



Win A Luxury Spa Break

Win a three-night trip for two to the luxurious Quellenhotel & Spa . . . a haven of peace and wellbeing!

SET IN THE southern Austrian region of Styria, this newly refurbished hotel is surrounded by natural beauty and an abundance of culture and activities. The region is known locally as “the fruit bowl of Austria” with endless views of wild flowers and meadows combined with lush manicured vegetation.

Now the Quellenhotel are offering one lucky reader the chance to win this fabulous prize for two, which includes:

- A signature Magic 8 back massage with pumpkin oil (25 minutes)
- A signature facial with grain and pumpkin seed pack (90 minutes)
- A bottle of apple sparkling wine
- Full use of spa facilities at the Quellenoasis private spa and Heiltherme day spa
- Complimentary participation in the daily health and fitness program
- Half board accommodation including a buffet breakfast and a delicious four-course dinner

Relax and unwind

This holistic hotel has direct access to two separate spa and wellness areas. The newly opened Quellenoasis is a three-story luxury spa created as a private facility for hotel residents and nestles quietly on the edge of woodlands. Facilities include extensive relaxation areas, a ladies only sauna with showers and a separate relaxation

room, a natural swimming lake incorporating a thermal mineral pool, an indoor and second outdoor thermal pool, various types of sauna and steam rooms, aqua and sound meditation rooms, sun decks and a café/bar.

The Heiltherme Day Spa offers indoor and outdoor thermal pools, a whole sauna village with different types of saunas and steam rooms, and beyond the pools is the wellness park with a Ying and Yang Energy Path and a “feel your feet” walking course!

The new 29 room Styrian Spa Treatment Centre provides state of the art facilities offering our unique Traditional Styrian Medicine and other holistic treatments. The Feng Shui Beauty Centre includes a specialist watsu pool, hairdresser and beauty shop and a magnificent couples’ room with twin Jacuzzi baths, shower and even a double relaxation bed!

Golf, tennis, hiking and biking are all popular activities beyond the spa and local culture includes visits to historic castles, wineries and the medieval university city of Graz where café culture abounds.

For your chance to win, simply answer the following question:

Quellenhotel is situated in?

- A) Styria
- B) English Riviera
- C) Tuscany

Send your answer, name, address and phone number on a postcard to the address below or visit www.fresh-magazine.co.uk to enter online. Alternatively, text **QUELLENHOTEL** followed by your answer (A, B or C) plus your name and address to **87070**. Texts cost £1.50 plus your standard network charge. Closing date 07/04/2009.

Further Information

- For more details go to www.quellenhotel.com or contact the London office on **020 901 6464** or email ukoffice@quellenhotel.com
- Special English weeks **27th July – 16th August** Due to popular request the hotel is providing extra fitness classes, activities and cultural excursions during this period with English speaking instructors and guides.



QUELLENHOTEL & SPA

Terms and Conditions: Only one entry per household. No responsibility is taken for entries lost, damaged or delayed and there is no cash alternative. One winner will be chosen at random and notified within 28 days of closing date. The Prize is open to UK residents who are 18 years and older and not to employees of fresh or family members. Prize is as stated and is non-transferable. Prize does not include flights but does include transfer to the hotel from Graz airport but not from Vienna. The competition is for 2 people on a room share basis – twin rooms or double rooms are available. By entering the competition entrants agree to receive a hotel brochure unless otherwise stating to opt out. Contact details of entrants will not be given to any 3rd party at any time. Should the winner have already booked a holiday to this hotel then the cost value will be refunded against their booking per person. If the booking is for a single person a second person may take up their half of the prize but the cost of that person will not be refunded against a single booking. Closing date 07/04/2009. If you enter by text, and do not wish to receive a free brochure, please omit your address from the text message. Full t&c are available from, and postal entries to be sent to: Quellenhotel Comp, fresh, Ground Floor, 211 Old Street, London, EC1V 9NR.