



Esprit Wellness & Spa





## Welcome ...

...to the Esprit Wellness & Spa, a unique club designed with you and your every comfort in mind, and dedicated to offering a friendly and personal level of service in ultra-contemporary vibrant surroundings.

Whether you want to lose weight, build up your strength and fitness, pamper yourself to celebrate a special occasion or simply maintain a healthy lifestyle, Esprit can fulfil your needs.

Located in the superb 2 AA Four Silver Star Crowne Plaza Reading East in Winnersh Triangle, the Esprit Wellness & Spa is ideally located for corporate and private members alike. Conveniently situated between Wokingham, Bracknell and Reading, Esprit serves hotel guests and club members.

It is quite simply one of the finest facilities of its kind in the area.

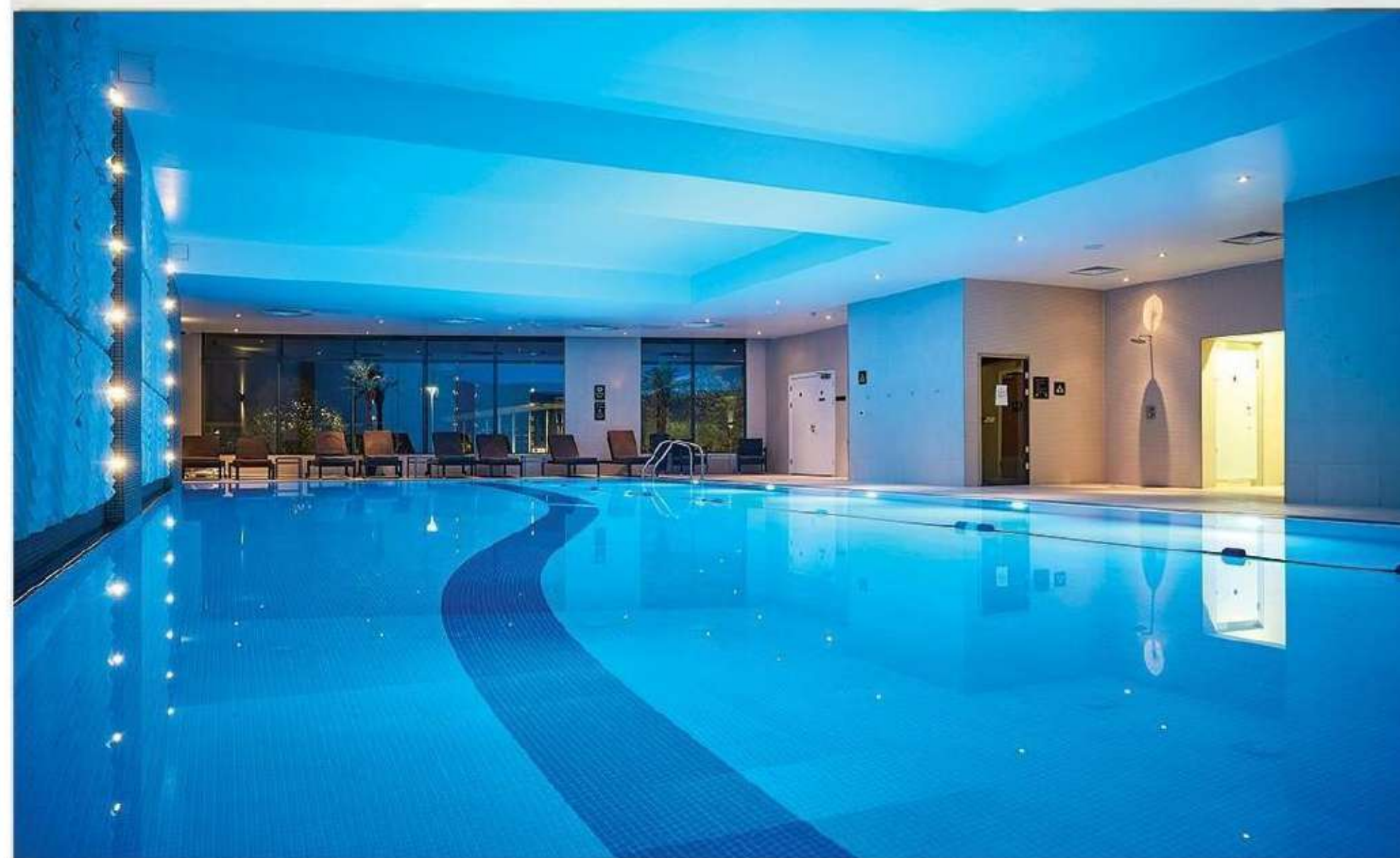




## FITNESS

The new air conditioned gym is equipped with the latest Life Fitness equipment to ensure that you always get the most from your workouts.

The Club's highly qualified exercise trainers are available to advise and motivate you at all times, with in-depth knowledge of all aspects of health and fitness, and available to manage and design fitness programs and offer extra support and encouragement as required.



## POOL

Plunge into the crystal-clear water at Esprit. For you and your family, Esprit offers a 19 metre indoor swimming pool and relaxing pool area with comfortable loungers to relax and enjoy the sunshine. The Esprit Wellness & Spa is an oasis of peace and tranquillity that offers an escape from the stress of daily life.

## SAUNA AND STEAM ROOM

The aromatic Steam with starry night ceiling and Finnish Sauna with essence dosing, will melt all your stress and tightness. Relax & enjoy their miraculous calmness and cleansing power.

To complement the Spa facilities, the Club also offers a wide range of Monu Spa Treatments including massages, facials, waxing, body wraps, manicures, pedicures, and many other treatments of the highest quality. Why not relax and be pampered at Esprit.





## CLUB OPENING/PEAK TIMES

Monday to Friday 06:30-22:00

Saturday & Sunday 07:00-22:00

## OFF PEAK TIMES

Monday to Friday 09:30-16:30

Saturday & Sunday 07:00-10:00

## CHILDREN'S HOURS:-

## DURING TERM TIME:

Monday to Friday 09:00 - 13:00 & 14:30 - 17:00

Saturday & Sunday 07:00 - 11:00 & 15:00 - 19:00

## DURING SCHOOL HOLIDAYS:

Monday to Friday 09:00 - 13:00 & 14:30 - 19:00

Saturday & Sunday 07:00 - 11:00 & 15:00 - 19:00

## ESPRIT MEMBERSHIP BENEFITS

- Free lifestyle consultation and personalized program updated regularly
- Complimentary towel & Gilchrist & Soames toiletries
- 20% discount on food and beverage purchased at the hotel in either Monty's Lounge Bar or Caprice Restaurant and consumed by the Esprit Member only

## MEMBERSHIPS: - Individual Joint Corporate Off Peak

Memberships are for 2,3,6 or 12 month periods and are payable in full in advance (2, 3 or 6 month memberships) or by monthly instalments by standing order (annual memberships).

Memberships	Monthly by Standing order (Annual Contract)	Pre-paid	Pre-paid	Pre-paid
Number Of Months	12	3	6	12
Peak Individual	£65.00	£190.00	£365.00	£715.00
Peak Joint	£120.00	£360.00	£675.00	£1320.00
Off Peak Individual	£ 59.00	£175.00	£330.00	£649.00
Off Peak Joint	£110.00	£330.00	£625.00	£1200.00
Corporate Peak Individual	£59.00	£175.00	£330.00	£649.00
Corporate Peak Joint	£110.00	£330.00	£625.00	£1200.00
Child 3 -15 years old)	£30.00	£90.00	£180.00	£300.00

## SPECIAL OFFERS:- 2 Month Prepaid Peak Membership – £129.00

## \* MEMBERSHIP CATEGORIES

Joint- Two members married or partners living at the same address.  
Corporate- A minimum of 5 individuals in an organisation  
Off Peak- Use of Club facilities during off peak **time**.

Child- Children aged 3-15

\*Club Rules are available on request and apply to all Esprit guests and spa visitors.

\*All prices featured in this brochure are subject to change



**MASSAGE**

**FULL BODY MASSAGE** 50 min £69

A complete massage of the whole body relaxes all muscles, improves blood and lymph circulation, stimulates metabolic processes, and gives your energy level a boost.

**REJUVENATING MASSAGE** 50 min £69

This full body massage uses relaxing and stimulating movements to relieve tension, improve circulation and remove toxins from the body.

**BACK NECK & SHOULDER MASSAGE** 25 min £45

A totally relaxing and de-stressing treatment for your back, neck & shoulders.

**DOUBLE INDULGENCE** 50 min £135

A treatment where both guests can relax and de-stress at the same time with a shared room massage.  
(Subject to availability of double treatment room)

**INDIAN HEAD MASSAGE** 25 min £39

A relaxing and deeply healing scalp treatment to soothe away stress and tension.

**FOOT & LEG MASSAGE** 25 min £39

This is the perfect massage for the end of the day. It will release those tired aches and pains.

**THERMAL STONE FULL BODY MASSAGE** 50 min £79

Heated black basalt stones are used to massage the whole body, releasing deep seated tension. This treatment is ideal for anyone suffering with muscular aches and pains.

**BODY THERAPY**

**EXPRESS REJUVENATING TREATMENT** 50 min £69  
{30 min thermal stone massage and 25 min facial}

Maximum results in minimum time. Experience the luxurious hot & cold sensations of this massage and then be treated to anti-ageing facial, designed to smooth and restore youthful radiance.

**ANTI-STRESS BACK MASSAGE** 50 min £59

Designed to release tension, combat tight muscles, rebalance your energy levels & reactivate your senses.

**THERAPEUTIC SCALP TREATMENT** 50 min £59

A gentle massage to the upper back, shoulders, arms, neck, scalp and face, helps to dispel stress, relieve tension and promote healthy hair and scalp.

**FACE DRAINAGE** 50 min £59

Using massage and lymphatic drainage techniques the neck, shoulders, face and scalp are massaged to restore circulation, firm and detoxify your body.





## HAND AND FEET

<b>EXPRESS MANICURE</b>	<b>25 min</b>	<b>£35</b>
Cuticles are softened with oils and creams, nails are shaped & tidied and a perfect lasting polish is applied.		
<b>EXPRESS PEDICURE</b>	<b>25 min</b>	<b>£35</b>
Cuticles are softened with oils and creams; nails are shaped & tidied, and a perfect lasting polish is applied.		
<b>LUXURY MANICURE</b>	<b>50 min</b>	<b>£65</b>
The hand exfoliation, mask, and hydration leaves hands feeling firmer, smoother & softer. Your hands will be massaged, cuticles are cared for with oils and creams, the nail shape is perfected & treatment basecoat & colours are applied for a perfect finish.		
<b>LUXURY PEDICURE</b>	<b>50 min</b>	<b>£65</b>
The foot exfoliation, mask & hydration leaves feet feeling firmer. Feet & scalp will be massaged, cuticles are cared for with oils and creams, the nail shape is perfected & treatment basecoat & colours are applied for a perfect finish.		
<b>RELAXING FEET TREATMENT</b>	<b>25 min</b>	<b>£35</b>
Exfoliation and hydration replenish and softens feet, lavishing a rich and healing action on your skin. Foot and scalp massage soothe away tension, warmed oils nourish and condition feet & nails.		
<b>RELAXING HAND TREATMENT</b>	<b>25 min</b>	<b>£35</b>
Exfoliation, mask and hydration replenishes and softens hands, lavishing a rich and healing action on your skin. Hand & scalp massage soothe away tension, warmed oils nourish and condition hands & nails.		

## SPA TREATMENTS

### FACIALS

<b>EXPRESS FACIAL</b>	<b>25 min</b>	<b>£45</b>
This treatment will give you a sense of inner calm & well-being. After a cleansing ritual to your whole face, including a gentle exfoliation, you will experience a divine facial and eye massage.		
<b>SKIN SPECIFIC FACIAL</b>	<b>50 min</b>	<b>£69</b>
This facial allows the therapist to choose the most appropriate products for your skin's needs.		
<b>EXPRESS RADIANCE</b>	<b>50 min</b>	<b>£69</b>
The power of radiance ice cubes when applied over the eyes will instantly revive, lift & firm the skin. It is a completely indulgent and truly divine experience, leaving your complexion visibly brightened and glowing.		
<b>ACTIVE COLLAGEN FACIAL</b>	<b>50 min</b>	<b>£69</b>
Are the signs of ageing more prevalent on your skin? This facial. 'Will give it a revitalising power boost to firm, smooth, nourish, regenerate and energise while controlling the biochemical triggers that lead to skin ageing.		
<b>AROMATIC FACIAL</b>	<b>50 min</b>	<b>£69</b>
A soothing, beneficial treatment that is suitable for all skin types. All products contain pure essential oils that been carefully selected to help balance the skin and maintain its youthful appearance.		

Please note that we have both female and male spa therapists. Kindly advise if you have any specific preference for the gender of the preferred therapist for your treatment, as it will not be possible to do this on the day.





## SPA TREATMENTS

### **SPA DAY FOR ONE WITH 50 MINUTE TREATMENT AND**

#### **SPARKLING AFTERNOON TEA**

**£96**

This Spa package entitles you to full use of the Esprit Wellness & Spa. It makes an ideal introduction to the delights on offer at the Spa, with an Indulgent Afternoon Tea served with a chilled glass of Prosecco in Monty's Bar & Lounge, and a 50-minute Monu Treatment of your choice.

(Monday- Friday only)

### **SPA DAY WITH 2 COURSE LUNCH FOR TWO**

**£100**

This Spa Day package entitles you to full use of the Esprit Wellness & Spa including a superb 2 Course Lunch in the stylish 2 AA Rosette Caprice Restaurant. (Monday – Friday only)

### **TWO NIGHT SPA BREAK FOR TWO**

**£325**

Enjoy Overnight accommodation in a standard room for 2 nights, Delicious full English Breakfast each morning, a superb 3 Course Set Menu Dinner in the 2 AA Rosette Caprice Restaurant on your first night only, A choice of 50 Minute Treatment each and full use of the Esprit Wellness & Spa.

(Thursday- Sunday only)

### **BODY EXFOLIATION & BODY WRAP**

#### **BODY FOLIATION THERAPY**

**50 min**

**£69**

Customized exfoliation coupled with the warming sensation your body craves! A gentle Oatmeal & Rice Bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin and helps reduce the appearance of sunspots.

### **Waxing**

1/2 arm	£24
Full arm	£24
1/2leg	£24
Full leg	£30
Bikini (No Brazilian or Hollywood wax)	£24
Lip and Chin	£20
Lip or Chin	£15
Eyebrows	£15
Underarm	£15
Full Back (for men)	£30

\*The above waxing prices are reflective for women only.

Please enquire about men's prices.

\* All prices are subject to change. Please view the price List at the Esprit Reception desk for current prices.

\*Please arrive 15 minutes prior to booking time to complete medical consultation form. The treatment time includes changing & consultation. Guests who arrive late will only be provided with the treatment for any remaining time of their original time slot. Cancellations within to cancellation period are strictly non-transferable and non-refundable.







**Esprit Wellness & Spa at the Crowne Plaza Reading East**  
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