



THE  SPA

ARMATHWAITE HALL





Let your journey begin...

The Spa at Armathwaite Hall offers you a chance to customise your own spa experience. Whether you want to relax, be more active or celebrate with friends, we are here to ensure you leave feeling fabulous!





Relax and unwind...

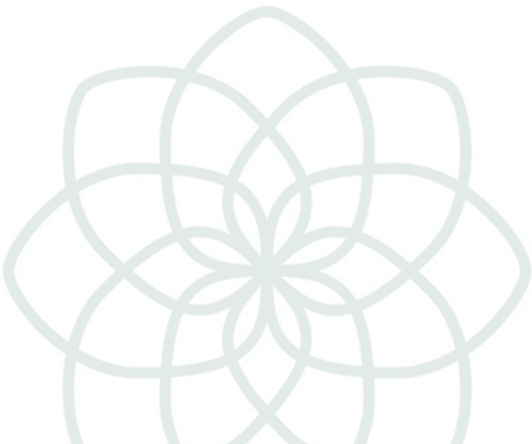
Armathwaite Hall have created a luxurious countryside spa within the breathtakingly beautiful Cumbrian countryside. Experience complete relaxation, fantastic service and an exquisite range of treatments using both our own brand, The Spa at Armathwaite Hall and our chosen partner, Temple Spa™.





Our Spa Facilities...

Set over two floors, The Spa at Armathwaite Hall is simply stunning. Featuring a 16 metre infinity edge pool, hot tub with views of the surrounding woodland, thermal suite, exercise studio, gym, ten beautifully appointed treatment rooms including a spectacular double treatment room, dedicated manicure and make-up area, 'Hush' relaxation lounge and Tranquillity Terrace.







Wellness and lifestyle...

For some The Spa at Armathwaite Hall will be their retreat, a place to rest and restore. For others it may be a place for exercise and invigoration. Our highly trained instructors are on hand to offer advice, guidance and encouragement.

We offer a range of fitness analysis and screening, personal training, nutritional advice and a full program of varied classes. We are at your disposal to support you in achieving your health and wellness goals.





Spa Overnight Breaks...

Armathwaite Hall is a stunning 17th Century former stately home, nestled in a spectacular countryside location. The hotel sits just above the picturesque Bassenthwaite Lake and surrounding fells. The 46 luxury bedrooms all have individual character with bedrooms in the main house of a traditional style whilst the spa bedrooms have a contemporary feel. Formal fine dining is offered in the traditional Lake View Restaurant whilst The Courtyard Brasserie offers a contemporary menu with a relaxed atmosphere.

[See our website for details of seasonal spa break offers](#)





Treatment Menu 2018/19

Day & Half Day Experiences

We offer a full range of day and half day spa experiences, all carefully designed to suit a variety of tastes. Full details are given below but all include a welcome refreshment and guided tour, full use of the spa facilities, lounge and hush relaxation room after your treatment, use of luxurious robe, slippers, toiletries and towels, fruit and herbal tea 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+). We regret that some specialist treatments, such as those listed as, 'The Lap of Luxury' or 'Holistic Treatments and Wellness', are not available as an inclusive treatment choice.

Escape Half Day

A half day package with full use of the luxurious facilities and including a 25 minute face or body treatment.
The Escape experience can be booked at the following times: 10am until 2pm, 2pm until 6pm, 4pm until 8pm

4 hour Experience £80.00
Weekends & Bank Hols £85.00

Serenity

A full day of luxurious relaxation including a 55 minute face or body treatment of your choice and a delicious 2 course lunch.

10am until 6pm £129.00
Weekends & Bank Hols £139.00

Indulgence

A full day of luxurious relaxation with that extra indulgence of 85 minutes of treatment time and delicious 2 course lunch

10am until 6pm £154.00
Weekends & Bank Hols £169.00

Bliss

For the ultimate bliss out! A full day of luxury with 2 hours and 25 minutes of blissful face, body, hand and foot treatments and delicious 2 course lunch.

10am until 6pm £199.00
Weekends & Bank Hols £224.00

Sereni-Tea Spa Day

A day package with full use of the spa's luxurious facilities from 10.00am until 2.00pm including a 25 minute face or body treatment followed by an indulgent afternoon tea in the hotel's Lake View Lounge

10.00am – 2.00pm £89.00
(Monday to Friday only)

Yummy Mummy To Be Day Package

A full day package including a two course lunch from 10am until 6pm and our specially designed 55 minute treatment for expectant mums to enable their full bodies to be massaged without having to lie on their tummy. Our heat experiences, hot tub etc are not encouraged to be used when pregnant but we have several relaxation areas around the spa, in addition to our main pool, which you are welcome to use at your leisure.

10.00am – 6.00pm £115.00
Weekends & Bank Hols £125.00

Group Celebration

If you are looking for a relaxing way to celebrate a pre-wedding get together, birthday or baby shower we can offer tailor made packages which can be upgraded to include canapes and bubbly in the hot tub plus many more extra services. Contact our dedicated Spa Group Booking Coordinator via the spa reception for more information about availability and prices.

From £80.00 per person

For monthly offers and special events please refer to our website www.armathwaite-hall.com for further details

Bespoke Armathwaite Body Treatments

Our own range of treatments and products developed here in Cumbria exclusively for us by Bespoke Aroma. Utilising 100% natural ingredients our sensational product range uses high quality essential oils to relax, uplift and refresh your body, mind and soul.



Holistic Facial Treatment

This luxurious treatment improves the appearance and texture of the skin using 100% natural skin nurturing products. Your therapist will cleanse, exfoliate and tone your skin, using floral waters, they will then apply a natural clay mask to draw out impurities whilst softening the skin, and a facial massage to lift and tone your skin. An indulgent scalp massage will leave you feeling as fantastic as your skin looks.

55 minutes £80.00

Express Facial

Enjoy our Bespoke Prescription facial in half the time! Your therapist will cleanse, tone and exfoliate your skin before completing a relaxing facial massage and finishing with a touch of moisturiser.

25 minutes £45.00

Dead Sea Salt Scrub

Stimulating essential oils combined with Dead Sea salts are used to gently slough away dead skin cells all over your body, revealing fresh, radiant skin. Perfect as a stand-alone treatment or as preparation for further treatments.

25 minutes £45.00

Milk and Honey Body Wrap

The perfect treatment to improve the texture and appearance of your skin. Commencing with a full body exfoliation using essential oils and Dead Sea salts. Whilst you are cocooned your milk and honey mask hydrates and tones your skin, you will then receive a soothing face and scalp massage. Finally, your body is spritzed with skin nurturing oils, leaving you with hydrated and refined skin that glows.

55 minutes £75.00

Bespoke Armathwaite Tranquil Lakes

The aim and results of the treatment is to gently nurture mind, body and soul to true tranquility, leaving skin smooth and beautifully fragranced. Relax in a luxurious candlelit environment and indulge your senses for the ultimate in relaxation and hydration. This ritual includes dead sea salt scrub, then relax in the private whirlpool bath with luxurious bath oil. The experience is completed with our indulgent body massage.

2 hours 10 minutes £150.00

Signature Tailored Back, Neck and Shoulder Massage

Relieve stress and tension with our unique signature treatment. Enjoy a blissful back neck and shoulder massage tailored to your individual needs.

25 minutes £45.00

Signature Full Body Massage

A truly tailor made treatment for the whole body. Choose an essential oil blend specifically for your needs and enjoy a nurturing massage to target areas of tension.

55 minutes £80.00

The Tension Trio – Back, Face and Scalp Massage

This treatment focuses on rebalancing the three main areas of tension in our body. A deeply relaxing back clense with warm towels followed by a prescriptive back,neck and shoulder massage. To complete the treatment, a calming facial pressure point and scalp massage will ensure you are blissfully relaxed.

55 minutes £80.00

Made for Life Wellness Treatments

We are delighted to introduce Made for Life wellness treatments to our spa treatment offer. Made for Life provide a window of time to disconnect from daily stress and reconnect with nature and stillness.

The treatments are not a massage but use a very light, mesmerising and relaxing 'touch' to enable the body, mind and emotions to rejuvenate. Products used are 100% organic and this selection of treatments can be beneficial for guests going through or recovering from cancer. The treatments were developed in collaboration with trained oncology masseurs and are also suitable for those suffering with Parkinson's, neurological problems, anyone who is highly stressed or who finds it difficult to relax or to go to sleep.



MADE FOR LIFE
FOUNDATION
Registered Charity 1138846

Hand on Heart Back, Face and Scalp Treatment

This nurturing and calming treatment for the head, face, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese movements rebalance and calm the upper body while the facial will replenish, nourish and revive the skin and ease tension. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and deep relaxation.

55 minutes £75.00
85 minutes £95.00

Catch the Breath Back and Head Treatment

This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese massage techniques rebalance and calm the upper body. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and relaxation.

25 minutes £45.00

Soothe and Nurture Organic Facial

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst a deeply relaxing face and scalp massage calms the mind and soothes the soul.

25 minutes £45.00

Touch Therapy Deeply Relaxing Touch to Face or Body

An exceptionally relaxing sequence of slow, soothing movements tailored to your needs. Soothing and nurturing touch to the full body or part of the body induces a deep sense of relaxation, enabling you to find peace and enjoy the present moment.

25 minutes £45.00
55 minutes £75.00

All treatment times include a consultation. Treatments may need to be adapted but this will always be agreed with your therapist prior to commencing treatment.



TEMPLESPA

YOUR BODY IS A LIVING TEMPLE.
HONOUR IT, ENJOY YOUR LIFE AND
LIVE IT TO THE FULL (our mantra)

WE ARE PASSIONATE about our products,
but we are even more passionate about
people, who are passionate about
people! Life can be stressful and we
truly want Temple Spa to be a positive
metaphor.

It's All About The Face

Prescription and Skin Boosting Facials

My Kinda Skin

Bespoke prescription facial for your skin type

A totally bespoke facial designed to suit your personal skin type and your concerns. We'll analyse, prescribe and then tailor a gorgeous facial which will deliver amazing results. To begin with your skin will be deeply cleansed and exfoliated followed by our signature Temple Spa face & décolleté massage an application of a bespoke treatment mask and a prescribed moisture treat. Whilst you drift off your treatment is completed with a choice of a tension relieving hand & arm massage or a divine scalp massage. You will feel amazing and your skin will look so, so good!

55 minutes £75.00

Mediterranean Marinade

A calming facial for sensitive or delicate skin

A de-sensitising and ultra-soothing facial packed with fresh ingredients, Mediterranean essential oils and vitamin boosters. Designed to soothe, calm and de-stress a sensitive and stressed skin. Following a deep, yet tender cleanse your skin is gently exfoliated followed by our signature relaxing face massage finishing and an application of a unique Temple Spa marinade mask. A truly soothing and calming facial to restore your skin's natural equilibrium, radiance and glow.

55 minutes £75.00

Go Guy – Male Executive

Men's facial for all skin type

This high-performance men's facial is perfect to revive, refresh and invigorate. Your skin will be revitalised and energised with a deep brush cleanse, followed by a targeted face & shoulder massage. Skin is then treated to a deep exfoliation and an application of a bespoke face mask. Finally choose from a detoxifying foot massage or stress relieving scalp massage to melt away the final traces of tension and stress. Skin is left smoother, softer and hydrated and you ready to face the world.

55 minutes £75.00

Purification

A deeply cleansing & relaxing facial for oily, congested, blemished skin

The perfect facial to spring clean your face. This glorious treatment begins with an effective brush cleanse, followed by a stimulating and detoxifying face massage. Your skin is then exfoliated and a layer of Purification Mud Mask is applied to vacuum out congested and blocked pores, rebalance and remineralise whilst you take it easy and enjoy a deeply relaxing scalp massage. Your complexion is left looking brighter, clearer and full of vitality.

55 minutes £75.00

The Power Breakfast Facial

Express facial for all skin types

Looking for quick results, need to look your best but don't have much time? This is the one for you. We've taken all the ingredients that you would find in a healthy breakfast like oats, honey and fruit juices, to create this pick me up facial. Includes a deep power-cleanse, nutritious scrub & mask, revitalising face massage and wonderful scalp massage. A taster treat for all skin types!

25 minutes £45.00

Windows of the Soul

Divine eye treatment

This divine treatment is designed to revitalise and treat the delicate eye area that needs some special attention. A pressure point and specialised eye massage lifts, firms and smoothes followed by the use of Temple Spa unique 'cold therapy' to tighten and tone your eye area. A complete anti-ageing eye treatment to reduce fine lines, wrinkles and dark circles and put the sparkle back into your eyes. A real eye-opening experience!

25 minutes £45.00

The Goody-Goodies

Well Being Facials

Repose Aromatherapy Facial

Relaxing, indulgent facial for all skin types

This indulgent aromatherapy facial is infused with a Mediterranean blend of 40 essential oils which will soothe, calm and hydrate your skin whilst having a relaxing action on the mind and body so you can switch off and recharge.

This divine treatment concentrates on releasing tension and stress caused by day to day living with a Temple Spa signature face, eye, scalp and hand & arm massage experience. There's nothing like stress for ageing the skin and there's nothing like relaxation for smoothing it. Pure Bliss!

70 minutes £85.00

The Totally Quenched and Drenched

Rehydrating facial for thirsty skin

This facial is the ultimate in anti-ageing. This lavish experience is a must for a dehydrated, dull or devitalised skin, leaving your skin looking radiant & fresh. We combine powerful ingredients and techniques to help fight the ageing process and loss of elasticity in the skin. This divine facial includes a signature face and décolleté massage including a specialised eye massage to stimulate circulation and muscle tone. Skin is then exfoliated and treated to a double layer hydrating and cooling cryogenic mask including an application of the award-winning Temple Spa Quench Hydrating Mask.

70 minutes £85.00



The Lap of Luxury

Superluxe Truffle Facials

Champagne and Truffles Deluxe Treatment

The crème de la crème of facials

This stunning treatment is just the thing if you are looking for a serious celebration for your skin. This super luxe facial includes an anti-ageing lifting and sculpting face massage, resurfacing peel, a hydrating and brightening alginate mask to iron out fine lines and wrinkles, cold stone therapy to reduce puffiness and finished with an application of the multiple Award-Winning SKIN TRUFFLE. Your skin will be visibly plumper, firmer, radiant and glowing. And if all that's not enough you'll be treated to a shoulder and neck massage using warm stones. Simply irresistible results. You will receive a flute of bubbly and a delicious handmade truffle as you admire your new complexion!

85 minutes £115.00

Red Carpet Miracle Facial

The ultimate special occasion facial

This high-tech miracle facial is the one to go for if you're seeking instant, visible results and skin fit for the Red Carpet, you know, that radiant glow and sculpted firmness of youth. We start with a highly effective brush-cleanse followed by The Temple Spa super-advanced skin-lifting and muscle energising facial massage. Your therapist becomes your skin's personal trainer as your face gets a skin and muscle workout! A gentle glycolic resurfacing peel is applied to reveal a brighter and smoother complexion. Facial contours are then wrapped in THE CONTOURIST, an Award-Winning remodelling face mask that hugs facial contours and irons out fine lines. Whilst the miracle ingredients of the mask go to work, you lay back and enjoy a scalp or hand and arm massage.

55 minutes £95.00



Body Scrubs, Wraps and Infusions

Just Like A 'Facial' But For The Body

I'll be Back

A facial for the back

Following an invigorating exfoliation with our Mediterranean SUGAR BUFF scrub, a warm purifying mud is smoothed all over your back for a powerful and deeply cleansing and hydrating treatment. Whilst the mask is working its magic enjoy a detoxifying foot massage. Luxurious warm mitts are used to remove the mask before a stimulating back, neck and shoulder massage is performed, leaving you energised, relaxed and with a back to be proud of.

40 minutes £55.00

AAAHHH!

Leg and foot energiser

Don't you just hate it when your legs & feet beat like drums? This oh-so-good treatment is instant relief for tired, swollen, over worked legs and feet. It begins with skin brushing to help eliminate excess fluids, followed by our Mediterranean Scrub to exfoliate and stimulate circulation. Your legs are then treated to a warm oil massage that will leave you tingling and feeling lighter. The treatment is completed with invigorating rub of our cooling and soothing balm AAAHHH! Followed with a skin treating sweep across the feet with the Award Winning SOLE BALM. You really will say "AAAHHH!"

25 minutes £45.00

The Outer Glow

Face and body exfoliation

What a treat! Top-to-toe buffing and polishing. Using our unique, Award Winning Mediterranean SUGAR BUFF Scrub, we exfoliate and polish your body and gently buff away dead skin cells on your face with the BREAKFAST SMOOTHIE. This invigorating and refreshing all over treatment leaves the skin soft as silk, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before your holiday or a special event. Off you glow!

40 minutes £55.00

Glorious Mud

Skin conditioning and detoxifying mud wrap

Using the finest blends of ingredients for detoxifying and purification of the body, this treatment starts with top-to-toe body-brushing to stimulate and detoxify. The body is then smoothed with an application of GLORIOUS MUD; a warm vitamin and mineral rich mud which helps nourish and purify the skin. Once cocooned in a cosy wrap, the relaxation process is then taken to another level with a glorious face and scalp massage. The perfect pre-Mediterranean massage treatment or post scrub treatment after our body scrub. You wouldn't believe wallowing in mud could feel so good!

55 minutes £75.00

Go Figure

A firming, toning, tightening body detox treatment

This is the treatment if you need a bit of help with the wobbly bits! Commencing with body brushing and sloughing movements to stimulate lymphatic flow. Hips, thighs & stomach are then treated to a bespoke Temple Spa detoxifying massage, using targeted techniques to help break down fatty deposits and stimulate collagen and elastin formation in the skin, improving strength and elasticity. You're then enveloped in intensive marine and mineral rich mud wrap to stimulate the metabolism and promote fat burning. Finally, a friction-rub with the Award-Winning GO FIGURE anti-cellulite gel completes the treatment. Skin is left feeling firmer, tighter and invigorated!

55 minutes £75.00

Mediterranean Massages

The Best Massage Treatment You Will Ever Experience

Drift Away

Relaxing massage

This deeply relaxing massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 85 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.....zzzzzzz!!!!

25 minutes £45.00
55 minutes £75.00
85 minutes £95.00

In Good Spirits

Energising massage

An invigorating massage designed to leave you full of vitality. We use an uplifting blend of Mediterranean essential oils including Ginger, Lemon and Bergamot that are carefully chosen to stimulate and refresh the skin, body & soul. The clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life. Upgrade your experience to 85 minutes to include a mini detox facial. All guaranteed to restore and revive you, putting a spring back into your step!

25 minutes £45.00
55 minutes £75.00
85 minutes £95.00

Work it out Massage

Detoxing / muscle workout massage

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious!

25 minutes £45.00
55 minutes £75.00
85 minutes £95.00

All 25 minute Mediterranean massages concentrate only on the back, neck and shoulder areas.

Rocks of the Mediterranean

Hot stones massage

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

70 minutes £85.00

New Beginnings

Mummy to be massage

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

55 minutes £75.00

Side Orders

Temple Spa Side Order Treatments

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of options to add onto your main treatment. These can be added to any facial, massage or body treatment.

1. Stressed Out? Enjoy our hot stone neck & shoulder treatment.
2. Head feel heavy and uptight? You will love our sedating hot oil scalp massage.
3. Love your hands to be pampered? Select our indulgent hand ritual.
4. Want a spring in your step? Select our Indulgent foot ritual.
5. Want to look less tired? Discover our secret eye remedy.

15 minutes £15.00 each



TEMPLESPA

N GOOD SPIRITS

ENERGISING BATHING
& MASSAGE OIL

e 100ml/3.38 fl.oz.

Mini Spa Experiences

Top-to-Toe Spa Affairs!

The Mediterranean Float

The fully loaded skin-luxe facial & body duo

Packed with delicious ingredients, this double deluxe all over treatment will leave you looking and feeling like you've had a mini break. Your mind will escape as your body is polished and nourished with the iconic Mediterranean SUGAR BUFF scrub, prior to being cocooned in an aromatic infusion of our Aromatherapy body oil IN GOOD SPIRITS to soften and hydrate. Your mini break continues with a rejuvenating facial to brighten, soften and hydrate. The results....? A totally relaxed skin, head to toe.

85 minutes £105.00

A Brush with Heaven

Totally unique face & body treatment using only brushes

Imagine the sensation from a sequence of brushes in varying sizes and textures being used from top-to-toe, to massage, stimulate, drain toxins and smooth on delicious preparations to the face and body. Once lavished in rich warm DRIFT AWAY body oil, you will be cocooned, then treated to the exclusive Temple Spa facial treatment. Carried out entirely with brushes, while you doze. Heaven!

85 minutes £95.00

My Kinda Mood

A prescriptive facial & massage bespoke to you

Not sure how to spend the next couple of hours? Firstly, we'll chat about how you are feeling – skin, body & soul – and let you smell the different aromas to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent prescription facial. We will select the products and techniques perfect for your wants and needs. You will look, feel and smell oh so good.

115 minutes £145.00

Yummy Mummy To Be

Everything a mother to be should have to make her feel healthy, gorgeous and pampered.

A thoroughly pampering experience designed to give our expectant mummies-to-be a real luxurious treat. We begin with a soothing and relaxing body massage concentrating on areas of concern, followed by a delicious facial packed with wonderful natural ingredients leaving your skin glowing. Finally, your legs will be revitalized with our leg energiser treatment AAAHHH! The perfect treat for swollen ankles and aching limbs. Your therapist will pamper and relax you fully, preparing you for this wonderful new chapter in your life.

145 minutes £175.00

The Serious Detox

The ultimate detox package

If you are serious about de-toxing, then this is the one for you. This is the perfect combination to cleanse and detoxify the face and body. We commence with full body exfoliation. The hips, thighs and stomach are treated to a detoxifying massage, using body boosting Mediterranean essential oils and targeted massage techniques, followed by a stimulating marine and mineral rich mud wrap. Whilst all wrapped up you'll enjoy a detox facial to decongest and spring clean your skin. Your boot-camp treatment finishes with a friction rub and application of the Award-Winning GO FIGURE anti-cellulite gel to areas of concern whilst the rest of the body is hydrated and cocooned with a layer of DUVET comforting body cream. You will feel fully rejuvenated and motivated in your quest to get in shape!

145 minutes £155.00

Armathwaite Hall Gift Cards

Armathwaite Hall gift cards make the perfect present, they can be purchased for any amount and used throughout the hotel and spa. Now available to buy online at www.armathwaite-hall.com



Holistic Treatments and Wellness

Reflexology

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.

55 minutes £85.00

Indian Head Massage

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.

40 minutes £55.00

Remedial Sports Massage

Working on specific problem areas this massage will involve deep tissue massage, manipulation, stretching and mobilization.

40 minutes £60.00

55 minutes £85.00

60 minute personal training session, plus 55 minutes remedial sports massage

1 hour 55 minutes £100.00

Deep Tissue Massage

Massage and manipulation of tense, stressed muscles to alleviate pain and sensitivity.

25 minutes £50.00

40 minutes £60.00

55 minutes £85.00

Wellness Analysis

A full assessment of health related fitness, measuring seven key components to ensure your exercise regime fits your needs.

60 minutes £45.00

Fitness Analysis

A comprehensive fitness evaluation assessing all core components of fitness enabling you to learn more about your body, pinpointing both strengths and weak areas for future improvement.

45 minutes £35.00

Prescriptive Exercise Programme

Tailor made for your lifestyle, whether that is in the gym, home or the office.

60 minutes £35.00

Nutritional Package

Whether for weight management, sporting performance or general well-being, our expert consultants will provide you with an efficient nutritional strategy to maximise your health.

30 minutes £30.00

Health Indicator Tests

Four key health tests which provide an indication of your current health and potential risk factors for lifestyle disease. A full report is provided giving you the guidance to make necessary lifestyle adjustments.

30 minutes £30.00

Body Composition Analysis

15 minutes £15.00

Cholesterol and Glucose Screening

15 minutes £10.00

Personal Training

New in the gym or lacking motivation? Why not let one of our instructors put you through your paces.

60 minute session £35.00

Personal Training Kick Start Package

Let one of our own instructors put you through your paces with 2 x 45 minute training session plus a 30 minute personal stretching session.

120 minutes £55.00

Group personal training rates and packages are available on request.

Grooming and Finishing Touches

Tint and Shape

Eyebrow Shape	15 minutes £15.00
Eyebrow Tint	15 minutes £10.00
Eyelash Tint	25 minutes £22.00

Waxing

Price for waxing services available on request

Hands and Feet

Luxury Manicure	55 minutes £35.00
Luxury Manicure with Shellac	55 minutes £45.00

Offering the luxuriant, revitalizing and soothing CND® SPAMANICURE® system to exfoliate, refine and moisturize hands and stimulate your senses. Finish your manicure with an application of Vinylux colour polish or choose from our Shellac range, offering a long lasting gel finish which will last up to two weeks.

Shape and Paint with Vinylux	25 minutes £22.00
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Luxury Pedicure	55 minutes £35.00
Luxury Pedicure with Shellac	55 minutes £45.00

Offering the CND SPAPEDICURE® products soothe tired soles like nothing else. Dip your toes into these products to experience pure, ocean-inspired bliss for feet. Finish your pedicure with an application of Vinylux colour polish or choose from our Shellac range, offering a long lasting gel finish which will last up to two weeks.

Make Up Services

Full Make-Up Application	40 minutes £40.00
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Wedding Make Up

Our trained makeup artists can come to the comfort of your bridal suite on your wedding morning to style yourself and your bridal party.

Bridal makeup, inclusive of makeup on the wedding day and 1 hour trial before the day	£85.00
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Bridal makeup on the wedding day (not including a trial)	£45.00
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Bridesmaids and wedding guests, (not including a trial).	£35 per person When booked with bridal makeup
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A Guide to your Perfect Spa Experience...

What should I wear?

The atmosphere is relaxed and informal and most guests choose to wear robes and slippers at all times. Suitable trainers must be worn for the gym and all classes, and swimsuits must be worn in the swimming pool, thermal suite and outdoor hot tub. You may wish to wear your swimwear for some treatments however, if appropriate to your treatment, we will provide you with disposable underwear. It is not advisable to wear jewellery during treatments so we recommend that you do not bring valuables with you. We are unable to accept responsibility for loss or damage incurred to your personal belongings.

The use of mobile phones, personal music systems or lap tops is not permitted as their use may be disturbing to some guests.

We will provide

As a hotel resident you will be provided with robe and slippers in your bedroom. Towels are available from The Spa Reception and 'sweat' towels are provided in the gym. In the changing rooms there are hair and body shampoo, body lotion, cleansers and toners, cotton pads and tissues. We provide hairdryers but there are no electric sockets for other hair appliances.

Treatments booked?

As you are our number one priority, it is imperative that we provide you with the maximum benefit of your treatment. Please plan your time carefully as all treatments are completed as scheduled; arriving late will, unfortunately, result in your treatment being shortened and lessen its benefit and enjoyment for you.

All indicated treatment durations include time for consultation, comfort and home care advice.

If you would prefer a firm massage please advise us at the time of booking. We employ male and female therapists so please let us know if you have a preference.

Robes and slippers are provided if you are having treatments, however you may feel more comfortable bringing your own from your room.

In order to offer you a safe, beneficial and enjoyable treatment experience we ask that you inform us of any recent or ongoing medical conditions, allergies, if you are/ or may be pregnant, if you are currently under medical supervision or having treatment and if you have had surgery in the last 6 months. Failure to do so may result in the cancellation or alteration of your original treatment choice. We reserve the right to refuse treatment in cases where we believe it would be unsafe to proceed.

General Tips

Use of the Spa by guests aged 16 years and under is permitted at the following times only: Monday to Saturday 8.30-10.30am and 4.30-6.30pm, Sunday 8.30-10.30am and 2-6.30pm. Guests aged 16 years and over are allowed to use the outdoor hot tub if accompanied by an adult. All guests under 18 years of age must be accompanied by an adult at all times. Due to the nature of the treatments and thermal facilities alcohol consumption should be kept to a minimum. We do however serve wine with meals and a glass of Champagne for those people who are celebrating a special occasion (at an extra cost if not included in a package). A refundable £1 coin is required for the lockers.

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:

Daily 10am to 6pm

Opening hours may vary during festive holidays.



THE SPA

ARMATHWAITE HALL

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