



easy
shop

Give her a break

Spa vouchers are the perfect gift for a friend in need of a few hours or days off – especially now she can swap them for some amazing new body-transforming treatments

£37 THE SANCTUARY, LONDON

BUY IT FOR: A tense friend.
SHE SHOULD BOOK: Aromatherapy massage, £37. This bespoke massage works on problem areas – a variation using different oils is available for mums-to-be.
CONTACT: 0870 770 3350; www.thesanctuary.co.uk.

£50 CALCOT MANOR, COTSWOLDS

BUY IT FOR: A spa virgin.
SHE SHOULD BOOK: Aromaflex, £50. An ideal introduction into reflexology, this is a new treatment that starts with a 30-minute back massage, before 30 minutes of reflexology to address specific health concerns.
CONTACT: 01666 891232; www.calcotmanor.co.uk.

£50 STOBO CASTLE, SCOTLAND

BUY IT FOR: A gym lover.
SHE SHOULD BOOK: Personal training, £50. Great for those who are convinced there's only one way to lose weight and that being scrubbed or wrapped isn't it. Stobo Castle offers an hour of personal training or one-on-one intensive yoga and Pilates.
CONTACT: 01721 725300; www.stobocastle.co.uk.

£53 RAGDALE HALL, LEICESTERSHIRE

BUY IT FOR: An insomniac.
SHE SHOULD BOOK: Electro-acupuncture, £53 – to relieve back pain, joint pain or sleeplessness. Tiny currents stimulate traditional acupuncture points and trigger the production of endorphins,

your body's natural painkiller.
CONTACT: 01664 433043; www.ragdalehall.co.uk.

£55 RE-AQUA, NATIONWIDE

BUY IT FOR: A body worrier.
SHE SHOULD BOOK: Endermologie treatment, £55. Endermologie stimulates lymphatic drainage and claims to disperse built-up cellulite over time. Medical experts are also available to offer nutritional advice and body fat analysis.
CONTACT: 0870 403 0002; www.re-aqua.co.uk.

£75 BABINGTON HOUSE, SOMERSET, AND CLARENDON CROSS, LONDON

BUY IT FOR: A luxury junkie.
SHE SHOULD BOOK: The Cowshed Reviving Skin Peel, £75, is great for

sun damaged skin. Kate and Gwyneth visit Cowshed spas for their seasonal preening.
CONTACT: Babington: 01373 813860; www.babingtonhouse.co.uk. Clarendon: 020 77078 1944; www.cowshedclarendoncross.com.

£80 CHAMPNEYS, NATIONWIDE

BUY IT FOR: Your mum.
SHE SHOULD BOOK: Collagen facial, £79.95. This combines traditional French deep-brush cleansing and steaming with a marine collagen face mask that will leave you looking totally rested.
CONTACT: www.champneys.co.uk.

£80 TITANIC SPA, YORKSHIRE, AND MAYFAIR SPA, LONDON

BUY IT FOR: An eco chic-er.
SHE SHOULD BOOK: Sabai hot stone therapy, £80. This treatment uses special hot stones to re-nourish the skin and a variety of mineral-rich essential oils, and is available at Titanic, the UK's first ever eco-spa – truly guilt-free pampering.
CONTACT: Titanic Spa: 0845 410 3333; www.titanicspa.com. Mayfair Spa: 020 7915 2826; www.mayfairspa.com.

£100 WELLBEING ESCAPES, WORLDWIDE

BUY IT FOR: An adventure lover.
SHE SHOULD BOOK: Yoga and Pilates, £100 minimum. City or country? Country or city? Wellbeing vouchers take you all over the UK and abroad to exotic hideaways in Europe and Asia; swap your vouchers for some top-class yoga and Pilates sessions in the sun.
CONTACT: 0845 602 6202; www.wellbeingescapes.co.uk.

£110 SHYMALA AYURVEDA, LONDON

BUY IT FOR: A natural woman.
SHE SHOULD BOOK: Fushi Soothe, £110. For an Oriental twist, brand-new Fushi health vouchers are just the holistic ticket. Exchange your voucher for a range of indulgent Eastern healing treatments, including Indian head massage, acupressure, reflexology and a full Ayurvedic consultation.
CONTACT: 0845 330 1880; customers@fushi.co.uk.