

PRESS RELEASE

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Wellness Days at Swinton Park

Swinton Park's Spa and Treatment Rooms have launched a new Wellness Day, combining a holistic approach to health with a day of relaxation and detox.

The day is ideal as a Christmas Gift Voucher, with dates running from New Year 2011 onwards, and offers women time out to relax and enjoy the hotel's facilities and also the opportunity to review their lifestyle and diet.

Guests attending the day will be able to enjoy :

1. The use of the hotel's spa, with sauna and Jacuzzi, and relaxation room
2. A half hour detox massage
3. A mini manicure or pedicure
4. A consultation with nutritionalist Kate Chaytor-Norris
5. A cookery demonstration focussing on health and diet and followed by lunch served at the demonstration table

The nutritionalist attending the day will be Kate Chaytor-Norris, who specialises in women's health and wellbeing (including hormone balancing), and weight loss. The cookery courses will be run by the Cookery School Chef, Robert Taylor, and the products used in the spa will be from [comfort zone] and Jessica.

The day costs £90 per person. Bookings can be made for groups and individuals, and the maximum number attending a day is 8. The Wellness Days will be running on Mondays on :

- 10th January
- 7th February
- 7th March
- 4th April
- 9th May
- 13th June

with more dates to follow for the rest of the year.

[ENDS]

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