

# THE SPA

ARMATHWAITE HALL



EXPERIENCE  
**AWARD-WINNING**  
INDULGENCE

# WELCOME TO THE SPA AT ARMATHWAITE HALL

Welcome to The Spa at Armathwaite Hall, snuggled away perfectly in the Northern Lake District offering an oasis of calm, creating the perfect environment for well-being, mindfulness and relaxation.

With an idyllic setting, an extensive menu of treatments and a team of exceptional therapists, our spa days are designed to give your mind, body and soul a well-earned break.

Across the 10 treatment rooms, we offer a range of beauty therapies, body treatments and massages each of which use quality products including Temple Spa and our very new Voya...

Take full advantage of our beautiful hotel facilities including our Lake View Restaurant, The Grill, the 'stunning' Cocktail Bar and of course 400 acres of amazing grounds.

*Lorela Movileanu*

**Lorela Movileanu**  
Spa Manager



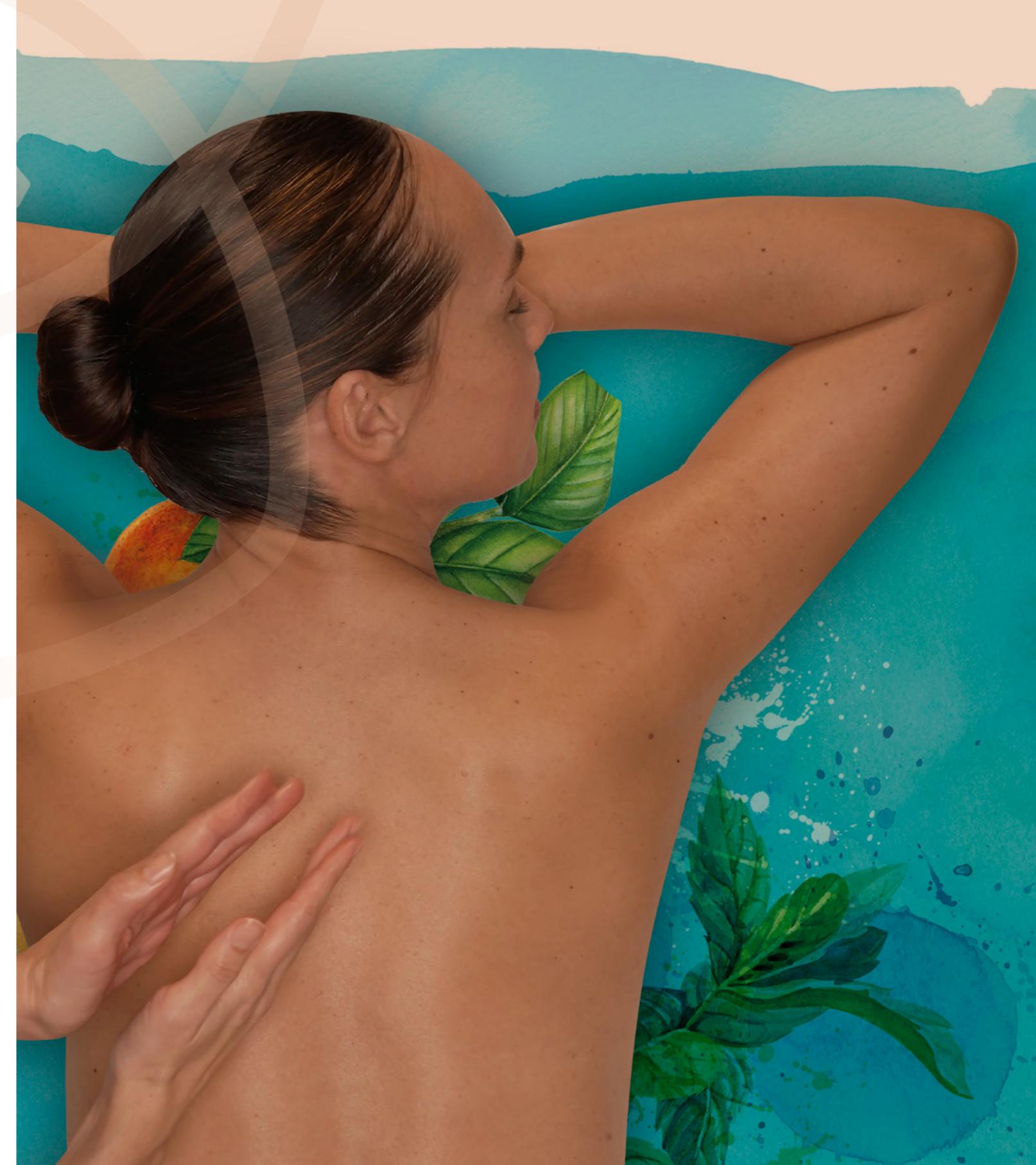


# LET YOUR JOURNEY **BEGIN...**

The award-winning spa at Armathwaite Hall offers you a chance to enhance all aspects of wellbeing with a choice of soothing, tailored spa treatments. Whether you want to relax, be more active or celebrate with friends, we are here to ensure you leave feeling brand new.

# RELAX AND UNWIND

Armathwaite Hall has created a luxurious countryside spa within the breathtakingly beautiful Cumbrian countryside. Experience complete relaxation, fantastic service and an exquisite range of treatments.





## OUR SPA FACILITIES

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



## WELLNESS AND **LIFESTYLE**

For some, The Spa at Armathwaite Hall will be a retreat, a place to rest and restore. For others, it may be a place for exercise and invigoration. Our Fitness Instructor is on hand to offer advice, guidance and encouragement. We offer a range of 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 44 luxury bedrooms all have an 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 Lake View Restaurant whilst The Grill offers a menu with a relaxed atmosphere.

See our website for details of seasonal spa break offers

[armathwaite-hall.com](http://armathwaite-hall.com)

## 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, toiletries, towels 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 are not available as an inclusive treatment choice. Please enquire upon booking about upgrading your treatment, subject to availability. Costings will be provided at the time of enquiry.

## HALF-DAY EXPERIENCES

### Sunrise Spa

Enjoy early spa access to our luxurious spa facilities, including tea, coffee and pastries on arrival. **7.30am until 10am.**

Mon - Thu

only

**£70**

BH

**£80**

### Sunset Spa

Enjoy evening access to our spa facilities, a glass of prosecco in our outdoor hydrotherapy pool and use of robes. **6pm until 8pm.**

Mon - Fri

only

**£70**

BH

**£80**

### Escape Half Day

A half-day package with full use of the luxurious facilities and including a 50-minute face or body treatment. The Escape experience can be booked at the following times: **10am until 2pm and 2pm until 6pm.**

Mon - Fri

only

**£140**

Weekend & BH

**£150**

### Sereni-Tea Spa Half Day

A half day package with full use of the spa's luxurious facilities from 10.00am until 2.00pm including a 50-minute face or body treatment followed by an indulgent afternoon tea in the hotel's Lake View Lounge. **10.00am - 2.00pm.**

Mon - Fri

**£160**

Weekend & BH

**£170**

## FULL-DAY EXPERIENCES

### Serenity

A full day of luxurious relaxation with that extra indulgence of 50 minutes of treatment time and delicious 2-course lunch. **10am until 6pm.**

Mon - Fri

**£190**

Weekend & BH

**£200**

### Mother To Be

A full day package from 10am until 6pm including a two-course lunch and our specially designed 50-minute treatment for expectant mums to enable their full bodies to be massaged without having to lie on their tummy. Our heat experiences, outdoor hydrotherapy pool 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.**

Mon - Fri

**£150**

Weekend & BH

**£160**

## 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 that can be upgraded to include canapes and bubbly in the outdoor hydrotherapy pool plus many more extra services. Contact our Spa Reception for more information.



# INTRODUCING VOYA

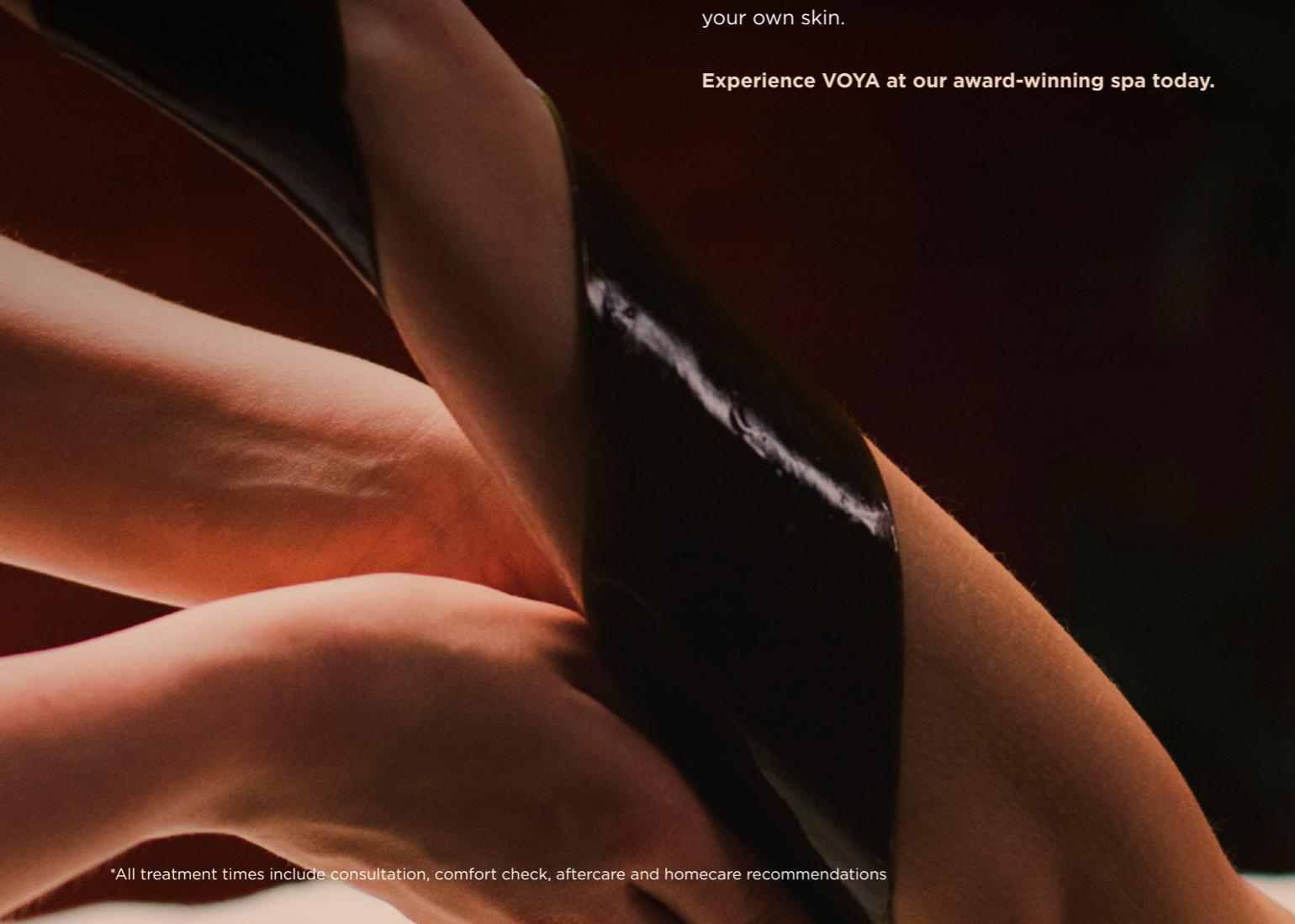
Armathwaite Hall Hotel and Spa are delighted to introduce luxury organic brand VOYA to our range of restorative spa treatments.

Cruelty-free, sustainable and fully organic, VOYA is an award-winning brand that prioritises the wellness of both spa guests and the planet. Offering a certified range of products that incorporate the detoxifying, nourishing benefits of seaweed, VOYA treatments promise a tranquil spa experience that enhances wealth and wellbeing from within.

Backed by science, VOYA's luxury offering has been featured in Vogue, Bazaar and Marie Claire and helps to promote silkier, healthier skin with powerful ingredients of seaweed paired with expertly selected vitamins and minerals. Comforting seaweed offers a rich source of iodine which is known to support thyroid function, cognitive health, energy, metabolism and healthy skin.

The results-driven VOYA range incorporates the highest-quality botanical ingredients and aromatherapy oils to deliver an unforgettable spa experience that leaves you feeling truly confident in your own skin.

**Experience VOYA at our award-winning spa today.**



\*All treatment times include consultation, comfort check, aftercare and homecare recommendations

## OUR VOYA TREATMENTS

### Anti-Ageing Restorative Facial

*A Targeted Anti-Ageing Facial*

50m

£105

Suitable for all skin types, particularly for those in search of anti-ageing results. This facial is designed using VOYA's finest organic ingredients combined with anti-oxidant algae complexes and a restorative blend of aromatherapy oils. It's this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. The result is instantly firmed and tightened skin with a natural and more radiant glow.

### Organic Lavender and Seaweed Sugar Glow

*A Gentle Sugar Scrub Treatment*

For those looking for a soothing, gentle exfoliation VOYA's organic lavender and seaweed sugar scrub treatment is the perfect choice. This incredible treatment simultaneously removes dead skin cells and heals the skin with sugar, seaweed extracts and fragrant lavender oil to restore the skin.

### Herbal Sleep Cocoon

Body Wrap

50m

£105

80m

£145

Voya's Herbal Sleep Cocoon body wrap offers a unique and heightened sensory experience of pure relaxation. Rebalance the body, hydrate the skin and calm the mind, ready for the perfect night's sleep. This beautiful treatment includes body brushing, a herbal wrap, a scalp massage and sound bath therapy. It is a truly relaxing and grounding experience.

The sound bath therapy creates soothing sounds and vibrations, leaving you feeling immersed in a state of calm and relaxation. The cocooning technique dissolves physical and emotional blockages, facilitates deep relaxation and promotes healing on all levels.

### Anti-Ageing Marine

This facial treatment will brighten, firm, hydrate, reduce the appearance of fine lines and decongest the eye area.

Combining both relaxing and decongesting lymphatic massage movements, we use seaweed eye masks to deliver a visible difference to the delicate eye area.

### Anti-Ageing Marine

50m

£105

### Organic Seaweed Leaf Wrap

*A Detoxifying Seaweed Wrap*

80m

£145

Exfoliating and wrapping the body with organic seaweed leaves, this all-organic treatment provides a powerful detoxifying effect. The treatment begins with a bladderwrack body buff to firm and soften the skin, then the whole body is wrapped in Laminaria Seaweed leaves, delivering instant nourishment. A calming massage application of VOYA's Softly Does It body moisturiser is then delivered to maximise the skin's radiance and softness.

# SIGNATURE RITUALS

## Organic Walker's Recovery

Exclusive to Armathwaite Hall

A Targeted Massage and Seaweed Wrap

The ultimate relaxation experience after a long day of exploring the stunning Lake District, this targeted treatment incorporates a back and leg massage as well as stretches and a therapeutic seaweed leg wrap. Your massage therapist will focus on specific areas of discomfort to leave you feeling restored ahead of your next expedition.

50m

£105

## Organic Rebalance Ritual

A Calming Exfoliation, Meditation and Massage Session

The perfect way to feel mentally and physically renewed, this unique sensory treatment allows all your stress and strain to melt away. Starting with light meditation, chakra balancing and healing rose quartz crystals followed by a light to medium full body massage. Upgrade your treatment to include a foot scrub to hydrate, soften and renew the skin.

50m

£105

80m

£145

# ARMATHWAITE HEAD SPA

## Armathwaite Head Spa

A luxurious and therapeutic experience combining scalp care, deep relaxation and hair rejuvenation to create an immersive experience that reduces stress and promotes mental wellbeing.

This hair treatment focuses on deep cleansing, scalp massage, exfoliation and soothing techniques all designed to enhance scalp health and improve hair quality.

50m

£115

## Armathwaite Head Spa & A foot ritual

The ultimate deeply therapeutic experience that combines the Armathwaite Head spa with a leg and foot treatment. This focuses on instant relief for tired and over worked legs and feet. It begins with skin brushing followed by our Mediterranean scrub to exfoliate and stimulate circulation; the warm oil massage applied next will leave your legs and the soles of your feet feeling lighter.

80m

£155

## Armathwaite Head Spa & A skin boosting facial,

A perfect union between the calming Armathwaite Head Spa and this bespoke facial designed to suit your personal skin type. It starts by deeply cleansing and exfoliating your skin followed by our signature Temple Spa face and decollete massage. A gorgeous facial that will restore your skin's natural equilibrium, radiance and glow.

80m

£155

## Armathwaite Head Spa & Sound Healing

This Armathwaite Head Spa luxurious treatment is beautifully complemented by the sound bath therapy which creates soothing sounds and vibrations, leaving you feel grounded. Unwind with this unique and heightened sensory experience of pure relaxation that allows you to drift away into a meditative state of tranquillity and stillness.

80m

£155

T&Cs apply. 18+. This treatment is not suitable for pregnant guests. Nor suitable for anyone with hair extensions. If you are unsure your hair type will be suitable, please contact the Spa Reception team on **017687 88900**

# MADE FOR LIFE WELLNESS TREATMENTS

Made for Life wellness treatments 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.

50m

£105

80m

£145

## Hand on Heart

### Back, Face and Scalp Treatment

This nurturing and calming treatment for the head, face, upper 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.

50m

£105

80m

£145

## 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.

50m

£105



## 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.

50m

£105

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.



TEMPLE SPA is a British brand with a Mediterranean soul. Our luxurious, results driven skincare and spa experiences are a tool in the hand to “spa wherever you are” and most importantly to live, breathe and love who you are. We have an extensive menu of face and body treatments for girls and guys and we guarantee you’ll leave feeling rested, revived and restored – skin, body and soul.

## IT'S ALL ABOUT THE FACE

Prescription and Skin Boosting Facials

### My Kinda Skin

Bespoke prescription facial

50m  
£105

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face and décolletage massage plus a relaxing scalp massage. You will feel amazing and your skin will look so good.

## THE LAP OF LUXURY

Super-Luxe Facials



### It's All About the Glow

Vitamin C radiance facial workout

50m  
£120

This advanced skin-transforming facial turns up your glow with instant and visible results for firmer-feeling, brighter and healthy-looking skin. It transforms your skin thanks to intelligent active ingredients boosted by vitamin C and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin!

A deep double cleanse is followed by a layer of our state-of-the-art oxygenating bubble peel that powerfully resurfaces to transform your complexion from lacklustre to positively glowing. Next up is a powerful skin workout that wakes up your skin and visibly lifts, depuffs and irons out fine lines. Finally, our professional-only alginate mask drives the ingredients deep into your skin to work its magic.

We like to call it the facial gym power hour!

## THE TRUFFLE EXCELLENCE COLLECTION

### Champagne & Truffles Deluxe

#### Treatment

The crème de la crème of radiance facials

This luxury facial combines our award winning truffle formulas with a deep double-cleansing ritual, a glycolic oxygen resurfacing peel, a skin-depressing alginate mask and cold stone therapy followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow. Upgrade to the 80 minute treatment and begin with a hot stone massage to the upper back, neck and shoulders. Add a glass of champagne and a delicious chocolate truffle to complete the luxury and help you relax.

50m

£120

80m

£145





\*All treatment times include consultation, comfort check, aftercare and homecare recommendations

## BODY SCRUBS, WRAPS AND INFUSIONS

Just Like A Facial But For The Body



### **Glorious Mud**

Skin conditioning and detoxifying mud wrap

This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage. Wallowing in mud never felt soooo good!

50m  
£105

### **AAAHHH...& RELAX**

This treatment provides instant relief for tired, overworked legs and feet. We begin with skin brushing to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub. The treatment finishes with a deeply relaxing back massage, helping tension and stress to simply melt away.

50m  
£105



### **The Total Glow Up**

This unique face and body experience leaves your skin, face and body positively glowing from top-to-toe! To begin, you will be treated to a body brush, scrub and application of moisturiser, followed by a face & body contouring treatment which works on relieving tension and improving tone. Lastly, our advanced skin transforming facial turns up your glow with instant and visible results. A total face and body glow up!

80m  
£145

# MEDITERRANEAN **MASSAGES**

Probably The Best Massage Treatment You'll Ever Experience



## Drift Away

Relaxing full body massage

This deeply relaxing top-to-toe 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 80 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!!!!



## 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!

## Feel Good Massage

Energising full body 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 80 minutes to include a mini detox facial. All guaranteed to restore and revive you, putting a spring back into your step!

## Work it out Massage

Detoxing/muscle workout massage

A detoxifying 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 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!



## Your Best You

This unique top-to-toe massage is bespoke to you. Choose a warm or cool treatment and let this gentle, calming massage soothe you. We use healing stones to support stress relief and boost your mood, rhythmic stretching to rescue achy limbs and finish with a gentle lymphatic drainage massage. You will leave feeling like your best you once again.

## 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!

# ARMATHWAITE HALL GIFT VOUCHERS

Armathwaite Hall gift vouchers make the perfect present, they can be purchased for various packages and amounts that can be used throughout the Hotel & Spa.

Now available to buy online at  
[www.armathwaite-hall.com](http://www.armathwaite-hall.com)



\*All treatment times include consultation, comfort check, aftercare and homecare recommendations

## HOLISTIC TREATMENTS AND WELLNESS

### Indian Head Massage

40m  
£80

Focussing on areas of stress and tension, this treatment is ideal for anyone who suffers from stress, headaches, sinus problems, eye strain or are in need of insomnia relief. Traditionally, Indian Head Massage is a seated massage focussing on the scalp, face, neck, shoulders, upper back and upper arms. However, it can be adapted so please inform your therapist if you wish to lie down.



### Reflexology

50m  
£110

Based on the traditional reflexology treatment working on the pressure points on the soles of your feet to unblock channels of energy. Its therapeutic effect will reduce tension and restore balance and harmony to the mind, body and soul.

### Deep tissue massage

50m  
£110

Deep tissue massage is a technique that targets the inner layers of the muscles and connective tissue. It is used to treat issues such as strains and sports injuries. The massage therapist uses sustained pressure using slow, deep strokes to release chronic muscle tension.

## FITNESS

### Personal Training

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

60m  
£35

Group personal training rates and packages are available on request.



\*All treatment times include consultation, comfort check, aftercare and homecare recommendations



## FINISHING TOUCHES

### Make Up Services

#### Full Make-Up Application

40m £60

#### 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

£120

Bridal makeup on the wedding day (not including a trial)

£70

Bridesmaids and wedding guests, (not including a trial).

£55pp  
when booked with  
bridal makeup

# A GUIDE TO YOUR PERFECT SPA EXPERIENCE

## What should I wear?

The atmosphere is relaxed and informal and most guests choose to wear robes at all times. Suitable trainers must be worn for the gym and all classes. Swimsuits must be worn in the swimming pool, thermal suite and outdoor hydrotherapy pool. 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 a robe 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.

Armathwaite Spa is committed to reducing our environmental impact, so we are kindly asking our guests to bring their own flip flops when using the spa facilities. Please join us in our efforts to create a more sustainable experience. Thank you.

## 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.

Robes are provided in the Spa for non-residents when having treatments. If you are staying with us in the hotel, we kindly ask you to bring your robe from your bedroom.

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.

## Spa terms and conditions

Use of the Spa by guests aged under 16 is only permitted Monday–Sunday, between 8:00am–9:30am. Guests aged 16 years and over are allowed to use the outdoor hydrotherapy pool 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 must be kept to a minimum, for this reason we operate a three drink rule for alcoholic drinks consumed within the spa.

## Booking and cancellation policy

Full payment is required upfront at the time of booking. All reservations are non-refundable. This also applies to guests who are paying with gift vouchers. Should you wish to change the date of your reservation, this will be discussed with spa reception at the time of booking.

## OPENING TIMES

### The Spa

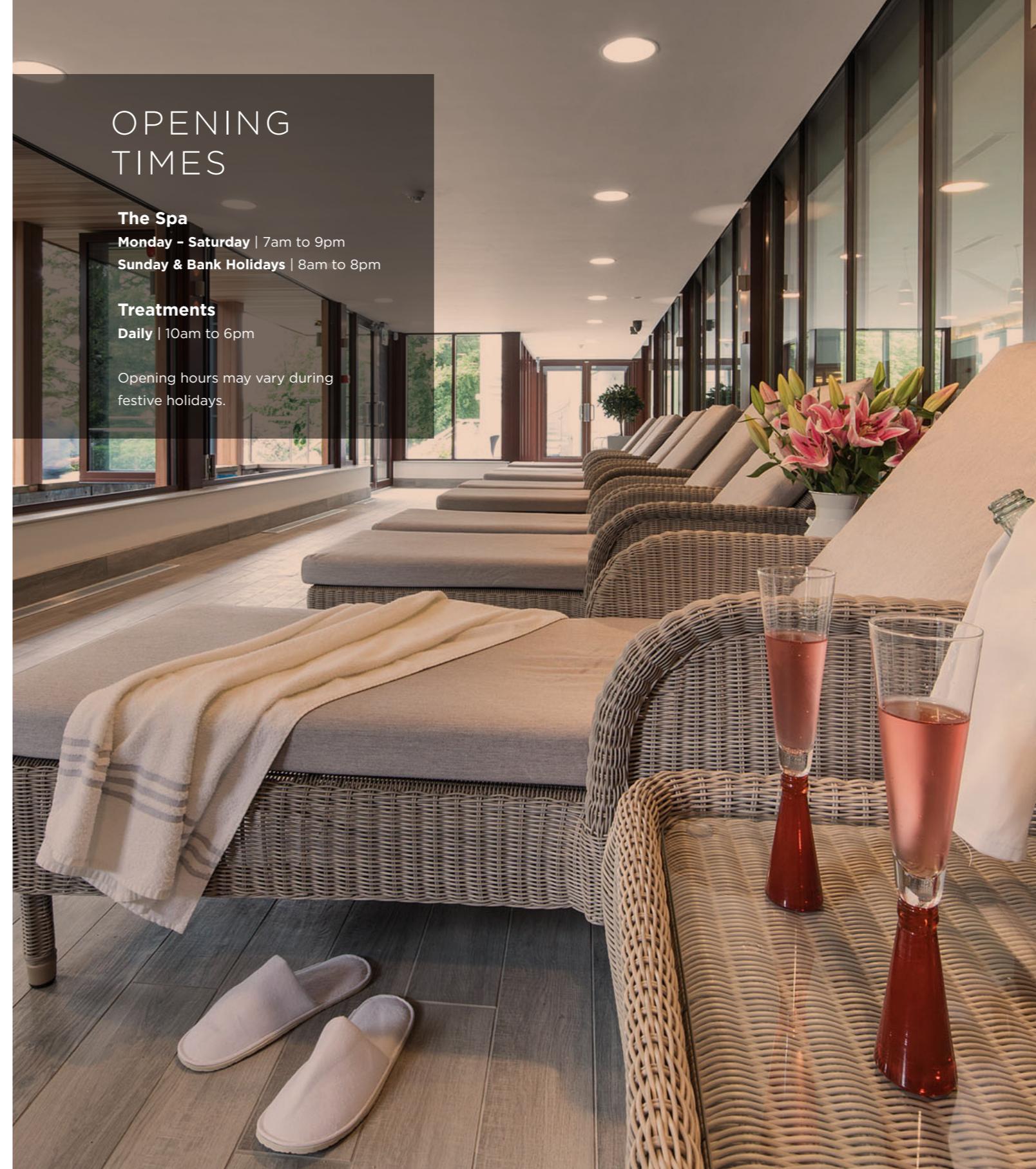
**Monday – Saturday** | 7am to 9pm

**Sunday & Bank Holidays** | 8am to 8pm

### Treatments

**Daily** | 10am to 6pm

Opening hours may vary during festive holidays.





ARMATHWAITE HALL

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**Bassenthwaite Lake, Keswick, Cumbria CA12 4RE**

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