



SPAS | HEALTH CLUBS | HOTELS



A GIFT FOR YOU

WELCOME AND INTRODUCTION

Firstly, a warm welcome from everyone here at The Bannatyne Group.

To make things accessible, and to offer complete flexibility when it comes to using your gift, you'll be happy to hear that your Bannatyne Gift Card can be used across the group in any one of our Health Clubs, Spas and Hotels. To assist you further, we have assembled some useful ideas and additional information in this brochure just for you.

The final say however, is all yours when it comes to deciding where to spend your credit. We hope that you will enjoy choosing, after discovering all of the superb products and services that we have on offer.

IT'S YOUR CHOICE - ENJOY!

Bannatyne



Health Clubs

With over 65 Health Club locations across the UK, we offer the perfect environment for our members, allowing them to achieve their health and fitness goals.

More information is included in this brochure covering our Health Club locations and the fantastic facilities a membership at Bannatyne will provide.

Hotels

Take your relaxation one step further and escape to one of our five magnificent hotels. Your Bannatyne Card can be used for overnight stays, dining experiences and Spa breaks, giving you the perfect package to enjoy a mini break or longer stay!

Our Hotel section will inform you of the wonderfully unique characteristics each hotel has to offer.

Spas

If wellbeing is your choice, then we have it covered with over 37 Spas across the UK.

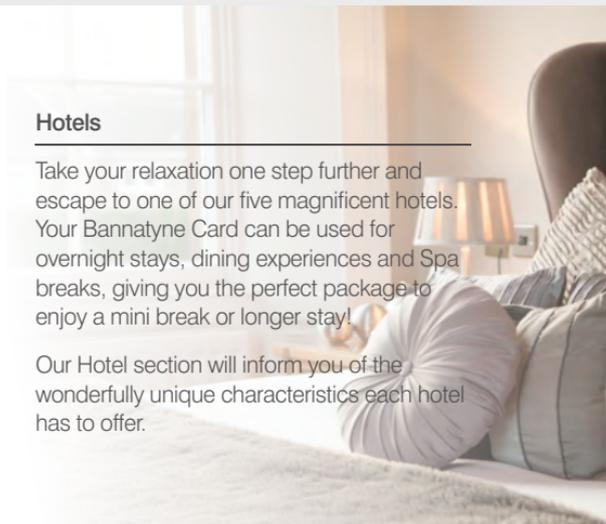
Stepping into one of our Spas, where men and women can completely relax and unwind, provides the perfect antidote to modern day life.

Our Spa section has some fantastic offers, which may make your decision, very difficult!

A WORLD OF WELLNESS AWAITS...

www.bannatyne.co.uk

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SPA

RELAX THE MIND, SOOTHE THE SOUL AND LIFT THE SPIRIT.

Indulge yourself in the Bannatyne Spa - "making you feel ultra special". Redeem your Bannatyne Gift Card on our most popular spa days, treatments and products.

Treat yourself to a selection of our bestsellers and most popular items on our Spa menu.

Most Luxurious Treatment

Lava Shell Full Body Massage -

the warm, smooth shells are glided over the body with varying pressures, techniques and precision with hydrating oils to moisturise the skin. Simply wonderful.

Approx Treatment Duration: 55 minutes.

From
£59

For a full range of spa days, breaks, treatments and products or to book, please visit: www.bannatyne.co.uk/spa

No 1 Bestseller

Deluxe Choice for Two - our bestselling spa day is a great option for those wanting treatment choices and great value. Both you and your guest can choose any one of the following treatments:

- *Bannatyne Expert Facial*
- *Manicure*
- *Swedish Back, Neck and Shoulder Massage plus an Energising Facial*
- *Swedish Back, Neck and Shoulder Massage plus a Body Polish*
- *Energising Facial and a Body Polish*
- *Swedish Full Body Massage*

You will also receive unlimited access to our Health Club facilities, including a daily programme of fitness and relaxation classes during your spa day*

Approx Treatment Duration: 55 minutes per person.

From
£95

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MAKING YOU FEEL SPECIAL

Great Value

Pick and Mix Spa Day for Two - your opportunity to tailor your ideal spa package. You and a loved one can choose any two of the following mini treatments :

- *Mini Swedish Back Massage*
- *Scalp Massage*
- *Welcome Touch Facial*
- *File and Paint*
- *Bamboo Leg Massage*
- *Bamboo Mini Back Massage*

You will also receive unlimited access to our Health Club facilities, including a daily programme of fitness and relaxation classes during your spa day*

Approx Treatment Duration: 25 minutes per person.

From
£55

Best Value

Elemis Wonders of Frangipani Gift Set - a celebration of Frangipani and Manoi. Deeply nourishing Tahitian Coconut oil infused with Tiare flowers, indulges your skin and your senses. Collection includes:

- *Frangipani Monoi Shower Cream 200ml – Full Size*
- *Frangipani Monoi Body Cream 200ml – Full Size*
- *Frangipani Monoi Salt Glow 490gm – Full Size*
- *Frangipani Monoi Body Oil 100ml – Full Size*
- *NEW Frangipani Monoi Hand & Nail Cream 100ml – Full Size*
- *Luxury Vanity Case*

Envelop yourself in exotic aromatics from the islands of Polynesia.

A Celebration of Frangipani and Manoi.

Only

£89

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*Terms and conditions apply. Please visit www.bannatyne.co.uk

A WORLD OF WELLBEING

IN ASSOCIATION WITH ELEMIS

Bannatyne

LOCATION

THE BANNATYNE GROUP CONSISTS OF OVER 37 SPAS

Ashford	Inverness
Banbury	Kingsford Park - Colchester
Barnsley	Leicester
Birmingham (Brindleyplace)	Luton
Birmingham (The Priory)	Manchester (Chepstone St)
Bristol	Manchester (Quay St)
Broadstairs	Mansfield
Burton on Trent	Millbank
Bury St. Edmunds	Milton Keynes
Cardiff	Norwich
Carlisle	Orpington <i>(New In January 2017)</i>
Chafford Hundred	Perth
Charlton House	Peterborough
Darlington	Solihull
Dunfermline	Sutton Coldfield
Durham	Tamworth
Edinburgh (City Centre)	York
Edinburgh (Newcraighall Road)	
Fairfield	
Falkirk	
Hastings	

For all spa enquiries, please call our helpful team on **0344 477 4777**, or fill out our enquiry form online.

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SPAS | HEALTH CLUBS | HOTELS



HEALTH CLUB

BECOME A MEMBER AND TAKE ADVANTAGE OF THE FANTASTIC FACILITIES WE HAVE TO OFFER.

Your Bannatyne Gift Card can be used in variety of ways in our Health Clubs. Here are a few examples to show you more...

A Bannatyne Membership - this provides you with the latest Health Club facilities and a complete service, creating your home for wellness. With over 65 premium Health Clubs nationwide, the opportunity to take advantage is literally around the corner.

The latest innovations in fitness, for both equipment and classes, are provided to keep things fun, interesting and challenging. We'll help you get started and keep you on track! Every member is entitled to a complimentary induction and unlimited reviews. Furthermore, the Bannatyne App tracks your exercise routine, logs your personal records, monitors your biometrics and enables you to book classes on the go!

An extensive selection of classes are included within your membership. If you want the latest trends or prefer a more holistic approach to your wellbeing, we

have a range to suit everyone's preference and ability. High impact training classes include our own B:functional programmes.

Yoga, Pilates and Aqua classes provide low and non-impact exercise opportunities.

Luxurious swimming pool areas include sauna, steam room and spa pools, helping you to relax and unwind.

Full access memberships range from as little as £25.99 per month up to £90.00 per month at Tower 42 our flagship club in London. If you travel with work, Bannatyne is perfect. As long as your membership price is in the same or a higher tier than your other desired clubs, you can simply pin your code into these clubs each visit.

SPOILT FOR CHOICE

USE YOUR BANNATYNE GIFT CARD TOWARDS A HOST OF PRODUCTS AND SERVICES.

Personal Training - everyone is different, and we recognise that by providing the opportunity to make things personal! Motivation is crucial in achieving results, whilst being efficient with your time as well as keeping exercise options fresh and interesting. Whether you're new to exercise, want to improve on your performance or break through to reach an all-time target, why don't you use your card to give you that extra boost you deserve?

MYZONE MZ-3 Effort Tracker - traditional fitness trackers record data that often means different things, to different people i.e finishing a 5km run in 25 minutes may mean a personal best for some whilst others would barely break a sweat. In short, the effect of exercise on your overall fitness is as individual as you are. The MZ-3 recognises this flaw and tracks your heart rate (with 99% accuracy) and awards MyZone Effort Points (MEPs) for your exercise. It also records the calories you burn, and streams all the data live to your smartphone. Choose to buy this with your card and you'll find yourself being rewarded on a daily basis!

Cafe Bar - with a fantastic selection in our sociable and relaxing Cafe Bars, from lite bites and nutritional meals to coffee and treats, we'd not judge you if you opted to reward yourself. The majority of our menu has been designed with healthy and nutritionally rich food and drink at the forefront, however, the Bannatyne Gift Card can go towards anything from our Cafe Bar.

Kinetica Protein - Kinetica is a leading and innovative sports nutrition brand, with an extensive range of great tasting and highest quality ingredients and standards. Whether you're a regular exerciser with experience of using supplements to help repair and recover, or want to start off on the right foot, our range of pre and post workout products offer a great tasting solution by using your card to pay at either reception or Cafe Bar.

A WORLD OF WELLNESS

EXPERIENCE THE GIFT OF FITNESS

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LOCATION

OVER 66 HEALTH CLUBS ACROSS THE UK...

Aberdeen	Crewe	Manchester - Whitworth St
Ashford	Darlington	Manchester - Quay St
Ayr	Dumfries	Mansfield
Banbury	Dunfermline	Millbank - London
Braintree	Durham	Milton Keynes
Barnsley	Eastbourne	Newport
Birmingham - City Centre	Edinburgh - City Centre	Norwich
Birmingham - Brindleyplace	Edinburgh - Newcraighall	Orpington
Blackpool	Fairfield	Peterborough
Bristol	Falkirk	Perth
Broadstals	Folkestone	Rotherham
Burton on Trent	Glasgow - Stepps	Russell Square - London
Cardiff	Grove Park - London	Shrewsbury
Carlisle	Hastings	Skelmersdele
Chafford	Ingleby Barwick	Solihull
Charlton House	Inverness	Sutton Coldfield
Chester-le-Street	Leicester	Tamworth
Chingford	Livingston	Tower 42 - London
Bury St Edmunds	Lowestoft	Wakefield
Colchester Kingsford Park	Luton	Wellnburgborough
Colchester	Maida Vale - London	Worksop
Coulby Newham	Manchester - Chepstow St	York



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HOTEL

RELAX AND INDULGE IN BEAUTIFUL SURROUNDINGS AND LUXURIOUS FACILITIES

At Bannatyne Hotels, we have taken the time to perfect the offerings available, allowing us to provide you with opportunity for any occasion and budget, any celebration, a well deserved treat or just an excuse to have a little "me time". So why not let us take care of you and your loved ones, so that you can leave content and relaxed, having created new and special memories together.

Below we have selected a range of experiences that are firm favourites with our previous guests but the final decision is all yours!

*Gourmet Dining Experience including Free Wine

Experience the ultimate in gourmet dining, including a glass of wine expertly matched to each course. The food menu will vary from a 5 course tasting menu, to a superb 3 course à la carte menu all hand selected by our head chefs. We have the perfect gourmet treat for every occasion and every budget. Includes a welcome drink, minimum of 3 course meal, a glass of wine with each course and coffee or tea.

*Gourmet Dining Experience excludes Bannatyne Hotel Durham.

Luxury Spa Breaks - (includes 1 night's accommodation)

Take in all of the luxury we have to offer, and go for the ultimate pamper experience. Let all of the stresses and strains of everyday life drift away as we take care of your every need.

From
£135pp

There are a variety of spa breaks packages to suit your requirements, please visit www.bannatyne.co.uk/spa/ for the full range of packages available at each of our Hotels.

Top Pick! Heavenly Bliss

This includes 1 night's accommodation, full English or continental breakfast, luxury robe, fluffy towel and slippers to use for the duration of your stay, 25 minute treatment, 2 course meal plus unlimited access to our spa and gym facilities.

From
£135pp

ENJOY & ESCAPE

Afternoon Tea - For two

Take time to enjoy this quintessential British pastime, with one of our indulgent and carefully handcrafted Afternoon Teas. Or for that extra special occasion or a well deserved treat, add a glass of Champagne or Prosecco.

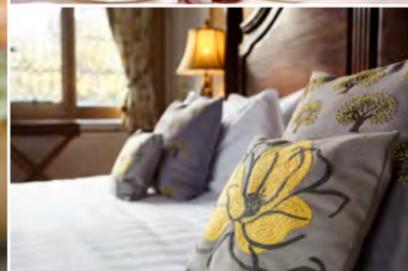
From
£15.90

Dinner, Bed & Breakfast - For two

For the perfect getaway, choose one of our luxury Hotels to either take time to relax and unwind in the Hotel and gardens or for the more active, take advantage of our Health Club facilities. Or why not use the hotel location to explore the local surrounding area as we have the perfect destinations just for you.

From
£108

Please feel free to contact us if you have any questions or special requests, we would love to hear from you to help understand your specific needs so that we can deliver great memories. Further information can be found at www.bannatyne.co.uk/hotel/. All packages are available at Kingsford Park excluding Dinner, Bed & Breakfast.



LOCATION

Bannatyne offers you the choice of five magnificent hotels, so enjoy your Bannatyne Gift Card on the perfect get-a-way or dining experience, whatever the occasion at one of our charming venues .

You can choose from overnight stays, spa breaks or food and beverage.

Bannatyne Hotel Darlington - Duncan Bannatyne's signature hotel, Bannatyne Hotel Darlington is a stunning Grade II listed Georgian townhouse, where the grandeur and warmth of a historic past, meets contemporary convenience and style. Accommodation includes standard double/twin rooms, junior suites with separate living and sleeping, a splendid four poster room, the stylish deluxe room and the superbly-appointed executive rooms.

Bannatyne Hotel Durham - situated just a short distance from the city centre of a historic town, the Bannatyne Hotel Durham is the perfect choice for both business and leisure, offering top quality accommodation at great value prices.

Bannatyne Hotel Bury St Edmunds - however you choose to relax, Bannatyne Hotel Bury St Edmunds is the perfect retreat. Surrounded by exquisite countryside, this Neo-Jacobean mansion offers a unique ambience in which to relax and unwind.

The Hotel provides exceptional accommodation with unique rooms, each with their own character and style.

Charlton House Somerset - has achieved an enviable reputation as one of the leading country house hotels in the South West of England.

The Hotel offers superior accommodation, from the spacious grand suite and opulent four poster rooms, each with an outside courtyard or balcony.

Whether you're looking for a luxurious spa break, or a relaxing stopover, Charlton House makes for an unforgettable venue.

INDULGE & RELAX

Bannatyne Spa Hotel Hastings - set in 38 acres of formal gardens and woodland, Bannatyne Spa Hotel Hastings will make your stay in this beautiful South Coast resort town even more memorable. Blending magnificent accommodation in a historic venue, fantastic service and fine dining.

Maxine's Restaurants - our hotels* pride themselves on their enviable reputation for superior food, great variety and excellent service. Our expertly crafted menus, use only the finest locally sourced produce to deliver an exceptional dining experience, making the perfect venue at any time of day.

Health Club and Spa Facilities - each hotel offers on-site (or within walking distance) an exclusive Health Club and Spa with swimming pool, spa pool, sauna, steam room and comprehensive gym facilities which guests have complimentary access to during their stay.

*Food and beverage for the Bannatyne Hotel Durham is located in the adjacent Health Club Cafe Bar.

Bannatyne

Bannatyne



How to get in touch: Please visit www.bannatyne.co.uk for further information and for the relevant contact details.
For all spa enquiries, please call our helpful team on **0344 477 4777**, or fill out our enquiry form online.



www.bannatyne.co.uk