



Go on Spoil Yourself



Eden Day Spa at Hoar Cross Hall in Staffordshire, is a guaranteed day out to remember. It covers such a multitude of ways to relax, exercise and unwind, that there is something to suit everyone. By Maxine Huie

I stood for a moment in the car park to just absorb the grandeur of this 19th century building. It was simply breathtaking. Suddenly the thought ran through my mind about the interior of the building, were my sport trousers and trainers suitable for such a magnificent establishment? I entered Eden Day Spa with a sigh of relief as a lady walked past me in a towelling robe, wet hair and flip flops. I was at home.

Both myself and Geraldine were first timers to not only Eden Day Spa, but also to the whole health spa experience in general, so we were very open to what the day had in store for us.

We were welcomed with a warm smile at the desk and we were given our class schedules for the day which covered extensive indoor and outdoor activities. Each activity was clearly timed, so that you could easily plan around any pre-booked treatments you had arranged. To my delight the classes were very diverse and ranged from the expected exercise type of sessions to ballroom, latin groove and stress talk! The outdoor activities included golf, archery, guided walks, bicycles, tennis and much more. The receptionist also presented us with our own personal locker keys and an Eden day spa map guide on our arrival. Within our Indulgence package we had two classes of our choice included and this was in addition to our full body massage, glass of champagne and handmade truffles.

We began our day by walking around the various areas of Eden Day Spa to

get familiar with the layout of the centre. We then selected our classes and planned our day ahead over a lovely continental breakfast. It was clear from the outset that it was the intention of Eden Day Spa for you to be in control of your day, as there was the complete freedom to enjoy the facilities at your own pace and leisure. Whether you want to be active all day or you just desire to chill out and relax in total luxury, then this is certainly the day out for you.

The decision to spend quality time in the fully equipped gym was a good one as we soon clocked up some valuable miles on the machines whilst watching the big screens that surrounded us. You will also be glad to know that Eden Day Spa have reserved your lunch places and booked your

treatment slots prior to your arrival, so all you need to do is just turn up at the allocated times as listed on your day planner.

We chose to later relax and unwind in the Aqua Detox Centre which consisted of sauna, saunarium, steam room and massage jets. In the midst of all this came a very pleasant surprise in the form of Lunch! I was expecting very healthy salads, fresh fruit and not much else really,

but how wrong was I? Having eaten at some wonderful restaurants 7th Heaven restaurant at Eden Day Spa was certainly among the best. The lunch for me was one of the highlights of the day. Not only was there a vast selection and variety of dishes, but all were prepared and presented to a very high standard and to top it all we had arrived on only the second day of a new hot buffet selection which

was in addition to the usual a la carte menu option. The buffet consisted of Chicken Korma, Herb diced potatoes, Mediterranean vegetables and even sweet and sour pork to name a few. I could not stop complimenting the chef Jay Deery on his achievements and creativity.

Throughout the day we also enjoyed a full body massage as part of our package, which removed every last trace of stress and anxiety. Eden day Spa has far more to enjoy than I could ever put on paper, as you can create a different package for yourself, every time you go there and I would suggest that you do exactly that.

For more information visit
www.edenspa.co.uk



Eden Day Spa Restaurant



Atrium