



GRACE BELGRAVIA
CLUB HANDBOOK

ADDRESS AND HOURS OF OPENING

Grace Belgravia Main Club

The Club is located at 11c West Halkin Street, London SW1X 8JL.

Monday - Friday	6.30am - 10.00pm
Saturday	8.00am - 7.00pm
Sunday	9.00am - 7.00pm

GRACE RESTAURANT

Monday - Friday	7.30am - 9.00pm
Saturday	9.00am - 3.30pm
Sunday	9.00am - 3.30pm

Monday to Friday Men are welcome to join Members for breakfast between 7.30 - 9:30am. Orders should be placed no later than 8:45am.

Male guests are also welcome as a guest of a member from 6.30pm every evening for drinks and dinner and for Saturday and Sunday Brunch from 11.30pm until 3.30pm.

Grace Medical and Wellbeing Clinic

The Medical Practice is located at 11a West Halkin Street, London SW1X 8JL.

Monday – Friday	8.00am to 7.00pm
Saturday	9.00am to 13.00pm (selected medical services only)
Sunday	Closed

CLUB EVENTS AND PUBLIC HOLIDAYS

Parts of the Club may be closed on selected days and evenings for Club and private receptions, which will be notified to Members in advance.

The Management also reserves the right to close the Club over holiday periods or in exceptional circumstances with reasonable prior notice to members. This includes Christmas and Easter Holidays and some Bank Holiday weekends.

MEMBERSHIP

Membership fees must be paid annually in advance and failure to pay by the due date will lead to suspension of membership and all rights with immediate effect. Should a member choose to pay in monthly instalments on the Full or Overseas Membership only this will incur a 10% increase in the overall annual fees paid. Members agree to a yearly subscription on monthly membership payments upon joining as per the terms and conditions set out. Rates for Members 2018 are as follows:

FULL MEMBER	£5,000 pa
Joining Fee	£1,500
OUT OF TOWN/OVERSEAS MEMBER	
45 visits pa.	£3,000 pa
Joining Fee	£1,000
PREGNANCY MEMBER	
Joining Fee	£4,500 pa
PREGNANCY MEMBER	£1,000
Joining Fee	£2,500 ½ year
PREGNANCY MEMBER	£500
MOTHER AND DAUGHTER (U27) MEMBER	
Joining Fee	£6,640 per couple
MOTHER AND DAUGHTER (27+) MEMBER	£1,500 per couple
Joining Fee	£8,000 per couple
MOTHER AND DAUGHTER (27+) MEMBER	£1,500 per couple
Joining Fee	£8,000 per couple
WEEKEND MEMBER	
Joining Fee	£2,000 pa
WEEKEND MEMBER	£500
Joining Fee	£2,000 pa
BUSINESS MEMBER – Mon-Fri Only	
Joining Fee	£4,000 pa (closed)
BUSINESS MEMBER – Mon-Fri Only	£1,000
Joining Fee	£4,000 pa (closed)
SOCIAL MEMBER	
Joining Fee	£1,400 pa
SOCIAL MEMBER	£500
Joining Fee	£1,400 pa
FULL CORPORATE MEMBERS	
Minimum 3 named individuals in a company	£3,500 pp pa

Joining fee for Corporate Membership	£1,000 pp
MEDICAL MEMBERSHIP	£1,850 pp
3 month membership	£1,000 medical credit
CLUB CLASS MEMBERSHIP	£2,640 PP (3 PPL)
(CLASSES NOT INCLUDED, PACKAGES	£500 JF
CAN BE BOUGHT SEPARATELY)	£3,250 PP (2 PPL)
	£750 JF
DINING MEMBERSHIP	£150 pa
LIFE MEMBERSHIP	£55,000 (at 2012)

FULL MEMBER

Members can enjoy full access to the club, including the Medical & Wellbeing clinic and are entitled to the following wellbeing assessment and benefits upon joining. Please contact your Wellbeing Coordinator to book these assessments at wellbeingteam@gracebelgravia.com or on 020 7235 8900:

- Health Consultation with a member of the Medical and Wellbeing team
 - Telomere or DNAFit genetic test and post-test analysis
 - A fitness assessment with one of our trainers
 - A skin and complexion analysis using our VISIA Scanner and facial with a Grace spa therapist
 - A choice of lunch or dinner for two to enjoy in the Grace Restaurant
 - Access to 100+ group classes per week including yoga, reformer Pilates, spinning, HIIT, strength and conditioning
 - 10 x Guest Day Passes for full Club access to gift to friends or family
 - Special members' rates in the spa and Medical and Wellbeing Clinic *some medical practitioners are exempt
 - Grace Black Rewards Card – offering exclusive discounts of up to 50% off fashion, accessories, travel and experiences
 - Reciprocal Club benefits in the UK and worldwide
 - Complimentary salon and atrium room hire for personal or corporate events
- *minimum spends are applicable

BUSINESS MEMBERS – Mon-Fri Only (closed)

Entitled to use the Club between Monday to Friday with the same benefits as Full Membership (without the telomere test/DNA Fit).

OUT OF TOWN/OVERSEAS MEMBERS

Out of Town and Overseas Members enjoy all the same benefits as Full Members (without the telomere test/DNA Fit) but are allowed a maximum of 35 visits per annum.

MOTHER & DAUGHTER MEMBERS

Mothers can enjoy all the same benefits as Full Members (apart from the telomere or DNA Fit test) and the U30 Daughter can enjoy the benefits of our Junior Membership. When the daughter turns 31, as long as both the mother and daughter are still members together, they can continue to enjoy a different but special combined rate of the Full Membership and both receive all the benefits of the full membership (apart from the telomere or DNA Fit test).

WEEKEND MEMBERSHIPS

Weekend members are entitled to full use of the Club from Friday after 4pm through until 7pm on Sunday evening and have full access to the Medical & Wellbeing clinic at all times, Monday through Saturday AM

- Health Consultation with a member of the Medical and Wellbeing team
 - A fitness assessment with one of our trainers
 - A skin and complexion analysis using our VISIA Scanner and facial with a Grace spa therapist
 - 5 x Passes for full Club access in the week
 - Access to weekend group classes including yoga, reformer Pilates, HIIT, strength and conditioning
 - Reciprocal Club benefits in the UK and worldwide
 - Complimentary salon and atrium room hire for personal or corporate events
- *minimum spends are applicable

SOCIAL MEMBERS

- Restaurant, salon, bar and priority event access
 - Health Consultation with a member of the Medical and Wellbeing team
 - A skin and complexion analysis using our VISIA Scanner and facial with a Grace spa therapist
 - 12 x Passes for full Club access to the gym and Spa or 24 x Passes to the spa only (including hammam, sauna, spa relax)
 - Reciprocal Club benefits in the UK and worldwide
 - Complimentary salon and atrium room hire for personal or corporate events
- *minimum spends are applicable

CORPORATE MEMBERS

Named individuals must be proposed by the company administrator and must submit proof of attachment to the company applying for this membership. They are jointly and severally bound by all the terms and conditions of membership. Each individual is entitled to the same benefits as a Full Member.

PREGNANCY MEMBERS

Members can enjoy full access to the club, including the Medical & Wellbeing clinic and are entitled to the following wellbeing assessment and benefits upon joining.

- Health Consultation with our Medical Director and specialist in Obstetrics, Dr Tim Evans
- Access to all of the Club's integrated services (Spa, Gym, Restaurant, Bar, Medical and Wellbeing Clinic)
- A specialist pregnancy assessment with a Grace Nutritionist
- An osteopathy screening with pre and post-natal pelvic alignment expert, Olivia De Maigret
- An acupuncture session
- A fitness assessment
- Access to 100+ group classes per week including yoga, reformer Pilates, spinning, HIIT, strength and conditioning
- A skin and complexion analysis using VISIA Scanner technology

MEDICAL MEMBERS

Your three-month membership entitles you to the following wellbeing assessments upon joining:

- Consultation with Dr Tim Evans
- 3 x Day menu from Grace Healthy Home Delivery
- Full access to the Club, including the Gym, award winning Wellness Spa, Restaurant and Salon
- Dedicated team on hand to coordinate your bookings and manage your health journey
- A skin and complexion analysis using a VISIA Scanner
- Fitness Assessment and 5 x personal training sessions with a Grace Gym Expert
- Access to 100+ group classes per week including yoga, reformer Pilates, spinning, HIIT, strength and conditioning
- 3 x Guest Day Passes, granting full Club access, to gift to friends and family
- Preferential member rates at Grace events and health talks
- 10% discount on services in the Grace Medical and Wellbeing Clinic

AUTOMATIC MEMBERSHIP RENEWALS

All Members will be contacted by letter, email and telephone in the month prior to their membership renewal date. **If we do not hear from an individual by the date of renewal, the membership will automatically be renewed for another year using the bank account details we hold on file.** To decline renewal, members must inform the club in writing one month prior to the renewal date (email is acceptable). **Membership is non-refundable.**

If we do not have a members' bank account details on file and do not receive payment within 14 days of the renewal date, the membership will be automatically suspended and the individual will be required to pay the full joining fee upon re-joining.

GUESTS

Members will be issued with a number of Guest Day Passes which may be used by a nominated female guest. Any treatments or therapies must be booked by the Member prior to the date of her guest's visit; the guest must be accompanied by the Member. Class booking is subject to availability. Members will be responsible for any guest accounts that are not settled at the end of the visit.

Members can invite the same guest to use their Guest Day Pass a maximum of 3 times, at which point they would need to purchase their own Guest Day Pass or consider taking a membership. Guest Day Passes cannot be carried over in to the following year or in to a new membership should you wish to downgrade upon renewal or upgrade your membership at any point.

Temporary memberships are not available, but please enquire about the purchase of additional Guest Day Passes at the Grace reception.

Subject to capacity Members may invite a maximum of 3 female guests at any time to join them in the Grace Salon or the Grace Bar and Restaurant; only guests with a guest day pass are entitled to enjoy the facilities of the spa, gym, beauty and relax areas or go beyond the security entrance at the Atrium. All guests have to be signed in by the Member and are asked to wait in the reception area until the member has arrived.

Members must be responsible for their guests at all times during their stay in the Club.

Men may be admitted to the salon, Grace Bar and Restaurant only as a nominated guest and should be accompanied by a Member at all times. Men are welcome Monday-Friday after 6:30pm, weekday breakfast until 9.30am and for Weekend Brunch between 11.30am - 3.30pm. Please note orders should be placed not later than 8:45am in the week.

Men are also welcome to Grace events when accompanying a Member. These events will be advised in advance.

INDUCTION

On the first visit to Grace after joining, you will be required to meet with one of our Wellbeing team for your Club Induction. A welcome email will be sent to you once your application has been approved and your membership payment has been received which will instruct you how to book this. They will then be able to book you in to all your complimentary fitness & wellbeing assessments depending on what is applicable with your membership subscription.

Security and the protection of Members is important in all aspects of our operation. Upon joining, Members are given a membership card or a bracelet for identification, which are for opening automatic security doors, both of which use RFID technology to verify membership.

MEMBERSHIP CARDS AND ENTRY DEVICE

A digital photo will be required and incorporated into the Member's private membership file. Members must be registered on the computer system with a credit card and or direct debit details for payment of charges. All charges will be debited from the Members account at the end of each day and Members are asked to ensure they sign out when leaving the Club.

On arrival at the Club the membership device should be used to open the street door. **If you have any treatments pre-booked you will need to check in at reception.** It is essential to bring the membership card or bracelet to the Club on each visit in order to move between the different areas of the Club. You can then also use this for purchasing and charging to your daily account so that you do not need to carry a bag or purse in the Club.

We would respectfully request that both are kept safe and secure but in the event of loss please notify reception immediately so that they can be deactivated. We make a charge of £15 for a replacement membership card or bracelet.

PAYMENT

We do not operate credit accounts for members. On joining the Club all members with a UK bank account are asked to complete and return a Direct Debit Instruction (DDI) for the settlement of individual Member Accounts. The DDI can also be used to settle annual membership renewals from next year and we will write to you, in advance, to obtain your consent prior to the collection of annual membership fees.

If Members do not have a UK bank account then they must complete a Credit Card or Amex authority. Details will be held for security only and payments will only be incurred if Members fail to settle their Member Accounts prior to departure from the Club by presenting a credit card to reception for all expenditure incurred during that visit. All information will be held under strict confidentiality and security rules.

Members are required to verify expenditure incurred at each point of sale by signing the statement provided to them. Members will have the option of settling their Member Account under their DDI, by Credit Card, or in cash. Members choosing to settle their account by Direct Debit will receive a detailed email statement of the charges to be made to their nominated bank account on the next working day

following their visit to the Club. The collection will take place 10 days following notification.

GRACE ONLINE

The Grace Belgravia website provides detailed information of services that are available in the Club, including menus and the events schedule. Login details will be given to Members on joining via an email from the Membership team.

As part of our commitment to nurturing our members we will be providing support and guidance through bespoke recommendations confidentially shared on the Grace Website under **Your Journey** in the **Private Member Area**. Personal training tips, fitness and nutritional advice or spa recommendations from the team will give you access to Grace expertise wherever you are in the world. As part of your private area on the Grace website your account balance will also be accessible, as will class bookings, exclusive member offers and Grace-to-Go.

Once your Member Area on the Grace Website is set up you can activate your financial statements and details of your club expenditure through a separate online login. Members are able to view their statements by logging in with their unique login details.

Health information available on or through this site does not constitute medical advice and it is the responsibility of the Member to determine whether the content and recommendations are appropriate for their state of health and physical capabilities.

Terms and conditions relating to Grace Online including compliance with the European Directive on cookies may be updated from time to time and the latest version can be found on the web site under Terms and Conditions of Use. By using the web site Members are deemed to be aware of and accept these terms and conditions.

DRESS CODE

The dress code is Western and should reflect the spirit of the Club and be appropriate for its setting and location.

Flip-Flops and bathrobes are provided for Members and guests for the duration of their visit to the spa, beauty and treatment areas of the Club. Please deposit these with the attendant in the changing room area upon leaving. Bathrobes are not permitted in the Restaurant and Salon areas.

TO BOOK TREATMENTS

We strongly recommend that bookings are made in advance to secure the treatments and therapists desired. Our team is always available to advise Members on appropriate treatments and therapists.

It is essential that you check in at Club Reception on arrival at the Club for your booking.

In order for treatments to start on time we ask our Members to arrive at least 10 minutes prior to the appointment time in the Beauty or Spa waiting areas. If delayed, therapist may perform a shorter treatment in order to avoid an impact on the next member treatment.

BOOKINGS AND CANCELLATIONS

Reservations for therapies, treatments, classes and personal training can all be booked by telephone and email. Upon confirmation of an appointment or assessment a 24-hour cancellation policy will apply, and changes within that time, or no shows will be charged in full. If a Member does not attend one of their introductory assessments and fails to notify the Club, the Member will forfeit the assessment. Please note that your introductory personal training session must be taken within one month of joining the Club.

Should the Club need to cancel an appointment for any reason, an alternative therapist will be offered where possible.

Confirmation of all reservations will be sent by email to the address provided on application.

GRACE GYM BOOKING

All Grace Members should download the MindBody Connect App (available to download through the App Store) to book gym classes in with ease.

The MindBody Connect App is compatible with iPhone, iPad and iPod touch and all Android mobile phones. The App itself is not compatible with a Blackberry so all Blackberry users just need to favourite the MindBody website in their browser to access the class schedule.

Once you have downloaded the App, you will need to complete the following:

- Login using email address and Mindbody password (if already signed up to the system)
- If new to Mindbody please create a password by clicking 'forgot password'

Classes can be booked up to one week in advance and a maximum of 2 classes can be attended each day.

CANCELLATION OF PERSONAL TRAINERS AND CLASSES

Upon booking a personal training session, a 24-hour cancellation policy will apply, and no shows will be charged in full. We will use our best endeavours to offer the reservation to another Member, in which case the charge will be refunded. An extensive number of group classes are available throughout the day and must be booked in advance either by email or online up to 7 days in advance. Numbers in the classes are strictly limited and to avoid 'no shows' Members are requested to give 12 hours' notice of a cancellation. Late cancellations or 'no shows' will incur a £15 charge.

GYM AND FITNESS

Full, out of town, business (closed), life and weekend members are eligible to a fitness assessment at the beginning of each year of membership, re-assessments will be scheduled by your Personal Trainer. Personal training is available from the in-house fitness team, led by Duncan Vincent. All personal training courses must be redeemed within the specified time period and sessions must be pre-booked at reception.

Classes are taught by either the Grace Fitness Team, or else independent experts specialising in various forms of yoga, Pilates dance, meditation and relaxation.

SPA AND BEAUTY

We provide bathrobes, towels, flip flops, wraps for the Hamman, hair and body washes, hairdryers and hair straighteners.

VISITING THE ACQUA CALDA SPA

The Acqua Calda Spa is a shared area and we ask that Members help to maintain the calm and relaxing environment at all times. We respectfully request that showers are taken before entering the steam or the sauna, and that whilst enjoying the sauna or steam, Members should observe the usual etiquette of sitting on their towels or Hamman wraps and wearing the flip flops provided by the Spa. Members may prefer to wear a swimming costume. Shaving in the steam room is not permitted.

NUDITY

Some body treatments and massages are more effective with the removal of all clothes, however, a therapist will advise Members on such treatments and an alternative option will be offered.

SOUND AND NOISE LEVELS

To maintain a peaceful environment in the Spa and avoid disruption to treatments in progress, we respectfully ask that all mobile phones are switched off.

EATING AND DRINKING WITH SPECIFIC THERAPIES

Some of our body treatments may have adverse reactions pre and post food, in particular those that involve a body cleanse. Our experts will be on hand to advise on what food and liquids are suitable.

Hot Food should not be consumed in the spa or Acqua Calda area, however a cold Grace Spa Restaurant menu will be available in the Spa Relax area.

GRACE WELLBEING AND MEDICAL CLINIC

Doctors and medical practitioners are available by appointment in our integrated wellbeing and medical clinic at the Club from 8.00am – 7.00pm Monday to Friday and 9.00am – 13.00 on Saturday and outside these hours by arrangement with Medical Reception. Please enquire at Medical Reception for details of consultation fees or look online at www.gracebelgravia.com.

A number of London's pre-eminent Medical Consultants and Practitioners have visiting rights at Grace Belgravia and appointments can be made directly with medical reception. A list of these consultants is available on www.gracebelgravia.com or on our printed medical menu, which is available at both the medical reception and Club reception.

Available for consultation are general practitioners, infusion clinic, dermatologists, physiotherapists, osteopaths, podiatrists, nutritionists, nurses, colonic hydrotherapists, acupuncturists, allergy and intolerance specialists, fertility experts, hormone experts, psychotherapists and life coaches. Limited practitioners on Saturdays.

To book a medical appointment please call 020 7235 8900 ext. 2 or email medical@gracebelgravia.com.

Prescriptions written by Club doctors can be forwarded by medical reception to our local pharmacy A. Moore & Co. 25E Lowndes Street, SW1 and made up ready for payment and collection to save waiting.

VISITING EXPERTS

Grace Medical has a core team of highly reputable doctors, specialists, practitioners and therapists on site at 11a West Halkin Street. However, if the needs of the patient are not met at Grace Medical, appropriate referrals to top specialists in London will be made. The medical clinic is open to men and women over the age of 18 years. Membership to Grace Belgravia is not obligatory.

GRACE RESTAURANT

A range of healthy dishes are served each day using organic or local seasonal produce where possible. Please see menus and serving times in the restaurant. Breakfast will

be available from 7am - 11.30am, and the all-day menu is available from 11.30am. An optional 12.5% charge is added to restaurant bills and our policy is that these monies are distributed to staff in the restaurant and bar. If you are interested in using our Grace to Go or Grace Healthy Home Delivery service please email wellbeing@gracebelgravia.com. The Restaurant is also able to undertake Your Grace Home Catering for Members. For more information on this service please contact reception@gracebelgravia.com.

Approximately 40% of covers at the Restaurant will be bookable up to 7 days in advance to ensure that sufficient tables are available for members on the day and these are allocated on a first come first served basis. We kindly request that dinner reservations are made in advance to avoid disappointment.

GRATUITIES

Except for the restaurant and bar, gratuities and service charges are not levied on Member's daily accounts. Gratuities are not expected and are at the absolute discretion of Members for exceptional service. An optional 12.5% charge is added to restaurant bills and our policy is that these monies are distributed to staff in the restaurant and bar.

CAR PARKING AND NEIGHBOURS

Members arriving by car are respectively asked to observe the parking restrictions at relevant times, to avoid causing congestion in West Halkin Street. Public car parking is available in Cadogan Place and Kinnerton Street and residents parking for both Kensington and Chelsea and Westminster is available in nearby Squares and Roads. Please ask at Reception about local parking facilities. We ask that if arriving early or leaving late consideration is shown to resident neighbours by not making unnecessary noise, or parking outside the club.

PARKING AT THE NCP CADOGAN PLACE

24 hour parking is also available at the NCP Cadogan Place, London SW1X 9SA. A 20% discount is available to all Members and Guests who use the special discount coupon. Please ask Reception for the coupon. On entry to the NCP car park press the button for a ticket. It is vital that this ticket is retained.

When leaving the car park, Members and Guests should go to the payment machine, insert the original entry ticket, followed by the coupon, which will automatically reduce the price by 20%. This action will generate a ticket, which should be used to exit. There is a 10 minute period from payment to exiting the car park.

PARKING AT THE JUMEIRAH HOTEL

Grace Belgravia members receive a 20% discount at the Jumeirah Hotel at the standard rates below. Please ask our Grace Reception team to put you in touch with their Head Concierge to arrange this.

Current non discounted rates are as follows.

Valet Parking

0-2 Hours	£20.00
Additional hours	£10.00
Overnight	£60.00

Car Wash

Compact	£25.00 (Mini, Golf)
Deluxe	£35.00 (Porsche, Mercedes)
Luxury	£45.00 (Range Rover, Bentley)

LOCKERS

Lockers are available for all Members and Guests to use in the changing room. Members are required to vacate their lockers each time they leave the Club. A limited number of lockers are available for rental priced at £750 per annum for a large and £550 per annum for a small. Please enquire at Reception for further information.

HAIRDRESSING

We are pleased to offer the services of Daniel Galvin Hair & Beauty to our Members. If you would like to book a blow-dry during your visit to the Club, please contact Reception either by email at reception@gracebelgravia.com or call 020 7235 8900 Extension 1 to book this in advance. Express blow dry's are available from 7.30am–9.30am – later appointments are bookable on request at reception.

PRODUCT SALES

A selection of luxury products is available for purchase from the Club and in due course on line. Warranties and guarantees for these products are those of the manufacturers. Unless they do not comply with the Sale of Goods Act, refunds are not available for items that are of a personal nature, or which have been opened. Terms and conditions of purchasing from the Atelier and Pop Up shops will be determined by the Retailers' Terms and Conditions.

EVENTS

Information on seminars, workshops, lectures, debates and events will be made available to members on a regular basis via the Grace Events Programme, as well as the weekly 'Next Week at Grace' emails sent every Sunday evening, website and flyers in the Club. Because of the limited number of places available, bookings once made are non-refundable but are transferable to another member. Gentlemen guests, unless otherwise stated on the schedule are welcome to evening events but only if they are accompanied by a Member.

Events may be booked by telephone or by emailing rsvp@gracebelgravia.com.

MOBILE TELEPHONES

We recognise the need to stay in touch, but in consideration of fellow Members we respectfully request that the use of mobile telephones is strictly restricted to designated areas and should be switched to silent mode upon entering the Club. Talking on mobile telephones, with due consideration for those around, is allowed in the reception, restaurant and bar and changing rooms. Texting or emailing is allowed in other areas apart from The Atrium and the Acqua Calda Spa where mobile use is strictly forbidden.

WI-FI

Wi-Fi codes for Members are available from Reception and are private and exclusive to the Club and must not be used or shared outside the Club premises.

CONSERVATION AND RECYCLING

Over 90% of the waste materials generated in the building of the Club were recycled. We are committed to best practice in the use of energy, reduction in waste and recycling. We are an intensive user of water and electricity and we would ask Members to help reduce our carbon footprint by turning off or reducing water flow in the showers whilst soaping and washing and conditioning hair, and in the careful and considerate use of towels and bathrobes.

SUMMARY

The long term success of the Club and retention of Members is a function of us all at Grace Belgravia; staff and members. We welcome suggestions and insights from Members on any aspect of the Club. Thank you.

**GRACE BELGRAVIA
RULES**

**TERMS AND CONDITIONS OF
MEMBERSHIP AND USE**

INTRODUCTION

Grace Belgravia is a Private Members Club for women only, owned and operated by Naturally Healthy Women Limited.

A copy of these terms and conditions is provided upon joining, available on request from the membership team and re-sent upon renewal each year. The Club reserves the absolute right to amend the terms and conditions of membership at any time. By joining the Club all Members are deemed to have accepted these terms and conditions and any updates, recognising they are in the best interests of the Club.

The Club is located at 11c West Halkin Street, London SW1X 8JL and the Wellbeing and Medical Practice at 11A West Halkin Street.

Members must access the Club via 11c West Halkin Street and entry is granted by presentation of their proof of membership. By joining Grace Belgravia members agree to have their membership details and photograph recorded in the Club confidential administration system and on CCTV as they enter the Club for their protection and security.

MEMBERSHIP

The Proprietor (Naturally Healthy Women Ltd trading as Grace Belgravia) will provide Club premises at 11c West Halkin Street, London SW1X 8JL (or such premises as the Proprietor may from time to time specify).

The election of Members and Life Members may be vested by the Proprietors in a Committee which shall have the power to appoint a sub-committee of its members for this purpose.

The Committee of the Club shall exercise the powers given to it by these rules and such other powers of management as it may undertake at the request of the Proprietor.

Life Members will have access to the Club until March 2032 with memberships not ordinarily transferable, except that they may be transferred at no charge between mothers and daughters as long as the daughter is at least 21 years of age.

Life memberships are transferable but the buyer will be subject to the Club's normal membership by invitation process and a fee equivalent to 20% of the sale proceeds

will be charged to the members selling on completion of the transfer. On the death or bankruptcy of a Life Member her life membership will be passed to those entitled to the estate or property of such Life Member with the express approval and on such terms as the Committee shall think fit.

Membership cards and identification devices are not transferable and are personal to the Member. Any substitution will lead to the membership being terminated without compensation.

It is the responsibility of the Member to notify any change of address, email, credit card or banking details to the membership department.

Membership is open to women over the age of 21 and is by invitation only.

We are required to hold proof of the Member's identity and age and upon joining, a copy of passport or driving licence must be provided for the confidential Member's record.

Every candidate for admission as a Member or Life Member shall be proposed and seconded by two different Members of whom shall vouch for the suitability of the candidate. The Proposer and Secunder will confirm their support to the Membership office in writing, and the candidate shall complete and sign an application form.

Any Member or Committee Member who is of the opinion that any candidate who is proposed and seconded for election as a Member would not be desirable shall inform the membership secretary who shall communicate the objection to the Committee or sub-committee but to no other person.

The Secretary will notify the candidate of her election in writing. She shall then, subject to due payment of her subscription, become a Member of the Club and be entitled to all benefits and privileges of Membership and be bound by these terms and conditions (a copy of which will be made available online as a PDF and a printed copy is available on reception at request). Any infringement of the rules may result in immediate cancellation of Membership.

a) No rejected candidate shall again be proposed as a Member until the expiration of six months from the date of such a rejection.

b) A person who has been expelled from the Club may not visit the Club as a guest and shall have to wait for a period of six months to re-apply to the Committee to request their membership be reinstated. This decision will be made by the Committee.

Any Member may resign her membership by giving the Secretary notice in writing to that effect. This should take effect from the renewal date following resignation. Refunds or partial refunds will not be issued.

The Committee reserves the right to expel a Member without having to give reason for such action.

Any Member or Life Member who is of the opinion that the best interests of the Club require that a Member or Life Member shall not be permitted to continue as a Member shall inform the Secretary accordingly and the Committee shall have the discretion, after due consideration, to suspend or expel the Member or Life Member in question without giving any explanation of their reasons for so doing. A member who has been expelled from the Club for any reason and are viewed to be breaking the rules of the club will not be refunded or partially refunded any part of their annual membership fee or joining fee.

The Committee and sub-committee shall meet as often as may be necessary to ensure the proper conduct of the affairs of the Club.

SUBSCRIPTIONS

All subscriptions shall be paid to Naturally Healthy Women Limited via the membership office. Once payment is received, Membership is non-refundable. All memberships, regardless of them being paid in monthly instalments are an annual commitment and members agree to this by signing the application form and abiding by these terms and conditions upon joining.

Every Member shall put in place a credit card (only overseas members) or a direct debit authority drawn on a UK bank for the payment of daily charges. Before leaving the Club Members must ensure that charges incurred by her are signed for or paid in cash or by credit card. Any Member who fails to settle such accounts shall at the discretion of the Committee either be expelled or suspended for a period not exceeding 6 months.

Membership subscriptions may be increased by the Club at any time. The Club shall give the Member no less than thirty days' notice prior to any such increase.

Where a Member is unable to use any of the Club's facilities, including the Restaurant & Clubroom, due to giving birth or a medical condition, the Member can apply in writing to the Head of Membership to have their membership frozen. The maximum amount of time a membership can be frozen is 6 calendar months and all applications

must be supported by a doctor's letter which must specify the required length of time they wish for their membership to be frozen. Once the membership has been frozen for the maximum amount of time then the Club will resume the membership subscription and unfreeze the membership. Please note that frozen Members are permitted to use the Medical & Wellbeing Clinic. Members returning from a medical freeze will be required to provide a doctor's letter stating that they are able to resume exercising.

STANDARDS

Members are expected to conduct themselves in accordance with generally recognised standards of behaviour, civility and consideration for fellow members and staff.

The Club has an alcohol licence granted under the Licensing Act 2003 which places responsibility on the management to ensure that Members do not cause disturbance and nuisance to neighbours when leaving the premises.

The consumption, dealing or selling of any illegal drugs is prohibited in the Club and any breach will lead to immediate termination of membership without compensation.

Smoking is prohibited at all times in the Club.

Dogs and other animals are not allowed in the Club or on the Club premises. Members are fully responsible for the conduct of their guests whilst on the premises.

PRIVACY, SECURITY AND CONFIDENTIALITY

The privacy and security of our Members is of paramount importance to us and Members will play an important part in ensuring that these terms and conditions are followed.

We ask that Members treat as confidential all that they might learn or hear in the Club and contribute to the sorority and trust that fellow Members expect and deserve.

Members are not permitted to blog or in any other way publish information about the Club, its Members or their experience at Grace Belgravia, nor discuss or comment with or in the media. It is also forbidden to record audio, still or video photography anywhere on the Club premises.

The Member dress code should reflect the spirit of the Club and be appropriate for its setting and location. In the social areas of the Club (bar, café, salon and library) Members are not permitted to wear bathrobes or towels.

EMPLOYING STAFF

Great care, time and energy are taken in selecting and training our staff. They are a major investment for the company and we do not want to lose them to Club Members enticing them away. However, we are realists and sometimes this may happen and if anyone who works at Grace Belgravia, or has done so within the previous three months, is recruited by a Member or an associated person or company then a fee equal to 20% of their annualised salary will be payable by the Member on demand.

Members are not allowed to make separate arrangements with staff for the private provision of the services and treatments otherwise available from the Club. A home visiting service may be available which would be charged to your account in the normal way and this should be discussed with Reception.

LIABILITY

The Proprietor and Committee cannot in any circumstances be responsible to Members or visitors for:

- a) loss, damage or theft of any member's personal property of any kind whilst it is in or about the Club or,
- b) loss or damage to motor cars parked, collected or driven by the valet parking staff at Jumeirah Carlton Tower, or the contents or accessories of any such motor cars.

Grace Belgravia will not be responsible for members or guests lost property (including parcels/ mail sent the club) and these items will only be kept in our storage for up to 3 months. A log of items will be kept by the Club Attendant cupboard.

All reasonable skill and care will be taken by Naturally Healthy Women Limited, in providing the products and services in the Club premises. Members confirm that they will complete a registration form for Grace Belgravia listing, where requested, details of any pre-existing medical conditions, disabilities, allergies, medications or contra indications which may affect any or all of the treatments or classes Members might be offered at the Club, including the medical clinic, gym, spa and use of Club facilities generally.

Members accept that it is their responsibility to notify the Club if any of these details change during the period of membership. Members accept that no guarantees, warranties or promises are given by Grace Belgravia in respect of the treatments, classes and other facilities provided at the Club, other than those contained in the literature made available in respect of the same. Members also accept that Grace Belgravia will not be liable for their safety or security during their presence at the Club, except in the case of negligence by the Club or its staff. This does not affect Member's statutory rights and Grace Belgravia does not exclude or limit its liability for death or personal injury caused by its negligence, or for any false statement, made fraudulently, which members rely on to their detriment.

This publication is the copyright of and confidential to;
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