

# GWR and Plymouth's Gaia Spa to offer free on board massages to mark Global Wellness Day

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In celebration of Global Wellness Day, Great Western Railway and Gaia Spa will provide complimentary on-board spa treatments between London Paddington and Plymouth on Saturday 11 June.

GWR, committed to putting its passenger's first and improving the on-board experience, has teamed up a South West's spa, to provide an unforgettably relaxing journey experience.

Passengers will be able to indulge their senses with a free 15-minute head, hand, or arm massage, as the train travels at speeds of up to 125 mph.

GWR Head of Communications Dan Panes said:

"We care about our passengers and to improving every aspect of our passengers' experience; and what better way to relax than to begin a weekend away with a massage, as our trains take you to your destination."

Global Wellness Day is an international day dedicated to raising awareness of the importance of living well.

Therapists from Gaia Spa, the South West's destination spa to open at Plymouth's Boringdon Hall in July, will provide the massages.

Diane Nettleton, Gaia Spa Director, says:

"Gaia Spa has the philosophy of 'Your Wellness, Naturally' and, as the largest new build spa opening in the UK in 2016, we want to promote wellness for all. Taking time to stop and relax is so important and what better time to highlight the importance of wellness than on this international day."

Massages are open to all ticket holders, and therapists will walk through the train offering their services. The head, hand, or arm massage facility will be available on the following services: 10.44 Plymouth to London Paddington, and 14.06 London Paddington to Plymouth.

## Social Media

Gaia Spa and GWR can be found @GaiaBoringdon and @GWRHelp

The official hashtag for Global Wellness Day is #GlobalWellnessDay and @wellness\_day

## Notes to Editors:

Gaia Spa is the UK's largest new build spa opening in 2016 and will open in July at Boringdon Hall, Plymouth. Gaia Spa's highly qualified spa therapists are trained to the highest standard and the spa services offered on-board GWR during Global Wellness Day incorporate a range of massage elements and techniques by Gaia Spa.

Gaia Spa at Boringdon Hall offers wellbeing spa breaks and luxury spa days, available to pre-book now, as

well as spa membership and corporate wellness packages.

For further information on Gaia Spa at Boringdon Hall and for details on the Gaia Spa treatment menu visit [www.gaiaboringdon.co.uk](http://www.gaiaboringdon.co.uk).

Great Western Railway (GWR) provides high speed, commuter, regional and branch line train services. We help over 100 million passengers reach their destinations every year - across South Wales, the West Country, the Cotswolds, and large parts of Southern England.

We're currently seeing the biggest investment in the network since Brunel so we can offer more trains, more seats, and shorter, more frequent journeys and continue the network's heritage of helping connect more businesses to new and prosperous markets. Through a series of initiatives we aim to be a good neighbour to the communities we serve and are committed to making a positive social impact in those regions.

Learn how we're Building a Greater West at [GWR.com](http://GWR.com). GWR is a FirstGroup company.