



Esprit Fitness & Dermalogica Spa Brochure





Welcome...

...to the Esprit Fitness and Dermalogica 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 AA Four Star Merit Holiday Inn Reading M4 Jct 10 in Winnersh Triangle, the Esprit Fitness and Dermalogica 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 Fitness and Spa is an oasis of peace and tranquillity that offers an escape from the stresses of daily life.

SAUNA AND STEAM ROOM

The aromatic Steam with starry night ceiling and Finnish Sauna, heated to your choice of temperature, will melt all your stress and tightness. Relax and 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, 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 & consumed by the Esprit Member

MEMBERSHIPS:- Individual Joint Corporate Off Peak

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

ANNUAL CLUB MEMBERSHIP PRICES

PEAK	Monthly by Standing Order
Individual	£55
Joint	£90
Exclusive Individual	£80
Child	£20
OFF PEAK	Monthly by Standing Order
Individual	£45
Joint	£85
Child	£20

3 month (Prepayable) - £180 Peak | £150 Off Peak | £285 Joint Peak
 6 month (Prepayable) - £330 Peak | £270 Off Peak | £540 Joint Peak

*Corporate memberships available on request

* AQUA - Monday & Wednesday 18:30 - 19:15

* MEMBERSHIP CATEGORIES

Joint - Two members married or partners living at same address

Exclusive - Unlimited use of Club facilities for a single member and a 1 Hour Treatment of your choice for member every month (Treatment can be taken Monday—Friday only)

Corporate - A minimum of 10 individuals in an organisation

Off Peak - Use of Club facilities during off peak times

Child - Children aged 3-13. Children under 3 are not allowed in the pool

*Club Rules are available on request . Prices 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.

INDIAN HEAD MASSAGE 25min £30

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.

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 £60

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.

MOTHER –TO-BE MASSAGE 1.30min £65

This therapy connects mother and baby through the power of touch. Specialised positioning is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back & alleviating swelling in the hands & feet. Scalp & face massage easing the mind and uplifting the spirit.

BODY THERAPY

EXPRESS REJUVENATING TREATMENT 1hr £50
(30 min thermal stone massage and 30 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.

PURIFYING BACK TREATMENT 45min £45

Back exfoliation, detoxifying and anti-inflammatory mask are used to soothe, calm & rebalance the skin.

ANTI-STRESS BACK MASSAGE 45min £40

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

THERAPEUTIC SCALP TREATMENT 45min £30

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

FACE DRAINAGE 45 min £30

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

HAND AND FEET

EXPRESS MANICURE **30 min** **£25**
 Cuticles are softened with oils and creams, nails are shaped & tidied and a perfect lasting polish is applied.

EXPRESS PEDICURE **30 min** **£25**
 Cuticles are softened with oils and creams, nails are shaped & tidied and a perfect lasting polish is applied.

LUXURY MANICURE **1 h 15min** **£45**
 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 basecoats & colours are applied for a perfect finish.

LUXURY PEDICURE **1 h 15 min** **£45**
 The feet 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 basecoats & colours are applied for a perfect finish.

RELAXING FEET TREATMENT **30min** **£25**
 Exfoliation and hydration replenishes and softens feet, lavishing a rich and healing action on your skin. Feet and scalp massage soothe away tension, warmed oils nourish and condition feet & nails.

RELAXING HAND TREATMENT **30min** **£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 **1h** **£45**
 This facial allows the therapist to choose the most appropriate products for your skin's needs.

EXPRESS RADIANCE **1.15min** **£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.

FACE, EYES, DECOLLETE TREATMENT **1.45 min** **£60**
 Relaxing facial incorporating face, eye and décolleté. This treatment is a complete and effective remedy for removing the stresses of daily life, leaving skin firm, smooth and brilliant.

Waxing

1/2 leg **£18**
 Bikini **£15**
 Lip and Chin **£14**
 Eyebrows **£12**
 Underarm **£10**
 Full leg **£24**
 Lip or Chin **£8**

Tint

Eyebrow tint **£10**
 Eyelash tint **£15**
 Eyelash & Brow tint **£23**



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SPA TREATMENTS

DERMALOGICA TREATMENTS

AGE SMART[®] 1h 15min £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™ 1h 15 min £45

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

BODY EXFOLIATION & BODY WRAP

MINERAL SALT SCRUB THERAPY 45min £30

Mineral Sea Salts & Seaweed exfoliate while skin-smoothing enzymes help dissolve dead skin cells naturally for a smooth finish. Natural oils & extracts help stimulate the senses while cleansing and conditioning.

BODY FOLIATION THERAPY 45min £30

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 £30

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.

NOURISHING SEA MUD THERAPY 45min £30

Stimulate circulation while smoothing skin with this body wrap therapy that promotes skin nourishment. Natural Earth Clays draw out impurities, while Tropical Asian Ginger and White Tea stimulate circulation.

SPA DAY WITH LUNCH OR AFTERNOON HIGH TEA £65

This Spa package entitles you to full use of all the Club's facilities. It make an ideal introduction to the delights on offer at the Club, 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 the Monty's Lounge Bar and a 60 minute Dermalogica Treatment of your choice.

DELUXE SPA BREAK FOR TWO from £199 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 leisure facilities.

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

*Please arrive 15 minutes prior to booking time. The treatment time includes changing and consultation.



Esprit Fitness and Dermalogica Spa @ Holiday Inn Reading M4 Jct10, ****
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