



## **Ladies of SUKA... want to get away from it all and pamper and indulge yourself?**

Join the Ladies Chapter for an outing to the well-known Sopwell House Hotel & Spa in St Albans, Hertfordshire, set amidst 12 acres of picturesque gardens. Experience peace and relaxation at this effortlessly stylish hotel. Deep your toes and experience what a day at the Spa can do for you and come out refreshed and invigorated.

We bring you a “Spa & Lunch” package in this extraordinary landscape of Sopwell House. The package includes a 3 course lunch and a half an hour treatment of your choice and free access to all spa facilities for that day.

*Date: Wednesday 28th September 2011*

*Time: From 10 am*

*Price: £60 per person*

*All bookings and enquiries please email [treasurer@suka.org](mailto:treasurer@suka.org) before  
26 September 2011*

