



LANGDALE

the Spa



Langdale Spa, part of the award-winning Langdale Estate, is situated in the Langdale Valley in the heart of the Lake District, well-known for its spectacular scenery and superb fell walking. The 35-acre woodland Estate provides a tranquil retreat away from the stresses and strains of daily life.

An impressive range of leisure and relaxation facilities is available, including a 20m UV-treated swimming pool complete with massage seat and whirlpool spa bath, a steam room, sanarium, tropical shower, deluge shower and lounge chairs.

Our Spa therapists are skilled in a wide-range of treatments, from signature Langdale massages to soothing skin treatments incorporating the Elemis range of natural plant extracts. Using only the finest ingredients, these products not only help to improve the condition of the skin but also aim to lift the spirits and promote a sense of well-being. We also offer the famous Guinot Hydradermie treatments.

For those wishing to re-energise, we can offer guided fell walking and mountain bike hire, superb exercise studio with a range of fitness classes and body training systems, fully-equipped Technogym, and tennis court. Personal trainers are available to formulate individual exercise programmes and carry out any necessary health and fitness checks.

For refreshment you are spoilt for choice: The Terrace Restaurant & Café-Bar with its relaxed and friendly atmosphere and menu inspired by the light fresh flavours of the Mediterranean and the stylish Hobson's Bar. Non-resident visitors are most welcome to enjoy these facilities, and a limited number of day passes are also available to allow access to the leisure areas.



well - being

Relaxation

- Sanarium & Steam Room
- 20m Heated Indoor Swimming Pool (UV-treated)
- Poolside Relaxation Areas
- Yoga & Pilates
- Wonderful range of Well-being Treatments & Therapies
- Ice Drench/ Tropical Shower

Energy

- Air-conditioned Gymnasium with equipment supplied by Technogym UK
- New naturally-lit & air-conditioned Exercise Studio offering classes seven days a week, including Spin Cycling, Body Combat, Body Pump
- Private Tennis Court (equipment hire and coaching available)
- Indoor/Outdoor Children's Play Areas
- Table Tennis
- Mountain Bike Hire
- Comprehensive Fitness Assessments (FITECH)
- Personal Training
- Fitness Programming

Exclusivity

- Limited Membership Capacity
- Towel Hire
- Changing facilities with heated floors, lockers, hair dryers and spin dryers
- Extensive Opening Hours
- The Terrace Restaurant and Café-Bar with outside dining area overlooking Hobson's Tarn

Inspiration

- Access to 35 acres of beautiful grounds
- One-to-One Personalised Attention and Committed Service
- Highest standards of Cleanliness and Maintenance
- Family Changing Facilities
- Flexible Membership Options

Membership Options

Joining Fee

There is a fee of £100.00 per person, payable on joining the Country Club, or £140.00 for the two if joining with an Associate Member. This fee forms part of our commitment to ensure that the service and facilities provided are kept to the highest standards expected of a premium private club.

All new members are asked to undertake a health and well-being check, free of charge, with one of our highly-qualified personal trainers.

Individual and Family Memberships

Lifestyle Membership

Full use of all facilities at all times, including priority booking for all free classes, free towels and 24 half-hour beauty treatments per year free of charge.

	Monthly	Annual
Primary Member	£95	£950
Associate Member	£85	£850

Gold Membership

Full use of all facilities at all times, including priority booking for all free classes.

	Monthly	Annual
Primary Member	£44	£440
Associate Member	£36	£360

Family Membership

2 adults & 2 children (5-14)

Monthly	Annual
£110	£1100

All children under 5 years old are free of charge. Additional children aged between 5 & 14 years are charged at £25 per month.

Silver Membership

Full use of all facilities at all times, including priority booking for all free classes from 8am with last entry at 4pm, Monday to Friday.

	Monthly	Annual
Primary Member	£33	£330
Associate Member	£27	£270

Alternative Membership

Full use of the facilities from 9am to 10pm, excluding peak hours 4pm - 6.30pm

£9.50

Twilight

Full use of the facilities 7pm until close.

£7.00

Day Spa

Full use of leisure facilities, classes, lunch on The Terrace, Towel & Robe.

£30.00

Other Memberships

Weekly, Monthly and Weekend Memberships are available upon request.

Commercial Memberships

Hotel/Cottage Membership

Local accommodation businesses can offer their guests the additional luxury of leisure facilities. Minimum 4 memberships, maximum 12 memberships. (excluding peak hours 4pm to 6.30pm) P.O.A

Membership Vouchers

Books of vouchers are available for hotels, cottages, businesses and personal usage to use the leisure facilities. (excluding peak hours 4pm to 6.30pm) P.O.A

Group Membership

A minimum of ten memberships to use the facilities £3,000

Members' Guest Fees are £5.00 per visit. (Please note that members' guests must be a minimum of 16 years of age)

As a member of the Langdale Country Club, you can enjoy the benefits of all of the facilities on offer. Please call the Club Desk for information on how to join, or to arrange a personal tour of our facilities with one of our team.

Health & Well-Being Assessments

MOT £15.00
Blood Pressure, cholesterol, lung function

Fitness & Lifestyle Assessment £20.00
Blood pressure, body fat %, aerobic capacity, lung function, flexibility, strength and a lifestyle and nutrition analysis

Fitness Check with 6 week programme & Gym Induction £30.00
Blood pressure, body fat %, aerobic capacity, lung function, flexibility, strength. An induction into the gymnasium and an easy step by step guide to your six-week workout with your trainer.

Re-assessment & Re-program £20.00
Analyse your progress and compare your results against your last assessment. This is advised every six weeks and a new program prescribed to ensure progression, specificity and overall continuous improvement.

Gym Induction £15.00
A step-by-step guide on how to use the gymnasium equipment works.

Personal Training £300.00
A course of 12 sessions, including a complete fitness and lifestyle assessment.

Cholesterol Test £5.00

Mountain Biking

1/2 Day £12.00

Full Day £15.00

A deposit of £50 will be taken before any bike will be released for hire.

Guided Bike Rides

Individual Ride £50.00

Group (maximum of 6) £30.00

Opening Times

Monday - Saturday 7am - 10.30pm

Sunday 7am - 10pm

Last admission 45 minutes before close

Adult Only Times

7am - 8.30am & after 9pm

Leisure Club Desk

015394 38055



Medical Conditions

Please note that all treatments on the following pages are booked subject to medical status. Each treatment will have contra-indications above the treatment description for your information. If you are unsure please consult your doctor. Suitability of treatments will be re-confirmed at the Spa during a consultation with your therapist. If treatments are unsuitable we will endeavour to offer alternatives where possible. The following key highlights all major contra-indications

BP	High or low blood pressure
C	Cancer
CL	Claustrophobia
D	Diabetes
E	Epilepsy
H	Heart problems
MP	Metal pins/ plates
P	Pregnancy
S	Surgery in last 3 months
SD	Skin diseases/ disorders
T	Thyroid over/ under active
VV	Varicose veins/ thrombosis
N	Nut allergy
PI	Pregnancy 1st trimester

spa therapies

The Body

Langdale Signature Massages

Formulated to relax, rejuvenate and lull the body into a sense of pure and total harmony.

Langdale Full Body Massage

55 minutes £50.00

Back, Neck & Shoulder Massage

25 minutes £35.00

Leg Massage

25 minutes £35.00

Aromatherapy Massage

1 hour 10 minutes £55.00

Aromatherapy Back, Neck & Shoulder Massage

25 minutes £38.00

Elemis Body Treatments

Deep Tissue Massage

Submit your body to a vigorous workout of deep rhythmic pressure massage. Focused on relieving specific stress and muscle tension, this powerful, customised massage uses dynamic blends of essential oils to suit individual needs. **C P S SD**
60 minutes £55.00

Hot Stone Therapies

Harnessing ancient healing powers for a completely new body experience. Hot stones are placed on key energy points, while signature massage techniques are combined with luxuriously warmed oils to deeply relax and rebalance the mind and body. **C H P S SD VV**

Aroma Stones Therapy

60 minutes £55.00

Aroma Stones Back Therapy

30 minutes £40.00

Cooling Hot Stones Body-Facial

Pure body indulgence with exceptional anti-ageing facial results. A unique Elemis Ice Cool Thermal Muscle Massage will be customised to your specific problem areas to alleviate stress and ease aching muscles. You will then receive an anti-ageing booster facial that will smooth out all the wrinkles and restore youthful radiance. **C E P SD T VV**

55 minutes £65.00

Body Cellulite & Colon Therapy

Helps smooth the appearance of cellulite, boost blood circulation and reduce fluid retention. A detoxifying fennel & birch peel-off body mask is combined with specialist drainage massage techniques to leave skin firmer and smoother to the touch, while cleansing the colon and purifying the body. **BP C D P S T VV**

55 minutes £65.00

Exotic Lime & Ginger Salt Glow

Deeply cleanses, polishes and softens the skin to perfection, while Exotic Island Flower Body Lotion leaves the skin glowing and vibrant, replenished and flawless. **C P S SD VV**

30 minutes £40.00

Exotic Coconut Rub & Milk Wrap

This opulent exotic wrap is excellent for skin smoothing and softening, combined with a facial pressure-point massage and de-stress scalp treatment to stimulate the senses. **C P S SD VV**

45 minutes £60.00

Exotic Frangipani Body Nourishing Wrap

This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic aromatic Tahitian coconut and frangipani flowers are soaked together to produce the mono used in this wrap. **C P S SD VV**

45 minutes £60.00

Musclease Aroma Spa Ocean Wrap

(Medical contra-indications must be checked) A warming blend of pine and rosemary essential oils helps ease the pain of rheumatism, arthritis, muscle spasm and fatigue. **BP D E H P S T**
1 hour 15 minutes £55.00

Cellutox Aroma Spa Ocean Wrap

(Medical contra-indications must be checked). A detoxifying blend of juniper and lemon essential oils decongests and stimulates the body system. Excellent for improving the dimpled appearance of cellulite and reducing fluid retention. **BP D E H P S T**
1 hour 15 minutes £55.00

Elemis Facials

Elemis Facials provide the perfect skin maintenance, using exceptional skin conditioning plant actives to deeply cleanse the face, whilst renewing radiance and stimulating the skin for long-lasting, proven results.

Elemis Skin Specific Facials

Fruit Active Glow
Exotic Moisture Dew
Herbal Lavender Repair
60 minutes £48.00

Oxygen Skin Calm Facial

Gentle massage techniques combined with calming actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skin. Reduces redness and offers immediate comfort to stressed skin.
1 hour 15 minutes £57.00

S.O.S Purifying Facial

Powerful purifying face and eye treatment for oily, problem and congested skins. A Japanese Sulphur Mask is impregnated with Vita-C Booster Serum to help absorb sebum, repair scarring and rebalance oil-rich pores, leaving a beautiful matte skin.
1 hour 15 minutes £57.00

Elemis Advanced Anti-Ageing Facials

Visible Brilliance Facial

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this anti-ageing facial instantly firms, rejuvenates and plumps up the skin, whilst reducing dark circles from around the eye contour. Moisturisation levels of the skin are proven to increase by up to 38%* and elasticity by 28%* after just one treatment.
1 hour 15 minutes £65.00

*independent clinical trials 2006

The Face

Langdale Signature Facials

Express Facial

30 minutes £35.00

Gentleman's Facial

45 minutes £38.00

Pro-Collagen Quartz Lift Facial

This advanced anti-ageing facial is clinically proven to reduce the number of wrinkles by up to 94%* and improve skin firmness by up to 57%* after just one treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful-looking appearance.

1 hour 15 minutes £70.00

Re-Surfacing Tri-Enzyme Facial

This ground-breaking anti-ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75%* and increase skin smoothness by up to 32%* after just 1 session, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.

60 minutes £70.00

Course of 3 over 9 weeks £210.00

*independent clinical trials 2006

Elemis Facials for Him

Whilst most of our treatments are suitable for both men and women, we have selected a few which we believe will have a particular appeal to men.

Skin IQ Facial

To protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin overhaul for male skin.

1 hour 15 minutes £50.00

Urban Cleanse Facial

This super-grooming facial decongests the skin, working overtime to eliminate blocked pores, neutralise impurities and reduce sensitivity.

1 hour 15 minutes £50.00

Guinot Range

For over 35 years Guinot have been at the forefront of skin and body care. Researched in France, this comprehensive range uses the most advanced natural products to give optimum results to any skin type, either in homecare or as part of their advanced treatments.

Hydradermie Facial

In an hour of sheer relaxation, gentle galvanic and high frequency massage releases the active ingredients in Guinot's specialised preparations, rehydrating and rejuvenating the deeper layers of the skin and leaving a smoother, clearer complexion for a whole month. The treatment is customised for your skin type, particularly de-hydrated, mature, oily, sensitive or pigmented. **CL MP**

1 hour 15 minutes £50.00

Hydra Plus Facial

Created especially to help reduce the specific ageing problems associated with the face, eyes and neck. Hydradermie Plus is a luxurious, intensive three-in-one treatment giving maximum benefit, including a serenity massage to the neck, arms and hands using toning essential oils. **CL MP**

1 hour 30 minutes £56.00

Tres Homme Hydradermie

This high-tec facial uses galvanic and high frequency electrotherapy, active gels and Tres Homme products to deep-cleanse, oxygenate and condition the skin.

60 minutes £45.00

Hands and Feet

Sole Delight Foot Treatment or Exotic Hand Ritual

A pure sensory and pampering experience using warmed aroma-therapeutic oils to nourish and condition. **SD VW**

30 minutes £40.00

Pro-Collagen Hand & Nail Treatment

Redefine the hands of time. Cuticles and nails are conditioned and strengthened, whilst the indulgent Elemis Skin Nourishing Milk Bath combined with anti-ageing Pro-Collagen Hand & Nail Cream intensely hydrates for irresistibly smooth, youthful looking hands.

30 minutes £40.00

Leighton Denny Expert Nails Treatments

Custom Manicure

The ultimate treatment for the 'Best Dressed Hands and Nails', when time is an issue and pampering is needed! The Custom Manicure provides a 'celebrity' manicure for clients who want a little luxury without the 'Spa' element. **SD**

45 minutes £35.00

Immaculate Manicure

An award winning manicure, combines glamour and relaxation as part of this nail service. The Immaculate Manicure allows you to reflect on the experience for days with long lasting results, a must for all! **SD**

60 minutes £45.00

On the Move Pedicure

For the client with a busy lifestyle, feet look pampered and well groomed in just 20 minutes.

VV

15 minutes £25.00

Custom Pedicure

When time is an issue, the Custom Pedicure offers a full pedicure service in less than an hour without the 'Spa' element. **VV**

45-60 minutes £25.00

Pristine Pedicure

This ultimate pedicure, combines glamour and relaxation! Walk away from this treatment feeling

uplifted and reflect on the experience for days with lasting results. **VV**

1 hour 15 minutes £45.00

French Manicure supplement £3.00

Treatment supplement £5.00

May we suggest that clients having a pedicure wear open-toed sandals to prevent smudging of varnish.

GHD Hair Treatments

A collection of hair and scalp remedies have been developed with super enriching and nourishing hero ingredients, some of which have never been used in this way before. Each ghd spa product has been carefully developed to restore and resurrect your inner beauty. Harnessing blissful aromas and textures with efficient, visible results combined with hands-on techniques, your professional therapist will carry out to ensure a hair and scalp treatment second to none.

Age Defying Treatment

Recapture ageless beauty. Utilising the most intense ghd products this treatment revives and dramatically reconditions your hair back to its youthful radiance and glamour. If you are in search of bounce, gloss and vibrancy, this intensive therapy restores and restructures hair whilst protecting against the damage caused by environmental scavengers. **N P I**

45 minutes £60.00

Emergency Rescue

Breathe life back into your hair with this deeply repairing treatment for tresses that are craving recovery from heat, chemicals and unhealthy lifestyles. This resuscitating treatment gives immediate results that encourage deep repair whilst strengthening and improving hair elasticity.

N P I

30 minutes £40.00

Daily Defence Treatment

A refreshing oil free treatment to boost tired tresses. A series of UVA/ UVB filters and powerful antioxidants protect hair against free radicals and environmental scavengers. This effective maintenance treatment recaptures hair vitality. The answer to your daily prayers. This treatment is oil free ensuring you leave looking and feeling energised. **N P I**

30 minutes £35.00

Combination Treatment

A complete multidimensional solution to your hair designed to cleanse and rebalance your hair and scalp, this treatment works directly on the scalp whilst nourishing the mid lengths and the ends of the hair. Appreciating the different demands of the hair, this multitasking treatment diminishes lank or lacklustre hair and controls excess scalp sebum. The perfect detoxifying hair therapy delivering shining, flawless hair. **N P I**

30 minutes £40.00

Men's Treatment

Keep ahead of your day! More than a hair and scalp treatment, this remedy has been created for men that demand instant results. As a truly prescriptive experience selected vitamin boosted serums suited to replace lost lipids and encourage skin cell vitality. The hair and scalp are expertly massaged, paying particular attention to stress zones on the neck, shoulders, hand and arms. **N P I**

30 minutes £35.00

Mud & Mask Add On

20 minutes £25.00

Express Therapies

Express Facial

30 minutes £30.00

Back, Neck & Shoulder Massage

25 minutes £30.00

Pamper Express

- Express Facial
- Back Massage
- Mini Manicure & Mini Pedicure

2 hours £60.00

Spa Essentials

The Smoother Touch

Full leg, bikini and under arm wax	
55 minutes	£40.00
Full leg wax	
40 minutes	£35.00
Half leg wax	
15 minutes	£25.00
Bikini line wax	
15 minutes	£15.00
Under arm wax	
15 minutes	£15.00
Upper lip and chin wax	
15 minutes	£15.00
Eye brows shape or wax	
15 minutes	£15.00

Eye Enhancers

Eye lash tint	
25 minutes	£15.00
Eye brow tint	
10 minutes	£12.50
Eye lash and eyebrow tint	
25 minutes	£25.00

A tint test will be required 24 hours prior to treatment.

Make up

Please enquire at the Spa for further details.

Tanning

St Tropez Self-Tanning Treatment

60 minutes	£42.00
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Elemis Self-Tanning Treatment

60 minutes	£45.00
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Alternative Therapies

Alternative techniques based on ancient traditions. The focus is on healing and rejuvenation of the mind, body and spirit. A varied selection of therapies is available at Langdale. Please contact Health & Beauty direct for our full range of therapies and further details.

Reflexology

Ancient technique that stimulates pressure points on the feet to rebalance the body's energy system.

Indian Head Massage

Designed to alleviate stress, this massage concentrates on the scalp and manipulates soft tissues in the shoulders and the neck.

Sports Massage

This is a treatment and not a treat, working on specific areas that are affected by sport-related tension and muscle fatigue. **BP P VV**

Pregnancy Treatments

Tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. Specialised positioning is used to ensure the ultimate in comfort and relaxation, relieving tension.

Mother-to-Be Back Massage

30 minutes	£30.00
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Mother-to-Be Foot Ritual

30 minutes	£30.00
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Complete Mother-to-Be Ritual

(combining back and foot ritual)	
1 hour 15 minutes	£55.00

spa days

We welcome Spa Day guests at Langdale to enjoy all the leisure facilities. Complimentary towels and robes are available on arrival. All you need to bring is a swimming costume.

Langdale Spa Days start at 9.30am and finish at 5.30pm.

All packages include a light lunch, full use of the leisure facilities, exercise classes and towels.

Ultimate

A total body make-over in just over 4 hours. This magical experience is fabulous for the ultimate in relaxation and rejuvenation.

Treatments include:

- Elemis Deep Tissue Back Massage
- Elemis Advanced Facial
- Manicure & Pedicure with matching mini-polish
- Eyebrow Shape
- Complimentary Elemis toiletries and flip flops
- Free use of robes and towels

4 hours 10 minutes £162.00

Indulgence

Treatments include:

- Langdale Luxury Full Body Massage
- Essential Facial OR GHD Spa Hair Treatment
- Manicure & Pedicure

3 hours 10 minutes £122.00

Relaxation

Choose one of the following treatments:

- Langdale Full Body Massage
- Skin Specific Facial
- Indian Head Massage
- Complete Mother-to-Be Ritual
- Langdale Gentleman's Facial
- GHD Age Defying Treatment

From 45 minutes £67.00

Vitality

Spend the day relaxing in the Leisure Club facilities and choose ONE of the following:

- Essential Facial
- Langdale Luxury Back Massage
- Manicure or Pedicure
- Mother-to-Be Back Massage or Foot Ritual
- GHD Spa Hair Treatment

30 minutes £55.00

Mama et Bebe

- Complete Mother-to-Be Ritual
- Express Manicure & Pedicure
- Facial

2 hours 45 minutes £105.00

Pamper Homme (men only)

- Traditional Swedish Full Body Massage
- Gentleman's Manicure OR Pedicure
- Gentleman's Facial of GHD Spa Men's Experience

2 hours 15 minutes £105.00

Elemis Absolute Spa Ritual

From the soles of your feet to the crown of your head this customised face & body treatment is the ultimate in skin therapy. Choose from one of the unique Anti-Ageing or Advanced Performance Facials and combine it with a Deep Tissue Full Body Massage to achieve dramatic results.

1 hour 55 minutes £95.00

Langdale Spa Breaks

We can also offer a variety of tailor-made Spa Breaks for 1 to 5 nights stay. Please contact us for further details.

Gift Vouchers

Langdale Spa Gift Vouchers offer the perfect gift solution, whatever the occasion. You may choose a specific treatment, a monetary value or perhaps a Spa Day for that someone special.

Opening Times

Monday - Friday 9am - 8pm

Saturday - Sunday 9am - 5.30pm

Therapy Booking

015394 38053

Bookings

All bookings and memberships are subject to Terms & Conditions, which are now available on request.

Cancellation Policy

We understand that there can on occasion be the requirement to cancel treatments or Spa Packages. As a courtesy to our other guests and our therapists, we have the following cancellation terms:

Individual Treatments

Please provide us with a minimum of 72 hrs notice if you need to cancel your appointment. Appointments cancelled within 48 hrs will incur a 50% charge and within 24 hrs 100% will be charged.

Spa Packages, Spa Breaks, Promotional Offers

We request that all packages, promotions and events are paid in full at the time of reservation and are non-refundable. Should you require to cancel your booking, we will provide an option to rebook an alternative date at no additional cost when this request is made a minimum of 14 days prior to your visit. The option to change your date is offered once and should a further cancellation be necessary, the full cost of your original booking will be charged. In the event of a cancellation within 14 days prior to arrival the full cost of the original booking will be charged. Please note any last minute offers/availability carry the same booking and cancellation terms and conditions. All guests should adhere to the terms and conditions of membership.

Please Note

We reserve the right to alter prices and modify or discontinue treatments without prior notice to ensure that maximum standards of service and quality are met.





Langdale Spa
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Great Langdale
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Cumbria
LA22 9JD

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