

# Re-Charge & Pamper



## Experience Breaks at Ribby Hall Village

Indulge yourself on our two-night pamper break and return home, relaxed, revitalised and fully re-charged after a full Body Aromatherapy Massage with Hot Stones Treatment, a Deluxe Dermalogica Facial, a three-course dinner and Spa lunch at Award-Winning Chef Nigel Smith's restaurant plus a luxury breakfast hamper.

Various weekend and mid-week dates available from November 2008 and throughout 2009.  
£250pp mid-week & £275pp weekends



Includes 2/3 nights accommodation, all above treatments and activities and unlimited use of our exclusive, adult-only leisure facilities: swim, sauna, steam and spa.

**To book your break**  
**Freephone 0800 107 0096**

**Lines open 8am to 8pm - 7 Days a Week**

Ribby Hall Village, Ribby Road, Wrea Green, Nr Preston, Lancs PR4 2PR  
[www.ribbyhall.co.uk](http://www.ribbyhall.co.uk)

# RE-CHARGE & PAMPER - WEEKEND & MID-WEEK BREAKS

Sample Itinerary: We will telephone you to arrange your treatment times and restaurant times.

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|-------|--------------|--|
| DAY 1 | Time to suit | <b>A Deluxe Dermalologica Prescription Facial:</b> completely tailored to your skin care needs, incorporating a massage with prescription essential oils for your face, neck, and shoulders to stimulate your lymphatic system and reduce puffiness, increase circulation, stimulate cell renewal, and relax tired and tense muscles. You will then enjoy a scalp massage to relax the mind and body and induce a feeling of well-being. |
|       | 7pm          | <b>A Delicious Three-Course Dinner at Nigel Smith's Restaurant:</b> Nigel Smiths restaurant is known for its consistency and Nigel has nurtured and trained a brigade of chefs who share his passion for perfection and a front of house team that has a real pride in the Nigel Smiths name.  |
| DAY 2 | 12pm         | <b>A Two-Course Spa Lunch at Nigel Smith's Restaurant</b>  |
|       | Time to suit | <b>Full Body Aromatherapy Massage:</b> uses specially blended prescription aromatherapy oil to uplift, relax or detoxify the body. This massage treatment incorporates the use of hot volcanic stones which hold their heat and energy and allow the muscles to relax further and the oil to quickly penetrate the system.   |
|       |              | This massage can be tailored for pregnant clients.   |

**PACKAGES CAN BE UPGRADED AND EXTRAS BOOKED. FURTHER ACTIVITIES SUCH AS FITNESS CLASSES AND HORSE RIDING CAN ALSO BE ARRANGED.**

In and amongst your treatments and meals, you can make full use of our exclusive, luxury, adult-only leisure facilities. Spend the afternoon lounging by the swimming pool reading a magazine, detoxify in the steam room then relax in the Jacuzzi and feel your cares wash away.

Or re-charge your batteries by signing up for one of our exercise classes. Choose from the energetic, with a fun Salsacise class, or go for deeply relaxing with a Lavender Relaxation class. Alternatively experience the outdoors and enjoy a horse ride, golf, boating or a lovely countryside walk.

Please note this is an example itinerary and treatments will be arranged to suit individual