

Included in Fistral Spa memberships are various events throughout the year as well as discounted rates on hotel and spa events. All events complimentary unless otherwise stated.

- To book please visit the spa reception or call 01637 852221. For more information, please see a member of the spa team.

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## ALSO INCLUDED WITH YOUR MEMBERSHIP

- Provision of towel each visit.
- 10% discount on food and drink in Dune Restaurant and the Bay Bar.
- 10% discount on accommodation at Fistral Beach Hotel and Spa
- 10% discount on selected spa treatments (Monday - Thursday, 10am - 3pm) excluding packages.
- Half price admission to The Esplanade Hotel's family leisure facilities.

## EVENTS

### **14th, 15th and 16th February | From 6.30pm**

- *Fall in love at Fistral this Valentine's*

Celebrate the month of love with 20% off an indulgent three course meal at Dune Restaurant with your special someone.

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### **Sunday 8th March | 1pm**

- *Afternoon tea*

The perfect Sunday afternoon awaits; join us for a tier of naughty-but-nice delights, served with a choice of tea, coffee or a glass of prosecco whilst you watch the waves roll in over Fistral.

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### **Sunday 12th April | 1.30pm**

- *Surf lesson*

Try something different this year! Join Quiksilver Surf School Newquay on the world-famous Fistral Beach and take to the waves for a post-summer gnarly surf lesson! Whether you're a novice or advanced rider, this session is a perfectly fun way to exercise and get into the water...

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### **Tuesday 12th May | 7pm**

- *Gaia Skincare workshop*

Crystals are used today for deep relaxation, healing and to promote energy balance. In this workshop you will learn more about crystal healing, chakra energy and how to use these incredible benefits in your day to day life. We will also have the opportunity to talk you through wellness, skincare and answer any questions you have on how to use products at home.

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### **Saturday 13th June | 8pm**

- *DJ and Sax Saturday*

We're reserving members a table at our DJ and Sax night including canapés and a glass of bubbles each; it's the perfect warm up for the summer season sessions!