

PRESS RELEASE! PRESS RELEASE! PRESS RELEASE!

**BANISH THE WINTER BLUES AT
CAMBRIDGE REGIONAL COLLEGE**

20 January 2010

Banish the winter blues this month and kick-start a healthy new regime for 2010 with a recession-busting 20% off prices at Cambridge's newest health and leisure centre, The Park Cambridge.

Part of a fabulous new £23million development at Cambridge Regional College, The Park has luxurious new beauty and hair salons and a state-of-the art sports centre – all designed to help you keep to your New Year resolutions.

All hair and beauty treatments over £10, excluding tanning sessions and packages, are currently reduced by 20% until the end of January, so there's absolutely no excuse not to treat yourself. And with prices at The Park already around 10% lower than most High Street salons, that's a real New Year bargain.

Highly experienced and trained therapists will advise you on treatments ranging from a simple manicure, to a programme of great-value anti-cellulite treatments to get your New Year New You campaign off to a flying start - with 50 per cent off the full price when you book a six-week course this month.

The Graduate Spa and Beauty Salon, run in partnership with the Thalgo Group, has some of the finest beauty facilities in the area, including a fabulous flotation tank, a Jacuzzi, steam room and sauna. If Christmas has left you feeling tired and stressed, why not treat yourself to a sensational Hot Stone Massage for the ultimate in relaxation.

And if the New Year means a new look, then the highly acclaimed Graduate Hair Salon, run with the Francesco Group and recently honoured with a Centre of Excellence award, is the perfect place to go. A Cut and Finish is less than £20 with the special offer, while a full head of highlights will cost well under £40.

January wouldn't be the same without a New Year resolution to shift the excess Christmas pounds, and The Park's Dynamix Sports Centre has an exercise studio just waiting for you. Take advantage of the current offer of a free consultation with an experienced personal trainer to set you on the right path, while the spacious air-conditioned fitness suite – not to mention squash courts and two large sports halls - will help to keep your determination strong.

And when you're feeling fit, beautiful and ready for summer, why not drop into Wisteria Travel, The Park's new in-house travel agency, for expert advice on booking that perfect holiday in the sun.

To book a treatment, telephone 01223 418988 or 01223 418900.

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MEDIA ENQUIRIES:

For more information, please contact Lynn O'Shea, PR & Events Co-ordinator, on 01223 418773 or email loshea@camre.ac.uk

NOTES TO EDITORS

Cambridge Regional College is the second largest provider of full-time education for 16 to 19 year-olds in the Eastern Region. The College has around 3,500 full-time and around 6,000 part-time students. Students come in from a 40-mile radius, covering Cambridge and its surrounding villages, eastern Bedfordshire, northern Essex and western Suffolk.

Over 80 per cent of full-time students are aged 16 to 18 years old and come to the College after secondary school; the rest are mature students, studying on a range of Access to Higher Education and vocational programmes. The College offers the largest and most comprehensive range of vocational courses in Cambridgeshire.

The College also has one of the largest Train to Gain contracts in the Eastern Region.