

**Press Release
Summer 2011**



Get your body ready for summer at Knowle Grange Health Spa

Knowle Grange Health Spa in Frant is one of Sussex and Kent's best kept secrets. Just a short drive from Royal Tunbridge Wells, this relaxing oasis offers an array of pamper packages and treatments that will give you a super summer body!

For anyone who has a holiday in the sun fast approaching, the pre holiday pamper is a must. A pedicure, manicure and St Tropez is just £95 ensuring you arrive at your destination with great looking feet, nails and a glorious tan. For an extra £40 you can enjoy all the facilities at Knowle Grange including a tasty lunch with a glass of wine, Pimms or fruit juice.

If you have no time for a holiday visit Knowle Grange Health Spa where you can experience that relaxed holiday feeling by indulging in a luxury pamper day.

“Our specially crafted pamper days allow visitors to choose from a variety of treatments to refresh your skin or to help turn back the clock”, said owner Sue Hutchings. ***“Try our newest treatment ‘Rejuvenessence’: a fingertip facelift using a unique, gentle massage technique which releases pent-up stress which relaxes lines and takes years off your looks in just an hour and a half.”***

Visitors looking to really relax and unwind can also enjoy Yoga, Reflexology, massage or Reiki.

The Spa is surrounded by beautiful Victorian Gardens and, in addition to the treatments, visitors can use the fully equipped gymnasium with views across the gardens, relax in the sauna and Jacuzzi or take a dip in the outdoor heated swimming pool with its refreshing natural spring water.

Open seven days a week, Knowle Grange develop their treatments with guests' health and wellbeing in mind. Membership is available for just £56 per month for an adult or £92 per couple, with no joining fee. Minimum membership three months.

For more information visit www.knowlegrange.co.uk or call 01892 750 761 to ask about our taster sessions.

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