

## Spa Break in Torquay

A refreshing new year spa break on the English Riviera.

**Unique Features** A refreshing new year spa break on the English Riviera.

Staying at the popular Hotel Carlton, we include two nights' accommodation with breakfast and dinner, two treatments consisting of an Elemis back massage and Juicie Minicure or Gentleman's Manicure, full use of the hotel's Aztec Spa, including pool, fun pool, sauna, Jacuzzi and steam room.

After a relaxing morning of treatments why not take a stroll on Torquay's seafront, take in a show at the local theatre or explore the town's pretty gardens.

Alternative dates available on request; call us on 0207 099 4816.

**Dates and Prices** 23 January to 25 January - £179.00

### Your Holiday

**What's Included**

- | Two nights' accommodation with breakfast at the 3\* TLH Hotel Carlton
- | Dinner each night
- | Elemis back massage (25 mins)
- | Juici Minicure (25 mins) OR Gentleman's Manicure (25 mins)
- | 15% off additional pre-booked treatments
- | Full use of the hotel's Aztec Spa, including swimming pool with fun pool, sauna, steam room and Jacuzzi

NB: Price is based on a twin or double room. The single supplement is £15 per night.

**Is this holiday for me?** A spa break is a great opportunity to switch off, wind down and re-charge the batteries. We include two nights' accommodation which is a good length of time to forget those daily stresses and with two treatments plus full use of all the facilities you should return home thoroughly revitalised.

January is a great time to revitalise, refresh and detox after the excesses of the Christmas period but don't hesitate to contact us if you prefer alternative dates; our spa weekends are available year-round.

### Your Destination, includes sightseeing

Torquay has been one of the UK 's top holiday destinations since Victorian Times. When the gentry promenaded, bathing huts were wheeled down to the beaches and anyone who was anyone had an attractive villa overlooking the sea.

It was the Victorians who first used the Riviera name to describe their favourite resort and their legacy remains to this day with sparkling white villas perched on the verdant hilltops, beautiful gardens around the seafront and elegant Victorian facades along the main streets. Don't be fooled by the Victorian ancestry however, Torquay is also a vibrant and forward thinking resort attracting visitors of all interests, from Art and Culture aficionados to marine enthusiasts.

Torquay's famous seven hills provide the backdrop to a waterfront scene that matches anything you'll find on the French Riviera. There are 22 miles of coastline, cliffs, coves and beaches and walks to rival any in the South West of England, with a climate that belongs somewhere much further south. There are opportunities for surfing, safe swimming, diving, sailing, angling and wonderful opportunities to study the natural wildlife at your leisure.

Torquay's waterfront is the focus of life in the town. Here you'll find the palm-lined promenade, seafront gardens, a lively harbour and an international marina. The new Living Coasts attraction adds to the variety of the new waterfront and the illuminated bridge is a great backdrop to a relaxing evening drink. Yet within minutes of the town centre there are beautiful beaches easily accessible by foot, road or sea.

**Your Accommodation** TLH Carlton Hotel - Hotel\*\*\* (Half Board) (Included)

Part of the TLH Leisure Resort, the Carlton is linked to sister hotels the Derwent and the Victoria and takes advantage of the complex's extensive leisure facilities. From the moment you walk through the door you'll feel at

home in the Carlton's warm & welcoming atmosphere. The Riviera Lounge and many of the bedrooms boast panoramic views across the Bay.

Facilities include a heated indoor pool, restaurant, gym and excellent spa.

The Carlton has 55 en-suite bedrooms laid out over 3 floors, plus 10 apartments

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#### Classes and Workshops

We include an Elemis back massage and a Juici manicure. The included treatments will need to be pre-booked so please specify your preferred times.

**Elemis Back Massage** This treatment relieves tension, stress and aching muscles in the back, neck and shoulders. 25 minutes.

**Juicie Minicure** Luscious aroma manicure to give your skin the moisture it needs with Avojuice Skin Quenchers. To finish, your nails will be filed and polished with a natural or colour finish of your choice. 25 minutes. Juicie Minicure can be substituted for a Gentleman's Manicure.

Additional treatments are available at a 15% discount when pre-booked. Please ask us for a full list.

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#### Daily Itinerary

##### DAY 1

Check in anytime after 3pm.

Settle into the hotel, take a swim or enjoy a treatment (treatment times to be pre-booked prior to departure)

Dinner in the hotel restaurant

##### DAY 2

0800 - 1000 - Buffet breakfast in the hotel

Enjoy the hotel spa facilities including one of your pre-booked treatments

Dinner in the hotel restaurant.

##### DAY 3

0800 - 1000 - Buffet breakfast in the hotel

Check out

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#### Your Teachers

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#### Optional Extras

Pre-bookable Spa Treatments at 15% discount. Call us for the full list.

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#### Single Room Supplements, Upgrades and Budget Options

##### Option 1 - Included

TLH Carlton Hotel - Hotel\*\*\* Half Board - (23/01/2015 to 25/01/2015 - 2 nights)

Single (1 Person)	30.00 GBP
Twin / Double (1 Person)	30.00 GBP
Twin / Double (Based on 2 sharing)	Included
Twin for sole use (1 Person)	30.00 GBP
Twin for sole use (Based on 2 sharing)	Included

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### Extra Nights

Single (Based on 1 sharing)	60 GBP per night
Twin / Double (Based on 1 sharing)	60 GBP per night
Twin / Double (Based on 2 sharing)	45 GBP per night
Twin for sole use (Based on 1 sharing)	60 GBP per night
Twin for sole use (Based on 2 sharing)	45 GBP per night

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### Flights and Transfers

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**Making your own way to the hotel for ground only package** TLH Leisure Resort is a comfortable 3 1/2 hour drive from London, only 3 hours from Birmingham and 4 from Manchester via the M5 motorway / A380 dual carriageway. Approach Torquay via the A380 from Newton Abbot, following signs to the Sea Front. At the traffic lights at the junction of Newton Road and Avenue Road, by Torre Railway Station, take the right hand fork to the Sea Front. At the second set of traffic lights, turn sharp left onto Falkland Road. At the next set of traffic lights turn right onto Belgrave Road. The Victoria Hotel, and its car park, is on your right. Additional car parking is located on Chestnut Avenue, turn right beyond the entrance to the hotel.

First Great Western and Virgin trains operate to Torquay on a regular basis from across the country. The main line goes through Newton Abbot with either a direct connection to Paignton, stopping at Torre and Torquay (main station), or a change of train at Newton Abbot. Torquay railway station has a taxi rank and is about 1/2 mile from the town centre. National Coach Express travels to Torquay and Paignton from many areas of the UK and is one of the most cost effective means of traveling to Torquay. They can be contacted on 08705 808080. Some UK cities fly to both Exeter and Plymouth, such as Glasgow and Edinburgh. Exeter is closest, approximately 22 miles away and Plymouth about 30 miles away. Taxis and trains can both be caught for connections from the airports as can buses and coaches.

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**What to Expect in terms of Organisation** On Arrival: You will be able to check into your room from 3pm. If you are arriving early reception will be happy to store your luggage while you enjoy the hotel facilities.

Treatments: Treatment times need to be pre-booked prior to departure. The earlier you can do this with us the better, to guarantee your preferred times.

Aztec Spa: You will have full access to the spa and its facilities for the duration of your stay.

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### Before Your Go

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**At Your Destination** Torquay is about much more than just sun, sea and sand. The town falls within the UNESCO-supported English Riviera Global Geopark, a unique area where cavemen and prehistoric beasts once roamed. You can experience it close up at Kents Cavern, home to the oldest fragment of the modern human species ever found in Europe.

If you're looking for some more modern history, take a walk down the Agatha Christie Mile and trace the famous author's footsteps through her hometown of Torquay. For an unforgettable visit for the entire family, check out Torquay's Living Coasts coastal zoo, which features exciting indoor and outdoor exhibits including Penguin Beach, Fur Seal Cove and Octopus Odyssey. You can even get combined Living Coasts and Paignton Zoo tickets.

There's a year-round calendar of events in Torquay, including the popular Torbay Royal Regatta with displays from the Red Arrows, and you can often catch top West End shows at the Princess Theatre. For fabulous views, ascend the illuminated staircase at Royal Terrace Gardens, or take a trip on the unique HiFlyer Balloon for a real bird's eye view.

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