

Hen parties with distinction

ATLANTIC
HEALTH & SPA
at Houghton Hall

If you are looking for a more refined Hen party, then Atlantic Health & Spa is the ideal destination...

Our spa packages are ideal for discerning groups and all include access to our luxurious facilities where you can relax in the Jacuzzi and swimming pool and revitalise in the sauna and aroma steam room.

Our highly trained therapists will be able to tailor your special day to meet all your needs at this exciting time in your life. All packages include a selection from our extensive menu of facial, body and nail treatments as well as refreshments with most including lunch.

To ensure the day lives up to your expectations, champagne and chocolates will compliment your lunch. As an added benefit, when hen parties are booked for 5 or more people, the hen comes free of charge.

Call **01787 279009** for more information on how we can be of assistance in planning your hen party or visit our website:

www.atlantichealthandspa.co.uk

Atlantic Health & Spa
Houghton Hall, Cavendish,
Sudbury, Suffolk. CO10 8BW



Atlantic Health & Spa Wedding Belles

Atlantic Health & Spa offers a retreat for stressed mothers and daughters planning a wedding and is a lovely way to say thank you to those helping organise your special day.

We offer a carefully selected range of treatments, available individually or as part of a spa day package. Our treatments feature products containing natural ingredients such as salts, minerals, algae, fruits and herbs, which guarantee noticeable results.

So, whether you choose from one of our Atlantic Special Selection treatments or from our full range of facials, wraps, massages, manicures and pedicures, you'll be able to take advantage of our modern, well appointed treatment rooms and helpful, professional therapists.

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Our spa packages all include spending time in the pool, sauna, steam room and jacuzzi or simply relaxing in the lounge, courtyard or café to allow you to take some time for yourself to really feel the benefits of your spa treatments.

To ensure the effectiveness of your treatments your therapists will discuss your personal health, beauty or wellness needs with you before tailoring your treatments and your day to meet your expectations. A day spent at Atlantic Health & Spa is sure to leave you feeling rested and rejuvenated.

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