



**[comfort zone]**

Well-Being Days  
&  
Overnight Breaks



# [ comfort zone ]

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## [ Well-Being Day and Overnight Breaks ]

### [ Day and Overnight Breaks ]

All day & overnight breaks include use of the ozone cleansed pool, spa pool, sauna, steam room and gym.

All day breaks include light lunch from the **club** menu including; including Caesar salad, chilli vegetable noodles, fruit salad and homemade honey flapjack. Overnight breaks to include 3-course meal, accommodation and full English breakfast.

### [ Sacred ]

Revive and restore vitality with this journey incorporating one of our tranquil treatments. choose from: [ comfort zone ] tranquility facial, comfort touch, back neck and shoulder massage, luxury face, neck and scalp massage, hot stone massage or full body exfoliation & moisturize

Total treatment time: 30 minutes

Day: £63.00

Overnight: £99.00

### [ Rebalance ]

Calm the mind and senses to balance the body and empower a sense of well-being by choosing one of the following treatments: rebalancing facial, tranquility nourishing body wrap, full body massage, hot stones, detox mud, deluxe back, neck, face and scalp massage or luxury face, neck & scalp massage with file & polish pedicure

Total treatment time: 60 minutes

Day: £73.00

Overnight: £115.00

### [ Tranquility ]

Reduce stress and induce relaxation by choosing one of the following treatments: tranquility nourishing body wrap including tranquility facial, detox mud including tranquility facial, comfort touch back, neck and shoulder massage with rebalancing facial, deluxe pedicure with file and polish manicure or deluxe manicure with file and polish pedicure

Total treatment time: 90 minutes

Day: £83.00

Overnight: £125.00

### [ Regenis ]

A stimulating journey, renewing detoxifying and revitalizing the body by choosing two of the following treatments: rebalancing facial, tranquility nourishing body wrap , full body massage, deluxe manicure or deluxe pedicure

Total treatment time: 120 minutes

Day: £93.00

Overnight: £140.00



# [ comfort zone ]

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## [ Etiquette and Advice ]

We aim to provide a tranquil environment for all our guests to completely relax, therefore please ensure all mobile phones are turned off during your visit.

### [ Terms and Conditions ]

- For day break bookings and appointments please contact 023 8076 3022
- A credit card guarantee will be required at the time of booking for any treatments to the value of £50.00 or over
- For day break bookings, full payment is required at the time of booking
- For overnight break bookings, please contact the reservation office on 023 8076 7333 monday – friday 9:00am – 5:00pm
- A £50.00 non-refundable deposit per person is required for all overnight breaks at the time of booking

### [ Cancellations ]

- Guests wishing to cancel an appointment are required to give 24 hours notice
- For day or overnight break cancellations please provide a minimum of 48 hours notice
- A full charge will be made for day & overnight break, no-shows or cancelled appointments without the required notice

### [ Your Health and Comfort ]

Our [ comfort zone ] therapists will provide all guests with a health consultation prior to the treatments to ensure the suitability. Please consult your doctor if you have any of the following: heart condition, have or had cancer within the last 5 years, pregnancy, un-medicated high blood pressure, epilepsy, or any other medical conditions before undertaking any spa treatments. A doctors note may be required. please do not hesitate to contact the [ comfort zone ] team for advice on treatments – 023 8076 3022 or theclub@chilworth-manoor

### [ Treatment Time ]

We kindly request all guests arrive 10 minutes prior to your treatment time to ensure the health consultation is completed and discussed if required.

### [ Robes and Towels ]

We will provide all day and overnight break guests with a towel and robe for use in theclub. lockers are provided in the changing facilities and we recommend these are used to store any personal belongings.

although this information is correct at the time of publication , prices and services are subject to change. all prices include VAT @ 20%

