

# EDEN HALL

Imagine a day when you are cosseted from morning to evening... a day in which the stresses of your life are eased away and your mind and body are both revitalised. Eden Hall offers a range of Day Spa experiences together with a selection of additional therapies using the exclusive Elemis beauty product range. Eden Hall is a dedicated Day Spa venue which concentrates on ensuring that guests leave at the end of the day feeling happy, refreshed and pampered!

Part of the highly respected Hoar Cross Hall Health Spa Resort Group, Eden Hall provides a stunning setting offering a unique combination of facilities. Stroll beneath soaring glass ceilings where waterfalls and fountains create an atmosphere of cool calm relaxation. Enjoy swimming in what is probably the largest saltwater vitality pool you have ever experienced. Wander through the elegant rooms of a Grade II listed mansion and enjoy the healthy and delicious food served by the restaurant.

Eden Hall's facilities are extensive. Everything from muscle toning in the two-floor gymnasium to self-rediscovery in the meditation classes will be available to you on a day spa programme.

The seventh heaven restaurant still retains many original features such as 26ft high, ornate ceilings, fine plasterwork, marble fireplaces and stained glass windows. This beautiful area now provides the perfect setting for a stunning buffet lunch, included in all day experiences, the menu uses nature's finest fresh produce with dishes that will stimulate and satisfy most tastes. Special dietary requirements are easily accommodated.

Facilities include the Saltwater Vitality Swimming Pool, Outdoor Relaxation Pool, Aqua Temple Detoxification Centre, Sauna Room, Steam Room, Herbal Room, Hot Room and Saunarium.

Eden Hall has created a range of Day Experiences to suit all your needs from the calming and refreshing Relaxation Experience through to the gloriously self indulgent Pampered Experience, each one designed, within one day, to replace stress with calm, restore vitality and bring the body and mind back in harmony. Eden offer a wide range of Elemis and Thalgo Body and Facial treatments, as well as an excellent selection of additional treatments covering Hair and Scalp, Hairdressing, Health and Fitness programmes and Nou-U Body and Facial treatments. They also offer a range of tanning facilities at the Sun Centre.

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