



CROWNE PLAZA®

AN IHG HOTEL

READING EAST

ESPRIT  
WELLNESS & SPA

## WELCOME TO ESPRIT WELLNESS & SPA

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## WELCOME

Welcome to Esprit Wellness & Spa, a haven thoughtfully designed for your comfort, set in modern and tranquil surroundings. We're committed to offering a warm, personal service. Whether you aim to manage weight, boost strength, celebrate special moments, or maintain a healthy lifestyle, Esprit is here for you.

Nestled within the prestigious 2 AA Four Silver Star Crowne Plaza Reading in Winnersh Triangle, Esprit Wellness & Spa ideally serves both corporate and private members. Conveniently situated between Wokingham, Bracknell, and Reading, our facility caters to hotel guests and club members alike. We take immense pride in being a top wellness destination in the area.



Unlock your full potential, embrace the journey, and discover inner strength and tranquility at Esprit Spa and Wellness.



Transform your body  
and soul, one length at  
a time, in our sanctuary  
of wellness.



## THE ESPRIT CLUB FACILITIES



### FITNESS

Our air-conditioned Life Fitness gym offers a range of cardiovascular & strength machines, guaranteeing maximum efficiency during your workouts. The team are always on hand provide invaluable support, and offer a helping hand whenever needed.

### POOL

Dive into the pristine waters of Esprit's 19-meter indoor swimming pool. Whether you're with your family or seeking personal relaxation, our pool area beckons with sun loungers, perfect for basking in the sunshine. At Esprit Wellness & Spa, find solace and serenity, providing a respite from life's daily demands.

### SAUNA & STEAM ROOM

Indulge in the soothing ambiance of our aromatic Steam Room, complete with a starry night ceiling, and our Finnish Sauna, enhanced with essence dosing, designed to melt away stress and tension. Experience their transformative serenity and rejuvenating effects.

### SPA

In addition to our spa amenities, the Club presents an extensive selection of Monu Spa Treatments, encompassing massages, facials, waxing, manicures, pedicures, and a range of other premium treatments. Why not treat yourself to relaxation and pampering at Esprit?

### CLUB OPENING & PEAK TIMES

Monday - Friday: **06:30 - 22:00**

Saturday - Sunday: **07:00 - 22:00**

### OFF PEAK TIMES

Monday - Friday: **09:30 - 16:30**

Saturday - Sunday: **07:00 - 10:00**

### CHILDRENS HOURS (AGE 3 - 15)

Monday - Sunday: **07.00 to 10.00 | 15.00 to 19.00**

Prices are per person, all information contained within this brochure is subject to change, including membership pricing, times and facilities access. The club reserves the right to revoke access to members and guests at its discretion.



# MEMBERSHIP AT ESPRIT WELLNESS & SPA

## MEMBERSHIP CATEGORIES

### MONTHLY ROLLING OR FIXED TERM

Monthly rolling memberships are billed monthly, and **require a minimum commitment of 12 months**. All other memberships are payable in full, in advance.

### PEAK / OFF PEAK

This component of your membership determines the times that you can access the club - the times are displayed on the membership rate card page.

### JOINT

Joint memberships are designed for couples who are living at the same address.

### CHILDREN (UNDER 16'S)

Children's memberships are for children aged 3 - 15 and only for use during the childrens times. Children under the age of 3 are not allowed to use the club facilities, there are no exceptions. **The penalty for breaking this rule is £500.**

## MEMBERSHIP BENEFITS

### Access to on Site Facilities

### Complimentary Towel when visiting the Club

### Complimentary Toiletries in the Club changing rooms

**20% Discount on Food & Beverage purchased at the hotel in either Monty's Bar and Lounge or the Caprice Restaurant.\***

**£25 Day Pass for friends & family\*\*\***

**Preferential rates on hotel accomodation\*\***

**Preferential rates on event space hire\*\***

\*Discount applies to the items consumed by the Esprit Member for personal consumption only.

\*\*Subject to availability

\*\*\*Subject to availability, entry is at the discretion of the club, only 1 guest per visit and the member must be present in the facilities for the duration of guest pass usage.

## CORPORATE MEMBERSHIP

Corporate memberships are **for groups of 5 or more individuals in an organisation**, whereby we offer peak access to club facilities, at the off peak membership tariff.

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# LEISURE MEMBERSHIP PLANS

### PEAK TIMES

Monday - Friday: **06:30 - 22:00**

Saturday - Sunday: **07:00 - 22:00**

### OFF PEAK TIMES

Monday - Friday: **09:30 - 16:30**

Saturday - Sunday: **07:00 - 10:00**

### CHILDREN'S HOURS (AGE 3 - 15):

Monday - Sunday:

**8.00 to 10.00 | 14.30 to 17.30**

Memberships <a href="#">View the latest Terms &amp; Conditions here.</a>	Monthly Rolling*	Pre-Paid	Pre-Paid	Pre-Paid
Number of Months	12	3	6	12
Peak Single / Joint	£65 / £120	£190 / £360	£365 / £675	£715 / £1320
Off Peak Single / Joint	£59 / £110	£175 / £330	£330 / £625	£649 / £1200
Child (3-15 years old)* When joining with a Parent	£30	£90	£180	£360

The club does not offer discounts, however occasionally special offers are available - to [view the latest offers click here.](#)

**Join the Club**

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## SPA TREATMENT MENU

### MASSAGE & SPA TREATMENTS

Indulge in pure relaxation with our rejuvenating massages and spa treatments, designed to melt away stress and leave you refreshed and revitalized.

### THERAPISTS

Let us know if you have any specific preference for the gender of the therapist at time of booking so we can do our best to allocate the preferred therapist for your treatment, as it will not always be possible to do this on the day.

BOOK IN ADVANCE

BOOK THIS WEEK

### EXPRESS REJUVENATING TREATMENT

50min £75

[25 min thermal stone massage and 25 min facial]

Maximum results in minimum time. Experience the luxurious hot and cold sensations of this massage and then be treated to anti-ageing facial, designed to smooth and restore youthful radiance.

### FULL BODY MASSAGE

50min £75

A complete massage of the whole body relaxes all muscles, improves blood and lymph circulation, stimulates metabolic processes, and gives your energy level a boost.

### REJUVENATING MASSAGE

50min £75

This full body massage uses relaxing and stimulating movements to relieve tension and improve circulation.

### DOUBLE INDULGENCE

50min £165

A treatment where both guests can relax and de-stress at the same time with a shared room massage.

### THERMAL STONES FULL BODY MASSAGE

50min £84

Heated black basalt stones are used to massage the whole body, releasing deep seated tension. This treatment is ideal for anyone suffering with muscular aches and pains.

### ANTI-STRESS BACK THERAPY

Designed to release tension, combat tight muscles, rebalance your energy levels and reactivate your senses.

### UPPER BODY MASSAGE

### FACE DRAINAGE

50min £69

Using massage and lymphatic drainage techniques the neck, shoulders, face and scalp are massaged to restore circulation, firm and detoxify your body.

### BACK, NECK & SHOULDER MASSAGE

25min £49

A relaxing and de-stressing treatment for your back, neck & shoulders.

### INDIAN HEAD MASSAGE

25min £45

A gentle massage to the upper back, shoulders, arms, neck, scalp and face, helps to dispel stress, relieve tension and promote healthy hair and scalp.

### THERAPEUTIC SCALP TREATMENT

50min £69

A relaxing and deeply healing scalp treatment to soothe away stress and tension.

### LOWER BODY MASSAGE

### FOOT & LEG MASSAGE

25min £45

This is the perfect massage for the end of the day. It will release those tired aches and pains.

### EXFOLIATION THERAPY

### BODY EXFOLIATION THERAPY

50min £75

Give your body the customized exfoliation it needs, coupled with the warming sensation it craves! A gentle Oatmeal and Rice Bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots and hyper pigmentation.



## BEAUTY



### MONU SKINCARE

MONU uses the very best, naturally-sourced ingredients to deliver professional, glowing results, naturally.

The MONU Professional Skincare collection includes everything from daily cleansers and toners, to specialised serums and peel systems.

[BOOK IN ADVANCE](#)

[BOOK THIS WEEK](#)

[LOOKING FOR SPA DAYS?](#)

## FACIALS

### ACTIVE COLLAGEN FACIAL

This facial been designed to reduce the signs of aging using freeze-dried collagen. This is an intensive collagen treatment that will improve the skin's ability to retain moisture. After just one treatment, the skin's ability to hold moisture is improved by up to the 75%. After 6 treatments wrinkle depth can be reduced by up to 40%.

50min **£75**

### AROMATIC FACIAL

A soothing, beneficial treatment that is suitable for all skin types. All products contain pure essential oils that been carefully selected to help balance the skin and maintain its youthful appearance.

50min **£75**

### MINI FACIAL

This treatment will give you a sense of inner calm & well-being. After a cleansing ritual to your whole face, including a gentle exfoliation, you will experience the divine facial and eye massage.

25min **£49**

### SKIN SPECIFIC FACIAL

This facial allows the therapist to choose the most appropriate products for your skin's needs.

50min **£75**

### EXPRESS RADIANCE

The power of radiance ice cubes when applied over the eyes will instantly revive, lift & firm the skin. It is a completely indulgent and truly divine experience, leaves your complexion visibly brightened & glowing.

50min **£75**

## HANDS & FEET

### EXPRESS MANICURE

Cuticles are softened with oils & creams, nails are shaped, tidied & a perfect lasting clear polish.

25min **£40**

### EXPRESS PEDICURE

Cuticles are softened with oils & creams, nails are shaped, tidied & a perfect lasting clear polish.

25min **£40**

### LUXURY MANICURE

The hand exfoliation, mask and hydration leaves hands feeling firmer, smoother & softer. Your hands will be massaged, cuticles are cared for with oils and creams, the nail shape is perfected & treatment basecoats & colours are applied for a perfect finish.

50min **£70**

### LUXURY PEDICURE

The hand exfoliation, mask and hydration leaves hands feeling firmer, smoother & softer. Your hands will be massaged, cuticles are cared for with oils and creams, the nail shape is perfected & treatment basecoats & colours are applied for a perfect finish.

50min **£70**

### RELAXING HAND TREATMENT

Exfoliation and hydration replenishes and softens feet, lavishing a rich and healing action on your skin. Feet massage soothe away tension, warmed oils nourish and condition feet and nails

25min **£40**

### RELAXING FOOT TREATMENT

Exfoliation, mask and hydration replenishes and softens hands, lavishing a rich and healing action on your skin. Hand massage soothe away tension, warmed oils nourish and condition hands and nails.

25min **£40**

## WAXING

1/2 LEG	30min	£24	LIP OR CHIN	15min	£20
FULL LEG	45min	£30	1/2 ARM	30min	£24
BIKINI	30min	£24	FULL ARM	30min	£24
EYEBROW	15min	£15	BACK / CHEST	30min	£30
UNDERARM	15min	£15			





## BOOK YOUR CELEBRATION

### **THROWING A BIRTHDAY, WEDDING, WAKE OR PROM?**

Elevate your special occasions at our hotel. From private dining to weddings and milestone birthdays to dignified wakes, lively proms, and large scale corporate events, we offer tailored experiences in a sophisticated setting.

[MAKE A RESTAURANT RESERVATION](#)

[GROUP ENQUIRY FORM](#)





## CHRISTMAS AT CROWNE PLAZA READING

We offer a variety of exclusive dining experiences to enhance your festive celebrations. Whether you're looking to enjoy an extra-special Christmas Day lunch with your close family, a festive lunch, dinner, or afternoon tea for a delightful gathering with friends and colleagues, or indulge in our lavish New Year's Eve dinner at the Caprice Restaurant to welcome the New Year in style.

### WHATS ON?

We've got something for everybody this Christmas.

- Christmas Join a Party
- Christmas Day Lunch
- Festive Corporate Events
- New Years Eve Parties

### STAYCATIONS

Turn your festive celebration into a memorable staycation by experiencing the enchantment of Christmas at the exquisite Crowne Plaza Reading. Explore our Residential Christmas and New Year's Eve packages, which include dinner and indulgent spa treatments for a truly magical experience.

[BROCHURE](#)

[ENQUIRY FORM](#)

Discover serenity in the heart of Winnersh Triangle, A tranquil oasis where relaxation combines with convenience. A peaceful retreat from the bustling surroundings.



## FINDING US

### BY CAR

From M4 London/Heathrow, leave the M4 at Junction 10 and follow the A329(M) towards Reading. Take the first exit signposted Lower Earley/Winnersh/Woodley. At the traffic light take the first left into Wharfedale Road. The hotel is located on the left hand side on the corner of Eskdale Road.

### BY TRAIN

The hotel is directly next to Winnersh Triangle Rail Station (Reading to Waterloo service), only 1 minute from hotel over landscaped foot bridge, providing easy access to London Paddington in 20-minutes from Reading Central.

### HOTEL INFORMATION

Wharfedale Road, Winnersh Triangle, RG41 5TS

+44 (0) 118 944 4221

[esprit.cpreading.co.uk](http://esprit.cpreading.co.uk)





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