

Waterfall Spa Treatment List



AMBLESIDE
SALUTATION HOTEL & SPA
Close to home, far from expected

CLARINS

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.

We offer a range of luxurious treatments from Clarins, the experts in skincare. Their products start with nature. But they couldn't do it without science. It's the beautifully unique harmony of the two that makes Clarins. They use over 250 natural plant extracts in their formulas. Like the plants they use, they are continuously growing and learning. Following wherever the latest science leads them. They take all this unique-to-you information from your skin, combine it with some serious science know-how, plant power and over sixty-five years of experience, before distilling it all into every single one of their treatments. It's that harnessing the power of science, nature and massage simultaneously, gives you an experience unlike any other.

We also offer spa packages that include use of the hotel leisure facilities and refreshments. 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.



Spa Packages

Take time to unwind, recharge and relax and come and indulge yourself in beautiful surroundings and enjoy one of our specially tailored spa packages.

These spa packages include mini afternoon tea with a glass of prosecco, 2 hours use of the hotel facilities (pool slots must be reserved at the time of booking), robe and slippers to use for the duration of your package, Clarins travel size shampoo, conditioner and body wash (subject to change) and the use of our beautifully appointed relaxation area.

Hotel leisure facilities include swimming pool, outdoor hydrotherapy pool, sauna, steam room and gym.

Clarins Indulgence Package

£145

Includes 2 hours (booked slot) use of hotel leisure facilities and mini afternoon tea with a glass of prosecco and treatment choice below.

Choose one of the following treatments

- Clarins Expert Facial (tailored especially to your skins needs)
- Clarins Rebalancing Massage
- Clarins Beauty Sleep
- Clarins Hot Stone Massage
- Clarins Deep Tissue Massage

Relax & Unwind Package

£110

Includes 2 hours (booked slot) use of hotel leisure facilities, mini afternoon tea with a glass of prosecco and treatment choice below.

Choose one of the following treatments:

- Clarins Back, Neck and Scalp Massage
- Clarins Discovery Facial
- Clarins Detox & Glow Facial
- Clarins Manicure
- Clarins Pedicure

Please Note: no other discounts or offers are available with these packages



Clarins Facial Treatments

CLARINS EXPERT FACIALS

70 mins - £95.00

No matter your age, gender or skin type, our plant enriched formulas and personalised massage movements, mean that your skin will always be in the best hands. Our treatments aren't just designed to be relaxing, sensorial experiences, they're also designed to work. To deliver long lasting and proven results for your skin. At the heart of each treatment is a 25 minute massage. Our microcirculation and drainage techniques are what makes them so effective – helping to smooth and shape your skin, giving you that extra bit of sparkle.

We will assess your skin and choose the right facial especially tailored to your skins needs from the selection below...

YOUTH EXPERT

If you'd like your skin to feel a little firmer or look more radiant, this is the facial for you. Whether it's hormonal changes, pollution, stress or any other cause, after a thorough skin diagnosis, your therapist will tailor the treatment to your specific concerns and skin type. Leaving you firm and glowing.

POWER HYDRATOR

Like a long drink for the skin, this feel-good treatment pampers dry, fragile skin types - relieving tightness, plumping out fine lines and restoring comfort, softness and radiance.

ANTI-BLEMISH RESCUE

This detoxifying, purifying treatment is perfect for oily or combination skin types. Impurities will be gently removed; shine will be reduced and pores will appear tightened. Leave with clear, refreshed and rebalanced skin.

RADIANCE BOOSTER

This glowing treatment will hit refresh on tired, lacklustre skin, delivering a double shot of radiance and hydration. Microcirculation boosting massage and targeted products will work to create deliciously plump, luminous skin.

SKIN SOOTHER

Calm and soothe sensitive skin with this highly effective, nurturing treatment. You'll feel immediate comfort and see a reduction in redness and irritation. Your skin will be left strengthened and radiant.

CLARINS RELAXING FACIALS

DETOX & GLOW

30 mins - £60.00

This treatment is tailored especially for younger skins under 30 and will remove all the bad impurities and replace with lovely goodness. Designed with plant extracts to promote radiance and hydration, with anti-pollution properties that'll help protect the skin from the harmful effects of both indoor and outdoor pollution. Your recipe for healthy-looking skin starts here.

DISCOVERY FACIAL

30 Mins - £60.00

This facial will energise your skin and leave you feeling relaxed. Including a personalised cleanse, exfoliation, full facial massage and application of moisturiser

ULTRA RELAXING FACIAL

60 mins - £85.00

This facial aims to soothe the mind and rebalance the skin. By combining guided breathing exercises, our deeply relaxing Ayuroma Touch massage and calming essential oils, you'll be able to completely disconnect from the stresses of modern life and worries of the outside world. Your mind will be rebalanced and refocused and the tension in your skin will disappear.

Maximise the results of your treatment by
adding a skin boosting add on

Choose from our effective 20 Minute treatment add ons

£30 EACH

- + Back Massage
- + Hand & Foot Massage
- + Scalp, Neck & Décolleté Massage



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Clarins Wellness Body Treatments

It's easy to forget that feeling good and looking good go hand in hand. So much more than just a massage, these wellness focused treatments will bring your mind and body deservedly back into balance. Calming touches, soothing smells and nurturing ingredients come together to give you a well needed boost. And when you take care of yourself? Your skin looks healthy, radiant and nourished.

BEAUTY SLEEP

70 mins £95.00

(Light to medium pressure) It's called beauty sleep for a reason. Because a lack of sleep can really take its toll on your skin. But don't panic, using specially selected products and gentle massage movements, we'll relax you from head to toe in this face and body treatment. By inducing a meditative state, you'll be simultaneously aware of every touch, whilst also in a dreamlike, zen space of relaxation. Which is proven to increase your sleep quality*. Expect immediate beauty results and long-term wellbeing benefits. Skin is soothed, radiant and refreshed, whilst stress is diminished.

ENERGY BOOSTER

70 mins £95.00

(Medium Pressure) This vitality-boosting, mood-enhancing face and body treatment uses brisk energising movements to sweep away stress and help rebalance body and mind. After, your skin will look radiant and your body will feel recalibrated

Pregnancy Treatment

At Clarins we specialise in caring for mothers to be. Using nourishing, gentle products, our full body treatment helps boost energy levels, skin resilience and makes you look and feel beautiful.

MOTHER-TO-BE

60 mins - £90.00

Our specially created treatment focuses on nurturing your body both during and after pregnancy – a period of great change. Using the most gentle products we'll nourish stretched skin, whilst improving its tone and elasticity. Our massage will aim to release tensions, reduce heaviness in the legs, fight understandable fatigue and give you permission to think about nothing other than yourself for an hour.

Clarins Massage

REBALANCING MASSAGE WITH ESSENTIAL OILS

70 mins £95.00

(Light to Medium Pressure) Relax your body, restore your energy and ease muscle tension with this result driven treatment. Our skilled therapists will adapt their pressure to your preference and needs. Choose between 'Tonic' Oil to help stimulate the body and mind or 'Relax' Oil to invoke a feeling of absolute calm.

BACK, NECK & SCALP MASSAGE

30 mins - £60.00

(Light, Medium or Deep Pressure) This tension relieving, knot-fighting massage delivers instant and long-lasting relief from any stiffness and soreness. Your therapist will adapt the pressure and customise our professional spa-only products to maximise the results for you.

HOT STONE MASSAGE

60 mins - £90.00

(Light to Medium Pressure) Warm stones help relieve tension, fight fatigue and deliver an all round wellbeing boost. Combined with our expert massage and blissful aroma therapeutic oils, you can expect total body relaxation.

DEEP TISSUE MASSAGE

60 mins - £90.00

(Medium to Deep Pressure) Whether you've pushed yourself at the gym or had a hectic work week, this intensely therapeutic massage will ease tense shoulders, back knots and aches. Aromatic essential oils supercharge the stress-relieving benefits, restoring your sense of wellbeing.



Clarins Expert Body Treatments

We know that your face is only one part of your skin's story. It's why our body care specialists offer targeted and personalised treatments for both men and women. Because when you combine our signature touch, with aromatic plant-powered products, the results are proven. Not only for your body, but for your overall wellbeing.

BODY SHAPER

70 mins - £95.00

In this results driven body treatment, we combine draining and detoxifying movements with potent plant enriched products to enhance your silhouette. Like all of our treatments, we'll start with a comprehensive skin analysis so we can best tailor it to you and your body. From firming to tightening to brightening and rehydrating, we'll make sure you leave feeling your most confident

BODY RENEW

70 mins - £95,00

The wear of day to day life can be a lot for your body to take. This blissfully relaxing body treatment will refresh your skin, bringing you, back to you. We start with a gentle exfoliation to detox and renew the skin, then add an indulgent layer of lotion to deliver deep hydration. Ultimately enhancing not just your body, but also your mind.

Maximise the results of your treatment
by adding a skin boosting add on

Choose from our effective 20 Minute treatment add ons
£30 EACH

- + Facial
- + Scalp, Neck & Décolleté Massage



Reflexology

Reflexology is a complementary therapy that uses gentle pressure on specific point along your feet. The theory behind it, is that areas of the foot correspond to organs and systems of the body. Pressure applied to the foot brings relaxation and well-being to the corresponding area of the body. Studies indicate that reflexology can reduce pain and psychological symptoms, such as stress and anxiety and enhance relaxation.

Reflexology

45 mins - £70.00

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.



Manicure & Pedicure

Clarins Manicure

50 mins - £50.00

A sublimely sensory manicure with essences of Rosemary or Camomile. Relax while we cleanse the hands using Clarins Relax or Tonic concentrate to stimulate the senses. A gentle scrub to leave your hands feeling silky soft and smooth. Cuticles are tidied, nails filed and then hands and forearms are massaged to leave you feeling super relaxed and tension free. To finish this treatment with an application of CND Vinylux colour polish of your choice.

Clarins Pedicure

50 mins - £50.00

Rest your tired feet in a mint enriched soak-bath followed by our exfoliating scrub to gently buff away hard skin, leaving your skin feeling silky soft and smooth. Cuticles tidied, followed by a sensory relaxing foot and lower leg massage. using our mood enhancing products, leaving you calm and tension free. A polish application then completes this treatment using a CND Vinylux colour polish of your choice.

CNDTM
VINYLUXTM
LONG WEAR POLISH

The Best Kept Secret
for Long Wear Polish



Spa Terms & Conditions

Spa Access

Use of the leisure facilities is strictly for the use of hotel residents and guests visiting on a spa package only. Use of the leisure facilities is not included with any other treatment.

Treatments are only available to clients aged 16 years and over. Resident children under 16 must be accompanied by an adult in the spa areas at all times. Non resident children under the age of 16 are not permitted in the gym or pool area.

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.

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 package booking. These payments are strictly non-refundable but may be held for up to 3 months for future bookings if amended more than **48 hours** prior to the day of the booking. Bookings cancelled within **48 hours** 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.

AMBLESIDE

SALUTATION HOTEL & SPA

Close to home, far from expected

In the heart of the Lake District, amid dramatic fells and picturesque valleys you will find the Ambleside Salutation Hotel & Spa. A four star Lakeland Hotel combining a village centre location, spectacular views and a warm Westmorland welcome each time you stay. Choose from our Classic, Club, Balcony or Lakeland rooms, all tastefully decorated and offer an array of in room facilities. Our Lakeland collection of rooms offer a hot tub and balcony for that ultimate indulgence. The hotel including our lounge bar and air conditioned Brasserie are exclusively for residents, offering a wide selection of drinks and extensive evening dinner menu.



www.hotelslakedistrict.com



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