

Issued on behalf of Visit Kent

## KENT SPAS OFFER A NEW YEAR DETOX

It's the New Year, you've put on half a stone over the festive season and a hectic round of socialising has left you feeling frazzled. What better way to start 2009 than with a trip to one of Kent's superb spas? The ones listed here offer far more than just a half-hearted massage and a glass of water afterwards. The packages quoted include use of all the spa facilities.

### **Eastwell Manor**

**The setting:** 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 bring him-indoors as well.

**The deals:** The Plus Two Package (£128) includes a two-course lunch and two spa treatments. A Golf and Spa Break (£210 per person) includes a one-night stay for two people, dinner in the manor house, a spa floatation treatment and four rounds of golf on the hotel's nine-hole course.

**Details:** Eastwell Manor, Boughton Lees, near Ashford, 01233 213000 and [www.eastwellmanor.co.uk](http://www.eastwellmanor.co.uk).

### **Tor Spa Retreat**

**The setting:** Not a luxury spa but great for a reasonably-priced and down-to-earth escape. Tor spa is a series of modern, minimalist buildings in pretty gardens and the mantra is: "If you can go to an Ayurvedic retreat in India, then go – if not, come here." There's a hydro pool, heated to 95°F and a Finnish sauna.

**The deals:** The Relax Package (£135) includes 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 per day.

**Details:** Tor Spa Retreat, Ickham, near Canterbury, 01227 728500 and [www.torsparetreat.com](http://www.torsparetreat.com).

### **Wallett's Court**

**The setting:** 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.

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

**Details:** Walleth's Court Hotel, Westcliffe, near Dover, 01304 852424, [www.wallettcourthotel.com](http://www.wallettcourthotel.com).

### **The Spa Hotel**

**The setting:** The original out-of-town retreat, Royal Tunbridge Wells has been attracting urbanites 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 deals:** A Spring Discovery Break (£95) includes B&B and a three-course dinner. Spa treatments must be booked separately before arrival (facials from £25, massage from £60). The one-day Wellbeing Experience (£165) includes a full body massage. Manicure, pedicure, facial and lunch.

**Details:** The Spa, Tunbridge Wells, 01892 520331 and [www.spahotel.co.uk](http://www.spahotel.co.uk).

### **The Hythe Imperial**

**The setting:** 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.

**The deals:** A Two-Day Spa Break (£198) includes dinner, B&B, a skin consultation, full body massage and a facial. A One-Day spa break (£99) includes B&B, a skin consultation, back, neck and shoulder massage and an express facial.

**Details:** The Hythe Imperial, Hythe, 01303 267441 and [www.mercure.com](http://www.mercure.com).

### **The Marriott Tudor Park**

**The setting:** Great for couples; lose your man to Tudor Parks' pro-designed 18 hole golf course, while you put the country club spa facilities to the test. The Milgate Retreat offers a large swimming pool, two gyms, tennis courts, Jacuzzi, sauna and steam room.

**The deals:** 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 taster days are available only on weekdays. A room and breakfast is available from £104 per night, dinner and spa treatments extra. Golf breaks start from £167.

**Details:** The Marriott Tudor Park, Bearsted, near Maidstone, 01622 734334 and [www.marriott.co.uk](http://www.marriott.co.uk).

## **Bridgewood Manor**

**The setting:** A 100-bedroom hotel near Rochester, built around a courtyard. The use of reclaimed timbers and roaring log fires give the hotel a country-house atmosphere. The spa has an indoor pool, Jacuzzi, sauna, steam room and a well-equipped gym.

**The deals:** An Essential Spa Day (£89) for two people includes a two-course lunch, a facial and a back, neck and shoulder massage. A Soothing Spa Day (£90 per person) includes a two-course lunch, a full body massage and an aromatherapy facial. Rooms at the manor are available from £60 a night.

**Details:** Bridgewood Manor, Walderslade Woods, near Chatham, 01634 201333 and [www.ghotels.co.uk](http://www.ghotels.co.uk).

For further information on spa breaks in Kent go to [www.visitkent.co.uk](http://www.visitkent.co.uk).

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### **Notes to editors:**

**Press Trips:** Themed press visits and photography can be arranged

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