

# SPA STAY PACKAGES

The spa at Fredrick's is a haven of tranquility with peaceful spaces and excellent facilities.

Spa Facilities:

- Indoor & Heated Outdoor Swimming Pool - Pool Massage Beds - Indoor Aromatic Steam Room - Therapy Sauna - Four Treatment Rooms - Indoor Pool Loungers - Outdoor Spa Garden with Sun Loungers & Sun Terrace
- Spa Bar - Quiet Relaxation Lounge - Fitness Suite

## LUXURIOUS LAZY STAYS - £195 PP

- One night's bed and breakfast in a Classic double room
- Three-course dinner
- Glass of Prosecco
- A choice of 1 x 60 minute treatment from:  
Full Body Massage, Facial, Luxury Pedicure
- Robe, towel and slippers provided
- £50 single occupancy supplement

## SUNDAY SUITE TREAT - £135 PP

- Overnight accommodation
- Full English or Continental Breakfast
- Use of spa facilities from 10 am - 3 pm on Monday
- Two-course dinner
- On Monday enjoy a choice of 1 x 30 minute treatment from:  
Back Neck and Shoulder Massage, Facial, Mini manicure, Mini pedicure
- Robe, towel and slippers provided
- £50 single occupancy supplement

