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an outdoor sunken hot tub, 12-metre indoor pool, right, and adjoining Jacuzzi. The spa also has a bar, café and comfy lounge with leather sumeboing with leather armchairs. The hotel, which welcomes dogs, is fancy without being fussy. Rooms are stylish and the oil and a hot herbal poultice infused with sweet basil and two fabulous eateries, the kaffir lime. I had to fight to stav Courtyard Restaurant and less awake and left the treatment room feeling very calm. I was given the mushroom-shaped poultice to keep and told formal Normanton Inn. serve local produce and fish fresh from Grimsby Docks. Oh, and if you can't face the drive there's a helipad available. I could microwave it and reuse it either on my body or as a room diffuser. TREATMENTS AVAILABLE As well as Elemis massages and facials there are holistic Ytsara Visible Brilliance Facial, **70 minutes, £68** My skin was cleansed, toned, and treatments based on ancient Thai rituals. Also available are a men's range, a massage for mums-to-be and signature treatments including a chocolate Elemis products. During this and head massage (firm at my request) ending with a deeply ritual and colon cleanse. TREATMENTS TESTED moisturising hand and arm massage. A trial has shown just one treatment increases the skin's Kamatan, Path To Tranquillity massage, 85 minutes, £90 This heavenly Thai musclerelaxer involved massaging my entire body and scalp with warm only £39.99 DAILY EXPRESS 37188 Oscillating 1200W Halogen Heaters **Buy one get one FREE** State-of-the-art halogen tubes are built into this beautifully composite moulded, "cool-touch" casing mounted on a clever oscillating base to fill any room with warmth within minutes. Running costs are from an amazing five pence an hour and the simple one-touch operating buttons provide three levels of heat (400W/800W/1200W). Use it safely in most parts of the home thanks to the built-in A pack of two overheat protection, grill security halogen tubes and anti-fall security features. is available for Measures 29(W) x 52(H) x 21cm(D). £4.99 THERE ARE 3 WAYS YOU CAN ORDER **\ 0871 911 7022*** shop.express.co.uk/heaters Daily Express Offer 37188, \bowtie PO Box 87, Brecon, LD3 3BE Total Code Qty Price P&P £39.99 £ £39.99 £3.95 £ Halogen Heater - White + 1 FREE D5735 Halogen Heater - Black + 1 FREE D5736 Pack of 2 Spare Halogen Tubes D6209 £4.99 Total £ I enclose a cheque for £ _____ made payable to Express Newspapers Offer 37188. Please write your name and address on the back of your cheque. Or please debit my... Visa 🗌 MasterCard 🗌 Maestro card 🗍 Iss no (if Maestro) Valid from Exp date Security code Mr I Mrs Ms Initials Address PostcodeDaytime tel no . Fmail Ernall If you preter not to receive information and ofters from organisations carefully selected by Express Newspapers, please tick here If eq. London 141748 Express Newspapers, The Northern & Shell Building, No. 10 Lower Thames Street London EC34 6GN PLEASE DO NOT SEND CASH. Offer subject to availability Please allow up to Yourking days for definery Please note we do not refund postage on unsuitable items or cancelled orders. If not happy for any reason we will accept taultyLnused goods in sealed original packaging for refund or replacement within 10 days. PLEASE NOTE A SIGNATURE IS REQUIRED ON DELIVERY. "Calls cost 10 per minute from a 151 readine plus metwork extras. Calls from dern refunds and mobiles may cost more.

Spa Report

CLUMBER PARK HOTEL AND SPA, WORKSOP, NOTTINGHAMSHIRE

FACILITIES Nestled in the heart of Sherwood Forest deep in Robin Hood country, this spa hotel offers a wealth of outdoor activities. Guests can enjoy pony

trekking, archery, Segway trailing and laser clay pigeon shooting. The hotel's New Leaf Spa has



exfoliated gently and two masks were applied, all using aromatic time I was given a neck, shoulder

moisture levels and elasticity and I must say my 40-something skin

had a plumpness and radiance not seen for a decade.

GOOD POINTS

I enjoyed the friendly, cheerful, helpful staff, the quirky interior touches (such as a chandelier made of coloured wine glasses), and the mini Elemis products in the hotel rooms.

WHAT DOES IT COST?

The Beauty and the Feast package includes a night's stay, breakfast, £25 towards dinner, one 55-minute treatment (either Elemis Face and Body Duo Sensation or Elemis Modern Skincare Facial) and costs $\pounds 109$ (£119 on Saturday) per person.

CONTACT 01623 835 333 or visit

clumberparkhotel.com

KATE BOHDANOWICZ



/lmx

Calls cost 10p/minute from BT landlines.