



Here is one for everyone! - PICTURE THE SCENE:

You wake up on a Sunday, having had a lie in (ideally). You might read the papers, and have a light breakfast in anticipation of a lovely roast lunch. You then remember with the most exquisite thought: You have booked (at the luxurious Gym & Tonic Health Club in a secluded part of town, with private parking), a 'Sunday Steamer' appointment. What a dream! Perfect for Sundays. You amble on down and go to reception. (ok, or drive!) Cat has set up the Steam Cabinet ready for you, already on steam so it is nicely warmed up. After a brief resume of how to use the functions (it is sooo easy), you're in, and you have the whole room (decorated like a Jungle), to yourself for 1/2 an hour. (This includes your own W.C)

You can set the dials to 'drencher shower' (overhead - like heavy rain drops), or hand held shower (which goes from a mist to a concentrated jet), or use the 8 water jets all down your aching back - all *WHILST* the steam continues if you wish. You can also help ease the week's toxins away with lots of cold water to drink too. There is even a foot massage feature. The steam can be set as hot as you like (to 70 if you can bear it!).

You maximise on the products provided - pampering yourself with the expensive aromatherapy shampoos, conditioners, facial gels and exfoliators, then simply sit in the steam allowing these to soak in....

When you feel hot enough, and your skin has had the maximum benefit, you can cool off with the drencher set on tepid, slowly cooling off to almost cold, closing the pores and leaving you invigorated.

You come out totally refreshed and dry off with G&T's warmed towels.

There's more?

Yes. Now - your muscles totally relaxed, you wonder into the studio, beyond the willow screens, to our awaiting masseur/masseuse. Both have very different styles so choose which you prefer, both will know instinctively what you need, and you can choose from Swedish Body Massage (Jen/ Darren) or a Sports therapy massage (Darren). As the 'Steamy Sunday' experience is by appointment only you can be assured of total privacy as your muscles are rewarded with this heavenly work easing out all your knots and tension, in the ideal circumstances of having steamed first.

After another half hour of this bliss, you can dress, then go out to face the world (there is also a hairdryer and more products to use, if you so wish, before you go).

The 'Sunday Steamer' is Open all day on Sunday – by appointment only.
As we anticipate getting busy this may also run to Saturdays at some point –

The cost?

A very reasonable £30.00 for the hour. Book soon and **make your Sundays pay you back!**



Look complicated? – It really isn't – top dial is function, middle is flow, lower is temp! On panel you just need 4 buttons – steam, temp, jets, light!!

New premises, same tel number: 01497 822995