

# The Spa at Bodysgallen Hall



## AN INTRODUCTION TO THE BODYSGALLEN SPA

Membership of the Spa offers full use of the fitness, health, beauty and recreation facilities, which is one of the finest in North Wales. It also offers other benefits and social events associated with beautiful and historic Bodysgallen Hall, **Wales' Highest Rated Country House Hotel.**

For the enjoyment of an exclusive membership the tactful conversion of the old buildings at Bodysgallen Farm provided an enlarged and improved version of the Spa that we have run successfully at our sister hotel, Hartwell House, since 1992. The **Bodysgallen Spa** was nominated 'One of the Top 10 UK Hotel Spas', by **The Sunday Times**. It includes the following features:

- 50' Swimming Pool**    **State of the art Gymnasium, with Power Plate!**
- Whirlpool Spa Bath**    **Steam Room**
- Sauna**    **Relaxation Room**
- 6 Beauty and general treatment rooms**
- A Club room for drinks and light meals**
- Dedicated Parking**
- Sun terraces with fine views**

The style and approach of the Spa centres on fitness, health and beauty in an always calm, relaxed and uncrowded atmosphere. Children are admitted on a limited basis during clearly defined hours (see Membership Conditions). Trained staff, using the latest and best equipment are always available.

## EXCLUSIVE BENEFITS OF ANNUAL MEMBERSHIP - WORTH £500.....

### **Club membership incorporates many benefits;**

- \*One-night **complimentary** Bed and breakfast stay in a double bedded room at **BODYSGALLEN HALL** per full Membership or full joint membership. Value to **£175.00**.
- \*One **free** Bed and Breakfast during a stay of two nights or more at **MIDDLETHORPE HALL & SPA** or **HARTWELL HOUSE & SPA**. VALUE TO **£270.00**
- \*One free lunch mid-week at **BODYSGALLEN HALL**. Value to **£25.00**
- \*One **£30.00** voucher towards treatments of your choice at **BODYSGALLEN SPA**.

## AS A MEMBER YOU CAN ENJOY.....

- \*Full use of the Spa - 50ft swimming pool, sauna, steam room, spa pool, gymnasium and Club Room.
  - \***15%** saving on all food and beverages in the Spa Club Room;
  - \***15%** saving on all beauty treatments.
  - \***FREE** Aqua Fit sessions;
  - \*The service of our qualified **Personal Fitness Instructor**;
  - \***15%** saving in the **BODYSGALLEN HALL** Restaurant on pre-booked lunch, afternoon tea and dinner;
  - \*Notification and preferential booking for events at **BODYSGALLEN HALL** including **Wines Tastings, Gourment Dinners, Luncheons, Concerts** etc.
- All benefits are subject to availability and may change in subsequent years. Terms and Conditions apply.*

## **CHILDREN**

Hotel guests who are resident in the hotel are automatically entitled to use the facilities of the Club. Children of residents, between the ages of 8 and 16, may use the spa between the hours of 9.00am-10.00am and 4.00pm-5.00pm, when accompanied by an adult. Members' children between the ages of 8 and 16 may use the spa on Sundays between the hours of 9.00 am – 12 noon, when accompanied by an adult member.

## **MONTHLY ACCOUNTS**

**Members may receive accounts for incidental expenses every four weeks and deductions will be made through BACS via the member's bank account.**

## **GUESTS**

**Each member may bring up to two guests at an additional charge per guest per visit of £15.00 per person.**

## **HEALTH AND BEAUTY**

Trained staff are employed to provide an extensive range of treatments. All of these are competitively priced for the membership.

## **OPENING HOURS**

The spa is open:

Monday-Thursday	7.30am - 9.00pm (Friday 7.30am – 8.00pm)
Saturday-Sunday and Bank Holidays	8.00am -7.30pm
1 <sup>st</sup> November – 31 <sup>st</sup> March	Spa opens at 8.00am

## **CLUB RULES**

All persons wishing to become a member of the Club will be provided with full details of Club rules and membership conditions.

## **MEMBERSHIP CARDS**

We require 2 passport size photographs in order to prepare your membership cards which must be shown on each visit to the Spa.

## **ADDITIONAL BENEFITS OF MEMBERSHIP**

Benefits of membership are available to new members, members with continuous annual membership, and previous members who after a gap, are starting a second year of continuous annual membership after rejoining.

## BODYSGALLEN SPA CLUB SUBSCRIPTIONS

### Membership categories

	<u>Annual</u>		3 Month	6 Month
	1 Payment	10 Payments (by BACS)	Membership	Membership
<b>Full membership:</b> Any single adult over the age of 18 residing within 30 miles radius of Bodysgallen Spa	<b>£795</b>	<b>£85.50</b>	<b>£295.00</b>	<b>£445.00</b>
<b>Full joint membership:</b> Full membership for husband and wife	<b>£1365</b>	<b>£147.00</b>	<b>£505.00</b>	<b>£790.00</b>
<b>Weekday Country membership:</b> Any single adult over the age of 18 residing outside 30 miles radius of Bodysgallen Spa (Monday-Friday only)	<b>£580</b>	<b>£62.50</b>		
<b>Joint Weekday Country membership:</b> Weekday country membership for husband and wife (Monday-Friday only)	<b>£1010</b>	<b>£108.50</b>		
<b>Country Membership including Weekends:</b> Any single adult over the age of 18 residing outside 30 miles radius of Bodysgallen Spa	<b>£710</b>	<b>£76.50</b>		
<b>Joint Country Membership including Weekends:</b> Country membership for husband and wife	<b>£1230</b>	<b>£132.00</b>		

Membership for 16-20 year olds, children of joint members, living at home – half the applicable joint membership subscription fee (e.g. joint full + 16-20 year old = £1365.00 + £682.50 = **£2047.50** or 10 payments of **£220**).

**Subscriptions include VAT and are for one year from joining date.  
Subscriptions are reviewed on the 1st October each year.**

The annual membership fee may be paid by direct debit in ten instalments every four weeks. However, members who elect to pay the annual subscription in this way are responsible for paying a full year's subscription. Therefore, should a member resign during the membership year then the remainder of the year's membership is due in full and will be collected by BACS.

### THERE IS NO JOINING FEE

There is an entitlement by each member to use the services of the spa and hotel, which will be paid in advance as a credit to the members account to be used for the services and products of the spa and hotel during the year.

		<u>3 Months</u>	<u>6 Months</u>
<b>Full membership entitlement</b>	£200	£75.00	£100.00
<b>Joint membership entitlement</b>	£350	£130.00	£200.00
<b>Weekdays country membership entitlement</b>	£100		
<b>Weekdays joint country membership entitlement</b>	£200		
<b>Country membership including weekends</b>	£180		
<b>Joint country membership including weekends</b>	£315		
<b>Additional entitlement fee for 16-20 year old child of joint members</b>	£100		

In September 2008 this company donated all its interests in **BODYSGALLEN HALL** and the other two **HISTORIC HOUSE HOTELS** to **THE NATIONAL TRUST**, with all profits benefiting the houses and the charity.

## **The Gymnasium and Getting Started**

Everyone can benefit by undertaking a regular and well-structured exercise programme, and our fully equipped gymnasium is available for use throughout our hours of opening. Before commencing use of the gym, you will be required to undergo an induction when you will be instructed on the safe and effective use of the equipment and asked what you aim to achieve from your exercise - the induction may be booked at the Spa reception desk. Following this you will be provided with a personalised exercise plan which will be monitored and updated as required. The equipment in the gymnasium can be placed in two categories :-

Aerobic Equipment will help increase the efficiency of your heart and lungs as well as burn body fat and Resistance Equipment (Weights) will strengthen, tone and shape the muscles, improve posture and maintain bone density.

**Please note - use of the gym can seriously improve your health!**

### **Hydrotherapy**

Records for the use of hydrotherapy go back as far as 2400 bc. It was the Greeks who first developed special centres and by 330 ad some were used for healing purposes and the treatment of rheumatic disorders and paralysis. Throughout history hydrotherapy has been regarded as an easy and natural way of treating most diseases and as carried out on the principle that heat or cold is conveyed to the general nervous system by the nerves in the skin. Therapeutic pool exercises have developed throughout this century, and significantly, the two world wars highlighted the need for rehabilitation through the use of hydrotherapy for a wide range of conditions.

At Bodysgallen we have created a range of facilities geared towards utilising heat and water as a form of treatment. We shall be pleased to advise you on the most effective ways of using each facility and developing an individual programme accordingly, for example a 20 minute swim, followed by a sauna and steam interspersed with showers and rest time will leave you feeling completely relaxed and looking healthy. You will soon feel how beneficial it can be in terms of relaxation, treatment and preventive health care by regularly using a hydrotherapy programme.

### **Beauty Therapy**

At Bodysgallen Spa we offer luxury, exclusive treatments and products from Anne Semonin, a luxury niche brand exclusive to Bodysgallen in North Wales, each treatment is made to measure to suit each individual clients needs. We also offer a full range of treatments and products from the five star aromatherapy ESPA range. Other treatments at the Spa include Jessica nails and St Tropez tanning. Our therapists are always available to offer any advice on the most suitable treatments and products which are all available at your special Spa members discounted rate.

### **Sauna and Steam**

Most of the benefits of a sauna or a steam bath are centred on relaxation and a feeling of deep warmth. This, when combined with rest periods and one or more showers, gives a pleasant mellow feeling. Skin toning and cleansing is another benefit as the pores of the skin are flushed free of dirt and grease when showers are also taken. A cold plunge or shower is popular as the effect of sweating and heat/cold treatment on the skin is to leave it fresh, healthy and glowing. There is also a third benefit of sauna/steam bathing and that is a deep heat treatment. If you wish to ease those aches and pains, sore muscles, or you have an injury for which heat treatment has been prescribed then sauna/steam is an excellent way of getting heat into the affected area. The main fallacy which surrounds their use is that of weight loss. Although you can come from a heat session several pounds lighter, it is only water loss and will be replaced when you drink, and rest afterwards as is recommended. After exercise allow time for a rest and for the pulse to return to normal before taking a sauna/steam bath. Although a steam bath will feel as hot if not hotter than a sauna, the core temperature is in fact only half that of a sauna but the relative humidity is up to 100% (sauna only 5%).

### **Spa Bath**

There are considerable benefits to be gained by regular use of the Spa Bath. The combination of weightlessness and heat transfer from pool water to the body stimulates certain physical changes which result in the medical benefits. The temperature of the spa is the main factor which allows changes to take place, one of the most important being the movement of fluid from the body tissues into the bloodstream so making the blood 'thinner'. Stress levels are reduced as stress hormones are carried in the bloodstream where they are diluted by the extra fluid. Relief from injuries as well as rheumatism and arthritis can be felt as toxins are flushed away into the bloodstream. The effect of weightlessness is significant as the muscular band surrounding arteries and veins is relaxed so increasing blood flow but without raising pulse rate. This means that the heart is pumping more strongly but without any of the stress associated with the increased output from increased pulse rate. The effect of increased bloodflow also eases muscular aches and pains and speeds body tissue repair.

### **Power Plate**

At the Spa we have the highly acclaimed Power Plate machine, available for private training sessions. Regular fifteen minute sessions can help reach your personnel best and achieve beauty and fitness goals. A member of the Spa team will be happy to introduce you to training on the Power Plate Machine.