



lifeshouse
spa & hotel



TREATMENT MENU

*massages, body therapies
& wellbeing*

Nestling in the peaceful surroundings of Thorpe Hall Gardens, the Lifehouse Spa & Hotel offers therapies to quieten the mind, rejuvenate the body and lift the spirit.

Offering a wide range of treatments including massages, facials and body therapies, we use top luxury brands to offer the highest quality spa experience.

Our highly qualified therapists have also been trained by the NHS Christie Trust to adapt spa treatments for anyone recovering from cancer, stress or bereavement. If you want to find out more please talk to our Spa Reception Team.

So just relax and let us take good care of you.



contents

FACIALS	
Clarins	4
Decl�or	5
BODY TREATMENTS & MASSAGES	
Clarins	6
Decl�or	7
NON-SURGICAL FACELIFTS	
Carita	8 - 9
MARINE FACE & BODY TREATMENTS	
Thalgo	10 - 11
ORGANIC & RECOVERY	
Made for Life™ by Spiezia Organics	12
Recovery & Holistic	13
LIFEHOUSE BODY TREATMENTS & MASSAGES	
Salt and Oil Scrub	14
Warm Oil Full Body Bamboo Massage	14
Indian Head Massage	14
Reflexology	14
Pause:Me	15
Swedish Massage	15
Massage for Two	15
Himalayan Salt Stone Full Body Massage	15
Lava Shell Massage	15
SIGNATURE TREATMENT FOR TWO	
Lifehouse Hidden Sanctuary Experience	16 - 17
MUM-TO-BE	
Dreamy Maternity Massage	18
THE MEN'S COLLECTION	
Treatments for Him	19
FINISHING TOUCHES	
Manicures	21
Pedicures	21
FITNESS	
Sports Massage	22
Personal Training	22
Pad Boxing	22
Outdoor Group Circuits	22
Dance Classes	22
Useful Info	23

facials

CLARINS

Clarins don't just deliver on relaxation, they deliver on results! Clarins Signature Facials are tailored to meet your specific skin concerns, providing a truly professional spa facial experience.

Aromatic Balancer

Recommended for all skin types

A Clarins classic – this relaxing facial is individually created to suit all the skin's requirements and leaves you ready to face the world with super-soft, glowing skin.

55 minutes

£75

Clarins Signature Facials

Each facial is unique: our spa therapist will adapt her movements and products to your needs and wishes. At the heart of each treatment is a 25 minute Anti-Ageing Facial Massage which lifts, firms and sculpts the contours of the face giving immediately visible rejuvenating results.

Choose from five Signature Facial Treatments:

Lifting Replenisher – Designed to smooth, re-sculpt and reduce the look of wrinkles and dark spots.

Power Firmer – An intensive firming treatment that visibly diminishes the look of wrinkles.

Radiance Reviver – Recharges dull, tired and stressed skin leaving you with a healthy glow.

Moisture Quencher – Helps restore comfort, softness and moisture to dry, dehydrated skin.

Skin Soother – A calming treatment to soothe and comfort sensitive and irritated skin.

1hr 10 minutes

£80



facials

DECLÉOR | SKIN · BODY · MIND
PARIS

DECLÉOR is the world's largest aromatherapy skincare brand and has created facials that not only relax the mind, body and spirit, they also produce outstanding results for all skin types.

Signature Facial

Recommended for all skin types

Your facial experience will begin with Decléor's signature 10 minute back therapy to determine the most suitable products for your skin concerns. The luxury facial will also include a soothing facial massage and a mask tailored to your skin's needs.

55 minutes

£75

Ultimate Vitamin Glow

Recommended for all skin types

Award-winning, power-packed facial with vitamins and anti-oxidants to reveal your natural glow.

Moisture Quench

Recommended for dehydrated skin

Deeply hydrating facial for super-soft skin.

Divine Nutrition

Recommended for dry skin

Deliciously cocooning and nourishing to comfort and restore.

Anti-Wrinkle and Firm

Recommended for ageing skin

Offering dramatic and immediate results, expression lines and wrinkles are smoothed to ensure skin looks luminous.

1hr 10 minutes each

£80

Facial Pilates

A pilates session for the skin to help visibly lift, remodel and re-densify.

1hr 10 minutes

£80

AS SEEN ON

this
morning

To book your preferred treatment please call **01255 863420** or visit Spa Reception

body treatments & massages

CLARINS

Clarins Signature Body Treatments are tailored to meet your specific skin concerns. Specialised massages developed in Paris stimulate the lymphatic system and blood circulation, maintain the integrity and health of the skin and restore the balance of mind and body.

Hot Stone Massage

Body-hugging movements are combined with hot, polished marble and slate stones to promote more than just a feeling of warmth. The stones' studied shape is adapted to different parts of the body and prolongs the hand movements to drain, soothe and energize.

55 minutes

£80

1hr 10 minutes

£90

Chill Out Massage*

This deeply relaxing massage is tailor-made to treat three key areas of your body that have a build-up of tension, leaving you feeling completely content.

1hr 10 minutes

£85

Contour Shaper

An intensive treatment to sculpt and firm your body, including over an hour of contouring massage to deeply drain and firm for more refined body contours. A thermos-activated body mask boosts micro-circulation to target areas of stubborn cellulite. Your skin will look and feel firm, soft and smooth.

1hr 10 minutes

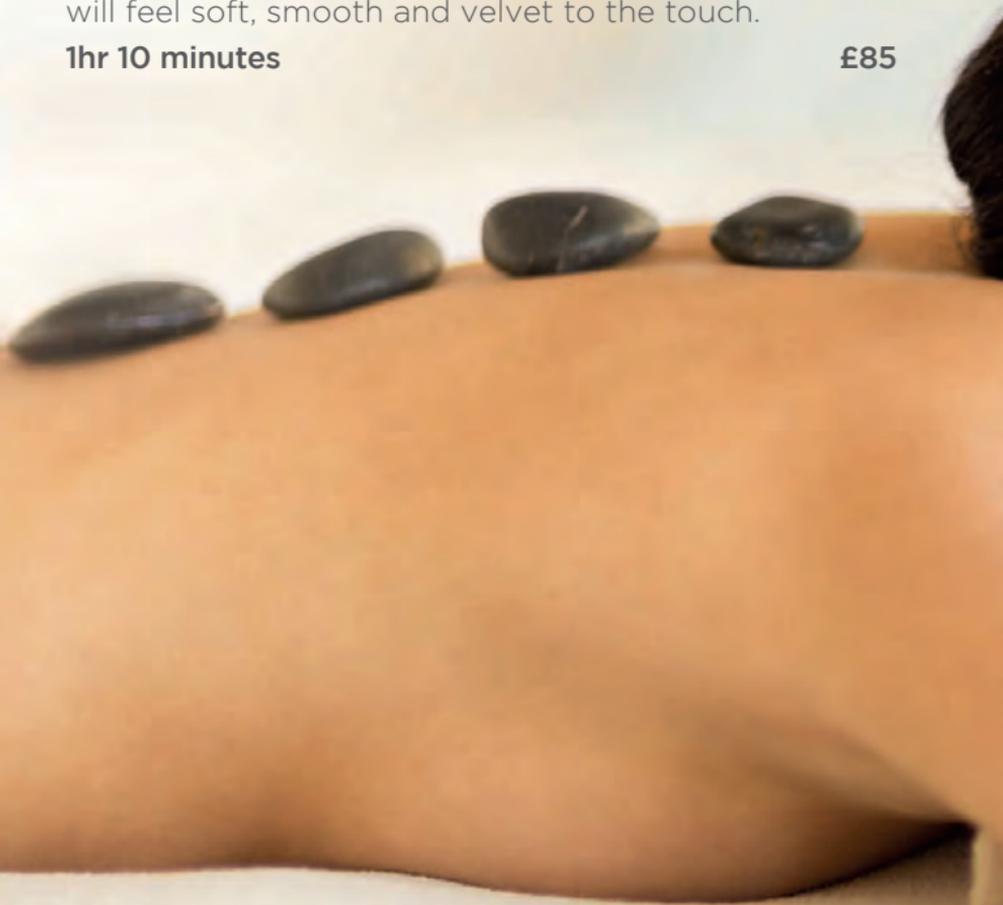
£85

Moisture Quencher

Restores extreme softness and comfort to dry skin using a blend of aromatic essential oils, this treatment includes over an hour of moisture replenishing and cocooning massage and a deeply hydrating body mask to restore comfort to dehydrated skin. Your skin will feel soft, smooth and velvet to the touch.

1hr 10 minutes

£85



body treatments & massages

DECLÉOR | SKIN · BODY · MIND
PARIS

Aromatherapy is at the heart of every Decléor body treatment. Combined with their blissful massage techniques, they have created treatments that relax the mind, body and spirit.

Heavenly Aromatherapy Massage

Everyday stresses melt away with this heavenly treatment to relax, detoxify, tone or stimulate. The soothing sensation of Warm Aromatherapy Balms releases tension and eases stress for renewed energy and velvety skin.

55 minutes

£75

Aromatic Balm Massage with Warm Stones

The most blissful way to soothe the body and mind, this massage features a combination of warm stones and luxury aromatic balms to melt away the tension and aches, leaving the body relaxed and skin soft as silk.

55 minutes

£80

1hr 10 minutes

£90

Aromatherapy Face and Body Re-Energiser

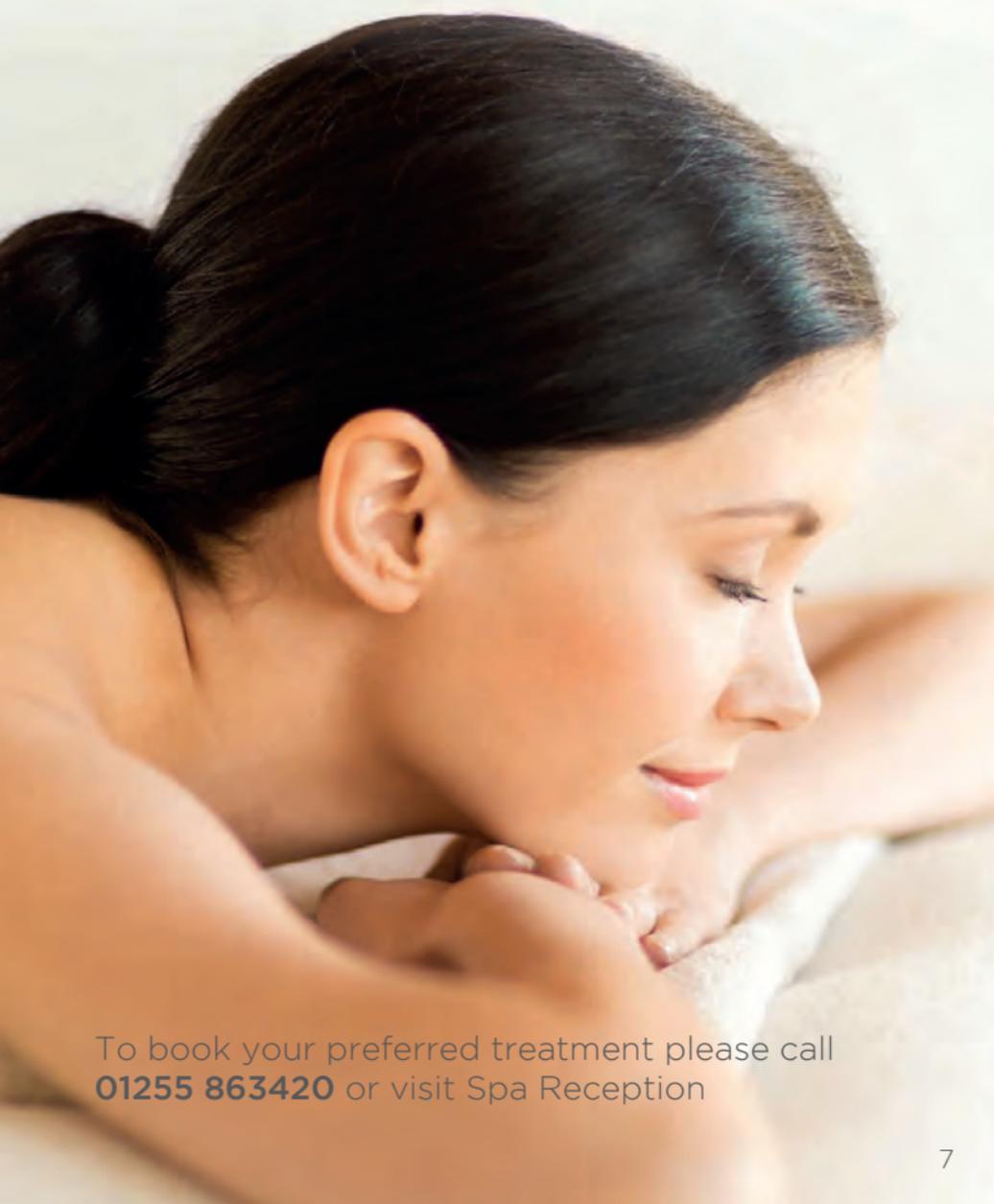
Beginning with a heavenly aromatherapy back massage, this treatment is perfect for banishing tension from the skin, body and mind. Tense, tired muscles are eased and stress melts away. Followed by a prescriptive facial tailored to your skin's needs, you will leave feeling relaxed, rejuvenated and refreshed.

55 minutes

£80

1hr 10 minutes

£90



To book your preferred treatment please call **01255 863420** or visit Spa Reception

non-surgical facelifts



Our Carita facelift treatments offer an alternative to cosmetic surgery using the exclusive combination of Micro-currents, Ultrasound and LED futuristic technologies, for dramatic visible results after just one treatment.

Express Lift

Treat yourself to a quick boost with an express version of any of our Carita facelift treatments.

30 minutes

£45

IDEAL SOLUTIONS

Lagoon Hydration – Refreshing replenishing care for dehydrated skin

Give your face a burst of moisture as this treatment immerses the skin in a bath of freshness, leaving it radiant and hydrated.

1hr 30 minutes

£85

Papaya Purity – Balancing matifying care for combination to oily skin

Infuse the skin with Papaya extract and rediscover the freshness of a matte and luminous complexion. Pores are refined and the skin is purified to leave it fresh, even-toned and smoother.

1hr 30 minutes

£85

Cotton Softness – Tender smoothing care for sensitive skin

Regain your skin's softness with this "cocooning" treatment which will restore the skin and leave it more resistant to irritations and perfectly harmonised.

1hr 30 minutes

£85



non-surgical facelifts

ANTI-AGEING

Genesis of Youth – Revitalising toning care

A deeply relaxing, rejuvenating and youth boosting treatment offering intensive revitalising results. Immediately the skin appears visibly firmer, radiant and shimmering with youth.

1hr 30 minutes

£95

ULTIMATE EXPERIENCE

Néomorphose Ultimate Wrinkle Smoothing & Skin Restorative Peel

This powerful and highly effective anti-ageing precision facial will transform your skin with the new transformative Carita peel, intensely exfoliating dead skin cells to dramatically reduce the visible signs of ageing, revealing skin that is luminous and radiant.

1hr 30 minutes

£95

Gold Perfection – With mineral gold to reawaken the skin's youthfulness

Recapture your skin's vitality with this truly radiance inducing treatment which leaves the facial contours firmer and even-toned thanks to Carita's bespoke anti-ageing massage techniques and Mineral Gold.

1hr 30 minutes

£95

Néomorphose Ultimate Smoothing for Eyes

A powerful luxurious eye treatment to visibly reduce the appearance of fine lines and wrinkles as well as eliminate dark circles and puffiness. Your eyes will appear visibly refreshed and smooth.

45 minutes

£60

To book your preferred treatment please call **01255 863420** or visit Spa Reception

Due to the nature of these treatments, some restrictions may apply. Please ask a member of the team for more information before booking.

marine-based face &
body treatments

THALGO

LA BEAUTE MARINE

Thalgo treatments are renowned for their incredible results, harnessing the riches of the sea so you can benefit from powerful healing, revitalising and rebalancing properties vital for health and well-being.

Thalgo 3 Algae Detox Wrap

Starting with an Activ Detox shot to encourage drainage of toxins, you'll experience a marine scrub before a seaweed body wrap is applied.

This treatment activates circulation, increases metabolism, relieves aches and pains and can help improve dry skin conditions.

55 minutes

£75

Thalgo Aromacéane Body Wrap

This full body wrap is customised with essential oils, chosen to suit your specific concerns, activating circulation and infused with minerals and trace elements to leave the skin feeling revitalised and relaxed. To finish, a light massage is carried out with the chosen blend of essential oils.

1hr 20 minutes

£85

Thalgo Aroma Sea Salt Scrub

The ultimate full body exfoliation designed to give super-soft skin whilst re-mineralising the entire body. Skin looks healthier, more radiant and is left feeling super smooth. Perfect prior to holidays or self-tanning treatments.

25 minutes

£40

Marine Prelude

The body is treated to an invigorating marine salt scrub, followed by the application of Natural Marine Mud to naturally remineralise and revitalise, alongside a deeply relaxing scalp massage. To finish, the whole body is treated to a light touch using an ultra-nourishing marine body cream.

60 minutes

£80

Frigi-Thalgo Body Wrap

Your treatment begins with a Coach Anti-Orange Peel Vitamin and Algae shot to stimulate lymph drainage and help burn fat. A welcome therapy is followed by a cold seaweed-infused bandage wrap to the hips, tummy, thighs, lower legs and feet. Menthol and active ingredients work to improve blood flow and regulate fluid balance. The perfect anti-cellulite treatment or for a slimming quick fix.

60 minutes

£75

Merveille Arctique Spa Ritual

An invigorating spa experience for deep relaxation. Enjoy the benefits of ancient Nordic rituals where relaxing heat from a massage inspired by deep tissue and Swedish massage combines with invigorating cold, using Thalgo's innovative massage balls, taking turns to calm the body and release tension.

1hr 45 minutes

£125

Ultimate Marine Experience Ritual featuring Illuminating Radiance

This experience is a super marine treat for the body, face, scalp, feet and hands, starting with a Collagen 5000 anti-ageing beauty drink. Your body is exfoliated with a marine scrub and the warm 3 Algae Body Wrap is then applied. Whilst the wrap is infusing its minerals, vitamins and micro-nutrients, your face is thoroughly cleansed followed by the Ultra Radiance Mask and an energising digito-pressure massage is given to relax the face and neck contours. Once the wrap is showered off, a blissfully relaxing foot, hand and scalp massage is carried out. To complete the ritual, a deeply nourishing marine body cream is applied along with a skin-boosting radiance concentrate and marine face cream. Your body will feel revived and your complexion will be fresh and rosy without any signs of fatigue.

1hr 55 mins

£135

To book your preferred treatment please call **01255 863420** or visit Spa Reception

Due to the high algae content of Thalgo products, these treatments are not suitable for those with thyroid or heart conditions.

organic face & body treatments



MADE FOR LIFE *by Spiezia Organics*

Made for Life™ by Spiezia Organics is a British brand offering 100% organic skincare, which makes them the perfect skincare and spa treatments for all our guests, even if you have the most sensitive skin.

Relax and Rejuvenate Uplifting Facial

A natural facelift using ancient techniques and hypnotic movements to give visible results in the improvement of the skin's texture and tone.

1hr 10 minutes

£80

De-stress Head in Heaven

A deeply relaxing back, head and facial treatment combining soothing massage movements with a calming rhythm to surround you with a comforting harmony. This special treatment can be offered to people with cancer and is supported by Macmillan.

1hr 25 minutes

£90

Relax into Radiance

Feel refreshed and relaxed with this full head to toe body treatment which begins with a soothing application of warm oil followed by a full body scrub to leave the skin silky smooth. Your therapist will then gently cocoon you in a soft wrap whilst you enjoy a cleansing facial and head massage to clear the mind and relax the senses.

1hr 25 minutes

£90

Mindful Moments

Clear your mind and soothe your soul with this beautifully nurturing meditation experience. Enjoy a calming foot ritual, head, neck and shoulder massage along with a relaxing and meaningful back massage.

55 minutes

£75

To book your preferred treatment please call **01255 863420** or visit Spa Reception

recovery & holistic

If you are recovering from cancer, undergoing cancer treatment, illness, stress or bereavement we offer a Recovery Spa Treatment that is personalised to suit how you feel on the day. Our spa therapists have been specially trained by the NHS Christie Trust to adapt spa treatments so they are safe.

We use Made for Life™ by Spiezia Organics products which are 100% organic so our guests with cancer can enjoy facials and body treatments without any adverse side effects.

The Recovery Treatment has no set route so you can choose with your therapist on the day the best combination of treatments to have.

We are proud to have been recognised by Wellness for Cancer for meeting the standards required to provide safe treatments for people with cancer or post-cancer recovery.

Recovery Treatment

Guided by one of our expertly trained therapists you can choose your preferred treatment from the following:

- Shoulder and neck massage with a mini-facial
- Comforting foot and leg massage with relaxation techniques to make you feel balanced
- Scalp and hand massage

55 minutes

£75

Reiki

Relax in comfortable clothing while healing energy is directed to where you need it most. This is a gentle treatment recommended for those feeling fragile following divorce, bereavement, shock, relationship difficulties, surgery, illness, job issues or any life event that has made you feel out of balance and not your usual self.

50 minutes

£65

Castor Oil Abdominal Massage and Heat Pack

Relax while your therapist applies warmed castor oil and a heat pack to your abdomen followed by an indulgent scalp massage. Your treatment is finished with a soothing abdominal massage for relaxation. Castor Oil packs have been used for centuries to cleanse the liver, reduce bloating, soothe digestion, balance hormonal conditions and enhance the lymphatic system.

50 minutes

£65

Hopi Ear Candle Treatment

This natural and relaxing therapy helps to rebalance the ear by drawing out impurities. Recommended for those who suffer from migraines, headaches, hay fever, excessive earwax and sinusitis.

25 minutes

£30



To book your preferred treatment please call **01255 863420** or visit Spa Reception

body treatments & massages

natural Spa factory[®]

— EST. BATH ENGLAND —

Salt and Oil Scrub

Salt and oil scrubs are perfect for scrubbing away those dry flaky patches of dead skin and will leave your skin feeling silky smooth and fresh.

Choose from one of our three wonderful salt and oil scrubs or ask about our exclusive Scrub of the Month:

- Nectarine & Honey
- Lime & Lemongrass
- Geranium & Grapefruit

25 minutes

£40

Warm Oil Full Body Bamboo Massage

This powerful massage delivers stress relief, muscle strengthening, lymphatic drainage and reactivates the circulation. It is beneficial for those with an active lifestyle and will help ease muscular tension and soften the muscles. Skin is left nourished and restored from the bamboo extract used throughout the treatment. Also suitable for men.

55 minutes

£80

Indian Head Massage

This heavenly treatment is ideal if you need to float away from the everyday world. This head, neck, shoulder and face massage is perfect if you suffer with tension headaches and need a pick me up.

50 minutes

£65

Reflexology

A relaxing therapy that works by stimulating specific reflex points on the feet or hands to rebalance the body on a physical, mental or emotional level.

50 minutes

£65



To book your preferred treatment please call **01255 863420** or visit Spa Reception

body treatments & massages

Pause:Me

With an emphasis on wellbeing, this journey is designed to alleviate the symptoms of menopause. Featuring a cooling peppermint scrub and illuminating facial with collagen mask to ease hot flushes, you will then unwind further with a calming foot & lower leg massage to help water retention, followed by a soothing back massage to release tension. This treatment uses carefully selected essential oils and botanical ingredients to soothe, balance and restore serenity when you need it most.

1hr 20 minutes

£85

Swedish Full Body Massage

One of our most popular treatments to reduce muscular pain, ease stiffness and relieve stress.

55 minutes

£75

Massage For Two

Experience the joy and serenity of a massage with a friend or loved one in the privacy of our twin treatment room. At the end of your massage you will be taken to your own personal sleep retreat so you can float off, unwind, have forty winks and catch up on some quality time together.

2 hours

£80 per person**

Himalayan Salt Stone Full Body Massage

With many health benefits including pore-cleansing, tension relief, improved sleep and reduced signs of ageing, Pink Himalayan Salt Stones are used as an extension of your therapist's hands to give a soothing massage that will leave you with soft, glowing skin and a deep sense of relaxation. You will receive a salt rock to use at home after your treatment.

55 minutes

£80

LAVASHELLS®

Lava Shell™ Full Body Massage

This full body massage offers the benefits of a hot stone treatment using Lava Shells – the world's first self-heating massage tool. Our warm tension relieving treatment can be enjoyed by all to soothe aches and pains, boost circulation and relax the body and mind.

55 minutes

£80*

**Time indicated includes sleep retreat for 1 hour.

*A porcelain shell may be used at some point during this treatment.

To book your preferred treatment please call
01255 863420 or visit Spa Reception

signature treatment
for two

reconnect,
unwind
and
relax
together

natural Spa factory[®]

— EST. BATH ENGLAND —

To book your preferred treatment please call
01255 863420 or visit Spa Reception

Lifehouse Hidden Sanctuary Experience

A unique hidden retreat experience just for two – exclusively available at Lifehouse in association with Natural Spa Factory. The perfect way to de-stress and unwind in your own private spa.

Your journey begins by entering your very own personal candlelit spa, complete with your own pool, where you will be taken through to your private body scrub room to experience a relaxing head to toe body scrub with a nourishing hair treatment.

Your therapists will then guide you both to your private warm pool where you will enjoy refreshments, the perfect time to relax and reconnect.

Once ready you will be taken through to your own softly lit double treatment room where you will enjoy a therapeutic full body massage, illuminating facial pressure points and warming scalp massage to fully relax your body and mind.

After your treatment, your journey continues with some well-deserved time to yourselves in your own private sleep retreat for an hour.

2hr 55 minutes

£110pp*

To make the Hidden Sanctuary Experience extra special you can add Prosecco and chocolates to enjoy in the sleep retreat.**



*Time indicated includes sleep retreat for 1hr. **Requests must be made at the time of booking and an extra charge will apply.

mum-to-be

little Butterfly

L O N D O N

Dreamy Maternity Massage

The ultimate body massage for mums-to-be who are experiencing disturbed sleep, aches, pains and puffiness. This heavenly massage will give you time to rest and restore and uses Little Butterfly's 'fall into dreams' massage oil which has been designed to soothe, calm and relieve any strains that being pregnant may bring.

You'll receive your very own complimentary 110ml bottle of massage oil which your therapist will use during your treatment. You can then take home the remaining oil to use either on yourself or save for when your baby arrives.

60 minutes

£80*

90 minutes

£90*

*Please note the maternity massage is only available once you are 12 weeks pregnant or have had your first scan.



The Natural & Organic Products Asia Awards 2015

WINNER

Outstanding Natural / Organic Product Award

To book your preferred treatment please call **01255 863420** or visit Spa Reception

the men's collection

DECLÉOR Intensive Energising Face Treatment

Kick-start tired skin and minimise irritations with our fatigue-fighting, anti-ageing treatment which reduces shaving bumps and irritation whilst invigorating skin so it looks fresh and youthful.

55 minutes

£75

Clarins Skin Blitz Facial

Shaving bumps and irritation, stress and tiredness, greyness and congestion... whatever life has put your skin through, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

55 minutes

£75

Full Body Massage

This invigorating massage treatment helps to reduce muscular pain, ease stiffness and relieve stress, leaving you feeling relaxing, revitalised and restored.

55 minutes

£75

Upgrade to Hot Stone Massage

£80

Energising Back Treatment

This revitalizing treatment begins with an invigorating Coffee Scrub to soften the skin, followed by a purifying mud mask to deep cleanse. While the mask works its magic, enjoy a relaxing leg massage. Once the mask is removed, the treatment is finished with a soothing back massage to leave you feeling rested and re-energised.

55 minutes

£75

Himalayan Salt Stone Full Body Massage

With many health benefits including pore-cleansing, tension relief, improved sleep and reduced signs of ageing, Pink Himalayan Salt Stones are used as an extension of your therapist's hands to give a soothing massage that will leave you with soft, glowing skin and a deep sense of relaxation. You will receive a salt rock to use at home after your treatment.

55 minutes

£80

The Men's Hand & Nail Grooming Treatment

The OPI gentleman's manicure is designed to shape the nail, care for cuticles and soothe the skin with an indulgent massage tailored to male skin. The treatment is completed with a nail buff & shine for a natural finish.

40 minutes

£40

Men's Power Pedicure

Packed with botanical ingredients this essential monthly pedicure is a must-have treatment to keep your feet soft and hydrated. Includes soak, scrub, cuticle care and massage followed with a nail buff to keep feet in tip-top condition with a natural nail finish.

40 minutes

£40



finishing touches

Enjoy an exclusive OPI Prosecco & Nail Suite Spa Experience

Let us pamper your fingers and toes while you enjoy a glass of Prosecco, freshly chilled from the built-in Prosecco fridge. A must-do for any OPI fan!

OPI is the world leader in professional nail care in over 105 countries and is renowned for its exceptional formulas, fashionable colours with iconic names, and of course, providing superior spa treatments. Our OPI manicures and pedicures offer affordable luxury to everyone and will leave your hands and feet feeling like new.

Enjoy a glass of Prosecco with your Manicure or Pedicure for just £3.50



Spa Manicure*

Give your hands a well-deserved treat as your cuticles and nails are pampered whilst hands are gently exfoliated. Your hands and arms are then massaged with indulgent butters to finish your treatment. Finished with your choice of OPI polish.

£40

Luxury Spa Manicure*

Just like our Spa Manicure only more luxurious. Your hands will be cocooned in a refreshing moisturising mask, ideal if you suffer with dry skin. Finished with your choice of OPI polish.

£50

Spa Pedicure*

The perfect way to restore and refresh those tired feet and legs. This treatment includes cuticle and nail care followed by a foot and lower leg exfoliation & massage. Finished with your choice of OPI polish.

£45

Luxury Spa Pedicure*

Just like our Spa Pedicure but with more pampering. Your feet will be cocooned in a refreshing moisturising mask, ideal if you suffer with dry skin. Finished with your choice of OPI polish.

£55

OPI GelColour... wears like a gel & feels like a polish

Gel Manicure

Everything that our Spa Manicure includes with the bonus of a gel polish, plus no drying time!

£45

Gel Pedicure

Everything that our Spa Pedicure includes with the bonus of a gel polish, plus no drying time!

£50

To book your preferred treatment please call **01255 863420** or visit Spa Reception

*Upgrade your polish to Infinite Shine or French Manicure for £3.

fitness

Sports Massage*

This body massage involves deep and soft tissue techniques to relax muscles and release deep seated knots and tension. This is the perfect treatment if you are or have suffered with an injury and will leave you feeling relaxed, loose and with results.

25 minutes

£40

50 minutes

£75

Personal Training

A 30 or 60 minute bespoke one-to-one training session with one of our personal trainers to help motivate and push you to achieve your goals. Suitable for all levels of fitness.

30 minutes

£30

60 minutes

£50

Pad Boxing*

A one-to-one session that will take you through boxing techniques and provide you with an energetic workout to improve your body fitness. Suitable for all levels of fitness.

30 minutes

£25

Outdoor Group Circuits*

Swap the gym for a change of scenery and get fit outside in our beautiful grounds while having fun with this group session based on our 1.5km trail. Suitable for all levels of fitness, maximum of 6 people per group.

60 minutes

£60

Dance Classes

Get fit and have fun with our variety of dance classes. Suitable for all abilities & levels of fitness.

£5 per class, please ask Spa Reception for more details

*Treatments are subject to availability and must be pre-booked. Appointment times stated include full consultation, treatment and aftercare.



useful info

Cancellation policy

A 100% charge will be incurred for any treatments that are cancelled on the day of treatment. Late arrival will shorten your treatment time. Lifehouse Spa & Hotel reserves the right to discontinue or amend treatments and activities without prior notice.

All treatment times stated include consultation and aftercare advice. All treatment times are subject to change.

Price list valid from October 2017.

Valuables

Lifehouse Spa & Hotel accepts no responsibility for loss of valuables and jewellery at any time on the spa premises. Lost property should be handed in at reception.

Prices

All prices are quoted in GBP and can be subject to change.

Gym

A state-of-the-art gym equipped with cardiovascular and strength machines plus a free weights area. Personal trainers are optional.

Sunday to Thursday 6.30 – 21.30

Friday & Saturday 6.30 – 22.00

Thermal Spa

Includes a hydrotherapy pool with massage jets, sauna, steam and salt inhalation rooms, plunge pool, tropical showers and 18.5m swimming pool. Our Thermal Spa is available to members and hotel and day spa guests. We advise that guests remove jewellery before using the Spa.

Sunday-Thursday 06.30 – 21.30

Friday-Saturday 06.30 – 22.00

Spa reception, Boutique & Relaxation Lounge

Monday to Sunday 8.00 – 20.00

Spa treatment times

Monday to Sunday 9.00 – 20.00

Scheduling an appointment

For treatment appointments, contact our spa reservations team on 01255 863420. Please book in advance with credit card details to avoid disappointment. All stated treatment times shown are inclusive of full consultation and aftercare advice.

If you would like to book or find out more about the Lifehouse Spa & Hotel, phone **01255 860050**

For Reservations, choose **Option 1**

For General Enquiries, choose **Option 6**



Gift Vouchers

Looking for that special present to show how much you care? Give someone you love the chance to rest, relax and get properly pampered. Ask our reception team for further information or buy Lifehouse Gift Vouchers online at www.lifehouse.co.uk

Lifehouse Spa & Hotel can arrange a meet and greet service from Thorpe-le-Soken train station. A nominal charge will apply. Please book in advance by calling **01255 860050** and choosing **Option 6**.



Lifehouse Spa & Hotel
Frinton Road
Thorpe-le-Soken
Essex
CO16 0JD
www.lifehouse.co.uk

