



# ESPRIT WELLNESS & SPA



# WELCOME TO ESPRIT WELLNESS & SPA

# 1. WELCOME

2. FACILITIES

# 4. MASSAGES

# 5. SPA TREATMENTS

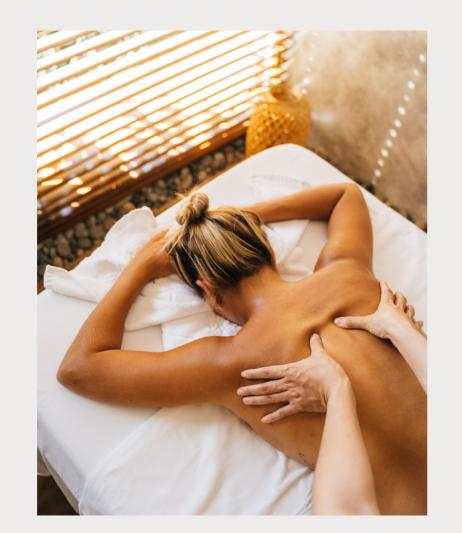
3. LEISURE MEMBERSHIP



### WELCOME

Welcome to Esprit Wellness & Spa, a haven thoughtfully designed for your comfort, set in modern and tranquil surroundings. We're committed to offering a warm, personal service. Whether you aim to manage weight, boost strength, celebrate special moments, or maintain a healthy lifestyle, Esprit is here for you.

Nestled within the prestigious 2 AA Four Silver Star Crowne Plaza Reading in Winnersh Triangle, Esprit Wellness & Spa ideally serves both corporate and private members. Conveniently situated between Wokingham, Bracknell, and Reading, our facility caters to hotel guests and club members alike. We take immense pride in being a top wellness destination in the area.

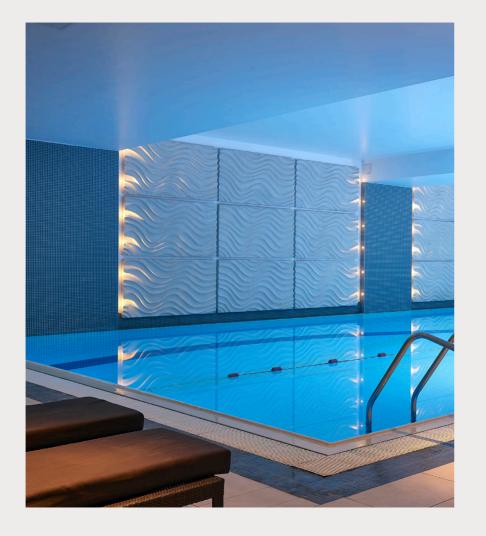




Unlock your full potential, embrace the journey, and discover inner strength and tranquility at Esprit Spa and Wellness.



Transform your body and soul, one length at a time, in our sanctuary of wellness.



## THE ESPRIT CLUB FACILITIES

#### FITNESS

Our air-conditioned Life Fitness gym offers a range of cardiovascular & strength machines, guaranteeing maximum efficiency during your workouts. The team are always on hand provide invaluable support, and offer a helping hand whenever needed.

#### POOL

Dive into the pristine waters of Esprit's 19-meter indoor swimming pool. Whether you're with your family or seeking personal relaxation, our pool area beckons with sun loungers, perfect for basking in the sunshine. At Esprit Wellness & Spa, find solace and serenity, providing a respite from life's daily demands.

#### SAUNA & STEAM ROOM

Indulge in the soothing ambiance of our aromatic Steam Room, complete with a starry night ceiling, and our Finnish Sauna, enhanced with essence dosing, designed to melt away stress and tension. Experience their transformative serenity and rejuvenating effects.

> Prices are per person, all information contained within this brochure is subject to change, including membership pricing, times and facilities access. The club reserves the right to revoke access to members and guests at its discretion.



#### SPA

In addition to our spa amenities, the Club presents an extensive selection of Monu Spa Treatments, encompassing massages, facials, waxing, manicures, pedicures, and a range of other premium treatments. Why not treat yourself to relaxation and pampering at Esprit?

#### **CLUB OPENING & PEAK TIMES**

Monday - Friday: 06:30 - 22:00

Saturday - Sunday: 07:00 - 22:00

#### OFF PEAK TIMES

Monday - Friday: 09:30 - 16:30

Saturday - Sunday: 07:00 - 10:00

#### CHILDRENS HOURS (AGE 3 - 15)

Monday - Sunday: 07.00 to 10.00 | 15.00 to 19.00

# MEMBERSHIP AT ESPRIT WELLNESS & SPA

#### MEMBERSHIP CATEGORIES

#### MONTHLY ROLLING OR FIXED TERM

Monthly rolling memberships are billed monthly, and **require a minimum** commitment of 12 months. All other memberships are payable in full, in advance.

#### PEAK / OFF PEAK

This component of your membership determines the times that you can access the club - the times are displayed on the membership rate card page.

#### JOINT

Joint memberships are designed for couples who are living at the same address.

#### CHILDREN [UNDER 16'S]

Children's memberships are for children aged 3 - 15 and only for use during the childrens times. Children under the age of 3 are not allowed to use the club facilities, there are no exceptions. The penalty for breaking this rule is £500.

		OTT TEAK TIMEO	
MEMBERSHIP BENEFITS	Monday - Friday: <b>06:30 - 22:00</b>	Monday - Friday: <b>09:30 - 1</b>	
Access to on Site Facilities	Saturday - Sunday: 07:00 - 22:00	Saturday - Sunday: 🕻	0 <b>7:00 -</b> 1
Complimentary Towel when visiting the Club			
Complimentary Toiletries in the Club changing rooms	Momborshing	Monthly	
20% Discount on Food & Beverage purchased at the	Memberships View the latest Terms & Conditions here.	Rolling*	
hotel in either Monty's Bar and Lounge or the Caprice Restaurant.*			
£25 Day Pass for friends & family***	Number of Months	12	
Preferential rates on hotel accomodation**			
Preferential rates on event space hire**	Peak Single / Joint	£65 /£120	£1
*Discount applies to the items consumed by the Esprit Member for personal consumption only.			
**Subject to avaliability ***Subject to avaliability, entry is at the discretion of the club, only 1 guest per visit and the member must be present in the facilities for the duration of guest pass useage.	Off Peak Single / Joint	£59 / £110	£
	• • • •		
CORPORATE MEMBERSHIP	Child (3-15 years old)*	£30	
Corporate memberships are for groups of 5 or more	When joining with a Parent	LJU	
<b>individuals in an organisation</b> , whereby we offer peak access to club facilities, at the off peak membership tariff.	The club does not offer discounts, however		
	occasionally special offers are avaliable - to	loin t	he C

view the latest offers click here.

DEAK TIMES

# LEISURE MEMBERSHIP PLANS

OFE DEAK TIMES

Prices are per person, all information contained within this brochure is subje	ec
The club reserves the right to revoke access	to

#### CHILDREN'S HOURS (AGE 3 - 15):

Monday - Sunday: 30

10:00 8.00 to 10.00 | 14.30 to 17.30

Pre-Paid	Pre-Paid	Pre-Paid
3	6	12
£190 / £360	£365 / £675	£715 / £1320
£175 / £330	£330 / £625	£649 / £1200
£90	£180	£360

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ct to change, including membership pricing, times and facilities access. o members and guests at its discretion.

# SPA TREATMENT MENU

#### MASSAGE & SPA TREATMENTS

Indulge in pure relaxation with our rejuvenating massages and spa treatments, designed to melt away stress and leave you refreshed and revitalized.

#### THERAPISTS

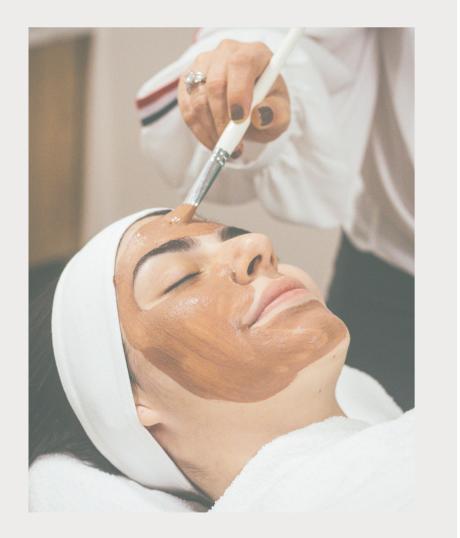
Let us know if you have any specific preference for the gender of the therapist at time of booking so we can do our best to allocate the preferred therapist for your treatment, as it will not always be possible to do this on the day.

# BOOK IN ADVANCE

**BOOK THIS WEEK** 

£84	50min <b>£8</b> 4	THERMAL STONES FULL BODY MASSAGE Heated black basalt stones are used to massage the whole body, releasing deep seated tension. This treatment is ideal for anyone suffering with	£75	50min	<b>EXPRESS REJUVENATING TREATMENT</b> [25 min thermal stone massage and 25 min facial] Maximum results in minimum time. Experience the luxurious hot and cold sensations of this massage and then be treated to anti-ageing facial, designed
£69	50min <b>£6</b> 9	muscular aches and pains. <b>ANTI-STRESS BACK THERAPY</b> Designed to release tension, combat tight muscles,			to smooth and restore youthful radiance. FULL BODY MASSAGE
		rebalance your energy levels and reactivate your	£75	50min	FULL BODY MASSAGE
		Senses. UPPER BODY MASSAGE			A complete massage of the whole body relaxes all muscles, improves blood and lymph circulation, stimulates metabolic processes, and gives your energy level a boost.
£69	50min <b>£6</b> 9	FACE DRAINAGE	£75	50min	REJUVENATING MASSAGE
		Using massage and lymphatic drainage techniques the neck, shoulders, face and scalp are massaged to restore circulation, firm and detoxify your			This full body massage uses relaxing and stimulating movements to relieve tension and improve circulation.
		body.	£165	50min	DOUBLE INDULGENCE
£49	25min £49	BACK, NECK & SHOULDER MASSAGE A relaxing and de-stressing treatment for your back, neck & shoulders.			A treatment where both guests can relax and de-stress at the same time with a shared room massage.
	25min	to restore circulation, firm and detoxify your body. BACK, NECK & SHOULDER MASSAGE A relaxing and de-stressing treatment for your	£165	50min	improve circulation. <b>DOUBLE INDULGENCE</b> A treatment where both guests can relax and de-stress at the same time with a shared room

INDIAN HEAD MASSAGE25min£45A gentle massage to the upper back, shoulders, arms, neck, scalp and face, helps to dispel stress, relieve tension and promote healthy hair and scalp.50min£69THERAPEUTIC SCALP TREATMENT A relaxing and deeply healing scalp treatment to soothe away stress and tension.50min£69LOWER BODDY MASSAGE25min£45FOOT & LEG MASSAGE This is the perfect massage for the end of the day. It will release those tired aches and pains.25min£45EXFOLIATION THERAPY5000000000000000000000000000000000000
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BODY EXFOLIATION THERAPY
Give your body the customized exfoliation it needs, coupled with the warming sensation it craves! A gentle Oatmeal and Rice Bran powder activates to create a gentle yet effective exfoliant that Whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots and hyper pigmentation.



# BEAUTY



#### MONU SKINCARE

MONU uses the very best, naturally-sourced ingredients to deliver professional, glowing results, naturally.

The MONU Professional Skincare collection includes everything from daily cleansers and toners, to specialised serums and peel systems.

### BOOK IN ADVANCE

### **BOOK THIS WEEK**

# LOOKING FOR SPA DAYS?

# FACIALS

appearance.

MINI FACIAL

#### ACTIVE COLLAGEN FACIAL

50min £75 This facial been designed to reduce the signs of aging using freeze-dried collagen. This is an intensive collagen treatment that will improve the skin's ability to retain moisture. After just one treatment, the skin's ability to hold moisture is improved by up to the 75%. After 6 treatments wrinkle depth can be reduced by up to 40%. AROMATIC FACIAL £75 50min A soothing, beneficial treatment that is suitable for all skin types. All products contain pure essential oils that been carefully selected to help balance the skin and maintain its youthful £49 25min This treatment will give you a sense of inner calm & well-being. After a cleansing ritual to your whole face, including a gentle exfoliation, you will experience the divine facial and eye massage. SKIN SPECIFIC FACIAL 50min £75 This facial allows the therapist to choose the most appropriate products for your skin's needs. **EXPRESS RADIANCE** 50min £75 The power of radiance ice cubes when applied over the eyes will instantly revive, lift & firm the skin. It is a completely indulgent and truly divine experience, leaves your complexion visibly brightened & glowing.

## HANDS & FEET

**EXPRESS MANICURE** 

25min £40 BIKINI

EYEBROW

UNDERARM

30min

15min

15min

£24

£15

£15

FULL ARM

BACK / CHEST

30min

30min

£24

£30

Cuticles are softened with oils & creams, nails are shaped, tidied & a perfect lasting clear polish.

EXPRESS PEDICURE				25min	£40	
Cuticles are softened shaped, tidied & a pe			,			
LUXURY MANICURE				50min	£70	
The hand exfoliation, hands feeling firmer, hands will be massage with oils and creams, & treatment basecoal perfect finish.	smoother ed, cuticles the nail sh	& softe s are ca ape is p	r. Your red for perfected			
LUXURY PEDICURE				50min	£70	
The hand exfoliation, hands feeling firmer, hands will be massage with oils and creams, & treatment basecoa perfect finish.	smoother ed, cuticles the nail sh	& softe s are ca ape is p	r. Your red for perfected			
RELAXING HAND TR	EATMENT			25min	£40	
Exfoliation and hydra feet, lavishing a rich a skin. Feet massage so oils nourish and cond						
RELAXING FOOT TR	EATMENT			25min	£40	
Exfoliation, mask and hydration replenishes and softens hands, lavishing a rich and healing action on your skin. Hand massage soothe away tension, warmed oils nourish and condition hands and						
nails.				V	VAXIN	١G
1/2 LEG	30min	£24	LIP OR CHIN		15min	£20
FULL LEG	45min	£30	1/2 ARM		30min	£24



# **BOOK YOUR CELEBRATION**

#### THROWING A BIRTHDAY, WEDDING, WAKE OR PROM?

Elevate your special occasions at our hotel. From private dining to weddings and milestone birthdays to dignified wakes, lively proms, and large scale corporate events, we offer tailored experiences in a sophisticated setting.

MAKE A RESTAURANT RESERVATION





# CHRISTMAS AT CROWNE PLAZA READING

We offer a variety of exclusive dining experiences to enhance your festive celebrations. Whether you're looking to enjoy an extra-special Christmas Day lunch with your close family, a festive lunch, dinner, or afternoon tea for a delightful gathering with friends and colleagues, or indulge in our lavish New Year's Eve dinner at the Caprice Restaurant to welcome the New Year in style.

#### WHATS ON?

We've got something for everybody this Christmas.

BROCHURE

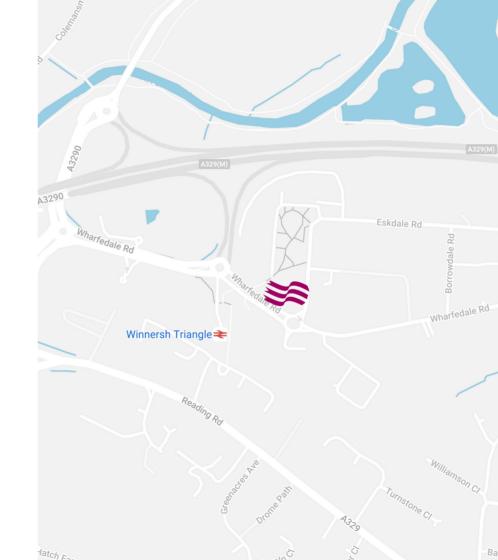
- Christmas Join a Party
- Christmas Day Lunch
- Festive Corporate Events
- New Years Eve Parties

#### STAYCATIONS

Turn your festive celebration into a memorable staycation by experiencing the enchantment of Christmas at the exquisite Crowne Plaza Reading. Explore our Residential Christmas and New Year's Eve packages, which include dinner and indulgent spa treatments for a truly magical experience.

### **ENQUIRY FORM**

Discover serenity in the heart of Winnersh Triangle, A tranquil oasis where relaxation combines with convenience. A peaceful retreat from the bustling surroundings.



# FINDING US

#### BY CAR

From M4 London/Heathrow, leave the M4 at Junction 10 and follow the A329(M) towards Reading. Take the first exit signposted Lower Earley/Winnersh/Woodley. At the traffic light take the first left into Wharfedale Road. The hotel is located on the left hand side on the corner of Eskdale Road.

#### by train

The hotel is directly next to Winnersh Triangle Rail Station (Reading to Waterloo service), only 1 minute from hotel over landscaped foot bridge, providing easy access to London Paddington in 20-minutes from Reading Central.

#### HOTEL INFORMATION

Wharfedale Road, Winnersh Triangle, RG41 5TS

+44 (0) 118 944 4221

esprit.cpreading.co.uk

