



## Relax, Unwind, and Indulge...in your own Eden

With years of experience, Eden Spas are the experts when it comes to making people feel good, and their two world class spas in Nottinghamshire and Staffordshire have been specifically designed to help you relax and unwind.

These day spas are ideal destinations for indulging in some much needed 'me-time.' Despite the traditional and luxurious setting, Eden Day Spas are fitted with the very latest facilities, giving you the best possible experience. Awaken your senses in the salt water vitality pool, rejuvenate your body and mind in the hot rooms, relieve your aching muscles with a hydro jet massage, or simply let your troubles melt away in the tropical atmosphere of the saunarium.

Eden Spa has been carefully designed to provide you with everything you need to feel truly pampered and refreshed in just one day; and with day packages like Heavenly Body, Sheer Indulgence, Beautiful Bump, and even a Time Out for Men, there's no doubt you'll find something that's just right for your needs. Escape completely from day to day life and concentrate solely on spoiling yourself for a while!

Insight Director, Jenny Cross, was lucky enough to recently enjoy an Elemis De-stress Day at Staffordshire's Eden Spa. *"The De-stress day gives you full use of the spa's facilities, from the steam rooms to the gym, as well as allowing you to choose between a Well Being back Massage or an Eden Relaxing Facial. The facilities at the spa are out of this world; the calm colour schemes and luxurious soft robes mean that you feel more relaxed from the moment your day starts, and the staff are amazing – friendly and professional, they go out of their way to ensure that you're as comfortable as possible, which is great! My treatment was amazing, as was lunch, but the best thing was how much difference just taking one day for your self can make. I'd definitely recommend a visit – and I know I'll be going again!"*

Whichever package you choose, you'll enjoy full use of the spa's extensive facilities, and a three course lunch in the award winning Seventh Heaven Restaurant.

Quality is everything at Eden Day Spa, and the luxury location, highly trained staff and specially selected aroma oils and therapy products will help to rest your mind, body and soul. By the time you leave you can guarantee that you'll feel relaxed, refreshed, and ready to take on the world again.

To find out more, or to book your unforgettable day, visit [www.edenspa.co.uk](http://www.edenspa.co.uk)

Customer testimonials...

*"We are so glad that we visited Eden Spa. All of the staff were warm, friendly and very helpful. The meal was out of this world and the treatments we had were excellent. Thank you for making my friend's surprise spa day very special."*

*"My daughter and I had the most fabulous day at Eden Day Spa. The facilities were outstanding and the meal was delightful. It is the best spa that I have been to so far and am about to book us in again - highly recommended!"*

*"This was my first visit and my first experience of a 'spa' day. I didn't really know what to expect and have always thought it wasn't really my 'thing'! I just wanted to say what a fantastic time we had, and what a wonderful place Eden Spa is. It exceeded all of our expectations. We had an incredibly relaxing day and have all agreed we wish we were there again today! Everything is just right, from the ambience and the decor to the friendliness and helpfulness of all your staff. There is nothing we would have changed and I am looking forward to my next visit already."*

