



**THE SPA**  
*Spa*  
ARMATHWAITE HALL

*Treatment Menu*



## *Relax & unwind...*

Armathwaite Hall has created a timeless, yet contemporary countryside spa within a stunning rural setting, offering a relaxed, high comfort, luxurious spa facility. Guests will enjoy a bespoke and highly personalised spa experience, with an extensive range of treatments and therapies designed to enhance all aspects of well being and relaxation.

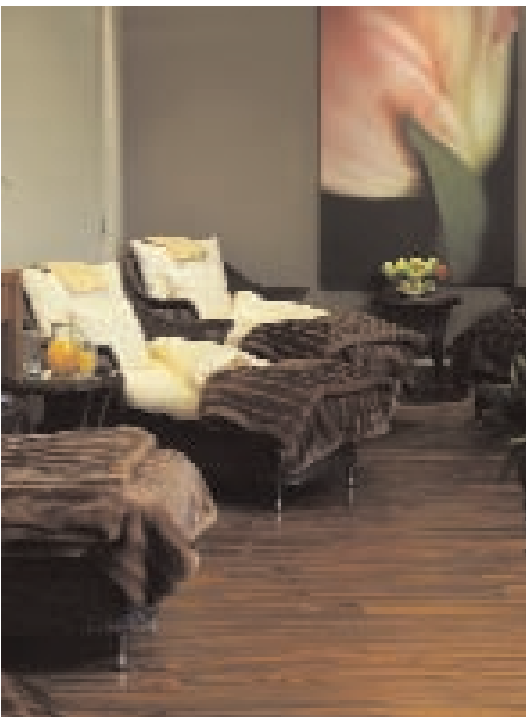
Featuring 10 beautiful treatment rooms, The Spa also includes a double treatment room with private spa bath, a 'Hush' tranquillity room, manicure and pedicure area, stunning spa lounge with a feature fireplace.

The Spa has been designed to address the key needs of the spa going guest – to relax and de-stress. The Spa will also be a popular destination in which to enjoy the company of friends in a lovely environment with wonderful treatments, a delicious lunch or afternoon tea, glass of Champagne or bottle of wine.

[www.luxurypauk.co.uk](http://www.luxurypauk.co.uk)



The Spa at Armathwaite Hall reserves the right to change treatments and prices without prior notice. All treatments and activities are subject to availability.





## EVENING & DAY SPA EXPERIENCES

Included in the Day Spa Experience of your choice is: Welcome refreshment and guided tour, full use of The Spa facilities, lounge, hush relaxation room. A 30 or 60 minute face or body treatment as specified in the Day Spa Menu below, a delicious two course light lunch, use of luxurious robe, slippers, toiletries and towels, fruit and herbal throughout the day. Treatment times include consultation and home care advice. Our Day Spa Experiences are now available to anyone over the age of 16 years if accompanied by an adult (18+).

### Sunset Escape

4pm until 8pm    £70.00  
Saturday            £80.00

Escape for an evening of total relaxation and enjoy any 30 minute face or body treatment of your choice from the Day Spa Menu. (this excludes food)

If evening does not suit, we can also accommodate a 4 hour morning or afternoon experience. From 10am-2pm or 2pm-6pm

### Serenity Day

10am until 6pm    £125.00  
Saturday            £148.00

A full day of luxurious relaxation at The Spa and includes any 60 minute face or body treatment of your choice from the Day Spa Menu.

### Timeless Beauty Day

10am until 6pm    £230.00  
Saturday            £270.00

A full day of total pampering includes one 30 minute and one 60 minute face or body treatment of your choice from the Day Spa Menu, and includes a luxury manicure and a luxury pedicure to complete the day.

### New Beginnings

10am until 6pm    £140.00  
Saturday            £160.00

Enjoy a 60 minute luxury and special pregnancy face or body treatments and one 30 minute hand or foot treatment of your choice from the Day Spa Menu

### My Day, My Way

10am-6pm from £105.00  
Saturday            £120.00

Like to build your own day? This is the perfect choice for you. We've started you off with a 30 minute face or body treatment from the Day Spa Menu

### Thermal Spa Day

10am-5pm            £65.00  
Monday to Friday only

A full day of luxurious relaxation using all the facilities in The Spa and includes a two course lunch.

This does not include any treatments.

### Day Spa Menu

30 minute treatment selection:

- Reviver Facial
- Armathwaite Prescription BNS Massage
- Scalp Massage
- Skin Enhancer Full Body Scrub
- Shape & Paint – fingers or toes

Full details of all these treatments can be found on the following pages

60 minute treatment selection:

- Prescriptive Comfort Zone Facials
- Armathwaite Full Body Prescriptive Massage
- Comfort Touch Full Body Massage
- Indian Head Massage
- Reflexology (subject to availability)
- Pregnancy Body Treatments
- Luxury Pedicure or Luxury Manicure



## FACIAL TREATMENTS

Armathwaite Hall Spa facial treatments aim to rebalance, deep-cleanse, brighten or renew and nourish the skin. Each treatment will begin with a welcome ritual designed to ease you into a relaxed and peaceful state. Therapists will use a 'prescriptive' approach to your treatment to ensure that it perfectly matches your needs. All treatment times include consultation and home care advice

### [comfort zone] PRESCRIPTIVE FACIALS

#### Hydramemory – Rehydration

60 minutes £65.00

Gives immediate relief to dehydrated skin that may be caused by very dry climate or environment, using hibiscus and honey to restore hydration, soften and tone the skin.

#### Skin Resonance – Desensitizing

60 minutes £65.00

Bring a sensitive skin back to normal skin type, reduces redness, calms, soothes and helps to strengthen the skin defences.

#### Recover Touch – Anti-oxidant

60 minutes £65.00

Ideal for stressed skins, from exposure to the environment, travelling, after illness or as a pick me up, this facial is rich in anti-oxidants that protect, nourish and hydrate, reducing fine lines and leaving the skin silky soft.

#### Active Pureness – Purifying and Rebalancing

60 minutes £65.00

Deep cleansing treatment recommended for combination to oily skins, having an anti-bacterial effect on the skin, reduces oil production, redness and rebalances leaving the skin toned and refreshed

#### Absolute Pearl – Brightening

60 minutes £65.00

For a glowing, radiant skin this facial is ideal before a special occasion or just as a treat. Reoxygenating the skin and delicate exfoliation it gives luminosity and an immediate brightening effect, it is also ideal for sun damaged or pigmented skin.

#### Active Pureness, Deep Cleanse – Pure Regeneration

75 minutes £75.00

This facial treats problem skins, which has a purifying and rebalancing action, using fruit acids to gently exfoliate the surface cells to promote a clear healthy glow.

#### Glorious Skin – Age Reversal, Firming and Uplifting

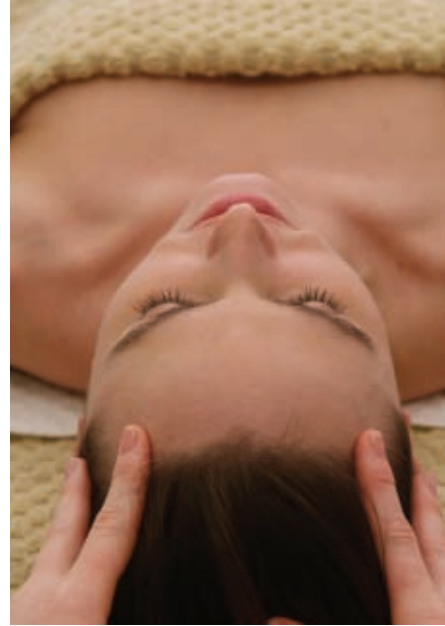
75 minutes £75.00

Working on the muscle contractions that naturally cause the skin to sag, this lifting and firming facial has a powerful anti-oxidant effect, reducing wrinkles, fills out lines and plumps the skin.

#### Chrono Reverser – Cellular Renewal + Collagen

75 minutes £80.00

For the ultimate Anti Aging facial, using a synergy of the new generation active ingredients and a superior collagen face mask, which boosts the functions of our own collagen, deeply hydrating the skin plumping out fine lines leaving your skin supple and moisturised.



## [comfort zone] PRESCRIPTIVE FACIALS CONTINUED...

### Reviver Facial

30 minutes £38.00

The perfect introduction to skin care improvement or a quick facial “reviver” using either [comfort zone] or Terraké products that are most appropriate for your skin.

### Eye Supreme Anti-aging Treatment – reduces puffiness, dark circles and wrinkles

£28.00

Upgrade your facial and add in this specific treatment to rejuvenate the delicate area around the eyes, this treatment includes a cool hydrogel eye mask which reduces puffiness, dark circles and wrinkles.

### Lip Blooming – Smooth, Nourish and Hydrate

£25.00

Upgrade your facial for a complete lip care treatment, to smooth, nourish, hydrate and re-plump the lip area.

## TERRAKÉ FACIAL RITUALS

### Terra Magica Precious Earth Anti-aging Facial Ritual

75 minutes £85.00

A subtle massage with fine stones, a rich mineral concentrate and a soothing mask with red clay and precious minerals. Wrinkles, signs of aging and lines that reflect your mood are softened and a deep state of relaxation lights up the face.

### Primordial Waters Origins of the Sea Hydrating Facial Ritual

75 minutes £85.00

Exquisite freshness of volcanic hydrating water from lagoons; an infusion mask enriched with red algae from the Pacific. Let your skin re-discover the memory of the water that brings it intensive and long lasting hydration.

### Of Air and Light Breath of Pure Air Anti-stress and Detoxification Facial Ritual

75 minutes £85.00

Experience to the full the pure pleasure of contact with mountain plants; delicately heating flakes followed by ice-cube mask to deeply purify your skin. Your skin is left fresh and luminous, free of toxins and protected from pollution.

### Luxuriant Plant Life Rare Essence Nourishment Facial Ritual

75 minutes £85.00

For velvety, luminous, plumped up and nourished skin a we use a double mask for a delicious succession of sensations; a lotion with bamboo extract for instant moisturizing, a mask with fruit butters and floral waxes to nourish and regenerate.



## IT'S A MAN THING

### It's a Man Thing... Hydra Performance – Rehydration

60 minutes £60.00

Swiss glacial water perfectly restores moisture levels for all male skin having to endure the elements. Ideal for dehydration caused by frequent flying too.

### It's a Man Thing... Pure Performance – Purifying and Re-balancing

60 minutes £60.00

This deep cleansing treatment effectively removes impurities whilst rebalancing oily areas, leaving the skin toned, refreshed with a perfectly matte finish.

### It's a Man Thing... Anti-age Performance – Active Rejuvenation Treatment

60 minutes £65.00

This intensive treatment reduces the signs of aging caused by external environmental aggressions, by stimulating cell renewal, leaving the skin firm, compact and toned.

## MATERNITY MATTERS

### Precious Moments

60 minutes £60.00

Sweet and delicate ingredients maintain skin tone and elasticity whilst deeply relaxing the muscles of the lower back. Feel spoilt and cared for.

Specifically designed for pregnancy

### Precious Moments Extended

90 minutes £96.00

Extend the delicious precious moments for an ultimate top to toe treatment during that special time. As well as maintaining the skin tone and elasticity it also includes a reviver facial to hydrate and balance your skin.

### Time to Celebrate

60 minutes £70.00

Once baby is here this treatment will help to restore the body shape and skin tissue firmness. A synergy of products will help regain tone and elasticity

## Gift Cards

Armathwaite Hall gift cards make the perfect gift, they can be purchased for any amount and used throughout the hotel and spa. From our very popular afternoon teas, lunches and dinners to accommodation.

Armathwaite Hall offers many gift opportunities.



## MASSAGE TREATMENTS

### Massage and Complementary Therapy

Armathwaite Hall Spa Body Treatments are designed to offer you perfect results every time. They will help to soothe and release muscle tension, smooth and polish skin, detoxify effects of over-indulgence, calm or uplift a stressed mind – or a combination of all these.

#### Armathwaite Prescriptive, Organic Full Body Massage

60 minutes £65.00

This treatment is ideal if you have specific areas of concern, the therapist will use their skills to focus on areas most in need, stimulating blood circulation and relaxing tense muscles. Using Just Be organic oils.

#### Armathwaite Prescriptive, Organic Back, Neck & Shoulder Massage

30 minutes £38.00

Focusing on the problem areas of the neck, shoulders and lower back, this treatment is ideal for relieving stress, tension, aches and pains. Using Just Be organic oils.

#### Well-being Leg & Foot Massage

30 minutes £38.00

Starting with a foot cleanse followed by a deep soothing leg massage, perfect for walkers or anyone suffering with poor circulation or tired heavy legs

#### Hot Stones Massage

90 minutes £90.00  
60 minutes £65.00  
30 minutes £38.00

Relieves deep muscle tension and stimulates circulation with a soothing massage technique

#### Comfort Touch Full Body Tranquillity Massage

60 minutes £65.00

This treatment is designed to relax and rebalance energy levels while alleviating muscular tension and stress.

#### Comfort Touch Tranquillity Back Massage

30 minutes £38.00

Focusing on your back, neck and shoulders you will feel relaxed, destressed and re-energised.

#### Indian Head Massage

45 minutes £50.00

Focusing on areas of stress and tension, this treatment is ideal for anyone who suffers from stress, headaches, sinus problems, eye strain or in need of insomnia relief.



## MASSAGE TREATMENTS CONTINUED

### Massage and Complementary Therapy

#### Reflexology

60 minutes £70.00

Based on the traditional reflexology treatment working on the pressure points on the soles of your feet to unblock channels of energy. This treatment has a therapeutic effect on the whole body.

#### Traditional Thai Massage

60 minutes £70.00  
90 minutes £90.00

Thai Yoga Massage is one of the four branches of Thai Medicine whose origins are believed to lay in India or China. Your therapist uses a synthesis of techniques, working energy or sen sib lines throughout the body, using body weight, palms, thumbs, elbows and forearms.

#### Osteopathy

Initial 60 minutes £80.00  
Continuation  
30 minutes £50.00

#### Cranial Osteopathy

Mother and Baby  
60 minutes £100.00

#### Remedial Sports Massage

45 minutes £50.00  
60 minutes £70.00

Working on specific problem areas this massage will involve deep tissue massage some manipulation. It is not necessarily a relaxing massage.

## TERRAKÉ HEART OF THE UNIVERSE SCULPTING MASSAGE

#### Terra Magica Sculpting Relaxing Massage

60 minutes £85.00

Hands become a source of harmony and warmth. Sculpting, gliding, they trace their way over your body with light percussion strokes.

#### Primordial Waters Sculpting Energising Massage

60 minutes £85.00

A deep manual massage with fluid, soothing movements are combined with the light rhythm of special 'rain sticks' to aid deep relaxation and leave you newly receptive to the world.

#### Of Air and Light Sculpting Energising Massage

60 minutes £85.00

Relax and be filled with a feeling of absolute lightness as you discover a light and refined massage technique. The relaxing touch of expert hands that knead and stretch the skin is combined with the invigorating strokes of unique Terraké 'feather brushes'. Like a gentle breeze, airy currents trace the contours of your face and body.

#### Luxuriant Plant Life Sculpting Suppleness Massage

60 minutes £85.00

A special Terraké 'liana ribbon' winds around you and then unwinds as if to unite your body so that it can recover all its suppleness. This massage is designed to gently stretch and relax the body through exquisite pulling motions, beginning with your ankles and legs, moving to your arms and wrists and finally the nape of the neck. Your body seems to become infinitely longer.

## [comfort zone] BODY WRAPS, SCRUBS AND RITUALS

### Tranquillity Body Ritual

85 minutes      £95.00

Aromatic well-being treatment for the face and body, this relaxing anti-stress treatment involves an envelopment to hydrate the skin which follows with a massage on the body and face to calm and soothe the body and mind.

Body Hydration & Renewal

### Body Strategist + Nutritional Treatment

60 minutes      £70.00

Aromatic anti-oxidant treatment using organic pumpkin cells, tomato and basil with vitamins B1, B2 and vitamin C to deeply nourish the tissues and recondition the skin

Body Hydration and Renewal

### Body Strategist + Remodeller

60 minutes      £70.00  
60 minutes x 6      £340.00

Intense cellulite reducing treatment using carnitine and caffeine for an exceptional effect on eliminating fatty deposits. The hot and cold effect increases circulation to treated areas.

Detoxifying

### Monticelli Mud

60 minutes      £70.00

Mineral rich Monticelli Mud is healing and restorative to an aching and tired body. Monticelli Mud is also detoxifying and draining for a complete treatment

Detoxifying

### D-Age

60 minutes      £70.00

Firming and anti-aging treatment using Kamani oil to stimulate collagen and walnut oil to work against adverse effects of pollution. Also helps to reduce appearances of stretch marks and aids prevention of new ones.

### Vitality Leg Treatment

45 minutes      £50.00

Designed for legs subject to fluid retention, tension and a sense of heaviness. Depending on your concerns the therapist will either use bandages soaked in relieving body oil or apply marine detoxifying mud, to retrieve lightness, and vitality, with a prolonged fresh feeling.

### Skin Enhancer

30 minutes      £38.00

Enhances the skin's appearance and texture using a body brush and sugar scrub to exfoliate, cleanse and refine the skin to retrieve luminosity, hydration and softness.

### Combine the Monticelli Mud with a Full Body Massage

120 minutes      £115.00

### Combine the Skin Enhancer with a Full Body Massage

90 minutes      £87.00

**Sacred Nature, organic anti-aging, nourishing and DNA protective face and body Ritual.**

**The ultimate relaxing treatment.**

90 minutes      £100.00

An anti-aging treatment that is nourishing and protective with products formulated according to ecocert (R) guidelines, offering a natural treatment indicated for all skins, including the most sensitive. Detoxifies, nourishes and protects the skin in a pleasant embracing ritual.

## ARMATHWAITE HALL TERRAKÉ RITUALS

Complete face and body rituals

Terraké is a luxury Spa brand that takes inspiration from the origins of the earth, giving an experience of ultimate pleasure and relaxation. The concept of returning to the beginnings of the world, far from the pressures of modern life, is the ultimate refuge for today's Spa client. All Terraké treatment rituals feature the heart of the universe sculpting massage.



### Terrake Magica Awakening to the Earth Anti-stress and Relaxation Ritual

120 minutes    £172.00

Precious red jasper, polished a thousand times, will be used artfully on your body. The deep sculpting massage and luxurious creams fill your skin with minerals essential to its youthfulness and well-being.

#### Or... Terra Magica Mineral Sculp Figure Firming Ritual

120 minutes    £185.00

Be enveloped and re-sculpted and feel the divine firmness of a body re-defined by original silicium enriched earths. Smoother skin and a body that feels firm and toned fills you with harmony and energy.

Extend either ritual to 180 mins by adding the Terra Magica anti-aging Facial ritual for a complete top to toe luxurious experience

180 mins    £260.00

### Primordial Waters Marine Wave Hydrating and Refreshing Ritual

120 minutes    £172.00

The light rhythm of moving 'rain sticks' leave you feeling invigorated and deeply relaxed. Whilst your body is enveloped in a voluptuous balm of red algae and aquatic mint is applied to the legs to relieve tension. The skin is filled with moisture, becomes supple and silky with refreshing salty, citrus scents. A great way to relax after exercise.

Extend the ritual with Primordial Waters Hydrating Facial ritual for a complete top to toe luxurious experience

180 mins    £260.00

### Of Air and Light Snow Breeze Anti-stress and Detoxification Ritual

120 minutes    £172.00

This ritual is a delicious blend of hot and cold sensations. A fresh aromatic gel mix of Buddleia from the Alps and White tea from Fujian with warm, soft detoxifying flakes envelop the body. Free of toxins the skin is soft and radiant and can breathe once again.

Extend the ritual with the Of Air and Light Breath of Pure Air Anti-stress and Detoxifications Facial ritual for a complete top to toe luxurious experience

180 mins    £260.00

### Luxuriant Plant Life Liana Contour Slimming/Refining Ritual

120 minutes    £172.00

The rhythmic pressure of a contouring massage sculpts & refines your figure. Your body is enveloped in subtly spiced, aromatic blend of red liana from Peru & berries from Amazonia to help combat the formation of fatty deposits and reduce the appearance of cellulite.

#### Or... Luxuriant Plant Life Delectable Essence Body Nourishment Ritual

A rich creamy wrap made with sweetly scented fruit and cereal butter nourish the body completely. An invigorating massage with stretching strokes soothes while plant fibres leave your skin completely replenished, supple and feeling very comfortable.

120 mins    £172.00

Extend either ritual with the Luxuriant Plant Life Rare Essence Face Nourishment Ritual for a complete top to toe luxurious experience

180 mins    £260.00

## SIGNATURE RITUALS

Exclusive to The Spa at Armathwaite Hall



The following bespoke signature rituals have been designed specifically for The Spa at Armathwaite Hall by [comfort zone] and Terraké. Taking inspiration from the elements, in particular the surrounding woodland and breathtaking Bassenthwaite Lake which stretches out in front of the hotel. Indulge your senses for the ultimate in relaxation

### Armathwaite Tranquil Lakes

90 minutes

£130.00

The aim and results of the treatment are to gently nurture mind, body and soul to true tranquillity, leaving skin smooth and beautifully fragranced

Relax in our luxurious candlelit environment and indulge your senses for the ultimate in relaxation and hydration. This ritual includes full body exfoliation, then relax in our private hydrotherapy bath with luxurious tranquillity bath oil which is a blend of orange, vanilla and rose. Complete the experience with a full body and scalp massage using tranquillity body cream

### Bassenthwaite Ritual

90 minutes

£130.00

Tranquil waters – a truly idyllic bathing experience.

The aim and results of the treatment are to gently caress the body, nurturing its soul with the flow of moving waters, revealing renewed and delicately fragranced skin.

Relax in our luxurious candlelit environment and enjoy a full body Aromasoul Mediterranean Exfoliation, shower with aromatic shower cream then sink into a glorious hydrotherapy bath with Mediterranean oils and relax.

The ritual continues with a full body application of sumptuous cream enriched with Mediterranean oil, applied all over the body in sweeping nurturing massage strokes. Followed by a 15 minute stimulating or relaxing scalp massage. A lower leg and foot massage using vital leg cream gel completes the ritual.





### Precious Stones Relaxation Ritual

105 minutes

£150.00

This ritual will immerse you in Terra Magica, the world of earths, clays, rocks and precious stones. Incorporating an anti-ageing facial and a relaxing body ritual with hot stones, the Precious Stones Relaxation Ritual is preceded by the Micro-Climate Cocoon, which relaxes you into your treatment, introduces you to the Terraké world of Terra Magica, and awakens the five senses of the body with gentle room lighting, a taste of Intense Spices Tea, the scents of the products, Terraké music and a relaxing shoulder and scalp massage. Your tensions relieved before the ritual begins.

The Terra Magica Awakening to the Earth massage is carried out using Anti-Stress Body Clay, Red Jasper Stones and Crystal Sandglasses. Hot Basalt Stones are placed all over the body, first on the back and then the front, while the Precious Earth Facial is carried out.

Beginning with the Pure Light Cleansing Ritual, this facial incorporates energising acupressure, and a Precious Stone Massage using Mini Crystal Sandglasses and Pink Rhodocrosite stones. Next a high performance anti-ageing mask is applied, a hand and arm massage is carried out, and an anti-ageing cream is applied to finish.

You will emerge from this ritual regenerated by precious stones, earths and clays, deep relaxation emanating from your entire body.

### Marine Cascade Hydration Ritual

105 minutes

£150.00

This moisture replenishing ritual for face and hands is preceded by the Micro-Climate Cocoon, which relaxes you into your treatment, introduces you to the Terraké world of Primordial Waters, and awakens the five senses of the body with gentle room lighting, a taste of Refreshing Citrus Tea, the scents of the products, Terraké music and a relaxing shoulder and scalp massage. Your tensions relieved before the ritual begins.

The Origins of the Sea facial begins with the Pure Light Ritual to gently cleanse and exfoliate the skin, preparing it for the Volcanic Water Serum that will infuse the skin with hydrating red algae and lagoon water. Next, a relaxing sculpting facial massage is carried out, followed by the application of the Ultra Moisturising Infusion Mask containing aromatic marine herbs to regenerate the skin.

The hands are exfoliated with Smoothing Mother of Pearl, which is removed with warm compresses and In the Cascade of Scents aromatic oil, leaving the skin smooth and soft. Next, the luxurious balm hand wrap is applied, featuring a rich and nourishing, shimmering blue balm.

The Marine Cascade Hydration Ritual will leave your face and hands intensely replenished and refreshed your skin soft, smooth and plumped up.

### Earth Cocoon Ritual

105 minutes

£150.00

This ritual features a full body massage and a body wrap from the Terra Magica universe of earth, harmony and warmth. The ritual is preceded by the Micro-Climate Cocoon, which relaxes you into your treatment, introduces you to the Terraké world of Terra Magica, and awakens the five senses of the body with gentle room lighting, a taste of Intense Spices Tea, the scents of the products, Terraké music and a relaxing shoulder and scalp massage. Your tensions relieved before the ritual begins, you will now be able to achieve the full benefit of the treatment.

Next, Terraké's signature Terra Magica massage is carried out – by turn soothing, softening, stimulating and relaxing, it leads to deep relaxation of the whole body. Featuring stretching and kneading movements, sweeping strokes, palm pressures and specific movements inspired by earth and rocks, the massage movements evaporate tensions and you are blissfully relaxed.

For the body wrap, your body will be covered in Geological Mud (featuring mud rich in calcium and magnesium to improve skin tone) and Delicate clay (rich in trace elements with tonic properties; and silicone to regenerate the skin).

You will emerge from the Earth Cocoon deeply relaxed and in harmony.

## HANDS AND FEET TREATMENTS

Whether it's to ease aches and pains, nourish and regenerate hands and feet or groom them so that they look stunning we have the treatments to suit all occasions.

### Exotic Polynesian Lushly Foot Ritual

45 minutes £50.00

A deep nourishing treatment for the feet, inspired by ancient Polynesian ritual of well-being, this treatment includes exfoliation and hydration leaving you with a feeling of lightness and freshness.

### Exotic Polynesian Lushly Hand Ritual

45 minutes £50.00

A deep nourishing treatment for the hands, inspired by ancient Polynesian ritual of well-being, for hands that deserve loving care, this treatment includes exfoliation and hydration leaving you with a feeling of lightness and freshness.

### Luxury Pedicure

60 minutes £48.00

Including a nail and cuticle tidy followed by a lower leg and foot exfoliation and massage, heated booties and scalp massage. Finished with a nail paint.



### Luxury Manicure

60 minutes £48.00

Including a nail and cuticle tidy followed by a forearm and hand exfoliation and massage, heated mitts and neck rub! Finished with a nail paint.

### French Polish instead of normal polish

10 minutes £7.50

Add 10/15 minutes to treatment time

### Shape and Paint Fingers or Toes

30 minutes £22.00

### Waxing

Full Leg including Bikini	60 minutes	£38.00
Full Leg	45 minutes	£35.00
Half Leg	25 minutes	£25.00
Underarm	15 minutes	£20.00
Bikini Line	15 minutes	£20.00
Lip or Chin	15 minutes	£12.00
Lip and Chin	25 minutes	£20.00
Back or Chest	25 minutes	£25.00
Eye Brow	15 minutes	£15.00

## MAKE-UP AND SELF TANNING

### Make-up

Make-up application

45 minutes £45.00

Make-up lesson and application

60 minutes £60.00

### Self Tanning Treatment

60 minutes £50.00

This self tanning treatment includes a full body exfoliation followed by the application of tanning lotion to produce a natural looking tan that will last for days.

## BRIDAL PACKAGE

### Pre-Wedding:

Trial make-up with consultation

£40.00pp

### Pre-Wedding & Wedding Day

Trial make-up with consultation in The Spa plus make up on the day in your room

£80.00pp

Bridal Hair Dresser –

price on application



## TEEN SPA

At Armathwaite Hall we adopt a 'how to' approach with young people and our experts aim to educate them how best to care for their skin and apply make-up in a relaxed and friendly atmosphere. The treatments are available daily between 4.30pm and 6.30pm and we have a range for 12-14 years (Mini-teen Spa) and 14-18 years (Teen Spa). All under 18 year olds must be accompanied by an adult.

16-18 year olds accompanied by an adult on a Day Spa Experience may have 'Teen Spa' treatments at other times.

### Armathwaite Hall 'Teen Spa' Experience

Armathwaite Hall Teen Spa Facial  
Using the most natural and gentle products suitable for teen skin, suitable for male or female

30 minutes £28.00  
60 minutes £55.00

Make-up 'Colour'  
(as an add on to facial)  
15 minutes £12.00

Facial Skin Care Lesson  
30 minutes £28.00

Make-up Lesson  
30 minutes £28.00

Make-up Application  
30 minutes £28.00

Make-up lesson and make-up application combined  
60 minutes - £50.00

Shape and paint (fingers or toes)  
25 minutes £22.00

Gentle back Massage or Back Deep Cleanse – suitable for male or female  
30 minutes £28.00

### Armathwaite Hall 'Mini Teen Spa' Experience

Facial Skin Care Lesson  
30 minutes £28.00

Make-up Lesson  
30 minutes £28.00

Make-up Application  
30 minutes £28.00

Make-up lesson and make-up application combined  
60 minutes £55.00

Shape and paint (fingers or toes)  
25 minutes £22.00

## THE SPA ACTIVITIES MENU

### Activities Menu

#### Indoor Exercise Classes

Full class timetable available on request. Please contact The Spa for full details.

#### Outdoor Fitness Activities

Elevenes Brisk Walk 45 mins  
Afternoon Stroll-out 60-90 mins

#### Health & Fitness Assessments

MOT Health Indicator Test  
(Includes BP, Cholesterol, Glucose and Body Composition)  
4 tests for a total of 30 mins £35.00

Cholesterol/Glucose Testing  
15 minutes £23.00

Body Composition Analysis  
15 minutes £23.00

Fitness Analysis  
60 minutes £48.00

Mini Fitness Assessment  
15 minutes £23.00

Corrective Exercise Programme  
60 minutes £32.00

Lifestyle Assessment  
60 minutes £32.00

Personal Exercise Programme  
60 minutes £32.00

Personal Training  
1 session £38.00  
2 sessions £70.00  
3 sessions £95.00



**Sunday Times  
Travel magazine**

Armathwaite Hall  
listed as one of  
"The Best Spas  
in Britain"

**ABTA Magazine**

"Armathwaite Hall is one of the original stately homes of England, magnificently set with spectacular view and amazing spa"

**Winner of the Professional Beauty "Residential Spa of the Year" Award 2011**

**Winner of the Cumbria Tourism "Large Hotel of the Year" award 2010**

## *Spa Breaks*

A full range of bespoke spa breaks are available, contact us to discuss your individual needs and we will put together a tailor made package for you and your friends or visit our website for further details.

## *Gift Cards*

Armathwaite Hall gift cards make the perfect gift, they can be purchased for any amount and used throughout the hotel and spa.

### **Booking and cancellation policy:**

When making an appointment a credit card number is requested to secure your booking. This also applies to guests who are paying with Gift Cards. Day Spa Experience reservations must be paid for in advance 30 days before the visit or on booking if it is a last minute reservation. All reservations must be booked in the name of the person having the treatment. If a residential guest, the name of the person making the hotel reservation must also be given. Full charge cancellation of treatments booked will apply if within 48 hours notice unless we are able to re-sell your appointment. All prices include VAT at current rate.

### **Opening Hours:**

**The Spa** Monday – Saturday 7am to 9pm, Sunday – 8am to 8pm  
**Treatments** Monday – Saturday 9am to 8pm, Sunday – 10am to 6pm  
Opening hours may vary during festive holidays.

Visit the website for full details and special offers [www.luxurypauk.co.uk](http://www.luxurypauk.co.uk)

### **Armathwaite Hall Country House Hotel & Spa**

Bassenthwaite Lake, Keswick, Cumbria CA12 4RE

Spa Tel: 017687 88900 Hotel Tel: 017687 76551

[thespa@armathwaite-hall.com](mailto:thespa@armathwaite-hall.com) [www.luxurypauk.co.uk](http://www.luxurypauk.co.uk) [www.armathwaite-hall.com](http://www.armathwaite-hall.com)

