

# LUXURY HEALTH CLUB & SPA TO OPEN AT ROOKERY HALL HOTEL IN CHESHIRE

£10 million investment creates a haven for well-being in rural Cheshire

Hand Picked Hotels' Cheshire country house property, Rookery Hall Hotel, unveils a luxury Health Club & Spa this June. There will be a number of indulgent Spa packages on offer, making this the perfect country escape with indulgent treatments from Spa specialists, ESPA and CLARINS. Day Spa guests will also be welcome and the facilities will be enjoyed by residential guests, exclusive Health Club memberships will also be available.

A former Georgian stable yard, the Health Club & Spa blends perfectly with the hotel's 38 acres of gardens and parklands. By contrast, the interior is purpose built and designed by KKA Architects with contemporary interior design, courtesy of Trevellion Interiors. This will be a country retreat where one can't help but relax and unwind, despite being only fifteen minutes by car from the M6.

Sharing the same entrance, the journey for the Health Club and Spa user will be quite distinct to ensure that the ambience is just right for your purpose. On the Spa side, the ambience will be tranquil and restorative with water features and luxurious textures in the design such as pleated leather, engraved glass, slate, chrome and dark woods. There will be 7 treatment rooms in total, including a double treatment room, ideal for couples, as well as an 18m swimming pool, hydrotherapy pool, steam, sauna and rasul (a Turkish mud treatment). To optimise the enjoyment of your stay there will be a lounge reception area and also a relaxation room for chilling out between treatments.



Recommended treatments include ESPA's 'Full Body Chakra Balancing with Hot Stones' or the 'Oshami Body Wrap' and CLARINS' 'Personal Blend Aromatherapy Facial'. The pool area will be light and airy set under a glass roof encapsulating what was the courtyard area of the stables. The furnishings, finishes and fabrics have been selected to appeal to the senses. The relaxation room for example, has comforting bed throws, impregnated with Lavender to aid relaxation.

The Health Club will offer 'Technogym Excite' and 'Wellness Key System' equipment, weights and an exercise studio, will stage a programme of classes including cardiovascular, yoga and pilates. A waiter-service Brasserie and bar will complete the lifestyle experience, offering a range of delicious and simply prepared foods as well as smoothies, juices, wines and beers.

The Spa team are young, dynamic professionals and all are local to the area, Matt Bridle has extensive experience as a Health Club & Spa Manager, after being in the industry for many years, including ten years with Shire Hotels & Spas. Matt is a keen sportsman himself, having a particularly accomplished track record in the field of athletics. Suzanne Parsons is Mum to two young children, as well as a qualified marketing professional with many years experience in the health and cosmetics industry, and is Health Club & Spa Sales & Marketing Manger. Tara Steele, the Health Club & Spa Reception Manager, has joined the team after 17 years in the leisure and hospitality industry, including a six year stint flying with Royal Dutch Airlines, KLM UK and two years as a skincare specialist for Clarins in Selfridges at the Trafford Centre. Tara is keen on sports and fitness and yoga is her favourite way of relaxing.

The new Health Club & Spa will form part of a £10m development programme at Rookery Hall Hotel, which will also transform their conference and banqueting facilities, as well as offering additional accommodation making a total of seventy bedrooms. All new executive bedrooms have modern facilities such as LCD televisions in the bedroom, LCD TV's at the foot of the bath, DVD players and MP3 connectivity. In total this development has created 50 new jobs for the local region.

Julia Hands, Chief Executive of Hand Picked Hotels, comments, "This latest investment follows the £40 million we have already spent across the group over the last couple of years bringing Hand Picked Hotels' collection of country houses back to their former glory. Health Clubs and Spa are a very important part of guest experience, and this is a natural progression for a country house hotel already renowned for its fine dining and warm hospitality."

Hand Picked Hotels is a unique collection of 14 luxury country house hotels across the UK and Jersey, marrying stunning architecture and locations with modern conveniences, fine wine and dining.

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**For further information, to arrange a site visit or request images, please contact Sarah Proctor at Rookery Hall (T) 01270 615611 (E) sproctor@handpicked.co.uk**

### **Notes to editors**

Created by former City lawyer Julia Hands, the exclusive Hand Picked Hotels collection are 14 architecturally splendid former country houses, renowned for stunning interiors, exquisite food, fine wines and excellent service in a relaxing atmosphere. The hotels are conveniently located across the UK, from Surrey, Kent and East Sussex, to the New Forest, Jersey and Edinburgh.

Hand Picked Hotels won AA Hotel Group of the Year 2004-2005 and was presented with the Business Excellence Award last December by the Tourism Minister for its commitment to customer service and developing the brand. Julia was presented with the top award in the Tourism and Leisure business sector of the First Women Awards, organised by the CBI, in conjunction with Real Business magazine, in July last year. Julia also sits on the judging panel for the Wines and Spirits Education Trust.