



SIRONA SPA

Take some time-out this April and raise awareness for Stress Awareness month.



April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle, indulge in one of packages to relieve any stress.

RELAX & UNWIND PACKAGE

Bookable Thursdays & Sundays through April.

55 minute Aromatherapy Massage

A deeply relaxing massage using Swedish massage techniques. Your therapist will choose a pre-blended Elemis aromatherapy oil to suit your needs.

2 Hour Spa Experience

Spend two hours in our luxury spa experience which includes access to Lava sauna, Herbal sauna Thaslasso steam room, Herbal steam room, adults only swimming pool & jacuzzi.

45 Minute Yoga Session

Yoga combines physical postures, breathing techniques, meditation and relaxation. It involves movement, meditation, and breathing techniques to promote mental and physical well-being.

WORTH £129 | NOW £99 | SAVE £30



**SAVE
£30**

**ADD A FRANGIPANI
SCALP MASSAGE FOR £10**



DESTRESS PACKAGE

Bookable Monday, Wednesday
and Friday through April.

30 minute Deep Tissue Back Neck & Shoulder Massage

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

2 Hour Spa Experience

Spend two hours in our luxury spa experience which includes access to Lava sauna, Herbal sauna Thaslasso steam room, Herbal steam room, adults only swimming pool & jacuzzi.

Pilates Session

The Pilates exercise method is famous for developing strength, flexibility and coordination whilst working towards a flatter leaner physique.

WORTH £104 | NOW £85 | SAVE £19

**SAVE
£19**



Terms & Conditions of Packages- Offers are not to be used in conjunction with any other discount or offer. Relax and Unwind Package is only bookable Thursdays and Sundays. Destress Package is only bookable Monday, Wednesday and Fridays during April 2024. Offers must be booked and redeemed by April 30th 2024.

To book please call **01626 563 250**
or email us at **Finlake.Activities@haulfryn.co.uk**

