



## TREATMENT LIST

# Sanctuary at The Castle

Sanctuary at The Castle is situated in The Castle Inn Hotel, Bassenthwaite. The hotel is set beneath some of England's highest fells and overlooking Bassenthwaite lake.

We have recently changed hands and are now part of the Best Western group of hotels. All Best Western Hotels are independently owned and managed - each with it's own charm and character.

Currently a 3 star hotel aiming towards 4 stars, refurbishment has already begun in the bedrooms, bar and restaurant and throughout the hotel, with further plans to build an extra 26 rooms, a new leisure club and beauty salon with 8 treatments rooms, relaxation area overlooking landscaped gardens, and a pool side café.

Here in tranquil surroundings you'll experience a series of spa treatments that blend the techniques and philosophies of the ancient and modern worlds. Each treatment is individually tailored to your own particular needs; we use pure Elemis products to soothe, calm or energise mind and body.

## About our products

**Elemis:** Designed to respect the body's complex physiology, Elemis spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

**Jessica:** Described by the New York Times as "The first lady of nails" Jessica Vartoughian is truly a success story. Considered the world's foremost authority on natural nail care, hers is a unique understanding of the importance of what it takes to achieve and maintain naturally beautiful nails. The Jessica System, as it has come to be called, is based on an approach so different; it works like nothing else can.

## **Gift Vouchers**

The perfect gift whatever the occasion – available to a value of your choice, a specific treatment or day programme

## **How to get the most from your time at Sanctuary at The Castle**

To get the most out of your visit to us, please allow 10 – 15 minutes to arrive, change and complete your consultation and 10 – 15 minutes after your treatment to slowly regain your senses before re-entering the world outside.

When you book your treatment all we need to know is whether you want a facial or body treatment – or both. You can specify which treatment or therapy you want at the booking stage, or you can book a time slot and decide which treatment will most suit your mood on the day.

Some spa treatments are not suitable if you have a medical condition or you are pregnant. Please check when you book.

Please give 24 hours notice of cancellation or re-schedule. Cancellations within 24 hours will incur a 50% charge.

## For your face Elemis Facials

### Elemis Advanced Anti-Ageing Facials

These superior face treatments are further enhanced by luxurious hand, arm and scalp massage sequences for the ultimate in scientific skin-therapy.

#### Tri Enzyme Resurfacing Facial *1 hour*.....£65

Peel away the years for smoother, more radiant skin.

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

#### Visible Brilliance Facial *1 hour 15 minutes*.....£65

To combat ageing, stressed and slackened skin.

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles.

Moisturisation levels of the skin are proven to increase by up to 61% and elasticity by 40% after just one treatment.

#### Pro-Collagen Marine Facial *1 hour 15 minutes*.....£65

Immediate results in the fight against time.

This exceptional face and eye treatment helps slow down the visible signs of ageing, to help reduce the appearance of fine lines and wrinkles on the face and around the eye contour.

Specialised massage techniques are combined with the unique anti-ageing Japanese silk mask, impregnated with powerful Pro-collagen Serum to maximise penetration of the collagen-boosting marine algae Padina Pavonica.

## Elemis Skin Solutions Facials

Oxygen Skin Calm Facial *1 hour 15 minutes* .....£50

Pure soothing heaven for sensitive skin.

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask, impregnated with Absolute SkinCalm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

S.O.S Purifying Facial *1 hour 15 minutes* .....£50

A purifying treatment for congested skin.

A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion.

## Elemis Skin Specific Facials

Fruit Active Glow *1 hour* .....£40

Bring back the glow to a lifeless complexion.

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Exotic Moisture Dew *1 hour* .....£40

Treat your skin to a moisture boost.

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

**Herbal Lavender Repair** *1 hour*.....£40

For perfect restoration of skin balance.

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

**Taster Facials** *30 minutes*.....£25

This introductory facial provides a quick and instant pick-me-up for any occasion.

## **For Him**

**Skin IQ Facial** *1 hour 15 minutes*.....£65

Anti-Ageing booster for tired, stressed skin.

Helping to calm irritation and minimise the signs of ageing, this facial is the ultimate overhaul for male skin. Protecting against harsh, ageing effects of shaving and environmental damage, moisturisation levels are proven to increase by up to 38% and elasticity by 28% after just one hour.

**Urban Cleanse Facial** *1 hour 15 minutes*.....£65

Deep cleanse and complete detox.

This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

**Total Time Out** *2 hours*.....£90

The ultimate skin and body therapy for men.

Select either the Anti-Ageing Elemis Skin IQ or the Urban Cleanse Facial combined with the dynamic and immediate tension-relief of the prescribed Elemis Deep Tissue Muscle Massage. Achieve the ultimate goal of Time out!

## For your Body

**Elemis Deep Tissue Massage** *1 hour*.....£40

Deep rhythmic pressure massage.

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce specific stress and muscle tension. Not for the faint hearted!

**Relax and Restore Massage** *45 minutes* .....£32

A deeply restful back, head and shoulder massage created to promote inner peace and uplift the spirit. The treatment commences with a hot towel application to the whole back. Luxurious aromatic massage essences are chosen to soothe and relax.

**Aroma Vitality Massage** *90 minutes*.....£60

Restore energy and vitality to mind and body with this stimulating and rhythmic full body massage. Warming aromatic essences ease tired and overworked muscles and boost circulation, contour the skin and restore balance. 90 minutes of pure heaven.

**Quick fix Back, Neck and shoulder massage** *30 minutes* .....£21

**Traditional Full Body Massage** *1 hour* .....£40

## Nurturing Massage for Mother-To-Be

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 Full Body Massage <i>1 hour</i> .....	£40
Mother-to-Be Back, Neck and Shoulder Massage <i>30 minutes</i> .....	£21

## Sports Massage

A treatment not a treat! Working on specific areas that are affected by sport-related tension and muscle fatigue.

<i>30 minutes</i> .....	£21
<i>1 hour</i> .....	£40

## Specialised Treatments

### Hot Stone Therapy

This technique has been used for thousands of years for harmonising, cleansing and relaxing the body at its deepest level. Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged into the body for maximum relaxation.

Aroma Stone Massage <i>1 hour</i> .....	£40
Aroma Stone Indulgence Massage <i>90 minutes</i> .....	£60

**Body Sculpting Cellulite and Colon Therapy 1 hour .....£60**

Using the clinically proven Elemis Body Sculpting System, your silhouette will be redefined. The Body Sculpting Lipo-Refining Serum and Body Sculpting Firming Cream target stubborn cellulite and sagging skin, for visible, rapid results. A detoxifying Fennel and Birch peel off body mask is also applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth the skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps detoxify the body, working from the inside out.

**Exotic Lime and Ginger Salt Glow 40 minutes .....£30**

Invigorated, cleansed and polished to perfection.

A body exfoliation ritual to invigorate and revitalise. After light skin brushing, warm oils is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

**Indian Head Massage 30 minutes .....£21**

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

**Reflexology 1 hour .....£40**

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

## For Hands and Feet

**Mini Manicure** *30 minutes*.....£13

Includes re-shaping of the nails, cuticle tidy and varnish for well maintained nails.

**Jessica Manicure** *45 minutes*..... £17.50

The cuticles are cared for with oils and creams, the nail shape is perfected, hands and forearms are massaged and finally treatment basecoat and colour are applied for the perfect finish.

**Deluxe Manicure** *1 hour*.....£30

The Jessica manicure with an application of paraffin wax and thermal mittens for deeper penetration of oils and creams, softening cuticles and improving circulation and soothing stiff joints.

**Mini Pedicure** *30 minutes*.....£13

Includes re-shaping of the nails, cuticle tidy and varnish for well maintained nails.

**Zen Spa Pedicure** *1 hour*8 pt£30

A luxury foot treatment using aromatherapy based products for softer, smoother feet, finishing with perfectly pedicured polished toenails.

**Deluxe Zen Spa Pedicure** *1 hour 15 minutes*.....£35

A Zen Spa pedicure with paraffin wax and thermal booties for deeper penetration of oils and creams, softening cuticles, improving circulation and soothing stiff joints.

# Finishing Touches

## Waxing

Full Leg inc Bikini Line .....	£27
½ Leg Wax.....	£14
¾ Leg Wax.....	£17
Bikini Line From .....	£8
Brazilian.....	£15
Underarm Wax.....	£7
Lip Wax.....	£6
Chin Wax.....	£6
Forearm .....	£12
Back Wax .....	£17-£20
Chest Wax.....	£17-£20

## Eye Enhancers

Eye Lash Tint.....	£11
Eyebrow Tint.....	£9
Eye Lash and Brow tint .....	£17.50
Eyebrow Wax.....	£7

## Make up

Make over.....	£28
Make up lesson.....	£35
Wedding trial and make up (On the day).....	£45



Best Western

## Castle Inn Hotel

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