



**Mumsnet Best Spa in the UK**  
*Great for a girls day out*  
**Conde Nast Traveller Readers' Spa Awards 2011**  
*Runner Up Favourite UK Spa Retreat*  
**Good Spa Guide**  
*Five Bubbles*  
**Natural Health Spa Awards 2011**  
*Best for Weight Loss*  
**Sunday Times Travel Magazine Readers' Awards 2010**  
*Favourite UK Spa*

**June 2011**  
**Press release**

## Spas - why the "s" words are so relaxing!

"S" is for summer, sunshine, sport, sipping (long cool drinks), sitting (down with a good book) and smiles (of sheer bliss).

Perhaps it's no coincidence that "s" is also for spa, an idyllic place where all these elements combine to create the ultimate stress-free summer holiday in a haven far removed from the outside world. Here you can enjoy as much exercise as you're comfortable with, then simply relax in the garden or by the lagoon pool, with a serene smile on your face.



A summer getaway weekend at a spa will allow you to do all this – and a lot more besides.....

Compare this idyllic scenario with stress of foreign holidays....airports, the Euro and all that packing!

Go to a spa this summer to be guaranteed a far more relaxing time and a much greener option than flying!

Award winning Leicestershire spa Ragdale Hall, is offering a [Summer Getaway Weekend Break](#) - a great value break that's packed full of indulgent pampering.

For further information contact:

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