

**FOCUS/18 PRE-REGISTRATION PRIZE DETAILS**

1. An overnight stay at The Berkeley including breakfast and champagne for two
2. A 60-minute Bamford Destress massage:

An expert, targeted massage will entirely de-stress the body from head to toe, easing every care away. The treatment starts with a divinely soothing footbath, followed by a gentle rhythmic massage using Shiatsu, Meridian and Swedish techniques to revitalise, re-energise and enhance lymph flow, sweeping toxins away. Profoundly soothing, this massage is the ideal antidote to a hectic lifestyle, as well as being a powerful detox treatment, instantly countering sluggishness and bloating. Perfect if you’re prone to stress, anxiety and insomnia, or simply in need of a pampering treat.