



FITNESS & SPA
esprit



Esprit Wellness & Spa





Welcome...

...to the Esprit Wellness & Spa, a unique club designed with you and your every comfort in mind, and dedicated to offering a friendly and personal level of service in ultra-contemporary vibrant surroundings.

Whether you want to lose weight, build up your strength and fitness, pamper yourself to celebrate a special occasion or simply maintain a healthy lifestyle, Esprit can fulfil your needs.

Located in the superb 2 AA Four Silver Star Holiday Inn Reading M4 Jct 10 in Winnersh Triangle, the Esprit Wellness & Spa is ideally located for corporate and private members alike. Conveniently situated between Wokingham, Bracknell and Reading, Esprit serves hotel guests and club members.

It is quite simply one of the finest facilities of its kind in the area.



FITNESS

The new air conditioned gym is equipped with the latest Life Fitness equipment to ensure that you always get the most from your workouts.

The Club's highly qualified exercise trainers are available to advise and motivate you at all times, with in-depth knowledge of all aspects of health and fitness, and available to manage and design fitness programs and offer extra support and encouragement as required.



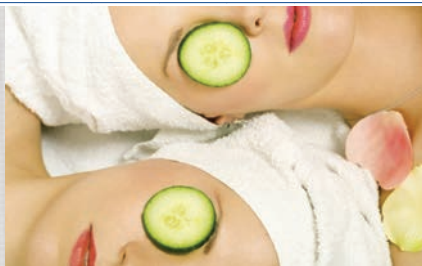
POOL

Plunge into the crystal clear water at Esprit. For you and your family, Esprit offers a 19 metre indoor swimming pool and relaxing pool area with comfortable loungers to relax and enjoy the sunshine. The Esprit Wellness & Spa is an oasis of peace and tranquillity that offers an escape from the stress of daily life.

SAUNA AND STEAM ROOM

The aromatic Steam with starry night ceiling and Finnish Sauna with essence dosing, will melt all your stress and tightness. Relax & enjoy their miraculous calmness and cleansing power.

To complement the Spa facilities, the Club also offers a wide range of Dermalogica Treatment packages including massages, facials, waxing, body wraps, manicures, pedicures and many other treatments of the highest quality. Why not relax and be pampered at Esprit.



CLUB OPENING/PEAK TIMES

Monday to Friday 06:30-22:00
Saturday & Sunday 07:00-22:00

OFF PEAK TIMES

Monday to Friday 09:30-16:30
Saturday & Sunday 07:00-10:00

CHILDREN'S HOURS:-

DURING TERM TIME:

Monday to Friday 09:00 - 13:00 & 14:30 - 17:00
Saturday & Sunday 07:00 - 11:00 & 15:00 - 19:00

DURING SCHOOL HOLIDAYS:

Monday to Friday 09:00 - 13:00 & 14:30 - 19:00
Saturday & Sunday 07:00 - 11:00 & 15:00 - 19:00

ESPRIT MEMBERSHIP BENEFITS

- Free lifestyle consultation and personalised program updated regularly
- Complimentary towel & Gilchrist & Soames toiletries
- 10% discount on food and beverage purchased at the hotel in either Monty's Lounge Bar or Caprice Restaurant and consumed by the Esprit Member

MEMBERSHIPS:- Individual Joint Corporate Off Peak

Memberships are for 2, 3, 6 or 12 month periods and are payable in full in advance (2, 3 or 6 month memberships) or by monthly instalments by standing order (annual memberships).

| Memberships | Monthly by standing order (annual contract) | Pre-paid | Pre-paid | Pre-paid |
|---------------------------|--|----------|----------|----------|
| Number of months | 12 | 3 | 6 | 12 |
| Peak Individual | £57.00 | £180.00 | £330.00 | £627.00 |
| Peak Joint | £99.00 | £285.00 | £540.00 | £1089.00 |
| Off Peak Individual | £47.00 | £150.00 | £270.00 | £517.00 |
| Off Peak Joint | £89.00 | £255.00 | £510.00 | £979.00 |
| Corporate Peak Individual | £47.00 | £150.00 | £270.00 | £517.00 |
| Corporate Peak Joint | £89.00 | £255.00 | £510.00 | £979.00 |
| Child (3-15 years old) | £20.00 | £60.00 | £120.00 | £240.00 |

SPECIAL OFFERS: Prepayable

2 Month Prepaid Peak Membership - £109.00

* MEMBERSHIP CATEGORIES

Joint - Two members married or partners living at the same address
Exclusive - Unlimited use of Club facilities for a single member and a 55 min Treatment of your choice for the member every month (Treatment can be taken Monday—Friday only)
Corporate - A minimum of 5 individuals in an organisation
Off Peak - Use of Club facilities during off peak times
Child - Children aged 3-15

*Club Rules are available on request and apply to all Esprit guests.

*All prices are subject to change.



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SPA TREATMENTS

MASSAGE

FULL BODY MASSAGE 55 min £50

A complete massage of the whole body relaxes all muscles, improves blood and lymph circulation, stimulates metabolic processes, and gives your energy level a boost.

REJUVENATING MASSAGE 55 min £55

This full body massage uses relaxing and stimulating movements to relieve tension, improve circulation and remove toxins from the body.

BACK NECK & SHOULDER MASSAGE 25 min £35

A totally relaxing and de-stressing treatment for your back, neck & shoulders.

DOUBLE INDULGENCE 55 min £100

A treatment where both guests can relax and de-stress at the same time with a shared room massage.
(Subject to availability of double treatment room)

INDIAN HEAD MASSAGE 25 min £30

A relaxing and deeply healing scalp treatment to soothe away stress and tension.

FOOT & LEG MASSAGE 25 min £35

This is the perfect massage for the end of the day. It will release those tired aches and pains.

THERMAL STONE FULL BODY MASSAGE 55 min £65

Heated black basalt stones are used to massage the whole body, releasing deep seated tension. This treatment is ideal for anyone suffering with muscular aches and pains.

BODY THERAPY

EXPRESS REJUVENATING TREATMENT 55 min £60

(30 min thermal stone massage and 25 min facial)

Maximum results in minimum time. Experience the luxurious hot & cold sensations of this massage and then be treated to anti-ageing facial, designed to smooth and restore youthful radiance.

ANTI-STRESS BACK MASSAGE 45 min £40

Designed to release tension, combat tight muscles, rebalance your energy levels & reactivate your senses.

THERAPEUTIC SCALP TREATMENT 45 min £40

A gentle massage to the upper back, shoulders, arms, neck, scalp and face, helps to dispel stress, relieve tension and promote healthy hair and scalp.

FACE DRAINAGE 45 min £40

Using massage and lymphatic drainage techniques the neck, shoulders, face and scalp are massaged to restore circulation, firm and detoxify your body.





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SPA TREATMENTS

HAND AND FEET

EXPRESS MANICURE 25 min £25

Cuticles are softened with oils and creams, nails are shaped & tidied and a perfect lasting polish is applied.

EXPRESS PEDICURE 25 min £25

Cuticles are softened with oils and creams, nails are shaped & tidied and a perfect lasting polish is applied.

LUXURY MANICURE 55 min £50

The hand exfoliation, mask and hydration leaves hands feeling firmer, smoother & softer. Your hands will be massaged, cuticles are cared for with oils and creams, the nail shape is perfected & treatment basecoat & colours are applied for a perfect finish.

LUXURY PEDICURE 55 min £50

The foot exfoliation, mask & hydration leaves feet feeling firmer. Feet & scalp will be massaged, cuticles are cared for with oils and creams, the nail shape is perfected & treatment basecoat & colours are applied for a perfect finish.

RELAXING FEET TREATMENT 25 min £25

Exfoliation and hydration replenishes and softens feet, lavishing a rich and healing action on your skin. Foot and scalp massage soothe away tension, warmed oils nourish and condition feet & nails.

RELAXING HAND TREATMENT 25 min £25

Exfoliation, mask and hydration replenishes and softens hands, lavishing a rich and healing action on your skin. Hand & scalp massage soothe away tension, warmed oils nourish and condition hands & nails.

FACIALS

MINI FACIAL 25 min £30

This treatment will give you a sense of inner calm & well-being. After a cleansing ritual to your whole face, including a gentle exfoliation, you will experience a divine facial and eye massage.

SKIN SPECIFIC FACIAL 55 min £45

This facial allows the therapist to choose the most appropriate products for your skin's needs.

EXPRESS RADIANCE 55 min £50

The power of radiance ice cubes when applied over the eyes will instantly revive, lift & firm the skin. It is a completely indulgent and truly divine experience, leaving your complexion visibly brightened and glowing.

DERMALOGICA TREATMENTS

AGE SMART® 55 min £45

Are the signs of ageing more prevalent on your skin? AGE Smart® will give it a revitalising power boost to firm, smooth, nourish, regenerate and energise while controlling the biochemical triggers that lead to skin ageing.

ULTRA CALMING™ 55 min £45

The Dermalogica UltraCalming™ products are serious relief for sensitised skin that calms, soothes & replenishes the most aggravated, irritated & inflamed skin.

Please note that we have both female and male spa therapists. Kindly advise if you have any specific preference for the gender of the therapist at time of booking so we can do our best to allocate the preferred therapist for your treatment, as it will not always be possible to do this on the day.



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SPA TREATMENTS

SPA DAY WITH LUNCH OR AFTERNOON HIGH TEA £65pp

This Spa package entitles you to full use of all the Club's facilities. It makes an ideal introduction to the delights on offer at the Spa, either a 2 Course Lunch in the stylish 2 AA Rosette Caprice Restaurant or an Indulgent Afternoon Tea served with a chilled glass of Champagne in Monty's Lounge Bar, and a 55 minute Dermalogica Treatment of your choice. (Sunday-Friday only)

SPA DAY FOR TWO £37.50pp

This Spa Day package entitles you to full use of all the Esprit Wellness facilities including a superb 3 Course Lunch with a glass of House Wine (175ml) in the stylish 2 AA Rosette Caprice Restaurant.

DELUXE SPA BREAK FOR TWO from £219.00 per room, p/n

Enjoy overnight accommodation in one of our luxurious tranquil bedrooms, full English Breakfast, a superb 3 Course Set Menu Dinner in the 2 AA Rosette Caprice Restaurant, a 45 minute Dermalogica Spa Treatment each and full use of the Esprit Wellness facilities. (Thursday-Sunday only)

BODY EXFOLIATION & BODY WRAP

BODY FOLIATION THERAPY 45 min £40

Customized exfoliation coupled with the warming sensation your body craves! A gentle Oatmeal & Rice Bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots.

POWER RECOVERY THERAPY 45 min £40

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves. A unique blend of Wheat Protein and Honey act as maximum hydrators while Wasabi, Ginger & White Tea stimulate blood circulation to promote healthier skin.

Waxing

| | |
|---------------------------------------|-----|
| 1/2 arm | £12 |
| Full arm | £18 |
| 1/2 leg | £18 |
| Full leg | £24 |
| Bikini (No Brazilian & Hollywood wax) | £15 |
| Lip and Chin | £14 |
| Lip or Chin | £8 |
| Eyebrows | £12 |
| Underarm | £10 |
| Full Back (for men) | £30 |

*The above waxing prices are reflective for women only.

Please enquire about men's prices.

*All prices are subject to change. Please view the price list at the Esprit Reception desk for current prices.

*Please arrive 15 minutes prior to booking time to complete medical consultation form. The treatment time includes changing & consultation.





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