



**pavilions**  
BIRMINGHAM

**Issued: Wednesday 5<sup>th</sup> November 2008**

**Pavilions calls time on shopping fatigue with exclusive festive 'relax and play' zone  
TEN MINUTE TIME OUT  
4-8<sup>th</sup>, 11<sup>th</sup>- 14<sup>th</sup> & 18<sup>th</sup> – 21<sup>st</sup> December 2008**

Arms and back aching from holding too many shopping bags? Feet throbbing inside your 'oh so stylish but not too sensible' high heeled boots? Children giving you grief because they're bored of being dragged around the shops. Ditto hubby or boyfriend? If Christmas shopping is making you weary, then the place to go is the Pavilions where an oasis of indulgence, relaxation and respite awaits.

Birmingham's boutique shopping centre on the High Street is creating a special 'Ten Minute Time Out' zone which does as it says on the tin – provides you and your troops with the chance of escaping for ten minutes or so from the stresses and strains of a festive retail marathon.

For the girls, there will be free pampering with express head and shoulder massage sessions. Kids can enjoy free story-telling sessions and the chance to watch films and cartoons or get creative with some Festive Crafts at the Kids Zone Craft Corner. Last but not least, he'll think Christmas has come early when you tell him he's allowed to sit down and plug into a games console and zap away to his heart's content!

Along with a Christmas gift wrap area to make sure your gifts look gorgeous, Pavilions will really help take the stress out of your Christmas shopping! And then, when you're feeling refreshed, there are lots of fabulous shops to help you make those last minute purchases.

Cont'd..



**pavilions**  
BIRMINGHAM

'Ten Minute Time-Out' starts on Thursday 4<sup>th</sup> December at 11am and will run until Sunday 8<sup>th</sup> December and then again for the following two weekends Thursday 11<sup>th</sup> - Sunday 14<sup>th</sup> and Thursday 18<sup>th</sup> - Sunday 21<sup>st</sup> December. Opening hours will be Thursdays 11am – 6.30pm, Fridays & Saturdays 10.30am – 5.30pm and Sundays 11am – 4.30pm. 'Ten Minute Time-Out' will be located on the ground floor High Street Level in the unit directly opposite the Coffee Lounge. For further information on Pavilions visit [www.pavilionsshopping.com](http://www.pavilionsshopping.com) T 0121 631 4121

-ends-

All Stores at Pavilions: **Newsflow** 0121 643 1222; **Kodak Express** 0121 632 5656; **Travel West Midlands** 0121 254 4800; **Julian Graves** 0121 643 9291; **Evans** 0121 631 4755; **Laura Ashley** 0121 665 6874; **The Pier** 0121 643 8441; **DestinationSkin (formerly White Light Therapy)** 0121 270 9320; **Past Times** 0121 633 8867; **La Senza** 0121 643 2228; **LK Bennett** 0121 643 7457; **Ann Harvey** 0121 643 3250; **Monsoon** 0121 643 0019; **Zavvi** 0121 643 4189; **HMV** 0121 643 2177; **Thorntons** 0121 643 9703; **3G** 0121 665 6896; **Moss Bros** 0121 643 3114; **Azendi** 0121 633 7913; **Marks & Spencer** 0121 643 4511; **Wolsey** 0121 631 1111; **Waterstone's** 0121 633 4353; **Evans** 0121 631 4755; **Bratz** 0121 643 1302 **Coming Soon: Hobbs.**

Food Loft outlets include: **Café Napoli** (Italian), **Stir Crazy** (Chinese), **The Ranch House** (American and Tex Mex), **Harpers** (traditional British fare), **Natural Choice** (vegetarian), **Fat Jackets** (jacket potatoes) and **Druckers** (coffee, tea, pastries and sandwiches). **The Unis Internet Lounge** is adjacent to the Food Court and the **Coffee Lounge** is situated on the ground floor at High Street level. **Subway** (sandwiches) is located at the Moor Street entrance, lower ground level.