

What a difference a day makes ...

Escape to Nirvana Spa

A Day Spa package to Nirvana Spa allows you to experience all our wonderful facilities in full. So come along and completely unwind.

Rest assured, our friendly staff will tend to your every need at the UK's largest, purest, award-winning Day Spa. To arrange your dream day out simply call our Reservations Team on **0118 989 7575**. If you would like to include a massage or other treatment, it is advisable to book it at this time.

A week before your arrival, our Concierge will call to confirm your arrangements and to check if you have any further specific requirements.

On arrival at Nirvana you will be welcomed at Reception, followed by a Meet & Greet in the Spa Restaurant by a member of our Day Spa Team who will tell you all about our pools, treatments, afternoon receptions and workshops. You can also ask questions of the Concierge at any stage during the day.

After that, it is up to you, but here is a suggested itinerary:

1: Coffee by the Roman Pool

Plan your day over a frothy cappuccino and take in the meditative splendour of our spacious Roman Pool.



2: Massage those tired muscles in the Surf Pool

In our 53-jet hydrotherapy pool you can immerse yourself in 35°C water and massage your feet, hips, back or neck and shoulders. (See page 24)

3: Swim about in the Nirvana Pool

Make use of this spacious Pool for a little pure-water swimming. It is a great place to swim about at your leisure.



4: Step outside into the sun

Our heated outdoor pool and mini-Spas are a must in the warmer months. You can just laze in the sun on a comfortable lounger and enjoy a drink or a snack. (See page 28)

5: Cleanse the pores in the Thermal Suite

With a luxury sauna and salt-infused steam room, the Thermal Suite is great for relaxing, with added health and beauty benefits. (See page 46)

6: Lunch in the Spa Restaurant

You will have worked up an appetite by now, so try something from our super-fresh seasonal menu. (See page 36)

7: Beauty Product Workshops

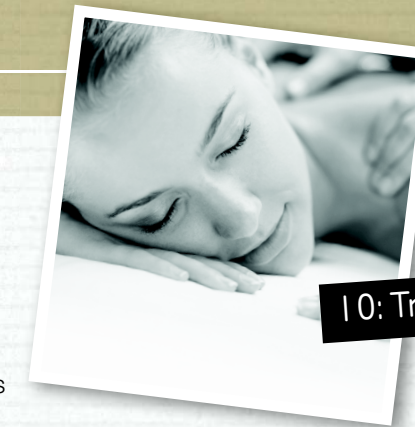
Book on the day and you can join one of four workshops, that explain how to get the most from our beauty products and offer you tips on your skin regime. (See page 61)

8: Wellness Suite

The Wellness Suite pursues a modern holistic approach to health and fitness. Work out by yourself or discover a better way to live your life with our Wellness Coaches, who also run small classes such as Stretch-and-Flex or Yoga. (See page 52)

9: Cake O'clock

If you are in the mood for a sweet treat, anytime of day is Cake O'clock at Nirvana Spa, with delicious offerings daily. (See page 51)



10: Treatments beyond beauty

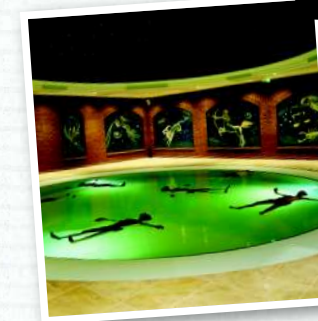
Whether you fancy a relaxing massage, a facial or more, here at Nirvana we offer a wide range of treatments for you to enjoy throughout the day. Highlights include:

- Decléor Aroma Body Massage
- Germaine de Capuccini Skin Renew Facial
- Jessica Luxury Hand and Foot Infusion
- Germaine de Capuccini Energy Facial for Men

11: Relax even more in the Tepidarium

Stretch out on our heated ceramic loungers and simply enjoy the feeling of total uninterrupted relaxation in our Nirvana quiet room. (See page 15)

12: Celestial Pool



You may as well save the best till last. If you have booked a Floatation Day Spa package, then a 30-minute floatation in the Celestial Pool, with its salubrious Dead Sea salt, will ensure you end your day on cloud nine and enjoy a great night's sleep. (See page 18)

13: Afternoon Reception

We welcome you to an Afternoon Reception from 3.30pm – 4.30pm in our Spa Restaurant, where you will have the opportunity to discuss your next visit to the Spa or the possibility of Spa Club membership.

So whether you are a first-time or regular visitor you will always find an abundance of ways to while away the hours. We look forward to seeing you soon.