The Wordsworth Hotel Aqueous Spa offers a wide range of therapeutic and beauty treatments using products from the holistic spa brand Ytsara. Ytsara is a 100% natural, vegan spa range which harnesses the healing properties of ‘living’ water, along with plant and marine extracts.

Their unique formulations contain potent Asian rare botanicals that are responsibly harvested, empowered by French science and delivered with methods steeped in ancient wisdom from Eastern and Western holistic practice.

Clinically Proven. Vegan. Dermatology Tested


Rediscover the luxury of time
Spa Day Packages

ALL DAY SPA PAMPER PACKAGE
Monday to Friday £95 per person
Saturday and Sunday £100 per person

Our all-day spa packages offer a great way to unwind, use our facilities at your leisure and enjoy a 30-minute spa treatment of your choice, followed by either a decadent champagne afternoon tea or a delightful two-course lunch.

CHAMPAGNE AFTERNOON TEA PACKAGE
Monday to Friday £55 per person
Saturday and Sunday £65 per person

THAI INSPIRED AFTERNOON TEA
Monday to Friday £55 per person
Saturday and Sunday £65 per person

TWO-COURSE FUSION LUNCH PACKAGE
Monday to Friday £65 per person
Saturday and Sunday £75 per person

Choose from the following 30-minute treatments:
- Facial Yoga
- Men’s Face Perfect
- Flawless Eye Contour Facial
- Back, Neck and Shoulder Massage
- Mini Manicure
- Mini Pedicure

Arrival from 9.00 am, departing by 5.30 pm. Towels, bathrobes and slippers are all provided and included in the price. All spa day packages must be pre-booked.

A TASTE OF THAILAND SPA DAY
Monday to Friday £95 per person
Saturday and Sunday £100 per person

Taking inspiration from the East our signature spa day will take you on a soothing journey to balance the mind, body and spirit. Relax and revive in our spa, stimulate your senses with your chosen spa treatments and follow with an aromatic Thai inspired Afternoon Tea, a heavenly mix of savoury and sweet treats to awaken the taste buds.

- Consultation with your therapist
- Thai jasmine tea on arrival
- Unlimited use of the spa facilities
- 60 minutes of spa treatments of your choice
- A delicious Thai-inspired Afternoon Tea
- A Thai mocktail or cocktail
- 10% discount on any additional spa treatment (pre-booking essential)

BOOK A LITTLE EXTRA...

Found the ideal package but want to treat yourself to something extra such as a facial, mini pedicure or even an eyebrow wax? Please ask for additional treatments when making your booking. Additional treatments will be subject to availability.

Residential Spa Packages

ONE NIGHT SPA ESCAPE
Stay from £135 per person, per night and enjoy 30 minutes of spa treatments.

Stay from £165 per person, per night and enjoy 60 minutes of spa treatments.

Make time to unwind and reinvigorate body and mind with a one-night spa getaway. Settle into your Classic or Courtyard bedroom and then retreat to our spa to relax by the poolside and awaken your senses with a bespoke treatment for either 30 or 60 minutes depending on your chosen package. Emerge radiant and refreshed, ready to dine in our award-winning Signature Restaurant.

Your stay includes:
- Accommodation in a Classic or Courtyard bedroom
- A four-course dinner in the AA rosette Signature Restaurant
- A nutritious Cumbrian breakfast
- Unlimited use of our spa facilities
- Either 30 or 60 minutes of spa treatments
- 10% discount on any additional spa treatment (pre-booking essential)
- 10% discount on spa products

Arrival from 3pm, departure following morning by 11am. Please contact Reservations on 015394 35592 to book your stay, or email reservations@thewordsworthhotel.co.uk

What better way to relax and unwind after a day in the great outdoors than a visit to our heavenly aqueous spa?

Surrounded by our beautiful hotel gardens and with views out to the mountains it’s a tranquil spot to take time out for yourself. As well as our large indoor swimming pool, sauna and jacuzzi, we also offer an extensive range of personalised organic spa treatments, performed by our highly trained therapists.

From one-off treatments, to full or half day pampering, spa breaks and leisure club membership, we have something to lift the spirits and soothe the body. Slip into one of our tranquil therapy suites and let our expert therapists leave you feeling radiant and restored.
Aqueous Spa Lifestyle Membership

Our annual spa membership provides a haven for regular relaxation and a calming environment in which to take time for yourself. Membership of The Wordsworth Hotel Aqueous Spa is available on an annual or direct debit basis.

Benefits include:
- Use of the Aqueous Spa
- 20% off all spa treatments and preferential booking
- 10% off all retail products
- 10% off dining in the Signature Restaurant and Dove Bistro
- Priority on seasonal discounts and offers
- Extra 10% loyalty discount on spa treatments at our sister hotels within the Robert Parker Collection

Please ask a member of the spa team for details.

GIFT VOUCHERS
Looking for the perfect gift? Our luxury Spa vouchers are available for any treatment, spa package or product and make a memorable gift that is sure to delight. Gift vouchers are valid for 12 months from purchase.
Facial treatments
All treatments commence with a foot cleansing ritual

**FACIAL YOGA for total rejuvenation**
25 minutes / £35 / All skin types
Considered more precious than gold, jade stone brings beauty, balance and vibrancy to your body. Sacred Lotus, combats the effects of aging while plankton extracts increases inner moisture. Deep sculpting Guasha massage stimulates blood circulation thereby oxygenizing and nourishing the tissues, plumping up the skin and smoothing away wrinkles. Skin is toned, lively and radiant.
Includes: Cleanse, exfoliation, Guasha Jade stone massage, hydration

**SKIN BOOSTING for soothed radiance**
25 minutes / £35 / All skin types
Enjoy a deep, express face care that leaves your skin fresh and clear. Calming and detoxifying ingredients balance and purify the skin, whilst gentle Luffa particles smooth the skin's texture.
Includes: Cleanse, exfoliation, mask, hydration

**MEN'S FACE PERFECT for fresh, clean skin**
25 minutes / £35 / All skin types
Enjoy a deep, express face care that leaves your skin matte and clear. Calming and detoxifying French Green clay masque helps to draw out toxins and sebum responsible for dull, rough skin. Bamboo Tears re-mineralize, whilst Centella and Hibiscus calm and refine pores.
Includes: Cleanse, exfoliation, mask, hydration

**FLAWLESS EYE CONTOUR FACIAL for a bright and lifted look**
30 minutes / £35 / All skin types
Protect and perfect the delicate skin around the eye with an intensive treatment. Plankton extract and Micro Algae work to lift, erase fine lines and rebuild collagen lattice. Ginkgo Leaf and Horse Chestnut brighten, de puff and protect, whilst Cornflower moisturises and soothes. All signs of the passage of time are erased so eyes appear youthful.
Includes: Cleanse, eye exfoliation, eye contour massage, hydration

**THE YTSARA PRESCRIPTIVE 55 MINUTE FACIAL for all skin types and concerns**
55 minutes / £65
Choose any treatment from the following or speak with your spa therapist to decide on the best treatment suited to your skin type and any concerns you may have. All treatments include: Cleanse, exfoliation, massage, mask, hydration

**SKIN DRINK for total nourishment and hydration**
55 minutes / £65 / Dry, dehydrated skin
Marine plankton extract, restores physical and chemical skin barrier to prevent water loss and protect against external assailants while, at a deep level, replenishing the skin water reservoir essential to flawless appearance. Anti-oxidant rich Sacred Lotus prevents cells damages. Skin restructuring Hyaluronic acid plumps the skin from inside out. 
Includes: Cleanse, exfoliation, massage, mask, hydration

**TIME REWIND for a visible, lifted look**
55 minutes / £65 / Mature skin
Proven to boost the rejuvenating system of the skin, this treatment addresses the most visible signs of aging. Laminaria returns stem cells to the vitality of young skin, stimulates internal defense system to erase fine lines and wrinkles, Marine fermentes stimulate collagen and elastin production for firmer skin and a sculpting Guasha massage helps to lift and firm.
Includes: Cleanse, exfoliation, Guasha Jade stone massage, mask, hydration

**URBAN SHIELD for erasing city life**
55 minutes / £65
Skin challenged by the effects of urban pollution. Boost the skin's protective function and preserve its ecosystem. Moringa and Sacred Lotus neutralize harmful urban pollution, detox the skin combat environmental aggressors that cause premature aging. Marine Plankton extract restores physical and chemical skin barrier to prevent water loss and protect against external assailants while, at a deep level, replenishing the skin water reservoir, essential for a flawless appearance.

**ABSOLUTE CONTROL AND CLARITY for clean and clear skin**
55 minutes / £65 / Combination / Oily skin
A potent blend of actives keeps complexion matte, clear and balanced around the clock. Bamboo Tears controls excess oil and fight acne while a rare tree gum, reduces pore size and blemishes. Plankton extract decreases skin reactivity and Safflower restores essential hydration. Skin is soothed and radiant.
Includes: Cleanse, exfoliation, massage, mask, hydration

**FACE TREATMENT ENHANCERS**
All 15 mins / £15
Include one or more treatment enhancers as an ‘add-on’ for a personalized and targeted treatment.

**WARM POULTICE FACIAL MASSAGE**
To stimulate blood circulation and enhance relaxation

**MINI AGELESS HAND FACIAL**
To restore softness and youth to the hands

**ULTIMATE FUSION FACIAL for deep relaxation and visible results**
90mins / £95 / All skin types
Eastern and Western skincare techniques are blended together in this ultimate face ritual. Chinese Guasha Jade stone massage, Thai warm poultice and French massage techniques work in synergy to awaken the skin's optimum potential. Deeply rejuvenating on a holistic and physical level. Your skin is glowing, luminous and healthy.
Includes: Cleanse, exfoliation, Guasha Jade stone massage, Thai silk poultice massage, mask, targeted eye and neck treatment, hydration

**BEAUTY SLEEP for powerful regeneration**
55 minutes / £65 / All skin types
Accelerate the nighttime renewal process on a much deeper level with time erasing nutrients specifically chosen to suit your needs. Available before bedtime this skin boosting treatment will slowly infuse its healing and restorative elements whilst you are dreaming. A heavenly scalp massage induces calm to the mind for a peaceful night’s sleep.
Includes: Cleanse, exfoliation, massage, mask, scalp massage, hydration
Body Treatment Menu

Relaxation

COCONUT HEAD MASSAGE
for a calmed mind and nourished hair
50 minutes / £45
Targeting the hotspots of the shoulders, neck and head, a massage focusing on pressure points correlating to the body’s chakras, promotes whole body energy flow. Organic Coconut Oil and a warm poultice further evokes relaxation and a conditioning hair wrap intensely nourishes the hair.

GARDEN OF DEEP CALM
for quiet harmony
60 minutes / £65
Restore your body, mind & spirit with Thai style and western massage techniques. Malabar Grass melts tension away while Sweet Orange and Vetiver help to create an inner peace. Oils of Rice Bran, Sweet Almond, Soy and Wheat Germ help soothe and nourish the skin.

TRANQUIL JOURNEY
for total relaxation
90 minutes / £95
Slow, deep movements work in tune with your breathing whilst a warm and calming, herbal poultice melts away tension. Everything around you has slowed down. Your mind and body are reconnecting.

BACK, NECK & SHOULDER MASSAGE
25 minutes / £40
Experience the healing effects of Thai style massage combined with western massage techniques and tropical essential oils. Focusing on the key areas where tension becomes stored and providing a much-needed dose of restoration.

Energise

SIAMESE HEALING HERBS
for total uplifting
90 minutes / £95
A millennium-old massage tradition using the ‘Tok Sen’ tool, once considered as sacred, spreads energizing vibrations into meridian lines and muscles. Gentle heat from a poultice of Lemongrass and Ginger allows circulation to flow more freely and helps to prevent fatigue and tension.

Contour

WARM BAMBOO ANMA
to sculpt figure
90 minutes / £95
Warm bamboo, called Take in Japanese, represents youth, prosperity and serenity in Asia. The warm Bamboo is slowly rolled on target areas to break down fatty deposits at the same time increasing circulation and relaxing muscles. Used in combination with Ytsara Sculpting oil, this treatment fights cellulite, tones muscles, stimulates lymphatic system and detoxifies the organs.

Deep Pressure

ULTIMATE DEEP PRESSURE
for intense muscle healing therapy
90 minutes / £95
Relieve stiff and sore muscles with a deep muscular treatment that combines steamed therapeutic herbs with a rare essential oil found only on two remote islands in the Pacific Ocean. The ancient ‘Tok Sen’ technique is used specifically on the back, allowing vibrations to work deep in the muscles. Rainforest clove has the ability to suppress pain while Tangerine, Pink Grapefruit and Rosemary drain toxins out from your muscles.

MOHOM DEEP PRESSURE
for muscle healing
60 minutes / £75
Designed to encourage blood flow, stretch muscles and ease joints, this deep massage conditions the whole body. Thai therapeutic massage and pure plant essential oils work synergistically together and a warm, herbal poultice provides a medicinal remedy for sore or overworked muscles.
Skin Enhancers

Hands

AGELESS HANDS FACIAL
30 minutes / £25 • Add a file and paint for an extra £15
Skin on your hands reveals your age so they should be treated with the same care as your face. Pea Extract and a special blend of Citrus compounds, Licorice and Mulberry work to fade dark spots, Pearl Tea helps to dramatically increase antioxidant activity while Macadamia Nut oil restores the skin barrier and Geranium provides deep moisture.

GRIP RELIEF
60 minutes / £65 • Add a file and paint for an extra £15
Hands are sought all the time and cumulate tension, especially through computer work and certain sports like golf. Similar to our feet, there are 15,000 nerve endings in the hands, which constitute a mini-map of your whole body. Skilled pressure applied on this mini-map encourages the body to heal from within. Hot herbal compress infuses relaxing Lemongrass to help release tension and let go.

Feet

SMOOTH SOLES
30 minutes £25 • Add a file and paint for an extra £15
A Himalayan Salt exfoliation and soak to the feet softens the skin and soothes aches whilst the neck and shoulders are massaged. Then lay back and enjoy further relief through a soothing foot and calf massage.

SOOTHING STEPS
60 minutes £65 • Add a file and paint for an extra £15
A treatment helping to soothe heavy painful, legs with a contrast of hot and cold to stimulate blood circulation. A cool compress and warm poultice along with gentle massage and reflexology points erase pain and give lightness back to the legs.

HOM MALI JASMINE RICE SCRUB
30 minutes / £35 • 55 minutes / £65
Reveal the body’s hidden glow with ingredients known to purify and refine the skin. Jasmine Rice removes dullness and brightens. Jojoba Oil and Shea Butter provide deep nourishment. A gentle exfoliation for sensitive skins.

PINK HIMALAYAN SALT SCRUB
30 minutes / £35 • 55 minutes / £65
Millions of years ago, pristine seawater was crystallized and covered by lava, protecting it from modern-day pollution. Infused with over 80 minerals, Pink Salt delivers its pure nutrients while gently smoothing your skin. Refreshing Aloe Vera cream further nourishes. Your skin feels baby soft.

SKIN REVEAL WRAP
30 minutes / £35
An exceptional multifaceted exfoliation and body wrap using the powerful Black Mulberry extract combined with essential oils. Acting on the body to detox, firm, rejuvenate and brighten. Dull complexion, dehydrated and rough skin are all treated at once.

Body Treatment Enhancers

Include one or more treatment enhancers as an ‘add-on’ for a personalised and targeted treatment.

POULTICE
Include a steamed, herbal poultice as part of your massage treatment for added warmth, relaxation and indulgence.

HEAD MASSAGE
Aids relaxation, eases tension and enhances clarity of mind.

FOOT TREATMENT
A foot exfoliation and massage to erase fatigue and balance energy.
Jessica Nails

MINI MANICURE
40 minutes / £20
Our mini manicure includes a file, cuticle work and paint with a Jessica polish of your choice.

MINI PEDICURE
40 minutes / £20
Start with a revitalising foot soak and follow with a file, cuticle conditioning care and paint with a Jessica prescriptive basecoat and a colour of your choice.

JESSICA GELERATION
GEL NAILS
60 minutes for application of gel pedi and gel mani. / Removal of Gel £15
For a longer lasting, flawless finish that dries in seconds and is kind to your natural nail, allowing weak, bitten or problem nails to grow underneath the gel.

2-3 week manicure £30
4-5 week pedicure £30

Waxing

Eyebrow
£10
Lip & Chin
£15
Underarm
£15
Half Leg
£20
Full Leg
£30
Bikini Line
£20

Tinting*

Eyebrow
£10
Eyelash
£15
Lash & Brow
£18

*patch test is required at least 24 hours prior to any tinting treatments

Age restriction for treatments is 16 years accompanied by an adult. We require parental/guardian consent and signature.

Finishing Touches:
Nail Care, Waxing and Eye Treatments
Information and advice

A spa visit should be a completely relaxing experience. Please take a few moments to read the following information before your visit to ensure you get the most out of your trip.

Opening hours
The swimming pool, jacuzzi, sauna and fitness room are open between 8.00am and 9.00pm. Treatments can be booked between 10.30am and 5.30pm by calling 015394 35592 or emailing us at spa@thewordsworthhotel.co.uk. Please note the pool is closed between 2pm and 3pm on Monday afternoons during term time for use by the local school.

Parking
There is a large car park at The Wordsworth Hotel & Spa, for spa guests to use free of charge.

Arrival
Please make your way to the hotel reception, where you will be greeted and given your robe, slippers and towels and directions to the spa facilities. In order to make the most of your treatment we recommend that you arrive a minimum of 15 minutes prior to a scheduled appointment. Regrettably, late arrival will result in a reduced treatment time and there will be no deduction to the price charged.

Treatments
All treatments are subject to availability. Some treatments may require a medical note from your physician. All of our treatment times include consultation and aftercare advice.

Spa Attire
Robes, slippers and towels are provided for your comfort during your spa day and we would advise changing into your robe before any spa treatments. There are lockers available for your use in our changing area. We recommend you wear underwear or swimwear under your robe. If you are having lunch we ask that you wear smart casual clothing while in the hotel dining area, for consideration of the other guests.

Spa Etiquette
Please respect all spa guests’ right to privacy and serenity. We ask that you turn off your mobile phone whilst in the spa.

Personal Belongings
We have a limited number of lockers available for us on a first come, first served basis. Alternatively, items may be left at Reception and a receipt obtained. The management cannot accept responsibility for loss or damage to personal items not deposited in lockers.

Safety Risks
Please note that the swimming pool, spa bath, gym equipment and sauna are unmanned. Every person using the swimming pool, sauna and spa bath facilities do so at their own risk and children must be supervised at all times. The management cannot be held responsible for any damage or injury resulting for the use of these facilities.

Your Health
It is recommended that no alcohol is consumed immediately prior to your arrival and that you consume plenty of water following any treatments. Please notify our staff if you are pregnant or have any special medical considerations at the time of booking so that appropriate treatment can be recommended. The Wordsworth Hotel Aqueous Spa cannot be held responsible for any changes to treatments or cancellations that occur due to non-disclosure of medical conditions at the time of booking.

Patch Test
Clients wishing to have tinting treatments must have a patch test 24 hours prior to their appointment; please call us to arrange a suitable time. Unfortunately, we will be unable to perform the treatment without a prior patch test.

Age Requirements
We are unable to perform massage on children under the age of 16 years.

Spa Products
We have a large range of retail products available to continue your experience at home. Please ask any of our therapists if you need any advice. Should you require a tester of the product prior to purchase our therapists will be able to advise you on products. We are unable to offer refunds on any products that may have been opened, used or tampered with.

Gift Vouchers
Gift vouchers are available for any treatment, spa day or product and make ideal presents. Vouchers are valid for 12 months from the date of purchase unless otherwise stated. Vouchers cannot be refunded, transferred or redeemed for cash credit and must be presented to spa reception on arrival. The life of the voucher cannot under any circumstances be extended.

Payment
We accept all major credit and debit cards. We regret that we are unable to provisionally reserve appointments and pamper days. We require a 50% non-refundable deposit per person or a Wordsworth Hotel gift voucher number on day of booking to secure a spa experience. Price included VAT at the current rate. Any change in the rate of VAT will be reflected in the price at the time of invoicing. The Wordsworth Hotel reserves the right to amend prices, adjust or remove treatments without prior notice.

Cancellation Policy
As a courtesy to other guests all spa packages require a minimum of 72 hours’ notice of cancellation. Groups of 6 people or more are subject to a seven-day cancellation policy, after which time full charges will be applicable. Should you need to cancel a scheduled appointment or an individual treatment less than 72 hours beforehand, you will be charged in full.
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