



## Grayshott Health Regime

For those guests who would like to upgrade their stay, or who are staying for additional weeks on the regime, we offer Accelerator treatment packages and a Departure treatment package .

These are only available at preferential rates when booked before arrival.

### Accelerator 1

Recommended for 7 day stays or the Regime Refresher

- Reviving Glow Facial (55 mins)
- Lymphatic stimulation (65 mins)
- Grayshott Classic Body Scrub (25 mins)

*145 minutes of treatments: £190 (usual price £210)*

### Accelerator 2

Recommended for guests who wish to add in Personal Training sessions

- Reviving Glow Facial (55 mins)
- Lymphatic stimulation (65 mins)
- Aromatherapy Full Body (65 mins)
- Personal Training Session (30 mins)

*215 mins of treatments: £275 (usual price £305)*

### Departure treatment package

You may wish to reward yourself with the Departure treatment package:

- Back, Neck & Shoulder Massage (25 mins)
- Grayshott Pedicure (55 mins)
- Reviving Glow Facial (55 mins)
- Grayshott Signature Treatment (55 mins)

*190 minutes of treatments: £225 (usual price £250)*

To make a booking please contact Spa Scheduling on 01428 602031  
or email: [treatments@grayshottspa.com](mailto:treatments@grayshottspa.com)