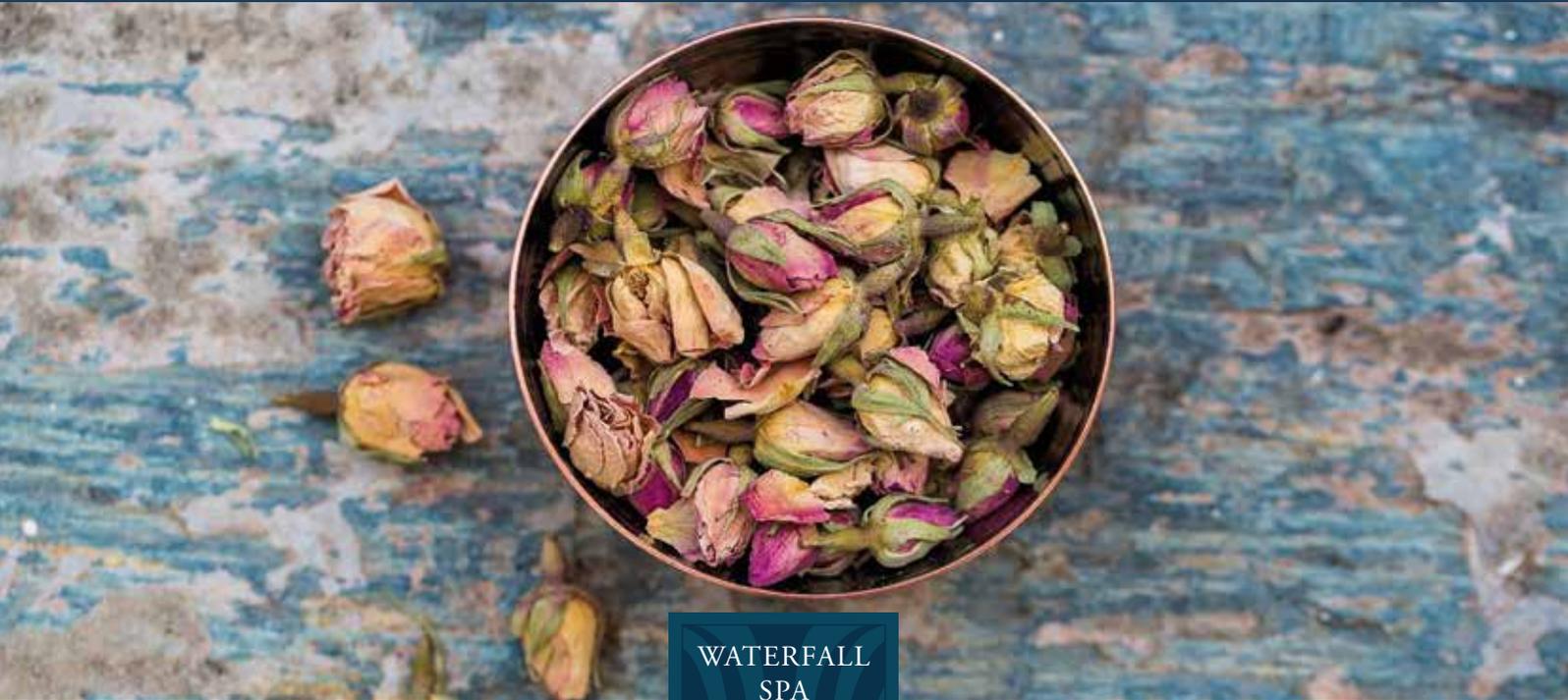


Treatment List



WATERFALL
SPA

AT THE

AMBLESIDE
SALUTATION
HOTEL

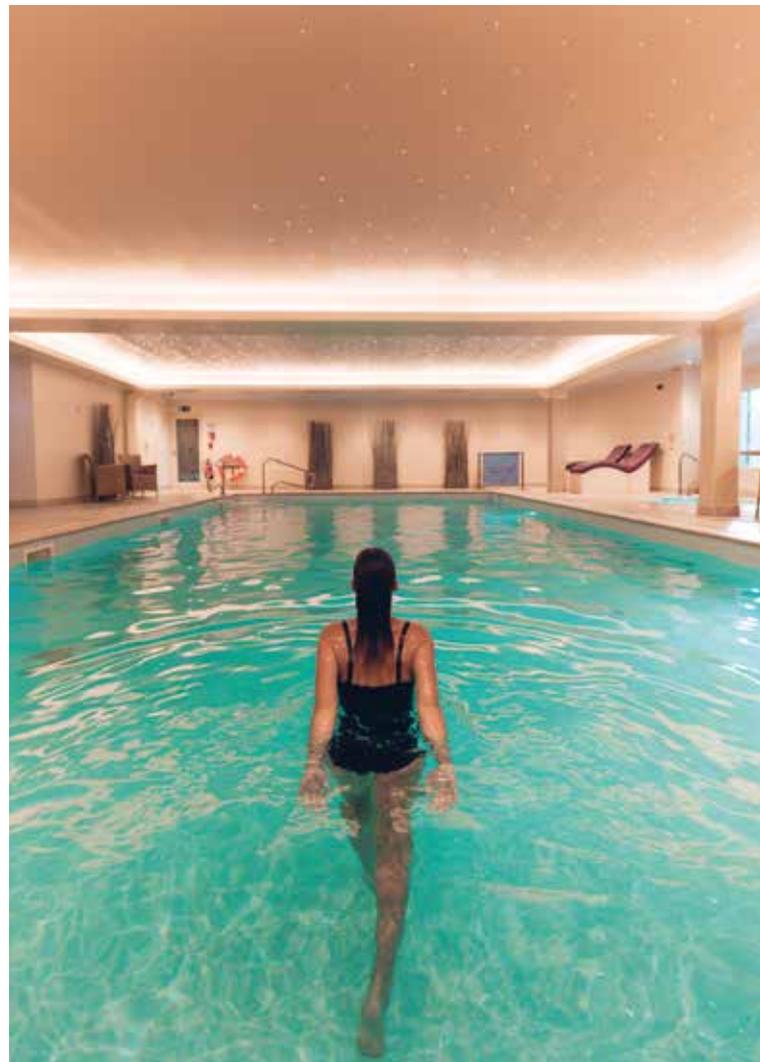
Waterfall Spa at The Salutation Hotel

Waterfall Spa is situated in the Salutation Hotel in the centre of the bustling yet picturesque village of Ambleside in the heart of the Lake District. Inspired by its natural surroundings, this purpose-built spa has stylish treatment rooms, a beautifully appointed relaxation room and a dedicated manicure and pedicure area. Contemporary furnishings, attractive artwork, soft coloured lighting, an array of different textures and soothing music all await your arrival along with our team of highly qualified therapists and front of house staff.

As a Spa Day guest, you also have full use of the hotel leisure facilities, including a delicious lunch or refreshments during your visit. The state-of-the-art leisure facilities include a sparkling indoor pool, fabulous outdoor hydrotherapy pool, all the latest techno gym equipment, steam, sauna and ice fountain.

We offer a range of luxurious treatments from Ila and Bespoke Aroma, our aim is to provide people with the best natural skin care products and treatments that will make them feel great, both on the outside and inside. Using all natural ingredients, you can rest assured that your skin is getting all the right nutrients that will leave you looking and feeling radiant.

Also located within the hotel is our high quality unisex hair salon, where we offer all aspects of hairdressing including cutting, styling, colouring, hair therapies, men's and children's hair.



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 hotel facilities from 10am to 6pm, towel, robe and slippers to use for the day. Hotel leisure facilities include swimming pool, outdoor hydro-therapy pool, sauna, steam room and gym.

Half Day Package

Mon to Thurs - £58.50

Fri to Sun - £65

Includes Half Day use of hotel leisure facilities from 10am to 2pm OR 2pm to 6pm and light refreshments.

25 mins of treatment

Choose 1 of the following:

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

Fountain Spa Day

Mon to Thurs - £112.50

Fri to Sun - £125

Includes full day use of hotel leisure facilities from 10am to 6pm and a two course lunch.

50 mins of treatment

Choose 2 of the following:

- Ila Facial
- Bespoke Facial
- Back, Neck and Shoulder Massage
- Wash and Blow Dry

Cascade Spa Day

Mon to Thurs - £139.50

Fri to Sun - £155

Includes full day use of hotel leisure facilities from 10am to 6pm and a two course lunch.

110 mins of treatment

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

Swedish Massage

Back, neck and shoulder - 25 mins - £45

Full Body - 50 mins - £65

Walkers Leg - 25 mins - £40

Ideal for treating tired achy muscles. Specific massage techniques are used to smooth out tension from tight knotty muscles.

Relaxing Massage

Back, neck and shoulder - 25 mins - £45

Full Body - 50 mins - £65

Using gentle massage techniques combined with pre-blended aromatherapy oils to help relax and de-stress.

Hot Stone Massage Back,

Neck & Shoulders - 25 mins - £55

Full Body - 50 mins - £70

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 - £55

Full Body - 50 mins - £70

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 - £55

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.

Sports Massage

50 mins - £75

25 mins - £60

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 - £45

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 - £65

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 - £75

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 - £75

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

80 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 - £55

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

80 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

30 mins - £45

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 a noticeably younger, smoother appearance with this blissful combination of scrub, rose balm, marma massage and hydrating rose quartz gel mask. Treatment ritual - Exfoliation and 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 and 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.



Bespoke Facial and Body 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 luxury facial using 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

65 mins - £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 - £70/£85

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

65 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 - £50

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

80 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

Swedish Massage

Back, neck and shoulder - 25 mins - £45

Full Body - 50 mins - £65

Walkers Leg - 25 mins - £40

Ideal for treating tired achy muscles. Specific massage techniques are used to smooth out tension from tight knotty muscles.

Bespoke Massage

50 or 80 minutes - £70/£85

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!

Hot Stone Massage

Back, Neck & Shoulders - 25 mins - £55

Full Body - 50 mins - £70

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

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 - £45

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.





ila Retail Products

Cleansers and Toners

Cleansing Milk for Natural Beauty	200ml	£47.00	<input type="checkbox"/>
Hydrolat Toner for Hydrating the Skin	200ml	£37.00	<input type="checkbox"/>

Masks & Exfoliators

Face Mask for Glowing Radiance	50g	£35.00	<input type="checkbox"/>
Face Scrub for Glowing Radiance	50g	£38.00	<input type="checkbox"/>
Face Mask for Renewed Recovery	50g	£35.00	<input type="checkbox"/>
Face Mask for Revitalising Skin	200g	£60.00	<input type="checkbox"/>

Facial Oils and Serums

Face Oil for Glowing Radiance	30ml	£75.00	<input type="checkbox"/>
Face Serum for Glowing Radiance	30ml	£75.00	<input type="checkbox"/>
Face Serum for Renewed Recovery	30ml	£45.00	<input type="checkbox"/>

Day and Night Creams

Day Cream for Glowing Radiance	50g	£66.00	<input type="checkbox"/>
Night Cream for Glowing Radiance	50g	£71.00	<input type="checkbox"/>
Day Cream for Renewed Recovery	50ml	£49.00	<input type="checkbox"/>
Night Cream for Renewed Recovery	50ml	£71.00	<input type="checkbox"/>

Eyes

Eye Serum for Renewed Recovery	15ml	£47.00	<input type="checkbox"/>
--------------------------------	------	--------	--------------------------

Body

Body Oil for Vital Energy	100ml	£48.00	<input type="checkbox"/>
Body Scrub for Energising and Detoxifying	250g	£47.00	<input type="checkbox"/>
Body Oil for Inner Peace	100ml	£48.00	<input type="checkbox"/>
Inner Peace Aroma Roller	10ml	£29.00	<input type="checkbox"/>
Vital Energy Aroma Roller	10ml	£29.00	<input type="checkbox"/>
Glowing Radiance Aroma Roller	10ml	£29.00	<input type="checkbox"/>
Body Balm for Feeding the Skin	200g	£51.00	<input type="checkbox"/>

Fragrance

Energy Spray for an Aura of Confidence	30ml	£20.00	<input type="checkbox"/>
Incense for an Aroma of Purity and Peace	50g	£12.00	<input type="checkbox"/>
Candle for Inner Peace		£46.00	<input type="checkbox"/>
Candle for Higher Energy		£40.00	<input type="checkbox"/>
Candle for Inner Light and Joy		£40.00	<input type="checkbox"/>
Reed Diffuser for an Essence of Joy		£60.00	<input type="checkbox"/>

TRAVEL COLLECTIONS

Little Body Treats		£40.00	<input type="checkbox"/>
---------------------------	--	--------	--------------------------

Body Scrub for Energising and Detoxifying 50g, Body Oil for Vital Energy 30ml, Body Balm for Feeding Skin and Senses 50g and Bath Salts for Cleansing 100g

Bespoke Retail Products

Cleanser and Toners

Eye/Lip Cleanser	30ml	£9.00	<input type="checkbox"/>
Facial Cleansing Balm - Sensitive	50ml	£12.00	<input type="checkbox"/>
Facial Cleansing Balm - all skin types	50ml	£12.00	<input type="checkbox"/>
Facial Toner - Sensitive	50ml	£10.00	<input type="checkbox"/>
Facial Toner - Nourish	50ml	£10.00	<input type="checkbox"/>
Facial Toner - Balance	50ml	£10.00	<input type="checkbox"/>

Masks & Exfoliators

Facial Scrub - Sensitive	50ml	£10.00	<input type="checkbox"/>
Facial Scrub - all skin types	50ml	£12.00	<input type="checkbox"/>
Warm Oil Face Mask - Sensitive	50ml	£10.00	<input type="checkbox"/>
Warm Oil Face Mask - Nourish	50ml	£12.00	<input type="checkbox"/>
Clay Mask - Balance	25g	£10.00	<input type="checkbox"/>

Facial Oils and Balms

Facial Oil - Sensitive	30ml	£10.00	<input type="checkbox"/>
Facial Oil - Nourish	30ml	£10.00	<input type="checkbox"/>
Facial Oil - Balance	30ml	£10.00	<input type="checkbox"/>
Facial Massage Balm - Sensitive	50ml	£12.00	<input type="checkbox"/>
Facial Massage Balm - all skin types	50ml	£12.00	<input type="checkbox"/>

Eyes & Lips

Eye Serum	30ml	£11.00	<input type="checkbox"/>
Lip Butter - Sensitive	15ml	£7.00	<input type="checkbox"/>
Lip Butter - all skin types	15ml	£7.00	<input type="checkbox"/>

Body

Body Oil - Sensitive	100ml	£14.00	<input type="checkbox"/>
Body Oil - Relax	100ml	£14.00	<input type="checkbox"/>
Body Oil - Energise	100ml	£14.00	<input type="checkbox"/>
Body Scrub - Sensitive	200ml	£18.00	<input type="checkbox"/>
Body Scrub - Relax	200ml	£18.00	<input type="checkbox"/>
Body Scrub - Energise	200ml	£18.00	<input type="checkbox"/>
Foot Mask - Sensitive	50ml	£12.00	<input type="checkbox"/>
Foot Mask - all skin types	50ml	£12.00	<input type="checkbox"/>
Hair and Scalp Mask - all skin types	50ml	£12.00	<input type="checkbox"/>
Hair and Scalp Mask - sensitive	50ml	£12.00	<input type="checkbox"/>





Waterfall Hair Prices

Ladies

Re-Style	£49.50
Ladies Cut & Finish	from £44
Ladies Wet Cut	from £33
Ladies Dry Cut from	£27.50
Blow Dry - Short Hair	£25
Blow Dry - Long Hair	£30
Hair Up	from £38.50
Curling	from £33

Men

Men's Cut & Finish	£26.50
Men's Dry Cut	£18
Men's Clipper Cut	£13.50

Spa Angels

Under 5	£9
6 - 16 yrs Dry Cut	£16.50

Specialist

Full Head High/Low Lights	£60
Half Head High/Low Lights	£55
Quarter Head High/Low Lights	£48.50
Re-growth Tint	£38
Full Head Tint	£55
Full Head Tint (with foils)	£72.50
Semi-Permanent Colour	£36.50
Semi-Permanent Colour Long	£42.50
Semi-Permanent Colour (with foils)	£60
Toner	£24.50
Extra Tube	£10
Perms	£70
Hair Treatments	£13.50
Blow Dry (with colour)	£25
Cut & Blow Dry (with colour)	£44

Colour correction price on consultation.

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@hotelslakelakedistrict.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 Terms & Conditions

Spa Access

Children under the age of 16 are not permitted in the fitness rooms or pool area. 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.

Car Parking

Available for spa day guests only on a first come, first served basis and is located at the rear of the hotel accessed by Stock Ghyll Lane and left into the overflow car park.

Spa 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 three 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
The Ambleside Salutation Hotel
Lake Road, Ambleside, Cumbria, LA22 9BX

Tel: 015394 32385
spa@hotelslakedistrict.com
www.hotelslakedistrict.com