

# The packages

## AFTERNOON RETREAT

MONDAY – SUNDAY £30.00 | 1.00 - 8.00 PM

*Immerse your senses in our Thermal Journey where you can plunge into the cold tub, relax in the traditional sauna or benefit from our salt inhalation room. Before or after indulge in our mouth watering Afternoon Tea which is served from 3.00–5.00 pm*

Use of Thermal Journey

Afternoon Tea

## HALF DAY

MONDAY -THURSDAY £49.00 | FRIDAY - SUNDAY £59.00

*Aimed to set you on your day's journey feeling relaxed and rejuvenated. Including use of the Thermal Experience between 9.00 am - 12.00 noon followed by a 3 course lunch served in our restaurant. Or choose to arrive between 1.00 pm - 4.00 pm experience the Thermal Journey and enjoy afternoon tea before you leave.*

*Choose one of the 30 minute treatments below:*

Back, Neck and Shoulder Massage

Mini Facial

Mini Manicure or Pedicure

## TWILIGHT

MONDAY – SUNDAY £34.00 | 4.00 - 6.00 PM

*The perfect treat for after that long day at work! Enjoy prosecco upon arrival, use of the Thermal Experience and choose one of the 30 minute treatments below:*

Back, Neck and Shoulder Massage

Mini Facial

Mini Manicure or Pedicure

## FULL DAY

MONDAY -THURSDAY £99.00 | FRIDAY - SUNDAY £109.00

*This package is truly designed to rejuvenate, relax and revitalise your body for the road ahead we call life. Including use of the Thermal Experience from 9.00 am - 5.00 pm, a 3 course lunch with prosecco in our restaurant and then choose one of the 60 minute treatments below:*

Luxury Manicure or Pedicure

Rose Zen Facial (+£20)

Spa Prescriptive Facial

Sperience Elements Massage

## OVERNIGHT STAY

MONDAY -THURSDAY £169.00 | FRIDAY - SUNDAY £179.00

*Upon arrival enjoy cream tea and prosecco followed by afternoon or evening use of the Thermal Experience along with one of the 60 minute treatments below. Indulge in our four course evening meal, relax in our cosy lounges or retreat to your bedroom. Before you depart enjoy a further 30 minute treatment!*

60 minutes    30 minutes

Rose Zen Facial    Back, Neck and Shoulder Massage

Baobab Back Massage and Exfoliation    Mini Facial

Luxury Manicure or Pedicure    Mini Manicure or Pedicure

Mediterranean Candle Glow Massage

We can tailor make a package to suit your requirements, please contact our team for any further information

**THE SPA**  
NETHERWOOD HOTEL

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