

# RELAX

**CHESTERS STABLES**

AT WALWICK HALL

# SPA IN THE STABLES

**Don't lift a finger, we'll come to you.**

You can enjoy a selection of relaxing Spa treatments in the complete privacy and comfort of your Stable Suite. Our highly skilled and professional Elemis therapists will come to you with everything they need to transform your suite into a tranquil and relaxing haven. Our treatments can be tailored to meet your needs and our in-suite treatment service can be arranged 7 days a week.

PLEASE NOTE SPA, POOL AND GYM  
AT WALWICK HALL HOTEL AND TREATMENTS  
IN YOUR SUITE MUST BE BOOKED IN ADVANCE.  
ACCESS TO POOL AND GYM ONLY AVAILABLE  
AT ALLOCATED TIMES.

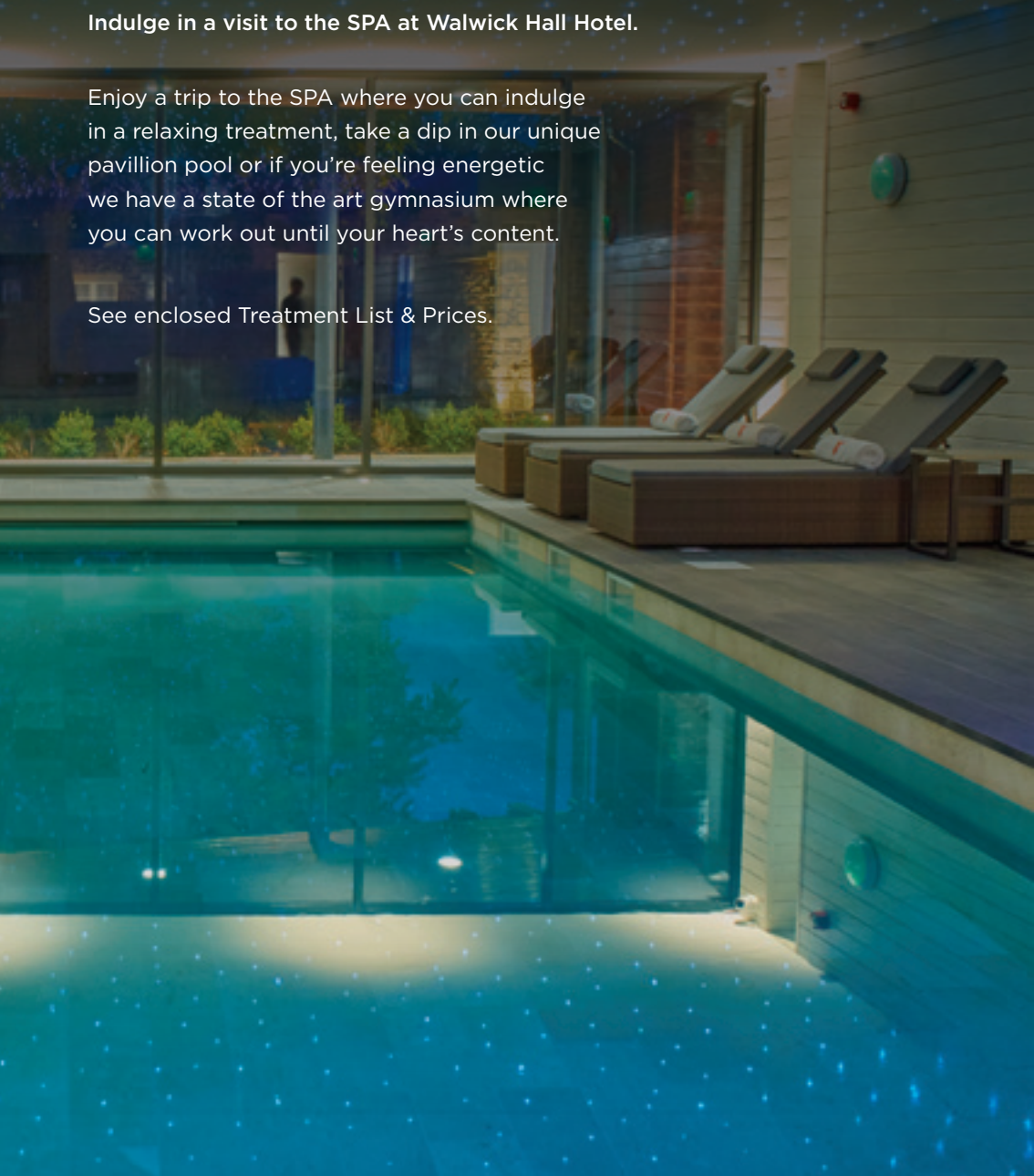
Please call Reception for more information about times  
and book early to avoid disappointment.

# SPA. POOL. GYM. AT THE HOTEL

Indulge in a visit to the SPA at Walwick Hall Hotel.

Enjoy a trip to the SPA where you can indulge in a relaxing treatment, take a dip in our unique pavillion pool or if you're feeling energetic we have a state of the art gymnasium where you can work out until your heart's content.

See enclosed Treatment List & Prices.



# TREATMENTS AVAILABLE IN YOUR SUITE

## **WALWICK SIGNATURE MASSAGE**

**Back, Neck & Shoulders: £69 / 30 minutes**  
**Full Body: £89 / 60 minutes**

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Our signature massage is designed to relax and release your specific tensions using a blend of essential Elemis oils. Leaving your mind and body recharged.

## **HEAD IN THE CLOUDS**

**£69 / 30 minutes**

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The perfect treatment to relax, de-stress and uplift. Massage movements focussing on the face, scalp, neck and shoulders to relieve tension and promote feeling of wellbeing. This treatment is ideal for anyone suffering from headaches, eyestrain, sinus problems, poor posture or anxiety and emotional stress.

Why not add on a Head in the Clouds to a Full Body Massage for a truly indulgent 90 minute experience.

## **ELEMIS FREESTYLE DEEP TISSUE MASSAGE**

**Back, Neck & Shoulders: £79 / 30 minutes**  
**Full Body: £95 / 60 minutes**

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Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

**TO BOOK CALL 01434 620 156  
OR EMAIL CHESTERS@WALWICKHALL.COM**

# TREAT SOMEONE

Choose one of our fabulous gift sets available in the Spa  
or gift someone with a Walwick Hall Gift Voucher  
which can be obtained via our reception.

TO DISCUSS A GIFT CARD, CALL 01434 620 156  
OR EMAIL [HELLO@WALWICKHALL.COM](mailto:HELLO@WALWICKHALL.COM)

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