



WHAT'S ON AT BODYSGALLEN

BODYSGALLEN HALL HOTEL, RESTAURANT & SPA

AN HISTORIC HOUSE HOTEL OF THE NATIONAL TRUST

BODYSGALLEN HALL & SPA WINS THE CONDÉ NAST JOHANSENS READER'S AWARD



We are delighted to announce that Bodysgallen Hall & Spa was the winner of the **Condé Nast Johansens Reader's Award**, one of their 2010 Awards for Excellence.

We are absolutely delighted with the award, particularly as it is based on direct feedback from our guests. Throughout its 30 years, Bodysgallen has worked hard to establish and maintain its high standards and reputation for warm hospitality, and this award is true recognition from the clients who visit Bodysgallen Hall.

GARETH JONES WINS THE TITLE OF PRIDE OF BRITAIN HOTELS' CHEF OF THE YEAR!

A dish of poached fillet of roe deer with caramelized cauliflower has helped Head Chef Gareth Jones win **Pride of Britain Hotels' national Chef of the Year** competition. Gareth, Head Chef at historic Bodysgallen Hall for the last two years, won the title in the final cook-off against two other top chefs.

The cook-off took place at The Spread Eagle Hotel in Midhurst, West Sussex, with Gareth named the best by a tasting panel consisting of the head chef of Historic Sussex Hotels, and representatives of Bibendum wine merchants and the Ceretto Winery, Italy.



UNIQUE AND EXCLUSIVE OFFERS TO START 2010

AT BODYSGALLEN HALL & SPA

TWO NIGHTS FOR THE PRICE OF ONE!!

Guests staying Sunday to Friday in January and February will be offered the second night **FREE**, paying only for dinner and breakfast. Dinner must be taken at the hotel on both evenings in either of our restaurants, subject to availability. **Quote BH 01 10** when making your reservation.



WINTER CHAMPAGNE BREAK



Our champagne break programme continues until 31st March 2010. This break is for a minimum of two nights and includes accommodation, dinner, cooked breakfast, unlimited use of the Bodysgallen Spa, and a chilled half bottle of Champagne in your room upon arrival. Rates are from £130 per person per night, based on two people sharing a double or twin room; single occupancy rates are also available.

THE ANNE SEMONIN CELTIC BREAK!

Our ANNE SEMONIN 'Celtic Spa Break' with accommodation in one of our Spa Cottage Suites is an ideal way to recover from Christmas and New Year excesses. The price per person is **£250**, and includes accommodation, cooked breakfast, dinner, half a bottle of champagne per person in the room on arrival, and full use of the **Bodysgallen Spa**. Included also is an **Anne Sémonin Deep Release Massage with Hot Stones**, and an **Anne Sémonin Hydra Express Facial**. A **£30.00** allowance towards treatments for each additional night's stay is also included. Partners not wishing to take treatments may stay for **£135** per night. Book this break during **January to March** and receive a complimentary travel bag with Deanne cream from **Anne Sémonin** worth **£90.00**, **AND FULL AFTERNOON TEA PER PERSON** in the main Hall during your visit. **Quote AS BH Jan10** to receive your free gift and afternoon tea with this break.

GARDENING TOURS AT BODYSGALLEN WITH ROBERT OWEN, OUR HEAD GARDENER

Our Head Gardener, Robert Owen has been in charge of the gardens at Bodysgallen for 29 years. During this time both he and his team have overseen the restoration of our gardens from those of a derelict and overgrown wilderness, to the award winning gardens that they are today. We are pleased to announce the dates of three separate Garden Tours/Lectures hosted by Robert Owen, which will give you an insight into the restoration and on-going work that takes place in the gardens of Bodysgallen Hall.



Saturday 27th February – ‘A winter walk and talk in the gardens at Bodysgallen’

Saturday 28th March – ‘Spring has begun!’

Saturday 22nd May – ‘Shrubs, plants and follies!’

Our garden tours will commence with coffee on arrival at 11-00am prompt in the Drawing Room. Following the tour, a two-course luncheon including coffee, will be served in the South Dining Room, together with a glass of wine per person. The price per person to include the above is **£30.00**.



COOKERY DEMONSTRATIONS FOR 2010

Head Chef at **Bodysgallen Hall** and recently awarded the **Pride of Britain Hotels, Chef of the Year**, Gareth Jones will be continuing with his popular cookery master classes, and we are pleased to confirm the following dates:



SATURDAY 6TH FEBRUARY - SAUCES. £40

Learn some simple helpful tips and ideas for entertaining guests at home.

SATURDAY 13TH MARCH - CHOCOLATE AND PUDDINGS. £40

In good time for Easter, an occasion not to be missed for all ‘chocoholics’!

SATURDAY 5TH JUNE – ‘FISH AND SEAFOOD’. £40

An opportunity to gain ideas in the preparation and cooking of fish and seafood.

SATURDAY 24TH JULY - ‘BARBECUE’. £40

By request, we are pleased to repeat and provide some helpful tips and ideas for a mouth-watering summer barbecue at home.

*Included in the above is morning coffee served on arrival at **11.00am prompt**, followed by the demonstration.*

*Afterwards, enjoy a glass of **champagne** and a two-course luncheon in the South Dining Room in the main hotel.*

*Our special rate for an overnight stay following our **Cookery Demonstrations** is **£75** per person, including cooked breakfast and full use of the **Bodysgallen Spa**.*

LITERARY LUNCHEON, WEDNESDAY 17TH FEBRUARY 2010

A talk by R W Kay, author of ‘A NASTIA GAME’.

What links the Royal Air Force, the Iraq-Iran war, the game of chess, and the invasion of Iraq in 2003? The answer is ‘A Nastia Game’, a computer war game devised by the RAF as a staff training exercise in the 1970’s, and sold to Iraq shortly before the Iran-Iraq war. R W Kay is the author of this book and our guest speaker, who will talk about his career in the RAF spanning over 40 years and his thrilling novel. As a software engineer, he specialised in simulations and war gaming and worked in various UK locations before retiring as a wing commander.

*Morning coffee is served on arrival at **11.00am prompt**, followed by Bob Kay’s compelling talk. Afterwards enjoy a two-course lunch in the South Dining Room accompanied by a glass of wine, tea and coffee. **The price is £32.50***



WINTER PIMM'S LUNCHEON MENU IN OUR FINE DINING RESTAURANT - 3 COURSES FOR £20.00!

Throughout **January** to **March** we will have a special **three-course** menu available for only **£20** per person to include a glass of **Winter Pimm's** on arrival. This offer must be booked in advance, subject to availability, and does not include Sunday luncheon.



EARLY BIRD SUPPER AT 1620 CONTINUES! - 2 COURSES FOR £14.95!

We will continue to offer a two-course evening meal for only £14.95, Tuesday to Friday, served between 5.30pm to 6.30pm, Reservations must be made in advance and orders should be in by 6.15pm. This offer is not available in conjunction with any other offers or discounts.



THE DINING ROOM AT BODYSGALLEN HALL OPENING TIMES

Tuesday to Saturday, until 31st May 2010

LUNCHEON
12.30pm to 1.45pm

DINNER
7.00pm to 9.30pm

SUNDAY LUNCHEON
12.30pm to 1.45pm

STOP PRESS!

The Dining Room will be open on the Sunday evenings of each Bank Holiday weekend, and Mothering Sunday.

10% DISCOUNT OFF YOUR TOTAL BILL IN 1620, DURING JANUARY AND FEBRUARY

This card entitles you to a **10% discount** off your **TOTAL** bill in **January & February (LUNCH AND DINNER)**, applicable only when presented, and reservations must be made in advance. This offer is subject to availability and is not available on St Valentine's Day, or in conjunction with any other offer.

Quote 1620 03 when making your reservation.

1620 at Bodysgallen Hall

This card entitles you to a **10% discount** off your **TOTAL** bill in January & February, when this card is presented.

Subject to availability, and not available on a Saturday or in conjunction with any other offer.
T.01492-584466 www.bodysgallen.com

THREE COURSE DINNER IN OUR FINE DINING RESTAURANT FOR £40, THROUGHOUT JANUARY AND FEBRUARY!

We will be offering a dinner menu priced at **£40** inclusive of coffee throughout January and February, for a maximum of 8 persons in one party, **Tuesday to Friday**, subject to availability, and must be booked in advance. This offer is not available on St Valentine's Day.



THE WELSH NATIONAL OPERA VISIT LLANDUDNO – 10TH TO 12TH MARCH,



TOSCA

The visit of the Welsh National Opera to Llandudno is always an eagerly awaited one. Stay or dine at Bodysgallen and enjoy the performances, and why not dine pre-theatre in 1620, which opens at **5.30pm** during the week, and also on a Saturday.

EASTER WEEKEND – FRIDAY 2ND APRIL TO MONDAY 5TH APRIL

Stay at Bodysgallen Hall from only £165 per room per night (based on two sharing a double/twin room) to include overnight accommodation, continental breakfast, full use of our award winning Spa, service and VAT. **Stay two nights or more and receive a complimentary bottle of champagne in your room on arrival and a room gift from Molton Brown!**



SUNDAY 14TH MARCH -MOTHERING SUNDAY

Book early for luncheon or dinner at Bodysgallen for this special day, on which to say “thank you” to mothers and grandmothers. A three-course traditional luncheon will be served in The Dining Room, cost **£36.00** per person to include canapés on arrival.

1620 will also be open for luncheon, serving a three-course menu priced at **£26.00** per person to include coffee and fudge.

Dinner will be served in our fine-dining restaurant, prices from **£40** per person.



EXTEND YOUR WEEKEND WITH SUNDAY LUNCHEON

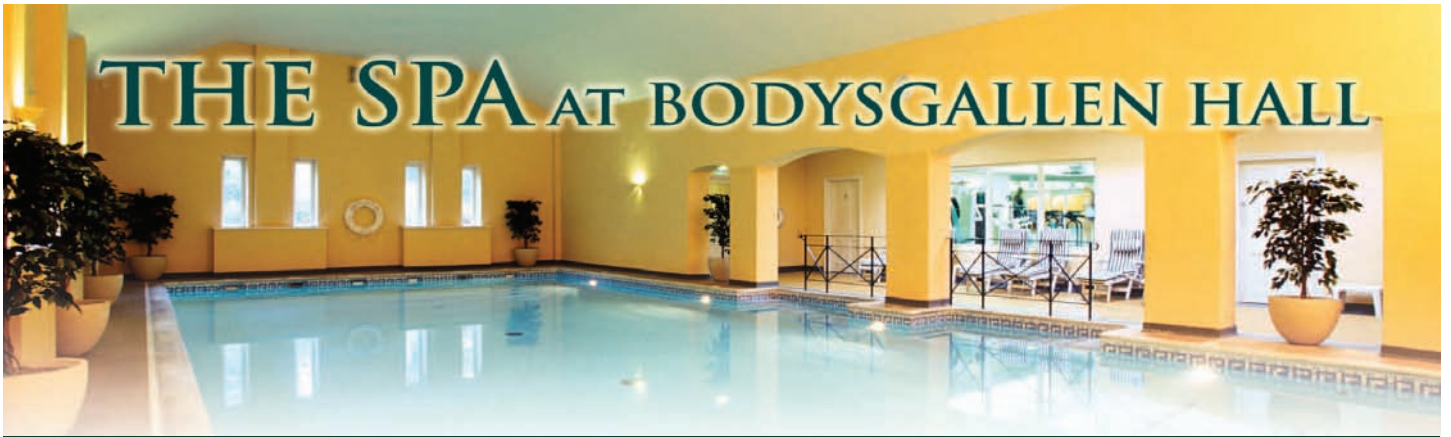
Stay on a champagne break on Friday and Saturday **and keep your bedroom until 5.00pm Sunday**, if Sunday lunch in The Dining Room or an early supper from 5.30pm in the **1620 Bistro** is booked at the time of your room reservation. **Must be booked 48 hours prior to arrival**, applicable until the end of February 2010, and is subject to availability.



JANUARY TO MARCH 2010, SUNDAY AND MONDAY NIGHTS BEDROOM SALE!

Book within two weeks of your proposed arrival date, and receive a **40% discount** on all published room only and continental breakfast rates. Sunday luncheon in **The Dining Room** of the Main Hall, or dinner in the **1620 Bistro** must be taken to qualify. This unique offer is not available in conjunction with any other offer.

THE SPA AT BODYSGALLEN HALL



We are delighted to welcome Amanda back to the Spa following the birth of her baby daughter Freya. Amanda and Lisa will be the Bodysgallen Spa's joint Spa Managers, and we all look forward to this excellent partnership running the Spa in unison



A new signature treatment will be introduced for 2010, and has been created exclusively for The Spa at Bodysgallen Hall. The '**Decl or Rose Garden, Face and Body Retreat**', will provide the ultimate in relaxation.

This beautiful face and body ritual combines warm aromatic balms and decadent aromas. The treatment begins with a full body exfoliation with tantalizing fruit seeds of apricot, ginger and cinnamon. The body is then massaged with a relaxing balm to lull the senses into tranquillity. A beautiful facial is also included using Decl or's aromatherapy expertise to calm and de-stress even the most fragile of skins. Whilst a soothing mask is applied you will be pampered further with a luxury hand and arm massage. 1hr 25min of heavenly pampering for ** 80**.

JANUARY

- The January sales have started, so this month we are offering some very special offers too!



'What a fantastic way to shape up for the start of 2010 by taking advantage of our **50% discount off Power Plate** courses! Price ** 25.00**, normally ** 50!**

Or why not indulge in our **Anne Semonin Detoxifying Spirulina wrap**. This is a slimming and energy boosting treatment in the way its natural seaweed ingredient re-metabolises the body to efficiently kick start and maintain the elimination of toxins and waste after those Christmas indulgences. Special Price ** 45.00**, normally ** 60.00**.



FEBRUARY



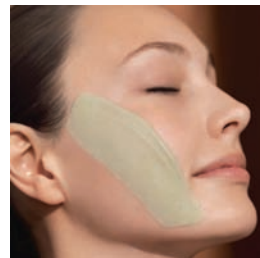
- This is the ideal time to treat you and your '**Valentine**' to a relaxing 55-minute full body

massage! This is followed by lunch and a glass of champagne in the Bodysgallen Spa's relaxation room. The price per couple is ** 100.00**.

Back once again is our fantastic **buy one, get one free** offer on any of our **CACI** treatments. Please book soon at the Spa Reception to avoid disappointment.

MARCH

- Why not show your mother, grandmother, wife or partner how much you care? Book an **Anne S monin** 'Made to Measure' Phyto-Aromatic facial, using essential oils, trace elements, serums and mineral botanical oils, giving a feeling of being up lifted and radiant. Each guest who participates with this offer will receive a gift worth ** 20** with our compliments, to remind them of this special experience.

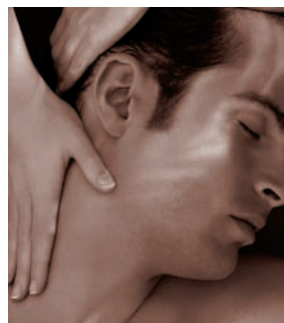


APRIL

- A fantastic way to be pampered this month is to book any one hour **Decl or Treatment** and then receive any second treatment with a **25% Discount!** This really is too good to miss!!!!

MAY

- **Spring is here and the summer** is just around the corner, and to celebrate this we have created a superb offer in association with **St.Tropez**. Book a spray tan and receive a file and polish on either your hands or feet, all for the special price of ** 30.00**.



JUNE

- Husbands, Partners, Fathers and Grandfathers need to be pampered too! So throughout the month of June, you can treat then to a **Full Body Massage with Hot Stones**, to relieve those aching muscles. This offer also includes full use of the Spa for two hours prior to their treatment for the fantastic price of ** 50.00!**



THE UNIQUE BENEFITS OF SPA MEMBERSHIP

Relax and unwind following the excesses of Christmas and New Year in one of our companion hotels. We will be offering spa members a one-night stay at **Hartwell House** in the Vale of Aylesbury, and **Middlethorpe Hall** in York, during January and February at the unbeatable price of **£75.00** per person. This tariff is inclusive of overnight accommodation, cooked breakfast, and full use of the Spa. (subject to availability, Friday and Saturday not included).

Our **members special 15% discount off your WHOLE bill in The Dining Room or 1620** (excluding Bank Holidays and weekends) is still available, as are our reduced tariffs for accommodation in the Spa Cottages for **Spa Members**, or members booking accommodation for one of their guests, subject to availability.



HISTORIC HOUSE HOTELS GIFT VOUCHERS MAKE IDEAL PRESENTS!

Our personalised **Gift Vouchers** make ideal presents for any occasion and can be purchased for spa membership, beauty treatments, products on sale in the Spa, meals in either of the Bodysgallen Hall restaurants, accommodation at Bodysgallen Hall or at our companion hotels, Middlethorpe Hall and Hartwell House.

STOP PRESS! It is now possible to buy our **Gift Vouchers** easily and securely online directly from our hotel web site, www.bodysgallen.com. Here you may now purchase the **Gift Voucher** of your choice, which can be sent to your own address or to the address of your chosen recipient, professionally packaged with your own typed personal message.

SPA REMINDERS:

Don't forget James' **Circuit Classes** that run every **Tuesday Morning** at 10.00am until 11.00am, and a **Wednesday evening** at 7.00pm till 8.00pm

Also **Aqua Aerobics** on a **Monday Morning** at 11.00am. What a great way to start the week!

Renew your Membership on time and receive our amazing Membership benefits, **PLUS** introduce a friend to the Spa and receive a **FREE** month, which will make your membership subscription last longer!

Please look out for other special events that will be held at the Spa throughout the year, including a drinks party in February – date to be announced soon!

AN EXCLUSIVE NORTH WALES GARDEN TOUR, MAY 2010

A blissfully comfortable three night stay at **Bodysgallen Hall** can now be combined with an exclusive **Three day Garden Tour of North Wales, 18th to 21st May 2010**.

The group will visit nine stunningly beautiful gardens in North Wales, including world-famous Bodnant and the exotic plant nursery of international plant hunters Bleddyn and Sue Wynn-Jones. Late spring is a lovely time to visit gardens in North Wales. Whenever possible, garden owners or head gardeners will be the guides and the visits will be private. Garden writers and National Trust experts will also be invited to join the group.



The tour has been arranged and will be accompanied by Gwen Tutt in association with Bodysgallen Hall. Gwen has arranged Tours for The Royal Oak Foundation, the American affiliate of the National Trust, and has raised \$260,000 for Trust gardens since 2001. She has designed the itinerary carefully to minimise coach travel and to enable guests to travel to and from North Wales, if they wish, by fast direct London trains if preferred.

This Garden Tour is exclusive to guests of Bodysgallen Hall. For spouses, partners or friends of garden tour guests who prefer, information on excellent fishing, golfing and other alternatives to garden visiting in North Wales will be available in advance.

All proceeds from the Tour will benefit National Trust Gardens!

The price per person to include a Tour of NINE gardens, accommodation for three nights, luncheon on three days, transport between Bodysgallen Hall and garden destinations, dinner each evening, breakfast and full use of the Spa (per person sharing a double or twin bedroom) - £1150 including VAT.

3 nights' dinner, bed & breakfast and use of spa for second guest sharing room, but not going on the tour - £ 500 including VAT.