



Spa Packages

Our spa packages are designed to restore inner calm and physical wellbeing, with a few hours to relax and reset in the spa, pool and gym, and luxurious treatments to help you look and feel your best.

Spa Escape (30 mins)
Monday - Thursday
Friday - Sunday

£75
£90

Escape to our subterranean wellness floor for the ultimate relaxation of body and mind. Enjoy use of our spa facilities for three hours and choose one of the following 30-minute treatments:

- Swedish back-neck-shoulder massage
- Pre-natal back-neck-shoulder massage (must be over 12 weeks)
- Express facial
- Full body polish
- Salt & oil scrub

You may also enjoy a soft drink or alcoholic beverage.

City Dweller (45 mins)
Monday - Thursday
Friday - Sunday

£90
£110

Reset and feel revived with a day at the spa. Enjoy use of our spa facilities for three hours and choose one of the following 45-minute treatments:

- Swedish back, neck, shoulder and leg massage
- Pre-natal back, neck, shoulder and leg massage (must be over 12 weeks)
- Express facial with a scalp massage

You may also enjoy a soft drink or alcoholic beverage.

City Escape (60 mins)
Monday - Thursday
Friday - Sunday

£110
£130

Release the stresses of everyday life with a peaceful day at our state-of-the-art spa. Saunter between spa, pool and gym facilities for three hours and choose two of the following 30-minute treatments:

- Swedish back-neck-shoulder massage
- Pre-natal back-neck-shoulder massage (must be over 12 weeks)
- Express facial
- Full body polish
- Salt & oil scrub

You may also enjoy a soft drink or alcoholic beverage.