



ROSLIN RETREAT

Rebalance and Restore at Roslin Beach Hotel

TREATMENT MENU



WELCOME

Situated just a stone's throw away from the stunning beaches of Thorpe Bay, Roslin Beach Hotel has all you can ask for from a seaside retreat. Offering a wide variety of luxury treatments from Elemis, ESPA, O.P.I, Sienna X and Lava Shells, The Roslin Retreat has something to suit everybody.

The Roslin Retreat welcomes you into an environment of relaxation and rejuvenation that combines all the benefits of health, wellness and beauty with the care of the face and body. Our highly trained, friendly therapists are here to create that perfect experience just for you.

Whether you are looking for a relaxing afternoon with a partner or a weekend away with the girls, then look no further than the Roslin Retreat.

Offering a variety of packages including The Roslin traditional Afternoon Tea, a two course lunch or even an overnight stay, prices start from just £72 per person. Bespoke packages are available on request as well as tailor made gift vouchers.

All information is available on the website www.roslinhotel.com and to receive up to date special offers please follow us on Instagram @RoslinRetreat Twitter @RoslinRetreat and Facebook www.facebook.com/RoslinRetreat



Suitable for pregnancy after 12 weeks



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THE GIFT OF RELAXATION



Relaxation; The ideal present to give to someone special. Whether it's a birthday, anniversary, holiday or a new baby; there's always a good reason for giving a Roslin Retreat Gift Voucher. Choose something personal from our exquisite range of treatments, or let them browse the treatment brochure themselves and put their gift voucher to whatever they choose. You will also find a range of the exclusive products we use in our treatments available to purchase at the Retreat, many in beautiful and cost effective gift sets.

Our team will be more than happy to help advise you to create the perfect gift.



ESPA TREATMENTS

A bespoke selection of body treatments & massages which use ESPA products, aromatherapeutic oils and techniques to best meet your own skincare and wellbeing requirements.

ESPA MINDFUL MASSAGE (75 mins) - £95

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Includes: Breathwork and visualisation – massage to metamorphic zones of the feet – full body massage – scalp massage with warm Rose Quartz Crystals

ESPA INNER CALM MASSAGE (75 mins) - £95

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energise, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

Includes: Breathwork – full body aromatherapy massage – scalp massage with Rose Quartz Crystals

Espa Inner Calm Massage (50 Mins) - £65 - Includes: Breathwork – full body aromatherapy massage







ESPA TREATMENTS

A bespoke selection of body treatments & massages which use ESPA products, aromatherapeutic oils and techniques to best meet your own skincare and wellbeing requirements.

ESPA BODY WRAP (50 Minutes) - £70

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

Includes: Skin brush – body exfoliation – algae or mud wrap – scalp massage

ESPA SALT & OIL SCRUB (25 Minutes) - £45

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

Includes: Skin brush - salt & oil full body exfoliation

ESPA PRE-NATAL RELAX & RESTORE (75 Minutes) - £95

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

Includes: Back exfoliation – focussed body massage – scalp massage

Shorter options available (50 minutes - £65 or 25 minutes - £38)

SCALP MASSAGE (25 Minutes) – £35

Relax and unwind with a de-stress scalp massage. Helping to reduce tension, increase circulation and leaves you with a feeling of total relaxation.



ELEMIS BODY RITUALS

Cleansing mineral salts, oil blends rich in actives and transportative aromatics are combined with an unparalleled level of expertise in massage and conditioning. For healthy, revitalised skin and deeply eased muscles.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE (50 mins) – £65

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Elemis Freestyle Deep Tissue Back Massage (25 mins) – £38

ELEMIS PEACEFUL PREGNANCY MASSAGE (60 mins) – £78

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

SCALP MASSAGE (25 mins) – £35

Relax and unwind with a de-stress scalp massage. Helping to reduce tension, increase circulation and leaves you with a feeling of total relaxation.

ELEMIS HOT MINERAL BODY BOOST (50 mins) – £68

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

ELEMIS GARDEN OF ENGLAND ROSE RESTORE (50 mins) – £68

Take a walk in an English rose garden with this lavishly hydrating massage and micro wrap. The unique trio of Rose, Camelina and Poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.



ELEMIS INTENSELY CLEANSING SALT SCRUB
LIME AND GINGER OR FRANGIPANI (25 mins) – £45 

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

LAVA SHELL FULL BODY MASSAGE (50 mins) – £70

This indulgent Lava Shells Relax Body Massage offers an idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind. The shells are worked over the palms, arms, feet and legs in slow deep moves to warm and de-stress, followed by a wonderfully tranquil massage on the back, neck and shoulder area to ease away all tension, knots and stress.

Lava Shell Back Massage (25 mins) – £43







ELEMIS FACIAL TOUCH TREATMENTS

The hands of a highly trained Elemis therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

ELEMIS SKIN SOLUTION FACIALS

ELEMIS SUPERFOOD PRO-RADIANCE (50 mins) – £65

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health. *Independent Clinical Trials.

Elemis Superfood Pro-Radiance Power Booster Facial (25 mins) –£38

ELEMIS ANTI-BLEMISH MATTIFY AND CALM (50 mins) – £65

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

Elemis Anti-Blemish Matify and Calm Power Booster Facial (25 mins) –£38

ELEMIS PEPTIDE 24/7 SKIN SYNC (50 mins) - £65

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to Elemis, are combined with specialist massage techniques to replenish skin with a well-rested glow.

Elemis Peptide 24/7 Skin Sync Booster Facial (25 mins) – £38



ELEMIS ADVANCED ANTI-AGEING FACIALS

ELEMIS PRO-COLLAGEN AGE DEFY (50 mins) – £78

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. *Independent Clinical Trials.

Elemis Pro-Collagen Age Defy Power Booster Facial (25 mins) – £43

ELEMIS DYNAMIC RESURFACING PRECISION PEEL (50 mins) – £78

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin. *Independent Clinical Trials.

Elemis Dynamic Resurfacing Precision Peel Power Booster Facial (25 mins) – £43

ELEMIS PRO-DEFINITION LIFT AND CONTOUR (50 mins) – £78

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

Elemis Pro-Definition Lift and Contour Power Booster Facial (25 mins) – £43

ROSLIN SIGNATURE DEEP CLEANSE FACIAL - WITH STEAM (60 mins) – £80

Our Deep Cleanse Facial is perfect for any age, gender or skin type. It deep cleanses, exfoliates, extracts and hydrates to leave your skin incredibly clean & smooth. This facial includes: cleanse, exfoliation, steam, extraction of blackheads & clogged pores, Ultrasonic Technology, repair mask & Blue Light Therapy.

All Booster Facials include, cleanse, tone, exfoliation of skin, mask and specific finishing products.





ELEMIS TECHNOLOGY TREATMENTS

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo - charges touch. the clinically proven result?

Visibly healthy, nourished and energised skin.

ELEMIS SKIN SOLUTION FACIALS

ELEMIS BIOTEC RADIANCE RENEW (50 mins) - £68

This Cellular - boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

Elemis Biotec Radiance Renew Power Booster Facial (25 mins) - £43

ELEMIS BIOTEC BLEMISH CONTROL (50 mins) - £68

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

Elemis Biotec Blemish Control Power booster Facial (25 mins) - £43

ELEMIS BIOTEC 24/7 SKIN SYNC (50 mins) – £68

This ground-breaking facial combines exclusive botanical formulations with a deeply cleansing ultrasonic peel for a well rested glow. LED light therapy helps reset the clock for optimum skin wellness, whilst galvanic technology stimulates the skin for maximum results and an illuminated, wide-awake feel.

Elemis Biotec 24/7 Skin Sync (25 mins) – £43

ELEMIS BIOTEC SENSITIVE SOOTHER (50 mins) – £68

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

Elemis Biotec Sensitive Skin Soother Power Booster Facial (25 mins) – £43



ELEMIS ADVANCED ANTI-AGEING FACIALS

ELEMIS BIOTEC LINE ERASER (50 mins) – £88

Target wrinkles and energise the skin towards optimum performance with micro-current pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines

* Independent Clinical Trials

Elemis Biotec Line Eraser Power Booster Facial (25 mins) – £48

ELEMIS BIOTEC FIRM-A-LIFT (50 mins) – £88

Rediscover the architecture of your face with this ground - breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

Elemis Biotec Firm-a-Lift Power Booster Facial (25 mins) – £48

ELEMIS BIOTEC SKIN RESURFACER (50 mins) – £88

This revolutionary clinically proven * facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

* Independent Clinical Trials

Elemis Biotec Skin Resurfacer Power Booster Facial (25 mins) – £48

ELEMIS HANDS AND FEET

ELEMIS GARDEN OF ENGLAND ROSE RESTORE HAND TREATMENT (25 mins) – £32

This is the last word in conditioning, restorative, anti-ageing hand treatments.

Targets age spots and dryness.

ELEMIS BEST FOOT FORWARD (25 mins) – £32

Take a load off with this foot-focused tension releaser. Lower legs and feet are thoroughly exfoliated, bathed and massaged. Feet are left nourished, soft and smooth.







HANDS & FEET WITH O.P.I

Look after hard working hands and feet with O.P.I pampering nail care treatments to guarantee the highest standards to ensure beautifully long lasting results. We have a wide range of colours perfect for any special occasions, regular maintenance or just a little 'me time'. Take your pick from our full range of nail care treatments.

O.P.I EXPRESS MANICURE (25 mins) – £26

Includes shape and cuticle work followed by a relaxing massage. Your chosen lacquer is then applied.

O.P.I EXPRESS PEDICURE (25-30 mins) – £28

Includes cuticle work followed by hard skin removal and a relaxing massage. Your chosen lacquer is then applied.

O.P.I LUXURY MANICURE (40 mins) – £36

Includes cuticle work, hand exfoliating scrub followed by a nourishing mask and a relaxing hand massage to finish. Your chosen lacquer is then applied.

O.P.I LUXURY PEDICURE (40 mins) – £38

Includes a nourishing soak, cuticle work followed by hard skin removal, exfoliation, an O.P.I intensive moisture mask followed by relaxing massage. Your chosen lacquer is then applied.

O.P.I SHAPE & POLISH OF HANDS OR FEET (15 mins) – £18

UPGRADE TO INFINITE SHINE FOR A LASTING FINISH – ONLY £5 

PLEASE NOTE:

French Polish is available on request for an additional £3.00.

The Roslin Retreat are unable to take responsibility for nails that are damaged after leaving the manicure or pedicure room (this does not apply to GelColor).



GELCOLOR WITH O.P.I

GelColor by O.P.I is perfect for anyone who wants a longer lasting colour finish. It's ideal for natural nail clients, plus GelColor can be applied over enhancements too! Your GelColor finish will last up to three weeks and all GelColors are a true match to O.P.I award winning lacquer shades. It's as easy as, Polish-Set-Go!

O.P.I GELCOLOR APPLICATION (25 mins) – £30 

Includes cuticle work and application of GelColor.

O.P.I GELCOLOR TREATMENT MANICURE (40 mins) – £36 

Includes cuticle work and application of GelColor followed by a relaxing massage.

O.P.I GELCOLOR PEDICURE (40 mins) – £38 

Includes cuticle work and application of GelColor. Followed by hard skin removal, and a relaxing massage.

O.P.I GEL REMOVAL & TIDY – £15

PLEASE NOTE:

O.P.I GelColor should be removed from nails professionally. Removal of O.P.I GelColor is included in the treatment price providing the GelColor was applied at the Roslin Retreat and is combined with an O.P.I GelColor Treatment Manicure (£35) in the same appointment, alternatively it will cost an additional £15.

Please ensure you make the receptionist aware upon booking if you need a removal as this will add around 20 minutes to your treatment time.



LASHES & BROWS

Tinting of the eyelashes and eyebrows enhances the colour and definition of the eyes.

This is particularly effective to have before a special occasion or holiday. Please note that tinting will require a patch test at least 24 hours prior to first appointment to ensure you receive the best possible treatment and results.

EYEBROW TINT – £8

EYELASH TINT – £16

EYEBROW & EYELASH TINT – £20

ROSLIN SIGNATURE BROW TREATMENT – £22

Transform your brows with a combination of tinting, waxing and tweezing, completed and perfected with our Chelsea brows treatment for a flawless finish.





WAXING Perron Rigot

At the Roslin Retreat we pride ourselves on offering the highest standard of waxing, we assure the up-most comfort throughout this semi-permanent hair removal method, providing you with smooth, long lasting results for up to 8 weeks. For small and more intimate areas we use a Premium Wax from the Award Winning French Brand, Perron Rigot, this is a Hot Wax system which is gentler on the skin, reducing redness, more comfortable and ensures a better result on sensitive areas. For larger areas we use a Roller Wax system which ensures a clean, hygienic and quick hair removal treatment.

LIP OR CHIN – £10

EYEBROW – £10

BIKINI – £25

HOLLYWOOD WAX – £40

FULL ARM – £20

FULL LEG WAX – £32

UPPER LEG & STANDARD
BIKINI – £32

HOLLYWOOD / BRAZILLIAN
& ½ LEG – £52

LIP & CHIN - £18

UNDERARM – £16

BRAZILIAN WAX – £40

FOREARM £18

½ LEG WAX – £22

FULL LEG & STANDARD BIKINI – £42

HOLLYWOOD / BRAZILLIAN
& FULL LEG – £62

CHEST - £30



PAMPER PACKAGES

Treat yourself or a loved one with one of our signature packages or call and speak to one of our friendly team and we'll design a tailor made package just for you. Prices are per person.

THE TOTAL INDULGENCE PAMPER DAY – Mon - Thurs from £90 pp, Fri - Sun from £100 pp

Full English Buffet Breakfast, Back Massage & Booster Facial, Afternoon Tea, day use of Robes and Slippers and day use of an Executive room (12pm - 5pm). Minimum of 6 people – supplements apply for groups with less people. Afternoon Tea is served in the room unless requested otherwise, this will incur a surcharge of £3pp.

ROSLIN RELAXATION – Mon - Thurs from £105 pp, Fri - Sun from £115 pp

Treat yourself to an Elemis Back Massage, Scalp Massage & 50 minute Elemis Skin Solution Facial. A complete relaxation experience at the Roslin Retreat.

OVERNIGHT PAMPER BREAK – Sun-Thurs from £125 pp, Fri & Sat from £145 pp

One night in a Classic Double room with breakfast (based on 2 sharing), one 50 minutes treatment (either Full Body Massage or Skin Solution Facial), £35 per person towards dinner. Discounts available for additional treatments.

RELAX & INDULGE - Monday - Thursday - from £72 pp, Friday - Sunday - from £82 pp

Enjoy a luxurious Elemis Back Massage and Elemis Booster Facial in the Roslin Retreat with a glass of prosecco. Choose from a 2-Course Set Lunch or Traditional Afternoon tea.

MOTHER TO BE- From £115 pp

The perfect package for that special Mother to be, relax with an Elemis Peaceful Pregnancy Massage, Elemis Skin Solution Booster Facial and Elemis Best Foot Forward Massage.

WHY NOT UPGRADE? – £20 per person

Upgrade any 25 minute treatment to a 50 minute Elemis or ESPA Full Body Massage or Elemis Skin Solution Facial for just £20 per treatment.



WEDDING PACKAGES

A wonderful way to spend some time together before the big day or a chance to unwind and relax with your wedding party.

MR AND MRS PACKAGE – Mon - Thurs from £85, Fri - Sun from £90 pp
Elemis Full Body Massage and Elemis Skin Solution Booster Facial.

BRIDESMAIDS

Treat your bridesmaids to something special for the big day. Minimum 3 guests.

OPI File and Paint Hands and Feet from £30 per person

OPI GelColor Application Hands and Feet from £52 per person





ROSLIN RETREAT

TREAT CARD

For every pound spent on treatments you will receive a point, and for every pound spent on products you will receive two points! Once you have collected up to 400 points you will receive a 25 minute treatment. The more points collected, the more luxurious the treatment offered will be!

COURSES

All of the treatments that we offer you can book on a course. This makes pampering yourself that little bit easier. Pay for 5 treatments and receive the 6th for FREE!

TREATMENT OF THE MONTH

Each month one of our fantastic treatments or packages is offered at a special discounted rate. Keep an eye on our Instagram page, or contact us via phone or email for the current treatment of the month.

CANCELLATION POLICY (For treatments and parties of less than 6 people)

All treatments are prepaid, therefore we ask that you respect that our therapists time is very valuable. Therefore we kindly request 48 hours' notice when cancelling or rescheduling an appointment, otherwise we regret that your total treatment value will be charged.

CANCELLATION POLICY (For packages and large parties)

All deposits are non-refundable, however, if you would like to move the date of your booking we are happy to transfer the deposit providing we have a minimum of two

ELEMIS

O·P·I

gelcolor
by OPI

Perron Rigot



WHERE TO FIND US

The hotel is located within the Roslin Beach Hotel on Thorpe Esplanade to the East of Southend town centre in the desirable location of Thorpe Bay. Complimentary guest car parking is available to the rear of the building.

BY ROAD

The two principal routes into Southend are from the A127 Arterial Road or A13 London Road. Both connect to the M25. Sat nav postcode SS1 3BG.

BY RAIL

The hotel is within convenient proximity of two train stations.

THORPE BAY STATION – DISTANCE 1.1 MILES

Operating a C2C service into London Fenchurch Street (average journey time 50mins).

SOUTHEND VICTORIA STATION – DISTANCE 2.2 MILES

Operating a national rail service into London Liverpool Street (average journey time 60mins).

TELEPHONE

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ELEMIS
BIOTEC

LAVASHELLS®

ESPA







FAQ'S

WHY DOES BEING ON MEDICATION/HAVING MEDICAL CONDITIONS MEAN I POTENTIALLY CANNOT HAVE MY CHOSEN TREATMENT?

At the Roslin Retreat our guests health comes first and therefore there are certain medical conditions and medications that would prevent a guest from having treatments. If you are taking any medication or have/have had any medical conditions in the past 5 years you must make our team aware when booking. We offer specialist treatments for guests living with and beyond cancer.

I AM PREGNANT, CAN I STILL HAVE A TREATMENT?

Yes, we have a variety of Elemis treatments that are pre-natal which are marked throughout with a . Our ESPA treatments are suitable for anybody in the second & third trimester. Please ensure you let the booking team know that you are pregnant upon making your reservation.

I AM COMING WITH A FRIEND/PARTNER CAN WE HAVE OUR TREATMENTS TOGETHER?

Absolutely, we are able to book in groups of up to 8 people in at one time and even have two double treatment rooms and one triple - meaning you can share the experience. We cannot guarantee being in our double treatment room however we will always do our best to allocate this to you so please request upon booking.

IS THERE A MINIMUM AGE FOR HAVING TREATMENTS?

Yes, the minimum age for all body treatments is 16. We do offer facials, manicures, pedicures & some waxing treatments to guests age 14 and over, however the guest must have a parent or guardian with them and must sign a consent form.

WHY DO I NEED TO PREPAY?

Our therapists time is valuable and there for to enable us to keep enforce our 48 hour cancellation policy, we must take pre payments for all bookings. Bookings cancelled outside of our 48 hour policy are able to transfer the appointment date, otherwise will be charged.



DO I NEED TO PAY A DEPOSIT FOR MY TREATMENT?

All package bookings will be subject to a £20 deposit per person which must be paid upon booking, individual treatments require prepayment. The balance will be due 7 days before.

WHAT TIME SHALL I ARRIVE?

In order to complete a consultation form we ask that all guests to arrive at least 15 minutes before your scheduled treatment, however if you wish to arrive earlier and have a tea or coffee in the lounge you are welcome to do so.

WHAT HAPPENS IF I AM LATE?

Our therapists have a busy schedule, therefore arriving late will limit the time of your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time to ensure the next guest will not be delayed and the full value of your treatment will still be charged.

I AM STAYING IN THE HOTEL DO I NEED TO BOOK?

Absolutely, our therapists get extremely booked up therefore we recommend booking your treatment in advanced to avoid any disappointment, if you are staying in the hotel you will also receive a 10% discount on all individual treatments.

WHERE CAN I PARK?

We have 2 car parks at the rear of the hotel which are open for guests using the Roslin Retreat. We cannot guarantee available spaces in our car park therefore we do recommend you arrive early for your treatment in case the car park is full.



CALL NOW ON 01702 586375

www.roslinhotel.com | roslinretreat@roslinhotel.com

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ROSLIN BEACH HOTEL
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