



Treatment List

AMBLESIDE

SALUTATION HOTEL & SPA

Close to home, far from expected

Set In the heart of the Lake District, amid dramatic fells and picturesque valleys you will find The Ambleside Salutation Hotel & Spa.

Enjoying village centre location and breathtaking views, this Lakeland hotel accommodation is ideal for a weekend getaway, midweek break, conference, or even a Christmas party! Our air conditioned Brasserie and Lounge Bar is open to residents and non residents alike for both lunch and evening meals. The Ambleside Salutation Health Club and Spa features state of the art techno gym and relaxing spa and leisure facilities which include sauna, steam room, crushed ice fountain, tropical shower, indoor swimming pool and a luxurious outdoor fountain spa.





WELLNESS - Your key to success...

Work out in our state of the art Techno Gym which includes treadmills, power plate, cross trainer, resistance machine, ipod docking stations and the outstanding Kinesis machine. All our equipment works on the unique Wellness Key, simply plug the key into the machines and it will do the rest by setting the time and intensity of the exercise.

The Ambleside Salutation Health Club & Spa offers you more than just a gym. We like to think you will enjoy visiting us as a total experience, a destination that other facilities just don't offer.

Here at the **Ambleside Salutation Health Club & Spa** we like our members to feel at ease from the very first visit. Included in your membership our qualified personal trainer James Pendleton will help you through your journey and review your wellness programme with you personally four times throughout the year.

Club opening times:
7:30am - 10:00pm (last entrance 9pm).

All gym members receive 10% discount on food in the hotel and 10% discount off treatments and products in Waterfall Spa.

We have several Wellness membership packages for peak and off peak use starting from £25 per month. Please contact the club for a joining pack or call in we would be delighted to show you our fabulous facilities first hand.

Join Now

Contact us now to arrange a viewing of our facilities. Tel: **015394 32244** or email: ambleside@hotelslakedistrict.com

Great Lakeland Cuisine

Start the day with our award winning breakfast which includes a mouth-watering cold buffet and a traditional Lakeland breakfast cooked to order.

Finest fresh produce from the region...

Our air-conditioned Brasserie is open to both residents and non-residents for Lunch & Dinner and our menus feature the finest fresh produce from the region.

Sunday lunch has fast become a revived tradition at The Ambleside Salutation Hotel & Spa, all served in our Restaurant area of the hotel between 12 noon and 2pm.

Why not take advantage of a free day pass with your lunch. Guests pre-booking Sunday Lunch can enjoy free, unlimited use of our state of the art leisure club and indoor pool before and after Lunch. Make the 'Sally' a full day out rather than just a lunch stop.

Spa Day Packages

Whether you have a few hours to unwind, an afternoon to recharge or a whole day to relax, come and indulge yourself in beautiful surroundings and enjoy one of our specially tailored spa packages.

Full day spa packages include two course lunch, full use of the facilities from 10.15am to 6pm, towel, robe and slippers to use for the day and complimentary drink after your treatment. Leisure facilities include swimming pool, outdoor hydrotherapy pool, sauna, steam room and gym.

Half Day Package

25 mins of treatment - £59

Choose 1 of the following:

- Ila or Bespoke Facial
- Mini Manicure *
- Mini Pedicure *
- Back, Neck & Shoulder Massage
- Wash and Blow Dry

Please note this package includes light refreshments and half-day use of facilities from 10am to 2.00pm or from 2.00pm to 6.00pm.

Waterfall Spa Day

25 mins of treatment - £80

Choose 1 of the following:

- Back, neck and shoulder massage
- Ila or Bespoke Facial
- Mini Manicure *
- Mini Pedicure *
- Wash and Blow Dry

* Add gel polish for £5 extra (any previous gel must be removed prior to treatment).

Fountain Spa Day

50 mins of treatment - £99

Choose 2 of the following:

- Ila or Bespoke Facial
- Mini Manicure *
- Mini Pedicure *
- Back, Neck and Shoulder Massage
- Wash and Blow Dry

OR

- Ladies Cut & Finish

Cascade Spa Day

1 hr 50 mins of treatment - £130

Choose 2 of the following:

- Ila or Bespoke Facial
- Luxury Hand Treatment *
- Luxury Foot Treatment *
- Full Body Massage
- Ladies Cut & Finish

* Add gel polish for £5 extra (any previous gel must be removed prior to treatment).



Massage & Holistic Treatments

Hot Stone Massage

Back, Neck & Shoulders - 25 mins - £50

Full Body - 50 mins - £65

Using targeted pressure points and spiralling movements the therapist skilfully uses the rocks to relieve muscular, physical and emotional tensions.

Lava Shell Massage

Back, Neck & Shoulders - 25 mins - £50

Full Body - 50 mins - £65

Lava Shell Massage is a deeply relaxing massage that uses naturally self-heating Tiger Clam shells from the sun-kissed shores of the Philippines. These marine polished sea shells glide smoothly over the body and are used to release muscle tension and blocked energy flow to provide a sense of balance to the entire body and mind.

Indian Head Massage

40 mins - £50

Headaches, migraines, tension and stress can be effectively treated by this traditional Eastern treatment. Working on the shoulders, neck and scalp to calm and relax yet stimulate blood circulation and balance the body's energies.

Reflexology

40 - 50 mins - £49

Performed exclusively on the feet, this treatment allows the therapist to recognise problematic areas by working on specific points and encouraging stimulation of the body's own healing system, restoring balance.

Hopi Ear Candling

30 - 40 mins - £35

An ancient Indian therapy designed to calm, cleanse, relax and purify. Special candles made from natural beeswax, flax and a selection of essential oils, when lit, create a chimney effect, drawing out impurities. They also equalise pressure in the head and ears, therefore are extremely good for sinus problems, tinnitus, colds and migraines.

Sports Massage

50 mins - £70

25 mins - £55

When a muscle feels tight, tender, weak or painful it is a sign that it's congested. Muscle that is congested does not function at its full potential. Deep tissue sports massage can help to decongest and improve the condition of the muscle which will alleviate the symptom. It releases muscular congestion and pain, aids the lymphatic system, improves circulation and enhances the functional quality of muscle tissue.

Treatments for Life

In association with the NHS Christie Foundation Trust, using Hearts Touch Therapy Technique, our specially trained therapist can adapt our Holistic Therapies to suit customers at all stages of cancer treatment.



ila Facials

Express Bliss Face Therapy

25 mins - £40

This treatment uses delicate techniques to open the energy centres of the face, working with the body's blissful higher energy to induce feelings of deep peace and beautifully glowing skin. A perfect quick-fix for dehydrated and tired skin.

Renewed Recovery Face Therapy

50 mins - £60

Using ila's Renewed Recovery Collection, this restorative face therapy draws on intensely healing rainforest extracts to rejuvenate skin cells. Lymphatic drainage techniques, warm herbal poultices and an Amazonian mud mask, encourage toxin release, reduce water retention, increase blood supply and boost collagen production. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

Ananda Face Therapy

50 mins - £70

Using ila's Glowing Radiance Collection, this divine therapy begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant and honey exfoliation to the face, followed by powerful damascena rose otto and sandalwood oils to stimulate energy to skin cells. Specialised marma massage techniques restore natural luminance, whilst a green clay mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

Why not follow your facial or scalp massage with a wash & blow dry in the Salon for just £20?



ila Body Treatments

Prana Vitality Massage

50 mins - £70

Energy Boosting * Detoxifying* Positive Mood Enhancer* For low energy & sluggish circulation. This revitalising full body massage helps release toxins, reduce fatigue and restore physical and mental strength. Invigorating massage & marma therapy with energy-enhancing essential oils of juniper berry, geranium, lemongrass and patchouli leave mind, body and spirit sparkling with vitality.

Pearl and Jasmine Scrub with Amethyst Wrap

1hr 20 mins - £90

Fatigue and energy depletion is one of the biggest afflictions plaguing today's 24/7 societies. This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength. The ensuing amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells and cell growth.

Back and Shoulder Recovery

25 mins - £40

Using a unique blend of five elements oil, this Tibetan-style massage combines gentle cupping and kneading to stimulate the flow of energy along the spine and strengthen the nervous system.

Ku Nye Massage

1hr 20 mins - £90

This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. A blend of five essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension. Warm crystals and poultices bring harmony from the tips of the toes, to the crown of the head.

Instantly Detoxifying Scrub

25 mins - £40

This energising full-body scrub targets cellulite, stress and exhaustion. Drawing on the ionising properties of Himalayan Salt Crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirits.

Impeccably Perfect Hands

25 mins - £30

Release tension from the hands and restore noticeably younger, smoother appearance with this blissful combination of scrub, rose balm, marma massage and hydrating rose quartz gel mask.

Treatment ritual - Exfoliation & soak, massage, marma therapy, gel mask, cream application.

Mother To Be

80 mins - £95

This treatment has an optional body scrub that stimulates the lymphatic & circulation system, aiding elimination of toxins from the cells. The blackcurrant seeds, rich in anti-oxidants offer a gentle, non-abrasive exfoliation. A rosehip seed and argan massage oil infused with extracts of lavender, geranium and rose replenish dry skin and support in the fight against stretch marks. Himalayan herb poultices are slowly massaged into marma points to relieve aches and pains, excess fluid and heat. Anxiety is lifted while peace and harmony surround mother and baby



Waterfall Spa Bespoke Treatments

A tailored mix of natural and holistic treatments designed by ourselves and Bespoke Aroma, to incorporate our passion for natural ingredients and products for people who are concerned about only using beneficial ingredients for their skin. All ingredients are carefully researched ensuring not only a wonderful aroma, but you can be assured they are suitable for even the most sensitive of skins.

Mini Facial

25 mins - £40

A delightful taste into the world of Bespoke Aroma. Adapted to suit your skin type, this mini facial starts with a cleanse, exfoliation and tone. You can then relax and enjoy a facial, neck, shoulder and scalp massage before the finishing products are applied.

Luxury Facial

50 mins - £60

A full hour of luxury for your face with 100% natural products chosen to suit your skins needs. Highly effective plant botanicals are used to cleanse, exfoliate and hydrate your skin whilst facial and scalp massages using deeply relaxing pressure points boost circulation to leave you with healthy glowing skin.

Indulgence Facial

1hr 5mins - £70

The ultimate in pampering for your skin. Your skin is treated to our bespoke 100% natural products using highly effective plant botanicals to gently cleanse, exfoliate, tone and hydrate your skin. Facial and scalp massages deeply relax you and whilst your finishing products deliciously melt into your skin a foot mask and massage ensure your feet are feeling as fabulous as your face.

Pregnancy Treatment

50 mins - £70

Suitable from 12 weeks onwards A full body massage using 100% natural products designed specifically for sensitive skin. This treatment using specific techniques to promote relaxation whilst the oils soothe and soften the skin. A perfect way to enjoy some much needed 'me time'!

Body Scrub

40 mins - £50

High in minerals essential for skin, our Dead Sea Salt scrub effectively soothes and refreshes skin, preparing it for the skin softening body oil spritz to leave skin glowing and looking fabulous. Choose from Sensitive, Relaxing or Energising oils.

Bespoke Massage

50 or 80 minutes - £65/£80

In consultation with your therapist you can decide which areas you would like focussed upon and what pressures you would like so that your massage is truly bespoke to you. You will also choose which of the 100% natural oils you would like – this is your time, your way!

Leg & Foot Treatment

25 mins - £40

Perfect for active tired legs. This treatment uses deep, precise massage and drainage movements to ease muscle soreness and boosts the circulation to relieve aching legs and feet. The 100% natural foot mask helps to refresh and revive you.

Body Wrap

1hr 5 mins - £80

After a full body scrub and heated oil application, your body is cocooned in highly effective Dead Sea Mud which boosts circulation, stimulates removal of waste toxins and helps to reduce the appearance of cellulite. Whilst this amazing mud works its magic you will receive a deeply relaxing scalp and face massage. Once the mud is removed your skin is massaged with luxurious oils and whilst you are wrapped in warm towels your feet are massaged to ensure you are left feeling fully relaxed.

Tension Treatment

40 mins - £45

This treatment focuses on 3 key areas where we hold tension – back, scalp and hands. After choosing which bespoke body oil you would like, the back, neck and shoulders are massaged using specific techniques to ease tension. Your scalp is expertly massaged using pressure points and deeply relaxing movements and finally your hands and lower arms, a much overlooked area of tension, are massaged using draining movements and slow deep massage techniques.

Waterfall Spa Signature Body Treatment

1hr 20 mins - £85

This heavenly top to toe treatment covers seven areas of tension for the ultimate massage experience. Start by choosing your own Aroma massage oil - Relax, Energise or Sensitive. Your massage begins on the back, neck and shoulders, we then apply a foot mask and move onto your face and scalp before finally finishing with your hands and feet, leaving you totally relaxed and rejuvenated.



Hands & Feet

Mini Manicure

25 mins - £20

When time is of the essence, choose a nail shape with polish application to give an instant note of glamour and sophistication or opt for a treatment to recondition hands, improve cuticles and reshape nails for the healthy yet groomed look.

Mini Pedicure

25 mins - £20

Choose a nail shape and polish application for an instant hit of colour and style or opt for a conditioning treatment to pep up cuticles, nails and dry skin.

Luxury Manicure

50 mins - £40

The therapist will improve cuticle condition and reshape nails while re-hydrating the hands and arms with an application of deeply nourishing lotion and a soothing massage. A polish application completes the treatment.

Luxury Pedicure

50 mins - £40

A combination of exfoliation for hard skin removal, mask and massage to rehydrate and nourish and precise cuticle and nail work are topped off with a polish application to leave you with truly glamorous, revived feet.

Jessica GELeration

Jessica GELeration is a hybrid between gel and polish and was created with the health of the natural nail in mind. Perfect nails for 2-3 weeks, with long-lasting high gloss shine and a non-chip finish.

GELeration File and Gel Polish

30 - 40 mins - £26

For hands or feet - dries in seconds.

Deluxe GELeration Manicure

50 mins - £42

A luxury manicure to hydrate and rejuvenate your hands. Includes hand massage, cuticle care, nail shape and polish.

Deluxe GELeration Pedicure

50 mins - £42

A luxurious foot and leg treatment. Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed, toenails are shaped and finished with polish.

GELeration Refresh Manicure with Coloured Gel

25 mins - £20

Hands are massaged, cuticles conditioned and a coat of your existing GELeration gel polish is applied.

Existing Gel Removal and Condition

25 mins - £12

Polish removal and nail conditioning by our therapist.

For Men

Bespoke Massage

50 or 80 minutes - £65/£80

In consultation with your therapist you can decide which areas you would like focussed upon and what pressures you would like so that your massage is truly bespoke to you. You will also choose which of the 100% natural oils you would like - this is your time, your way!

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Hot Stone Massage

Back, Neck & Shoulders - 25 mins - £50

Full Body - 50 mins - £65

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Bespoke Mini Facial

25 mins - £40

A delightful taste into the world of Bespoke Aroma. Adapted to suit your skin type, this mini facial starts with a cleanse, exfoliation and tone. You can then relax and enjoy a facial, neck, shoulder and scalp massage before the finishing products are applied.

Ila Men's Express Bliss Face Therapy

25 mins - £40

This treatment uses delicate techniques to open the energy centres of the face, working with the body's blissful higher energy to induce feelings of deep peace and beautifully glowing skin. A perfect quick-fix for dehydrated and tired skin.

Hand Treatment

25 mins - £20

Designed specifically for hard working hands. Exfoliator is used to remove hard skin and ground in dirt while deeply nourishing and conditioning cream provides moisture to help regain suppleness in the skin. Cuticles and nails get the care and attention they desperately need leaving hands clean, fresh and presentable, yet still masculine.

Waxing

Chest Wax - 20 mins - £18

Back Wax - 25 mins - £18

Finishing Touches

Waxing

Full leg - £28

Half leg - £20

Bikini - £12

Underarm - £10

Full leg & bikini - £35

Bikini & underarm - £20

Facial Waxing

Eyebrow - £10

Lip - £10

Chin - £10

Lip & chin - £12

Eye Enhancers

Eyelash tint* - £20

Eyebrow tint* - £15

Eyebrow reshape - £10

Eyelash & eyebrow tint* - £25

*** A patch test must be done at least 48 hours prior to any tinting.**



Spa Terms & Conditions

Spa Access

Children under the age of 16 are not permitted in the fitness rooms or pool area unless they are staying with us. Treatments are only available to clients aged 12 years and over. Children under 16 must be accompanied by an adult. To ensure the privacy and comfort of our clients, only spa guests are permitted within the treatment areas. The use of mobile phones is not permitted. Smoking is not permitted in or around the Spa. Regrettably, we cannot accept responsibility for any property left unattended during your visit.

Appointment Times

We ask that you arrive fifteen minutes prior to your appointment to allow time to fill out a consultation form. As a courtesy to all our guests we do operate a prompt appointment schedule. A late arrival may mean that your treatment time is reduced, but you may still be charged the full price of the treatment. Please note all treatments include a short turnaround time, this allows for a consultation and dressing.

Medical Information

In order for us to advise you on the correct treatments, please make us aware of any pre-existing medical conditions that may affect your treatment options at the time of booking. Please inform the spa if you are pregnant as we offer specially designed treatments for expectant mothers. Please note pregnant clients must be 12 weeks and over before they can have some spa treatments. Doctor's approval will be required for clients with certain medical conditions.

Payment & Cancellation Policy

All prices are inclusive of VAT. Treatments are subject to availability. Full payment is required to secure any Spa treatment or Spa Day booking. These payments are strictly non-refundable but may be held for up to 3 months for future bookings if amended more than 7 days prior to the day of arrival. Bookings cancelled within 7 days of arrival or failure to show on the day will incur a 100% charge. Cancellation policies still apply when using a Gift Card.

Services

Due to the usage of local and natural products, which are not mass-produced, treatments/packages and products may on occasion be subject to change without notice. In such cases and wherever possible an equivalent will be offered. In the unlikely event that you are unhappy with your Spa experience, we ask that you raise any issues of concern immediately so that we may be given every opportunity to resolve them before you leave our spa. It is a condition of booking that all clients complete a consultation form prior to their treatment.

Gift Cards

It is the sole responsibility of the cardholder to book their treatment time in advance. Should the recipient wish to reassign their card, they may do so by notifying The Spa in advance. Gift Cards are non-refundable and non-redeemable for cash. They must be presented on the day of the scheduled appointment and are only valid for the specified period from date of purchase. We are unable to extend the life span of our Gift Cards which are valid for 12 months only.



Waterfall Spa
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