

THE SPA

AT BAINLAND



ITINERARY & INCLUSIONS

Morning Spa Experience

Arrive at 10:30am and ease into the day with a calm morning.

From the moment you check in you are looked after - robe, towel and flip flops ready, the spa facilities are yours to enjoy.



10:30AM

Arrive and Check in at Reception

You'll be provided with a robe, towel and flip flops.



**From
10:30AM**

Slow Down

Make the most of our spa facilities. Unwind at your own pace.



Optional

Choose to add on a soothing treatment to truly unwind.



1:30PM

Leave The Spa

Head back to your lodge or continue your experience at The Nest.



Optional

Dine with us in The Nest

Breakfast or lunch is available to add as an extra to your itinerary. Breakfast is served until 11am, ahead of your spa experience. Please note that Sunday guests are served our Sunday lunch menu only.

View all menu options below.

THE SPA

AT BAINLAND



ITINERARY & INCLUSIONS

Morning Spa Experience

Includes:



Robes, Towels, & Flip Flops



Welcome Drink



Optional treatment add-on of your choice



Optional dining add-on at The Nest



Flip Flops To Take Home

Price Per Person: £45

THE NEST

BAR & RESTAURANT



SPA EXPERIENCE BREAKFAST MENU

Includes a curated breakfast and enjoy one freshly crafted morning drink
£20 per person

This menu is an additional add-on to our Spa Experiences and is not included.
Breakfast is served until 11am, ahead of your spa experience.
Pre-booking is required for The Nest, bookings cannot be made on the day.

The Full English Fiddling's Lincolnshire sausage, grilled smoky back bacon, local free-range egg, grilled tomato, baked beans, hashbrowns, grilled portobello mushroom, served with multigrain toast & butter.*

+ Add Black Pudding

The Veggie Full English 🌱 Vegetarian sausages, sliced avocado, local free-range egg, baked beans, hashbrowns, grilled tomato, grilled portobello mushroom, served with multigrain toast & butter.*

Buttermilk Pancakes 🌱 Freshly made with local free-range eggs, triple-stacked & drizzled with maple syrup.

+ Add Fresh Berries & Vanilla Cream 🌱

+ Add Crispy Bacon

Eggs Benedict On a toasted English Breakfast muffin, topped with two poached eggs, Parma ham & Hollandaise sauce.

Smoked Salmon on Sourdough 🐟 Served with your choice of poached or scrambled eggs, drizzled with basil oil & lime.*

Smashed Avocado on Sourdough 🌱 Served with your choice of poached or scrambled eggs, drizzled with basil oil & lime.*

Creamy Homemade Porridge 🌱 Topped with fresh berries & honey or strawberry jam.

Crunchy Granola 🌱 With mixed seeds, topped with Greek yoghurt & fresh berries.

Allergen Information: Vegan 🌱 Vegetarian 🌱 Shellfish 🦀 Fish 🐟 Nuts 🥜 Mollusc 🐚

Full allergen list available, as we handle all allergens in our kitchen, our food may contain traces.

Please notify the team of any allergies in your party. A discretionary 10% service charge will be added to your bill. Payment is by card only. *Gluten Free option available.



THE NEST

BAR & RESTAURANT



SPA EXPERIENCE BREAKFAST DRINKS MENU

Includes a curated breakfast and enjoy one freshly crafted morning drink
£20 per person

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SMOOTHIES

Banana Berry Smoothie

Mixed berry puree, fresh banana, pressed apple & honey.

Tropical Smoothie

Pineapple, fresh banana, passion fruit, orange & lime.

Pretty in Green

Mint, cucumber, spinach, agave & apple juice.

STOKES

Cappuccino With chocolate powder.

Latte Also available iced.

Americano

Flat White

Mocha

Matcha Latte Also available iced.

Gold Medal Blend Tea

LIGHT & BUBBLY

Bellini

Peach, strawberry or raspberry purée with Prosecco.

Mimosa

Orange juice & Prosecco.

Bainland Bloody Mary

Edwards Vodka, house spice mix, lemon & tomato juice.

Available in mild, medium or hot.

Nyetimber Classic Cuvée, England

+5

+5

JUICES

Orange

Apple

Pineapple

Tomato

Lychee

Allergen Information: Vegan  Vegetarian  Shellfish  Fish  Nuts  Mollusc 

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SPA EXPERIENCE LUNCH MENU

Includes a nourishing lunch and enjoy one freshly crafted afternoon drink

£25 per person

This menu is an additional add on to our Spa Experiences and is not included.
Pre-booking is required for The Nest, bookings cannot be made on the day.

Red Pesto Spaghetti   Fire roasted peppers, black olives, fresh basil & parmesan shavings.
+ Add grilled chicken

Pad Thai Rice noodles, egg, toasted peanuts, red chilli and bean sprouts with tamarind & citrus sauce.
+ Chicken   
+ Silken Tofu   Made without egg.

Steak Ciabatta Caramelised onion chutney, blue cheese & roquette.*

Fish Finger Sandwich  Beer battered haddock goujons, baby gem lettuce & tartar sauce with koffman skin on fries.

Red pepper Falafel  Sundried tomato and garlic, roquette & smoked paprika hummus served on focaccia with koffman skin on fries.*(DF)

Caesar Salad  Garlic Crostini, pancetta & parmesan shavings with cured egg yolk.*
+ Add Chicken or Salmon

Grilled Peach & Burrata  Endive, radish, crispy capers, raspberry vinaigrette.(GF)

Allergen Information: Vegan  Vegetarian  Shellfish  Fish  Nuts  Mollusc 

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THE NEST

BAR & RESTAURANT



SPA EXPERIENCE SUNDAY LUNCH MENU

Includes a traditional Sunday lunch and enjoy one freshly
crafted afternoon drink

£25 per person

This menu is an additional add on to our Spa Experiences and is not included.
Pre-booking is required for The Nest, bookings cannot be made on the day.

Roast Sirloin of Beef Creamed & roasted potatoes, glazed carrots, tenderstem
broccoli, yorkshire pudding & red wine jus with seasonal greens gratin*

Slow Roasted Pork Belly Sausage & apple stuffing, creamed & roasted potatoes,
glazed carrots, tenderstem broccoli, yorkshire pudding & red wine jus with seasonal
greens gratin*

+ Add Honey Mustard Chipolatas (DF)

+ Add Sage & Onion Stuffing (DF)

+ Add Yorkshire Pudding 🌿

Pan Fried Salmon 🐟🌿 Mussels, saffron, bisque, creamed potato & samphire

Confit Tomato & Chargrilled Courgette Linguine 🍅 Tomato & roasted garlic sauce
with an almond crumb. (DF)

Beer Battered Haddock 🐟 Thick cut chips, minted mushy peas, charred lemon
homemade tartare sauce & curry sauce.

Chargrilled Marinated Chicken Caesar 🐟 Garlic crostini & parmesan shavings.*

Pad Thai Rice noodles, egg, toasted peanuts, red chilli and bean sprouts with
tamarind & citrus sauce.

+ Chicken 🐟🌿

+ Silken Tofu 🌿🍅 Made without egg.

Allergen Information: Vegan 🌿 Vegetarian 🌿 Shellfish 🌿 Fish 🐟 Nuts 🌿 Mollusc 🍷

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THE NEST

BAR & RESTAURANT



SPA EXPERIENCE LUNCH DRINKS MENU

Includes a nourishing lunch and enjoy one freshly crafted afternoon drink

£25 per person

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Pre-booking is required for The Nest, bookings cannot be made on the day.

STOKES

Cappuccino With chocolate powder.

Latte Also available iced

Americano

Flat White

Mocha

Matcha Latte Also available iced

Gold Medal Blend Tea

WINE & SPARKLING

Peregrino Merlot, Chile

Los Vinateros Rioja, Spain

San Giorgio Pinot Grigio, Italy

Lawson's Sauvignon Blanc, New Zealand

Gold County Zinfandel, USA

San Giorgio Pinot Blush, Italy

La Fornarina Prosecco, Italy

Vilarnau Sparkling, Spain 0%

Nyetimber Classic Cuvée, England +5

SOFT DRINKS

Coca-Cola

Lemonade

Diet Coke

Coke Zero

DRAUGHT

Bitburger 4.8%

Adnams English Lager 3.4%

Ghost Ship Pale Ale 4.1%

Guinness 4.1%

Wild Wave English Cider 5%

Ease Up IPA 4.6%

GIN

Hendricks Gin & Tonic 41.4%

Elderflower Gin & Tonic 0%

Tanqueray 0% elderflower cordial, pressed apple
lemon & elderflower tonic.

Allergen Information: Vegan 🌱 Vegetarian 🥬 Shellfish 🐚 Fish 🐟 Nuts 🥜 Mollusc 🐚

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(Members)

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Optional

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1:30PM

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Includes:



Robes, Towels, & Flip Flops



Welcome Drink



Optional treatment add-on of your choice



Optional dining add-on at The Nest



Flip Flops To Take Home

Price Per Person: £45

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BAR & RESTAURANT



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+ Add Black Pudding

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Buttermilk Pancakes 🌱 Freshly made with local free-range eggs, triple-stacked & drizzled with maple syrup.

+ Add Fresh Berries & Vanilla Cream 🌱

+ Add Crispy Bacon

Eggs Benedict On a toasted English Breakfast muffin, topped with two poached eggs, Parma ham & Hollandaise sauce.

Smoked Salmon on Sourdough 🐟 Served with your choice of poached or scrambled eggs, drizzled with basil oil & lime.*

Smashed Avocado on Sourdough 🌱 Served with your choice of poached or scrambled eggs, drizzled with basil oil & lime.*

Creamy Homemade Porridge 🌱 Topped with fresh berries & honey or strawberry jam.

Crunchy Granola 🌱 With mixed seeds, topped with Greek yoghurt & fresh berries.

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SPA EXPERIENCE BREAKFAST DRINKS MENU

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SMOOTHIES

Banana Berry Smoothie

Mixed berry puree, fresh banana, pressed apple & honey.

Tropical Smoothie

Pineapple, fresh banana, passion fruit, orange & lime.

Pretty in Green

Mint, cucumber, spinach, agave & apple juice.

STOKES

Cappuccino With chocolate powder.

Latte Also available iced.

Americano

Flat White

Mocha

Matcha Latte Also available iced.

Gold Medal Blend Tea

LIGHT & BUBBLY

Bellini

Peach, strawberry or raspberry purée with Prosecco.

Mimosa

Orange juice & Prosecco.

Bainland Bloody Mary

Edwards Vodka, house spice mix, lemon & tomato juice.

Available in mild, medium or hot.

Nyetimber Classic Cuvée, England

+5

+5

JUICES

Orange

Apple

Pineapple

Tomato

Lychee

Allergen Information: Vegan  Vegetarian  Shellfish  Fish  Nuts  Mollusc 

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THE NEST

BAR & RESTAURANT



SPA EXPERIENCE LUNCH MENU

Includes a nourishing lunch and enjoy one freshly crafted afternoon drink

£25 per person

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Pre-booking is required for The Nest, bookings cannot be made on the day.

Red Pesto Spaghetti   Fire roasted peppers, black olives, fresh basil
& parmesan shavings.

+ Add grilled chicken

Pad Thai Rice noodles, egg, toasted peanuts, red chilli and bean sprouts with
tamarind & citrus sauce.

+ Chicken   

+ Silken Tofu   Made without egg.

Steak Ciabatta Caramelised onion chutney, blue cheese & roquette.*

Fish Finger Sandwich  Beer battered haddock goujons, baby gem
lettuce & tartar sauce with koffman skin on fries.

Red pepper Falafel  Sundried tomato and garlic, roquette & smoked paprika
hummus served on focaccia with koffman skin on fries.*(DF)

Caesar Salad  Garlic Crostini, pancetta & parmesan shavings with cured egg yolk.*

+ Add Chicken or Salmon

Grilled Peach & Burrata  Endive, radish, crispy capers, raspberry vinaigrette. (GF)

Allergen Information: Vegan  Vegetarian  Shellfish  Fish  Nuts  Mollusc 

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SPA EXPERIENCE LUNCH DRINKS MENU

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£25 per person

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STOKES

Cappuccino With chocolate powder.

Latte Also available iced

Americano

Flat White

Mocha

Matcha Latte Also available iced

Gold Medal Blend Tea

WINE & SPARKLING

Peregrino Merlot, Chile

Los Vinateros Rioja, Spain

San Giorgio Pinot Grigio, Italy

Lawson's Sauvignon Blanc, New Zealand

Gold County Zinfandel, USA

San Giorgio Pinot Blush, Italy

La Fornarina Prosecco, Italy

Vilarnau Sparkling, Spain 0%

Nyetimber Classic Cuvée, England +5

SOFT DRINKS

Coca-Cola

Lemonade

Diet Coke

Coke Zero

DRAUGHT

Bitburger 4.8%

Adnams English Lager 3.4%

Ghost Ship Pale Ale 4.1%

Guinness 4.1%

Wild Wave English Cider 5%

Ease Up IPA 4.6%

GIN

Hendricks Gin & Tonic 41.4%

Elderflower Gin & Tonic 0%

Tanqueray 0% elderflower cordial, pressed apple
lemon & elderflower tonic.

Allergen Information: Vegan 🌱 Vegetarian 🥬 Shellfish 🐚 Fish 🐟 Nuts 🥜 Mollusc 🐚

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THE SPA

AT BAINLAND



ITINERARY & INCLUSIONS

Afternoon Spa Experience

Arrive at 2pm, slip into your robe and let the afternoon melt away.

Enjoy our thermal facilities, step away from the everyday and focus on an afternoon of relaxation.



2:00PM

Arrive and Check in at Reception

You'll be provided with a robe, towel and flip flops.



**From
2:00PM**

Slow Down

Make the most of our spa facilities. Unwind at your own pace.



Optional

Choose to add on a soothing treatment to truly unwind.



5PM

Leave The Spa

Head back to your lodge or continue your experience at The Nest.



Optional

Dine with us in The Nest

Lunch is available to add as an extra to your itinerary. Please note that Sunday guests are served our Sunday lunch menu only. View both menu options below.

THE SPA

AT BAINLAND



ITINERARY & INCLUSIONS

Afternoon Spa Experience

Includes:



Robes, Towels, & Flip Flops



Welcome Drink



Optional treatment add-on of your choice



Optional dining add-on at The Nest



Flip Flops To Take Home

Price Per Person: £45

THE NEST

BAR & RESTAURANT



SPA EXPERIENCE LUNCH MENU

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Pre-booking is required for The Nest, bookings cannot be made on the day.

Red Pesto Spaghetti   Fire roasted peppers, black olives, fresh basil
& parmesan shavings.

+ Add grilled chicken

Pad Thai Rice noodles, egg, toasted peanuts, red chilli and bean sprouts with
tamarind & citrus sauce.

+ Chicken   

+ Silken Tofu   Made without egg.

Steak Ciabatta Caramelised onion chutney, blue cheese & roquette.*

Fish Finger Sandwich  Beer battered haddock goujons, baby gem
lettuce & tartar sauce with koffman skin on fries.

Red pepper Falafel  Sundried tomato and garlic, roquette & smoked paprika
hummus served on focaccia with koffman skin on fries.*(DF)

Caesar Salad  Garlic Crostini, pancetta & parmesan shavings with cured egg yolk.*

+ Add Chicken or Salmon

Grilled Peach & Burrata  Endive, radish, crispy capers, raspberry vinaigrette. (GF)

Allergen Information: Vegan  Vegetarian  Shellfish  Fish  Nuts  Mollusc 

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THE NEST

BAR & RESTAURANT



SPA EXPERIENCE SUNDAY LUNCH MENU

Includes a traditional Sunday lunch and enjoy one freshly
crafted afternoon drink

£25 per person

This menu is an additional add on to our Spa Experiences and is not included.
Pre-booking is required for The Nest, bookings cannot be made on the day.

Roast Sirloin of Beef Creamed & roasted potatoes, glazed carrots, tenderstem broccoli, yorkshire pudding & red wine jus with seasonal greens gratin*

Slow Roasted Pork Belly Sausage & apple stuffing, creamed & roasted potatoes, glazed carrots, tenderstem broccoli, yorkshire pudding & red wine jus with seasonal greens gratin*

+ Add Honey Mustard Chipolatas (DF)

+ Add Sage & Onion Stuffing (DF)

+ Add Yorkshire Pudding 🌿

Pan Fried Salmon 🐟🌿 Mussels, saffron, bisque, creamed potato & samphire

Confit Tomato & Chargrilled Courgette Linguine 🍅 Tomato & roasted garlic sauce with an almond crumb. (DF)

Beer Battered Haddock 🐟 Thick cut chips, minted mushy peas, charred lemon homemade tartare sauce & curry sauce.

Chargrilled Marinated Chicken Caesar 🐟 Garlic crostini & parmesan shavings.*

Pad Thai Rice noodles, egg, toasted peanuts, red chilli and bean sprouts with tamarind & citrus sauce.

+ Chicken 🐟🌿

+ Silken Tofu 🌿🍄 Made without egg.

Allergen Information: Vegan 🌿 Vegetarian 🌿 Shellfish 🌿 Fish 🐟 Nuts 🌿 Mollusc 🍄

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THE NEST

BAR & RESTAURANT



SPA EXPERIENCE LUNCH DRINKS MENU

Includes a nourishing lunch and enjoy one freshly crafted afternoon drink

£25 per person

This menu is an additional add-on to our Spa Experiences and is not included.
Pre-booking is required for The Nest, bookings cannot be made on the day.

STOKES

Cappuccino With chocolate powder.

Latte Also available iced

Americano

Flat White

Mocha

Matcha Latte Also available iced

Gold Medal Blend Tea

WINE & SPARKLING

Peregrino Merlot, Chile

Los Vinateros Rioja, Spain

San Giorgio Pinot Grigio, Italy

Lawson's Sauvignon Blanc, New Zealand

Gold County Zinfandel, USA

San Giorgio Pinot Blush, Italy

La Fornarina Prosecco, Italy

Vilarnau Sparkling, Spain 0%

Nyetimber Classic Cuvée, England +5

SOFT DRINKS

Coca-Cola

Lemonade

Diet Coke

Coke Zero

DRAUGHT

Bitburger 4.8%

Adnams English Lager 3.4%

Ghost Ship Pale Ale 4.1%

Guinness 4.1%

Wild Wave English Cider 5%

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GIN

Hendricks Gin & Tonic 41.4%

Elderflower Gin & Tonic 0%

Tanqueray 0% elderflower cordial, pressed apple
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(Members)

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**From
2:00PM**

— Slow Down
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Optional

— Choose to add on a soothing treatment to truly unwind.



5PM

— Leave The Spa
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Optional

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Afternoon Spa Experience

Includes:



Robes, Towels, & Flip Flops



Welcome Drink



Optional treatment add-on of your choice



Optional dining add-on at The Nest



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Steak Ciabatta Caramelised onion chutney, blue cheese & roquette.*

Fish Finger Sandwich  Beer battered haddock goujons, baby gem
lettuce & tartar sauce with koffman skin on fries.

Red pepper Falafel  Sundried tomato and garlic, roquette & smoked paprika
hummus served on focaccia with koffman skin on fries.*(DF)

Caesar Salad  Garlic Crostini, pancetta & parmesan shavings with cured egg yolk.*

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STOKES

Cappuccino With chocolate powder.

Latte Also available iced

Americano

Flat White

Mocha

Matcha Latte Also available iced

Gold Medal Blend Tea

WINE & SPARKLING

Peregrino Merlot, Chile

Los Vinateros Rioja, Spain

San Giorgio Pinot Grigio, Italy

Lawson's Sauvignon Blanc, New Zealand

Gold County Zinfandel, USA

San Giorgio Pinot Blush, Italy

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Vilarnau Sparkling, Spain 0%

Nyetimber Classic Cuvée, England +5

SOFT DRINKS

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Lemonade

Diet Coke

Coke Zero

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THE SPA

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ITINERARY & INCLUSIONS

Twilight Mini Spa Experience

Arrive at 8pm, start to unwind as the evening comes to an end and enjoy our Twilight Spa Experience.

Enjoy two peaceful hours of soothing thermal facilities, pool and luxury outdoor spa terrace - the perfect adult-only escape.



8:00PM

Arrive and Check in at Reception
You'll be provided with a robe, towel and flip flops.



**From
8:00PM**

Slow Down
Make the most of our spa facilities.
Unwind at your own pace.



Throughout

A tittle of your choice is yours to enjoy.

9:45PM

As your evening of pure tranquillity draws to a close, take a moment to savour the stillness before making your way to our changing rooms.



10:00PM

Head Back To Your Lodge

THE SPA

AT BAINLAND



ITINERARY & INCLUSIONS

Twilight Mini Spa Experience

Includes:



Robe, Towel & Flip Flops



Welcome Drink



Adults only environment



Flip Flops To Take Home

Price Per Person: £30

THE SPA

AT BAINLAND



ITINERARY & INCLUSIONS

(Members)

Twilight Mini Spa Experience

Arrive at 8pm, start to unwind as the evening comes to an end and enjoy our Twilight Spa Experience.

Enjoy two peaceful hours of soothing thermal facilities, pool and luxury outdoor spa terrace - the perfect adult-only escape.



8:00PM

Arrive and Check in at Reception
You'll be provided with a robe, towel and flip flops.



**From
8:00PM**

Slow Down
Make the most of our spa facilities.
Unwind at your own pace.



Throughout

A tittle of your choice is yours to enjoy.

9:45PM

As your evening of pure tranquillity draws to a close, take a moment to savour the stillness before making your way to our changing rooms.



10:00PM

Head Back To Your Lodge

THE SPA

AT BAINLAND



ITINERARY & INCLUSIONS

Twilight Mini Spa Experience

Includes:



Robe, Towel & Flip Flops



Welcome Drink



Adults only environment



Flip Flops To Take Home

Price Per Person: £30