

Bodycare Spa Breaks 2009/10



sportandspa

- Bodycare Spa breaks
- Pamper Day Spa experience
- Activity Week at Puerto Pollensa, Majorca
- Bodycare on The Algarve
- Bodycare in Madeira
- Activity Week in Portugal
- Bodycare in Malta

www.sportandspa.co.uk Tel: 01704 330700

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Comprehensive details of all hotels – home or abroad, can be found on their individual websites.

If you require any other information, please contact us on 01704 330700



Bodycare Spa Breaks

www.sportandspa.co.uk

The complete pampering indulgence

Over the last year we've found that over 25% of our clients, particularly young mums, expressed a desire to get away, but could only manage one night, and yet felt that they would still enjoy the benefits of the weekend experience.

Following this excellent response we shall again offer this unique experience from only:

£109.00 *Friday nights*

£127.00 *Saturday nights*

£189.00 full Bodycare Spa Weekend *two nights.*

*All prices are per person based on twin room occupancy. Single Supplement £17.00 per night
Deposit £20.00 per person*

A very warm welcome awaits you on our Bodycare Spa Weekends. From the moment you arrive at the door, until the moment you leave **YOU WON'T HAVE TO WORRY ABOUT A THING.** Our aim is to **RELAX** you, **PAMPER** you and provide you with the very best in accommodation and service.

*All our UK Hotels are **4 star** and we have chosen them because of their relaxing atmosphere and **excellent leisure facilities.***

Included in the price:

One Night Break (<i>Friday or Saturday</i>) Half board accommodation	Two Night Break (<i>Friday to Sunday</i>) Half board accommodation
2 x Treatments	3 x Treatments
<i>(Treatments are 25 minutes each; choose from Back Body massage, Face & Neck massage, Nourishing Therapeutic Hand and Foot massage or Exfoliation of the Back)</i>	
1 x Yoga / Relaxation session	2 x Yoga / Relaxation sessions
Jacuzzi / Whirlpool spa / Steam bath / Sauna (<i>where available</i>) Unlimited swimming	
Complimentary Soft drinks plus Welcome Pack	



New Venues

For our Bodycare programme 09/10

The Met Hotel*

Leeds

23rd – 25th July 2010

Having recently had a £6million refurbishment, the Met is one of the most distinctive hotels in Leeds and well worth a visit.

Its central location makes it ideal for partying and shopping and its close proximity to the station offers an easy alternative means of travel.

We believe the quality and service that this hotel provides will certainly leave a lasting impression.

Selsdon Park Hotel

South Croydon, Surrey

19th – 21st February 2010

23rd – 25th April 2010

4th – 6th June 2010

A new venue and an ideal choice for Bodycare and Pamper Promotions.

Set in 205 acres of spectacular parkland and yet only 13 miles from London, this 4* hotel provides total luxury and seclusion.



New Venues

For our Bodycare
programme 09/10

www.sportandspa.co.uk

Huntingdon Marriott

Nr Cambridge

29th – 31st January 2010

28th – 30th May 2010

16th – 18th July 2010

Situated only 20 minutes from Cambridge, this hotel offers both comfort and pleasant surroundings during your stay. Having recently been refurbished, the hotel has a very welcoming foyer and lounge bar area.

Barcelo Basingstoke Country Hotel

Hook, Hampshire

22nd – 24th January 2010

This hotel has retained all of its charm and character of a country hotel.

The 4* hotel offers luxury bedrooms with full facilities along with fine food in the lovely Scures Brasserie.



New Venues

For our Bodycare programme 09/10

Baillbrook House Hotel*

Bath, Avon

19th – 21st March 2010

2nd – 4th July 2010

For the first time we are offering Bodycare at Bath. One of the most visited cities in the U.K.; it is unrivalled as a short break destination, offering historical buildings, boutique shopping and numerous places to visit.




The hotel is less than 2 miles from the city centre and yet has a parkland setting, extensive grounds and unlimited parking.

On Saturdays, we have arranged optional pre-dinner Guided Walks of the city from 5.30pm to 6.45pm, for which there will be a small charge per person.



TO BOOK ANY OF OUR BREAKS – HOME OR ABROAD

Pay your deposit of £20 per person by debit or credit card:

-  call 01704 330700
-  or send your booking enclosing £20 deposit per person to Sport and Spa, 4 Barrington Drive, Southport, PR8 2PR
-  or email graham@fitnessfiesta.com

Book online www.sportandspa.co.uk

Only £20
deposit
per person

Northern region

Cranage Hall

Near Holmes Chapel, Cheshire

30th October – 1st November 2009

12th – 14th February 2010

30th April – 2nd May 2010

18th – 20th June 2010

Set in beautiful landscaped grounds, this hotel is near to the attractive towns of Holmes Chapel and Knutsford.

Cranage Hall has a reputation for its spacious lounge areas and superb restaurant all of which have recently been refurbished.

Preston Marriott Hotel

Broughton, Lancashire

27th – 29th November 2009

5th – 7th February 2010

21st – 23rd May 2010

Situated north of Preston, this excellent Marriott hotel is set within 11 acres of woodland and offers everyone who visits a most enjoyable stay. Marriott hotels are famous for their vast choice in breakfasts and comfortable beds and Preston Marriott is no exception.

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Northern Region

Redworth Hall

Redworth, Co Durham

15th – 17th January 2010

If you are looking for a venue full of character then Redworth Hall is it. This Jacobean Manor set within 150 acres of wooded countryside offers an ideal location for tranquillity and pampering. The local areas offer plenty to see and do. You have the beautiful city of Durham with its 900 year old Cathedral, and the hotel is within easy travelling distance of the famous Beamish Colliery Village.

Shrigley Hall

Bollington, North Cheshire

6th – 8th November 2009

5th – 7th March 2010

Set in rural Cheshire on the edge of the Peak District this once Stately Home has been transformed into a four star Hotel offering pure luxury.

The Hotel has full spa facilities, tennis courts, 150 elegant bedrooms, the lovely Oakridge restaurant and Courtyard Bar plus complimentary car parking for 300 cars.



Central Region

www.sportandspa.co.uk

Ettington Chase Hotel and Conference Centre

Near Stratford-upon-Avon, Warwickshire

20th – 22nd November 2009

26th – 28th February 2010

14th – 16th May 2010

9th – 11th July 2010

This 4 star hotel is set within the picturesque village of Ettington, 4 miles south west of Stratford upon Avon, therefore an ideal location for visiting the historical towns of Warwick and Stratford.

The hotel boasts a very spacious lounge area for relaxing and delightful social amenities.

Walton Hall Hotel

Wellesbourne, Warwickshire

16th – 18th April 2010

One of the main comments regarding this hotel last year was of its stunning grounds. The beautiful 65 acre woodland areas create a backdrop of pure tranquility and relaxation. This unique venue offers a twist of traditional and contemporary facilities by combining the quintessential stately home with the beautifully designed hotel.

Please note Bodycare will take place in the new Walton Hall Hotel which is within the grounds of Walton Hall.



Southern Region

Beaumont House

Old Windsor, Berkshire

13th – 15th November 2009

29th – 31st January 2010

This superb venue set within the backdrop of Windsor Castle and the beautiful area of Runnymede, is a superb traditional stately home, but with all of the modern luxury facilities.

Please note there is no sauna/steam room at this hotel.

The Bellhouse Hotel (formerly De Vere)

Beaconsfield, Buckinghamshire.

16th – 18th October 2009

26th – 28th March 2010

11th – 13th June 2010

Having used this hotel now for the past 6 years it has always proved itself to be one of our most popular venues in the south east. Its stunning Mediterranean style entrance greets you with an air of tranquility. The award winning restaurant offers fine dining in luxurious surroundings.



De Vere Swindon

Swindon, Wiltshire

25th – 27th June 2010

This superb modern hotel has been designed with your comfort in mind. It offers a very high standard and is just 10 minutes drive to the Great Western Designer Outlet Village, which is the largest of its kind in Europe.

Highcliff Marriott Hotel

Bournemouth

23rd – 25th October 2009

15th – 17th January 2010

5th – 7th February 2010

This Hotel has stunning views overlooking long sandy beaches, ornate gardens and wide open promenades, plus the popular shopping centre a short distance away. Therefore this is the ideal place to relax and unwind for a spa break.

Horwood House

Little Horwood, Buckinghamshire

30th October – 1st November 2009

12th – 14th March 2010

7th – 9th May 2010

Set in 29 acres of landscaped grounds, Horwood House is a splendid hotel offering a high standard of accommodation, together with a spacious restaurant and several lounge areas.



Southern Region

Portsmouth Marriott Hotel

Portsmouth, Hampshire

6th – 8th November 2009

5th - 7th March 2010

9th – 11th April 2010

Portsmouth has many attractions that include Port Solent, one of the South Coast's leading leisure and tourist attractions, which includes the Broadwalk with its appealing mix of bars, restaurants and speciality shops. You also have Gunwharf Quays, an outlet centre that is a must for the female shopper.

For those having an interest in the historic aspects of Portsmouth there are such famous ships as the Mary Rose, and H.M.S. Victory, and the Royal Naval Museum. To ensure that your Bodycare weekend is free of stress, you have excellent parking facilities and refurbished social areas.

Swindon Marriott Hotel

Swindon, Wiltshire

16th – 18th April 2010

This modern four star Hotel has a high standard with excellent bedrooms. All twin rooms have two double beds with an abundance of pillows!

The hotel is 10 minutes drive to the Great Western Designer Outlet Village which is the largest of its kind in Europe.



Diary Dates

www.sportandspa.co.uk

BODYCARE SPA WEEKENDS

October 2009

- 16 – 18 The Bellhouse Hotel, Beaconsfield, Bucks
- 23 – 25 Highcliff Marriott Hotel, Bournemouth
- 30 – 1 Nov Horwood House, Milton Keynes, Bucks
- 30 – 1 Nov Cranage Hall, Holmes Chapel, Cheshire

November 2009

- 6 – 8 Shrigley Hall, Bollington, North Cheshire
- 6 – 8 Portsmouth Marriott Hotel, Portsmouth
- 13 – 15 Beaumont House, Old Windsor, Berks
- 20 – 22 Ettington Chase, Nr Stratford Upon Avon
- 27 – 29 Preston Marriott Hotel, Broughton, Lancs

January 2010

- 15 – 17 Highcliff Marriott Hotel, Bournemouth
- 15 – 17 Redworth Hall, Co Durham
- 22 – 24 Barcelo Basingstoke Country Hotel, Hook, Hants
- 29 – 31 Beaumont House, Old Windsor, Berks
- 29 – 31 Huntingdon Marriott Hotel, Nr Cambridge

February 2010

- 5 – 7 Highcliff Marriott Hotel, Bournemouth
- 5 – 7 Preston Marriott Hotel, Broughton, Lancs
- 12 – 14 Cranage Hall, Holmes Chapel, Cheshire
- 19 – 21 Portsmouth Marriott Hotel, Portsmouth
- 19 – 21 Selsdon Park, South Croydon, Surrey
- 26 – 28 Ettington Chase, Nr Stratford Upon Avon

March 2010

- 5 – 7 Shrigley Hall, Bollington, North Cheshire
- 12 – 14 Horwood House, Milton Keynes, Bucks
- 19 – 21 Bailbrook House Hotel, Bath, Avon
- 26 – 28 The Bellhouse Hotel, Beaconsfield, Bucks

April 2010

- 9 – 11 Portsmouth Marriott Hotel, Portsmouth
- 16 – 18 Swindon Marriott, Swindon, Wilts
- 16 – 18 Walton Hall, Wellesbourne, Warwicks
- 23 – 25 Selsdon Park, South Croydon, Surrey
- 30 – 2 May Cranage Hall, Holmes Chapel, Cheshire

May 2010

- 7 – 9 Horwood House, Milton Keynes, Bucks
- 14 – 16 Ettington Chase, Nr Stratford Upon Avon
- 21 – 23 Preston Marriott Hotel, Broughton, Lancs
- 28 – 30 Huntingdon Marriott Hotel, Nr Cambridge

June 2010

- 4 – 6 Selsdon Park, South Croydon, Surrey
- 11 – 13 The Bellhouse Hotel, Beaconsfield, Bucks
- 18 – 20 Cranage Hall, Holmes Chapel, Cheshire
- 25 – 27 De Vere Hotel, Swindon, Wilts

July 2010

- 2 – 4 Bailbrook House Hotel, Bath, Avon
- 9 – 11 Ettington Chase, Nr Stratford Upon Avon
- 16 – 18 Huntingdon Marriott Hotel, Nr Cambridge
- 23 – 25 The Met Hotel, Leeds

Pamper Day Spa Experience

A chance to get away from it all, relax and be pampered in beautiful surroundings for only £69!

Only £20 deposit per person

On each of these special days we re-create the experience of one of our Bodycare Spa Breaks. Each venue is a high quality hotel with its own first class health club.

On arrival everyone is given an individual programme for the day which will include a choice of 2 of the 25-minute treatments listed.

Included in the price:

Choose 2 of the following: Face & Neck Massage, Back Body Massage, Therapeutic hand & foot massage or Exfoliation of the Back.
Additional treatments are available for a nominal charge.

Full use of Hotel Spa facilities

Yoga/Relaxation Session

A delicious and healthy lunch is provided and complimentary soft drinks throughout the day.

These special 'pamper days' start at 9.30am and finish at 5.00pm approx.

What a difference a day makes



Pamper Day Dates

www.sportandspa.co.uk

BERKSHIRE

Beaumont House,
Windsor
14 & 15 November 2009
30 & 31 January 2010

BOURNEMOUTH

Highcliff Marriott Hotel,
Bournemouth
24 & 25 October 2009
16 & 17 January 2010
6 & 7 February 2010

BUCKINGHAMSHIRE

The Bellhouse Hotel,
Beaconsfield
17 & 18 October 2009
27 & 28 March 2010
12 & 13 June 2010
Horwood House,
Milton Keynes
31 October 2009
1 November 2009
13 & 14 March 2010
8 & 9 May 2010

CAMBRIDGESHIRE

Huntingdon Marriott,
Nr Cambridge
30 & 31 January 2010
29 & 30 May 2010
17 & 18 July 2010

CHESHIRE

Crangage Hall Hotel
31 October 2009
1 November 2009
13 & 14 February 2010
1 & 2 May 2010
19 & 20 June 2010

SHRIGLEY HALL, BOLLINGTON

7 & 8 November 2009
6 & 7 March 2010

COUNTY DURHAM

Redworth Hall, Redworth
16 & 17 January 2010

HAMPSHIRE

Portsmouth Marriott
Hotel, Portsmouth
7 & 8 November 2009
6 & 7 March 2010
10 & 11 April 2010

Barcelo Basingstoke
Country Hotel, Hook,
Hampshire
23 & 24 January 2010

LANCASHIRE

Preston Marriott Hotel,
Broughton, Lancashire
28 & 29 November 2009
6 & 7 February 2010
22 & 23 May 2010

SURREY

Selsdon Park Hotel,
South Croyden
20 & 21 February 2010
24 & 25 April 2010
5 & 6 June 2010

WARWICKSHIRE

Ettington Chase Hotel,
nr Stratford upon Avon
21 & 22 November 2009
27 & 28 February 2010
15 & 16 May 2010
10 & 11 July 2010

Walton Hall Hotel,
Wellesbourne
17 & 18 April 2010

WILTSHIRE

De Vere Swindon,
Swindon
26 & 27 June 2010
Swindon Marriott Hotel,
Swindon
17 & 18 April 2010



Overseas Holidays

www.sportandspa.co.uk

- **1 free place in 12 bookings**
on all breaks in this brochure
- **Early bird offer - £50 off Bodycare**
in Malta November 2010 when you book before 1st April 2010 (see page 26)
- **Majorca £200 half board**
- **Flights available**
Flight are available to all our holiday destinations from many regional airports



TO BOOK ANY OF OUR BREAKS – HOME OR ABROAD

Pay your deposit of £20 per person by debit or credit card:

- ☎ call 01704 330700
- ✉ or send your booking enclosing £20 deposit per person to Sport and Spa, 4 Barrington Drive, Southport, PR8 2PR
- @ or email graham@fitnessflesta.com

Book online www.sportandspa.co.uk

Only £20
deposit
per person



Discover Puerto Pollensa, Majorca

Activity Week in Majorca 29th April to 6th May 2010

Only 70
places
available

So many people said what a fantastic time they had on our 2009 Walking Holiday, that we felt we had to repeat it in 2010 but as part of an Activity Week.

The 3 star Pollensa Park Hotel offers an excellent buffet meal service in a spacious restaurant. It has generous bar and lounge areas and many of its bedrooms have recently been refurbished.

It has a large freshwater swimming pool, evening entertainment and the hotel's location is just a stroll from the attractive promenade and relatively quiet town and yet it is the nerve centre for Bird Watching in Majorca and ideally situated for a variety of superb walks.

**7 nights half board
for only £349**

per person (dinner, bed & breakfast)

Included in the price:

Return transfer to Palma Airport

Full walking programme with
Richard Strutt - *coach fares extra*

Walking for Strollers and Bird
Watching programme
- *coach fares extra*

Coach Excursion (*optional extra*)

Full programme of Exercise, Yoga
and Meditation sessions

Evening Entertainment,
Live Music and Quiz Evenings

Information Pack. Resident
Sport & Spa Representative

*This price is based on twin-room occupancy.
Single supplement £30 for 7 nights.
Sea Views - all rooms face the sea.*



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.co.uk

Only
£200!

EXTRA SPECIAL OFFER BOOK NOW!

Book a 2nd week
either before or after
the activity week* for
only £200!

based on twin room occupancy

(No activity / Walking Programme)

*Free airport transfer coaches will only
be available on 29th April and the 6th
May 2010

5* Bodycare in Madeira

www.sportandspa.co.uk

For Sheer Indulgence – The Grand Hotel in Madeira is the right place.

This 5 Star Hotel with Luxury bedrooms and en-suite facilities is located on an impressive headland, the Ponta da Cruz, on the western side of Funchal. Its location provides breathtaking views over the Atlantic Ocean and yet the hotel is only a short distance from the centre of the historic city of Funchal.

Among the many benefits of the Hotel's location, is the 'Madeira Forum Shopping Centre' – just 5 minutes walk. The airport too is reasonably near – just 30 minutes drive and we provide free courtesy transport to and from the Grand Hotel. *(Mondays & Fridays)*

Dates Available

29th Jan - 8th Feb 2010

4th June - 14th June 2010

**Any 3 nights for
only £269** *per person*

Dinner, Bed and Breakfast

Additional nights £52 per person

(Based on twin room occupancy, land view). Single Supplement £ 25 per night

Included in the price:

Return transfer to Funchal Airport
(Mondays & Fridays)

Half Board accommodation
(Dinner, Bed and Breakfast)

3 Beauty Therapy Treatments
(choose from Back Body Massage, Face & Neck Massage, Nourishing Therapeutic Hand & Foot Massage or Exfoliation of the Back).

Other treatments are available at reasonable prices.

Special Golf Discount

Yoga sessions

Free admission to the
Copacabana Cabaret Club
(at the Casino Park Hotel)

Information Pack

Resident Sport & Spa Representative



Bodycare on The Algarve, Portugal

An exceptional holiday at an affordable price at the **Dom Joao II**

Relax, be pampered and enjoy the excellent facilities and location of this 4 Star Hotel which has been totally refurbished. The Hotel is very close to a wonderful beach and the Alvor Praia Hotel which is being refurbished.

The facilities of the Dom Joao II hotel, Alvor, include Indoor and Outdoor Heated Pools, Gymnasium, Sauna and Turkish Bath.

All bedrooms and en-suite bathrooms have been completely refurbished with all facilities you would expect from a 4-star Hotel, as have the Restaurant, Lounges and Bars, which overlook the gardens and have sea views.

Many of last year's clients visited the hotel and were impressed by the quality of its internal facilities following the total refurbishment.

Dates available:

29th January - 12th March 2010

Choose any 3 nights from only £214 per person

- Bed and Breakfast
- Additional nights £33 per person
- OR 3 nights for only £250 Dinner, Bed and Breakfast
- Additional nights £45 per person

(Prices based on Twin Room Occupancy, Land View)

Single Room Supplement £12 per night.

Sea View Supplement £9 per room per night



Included in the price:
Return transfer to Faro Airport. <i>Mondays & Fridays</i>
Half Board (<i>Dinner, Bed and Breakfast</i>) or Bed & Breakfast accommodation
Special Golf Discount
Exercise & Yoga sessions
3 Beauty Therapy Treatments <small>(choose from Back Body Massage, Face & Neck Massage, Nourishing Therapeutic Hand & Foot Massage or Exfoliation of the Back). Other treatments are available at reasonable prices.</small>
Evening entertainment & live music
Tennis court facilities at nearby Alvor Praia Hotel
Information Pack, Resident Sport & Spa Representative
Exclusive 10% Discount on all drinks & snacks in the Hotel
15% discount at 4 Quality Restaurants in Alvor & nearby

Activity Week at Dom Joao II

Don't Just Take a Holiday. Take One That's Different.

This extremely comfortable and friendly hotel has been a popular venue for our clients ever since we started using it 12 years ago. Many of our clients visited it this year whilst at the Alvor Praia (*which is due for part-refurbishment*) and were very impressed.

In addition to its excellent comfortable bedrooms with en-suite facilities they all have air conditioning, heating, satellite television, radio, hairdryers, telephones and safety boxes (*available for hire*).

The hotels Restaurant, Bars and Lounge areas are very comfortable and extremely attractive. New facilities include Indoor Heated Pool, Sauna, Turkish Bath and Gymnasium.

The hotel has direct access to the beach and is only a short walk from the fishing village of Alvor with its many shops and restaurants.

12th Anniversary Activity Week

at the NEW DOM JOAO II Hotel,
Alvor, Algarve, Portugal.

Dates available:

21st – 28th January 2010

7 Nights only £309

- Bed and Breakfast
- Additional nights £33 per person

7 Nights from £399

- Dinner, bed and breakfast
- Additional nights £45 per person

*(Prices based on Twin Room Occupancy, Land View) Sea Views - £9 per room, per night
Single Supplement - £12 per night*



One free place in 12 bookings!*

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Included in the price:

Return Airport Transfer. *(Thursdays only)*

Half Board *(Dinner, Bed and Breakfast)*
or Bed and Breakfast accommodation

Beauty & Holistic Treatments
available at reasonable prices with our own Sport & Spa Staff

Walking programme at your level. *(coach fares extra).*

Special Golf Discount

Full programme of Exercise,
Yoga and Meditation sessions.

Beach walking & gentle circuit work

Evening entertainment & live music

Excursions *(optional extra)*

Leisure Plan Quiz Evenings

Introduction to Bird Watching

Information Pack & Resident Sport & Spa Representative

15% discount at 4 Quality Restaurants
in Alvor and nearby

10% Discount on all drinks and snacks in the Hotel
Exclusive to Sport & Spa guests.

* When you book 12 places at the same time for any of our packages

Bodycare, 4* Viking Hotel, Algarve

This excellent 4* Hotel is located on a cliff top offering spectacular panoramic views of the Atlantic Ocean and the delightful beaches of Porches, Algarve, Portugal.

Facilities include:

- Direct access to the Beach
- Sauna & Jacuzzi
- Tennis & Squash Courts
- Pinta & Gramacho Golf courses nearby
- 4 x Swimming pools
- including 1 x Indoor pool

Dates available:

12th – 26th March 2010.

**Any 2 nights
only £211**

- Extra nights only £39 per person
(Based on 2 people sharing Twin bedroom)

Single room supplement £12 per night

Included in the price:

Return transfer to Faro Airport.
Mondays, Fridays & Sundays

Half Board (*Dinner, Bed and Breakfast*)

2 Beauty Therapy Treatments
(choose from *Back Body Massage, Face & Neck Massage, Nourishing Therapeutic Hand & Foot Massage or Exfoliation of the Back*).

Other treatments are available at reasonable prices.

Exercise & Yoga sessions

Information Pack

Resident Sport & Spa Representative





Bodycare in Malta

www.sportandspa.co.uk

5* Corinthia Hotel, St. George's Bay, Malta, November 2010

This elegant hotel with excellent bedrooms & bathrooms is splendidly located at the entrance to St. George's Bay. Virtually surrounded by The Mediterranean and designed around cascading pools that lead down to a lido.

The hotel offers unparalleled luxury and comfort for you during your stay. It has 10 bars and restaurants, a courtesy bus to Sliema, St. Julian's and Valletta, the capital. Its leisure and spa facilities are unequalled.

Dates available:

5th – 15th November 2010

CHOOSE ANY 3 NIGHTS FOR ONLY

£299 per person

Dinner, Bed and Breakfast

Additional nights £52 per person

Single Supplement £25 per night

(Based on twin room occupancy).

Included in the price:

Return transfer to Airport
(Mondays & Fridays only)

Half Board accommodation -
(Dinner, Bed and Breakfast)

3 Beauty Therapy Treatments
(choose from Back Body Massage, Face & Neck Massage, Nourishing Therapeutic Hand & Foot Massage or Exfoliation of the Back).
Other treatments are available at reasonable prices.

Yoga sessions

Information Pack

Evening entertainment

Full spa and leisure facilities

Resident Sport & Spa Representative

BOOK NOW!!!!
It couldn't be easier, only £20 deposit.



Book now!!!! It couldn't be easier!



sportandspa

£50 off

**when you book
before 1st April 2010
for Bodycare in Malta
November 2010**

Only 1 voucher per person

How to use your voucher

Send your booking enclosing £20
deposit per person together with your
voucher (s) to



Sport and Spa Ltd
4 Barrington Drive, Southport. PR8 2PR