



Grayshott
Health Spa



Introduction to Grayshott

As the UK's leading health and well-being retreat for over 50 years, Grayshott offers Health programmes to address weight and health issues, Spa stays and days to relax, and Recovery retreats following surgery, illness or medical treatment.

With an award-winning reputation for the quality of therapies, treatments and spa cuisine, Grayshott is one of the UK's last remaining privately owned health retreats, and is located just one hour from London and equidistant to Heathrow and Gatwick.

Guests are supported by a team of Health Consultants, Nutritionists, Physiotherapists, Fitness professionals and Natural Therapy specialists. Grayshott is also the only spa in the UK to be supported by a Medical Advisory Board, comprising eminent medical professionals.

Facilities include:

- *Separate male and female spas, with steam rooms, sauna and relaxation rooms*
- *Gym & weights rooms*
- *Exercise & relaxation classes, supervised walks*
- *Indoor & outdoor swimming pools*
- *Spa pool*
- *Indoor & outdoor tennis courts*
- *9 hole par 3 golf course*
- *Two restaurants*
- *Cinema*
- *Drawing room*
- *47 acres of gardens and grounds*



All stays include accommodation, unlimited use of the spa facilities and all meals, from dinner on arrival to lunch on departure. The minimum stay is 2 nights.

"Grayshott has been dieting and detoxing its clients into newfound svelteness and well-being for more than 50 years"

The Times

Health

Since the launch of the Grayshott 7 day **Health Regime** in 2013, several thousand guests from around the world have benefitted from weight loss and health improvements.



Our Health Consultants consistently record significant improvements to guests' health, with notable weight loss, reduction in joint pain, lowering of blood pressure and cholesterol levels, and increased energy.

The regime has been designed to be easy to maintain when guests return home, using the knowledge acquired during their stay.

The regime is effective in addressing:

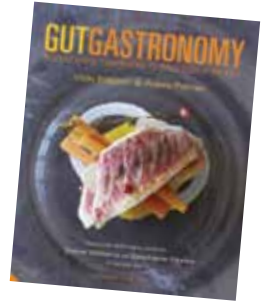
weight loss/ blood pressure/ joint pain/
backache/ arthritis/ diabetes/ sleep issues/ skin

& hair quality/ energy levels/ clarity of mind/ appetite control/ gastric disorders.

The 7 day Regime includes;

- *Health consultation and diagnostic blood analysis*
- *Nutritional consultation*
- *Fitness consultation and Body Composition analysis*
- *Regime foods and eating protocol, with 2 days semi-fasting*
- *Detoxifying Abdominal massages, Hydro baths and Castor oil compresses*
- *Monitoring and support*
- *Educational programme and ongoing maintenance plan*
- *Post departure support*

GutGastronomy is based on the Grayshott Health regime, created by Grayshott's Elaine Williams and Stephanie Moore, with recipes by Adam Palmer, Grayshott's Executive Chef.



Good Spa Guide Winner 'Best Wellness Programme'

Spa

Stays

Spa stays include accommodation, all meals, use of the spa facilities, exercise classes and spa treatments.

We offer a choice of three **Spa Breaks**, with treatments specially chosen to deliver the maximum results during your stay with us. Whether you are seeking to relax and de-stress, or to restore yourself, we have a spa break to suit.

Alternatively, if you wish to choose your own treatments, in order to suit your needs and goals, we offer a basic **à la Carte** stay with an inclusive treatment for each night booked.

Stays of 3 nights or more include a complimentary health consultation on arrival. Stays of 4 nights+ or more include a Power Plate session and a health consultation.

Days

We offer 3 types of spa day where you can relax in the spa, enjoy a healthy 3 course buffet lunch, take part in exercise and relaxation classes and experience therapeutic spa treatments.

Spa days start at 9.00am and include use of the spa facilities, classes, health & nutrition talks, lunch, robe, slippers and locker for day use and afternoon walk with our fitness team.



"Go for a total overhaul at this renowned health spa"
Daily Mail

Recovery

We offer **Recuperation** stays for guests following surgery, illness or bereavement, **Nurture & Support** for guests' post cancer treatment and **Managing Diabetes** for those diagnosed with type 2 Diabetes.

Guests may book directly or be referred by their Doctor or Hospital Discharge Coordinator. If you book directly, a Health Consultant will ring to assess your needs and care requirements; in addition we are able to arrange private care on an individual basis.

Stays include accommodation, all meals and treatments/ therapies.



Gift Vouchers

Grayshott gift vouchers can be purchased for spa days or stays, or in monetary denominations of £50 and £100. These can be used as part payment against a spa day, a stay, or a spa treatment (when staying at Grayshott).

Vouchers can be personalised with your own message, are valid for 12 months, and can be purchased from our Reservations department on 01428 602020.

Club Membership

Club Membership is available for those who would like to use Grayshott's sporting, exercise and spa facilities 365 days a year.

If you would like further information about Club Membership, please call our Membership Secretary on 01428 602038 for a brochure, or for further details.

"Ideal for anyone in need of a period of rest and recuperation"
The Telegraph Magazine



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