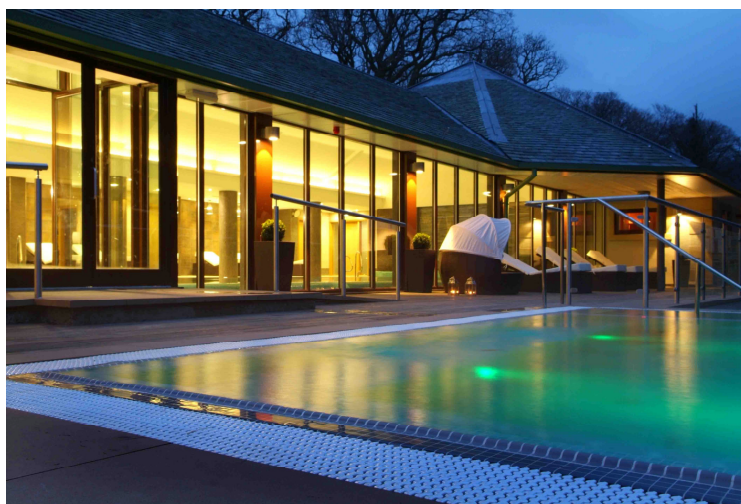


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Best Spa Nomination for Armathwaite Hall Country House Hotel and Spa and its Luxurious Hot Tub



Armathwaite Hall Country House and Spa has been nominated as one of the top 5 spas in the UK for **“The best spa for sipping champagne in a hot tub”** in the first Good Spa Awards.

The Good Spa Guide is the UK’s only independent spa guide to over 700 spas nationwide and its team has visited hundreds of spas nationwide to compile their awards. Carolyn Graves, director of Armathwaite Hall, says: *“Everyone who uses the outdoor pool says it is beautiful so we are absolutely thrilled to receive this recognition from the Good Spa Guide. I consider us very fortunate to have such an idyllic location and being able to enjoy it from our outdoor pool just makes us appreciate it even more.”*

Armathwaite Hall’s luxurious hot tub at the hotel’s stylish new Spa overlooks the picturesque grounds and leads down to the tranquil Bassenthwaite Lake. It has already become an idyllic bathing and meeting place for spa visitors wanting to relax and breathe in the natural beauty of the surrounding countryside.

ABOUT THE AWARDS

In the past, the conscientious Good Spa Spies have visited hundreds of spas across the UK to carry out objective reviews, and share experiences with spa-goers. Frequently asked for their personal favourites (anything from where best to find a romantic anniversary break in the country to which spas have delicious food to match their delectable treatments) the Good Spa Guide thought it was about time to share some of their current star spas.

There are seven categories with five nominees in each, with the winner to be revealed on 1 June 2010. For full details of categories and finalists visit www.good-spa-awards.co.uk.

ABOUT ARMATHWAITE HALL

Armathwaite Hall Country House and Spa is a privately owned luxury hotel with a large, contemporary new spa. Located in 400 acres of deer park and woodland near Keswick in the Lake District, the hotel overlooks the region's only real lake, Bassenthwaite. The Spa at Armathwaite Hall offers a full range of face, body and holistic treatments from luxury skincare lines [comfort zone] and Terraké, chosen to complement the traditions, ethos and integrity of Armathwaite Hall and for being results driven to ensure complete customer satisfaction.

Exclusive to The Spa at Armathwaite Hall are its signature rituals which take inspiration from the surrounding woodland and still waters of Bassenthwaite Lake helping to nurture mind, body and soul to true tranquility. These indulgent face and body treatments include: Armathwaite Tranquil Lakes, Bassenthwaite Ritual, Precious Stones Relaxation Ritual, Marine Cascade Hydration Ritual and Earth Cocoon Ritual.

The Good Spa Spy says: "Armathwaite Hall is a beautiful stately home which dates back to 1650. Outside, there are turrets and ivy and a fabulous view down the length of Bassenthwaite Lake. Inside the house, there is oak panelling, trophy heads and sweeping staircases. No wonder the Hall is popular for weddings and special occasions. The hot tub is outside and a good size -- no playing footsie with strangers. From the tub, there is a glorious view of the woodland and lake that surround the hotel: we've got to come back to try the tub in the winter!"

For further information contact Armathwaite Hall Country House Hotel and Spa,

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