

win a fabulous spa break for two!

after a damp grey winter it's time to put a spring in your step

OneUp, in association with the Beauty Benefit Spa Experience and the Essex Golf and Country Club, is delighted to offer a pampering break to one lucky reader PLUS friend, partner or ('grown-up') offspring ...

The package for two people comprises:

- one overnight stay in a double room at the Essex Golf and Country Club in Earls Colne near Colchester (www.theclubcompany.com/clubs/The-Essex/)
- use of the gym, pool, spa, sauna and steam-room for one day
- pampering treats from the Beauty Benefit Spa Experience.

Included in the hospitality package are a full breakfast, a two-course lunch in the Brasserie, plus free tea, coffee and cold drinks all day.

And the pampering treats comprise ...

- a Clarins personal blend facial
- a Jessica spa manicure
- an anti-stress massage.

Towels, gowns and a complementary locker are provided.

QUIZ QUESTIONS

1. Who was the red-haired Iceni warrior queen who fought the Romans in Colchester?

- Elizabeth I
- Boudicca
- Guenevere

2. What was Cleopatra's favourite bath-tub treat?

- Beer
- Water
- Ass's milk

3. And finally ...

Complete the following sentence in not more than 15 words: *I would benefit from a spa break because*

.....

Send your quiz answers by email or post to:
editor@oneupmagazine.co.uk or to OneUp Magazine,
PO Box 9449, Earls Colne, Colchester CO6 2PH,
including your name and contact details.

Closing date 5 April 2007.



The offer is available on the date of your choice until 29 September 2007*. Your overnight stay can be taken on the night before or after your spa day. The pampering treats are available from Monday to Saturday inclusive.

Address

The Essex Golf & Country Club
Earls Colne
Colchester
Essex
CO6 2NS
Tel: 01787 22 44 66

The lucky winner will be notified soon after the closing date. Editor's decision is final.

*You may extend your stay if you wish to at your own expense.