



**CEDAR FALLS IS THE PERFECT DESTINATION TO ENJOY REJUVINATING WEEKEND HEALTH SPA BREAKS, WHILING THE TIME AWAY BEING PAMPERED AND PREENED IN A FABULOUS ENVIRONMENT. WITH NATURAL THERAPIES, DETOX TREATMENTS, SPORTS INJURY TREATMENT AND HOLISTIC THERAPY ALL ON OFFER THERE IS SOMETHING THAT WILL APPEAL TO EVERYONE AT THIS UK HEALTH SPA.**

A fantastic health spa resort. The forty-four acres of secluded wooded landscape, calm lakes and immaculate gardens frame beautifully the handsome, red sandstone house and provide the perfect backdrop for some serious pampering. This is a health spa with a difference.

By mixing the various health & beauty treatments at this health spa with your choice of residential accommodation, our health spa breaks offer a wide variety of experiences from Reflexology, Indian Head Massage and many other natural therapies. If you are able why not extend an overnight stay into a health spa weekend break and escape everyday pressures and worries.

Weekend spa breaks can do more for your body than help lose those extra pounds. A health spa can help you get the most from your looks and your life and trained therapists can help relieve the aches and pains that cause stress and can lead to more serious problems. Quite apart from the benefits, it's fun! Cedar Falls also boasts the highest number of natural therapists in any UK health spa so you are guaranteed to be in safe hands.

Every element at **Cedar Falls Health Farm** has been designed to help you relax. On arrival you will be welcomed by our friendly reception team before being shown your accommodation and receiving a tour of the health spa facilities. Once safely ensconced into your room choose from an excellent selection of complementary therapies, health spa treatments, a wide choice of therapeutic massages, natural therapies, gentle exercise and health and beauty packages. Pamper day guests will also receive a full tour.

It is unusual for a health spa resort to offer a dedicated natural therapies centre but there is growing recognition that natural therapies can play an important role in our healthcare. Please remember to read the 'precautions' for each therapy just in case these apply to you. For those of you who haven't been to a health spa resort before these natural therapies (or complementary therapies as they are also called) include Reflexology, Shiatsu, Meditation, Indian Head Massage and other therapeutic massages. Pamper day guests are also able to book these.

The dress code is deliberately relaxed and informal. Casual clothes, tracksuits and swimwear or bathrobes and slippers are the most popular choices around the health spa, and it is only at dinner time that you need to think about changing. After a deep sleep and a leisurely breakfast, why not make the most of the early morning sunshine and begin a pamper day enjoying some tea in the elegant drawing room. Full of all the charm of the old house, this is the perfect setting to enjoy a good book, read the paper and get ready for your health spa treatments.

**To receive a 10% discount contact Cedar Falls Tel: 01823 433233 and Quote: BAWA**

**HEALTH SPA BREAKS, CEDAR FALLS HEALTH FARM AND SPA**

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