Lythe Hill 902/051 Advertising Card:Layout 3 7/1/10 11:37 Page 1

AMARNA SPA
MEMBERSHIP 2010

LYTHE HILL
HOTEL & SPA

FEES

	Joining Fee	Monthly Fee	Annual Fee
Single	£400	£82	£984
Joint	£650	£145	£1740

OPENING TIMES

	Adults	Children (under 16)
Mon - Thurs	06.30 - 22.00	12.30 - 17.30
Fri	06.30 - 21.00	12.30 - 17.30
Sat - Sun	08.30 - 21.00	10.30 - 12.30 15.00 - 17.30

BENEFITS

30% off treatments monday - friday

20% off food and beverage at Hotel and Spa

6 Guest passes on joining

In addition to these, we have a comprehensive benefit package available. This varies depending on your type of membership. Please enquire at the Spa reception for further details.

THANK YOU
for your interest in Amarna Spa

Amarna Spa members get to use the full range of facilities at any time, including our Nefertiti Suite, gym, pool, sauna, steam room & temple shower and tennis court.

The spa is set in luxurious surroundings with beautiful views. Where better could you spend your time exercising and relaxing?

Petworth Road Haslemere Surrey GU27 3BQ Tel 01428 651251 Fax 01428 644131
Email info@amarnaspa.co.uk Website www.amarnaspa.co.uk

Gym

Make the most of our state of the art, fully computerised gym. Hosting a mixed 20 piece gym of cardio equipment, weights and free weights. All members are given a one hour gym consultation on joining and constant re-assessments.

- Full Technogym kit
- Technogym wellness system
- 2 complimentary personal training sessions
- Cardio theatre system
- Free weights

Personal Training

- Personalised sessions to meet your needs
- Motivation
- Sport specific
- Weight management
- Technique
- Injury rehabilitation
- We will help you to achieve your goals
- We will provide all the help you need

Nefertiti Suites

Our treatments rooms offer a range of salon and spa services. We have chosen the exclusive skin care range, Elemis and OPI nail care-all Spa members receive 20% off their treatments Monday - Friday.

Our experienced therapists take every opportunity to make each journey to the Nefertiti Suite a unique and memorable one.

As well as our treatment menu we also offer Sports Massage. Sports Massage is a deep tissue massage not reserved for the sports people alone; it can be used for specific injuries or to treat general muscle tension. Combining deep tissue massage, with gentle stretches and exercises, this therapy ensures you will stay tension-free this year.

Tennis

Lessons are available with PTR, BCTA qualified coach Graham Holmes.

- Individual sessions
- Group coaching
- Match/tournament training
- Combined programmes
- Equipment repairs
- Video analysis

Classes

We offer specialised classes for yoga, pilates and aquacise. These classes have limited spaces so that we can focus on the individual to ensure you get the attention you need. These classes are taught by registered professionals and take place throughout the week.

AMARNA SPA
MEMBERSHIP 2010

LYTHE HILL
HOTEL & SPA

FEES

	Joining Fee	Monthly Fee	Annual Fee
Single	£400	£82	£984
Joint	£650	£145	£1740

OPENING TIMES

	Adults	Children (under 16)
Mon - Thurs	06.30 - 22.00	12.30 - 17.30
Fri	06.30 - 21.00	12.30 - 17.30
Sat - Sun	08.30 - 21.00	10.30 - 12.30 15.00 - 17.30

BENEFITS

30% off treatments monday - friday

20% off food and beverage at Hotel and Spa

6 Guest passes on joining

In addition to these, we have a comprehensive benefit package available. This varies depending on your type of membership. Please enquire at the Spa reception for further details.

THANK YOU
for your interest in Amarna Spa

Amarna Spa members get to use the full range of facilities at any time, including our Nefertiti Suite, gym, pool, sauna, steam room & temple shower and tennis court.

The spa is set in luxurious surroundings with beautiful views. Where better could you spend your time exercising and relaxing?

Petworth Road Haslemere Surrey GU27 3BQ Tel 01428 651251 Fax 01428 644131
Email info@amarnaspa.co.uk Website www.amarnaspa.co.uk

Gym

Make the most of our state of the art, fully computerised gym. Hosting a mixed 20 piece gym of cardio equipment, weights and free weights. All members are given a one hour gym consultation on joining and constant re-assessments.

- Full Technogym kit
- Technogym wellness system
- 2 complimentary personal training sessions
- Cardio theatre system
- Free weights

Personal Training

- Personalised sessions to meet your needs
- Motivation
- Sport specific
- Weight management
- Technique
- Injury rehabilitation
- We will help you to achieve your goals
- We will provide all the help you need

Nefertiti Suites

Our treatments rooms offer a range of salon and spa services. We have chosen the exclusive skin care range, Elemis and OPI nail care-all Spa members receive 20% off their treatments Monday - Friday.

Our experienced therapists take every opportunity to make each journey to the Nefertiti Suite a unique and memorable one.

As well as our treatment menu we also offer Sports Massage. Sports Massage is a deep tissue massage not reserved for the sports people alone; it can be used for specific injuries or to treat general muscle tension. Combining deep tissue massage, with gentle stretches and exercises, this therapy ensures you will stay tension-free this year.

Tennis

Lessons are available with PTR, BCTA qualified coach Graham Holmes.

- Individual sessions
- Group coaching
- Match/tournament training
- Combined programmes
- Equipment repairs
- Video analysis

Classes

We offer specialised classes for yoga, pilates and aquacise. These classes have limited spaces so that we can focus on the individual to ensure you get the attention you need. These classes are taught by registered professionals and take place throughout the week.