind that your treatment is perfect for you.

Health Conditions

Kindly advise us if you have any health conditions, allergies or injuries that could affect your treatment choice.

Some of our oils are not suitable if you have a nut allergy - an alternative oil and treatment can be arranged, so please advise at time of booking.

Spa Etiquette

To ensure that our guests are able to relax and enjoy the tranquil and peaceful surroundings, please refrain from using your mobile phone.

Spa Attire

If you are using the Gymnasium or Pool as part of your time in the Spa, please remember to bring the appropriate footwear, clothing and swimwear to make the most of your visit. Robes and slippers are provided, however if you are staying in the hotel you may wish to arrive in your bedroom robe to help with your continued relaxation.

Cancellations

To help us and as a courtesy to other guests, please let us know as soon as you need to cancel a booking.

- A 100% cancellation charge will be incurred for any treatments cancelled less than 24hrs in advance. Credit card details and pre-payments will be required in order to confirm your booking.
- Day Programmes and Spa Breaks must be paid for in full at the time of booking. Payment is non-refundable unless a cancellation or change of date is made 7 days in advance.



for your face

ESPA Intensive Facials

Totally focused on naturally improving the condition of the skin and enhancing its appearance, all ESPA facials include specialised double cleansing techniques, gentle exfoliation, acupressure facial massage and a deep cleansing and intensive face mask. Whilst the mask is taking effect, experience a relaxing and therapeutic Oriental Head Massage with Pink Hair and Scalp Mud and then enjoy specific moisturising and skin protection.

Skin Radiance - 55mins

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

Skin Purifying - 55mins

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

Re-Hydrator - 55mins

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

De-Sensitiser - 55mins

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished. De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

ESPA Eye Lift - 25mins

Perfect for all skin types, for those first signs of ageing that appear around the eye area, leaving the whole face feeling firmer, toned and nourished. This treatment is the perfect addition to any of our ESPA facials, adding 15 minutes to your treatment.

Express Facial - 25mins

An introductory facial that is suitable for all skin types. This deep cleansing, relaxing aromatherapy facial purifies, refines and hydrates - perfect for any first time spa goers.

Don't worry - as part of your consultation our therapists will ensure that you receive a treatment that suits your particular skin type.

Performance Facials

Lift & Firm - 55mins

An advanced facial using Super Active products to improve skin tonicity and firmness and enhance cellular regeneration. This facial uses specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results, the benefits of which can be seen immediately.

ESPA Age Defyer with Active Serum - 1hr 25mins

A luxurious and tailor-made facial helping to combat the signs of ageing, sun damaged skin and all specific skin concerns. Advanced massage techniques are used around the eyes, neck, lips and jaw line and with the use of scientifically advanced natural serums for your skin concerns we can treat intensively and with great results. The anti-ageing, rejuvenating benefits of this treatment visibly help to minimise lines and wrinkles, leaving the skin fresh, revitalized and nourished.

Regenerating - 55mins

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jaw line. This treatment visibly improves the appearance of the skin by using a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

Aromatherapy Back Face & Scalp - 1hr 25mins

This holistic experience begins with deep cleansing of the back followed by skin brushing, exfoliation and a back massage to ease away stress and tension. Followed by an ESPA Intensive Facial with acupressure, face and Oriental head massage to clear the mind and leave the skin re-hydrated and nourished.



for your body

Traditional Full Body Massage - 55mins

A full body massage designed to ease tension, relieve stress and promote a general state of well-being, using a nourishing oil.

ESPA Aromatherapy Massage - 1hr 10mins

The ESPA Aromatherapy Massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your needs. Choose from one of the following intensive massages to relieve physical tension and calm or uplift the spirit.

Detoxifier – using a detoxifying blend of cleansing citrus oils

De-stresser – with relaxing and calming essential oils to soothe and de-stress

Intensive Muscle Warmer – warming and stimulating essential oils ease aches and pains

Jet Lag Reviver - rebalance energy levels with an energising blend or relax into untroubled sleep with soothing essential oils

Immune Booster – using a powerful blend of tea tree and eucalyptus essential oils known for their natural anti-viral and anti-bacterial properties

Energiser – Using a reviving blend of English Peppermint, Rosemary and Eucalyptus

Body Toner – A combination of Sweet Orange, Myrrh and Palmerosa essential oils have a toning and firming effect

ESPA Lifesaving Back Treatment - 55mins

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. This relaxing treatment will leave you refreshed and renewed.

ESPA Total Body Care - 1hr 25mins

This all-encompassing treatment commences with full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is then followed by a deep body, face and scalp massage using a blend of essential oils chosen to suit individual requirements.

ESPA Ultimate Body Wraps - 1hr 10mins

Not just a body wrap but also a life enhancing experience, which includes lymphatic, skin brushing, body exfoliation, specific aromatherapy oils and a complete envelopment of Algae, Marine Mud or Oshadi Clay. Ultimate tranquility is achieved with a mind-calming Oriental Head Massage.

Marine Algae is known for its hydrating, detoxifying properties and is particularly beneficial when needing to speed up the elimination of toxins prior to the absorption of essential oils and plant extracts.

Marine Mud has nourishing and skin conditioning properties and is ideal for dry, dehydrated skin requiring nourishment and re-stabilising.

Oshadi Clay is mixed with ginger, liquorice and mustard seed which warms and hydrates the skin, beneficial for aching muscles and joints, and adds extra heat to the treatment.



specialist treatments

Our therapists are able to specialise in treatments that they enjoy, which means you are assured an extra special Spa Treatment. As not all our therapists are qualified to deliver these treatments, you will need to book your choice in advance.

Chakra Balancing Body Treatment - 1hr 55mins

Beginning with gentle skin brushing and exfoliation to remove dead and dry skin and to prepare the skin for further treatment. Using black basalt stones with deep massage techniques and deeply restorative essential oils, this treatment eases muscle tension and warms the body.

Anti-Cellulite Hip & Thigh Treatment - 55mins

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture. Using potent marine extracts, iced mitts and a deep detoxifying massage to achieve great results. Ideal for people concerned by the appearance of cellulite. A course of 6 treatments is recommended.

Indian Head Massage - 40mins

Incorporates movements that are applied to the face, neck and shoulders. These movements are applied while the client is seated and can be carried out whilst they are fully clothed, relieving tension, headaches, neck and back pain.

Reflexology - up to 55mins

An Oriental foot massage working on the pressure points of the foot that relate to certain parts of the body. This gentle therapy encourages the body to heal itself at its own pace, tensions are eased, circulation and elimination are improved which promotes a general feeling of well-being.

Sports Massage & Physiotherapy

(Not available at all Spa's - please ask)



pregnancy

As long as you have passed the first trimester of your pregnancy, the treatments below are perfectly safe. They are conducted by qualified therapists, who are trained to the highest standards, giving you peace of mind which means that you can relax, unwind and enjoy your time with us.

ESPA Pre-natal Treatment - 1hr 25mins

This total body treatment has been carefully designed for those who are expecting or have just had a baby. Taking account of all contra-indications, this treatment avoids the use of essential oils and is a luxurious treat using a Calendula infused oil, Pink Clay Mud and nourishing creams with advanced massage techniques to safe areas. This treatment improves the tonicity and comfort of the skin and creates a sense of total relaxation.

ESPA Post-natal Treatment - 1hr 30mins

Completely personalised to your post baby needs whether you need to tone and firm your skin, aid weight loss, or simply relax and restore energy. This is an ideal treatment to deeply nourish, hydrate and balance your body. A course of 6 treatments is recommended. Depending on your requirements, may include: Body exfoliation – body mask – scalp massage.

Maternity Massage - 50mins

A relaxing full body massage to help improve skin elasticity, reduce fatigue and targets areas prone to tension during pregnancy. This massage is ideal to relax and relieve tension when shifts in posture cause muscles to tighten and feel uncomfortable.

We Also Recommend:

[Prescriptive Manicure Deluxe with Thermal Mittens](#) - page 13

[Jessica Aroma Spa Pedicure Deluxe](#)
- with Thermal booties - page 13


[Reflexology](#) - page 08

[Journey To New Beginnings](#) - page 15



gentlemen please


Although many of our ESPA Spa Treatments are for gentlemen or ladies, the following have been specially formulated with men in mind.

Purifying Face, Shoulder & Scalp Massage  
- 55mins

The Men's **Purifying Facial, Shoulder and Scalp Massage** is a deeply relaxing facial treatment, incorporating the ESPA Men products, specifically designed to suit men's skin care needs - bringing a sense of peace, whilst revitalising the skin.

Stress Buster - 1hr 25mins  

Skin brushing and exfoliation prepare the skin and leave it feeling soft and smooth. This is then followed by an **Essential Aromatherapy Massage** tailor-made for you by your therapist.

Back, Face & Scalp with Hot Stones - 1hr 40mins 



The initial deep cleansing back exfoliation is followed by the **Hot Stone Back Massage** and with essential oils restoring equilibrium to mind and body. A full **ESPA Intensive Facial** with acupressure, face and Oriental Head Massage clears the mind and leaves the skin re-hydrated and nourished.

Lifesaving Back Treatment - 55mins 

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation and cell renewal, followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. This relaxing treatment will leave you refreshed and renewed.

Re-charge - 2hrs 15mins 

Begins with either **Reflexology** or a **Luxury Foot & Leg Treatment with Hot Stones** to boost your systems. A **Life Saving Back Treatment** eases away tension and finally to give you that feeling of complete well-being, a **Shoulder & Scalp Massage** helps you relax and unwind.

Jet Lag Reviver - 55mins  

This **Aromatherapy Massage** is designed to rebalance energy levels, using an energising blend, or simply to relax into untroubled sleep with soothing essential oils.

Male Grooming - Prescriptive Manicure - 45mins

A treatment manicure which analyses and treats each nail for its specific nail type. The cuticles are cared for with oils and creams and the nails shaped, giving you the perfect finish ready for your meetings and until your next visit.



express treatments - 25minutes

If you have never experienced the stress-reducing, calming and relaxing effect of an ESPA or Jessica treatment, then the following have been put together for you to try. Each one forms part of a more intensive treatment.

Express Facial

An introductory facial that is suitable for all skin types. This deep cleansing, relaxing aromatherapy facial purifies, refines and hydrates - perfect for any first time spa goers.

Back, Neck & Shoulder Massage

Combining traditional massage techniques helping to relieve the common areas of stress and tension in the back, neck and shoulders.

Shoulder & Scalp Massage

A targeted massage, suitable for anyone who is holding tension over the shoulders or to aid relief from headaches and migraines. This nourishing treatment is also suitable for dry hair and scalps.

Body Polish

An exclusive body and skin enhancing treatment which can be used in isolation to remove dry and dead skin, or as a preparation to any massage. This complete exfoliation will cleanse and invigorate the body.

Salt & Oil Scrub

This exceptional skin softening body exfoliation combines sea salts and nourishing essential oils to leave your skin moisturised, smooth and soft.

Eye Lift

Perfect for those who are concerned with the first signs of ageing or as a welcome treat for those suffering from eyestrain and computer head aches.

Jessica Nail Tidy & Varnish

A simple shape of the nails, cuticle tidy and re-varnish, the perfect finishing touch for well maintained nails or party treat.

tanning

St Tropez Air

Full Body & Half Body
(not available at all Spas - please check)

finishing touches

Waxing & Tinting

Patch tests are required 24 hours prior to treatment or every 6 months

Make-up Lesson - 55mins

Enjoy a one-to-one make-up lesson giving you professional advice and guidance on application and use of colour.

Day/Evening Make-over - 40mins

A special occasion or just a little treat, let our professionals give you a new look.

Bridal Make-over - 2x 40mins

A trial make-over to ensure you look and feel wonderful for that special day.

electrolysis

Permanent removal of unwanted hair, achieving maximum results and client comfort.

Electrolysis and Blend Electrolysis - 10mins/25mins

your nails

Including a mini Jessica polish of your choice to take away (excludes Nail Tidy & Varnish and the Le Remedi Hand Treatment).

Nail Tidy & Re-Varnish - 25mins

Includes re-shaping of the nails, cuticle tidy and varnish for well maintained nails.

Prescriptive Manicure - 45mins

Nails are not alike... a treatment manicure which analyses and treats each nail for its specific nail type. The cuticles are cared for with oils and creams, the nail shape is perfected and finally treatment base coats and colour are applied for the perfect finish until your next visit.

Prescriptive Manicure Deluxe with Thermal Mittens - 55mins

The Jessica Prescriptive Manicure with Thermal Mittens for deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints.

Le Remedi Hand Treatment by Jessica - 25mins

Hands age quickly, more quickly than the face... a luxury and effective treatment for the hands including Hand Cleanse, Exfoliate, Masque and Lipsome Serum. Hands will feel softer, smoother, firmer and more attractive... the ultimate in nail and hand care.

Aroma Spa Pedicure - 55mins

A luxury foot and leg treatment using aromatherapy based products for softer, smoother feet and legs, finishing with perfectly pedicured polished toe nails.

Jessica Aroma Spa Pedicure Deluxe - with Thermal booties - 1hr 10mins

An Aroma Spa Pedicure with thermal booties for deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints.

Jessica GELeration

A strong yet light application of a "soak off" gel polish, that gives a long lasting natural finish to your manicure or pedicure. Your GELeration polish should be soaked off professionally, we'll give you more information throughout your treatment on when best to do this.

Manicure - 55mins

Pedicure - 1hr 15mins



day programmes

Journey into a stress-free life with our days of relaxation. Your day will begin with refreshments in our relaxation area, robes and slippers are provided. During the day, you can choose whether you would like to relax in the pool, whirlpool and steam room, or be more energetic and work out in the gym. Your Spa treatments are then spread throughout the day so that you can enjoy the benefits. Your Spa day includes a light 2 course lunch from our Spa menu. You're welcome to stay with us as long as you'd like - the time by each programme are total treatment times for the day.

Express – 55mins

For those who have never experienced Spa Treatments, we have put this taster day together for you to enjoy. Your day includes full use of the Spa facilities, a light lunch and your choice of two from the following express treatments (Available Sunday to Thursday):

Express Facial

Back, Neck & Shoulder Massage

Shoulder & Scalp Massage

Body Polish

Salt & Oil Scrub

Eye Lift

Tidy & Varnish

Holistic – 1hr 55mins

Experience a taste of our holistic treatment offering, starting your day with full use of our Spa facilities, followed by an **ESPA Holistic Back, Face & Scalp Massage**, combining a deep cleansing back exfoliation and powerful back massage with essential oils, helping to soothe, relax and balance. After a light lunch, your day will finish with a **Jessica Hands or Feet Nail Tidy & Varnish**, helping to ensure you are ready to face the world again.

Detox – 2hrs 25mins

Our Detox day programme will leave you feeling completely refreshed and invigorated. After a healthy light lunch, your treatments will commence with an **Aromatherapy Massage & Ultimate Body Wrap**, specifically combined together for maximum effect. Skin brushing, exfoliation, a full body massage and scalp treatment, help to ease away tensions as well as toxins, leaving you completely recuperated, cleansed and detoxified.

Relax – 2hrs 40mins

For total relaxation to combat the stresses of modern day life, your day starts with time to switch off and unwind in our Spa facilities, before your **Aromatherapy Massage with Hot Stones**. After a healthy light lunch, your **Intensive Facial with Eye Lift** will leave your mind feeling clear and skin radiant and moisturised.

Sheer Indulgence – 3hrs 30mins

This therapeutic day programme provides you with the opportunity to experience our most exclusive Spa treatments. Your day commences with time to relax and enjoy the Spa facilities, before your **Prescriptive Deluxe Manicure or Pedicure with Hot Mitts**. After a healthy light lunch, your treatments continue with an **ESPA Intensive Facial**, with double cleansing techniques, gentle exfoliation and a deep cleansing and intensive face mask, followed by an **ESPA Total Body Care**, an all-encompassing treatment with full body skin brushing and exfoliation and deep body, face and scalp massage, using a blend of essential oils, finishing your special day either relaxing in Spa Treatments or on the poolside.

Why not make your day programme a mini-break and stay overnight in one of our luxurious guest rooms?



Ask about our special rates for dinner, bed and breakfast.

Gents Re-charge – 2hrs 15mins

Begins with either **Reflexology** or a **Luxury Foot & Leg Treatment with Hot Stones** to boost your systems. A **Life Saving Back Treatment** eases away tension and finally to give you that feeling of complete well-being a **Shoulder & Scalp Massage** helps you relax and unwind.

Pregnancy – Journey to New Beginnings – 3hrs 45mins

At this special time it is important to feel nurtured, soothed and relaxed. The following package has been specifically designed with mums-to-be in mind. A **Jessica Aroma Spa Pedicure Deluxe with Thermal Bootees** begins your day, incorporating skin softening and hydrating for this hard to reach area. A light, healthy lunch is followed by an **ESPA Pre-natal Treatment**. Your day finishes with a **Jessica Prescriptive Manicure with Thermal Mitts** leaving you feeling radiant all over.



signature packages

Escape

One Night Spa Break
From £99.00 per person. (Thursday to Monday only).

An all-inclusive Spa break with overnight stay, evening meal, breakfast, an **Express Spa Treatment**, and full use of the Spa facilities – everything you need for 24 hours of complete relaxation. Arrive at the Hotel mid-morning to give yourself chance to settle in and find your way around the hotel. We'll confirm your treatment time with you when you check in, so you can plan your stay and make the most of the Spa facilities.

Choose from either an **Express Facial, Back, Neck & Shoulder Massage, Shoulder & Scalp Massage, Body Polish, Salt & Oil Scrub, Eye Lift or a Nail Tidy & Varnish** – any of our treatments will help you on your way to a clearer mind, calmer spirit and eased tension.

In the evening you will dine in the hotel's restaurant choosing from dishes that feature local and regional produce, then enjoying time to socialise in the bar or simply relaxing in your stylish guest bedroom – the choice is yours. In the morning there's a full traditional breakfast or lighter options – well worth getting up for – and time for one last swim before you head home feeling relaxed and refreshed.

All signature packages are based on two people sharing a twin/double room and includes dinner and breakfast. If your partner would like to join you but prefers not to take treatments, the normal dinner, bed and breakfast rate per person, per night based on a two-night stay will apply - ask for details when booking. Guest rooms are normally available from 2pm, however we will do our best to ensure that your accommodation is ready for midday on your arrival day.

Retreat

Two Night Spa Break
From £249.00 per person. (Thursday to Monday only).

A perfect Spa break for couples, friends or Mum's and Daughters.

We'll welcome you with fresh fruit as you settle in to your stylish guest room and start to relax and unwind. Arrive at the Spa and we will run through your two day programme, before you start your break with a relaxing swim or heat experience in our exclusive Spa. With ample time to relax and unwind before your **ESPA Salt & Oil Scrub**, we will get your circulation flowing and give you a lovely glow ready for an evening of relaxation.

Your second day begins with time for a workout, or to simply relax before your **ESPA Express Facial**. Once you are feeling completely refreshed, enjoy a light lunch before returning to the Spa for an indulgent **ESPA Aromatherapy Massage**, using a blend of individually chosen oils, helping you to completely unwind and take away the stresses of everyday life.

Your programme includes a 3 course dinner with coffee in the restaurant each night, plus breakfast each morning and 2 night's accommodation in one of our stylish guest bedrooms. On your last morning, join us again after breakfast for a final swim or leisurely workout before you leave for home...



the Spa Suite

An exclusive suite for two with its own terrace and outdoor hot tub - exclusive to the Solent Spa. Ideal for mums and daughters, friends or couples - enjoy luxurious treatments together in this haven of peace and tranquility.

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Download a map and driving directions from shirehotels.com or call the Spa direct

shire
hotels & spas



Small details. Big difference.