

# Seckford Hall announces spa refurbishment



Seckford Hall Hotel, one of Suffolk's most renowned luxury Hotels, is delighted to announce its plans to start work on the refurbishment of its Spa and Health Club in late summer 2014.

The current spa, which is situated in the grounds of the hotel, will be extended and refurbished offering guests and the local community an array of spa and beauty services, including a steam and sauna room, and a new restaurant.

This refurbishment marks the second phase of the iconic hotel's multi-million pound project to position Seckford Hall as one of Suffolk's leading four-star luxury hotels.

The beautiful 15th century hotel has been sympathetically renovated

and expanded over the last 18 months - covering all ground floor guest areas throughout the hotel including the restaurant, new conference and lounge facilities in the East Wing and the addition of a new lounge area and snug bar. The refurbishment has provided a fresh and welcoming atmosphere with added convenience for visitors.

The new spa, under the direction of Sarah Gregory, owner of Flawless Image, is poised to be the most stunning facility.

"The new spa will perfectly complement the hotel's recent improvements, allowing guests to relax amongst surroundings which are in keeping with the hotel," she said. "I am looking forward to working with the owners, architects and builders to bring our vision to life and offer a luxurious experience to both hotel guests and day visitors."

The Spa, which is situated in a Tudor tithe barn, will be home to a newly refurbished restaurant offering healthy lunches and snacks, swimming pool with loungers, sauna and steam rooms, spa areas and a gym. The upstairs of the building is being converted into six new



Above, **Seckford Hall**. Below left, **the current spa**



treatment rooms, two of which will be double treatment rooms, allowing friends and couples to enjoy treatments together.

The comprehensive spa menu will include massage, facials and skin care, as well as a unique collection of packages created for the specific needs of brides, grooms, wedding parties, corporate guests and event

planners. The spa will also be open to the local community with membership packages being available. With the hotel's position in the Suffolk countryside, state of the art hotel facilities but with the charm of Tudor architecture, Seckford Hall is hoping to create a luxurious and relaxing haven away from the

hustle and bustle of daily life.

This renovation will symbolise another milestone for the luxury hotel following on from its ground floor refurbishment eight months ago and is part of an investment strategy for growth, to provide all its guests with an unrivalled experience in a fantastic Suffolk location.

# Suffolk needs investment too, Mr Osborne

## By Mark Emms of Norse Commercial Services

During a recent visit to the region George Osborne called for scientists to advise him on how to spend a multi-million pound budget for the science sector over the next ten years.

On his agenda was transport infrastructure and closer links between the Norwich and Cambridge science hubs - all of which will, no doubt, have beneficial impact on the dynamic business community of East Anglia as a whole.

However, let us hope the Chancellor is also aware that we have similar needs and issues here in Suffolk.

I hope that within his considerations he will be including Haverhill Research Park. Currently under development, the park is conveniently located on the

Cambridgeshire/Essex/Suffolk borders, and a recent new addition to the greater Cambridge technology and office hubs.

The park has immense potential to host a thriving business community. With space ranging from 200sq ft for a single occupancy suite within the managed innovation centre, through to plots for large scale research facilities or headquarter buildings up to 230,000 sq ft, it offers opportunities for a wide range of companies, from start-ups to international organisations.

Being just 10 miles from the recently-duelled A11 to Norwich and 17 miles from Cambridge, its location should mean it is superbly placed to become a high quality, attractive and sustainable environment for science and technology businesses, and to develop close links with the other two clusters on Mr Osborne's radar.

And let's not forget University Campus Suffolk, a showcase for biosciences and scientific, clinical

and technological innovations. This renowned centre is helping produce confident, employable, professional graduates ready to solve real world problems and face the challenges of the twenty-first century.

We also have what is recognised as one of the leading centres of technical innovation in the communication world based at Adastral Park, BT's Global Research and Development Headquarters. 'Innovation Martlesham' is a joint initiative, between BT and local authorities, to encourage ICT-related companies to co-locate, collaborate and innovate.

With regard to investment in road and rail, our transport infrastructure also needs to be on the agenda. Traffic jams and delays

on the key A12 and A14 road links into the county are causing headaches for those on business journeys, whilst slow rail services are not conducive to modern container traffic and commuter expectations.

Whilst Norwich and Cambridge have enjoyed a high profile for their research and science facilities, we need to ensure Suffolk has equal claim to government attention.

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