



Press Release

Issued on behalf of Visit Kent

Spa Breaks in Beautiful Kent

Whether you have over indulged at Christmas or want to kick start a healthy regime this year, a visit to a health spa will leave you relaxed and ready for 2010.

For more information on the spas listed below please visit the Visit Kent website, www.visitkent.co.uk.

Eastwell Manor, near Ashford

A glorious manor house in sheep-filled parkland. The spa is in a separate pavilion with a large swimming pool and great views of the Kent countryside. In between treatments you can enjoy lunch in the brasserie – a light lunch of course. A nine-hole golf course is a recent addition to Eastwell's country pile, so play a round, and then unwind in the spa afterwards.

A classic day package (£145) includes a Pick-Me-Up Facial, back massage, manicure or pedicure as well as full use of the spa facilities, breakfast and lunch at the Brasserie restaurant.

www.eastwellmanor.co.uk

Walleth's Court, Dover

Walleth's Court is a pretty Jacobean manor house surrounded by converted Kentish barns. The spa itself, with an indoor pool, sauna, steam room and Jacuzzi, is in one of the barns but the treatments are carried out in your own cabin in the woods, overlooking the rolling hills.

A Mini Spa break (£129) includes B&B, dinner in their award-winning restaurant and one treatment. A Spa Day (£99) includes 90 minutes worth of treatments and lunch.

www.wallettcourthotel.com

Mercure Hythe Imperial & Spa, Hythe

A majestic Victorian pile right on the coast with splendid views of the Channel. The spa has a large indoor pool, a sauna and steam room, a well-equipped gym, squash court and snooker table.

A one night spa break (£230) for one or two people includes B&B, a skin consultation, back, neck and shoulder massage and an express facial, accommodation and dinner in the restaurant.

<http://www.mercure.com/gb/hotel-6862-mercure-hythe-imperial-hotel-spa/index.shtml>

The Spa Hotel, Tunbridge Wells

Royal Tunbridge Wells has been attracting city dwellers to its Chalybeate Spring spa waters for over 400 years. Surrounded by the town's Georgian architecture, The Spa Hotel is an elegant 18th century country mansion set in 14 acres of picturesque grounds. The spa itself, in a modern extension, has an indoor swimming pool, sauna, steam room and a well-equipped gym.

The Luxury Spa Package offers ultimate pampering with an Aromatherapy Facial, Luxury Manicure and a back, neck and shoulder massage, three course dinner with a bottle of house wine and overnight accommodation in an executive room. (£199 per person)

www.spahotel.co.uk

Tudor Park a Mariott Hotel & Country Club, Maidstone

The Park Spa offers a large swimming pool, two gyms, tennis courts, Jacuzzi, sauna and steam room.

A Spa Taster Day (£90) includes a revitalizing treatment, a back and neck massage and a manicure. A wide range of facials are available from £30. The hotel is currently doing an advanced 21-day purchase rate from £74.

<http://www.marriott.com/hotels/travel/tdmgs-tudor-park-a-marriott-hotel-and-country-club/>

Freedom Holiday Homes

For something a little different and extra special, Freedom Holiday Homes offers the ultimate chill out holiday experience. The Little House at Wootton is a cosy detached cottage set in the beautiful estate grounds, formerly the coach house and stables. There is expansive parkland for the guests to enjoy and relax in and yoga classes are available in the purpose built studio plus a range of holistic therapies including aromatherapy, massage, reiki, reflexology and luxury facial treatments.

The Little House sleeps four people and prices range from £295 per week.

www.freedomholidayhomes.co.uk

An Eco Retreat - Mulberry Cottages

If you are looking for a relaxing but private retreat, Great Higham Barn is an ideal property with an eco hot tub. The large barn is located in a beautiful woodland setting and is part of a sustainable development which utilises the surrounding woodchips. The barn includes a swimming pool and tennis court with far reaching views in all directions.

www.mulberrycottages.com

Tor Spa Retreat, near Canterbury

For a great value spa escape visit the Tor Spa. Tor Spa is a modern, minimalist retreat set in pretty gardens. The spa offers a great range of ayurvedic massage therapies and treatments. There's a hydro pool, heated to 95°F and a Finnish sauna.

The Relax Package (£135) includes a head massage, steam bath, a facial and an Indian foot massage. A residential Kerala Package (£170 per day) includes dinner, B&B and one treatment.

www.torsparetreat.com

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About Visit Kent:

Visit Kent Limited is a public/private sector partnership supported by Kent County Council, Medway Council, the district and borough councils, Tourism South East and the leading sector tourism businesses in Kent. Visit Kent champions Kent's £2.5 billion tourism industry by targeting UK and overseas markets.

For further information visit www.visitkentbusiness.co.uk.

Visit Kent and Southeastern are currently running a 2FOR1 campaign. Aimed particularly at the London market, the campaign aims to get people out of London on the train to experience the best of what Kent has to offer.

Attractions participating in the campaign include Canterbury Cathedral, Leeds Castle and Dover Castle. For more information see www.visitkentbytrain.co.uk or contact lynette.clark@visitkent.co.uk