

**Gym • Pool • Sauna • Steam Room • Personal Training**



If you are looking for a gym and pool with easy access and friendly support, why not take a look at Horizons at Apollo Hotel. Our flexible membership packages offer use of the gym, pool and spa area with workout classes available, plus the support of a great team. And, with free parking and superfast free wifi, you can make the most of your workout, then enjoy the hospitality of our Library Bar, with discounts on food and drink for members.

### FULL MEMBERSHIP

**£45** per month

#### Access to all facilities at all times.

Mon - Fri 7am to 8.45pm\*

Sat & Sun 8am to 7.45pm\*\*

(\* last entry 8pm / \*\* 7pm)

### OFF PEAK MEMBERSHIP

**£29** per month

#### Off peak membership for access to all facilities.

Mon-Thur 9am - 5pm

Friday 9am - 8.45pm\*

Weekends and public holidays  
8am - 7.45pm\*\*

### DAY PASS

**£8**

#### Day rate price for adults.

Children up to 4 yrs -FREE

Children 5-15yrs - £5

Aged 16+ - Adult Price

Must be accompanied by member.  
Must be 16+ to use the gym.

*Minimum contract length for Full and Off Peak Memberships is 3 months.*

*Those not paying for membership on a direct debit scheme will be subject to a £50 administration charge.*

### ADULT ONLY POOL TIMES

Monday -Thursday 9am-11am 2pm-3pm 7pm-8pm

**Free Parking • Free Wi-Fi • Discounted Food & Drinks • Preferential Hotel Rates**

**Corporate rates also available. Please email [pfearon@apollohotels.com](mailto:pfearon@apollohotels.com)**



# Beauty Treatments

Our independent therapists ensure quality treatments in a relaxing environment.  
Monday to Saturday - by appointment only.

## Skincare

Skin consultation (T,N)	free
Dermalogica 1hr facial (T,N)	£70
Skin peel (T)	£65*
Dermalogica Pro Power Peel (N)	£55*
Microdermabrasion (N)	£55
Dermapen micro needling (T)	£125
Dermapen with skin peel (T)	£160
Microneedling with Dermalogica (N)	£100
Million Dollar Facial (T) (including Derma planing and micro needling)	£115
Mini Million Dollar Facial (Derma planing) (T)	£65

## Advanced Cosmetic Procedures - ACP (T)

Consultation	£45
15 mins	£65
30 mins	£110
45 mins	£155

## Electrolysis hair removal (N)

Minimum 17 mins	£1 per minute
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## Phi Brows micro blading\* (T)

Phi consultation	free
Phi brow hair strokes (includes 4-6 week top up)	£350
Phi 6-12 month top up	£145
Phi 12-18 month top up	£175
Phi 18-24 month top up	£215

## Microblading (N)

Initial Session	£250*
12-18 months top up	£150

## Massage (T,N)

Full body	£55
Back massage	£38
Hot stone one hour (N only)	£60
Hot stone half hour (N only)	£40

## 30 mins (T,N) £35

Face, neck and shoulder massage	
Mini facial	
Body exfoliation	
Foot massage	
Scalp and head massage	
45-min massage	£45

## Waxing (T,N)

Half leg	£22
Half leg & bikini	£34
Half leg & Brazilian/Hollywood	£50
Full leg	£32
Full leg & bikini	£42
Full leg & Braz/Hollywood	£60
Bikini	£18
Brazilian/Hollywood	£34
Underarm	£15
Forearm	£21
Full arm	£30
Eyebrows	£13
Lip or Chin	£11
Lip & Chin	£18
Nose	£8
Full back	£30
Chest	£25

## Brow and lash treatments\*

HD Brow Sculpt (T)	£45*
Eyelash tint (T,N)	£18*
Eyebrow tint (T,N)	£12*
Eyebrow tint and shape (T,N)	£20*
Eyelash lift and tint (N)	£38*
Henna brow (N)	£22*
Hopi ear candling (N)	£32

## Nails

Gel manicure (T,B)	£37
Gel French manicure (T,B)	£39
Soak off (T,B) (Soak off included with re-application of gel)	£20
Spa gel manicure /pedicure with paraffin wax (B)	£40
Nail art (B)	£1 per nail
Medical hard skin treatment (B)	£20
Normal Pedicure (N)	£30

## Aesthetic skin boosters (T,N)

Profilo	£250
Second treatment required four weeks later for optimum results. £430 if paying for two treatments	
Jalupro	£140
Up to three treatments recommended 10-14 days apart. £360 if paying for three treatments.	

## Spa days

Includes pool and spa facilities plus either	
30 minute treatment	£40
60 minute treatment	£60

Afternoon tea can be added for an extra £23 and needs to be booked and paid for via main reception 01256 796700.

Additional £5 per person for a glass of prosecco.

**B** Boryana   **N** Natasha   **T** Tracy

\*Patch test required either 24 or 48 hours prior to treatment. Access to the treatment rooms is via stairs.  
Only therapist vouchers are accepted.

apollohotels.com/beauty  
01256 796719

  
Horizons