



# [COMFORT ZONE]

## Morning Rejuvenate & Refresh—£30

Choice of 30min treatment—

- Back Neck & Shoulder Massage
- or-
- Express Facial
- +
- 1hr Gym Session
- or-
- 45min Fitness Swim
- +
- Cream Tea

## Afternoon Retreat—£50

Choice of 1hr treatment—

- Full Body Massage
- or-
- Deluxe Back Neck & Shoulder Massage
- or-
- Deluxe Facial
- or-
- Deluxe Manicure/Pedicure
- +
- 1hr Relaxed Swim Session
- Afternoon Tea

The team would like offer you a warm welcome and thank you for choosing [theclub@chilworth-manor](mailto:theclub@chilworth-manor) to treat and indulge yourself.

We have taken every step to offer a safe environment for your visit with us, and have put in place all the measures necessary to operate safely in response to Government guidelines regarding Covid-19.

Below is everything you need to know before your arrival-

- Guests are not allowed in the building without a booking
- Face coverings must be worn in all public areas
- A therapist will welcome you in and show you through to the treatment rooms
- All therapists will be wearing face coverings throughout
- We have hand sanitizer stations throughout the building
- Treatment rooms will be thoroughly cleaned between each treatment
- Please be punctual or risk losing your booking
- Day packages are only available for up 2 people from within a single household