

Spa Day

Inner calm, outer beauty. Champneys is the place to be...



Chill out for the day at one of Champneys luxury spa retreats; Champneys Tring, an elegant mansion and exquisite spa set in acres of Chiltern parkland; Champneys Henlow, a fine country manor and a more traditional English retreat in Bedfordshire; Champneys Forest Mere, hidden in peaceful Hampshire woodland, or Champneys Springs a superb modern spa located in rolling Leicestershire countryside.

...luxurious spa, elegant surrounds, water therapies, delicious cuisine and all the latest fitness trends, there's plenty to refresh mind and body. We'll show you how.

Your day includes:

Arrival 9am

Welcome, introduction & fresh juice

Champneys Massage

Relaxing Facial

Thalassotherapy Pool Session

Hot & cold lunch

Unlimited use of facilities: Swimming Pool, Steam Room, Sauna, Laconium & Gym

A choice of 20 relaxation and fitness classes daily

Departure 6pm

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Terms and Conditions

This package is available at all resorts, any day of the week. Voucher valid for one year from date of purchase and for specific package displayed. We are happy to extend vouchers for a further year at a charge of £15.

If you would like to transfer the voucher to another person Champneys will need written confirmation with the name and address of the new recipient. There is no charge for this. Please write to Champneys Central Reservations, College House, 41 High Street, Henlow, Bedfordshire SG16 6AA.

For further information or to make a reservation please visit www.champneys.com or call 0843 316 2222

Product ingredients

Shower cream INCI Listing:

Aqua, Sodium laureth sulfate, Cocamidopropyl betaine, Acrylates copolymer, PEG-7 glyceryl cocoate, Polysorbate 20, Aloe barbadensis, Sodium mangobutteramphoacetate, Parfum, Sodium chloride, Laureth-4, Linalool, Mica, Butylphenyl methylpropional, Polyquaternium-39, Glycerin, Propylene glycol, Benzyl salicylate, Ananas sativus, Disodium EDTA, Silica, Limonene, Cocos nucifera, Santalum album, Triethylene glycol, Cymbopogon martini, Geraniol, Benzyl alcohol, Cananga odorata, Phenoxyethanol, Methylparaben, Sodium benzoate, Citric acid, Xanthan gum, Potassium sorbate, Magnesium nitrate, Propylparaben, Methylchloroisothiazolinone, Magnesium chloride, Sorbic acid, Butylparaben, Methylisothiazolinone, Ethylparaben, Sodium hydroxide, Isobutylparaben, CI 77891,

Body Cream INCI Listing:

Aqua, C12-15 alkyl benzoate, Cetearyl alcohol, Glycerin, Glyceryl stearate, Cocos nucifera, Polyacrylamide, Cetearyl glucoside, Passiflora incarnata, Mangifera indica, PEG-100 stearate, Phenoxyethanol, Dimethicone, Parfum, Benzyl alcohol, Propylene glycol, Tocopheryl acetate, Methylparaben, Laureth-7, Polydecene, Inulin, Disodium EDTA, Tocopherol, Linalool, Butylphenyl methylpropional, Butylparaben, Benzyl salicylate, Ethylparaben, Alcohol denat., Propylparaben, Limonene, Malpighia punicifolia, Santalum album, Isobutylparaben, Cymbopogon martini, Lecithin, Geraniol, Cananga odorata, Citric acid, CI 19140, CI 15985.



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This package allows you to choose from our carefully chosen spa menu to create your own ultimate spa experience...

Your day includes:

Arrival 9am

2 x 55 minute treatments: Champneys Facial, Body Radiance Exfoliation, Amazonia Floatation, Detox Floatation, Luxury Manicure or Pedicure

Hot & cold lunch

Unlimited use of facilities: Swimming Pool, Steam Room, Sauna, Laconium & Gym

A choice of 20 relaxation & fitness classes

Departure 6pm

*Please state your choice of treatments when booking.

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Note: Contra-indications will be checked at resort before treatments and an alternative will be provided if necessary

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Body Cream INCI Listing:

Aqua, C12-15 alkyl benzoate, Cetearyl alcohol, Glycerin, Glyceryl stearate, Cocos nucifera, Polyacrylamide, Cetearyl glucoside, Passiflora incarnata, Mangifera indica, PEG-100 stearate, Phenoxyethanol, Dimethicone, Parfum, Benzyl alcohol, Propylene glycol, Tocopheryl acetate, Methylparaben, Laureth-7, Polydecene, Inulin, Disodium EDTA, Tocopherol, Linalool, Butylphenyl methylpropional, Butylparaben, Benzyl salicylate, Ethylparaben, Alcohol denat., Propylparaben, Limonene, Malpighia punicifolia, Santalum album, Isobutylparaben, Cymbopogon martini, Lecithin, Geraniol, Cananga odorata, Citric acid, CI 19140, CI 15985.

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