



treat yourself to some 'me time'

spa days at Cheddar Woods

Full Spa Day

Spa Day runs from 9.30am - 5.00pm
Monday, Tuesday, Wednesday & Friday

Includes 45min treatment (back, neck & shoulder massage plus face, scalp & décolletage massage)

Includes use of pool, sauna, steam room and gym during this time.

Please advise us of your preferred food selection for your spa day. Our spa day lunch menu can be found on the back of this leaflet.

£70 *per person* or **£130** *per couple*
maximum of 4 people per group*

Me Time

Spa morning runs from 9.30am - 12.45pm
OR 1pm - 5pm Monday, Tuesday,
Wednesday and Friday

Includes 30 min treatment (back, neck & shoulder massage or face, scalp & décolletage massage)


Includes hot drink & cake

Includes use of pool, sauna, steam room and gym during this time.

£50 *per person* or **£95** *per couple*
maximum of 4 people per group*

*Please be advised our pool area closes between 12.45pm-2pm
*Food orders required by 3.30pm at the latest.

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Eden Spa at Cheddar Woods Lodge Resort

01934 742 610 | edenspa@cheddarwoods.co.uk.

Cheddar, Somerset BS27 3DB



EDEN SPA
CHEDDAR WOODS



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lunch menu

Choose from one of the following options

Option 1

- Sweet hoisin prawn & noodle salad
- Sundried tomato and basil pesto leaf salad
- Smoked paprika and garlic hummus
- Crudites
- Mixed herb olives

Option 2

- Roast herb chicken and chorizo pasta
- Sundried tomato and basil pesto leaf salad
- Smoked paprika and garlic hummus
- Crudites
- Mixed herb olives

Option 3

- Mediterranean spiced couscous, red pepper and apricots
- Sundried tomato and basil pesto leaf salad
- Smoked paprika and garlic hummus
- Crudites
- Mixed herb olives



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