



The HERB HOUSE at Lime Wood  
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Web [www.limewoodhotel.co.uk/spa](http://www.limewoodhotel.co.uk/spa)

## Full Fitness Membership Tariff & Benefits 2019

All Memberships carry a minimum membership period of 12 months

MEMBERS			
	Monthly	Annual	Joining Fee
Single	£350	£4,200	£250
Double	£650	£7,800	£250

Please note the above pricing is inclusive of VAT at the current rate.  
If the VAT rate changes, membership rates will be amended accordingly.

### ANNUAL MEMBERSHIPS

Membership can be paid for upfront as an annual payment by cheque (payable to Lime Wood Group) or by credit or debit card (The Herb House accepts Amex, Mastercard, Visa and Apple Pay. It does not accept any other cards including PayPal.) or cash in person at your induction. The joining fee and annual fee would be payable on joining. Annual memberships automatically come to an end when the initial 12 month period is completed. Annual memberships must be renewed prior to the end of the 12 month term to secure the lifetime membership rate. If the membership is not renewed prior to the initial 12 month term expiring, the current membership rate will apply. Please see our Terms and Conditions for further details.

### MONTHLY DIRECT DEBITS

Alternatively Memberships can be paid monthly by direct debit. Payments will be debited from your account on a monthly basis. Memberships paid for by direct debit automatically roll on after the initial 12 month term ends. Memberships paid for by direct debit carry a 3 month cancellation notice in writing. Please see our Terms and Conditions for further details.

### MEMBERSHIP COMMITTEE

In order to monitor membership numbers, the Herb House have a membership committee who will review your application. All new application forms will be reviewed on a weekly basis by the Herb House membership committee. Each applicant will be contacted by the membership committee following the weekly meeting to confirm if their application has been successful or not. The membership committee reserves the right to decline an application for membership without giving any reason for doing so. For the avoidance of doubt no money is taken until full membership has been granted. Where membership is at full capacity, once your application is accepted, your details will be added to a waiting list and you will be contacted once a suitable space becomes available for membership.

### JOINING FEES

Once your membership has been approved, in order to secure your membership, a one-off non-refundable joining fee is due. This joining fee is payable upfront in advance by cheque (payable to Lime Wood Group) or by credit/debit card. Joint memberships only carry one joining fee.

### MEMBERSHIP BENEFITS & PRIVILEGES

As a member you can enjoy all areas of the Herb House, which currently includes:

- Lap Pool – 16 metre indoor pool with retracting glass doors
- 8 single treatment rooms, 2 double treatment rooms
- Caldarium
- Hydروpool – water jets & air bubbles
- The Massive Forest Sauna; glass fronts on two sides and log walls on the other two sides
- The Steam Room
- The Outdoor Steaming Hot Pool (5m sq with sunken benches)
- Workout Studio with classes currently including Yoga, Pilates to aerobic sessions bookable 8 days in advance, 1 day in advance of All Access members
- Personal Training and fitness development
- Raw & Cured (The Herb House restaurant) Providing freshly made salads, cured fish & meat as well as fresh juices, smoothies and wine

- Outdoor terrace
- State-of-the-art Technogym with Forest views
- Relaxing Changing Suites
- Sundek – Herb garden, meditation area, sun loungers
- Curated by Lime Wood -shop
- Relaxation rooms, where you may unwind before and after treatments
- Extensive range of treatments using Bamford, Voya & Sarah Chapman Skincare

As a Herb House member, we would like to treat you in a special way, we currently offer the following:

- 10% off all treatments at the Herb House, subject to availability (please book in advance and give membership number) (Gift vouchers at full monetary value)
- 10% off all Food & Beverage in hotel, subject to availability (please book in advance and give membership number) (Limited to up to 10 guests dining. Payment must be made by the member & membership must be valid at the time of payment)
- 10% off hotel rooms subject to availability (please book in advance and give membership number) (rack rate only, Monday – Thursday excluding Bank Holidays only, up to a maximum of 4 rooms. No other discounts apply)
- 10% off retail purchases
- Advance booking facility to Herb House classes 8 days in advance, 1 day in advance of All Access members
- 10% off Matt Roberts retreats, Amelia Freer workshops & members' events
- 4 Complimentary Personal Training sessions (every 12 months) at Matt Robert's Club in Mayfair, London
- 1 Complimentary Group Fitness Pilates session per year at Matt Roberts' Club in Mayfair, London
- 1 Complimentary Group Yoga session per year at Matt Roberts' Club in Mayfair, London
- Access to Herb House events – will be announced in regular newsletter
- Entitlement to room upgrades even on Late Lime Wood rates and upgrade to next room category, subject to availability
- 6 complimentary guest passes per annum per member
- First to experience new products and special promotions (This does not extend to anyone other than the member present, unless otherwise stated)
- Complimentary Gold Body MOT and bespoke programme, subject to booking in advance
- There is no discount on spa vouchers
- The discounts only apply at Lime Wood and the Herb House, not at other Lime Wood group properties or sister hotels.
- Little Nippers access to Lap Pool at set times – see Little Nippers Policy for more details

### PERSONAL TRAINING

Your membership includes 4 monthly personal training sessions, with our fitness team. These training sessions must be booked and taken within each calendar month on a use it or lose it basis. The Personal training sessions cannot be transferred to another calendar month, are non-transferrable to other members and will expire with the expiry of the membership. For additional personal training sessions, we offer blocks of personal training sessions. Please see our Personal Training rate card for more information.

